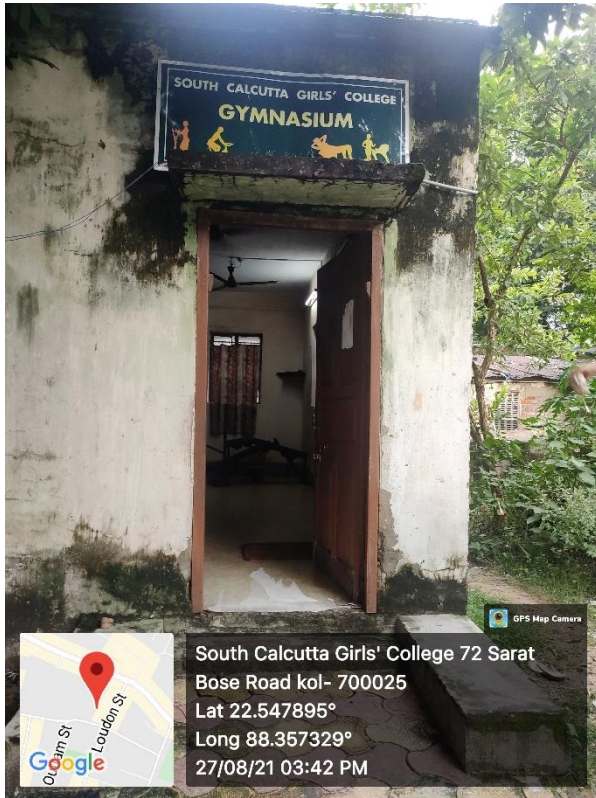


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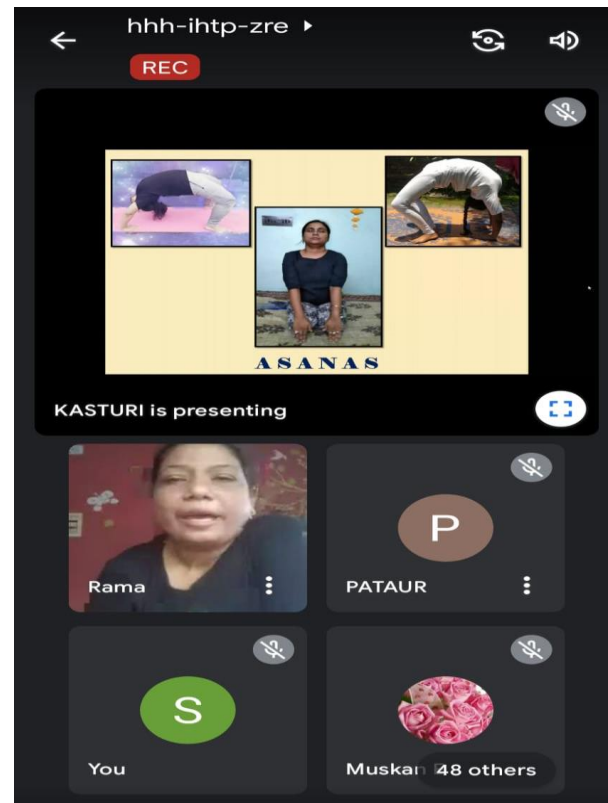
CRITERIA 4

METRIC POINT 4.1.2



← **GYMNASIUM**

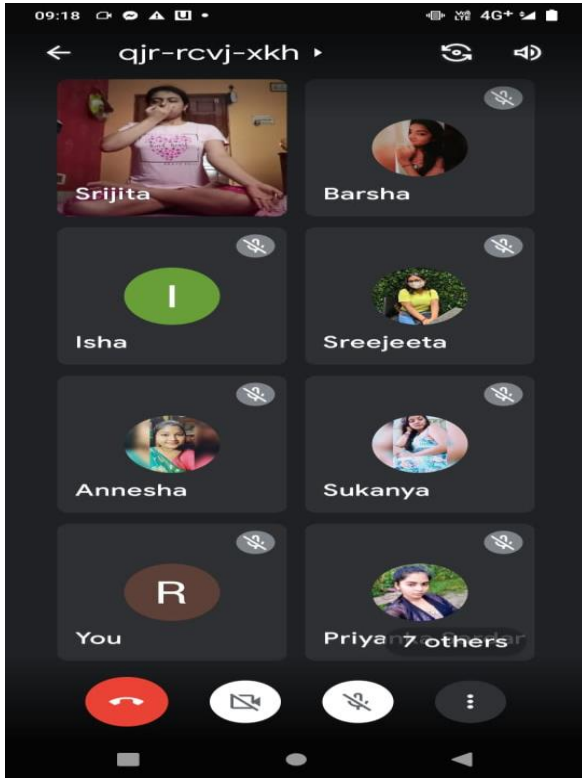
ONLINE YOGA CLASS →



ADDITIONAL INFORMATION

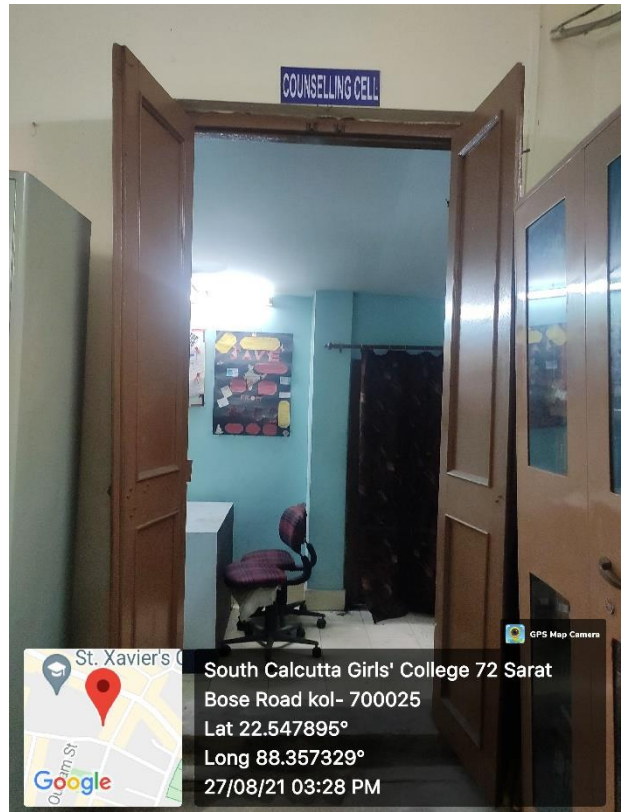
CRITERIA 4

METRIC POINT 4.1.2



ONLINE BREATHING EXERCISE CLASS

PSYCHOLOGICAL COUNSELLING CELL



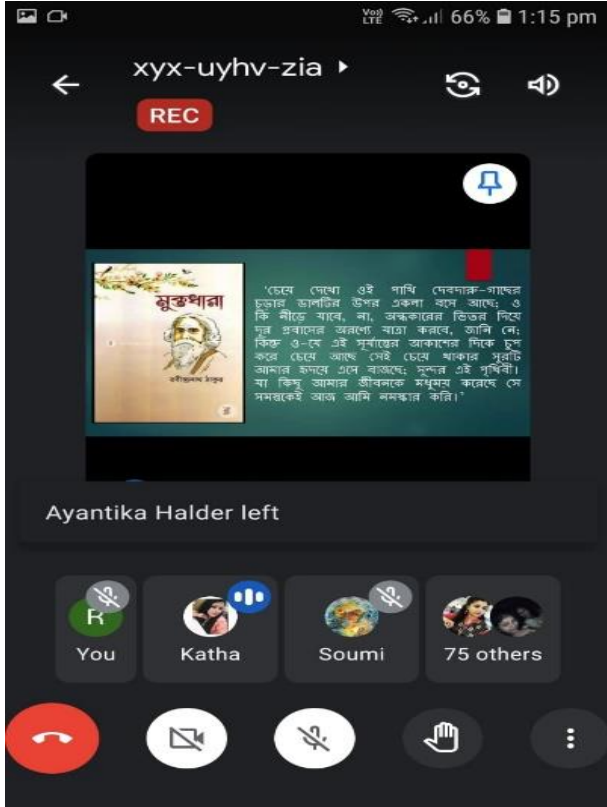


South Calcutta Girls' College

ADDITIONAL INFORMATION

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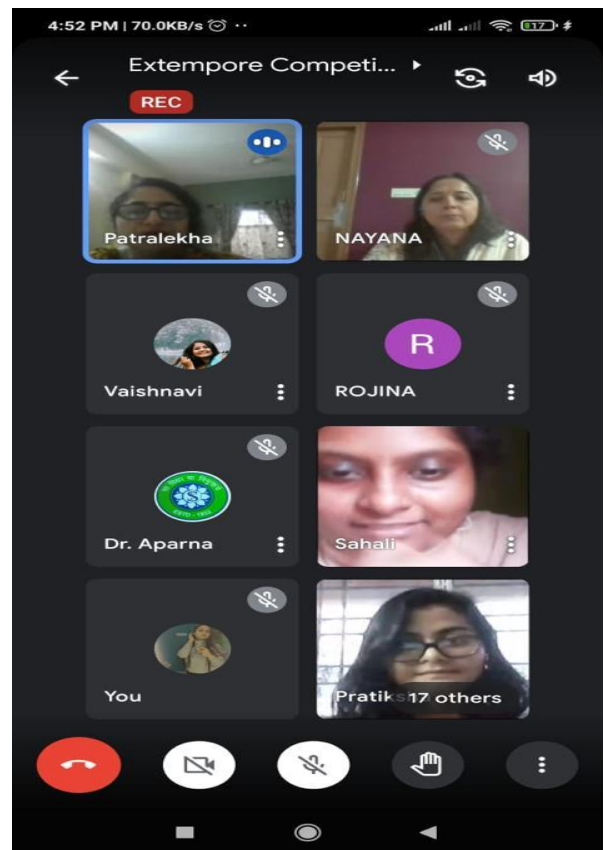
METRIC POINT 4.1.2



ONLINE CULTURAL PROGRAM



ONLINE EXTEMPORE COMPETITION





ADDITIONAL INFORMATION

CRITERIA 4

METRIC POINT 4.1.2

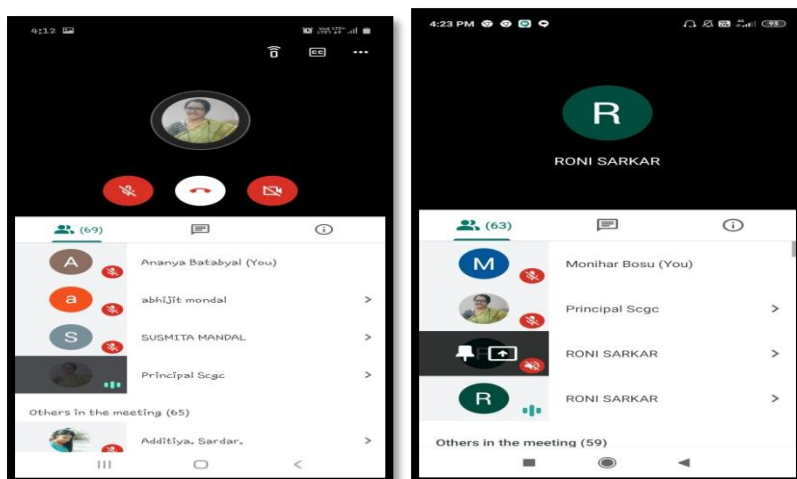
DETAILS OF EXTENSION AND OUT REACH PROGRAMME CONDUCTED BY THE INSTITUTION DURING 2020-21.

DENGUE AWARENESS PROGRAMME ORGANISED BY N.S.S. UNIT ON 6TH AUGUST 2020

PROGRAMME: A webinar (Virtual Meeting) was held through Google Meet by the NSS Unit, South Calcutta Girls' College on 6th August, 2020 for the students to raise awareness regarding Dengue and the necessary measures to be taken for its prevention.

SPEAKER: There was a presentation by Dr. Roni Sarkar, Assistant Professor, Department of Zoology, South Calcutta Girls' College on the "Spread of Dengue and Various Controlling Measures", which emphasised the necessity to keep our environment clean and mosquito-free.

PARTICIPANTS: Teachers from various departments and **70 students** actively participated in this webinar. Our respected Principal, all teaching and non-teaching faculty members and our beloved students attended this online event under the pandemic circumstances.

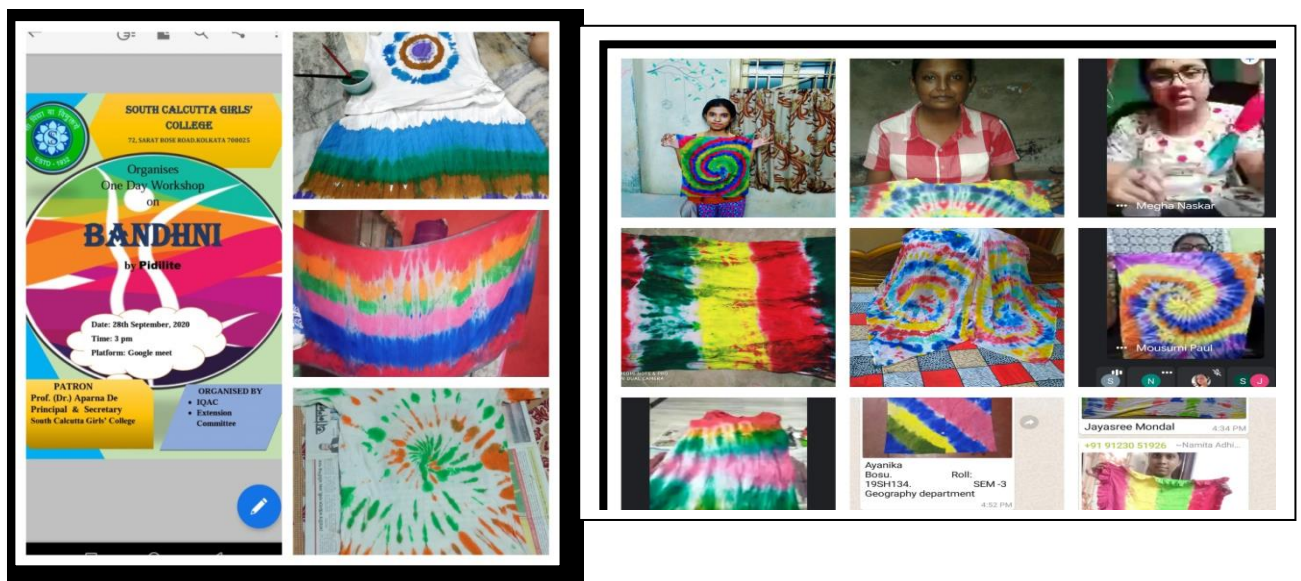


BANDHANI WORKSHOP BY EXTENSION COMMITTEE & IQAC **SOUTH CALCUTTA GIRLS' COLLEGE HELD ON 28.09.2020**

PROGRAMME: A virtual one-day workshop on 'Bandhni' or the traditional tie-and-dye method of colouring was held on 28th September 2020. Students were taught different types of 'bandhni' techniques and the ways to use colour on material. They used these techniques to produce brightly patterned shirts, T-shirts, dupattas, pillow-cases and tablecloth.

ORGANISED BY: **IQAC** and **Extension Committee** of South Calcutta Girls' College in collaboration with **Pidlite** .

PARTICIPANTS: The workshop generated considerable enthusiasm among students. There were more than **75** participants.

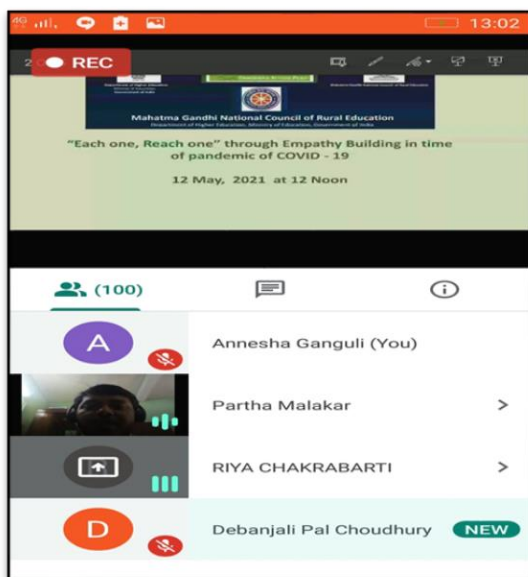


‘EACH ONE REACH ONE’ THROUGH EMPATHY BUILDING, IN THE TIME OF COVID 19 IN ASSOCIATION WITH N.S.S., HELD ON 10TH TO 14TH MAY 2021.

PROGRAMME: Mahatma Gandhi National Council of Rural Education (Department of Higher Education, Ministry of Human Resource Development, Govt. of India, Hyderabad) organized Faculty Development Programme on “Building Emotional Intelligence and Resilience case method of experiential Teaching and Learning” from 10th May, 2021 to 14th May, 2021. The objectives of organizing this programme were to orient the students about how to make self reliant decisions and become supportive to others, how to handle and reduce stress, how to develop at least some helper skills and help affected students and their families to cope with COVID-19 situation and how to gain and share professional information.

ORGANISED BY: Mahatma Gandhi National Council of Rural Education (Department of Higher Education, Ministry of Human Resource Development, Govt. of India, Hyderabad) organized Faculty Development Programme and NSS UNIT of college.

PARTICIPANTS: The total number of participants in this programme was **279**. Helper students developed skills regarding sharing professional information and also learned about how to become emotionally and psychologically supportive. After attending sessions with the Helper students, Helpee students developed understanding to cope up with the demands as well as the stress and anxiety which resulted due to COVID-19 situation.

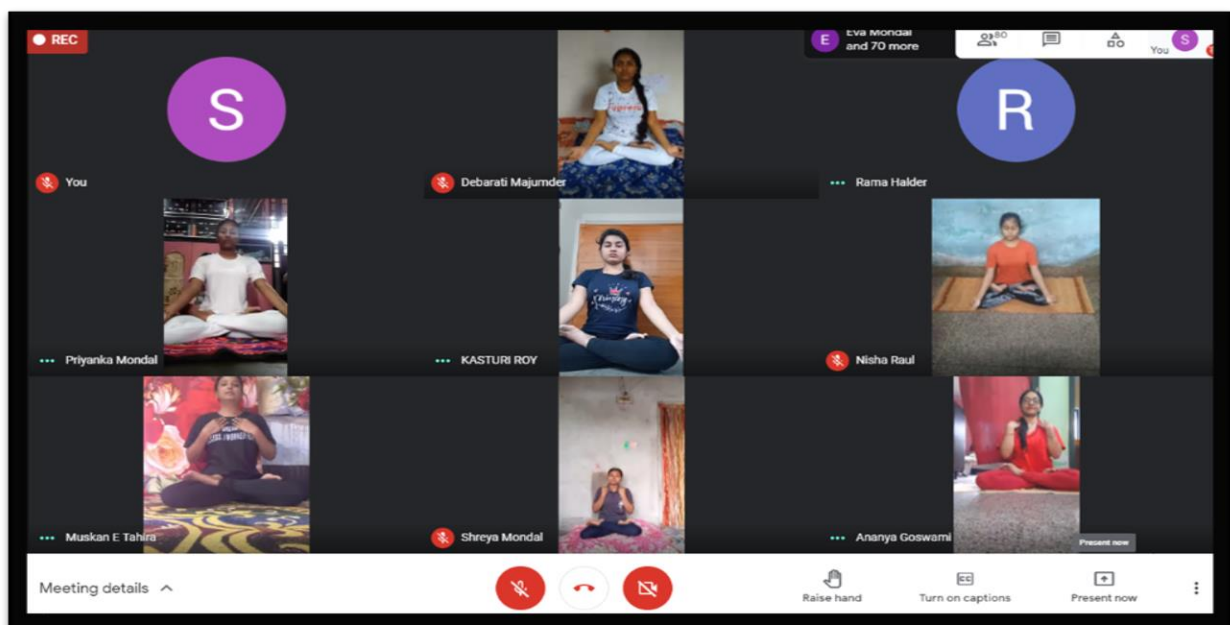


CELEBRATION OF INTERNATIONAL YOGA DAY ON 21ST JUNE 2021

PREOGRAMME: The N.S.S. Unit and Physical Activity Club of our college celebrated International Yoga Day on 21st June 2021. This year the theme was “Yoga At Home And Yoga With Family.”

ORGANISED BY: Due to current corona virus pandemic situation, International Yoga Day was celebrated by our students with great enthusiasm in online mode under the guidance of our gym instructor Smt Rama Nandi. Our respected Principal, Prof. (Dr.) Aparna De, with her motivational address, encouraged the participants.

PARTICIPANTS: The total number of student participants was about **90**. Live demonstration of several Yoga postures such as Padmasana, Sarvangasana, Chakrasana, Brikkhasana and many more along with an explanation of their advantage and disadvantages were performed individually by our students. The other activities, such as various kinds of breathing exercises and Pranayams were performed and demonstrated by our students. The last event of the programme was meditation which is an essential tool for refreshing our body as well as our mind and being stress free during this pandemic situation. This programme encouraged our students and their families to practise Yoga on a regular basis.



ONLINE POSTER COMPETITION; CHALLENGES OF GENDER DISCRIMINATION HELD ON 25 TH JUNE 2021

PROGRAMME: An Online Inter-College Poster Competition on the theme, “Challenges of Gender Discrimination” on 25th June 2021. Our respected Principal, Prof. (Dr.) Aparna De, chaired the competition. The Competition commenced with the enlightening ‘Welcome Address’ of Principal Madam, which set the tone for the programme. Her address was followed by an illuminating speech by the Coordinator of IQAC and Associate Professor in Philosophy, Dr.Rehana Khatun.

ORGANISED BY: IQAC and NSS Unit of South Calcutta Girls’ College.

PARTICIPANTS: The Competition received an overwhelming response, which was very encouraging, given the pandemic situation. Students from various educational institutions all over Kolkata submitted thought-provoking and innovative posters on this extremely relevant issue. From these entries, 15 best posters were selected for presentation. The shortlisted participants explained the essence of the posters and communicated their message on the theme very aptly. Total number of student participants was **75**. All participants were awarded participation certificates and the four best presenters were awarded rank certificates. The Competition had a wide outreach and audience as it was live streamed on the Youtube channel of the College.

