



Balagarh Bijoy Krishna Mahavidyalaya

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Capacity Development and Skills Enhancement at Balagarh Bijoy Krishna Mahavidyalaya

Introduction:

At Balagarh Bijoy Krishna Mahavidyalaya, fostering holistic development goes beyond academic excellence. The institution recognizes the paramount importance of equipping students with essential skills and competencies to thrive in an ever-evolving professional landscape. This report delves into the comprehensive capacity development and skills enhancement program implemented at the college, aimed at empowering students with practical knowledge, soft skills, and industry-relevant competencies. Through a blend of academic curriculum, extracurricular activities, and specialized training initiatives, Balagarh Bijoy Krishna Mahavidyalaya endeavors to nurture well-rounded individuals poised for success in their chosen fields.

Report on Capacity Development and Skills Enhancement Programs - Academic Year 2022-23

1. Language and Communication Skills: Advanced Learners Seminars

Date: 30.11.2022, 7.12.2022 & 21.12.2022

Organized By: IQAC

Speaker: Students

Participants: 14

Objective: The aim of the Advanced Learners Seminars, conducted on 30th November, 7th December, and 21st December 2022, was to refine language and communication skills among students through academic presentations and discussions.

Outcome: With participation from 14 students, including presenters from various academic disciplines, the seminars provided a platform for honing presentation abilities, critical thinking, and articulation skills. Students showcased their scholarly prowess, fostering intellectual exchange and enhancing their confidence in public speaking.

2. Language and Communication Skills: Drama Workshop

Date: 06.01.2023

Organized By: NSS

Speaker: Susanta Kumar Halder and Suman Chatterjee of Balagarh Ayudh Silpa Jodhha

Participants: 16

Objective: The Drama Workshop, organized by NSS on 6th January 2023, aimed to cultivate social awareness and communication skills through theatrical expression and storytelling.

Outcome: Under the guidance of instructors Susanta Kumar Halder and Suman Chatterjee, students engaged in dramatic performances centered on societal issues. The workshop encouraged creative expression, empathy, and effective communication, nurturing a sense of social responsibility among participants.



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3. Life Skills: Yoga Training

Date: 21.06.2023

Organized By: Dept. of physical Education, NCC and NSS

Speaker: Sri Tapan Paul

Participants: 82

Objective: The Yoga Training session, held on 21st June 2023, sought to promote holistic well-being and life skills development among students through the practice of yoga.

Outcome: Facilitated by expert Tapan Paul and organized jointly by the Department of Physical Education, NCC, and NSS, the session attracted 82 students. Participants benefited from physical fitness, stress management techniques, and mindfulness practices, fostering a harmonious balance of mind, body, and spirit.

4. Life Skills: "Yog-yukta Bharat"

Date: 13.08.2022

Organized By: Alumni Association

Speaker: Mina Dam

Participants: 22

Objective: Organized by the Alumni Association on 13th August 2022, "Yog-yukta Bharat" aimed to instill the importance of yoga in daily life and promote a healthy lifestyle among students and alumni.

Outcome: The event underscored the significance of yoga in holistic development, attracting widespread participation and fostering a culture of well-being within the college community. Participants gained insights into the transformative power of yoga, laying the foundation for a healthier and more balanced lifestyle.



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Report on Capacity Development and Skills Enhancement Programs - Academic Year 2021-22

1. Language and Communication Skills: Advanced Learners' Seminar (Online Mode)

Date: 2nd August 2021

Organizer: Internal Quality Assurance Cell (IQAC)

Speakers: Nitisha Mondal, Sima Bairagi (Bengali); Bijoya Roy (Economics); Ankita Mondal, Indrani Paul (English); Sanchita Kirtoniya (Political Science); Rakhi Das (Sanskrit); Debojyoti Das (Chemistry)

Participants: 8

Objective: The Advanced Learners' Seminar aimed to enhance language and communication skills across disciplines, providing a platform for academic discourse and knowledge exchange in an online format.

Outcome: Participants benefited from insights shared by subject experts, fostering interdisciplinary dialogue and intellectual engagement. The seminar facilitated skill development in critical analysis, research methodology, and effective communication, empowering students for academic and professional success.

2. Language and Communication Skills: Essay Competition and Presentation

Date: 21st February 2022

Organized By: NSS

Speaker: Students

Participants: 32

Objective: The Essay Competition and Presentation offered students an opportunity to showcase their writing and presentation skills, promoting creativity, critical thinking, and effective communication.

Outcome: Selected essays were presented by students, encouraging literary expression and fostering a culture of intellectual inquiry. Participants honed their writing abilities, articulation skills, and persuasive techniques, enhancing their academic and professional competencies.

3. Soft Skills: Team Formation, Group Discussion, and Report Presentation on Women's Welfare

Date: 8th March 2022

Organized By: NSS & Gender equality cell

Speaker: Students

Participants: 25

Objective: The session focused on developing soft skills and promoting gender sensitization through collaborative activities, group discussions, and report presentations on women's welfare issues.

Outcome: Students actively engaged in discussions and presentations, fostering empathy, teamwork, and advocacy for women's rights and empowerment. The session nurtured leadership skills, social responsibility, and a deeper understanding of gender dynamics in society.

4. Life Skills: One Day Yoga Workshop

Date: 9th March 2022

Organized By: Department of physical education



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Speaker: Faculties of Department of physical education

Participants: 32

Objective: The Yoga Workshop aimed to promote holistic well-being and stress management techniques, fostering physical, mental, and emotional resilience among participants.

Outcome: Participants experienced the benefits of yoga firsthand, learning relaxation techniques, mindfulness practices, and breathing exercises to enhance overall health and well-being. The workshop facilitated self-awareness, inner balance, and a renewed sense of vitality.

5. Soft Skill Workshop on “Self Development”

Date: 30th April 2022

Organizers: IQAC & Cultural Committee

Speaker: Principal, Soma Roy Chaudhury, Principal Future Education & Social Worker

Participants: 38

Objective: The workshop focused on personal and professional development, providing insights and strategies for self-improvement and career advancement.

Outcome: Participants gained valuable insights into self-development techniques, goal setting, and effective communication strategies, empowering them to navigate challenges and seize opportunities in their academic and professional journey.

6. Life Skills: One Day Yoga Workshop

Date : 21st June 2022

Organized By: Department of physical education

Speaker: Faculties of Physical Education Department

Participants : 32

Objective: The Yoga Workshop aimed to promote physical fitness, mental relaxation, and emotional well-being through the practice of yoga.

Outcome: Participants experienced rejuvenation and relaxation through yoga asanas, pranayama, and meditation techniques, enhancing their overall health and vitality. The workshop fostered a culture of holistic wellness and mindfulness within the college community.



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Report on Capacity Development and Skills Enhancement Programs - Academic Year 2020-21

1. Life Skills: Online Yoga Classes on International Yoga Day

Date: 19.06.2021 -21.06.2021

Organized By: NSS

Speaker:

Participants :27

Objective: The objective of organizing online yoga classes on the occasion of International Yoga Day by NSS was to promote holistic well-being and stress management among students. By providing access to yoga practices, the program aimed to enhance physical, mental, and emotional health during the challenging times of the pandemic.

Outcome: Participants benefited from the holistic approach to wellness offered by yoga, experiencing relaxation, rejuvenation, and improved overall well-being. The online format allowed for convenient participation, enabling students to incorporate yoga into their daily routine and cultivate a healthy lifestyle.

2. Life Skills: Webinar on Yogic Practices and Well-Being during Pandemic

Date: 18.07. 2020

Organized By: Department of Physical Education

Speaker: faculties of Department of Physical Education

Participants : 35

Objective: The webinar organized by the Department of Physical Education aimed to educate participants about the benefits of yogic practices in promoting well-being and resilience during the pandemic. Featuring expert speakers, the webinar aimed to provide practical insights and strategies for maintaining physical and mental health.

Outcome: Participants gained valuable knowledge about yogic practices for managing stress, boosting immunity, and maintaining overall well-being during the pandemic. The expert insights shared by Dr. Moloy Kumar Mukhopadhyay and Dr. Saikat Chatterjee empowered participants to incorporate yogic techniques into their daily lives, fostering resilience and adaptability in the face of adversity.



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Report on Capacity Development and Skills Enhancement for 2019-20

1. Life Skills: Workshop on Phenyl preparation

Date: February 21, 2020

Organizer: National Service Scheme (NSS)

Speaker:

Participants: 38

Objective: The objective of the workshop was to impart practical knowledge and skills to the participants on the preparation of Phenyl, focusing on enhancing their life skills.

Outcome: The workshop provided a platform for participants to learn the techniques involved in the preparation of Phenyl, emphasizing safety measures and quality control. Through hands-on training and interactive sessions, participants gained valuable insights into chemical handling, formulation techniques, and the importance of following standard procedures. Moreover, the workshop aimed to instill a sense of self-reliance and entrepreneurship among the participants by equipping them with a practical skill that has potential economic benefits.

The outcome of the workshop was not only the acquisition of technical know-how but also the cultivation of a mindset geared towards innovation and self-sufficiency. By fostering a spirit of learning and empowerment, the workshop contributed to the holistic development of the participants, preparing them to face real-world challenges with confidence and competence.

2. Soft Skills: One day Workshop on Personality Development

Date: February 14, 2020

Organizer: Internal Quality Assurance Cell (IQAC) in collaboration with DC Crackers, Gurgaon, and E-cell IIT Kanpur

Speaker:

Participants: 27

Objective: The objective of the one-day workshop was to enhance the soft skills of the participants, focusing on personality development.

Outcome: The workshop provided a comprehensive platform for participants to develop essential soft skills crucial for personal and professional growth. Through interactive sessions, role-plays, and experiential learning activities, participants gained insights into various aspects of personality development, including communication skills, leadership qualities, time management, and emotional intelligence.

3. Language and Communication Skills: Advanced Learners' Seminar

Date: 18.12.2019

Organizer: Internal Quality Assurance Cell (IQAC)

Speaker: Students

Participants: 08



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Objective: The objective of the Advanced Learners' Seminar was to enhance language and communication skills among participants, focusing on advanced techniques and strategies for effective communication.

Outcome: The seminar provided a platform for participants to delve into advanced aspects of language and communication, facilitated by their peers. Through interactive sessions, group discussions, and presentations, participants explored various linguistic concepts, rhetorical devices, and communication strategies.

Furthermore, the seminar encouraged critical thinking, creativity, and self-expression, empowering participants to communicate more confidently and persuasively in academic and professional settings. The outcome was evident in the enhanced articulation, clarity, and impact of participants' communication skills observed throughout the seminar.

4. Soft Skill: Career Development and Personality Grooming Programme with emphasis on Teamwork and leadership

Date: 22.11.19

Organizer: Internal Quality Assurance Cell (IQAC) in Collaboration with Gillette

Speaker:

Participants: 37

Objective: The objective of the Career Development and Personality Grooming Programme was to equip participants with essential soft skills, focusing particularly on teamwork and leadership, to enhance their career prospects and personal growth.

Outcome: The programme provided a holistic approach towards skill development, emphasizing the importance of teamwork and leadership in career advancement. Through a series of workshops, interactive sessions, and practical exercises, participants gained valuable insights into effective communication, conflict resolution, decision-making, and motivational techniques within a team setting.

Collaboration with Gillette added significant value to the programme by bringing industry expertise and real-world insights, aligning the training with current market demands and trends. Participants not only learned theoretical concepts but also had the opportunity to apply them in simulated scenarios, enhancing their problem-solving abilities and decision-making skills.



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Report on Capacity Development and Skills Enhancement for 2018-19

1. Language and Communication Skills: Advanced Learners Seminar

Date: 13.9.2018

Organizer: Internal Quality Assurance Cell (IQAC)

Speaker: Students

Participants: 05

Objective: The objective of the Advanced Learners Seminar was to enhance participants' language and communication skills, enabling them to communicate effectively in academic, professional, and personal settings.

Outcome: Participants exhibited improved proficiency in language usage and communication effectiveness by the end of the seminar. They demonstrated enhanced abilities to articulate ideas coherently, engage in meaningful discussions, and deliver presentations confidently. Additionally, participants developed a greater awareness of the nuances of communication and acquired strategies to tailor their communication style to different contexts and audiences. The seminar fostered a conducive learning environment that encouraged active participation and collaborative learning among participants. Overall, the seminar successfully contributed to the capacity development and skills enhancement of participants in the realm of language and communication.

Conclusion:

In the span of 2018-2024, Balagarh Bijoy Krishna Mahavidyalaya has made commendable strides in fostering capacity development and skills enhancement among its students and faculty. Through a diverse range of activities, workshops, seminars, and collaborative initiatives, the institution has successfully nurtured a culture of continuous learning and growth.

These endeavors have not only equipped participants with the requisite knowledge and skills but have also instilled in them a spirit of innovation, adaptability, and resilience. From enhancing language and communication skills to providing exposure to emerging technologies and fostering entrepreneurship, the institution has endeavored to address the evolving needs of the modern world.

The activities undertaken by Balagarh Bijoy Krishna Mahavidyalaya have not only contributed to the personal and professional development of individuals but have also enriched the overall academic environment of the institution. By promoting interdisciplinary collaboration, experiential learning, and industry engagement, the institution has prepared its stakeholders to thrive in a dynamic and competitive global landscape.

Moving forward, it is imperative for the institution to sustain its momentum and continue to explore new avenues for capacity development and skills enhancement. By embracing innovation, fostering partnerships, and staying attuned to emerging trends, Balagarh Bijoy Krishna Mahavidyalaya can further reinforce its commitment to nurturing holistic development and empowering individuals to realize their full potential.