

PANCHAKOT MAHAVIDYALAYA
SARBARI, NETURIA, PURULIA
Affiliated to Sidho Kanho Birsha University, Purulia
NAAC ACCREDITED [GRADE B]



Skill Enhancement Programme
on

Nutrition and Mental Well Being

Session: 2019-2020

PANCHAKOT MAHAVIDYALAYA
SARBARI, NETURIA, PURULIA
Affiliated to Sidho Kanho Birsha University, Purulia
NAAC Accredited [Grade B]

Date: 09/01/2020

Circular

This is to notify that the Panchakot Mahavidyalaya is going to conduct the following skill enhancement programme. The schedule is given below

Programme name	Schedule	Venue	Resource Person
Nutrition and Mental Well Being	17/01/2020	Seminar Hall	Prof. Srimanta Kanji

Students can enroll their name to Prof. Madhurima Mullick, Assistant Professor of Sanskrit department on or before 14/01/2020.

All the students are hereby requested to actively participated in the Programme.

Note: Certificates will be issued to all the participants.


Programme Co-ordinator


Principal
Principal
PANCHAKOT MAHAVIDYALAYA
Sarburi, Neturia, Purulia

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Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Nutrition and Mental Well Being
Academic Session	2019-2020
Date	17/01/2020
Resource Person	Prof. Srimanta Kanji
Programme coordinator	Prof. Madhurima Mullick

List of Enrolled Students

Sl. No.	Student Name	Roll No.	Reg. No.
1	CHIRANJIT ROY	119151-1914697	011082
2	PUJA BOURI	119152-1936825	011600
3	SUBIR BOURI	119152-1937007	011782
4	SEEMA BOURI	119352-1837618	012508
5	SAGARIKA BHATTACHARJEE	119151-1914801	011186
6	MONALISA BOURI	119351-1814697	011870
7	RAMESH KOIRI	119151-1914784	011169
8	SANJIB HEMBRAM	119151-1914812	011197
9	SWETA SINGH	119151-1914874	011259
10	LAXMIMONI MANDI	119352-1837378	012268
11	NUNITA BESRA	119352-1837444	012334
12	SUMITRA SOREN	119352-1837708	012598
13	SANJAY BHANDARI	119152-1936915	011690
14	SATYAM MAJEE	119152-1936936	011711
15	SUSMITA BAURI	119352-1837730	012620
16	KIRAN KUIRY	119351-1814678	011851
17	FULAN MISHRA	119151-1914705	011090
18	CHHOTU PARAMANIK	119352-1837272	012162
19	SURAJIT HANSDA	119352-1837719	012609
20	ANAL MANDI	119352-1837151	012041
21	ARATI HARI	119352-1837163	012053
22	NEPURA LOHAR	119152-1936776	011551
23	PURNIMA BOURI	119152-1936837	011612
24	RITIKA GUPTA	119351-1814753	011926
25	SUJATA BOURI	119351-1814808	011981

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26	ROSHNI HEMBRAM	119151-1914793	011178
27	PRATHAMI MURMU	119152-1936803	011578
28	RIYA ROY	119341-1814599	011764
29	SURJASEN MURMU	119352-1837723	012613
30	AGAMANI MONDAL	119152-1936503	011278
31	BIBEK GORAI	119152-1936585	011360
32	ASTOMI MAHATO	119151-1914667	011052
33	MONIKA SOREN	119352-1837417	012307
34	BINA CHAKRABORTY	119151-1914683	011068
35	DOLAN BOURI	119151-1914701	011086
36	KAJAL BOURI	119151-1914719	011104
37	BUDHESWAR MANDI	119152-1936617	011392
38	MAMONI BOURI	119152-1936732	011507
39	GOBINDA GORAI	119152-1936657	011432
40	AMBABATI SAREN	119151-1914649	011034
41	AMRIT LOCHAN KARMAKAR	119352-1837149	012039
42	MD SUFYAN RAJA	119152-1936743	011518
43	PARAMESWAR HEMBRAM	119152-1936789	011564
44	PUJA BAURI	119152-1936819	011594


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Nutrition and Mental Well Being

Session: (2019-2020)

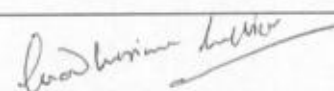
List of Participants

Sl. No.	Student Name
1	CHIRANJIT ROY
2	PUJA BOURI
3	SUBIR BOURI
4	SAGARIKA BHATTACHARJEE
5	MONALISA BOURI
6	SANJIB HEMBRAM
7	SWETA SINGH
8	LAXMIMONI MANDI
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29	ASTOMI MAHATO
30	MONIKA SOREN
31	BINA CHAKRABORTY
32	DOLAN BOURI

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33	KAJAL BOURI
34	BUDHESWAR MANDI
35	MAMONI BOURI
36	GOBINDA GORAI
37	AMBABATI SAREN
38	AMRIT LOCHAN KARMAKAR
39	PARAMESWAR HEMBRAM
40	PUJA BAURI


Programme Coordinator


Principal
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Sahari, Neturia, Durgulla

PANCHAKOT MAHAVIDYALAYA

SARBARI, P. O. NETURIA, DIST PURULIA, 723121 (WB)

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REPORT

LIFE SKILL ENHANCEMENT PROGRAM

Organized by: Panchakot Mahavidyalya

Program name: Nutrition and Mental Well Being

Programme/Program Duration: 1 day

Academic Year: 2019-2020

Date: 17/01/2020

Resource Person: Prof. Srimanta Kanji

No of Students enrolled: 44

No of Students present: 40

Objective: The participants will learn about –

- nutrients relevant to brain health
- dietary patterns and mental health
- the factors that influence the supply of nutrients to the brain
- supplementation as treatment for mental health problems
- what can be done to build a better brain

Learning Outcome: The participants have acquired knowledge about –

- components of a healthy diet
- the influences on food choice and eating behaviors
- nutrition and wellness practices that enhance individual and family well-being
- the effects of nutrients on mental health, appearance, and peak performance


Programme Co- Ordinator


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CERTIFICATE OF PARTICIPATION

Session: (2019-2020)

This is to certify that Mr./Ms. *CHIRANJIT ROY*
reg. No. *011082*..... has actively participated on the Nutrition and Mental

Well Being Programme held on 17/01/2020.

Indira Bhowmik

Programme Coordinator

S. Sanyal

Principal

Principal

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