

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



Skill Enhancement Programme
on

Nutrition for Physical and Mental Health

Session: 2022-2023

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

Date: 09-11-2022

Circular

All students are informed that Panchakot Mahavidyalaya has planned to conduct a programme on Nutrition for Physical and mental health on 19-11-2022 in our seminar Hall at 1:30 p.m.

Students are enrolled their names to Prof. Nabarupa Dutta, Assistant Professor of Geography Department on or before 17-11-2022.

Note: Certificates will be issued to all the participants.

N. Dutta

Programme Co-ordinator

S. Das
Principal

Principal
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Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Nutrition for Physical and mental health
Academic Session	2022-2023
Date	19-11-2022
Resource Person	Prof. Srimanta Kanji
Programme coordinator	Prof. Nabarupa Dutta

List of Enrolled Students

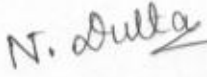
Sl. No.	Student Name	Roll No.	Reg. No.
1	ANUP MANDAL	119552-2036884	11962
2	SATYAJIT MONDAL	119552-2037305	12383
3	RUPALI MAJI	119551-2014886	11852
4	PUJA TANTUBAY	119552-2037209	12287
5	WASIM ANSARY	119551-2014958	11924
6	PARTHANA ROY	119552-2037171	12249
7	BIKRAM HEMBRAM	119352-2138283	014133
8	MADHABI BAURI	119152-2237804	013953
9	RANJIT TUDU	119352-2138612	014463
10	SHITALI HEMBRAM	119152-2238042	014191
11	SOMEN LOHAR	119152-2238095	014244
12	AKASH MONDAL	119352-2138192	014042
13	BARSHA BOURI	119351-2115458	013812
14	MASUMA KHATUN	119351-2115520	013874
15	MIR RAMIJ RAJA	119152-2237834	013983
16	MIR SOYEB AKHTAR	119152-2237837	013986
17	MOUSUMI GORAI	119151-2216007	013585
18	SK SAIFUL	119152-2238081	014230
19	MD FARDEEN RAJA	119151-2215999	013577
20	RANIT LAYEK	119152-2237956	014105
21	PARIMAL BASKEY	119352-2138523	014373
22	SAITHI BADYAKAR	119152-2237998	014147
23	SUBHANKAR RAJAK	119152-2238123	014272
24	NAYAN MANDAL	119352-2138491	014341
25	RINKU BOURI	119351-2115580	013934

N. Dutta

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26	SK RAJ	119152-2238078	014227
27	BIJOY BOURI	119152-2237681	013830
28	PRIYA BANERJEE	119151-2216034	013612
29	SHIBDAS MUDI	119152-2238038	014187
30	ASIT TUDU	119152-2237646	013795
31	SHAKTIPADA HANSDA	119352-2138693	014544
32	SK SEJAM	119152-2238083	014232
33	SUPRIYA SINGHA	119152-2238153	014302
34	BIDYUT BAURI	119352-2138275	014125
35	MONGALA MUDI	119152-2237838	013987
36	JYOTI BAURI	119352-2138382	014232
37	BINAY MURMU	119152-2237686	013835
38	RIYA SARKAR	119351-2115585	013939
39	RAKESH HANSDA	119352-2138602	014453
40	SAKUNTALA HEMBRAM	119152-2238002	014151
41	DIPALI BOURI	119152-2237719	013868
42	NAMITA HANSDA	119151-2216010	013588
43	KOLEN SOREN	119152-2237779	013928
44	SOUVIK DAS	119352-2138771	014622
45	MOUMITA MAJI	119352-2138473	014323
46	MALAY KUMAR MAJEE	119152-2237810	013959
47	SANDIP BAURI	119152-2238013	014162
48	TRISHALA KISKU	119351-2115661	014015


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Programme Coordinator

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Nutrition for Physical and Mental Health
Session: (2022-2023)
List of Participants

Sl. No.	Student Name
1	ANUP MANDAL
2	RUPALI MAJI
3	PUJA TANTUBAY
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31	JYOTI BAURI
32	BINAY MURMU
33	RIYA SARKAR

N. Sultana

SAJ
Principal
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34	RAKESH HANSDA
35	SAKUNTALA HEMBRAM
36	NAMITA HANSDA
37	KOLEN SOREN
38	SOUVIK DAS
39	MOUMITA MAJI
40	MALAY KUMAR MAJEE
41	SANDIP BAURI
42	TRISHALA KISKU

N. Datta
Programme Coordinator

S. G.
Principal
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PANCHAKOT MAHAVIDYALAYA

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

NAAC ACCREDITED [Grade-B]

REPORT

LIFE SKILL ENHANCEMENT PROGRAM

Organized by: Panchakot Mahavidyalya

Program name: Nutrition for Physical and Mental Health

Programme Duration: 1 day

Academic Year: 2022-2023

Date: 19-11-2022

Resource Person: Prof. Srimanta Kanji

No of Students enrolled: 48

No of Students present: 42

Objectives: To enable students -

- demystify the complex world of nutrition, health, and wellbeing
- discover how to apply nutrition concepts to one's own diet
- explore nutrition fads and the truth about food fortification
- teach the importance of proper nutrition for one's physical and mental well being

Learning Outcome: The session has helped the participants to -

- describe components of a healthy diet
- identify principles of healthy eating
- apply principles learned to assess their own dietary intake
- explore the influences on food choice and eating behaviors on one's physical and mental well being
- identify current nutrition controversies


Programme Co- Ordinator


Principal
Principal
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CERTIFICATE OF PARTICIPATION

Session: (2022-2023)

This is to certify that Mr./Ms [✓].....*ANUP MANDAL*.....
reg. No.*11262*..... has participated in the Life Skill Enhancement
Programme on Nutrition for Physical and Mental Health organized by Panchakot
Mahavidyalaya held on 19-11-2022.

N. Gupta

Programme Coordinator

Sely

Principal

Principal
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