Criteria 3.2.2.

Detail report of the workshop/Seminar/Conference including on Research methodology, IPR

2020-21

INTERNATIONAL WEBINAR ON THE EVE OF WORLD NATURE CONSERVATION DAY

DATE: 28TH July, 2020

TIME: 6:00 PM TO 8:30 PM

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Objectives of World Nature Conservation Day

World Nature Conservation Day is observed on July 28th each year and is dedicated to raising awareness about the importance of conserving natural resources and protecting the environment. The day serves as a reminder for individuals and organizations to take actions that promote sustainable practices and preserve the Earth's biodiversity.

During the celebrations of World Nature Conservation Day, it is crucial to raise awareness among people worldwide about the necessity of preserving natural resources and to encourage them to protect the environment. Earth is endowed with a limited number of essential elements upon which we all rely daily, such as water, air, soil, and trees.

Insights on World Nature Conservation Day

The main purpose behind celebrating this day is to educate people about the benefits of conservation and preservation of natural resources. World Nature Conservation Day aims to highlight the significance of biodiversity preservation, protection of ecosystems, and environmental balance for the benefit of present and future generations. In the past few decades, there has been a growing awareness of the importance of protecting our natural resources. We have seen the devastating effects of climate change, deforestation, and pollution. These problems are only going to get worse if we do not take action. World Nature Conservation Day is an opportunity to remind people that we all have a role to play in protecting our planet. We can make a difference by making small changes in our everyday lives. We can recycle, reduce our energy consumption, and choose sustainable products. We can also get involved in local conservation efforts.

Ways to Protect Nature:

Everyone needs to take action to protect our nature. Here are some ways that we can do this after the conclusion of the Webinar.

Reduce carbon footprint: One of the biggest threats to our planet is climate change. People can reduce their carbon footprint by making changes to their everyday lives, such as driving less, using less energy, and eating less meat.

Conserve water: Water is a precious resource that is becoming increasingly scarce. People can conserve water by taking shorter showers, fixing leaks, and watering their lawns less often.

Recycle and compost: Recycling and composting help to reduce waste and conserve natural resources. People can recycle paper, plastic, metal, and glass. They can also compost food scraps and yard waste.

Choose sustainable products: When people buy products, they should choose those that are made from sustainable materials and that are produced in an environmentally friendly way.

Get involved in conservation efforts: There are many ways to get involved in conservation efforts. People can volunteer for a local environmental organization, donate to conservation charities, or simply spread the word about the importance of protecting nature.

In conclusion, every little bit helps. By taking action to protect nature, people can help to ensure a healthy future for themselves and for generations to come. World Nature Conservation Day is an opportunity to understand how humans are exploiting the available resources and take necessary actions to preserve the world.



INTERNATIONAL WEBINAR ON THE EVE OF WORLD NATURE CONSERVATION DAY DATE: 28TH JULY, 2020 TIME: 6:00 PM TO 9:00 PM IST



Anchor: Sukalyan Chanda, Assistant Professor of Engli	sh, GushkaraMahavidyalaya.	6:00 p.m
Welcome-Address by Dr Swapan Kumar Pan, Princip	al, GushkaraMahavidyalaya.	6:05 p.m -6:15p.m
Technical s	ession 1	
Anchor: Sukalyan Chanda, Assistant Profes	sor of English, GushkaraMahavidyalaya.	
The 1st speaker will be introduced by Dr. Sukhendu Roy, Assistan GushkaraMahavidyalaya		6:15 p.m - 6:20 p.m
Speaker :1. Prof. Santanu Ray; Professor, Systems Ecology & Ecological Modelling Laboratory; Department of Zoology, Visva-Bharati	Chairperson: Dr. Saurabh Sarkar, Assistant Professor of Zoology, GushkaraMahavidyalaya.	6:20 p.m - 7:00 p.m
Interactive Session. (Structured by Dr. Saurabh Sarkar, Assistant GushkaraMahavidyalaya)	Professor of Zoology,	7:00 p.m – 7:10 p.m
Anchor: Sukalyan Chanda, Assistant Profes	sor of English, GushkaraMahavidyalaya	
BR	EAK	
Technical s	ession 2	
Anchor: Sukalyan Chanda, Assistant Professor of Engli		7:25 p.m
The 1 st speaker will be introduced by Dr. Sunanda Mondal, Associate P.		7:30 p.m – 7:40 p.m
Speaker :1. Dr. Jagadananda Ghosh; Senior Staff Scientist, Department of Urology, Henry ford Health System Detroit, Michigan.	Chairperson: Dr. Saurabh Sarkar,Assistant Professor of Zoology, GushkaraMahavidyalaya.	7:40 p.m -8:05 p.n
Interactive Session. (Structured by Dr. Saurabh Sarkar, Assistant Profe		8:05 p.m - 8:10 p.m
Anchor: Sukalyan Chanda, Assistant Profes		
The 2 nd speaker will be introduced by Dr. Saurabh Sarkar, Assistant Pro	ofessor of Zoology, GushkaraMahavidyalaya.	8:10 p.m - 8:15 p.m
Speaker :2. Dr. Moumita Dutta, Postdoctoral Scientist, Department of Environmental & Occupational Health Sciences, University of Washington, Seattle, Washington, USA.	Chairperson: Dr. Sukhendu Roy, Assistant Professor of Zoology, GushkaraMahavidyalaya	8:15 p.m – 8:40 p.m
Interactive Session. (Structured by Dr. Sukhendu Roy, Assistant Profe		8:40 p.m - 8:45 p.m
Anchor: Sukalyan Chanda, Assistant Profes		
Thanks note by President of The Friends	of Environment	8:45 p.m - 8: 50 p.m
Vote of Thanks by Prof. Tarak Nath Datta, Associate professor, Depar GushkaraMahavidyalaya	tment of Commerce & IQAC Co-ordinator,	8: 50 p.m - 8:55 p.m

	INTERNA	TIONAL WEE	INTERNATIONAL WEBINAR ON THE EVE OF WORLD NATURE CONSERVATION DAY		ATHRE CONSER	
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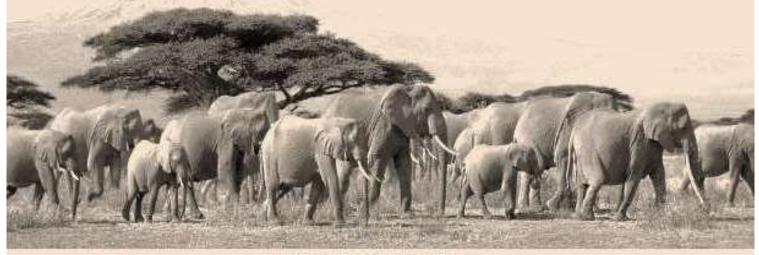
NATIONAL LEVEL E-POSTER COMPETITION

"Awareness Programme on Flight of Asian and African Elephants"

On the occasion of

World Elephant Day celebration 2020

12 August, 2020



World Elephant Day 2020

Jointly Organized by Internal Quality Assurance Cell (IQAC) and

Department of Zoology Gushkara Mahavidyalaya

and Durgapui Wildlife Information & Nature Cuide Society (WINGS)







GUSHKARA MAHAVIDYALAYA

(NAAC Re-accredited 'A' Grade Degree College) P.O.: Gushkara, Dist.: Purba Bardhaman, Pin - 713128 (W.B.) E-mail : guskaramahavidyalaya@gmail.com

Ref. No. M-1/1864

08.09.2020 Date

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FROM THE PRINCIPAL'S DESK

The "Awareness Programme on Plight of Asian and African Elephants" to celebrate the World Elephant Day 2020 was jointly organized by Internal Quality Assurance Cell (IQAC) and Department of Zoology, Gushkara Mahavidyalaya and Durgapur Wildlife Information & Nature Guide Society (WINGS) on the occasion of World Elephant Day (12th August, 2020). The main event of this awareness programme was National Level e-poster competition on the theme "Conservation of Asian and African Elephant". Objective of this initiative was to promote awareness on conservation of these beautiful creatures among the students and learners. The focus of this event was to encourage the young students extend human behavour with the elephant.

We all know the earth is for all creatives of God. We should try to practise this in our daily life and also try to inspire others in this regard. Thought provoking e-posters of the participant-learners helped us to make this programme successful.

I am thankful to Sri Taraknath Datta (Co-ordinator, IQAC) & Teaching staff of the Department of Zoology, Gushkara Mahavidyalaya for their active involvement in this academic venture.

Hope for the next event.



Jwapan Kumas

Principal Gushkara Mahayidyalaya Principal Gushkara Mahavidyalaya



INTERNAL QUALITY ASSURANCE CELL (IQAC)

GUSHKARA MAHAVIDYALAYA

Massage from the Coordinator of IQAC

Organisation of the awareness programme consisting of e-poster competition and screening of a documentary film on the plight of Asian and African elephants by Dr. Sukhendu Roy and his Zoology team is highly praiseworthy and a bold step in the right direction. It was indeed a unique way of celebrating 12 August- World Elephant Day. Participation of a large number of UG students proved that our students are enthusiastic enough for proper utilisation of their inherent creative skill even in this trying time of COVID 19 provided they are given appropriate platform.

TAXAK KAR BALK

Sri Taraknath Dutta IQAC Coordinator & Associate Professor Department of Commerce Gushkara Mahavidyalaya



DEPARTMENT OF ZOOLOGY

GUSHKARA MAHAVIDYALAYA

MASSAGE FROM THE CONVENER

"We admire elephants in part because they demonstrate what we consider the finest human traits, empathy, self-awareness, and social intelligence. But the way we treat them puts on display the very worst of human behaviour." *Graydon Carter*

They are sharp. They are family oriented. They have great reminiscences. They are sentimental as well as sympathy and stunning self-awareness. They create complex, supportive societies much like our own. Yestill I am talking about elephants? But unfortunately these lovely creatures are brutally killed every year for their ivory by voracious poachers. World Elephant Day is the perfect time to find out more about these amazing animals and what we can do to preserve and protect them. The motivation for the first World Elephant Day was to draw attention to the plight of these majestic creatures to populations and cultures all over the world. But, unfortunately, these magnificent creatures face multiple threats to their survival.

One major issue is the trading of ivory. Currently, the demand for ivory is the biggest in China. The price of ivory often exceeding the price of gold. The economics here work firmly against the humble elephant. Extreme poverty in Africa means that people can often compose a month's earnings or more from the ivory of a single animal, selling it on the international market. Habitat loss is also an important factor for the decrease of world's elephant population. Unfortunately, researchers believe that loss of habitat is the primary driver for the loss of elephants in the wild. A century ago, they numbered more than 12 million in the wild. Today, that figure may be as low as 400,000, with as many as 20,000 per year killed by poachers. Data suggest that the geographic range of elephants fell by around 30 percent between 2002 and 2011, with a similar loss of savannah for them to roam. The introduction of large parks throughout Africa has allowed habitat destruction to stabilize, but illegal poaching remains a dire threat. Circuses and tourism are also serious problems for the animals' well-being.

The poor condition of elephants can not only be attributed to poaching and habitat less but also to the negligence of people about the threats this magnificent animal faces. I am quite sure that most people don't even recognize these threats -- which also include elephant rides. Elephant rides might look funny for humans but it is not any fun for the poor creature, not to mention the cruelty elephants have to endure from a young age just to carry you and/or your luggage. Each ride for them carries a risk of long-term physical injury. Since elephants have sharp bony protrusions instead of smooth and round spinal disks, the bony protrusions along with tissue protecting them are vulnerable to weight and pressure. Please remember that these elephants have been trained to do these things which include beating -- a LOT of beating. So, as a visitor/tourist/customer, the least you can do is say NO to these acts and help discourage their propagation because.

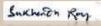
Elephant tourism is the fuel for elephant cruelty.

World Elephant Day is an opportunity for everyone to get together to find ways to reduce conflict between humans and elephants. The solution probably lies in an amalgamation of strategies.

It is an immense pleasure to host the "Awareness Programme on Plight of Asian and African Elephants" Jointly Organized by Internal Quality Assurance Cell (IQAC) and Department of Zoology Gushkara Mahavidyalaya and Durgapur Wildlife Information & Nature Guide Society (WINGS). The prime objective of the event e-poster competition was to encourage the students irrespective of their subject background. The recent critical situation of COVID 19 forced to think for such an event that can be organized by maintaining much needed social distances. So in this perspective the idea of e-poster competition was restricted only for the current UG students. I am delighted to announce that we received overwhelming response to students. I am thankful to all of them.

I extend my deep sense of gratitude to the Principal, Dr. Swapan Kumar Pan, Gushkara Mahavidyalaya and Patron of this event. I heart fully acknowledge our vice patron Sri Taraknath Dutta, IQAC Coordinator & Associate Professor, Department of Commerce, Gushkara Mahavidyalaya for his continuous support. I also thankful to our judges of the e-poster competition Dr. Manas Paramanik, Department of Animal Science, Kazi Najrul University; Dr. Asif Hossain, Department of Zoology, The University of Burdwan and Dr. Sandipan Talukdar (WBES), Assistant Professor, Department of Zoology, Gorubathan Govt College for their valuable suggestions. I also extend my deep sense of gratefulness to Dr. Anindita Das, Treasurer of "Society for Protecting Ophiofauna and Animal Rights (SPOAR) for enlighten us and screening of a pleasant documentary film on the plight of Asian and African elephants.

Last but not the list, I am thankful and want to congratulate joint conveners (Dr. Saurabh Sarkar & Dr. Nabyendu Rakshit), all the members (Mrs. Aparnita Nandi Roy, Miss. Poulomi Roy) & technical assistance (Sri Brojendra Nath Adhikari) for their continuous effort.



Dr. Sukhendu Roy Convener & Assistant Professor of Zoology Gushkara Mahavidyalaya

Massage from the WINGS

It is our immense please to take a part in the National level e-Poster competition on the theme "Conservation of Asian/African Elephants", a collaboration initiative of IQAC and Department of Zoology, Gushkara Mahavidyalaya and Durgapur Wildlife Information and Nature Guide society (govt. Regd.) held on 12 August, 2020 on the occasion of World Elephant Day. The prime objective of this poster competition was to encourage the students irrespective of their subject background to motivate them I the field of Wildlife conservation and Environmental science. The current pandemic situation caused by contagious COVID-19 forced to think us for such an event which can be organized by maintaining social distancing. So in the perspective the idea of e-Poster competition helped us to fulfill our all objectives.

We are delighted to announce that we received overwhelming response from the students from all across the country in a very short duration. We are thankful to all of them. Their active participation and presentation through e-posters made this event a grand success.

We extend our deep sense of gratitude to the Principal and patron of this event Dr. Swapan Kumar Pan, who has been a great support to organize such event. We heart fully acknowledge Dr. Sukhendu Roy, Convener, Dept. of Zoology and Prof. Taraknath Datta, Coordinator of IQAC, Dept. of Commerce for their continuous support and encouragement. We are also thankful to all the organizing members for their kind anticipation and support to make this event a grand success.

We are looking forward to organize many more valuable collaborative initiatives in the field of nature and wildlife conservation in coming future to provide our future generation fresh air, clean water and sustainable earth.



Mr. Sagar Adhurya President Durgapur Wildlife Information and Nature Guide society (WINGS)

Organizing Committee

Patron

Dr. Swapan Kumar Pan, Principal Gushkara Mahavidyalaya

Vice Patron

Prof. Taraknath Datta, Co-Ordinator, IQAC Gushkara Mahavidyalaya Dept. of Commerce

Convener

Dr. Sukhendu Roy, Assistant Professor Dept. of Zoology, Gushkara Mahavidyalaya

Joint Convener

Dr. Saurabh Sar<mark>kar</mark>, Assistant Professor Dept. of Zoology, Gushkara Mahavidyalaya

Dr. Nabyendu Rakshit, SACT-I Dept. of Zoology, Gushkara Mahavidyalaya

Members

Miss Poulomi Roy, SACT-I Dept. of Zoology, Gushkara Mahavidyalaya

Mrs. Aparnita Nandi Roy, SACT-II Dept. of Zoology, Gushkara Mahavidyalaya

Technical Assistant

<mark>Sri</mark> Brojendra Nath Adhikar Gushkara Mahavidyalaya

OUTSTANDING E-POSTERS

According to expert committee judgement

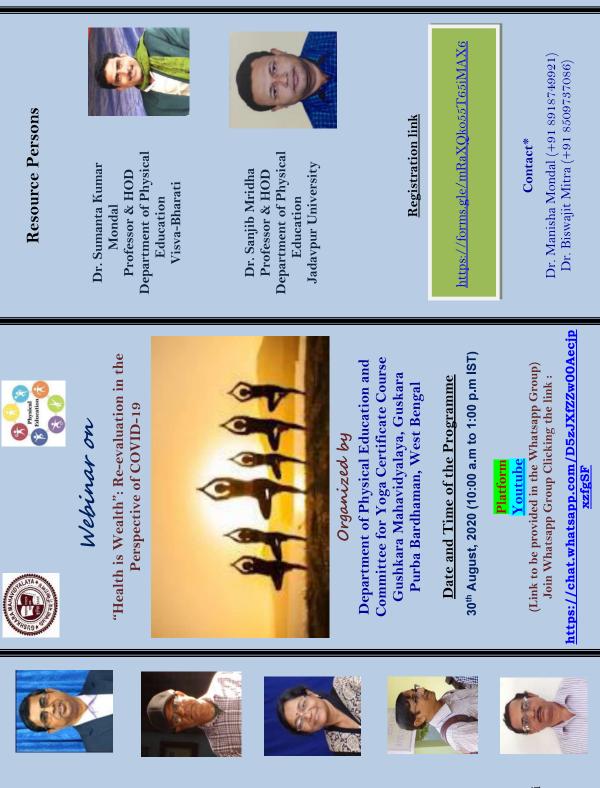


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Dr. Swapan Kumar Pan Principal Gushkara Mahavidyalaya

Patron

Prof. Taraknath Datta Co-Ordinator, IQAC Gushkara Mahavidyalaya

Convener

Dr. Manisha Mondal Assistant Professor of Physical Education Gushkara Mahavidyalaya

Joint Convener

Dr. Biswajit Mitra Associate Professor of Geography Gushkara Mahavidyalaya

Technical Assistant

Sri Brojendra Nath Adhikari Gushkara Mahavidyalaya

Webinar Report on "Health is Wealth": Re-evaluation in the Perspective of COVID-19

Introduction:The Department of Physical Education and Committee for Yoga Certificate Course, Gushkara Mahavidyalaya, Guskara, Purba Bardhaman, West Bengal organized a significant webinar on August 30, 2020 (10:00 a.m. to1:00 p.m. IST) focusing on the timeless adage "Health is Wealth." In light of the ongoing global pandemic, the webinar aimed to re-evaluate the importance of health, especially in the context of COVID-19. The esteemed panel included Chief Patron Dr. Swapan Kumar Pan, Principal, Gushkara Mahavidyalaya; Patron Prof. Taraknath Datta, Co-Ordinator, IQAC, Gushkara Mahavidyalaya; Convener Dr. Manisha Mondal, Assistant Professor of Physical Education, Gushkara Mahavidyalaya; Joint Convener Dr. Biswajit Mitra, Associate Professor of Geography, Gushkara Mahavidyalaya;Technical Assistant Sri Brojendra Nath Adhikari,Gushkara Mahavidyalaya and distinguished Resource Persons Dr. Sumanta Kumar Mondal, Professor & HOD, Department of Physical Education, Jadavpur University.

Objective: The primary objective of the webinar was to shed light on the renewed significance of health in the wake of the COVID-19 pandemic. It aimed to explore the various dimensions of health and well-being, emphasizing their importance not only for individual happiness but also for societal resilience in the face of health crises.

Inaugural Session: The webinar commenced with a warm welcome by the Convener, Dr. Manisha Mondal, who set the tone for the day's discussions. Chief Patron Dr. Swapan Kumar Pan and Patron Prof. Taraknath Datta expressed their gratitude for the initiative and emphasized the relevance of the chosen theme, especially given the unprecedented times we are living in.

Technical Aspects: Technical Assistant Sri Brojendra Nath Adhikari played a crucial role in ensuring the seamless conduct of the webinar. His efforts in setting up the virtual platform and troubleshooting technical glitches were commendable, contributing to the overall success of the event.

Keynote Address: The webinar featured a keynote address by Prof. Sumanta Kumar Mondal, a renowned expert in the field of health and wellness. Prof. Mondal delved into the historical perspective of the "Health is Wealth" concept, tracing its roots to ancient wisdom and highlighting its continued relevance in the contemporary world. He emphasized that the ongoing COVID-19 pandemic has brought health to the forefront of global consciousness, underscoring its pivotal role in the overall well-being of individuals and societies.

Session on Physical Health: Prof. Sanjib Mridha, the second resource person, focused on the physical aspects of health. He elaborated on the importance of regular exercise, proper nutrition, and adequate sleep in maintaining physical well-being. Prof. Mridha highlighted the role of

physical education in promoting a healthy lifestyle and building immunity, which is particularly crucial in the current scenario.

Mental Health Discussion: One of the most compelling segments of the webinar was the discussion on mental health. The speakers addressed the psychological impact of the pandemic, emphasizing the need for resilience and coping mechanisms. The resource persons stressed the importance of seeking professional help when needed and eradicating the stigma associated with mental health issues.

Panel Discussion: The webinar also featured a dynamic panel discussion, providing a platform for experts from diverse fields to share their insights. The panelists discussed the challenges and opportunities in promoting health and well-being in the context of COVID-19. The interactive session allowed participants to ask questions and engage in meaningful dialogue with the experts.

Case Studies and Success Stories: To provide practical insights, the webinar included case studies and success stories of individuals who successfully maintained their health during the pandemic. These real-life examples served as inspiration and demonstrated that with determination and the right approach, individuals can prioritize their health even in challenging times.

Conclusion: In conclusion, the webinar on "Health is Wealth" organized by the Department of Physical Education and Committee for Yoga Certificate Course at Gushkara Mahavidyalaya was a resounding success. It provided a comprehensive re-evaluation of the age-old adage in the context of the COVID-19 pandemic. The event not only underscored the intrinsic link between health and well-being but also highlighted the need for a holistic approach to address the physical, mental, and social aspects of health.

The contributions of Chief Patron Dr. Swapan Kumar Pan, Patron Prof. Taraknath Datta, Convener Dr. Manisha Mondal, Joint Convener Dr. Biswajit Mitra, Technical Assistant Sri Brojendra Nath Adhikari, and Resource Persons Prof. Sumanta Kumar Mondal and Prof. Sanjib Mridha were instrumental in making the webinar informative and engaging. The diverse perspectives shared by the panelists and the interactive discussions added depth to the discourse.

The success of the webinar lies not only in its academic content but also in its practical relevance. The insights gained from the event can serve as a guide for individuals, communities, and policymakers in navigating the complex landscape of health and well-being in the post-pandemic world.

The Department of Physical Education Committee for Yoga Certificate Course at Gushkara Mahavidyalaya is to be commended for organizing this timely and impactful webinar. By addressing the crucial theme of health in the context of COVID-19, the webinar has contributed significantly to the ongoing dialogue on building resilient and healthier societies.



GUSHKARA MAHAVIDYALAYA

[NAAC Re-Accredited 'A' Grade College] P.O. Guskara, Dist. Purba Bardhaman

Date: 14.06.2021

Notice

Gushkara Mahavidyalaya is going to observe International Yoga Day, 2021 with three day long programmes on 18.06.2021, 19.06.2021 & 21.06.2021. Seminars, quiz, inter-departmental speech competition and yoga competition will be held during these days. On 19th June inter-departmental speech competition on 'Health and Yoga' / 'ৰান্থ্য ও যোগ' will be held. Two participants from each department will be allowed to speak upon for 5 minutes on the mentioned topic.

All the departmental heads are requested to ensure participation from their department. Kindly select students with good network connections. Students have to face the camera while speaking and will not be allowed to read or present any slide or material. Kindly send the names of your participants to Dr. Manisha Mondal within 17.06.2021. Students may deliver their speech either in English or Bengali.

All teachers, staff and students are requested to attend and participate in the programme to make it a success

Links of Programme Schedules and others as follows:

For Programme and Instructions details:

https://drive.google.com/file/d/1B-n43IE7bkoq7XmkP0G4Bar-KhPtKXWQ/view?usp=sharing

Whatsapp Groups:

https://chat.whatsapp.com/Kjmq3h6Df8tFBiLLPdy15C https://chat.whatsapp.com/CnyHxz277qzFOLfaR2zRe5 https://chat.whatsapp.com/I6Q26VR9kVM4DFnQtbOGHY (All registered participants must join any one Whatsapp group)

<u>Platform</u>

Google Meet Link: <u>https://meet.google.com/uyf-euyh-mhe</u>

Youtube Link: Day 1: <u>https://youtu.be/ZbC4ZqDJ3Ow</u> Day 2: <u>https://youtu.be/pYmjJ7Z-lD0</u> Day 3: <u>https://youtu.be/A2pgDYpfjx8</u>

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLScxIeOi3CnbiHIQwxSKJM4TMAqUfSqFHU Fw1JMY1FFO_MGo6g/viewform?usp=sf_link



Principal Gushkara Mahavidyalaya Gushkara Mahavidyalaya

Programme Schedule for International Yoga Day, 2021

Gushkara Mahavidyalaya

Day - 1 - 18.06.2021

Time: 1:00 p.m. onward

- Opening Prayer
- Introductory speech by Dr. Manisha Mondal
- Welcome Song
- Welcome Speech by **Dr. Swapan Kumar Pan**
- Speech by IQAC Coordinator **Prof. Taraknath Datta**
- Speech by Mrinmay Maharaj on "Yoga for Healthy Living".
- Yoga Quiz Competition

Day - 2 - 19.06.2021

Time: 1:00 p.m. onward

- Opening Prayer
- Opening Song
- Initiation of the day's programme by Dr. Swapan Kumar Pan
- Speech by Dr. Kuntal Ghosh on "Yoga and Health".
- Speech by Dr. Kuntal Thakur on "Relevance of Yoga Education in Modern Era".
- Inter-departmental Speech Competition

Day - 3 - 21.06.2021

Time: 8:00 a.m. onward

- ✤ Opening Prayer
- * Introductory speech by **Dr. Swapan Kumar Pan** on International Yoga Day
- Yoga Performance by students, teachers and staff of the college
- Invited lecture by Dr. Chintaharan Betal on "Role of Yogic Medicines in Enhancement of Immune Capacity".
- Yogasana Competition
- Valedictory speech by Dr. Sukalyan Chanda

INSTRUCTION OF QUIZ COMPETITION

- > Any person may participate in the quiz.
- There will be multiple choice questions which are to be answered and submitted within 30 minutes.
- Link for the quiz will be given in the Whatsapp groups of the programme on 18.06.2021 at 4:00 p.m.

INSTRUCTION REGARDING SPEECH COMPETITION

- > Only students of Gushkara Mahavidyalaya can participate.
- > Name of the participants should be forwarded by the concerned department.
- > Maximum two candidates are allowed to participate from a department.
- > Participants should restrict their speech within 5 minutes.
- > Only oral presentation without any aid is allowed.
- > Presentation may be either in Bengali or English.
- During their speech participants must keep their video on and should speak facing the camera.
- Name of the participants must reach Dr. Manisha Mondal (Whatsapp No. 9233037379 by 18.06.2021.

INSTRUCTION FOR YOGASANA COMPETITION

- > Competition open for students of Gushkara Mahavidyalaya only.
- > Asanas to be performed (one from each group)
 - Standing position Brikshasana / Padahastasana
 - Sitting position Ardhakurmasana / Gomukhasana
 - Supine or Prone position Setubandhasana / Dhanurasana
- > All asanas to be performed within 5 min.
- Dress Gangee and trouser.
- Participants should position their camera in such a place that their full image can be clearly seen.
- Name of the participants must reach Dr. Manisha Mondal (Whatsapp No. 9233037379 by 18.06.2021.