

TWO BEST PRACTICES SUCCESSFULLY IMPLEMENTED BY THE INSTITUTION

1. Best Practise (1) :

Spreading The Light of Knowledge:

Annual Arts and Science Fair; Book Fairs, Book Talks and Poetry workshops

2. Objectives of the Practice:

Founded in 1960 to educate emerging female students, our multicultural women's college fosters intellectual curiosity, creativity, and academic and personal growth by offering platforms for knowledge exchange, innovation, and engagement with diverse perspectives.

3. The Context:

In today's rapidly evolving, tech-driven landscape, success requires more than academic proficiency. Our institution aims to create a dynamic learning environment, facilitating knowledge exchange and creativity. The college library contributes by organising Annual events like Book fairs, Talks, and Poetry Workshops. Additionally, the institution's annual Inter College Science and Arts Fair, lets students showcase their creativity, innovation and academic prowess.

4. The Practice:

a. Fostering innovation, collaboration, and academic excellence:

The Annual Inter-College Arts and Science Fair, initiated in 2019 under the banner **INNOVISION**, has become a celebrated event at our institution. Featuring impressive models, charts, and experiments on various topics, the fair debuted on January 30, 2019, for Science and January 31, 2019, for Arts, attracting participants from several city colleges. Subsequent editions were held on February 20 and 22, 2020. The 2021 fair could not be held due to the

COVID-19 pandemic, but we resumed with an offline Science Exhibition on February 28, 2022, celebrating National Science Day. This event continues to foster creativity and interdisciplinary collaboration.

b. Nurturing intellectual curiosity and a love for reading:

The Book Fair, hosted by our College Central Library since 2018, is a notable two-day event. It attracts numerous publishers and book distributors, presenting a diverse collection of books. Attended eagerly by teachers, students, and staff, the fair includes departmental book selections and valuable participant feedback. The library also arranges Book Talks and Poetry Workshops with esteemed speakers, thereby, promoting reading, idea exchange, and community connections.

5. Evidence of Success:

a. Student Engagement and Achievement

With guidance from their departmental mentors, students receive excellent training within the college, enabling them to earn recognition in competitions hosted by external institutions. Many students actively engage in job fairs, seizing opportunities to network with industry experts and secure future employment prospects.

b. Expansion of the Book Fair

Since its inception in 2018, the Book Fair has experienced remarkable growth. Initially involving eight Book publishers and Distributors, the fair expanded over the years, with twenty-two Publishers participating in 2022. In 2023, the event expanded, held in collaboration with seven other city colleges on a larger platform.

6. Problems Encountered and Resources Required:

Our college faces space constraints, needing enhanced infrastructural facilities to fully support students' exploration of their inner capabilities. Another hurdle in implementing these

initiatives is temporal constraints amid frequent semester examinations and various academic and administrative duties. Nevertheless, our faculty and students have always given their best to carry these practices forward successfully.

7. Notes (Optional):

This practice is integral to the educational ethos of the College, as teaching the students how to think is more important and is emphasised than dictating what to think.

Best Practice # (2)

1. Title: Healthy Minds, Empowered Women

2. Objectives of the Practice

The priority and thrust of Vidyasagar College for Women include a holistic approach towards nurturing young minds, integrating physical fitness, mental well-being, and social consciousness, thereby helping them to develop as responsible citizens, adequately equipped to face the challenges of life with grit and confidence.

3. The Context

Recognizing the interconnectedness of physical and mental well-being, our college adopts a multi-faceted approach offering several resources.

A dedicated psychologist holds bi-weekly sessions for students to address academic and personal concerns in a safe, confidential space.

Medical Cell organises health camps, awareness programs, and lectures that address various health issues and promote overall well-being.

Yoga and Self - Defense Certificate Courses equip students with tools to manage stress and fatigue while promoting physical fitness.

Participation in the **NCC & NSS Units** cultivates social responsibility and nurtures a sense of community.

This comprehensive strategy empowers young women to cultivate healthy minds and bodies, preparing them to confidently navigate life's challenges.

4. The Practice

A Holistic Approach to Student Wellbeing

Vidyasagar College for Women prioritizes the mental and physical well-being of its students. The institution's commitment to its **motto "Gyan, Tyag, Seva"** (Knowledge, Sacrifice, Service) is evident in the following initiatives.

The Personal Counselling Cell, led by Ms. Chaitaly Majumdar, offers bi-weekly sessions to help students navigate academic, personal, and social challenges in a confidential space. During the COVID-19 pandemic, the cell organized webinars on coping strategies, and managing failure helping students to combat stress and build resilience.

The Medical Cell hosts health camps and awareness programs on topics like Thalassemia detection, breast cancer awareness, and post-pandemic lifestyle impacts, empowering students to prioritize self-care.

The College offers **Yoga and Self-Defense Training Courses**, guided by certified instructors to promote physical fitness and impart stress management skills.

The NCC cadets and NSS volunteers engage in outreach programs, with the NSS Special Camp focusing on skill development in underprivileged communities.

By nurturing a holistic environment that addresses physical and mental well-being, we empower our students to become well-rounded individuals, confident leaders, and agents of positive change.

5. Evidence of Success

Since 2018, **over 547 students have sought guidance** through our confidential counselling sessions, reflecting significant trust in our support system. During the pandemic, our mental health webinars effectively addressed COVID-19's impact, with active student participation.

An increasing number of students are embracing yoga with 95 students completing the Certificate Course in 2023.

The self-defense course has become a badge of honour for 77 students, equipping them with valuable skills and fostering a sense of self-confidence.

The dedicated NCC cadets and NSS volunteers have earned several certificates of appreciation for their outreach activities.

6. Problems encountered and Resources required

Overcoming the stigma around mental health support remains challenging, with societal pressures deterring students from seeking help. While the yoga program is gaining momentum, some students struggle to balance academics with yoga classes. The present academic routine is trying to accommodate more hours for yoga classes in the morning. Securing enough funding to develop proper infra-structural facilities, is essential to bolster our student support system.

7. Notes.

In this context, it may be mentioned that the Students Activities Committee organizes a diverse array of events like Sports, College Social, Picnic and celebration of festivals, fostering holistic development, relieving academic stress and nurturing social bonds in relaxed settings



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Institutional Values and Best Practices

Two Best Practices of the Institution

Best Practise (1)

Spreading the light of knowledge :

Annual Arts and Science Fair; Book Fairs, Book Talks, and poetry workshops



Pulpana Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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Our institution aims to create a dynamic learning environment, facilitating knowledge exchange and creativity.

The college library plays an active role in our mission by organising Annual events like **Book fairs, Book Talks, and Poetry Workshops.**

The institution also hosts Annual **Inter College Science and Arts Fair** to provide a platform for students to showcase their creativity, innovation and academic prowess.



Vulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

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Calcutta - 700 006

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INNOVISION: Inter College Annual Arts and Science Fair

Host: Vidyasagar College for Women

LINK FOR THE REPORT ON ANNUAL ARTS AND SCIENCE FAIR

https://www.vcfw.in/naac_dvv/assets/naac_document/arts_and_science_fair_full_report.pdf



Vulupa Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

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Calcutta - 700 006

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INNOVISION 2019

Dates: 30.01.19 (Science) and 31.01.19 (Arts)

Participating Teams: Vidyasagar College for Women, Derozio College, Vidyasagar Metropolitan College (VMC), Maharaja Manindra Chandra College, SAA Jaipuria College, Vidyasagar College, St. Paul's Cathedral Mission College

VIDYASAGAR COLLEGE FOR WOMEN

CORDIALLY INVITES YOU

TO



ARTS & SCIENCE EXHIBITION

Venue : Vidyasagar College For Women, College Premises

Date: January 30, 2019 (Wednesday) Arts Exhibition

January 31, 2019 (Thursday) Science Exhibition

Time: 8.30 AM to 12.30 PM

**SHARE YOUR VISION FOR AN INNOVATIVE FUTURE THROUGH
DEMONSTRATIVE EXPERIMENTS, MODELS, POSTERS**

All participants will receive Certificates

FLYER FOR THE EVENT



Pulipa Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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SOME IMAGES CAPTURED DURING THE EVENT



Water level detection Model (VMC)



Presentation from Electronics Department (VCFW)



Physiology Department, VCFW



Suliga Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



Physics Department, VCFW: Demonstration showcasing the utilization of smartphones for forest fire prevention



**Economics Department, Vidyasagar College:
Model on "Ecosystem Engineers"**



Puljya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Prize Distribution Ceremony



Winner (Arts Stream): First prize in Arts being awarded to Political Science Department of Vidyasagar College



Suliga Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

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office@vcfw.org

No.

Date.....



THE TROPHY: First prize in Science was awarded to
Physics Department of Vidyasagar College for Women



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



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(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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INNOVISION 2020

Dates: 20.02.2020 and 22.02.2020

**Chemistry Department, VCFW: Bringing Industry to the Lab:
Demonstrating Synthesis of Rayon Fiber (Recipient of the Top
Prize from Science)**



Sanskrit Department VCFW (Winner from Arts Stream)



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Department of English , VCFW with their presentation



Department of Bengali, VCFW with their presentation



Pulpana Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



Zoology Department, Victoria Institution: Revealing Food Adulteration through Demonstration



Presentation by Students of Mathematics Department, VCFW



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



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(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

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National Science Exhibition, 2022 (28.2.2022)

This was our first inter college offline event during the ongoing Covid pandemic. National Science Day was celebrated in the form of an inter-college science exhibition on 28th February 2022. Keeping in mind the covid safety norms, only a few colleges were invited to take part in the event.

Participating Departments of our college: Botany, Zoology, Physiology, Chemistry, Physics, Mathematics, Economics, Geography and Film studies

Other participating colleges: Victoria Institution College, T.H.K. Jain College



**Inauguration of National Science Exhibition by Principal,
VCFW**



Pulpana Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



Celebrating National Science Day February 28, 2022



Presentation by students of Geography Department of our college



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

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office@vcfw.org

No.

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**Students from Film Studies Department of our College and T.H.K. Jain College
with our faculties**



Presentation by Botany Department of T.H.K Jain College



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



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(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

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office@vcfw.org

No.

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Students representing the Zoology Department of our College



Physiology Department students explaining their model on Corona Virus



Sulagna Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

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office@vcfw.org

No.

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Arts and Science Fair 2023

The Event Was held in collaboration with Prabhu Jagat Bandhu College and Nabagram Heeralal College

Date:04.05.2023

ORGANIZED BY
VIDYASAGAR COLLEGE FOR WOMEN
In Collaboration
Prabha Jagatbandhu College, Howrah
&
Nabagram Hiralal Paul College,
Konnagar

Art
Themes:
Environment
Socio-economic status
Art and Culture

Science
Themes:
Sustainable development Goals
Environment and Pollution
Green and sustainable chemistry
Energy and its uses
Pandemic and its effect

INSTRUCTIONS:

- Each Arts and Science department can submit maximum two projects.
- It is preferable not to have more than 6 students in the participating departmental team for each project.
- Three best projects will be awarded separately from Arts & Science departments.

DATE: 4TH MAY, 2023 (THURSDAY)
PLACE: NEW BUILDING PREMISES
Vidyasagar College for Women,
39, Sankar Ghosh Lane, Kolkata-06

FLYER FOR THE EVENT



Pulpana Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Presentation by Zoology Department: Model depicting Pharmacological aspect of Corona Virus in (VCFW) Respiratory system



Puljya Roy

Principal
Vidyasagar College for Women
Kolkata





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(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

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Judges assessing Chemistry Department's exhibit



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



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(NAAC ACCREDITED)

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Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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Presentation by Department of Geography



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



History Department students with their presentation



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Presentation by Political Science Department (Prabhu Jagat Bandhu College)



Students of English Department proudly display their Winner's Certificate



Pulaya Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

**Annual Book Fairs,
Exhibitions, Book Talks, and
Poetry workshops
Organised by
Central Library
Vidyasagar College for
Women**

LINK FOR THE ANNUAL LIBRARY EVENTS

[https://www.vcfw.in/naac_dvv/assets/naac_document/Book Fair and Talks.pdf](https://www.vcfw.in/naac_dvv/assets/naac_document/Book_Fair_and_Talks.pdf)



Pulaya Roy

**Principal
Vidyasagar College for Women
Kolkata**



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Book Fair 2018

- **Dates:** 20th, 21st and 22nd February 2018
- **Venue:** Vidyasagar College for Women, New Building Ground
- **Time:** 9 a.m. to 1 p.m.
- **Organized by:** Library, Vidyasagar College for Women
- **Participation of Publisher/ Book Vendor :** Eight Publisher and Book Distributors - Dasgupta Co. Pvt. Ltd., Ekusuh Shatak , Ekushe, Mahuya publishers, Nabajatak Prakashan, New Central Book Agency, Setu Prakashani, U.N. Dhar & Sons Pvt. Ltd., participated and exhibited books on arts and literature, Social Science, Biological science and other subjects.
- Feedback was collected from participating Book Publishers, Book Distributors and Book vendors.
- **Book Fair Visitors :** Teachers, Students, college staff of Vidyasagar Group of Colleges (Vidyasagar College for Women, Vidyasagar Metropolitan College, Vidyasagar College). Teachers selected books for their Departmental libraries.



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Glimpses from Book Fair (2018)



Sulipa Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

BOOK FAIR (2018)



At New Building College Ground, Vidyasagar College for Women



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

ONE DAY POETRY WORKSHOP

“Our Poetry, Our Selves”

Organised by Library, Vidyasagar College for Women

**Workshop Coordinator: Dr. Pradipta Mukherjee ,
Department of English, VCFW**

Date: 12th April, 2019



Pulpa Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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Prof. Subodh Sarkar, eminent and distinguished Sahitya Academy Award winning poet, delivering the key-note lecture



Dignitaries being felicitated



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women
 (NAAC ACCREDITED)
 39, Sankar Ghosh Lane
 Calcutta - 700 006
 Phone : 2241 8889
 E-mail : office.vcfw@gmail.com
 office@vcfw.org

No.

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Captivated Audience at the Workshop



Newspaper clipping: Published in The Sunday Statesman dated 21st April, 2019.

The universal inclusiveness of poems

A recent workshop in Kolkata called 'Our Poetry, Our Selves' saw participation from both professors and students alike from several colleges in the city

HEADLINES

A poetry workshop called "Our Poetry, Our Selves" was held recently by Vidyasagar College for Women at Bhagwati Devi Sabahgarh. The workshop witnessed significant participation from other colleges and universities from Kolkata, and around, including Calcutta University, West Bengal State University, Rastrapur Surendranath College, Jaijuria College, Maharani Kouswar College and Narula Institute of Technology.

The chief guest of the event was the eminent Sahitya Academy award winning poet and Professor Subodh Sarkar. The professor, currently President of Kabi Academy, described the workshop as "an extremely noteworthy venture to shape talented, impressionable minds and to instill amongst today's youth a love for poetry."

Professor Sarkar spoke about poetry as the language of the soul and the poet as a socially sensitive human being. Poets raise their voices against social discrimination and injustice and register their protests through poems.

The professor cited how the famous Bangladeshi poet Nirmalendu Guon had conducted a life-long hunger strike to protest against the brutal rape and murder of Nurat Jahan Rafi.

The professor further outlined how poetry embellishes the mind and uses aesthetic and rhythmic qualities of language. He spoke about modern poetry and how it reflects a critique of poetic tradition.

He spoke on poets in exile and cited the example of revolutionary poets like Pablo Neruda. He also discussed how poets often adapt forms, styles and techniques from diverse cultures and languages in a globalised world.

Professor Anghuman Kar from the Department of English, Burdwan University, started the first half of the session by discussing ways of writing poetry with special emphasis on form, content, style, diction and rhythm. He stated how the Bengali language was deftly handled in the 19th century by contemporary poets like Govind Choudhury and Pinaki Thakur.

"Yet, budding poets," Kar emphasised, "struggle to write in a colloquial language."

He also said that poems should have a take-off point, and substantiated his argument by citing the example of the poem 'Amal Kanti' by Nirmalendu Chakraborty.

He highlighted the prerequisites of a good poem, saying that it should have memorable rhythm which would stand the test of time. He illustrated his argument with Tarapada Ray's 'Thanda Machine' and Utpal Kumar Basu's 'Sukh Dukhkor Smita'.

The use of similes was substantiated from the poetry of Jibananda Das. There were significant references to 'Nishat Nawa' 'Janyo' by Sunil Gangopadhyay, Tarapada Ray and Boney Majumdar were also discussed while referring to originality and innovations in poetry.

Metaphysical poems like John Donne's sonnets were discussed as opposed to the staid, artificial worn-out imagery of poets in Elizabethan England. T. S. Eliot's 'The Love Song of J. Alfred Prufrock' was taken into consideration to elaborate the concepts of startling similes and conceits.

An interesting discussion unfolded when both the professors, Sarkar and Kar, discussed the poetry of revelation and when they looked at the poet as a seer and a social activist.

The last session witnessed an active student interaction. Students from Vidyasagar Evening College recited self-composed poems.

Pulaya Ray
 Principal
 Vidyasagar College for Women
 Kolkata





Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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Book Fair 2020

- **Date:** 20th and 22nd February 2020
-
- **Venue:** New Building Ground, Vidyasagar College for Women
-
- **Time:** 9 a.m. to 1 p.m.
-
- **Organized by :** Library, Vidyasagar College for Women

- **Participation of Publisher/ Book Vendor :** Nine Publishers and Book Distributors – Alhabet Books, Dasgupta Co. Pvt. Ltd., Ekusuh Shatak , Ekushe, Mahuya publishers, Nabajatak Prakashan, New Central Book Agency, Setu Prakashani, U.N. Dhar & Sons Pvt. Ltd., participated and exhibited books on arts and literature, Social Science, Biological sciences and other subjects.



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

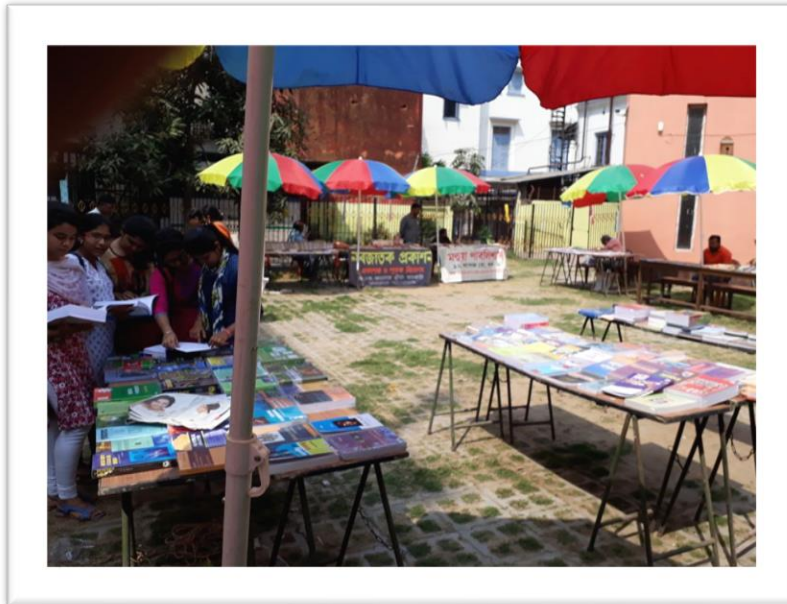
E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Glimpses from the Book Fair organised by Library, VCFW (2020)



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

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Celebration of World poetry Day



REPORT ON WORLD POETRY DAY

A programme – “A Spontaneous Overflow of Powerful Feelings” was organized by the English Department of the Vidyasagar College for Women on 21st March, 2024. The day, designated by UNESCO in 1999, aims to promote the reading, writing, publishing, and teaching of poetry throughout the world. The day unfolded as a grand celebration of verse, encapsulating the diversity and richness of poetic expression among students as well as the faculty alike.

The event organized by the Department of English commenced in the early hours of the morning at the college auditorium. The highlight of the day was the poetry reading session in the college auditorium, the readings were a vibrant mix of languages and styles, reflecting the cultural diversity of our students body which began with the beautiful act on Sukumar Ray's *Abol Tabol*. Rabindranath Tagore's *Birpurush*, Suryakanth Tripathi's *Woh todti patthar*, Rumi's *I am thy and thou art mine* and *when I die*, William Blake's *Sick Rose* and Carol Ann Duffy's *Text*.

As an institution that encourages literary expression and artistic endeavors among students, this day was marked with a variety of activities that showcased the poetic talents of the literature students. The students of the Vidyasagar College for Women who participated in this beautiful occasion were – Sargam, Srijani, Shayantani, Paulami, Kolika, Tulika, Subhasree, Barasiya. This beautiful occasion would not have been possible without the guidance of the professors of the



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



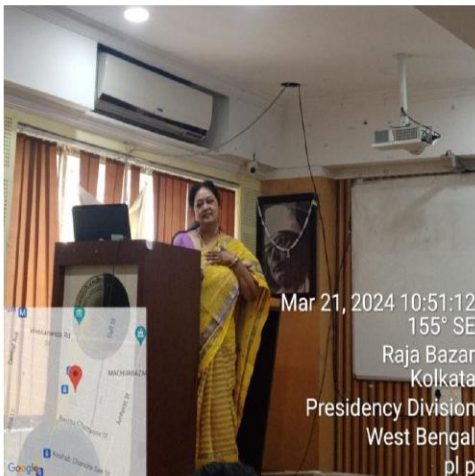
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Date.....

World Poetry Day Celebration

English Department – Shreepama Ghosal, Keka Das, Dr. Madhumita Dutta and Dr. Pradipta Mukherjee. The celebration concluded with the recitation by our honourable principle ma'am Dr. Sutapa Ray of her some self composed poems.

The day not only celebrated the linguistic diversity but also demonstrated the universal emotions and experiences conveyed through poetry. It provided a platform for students to express themselves and encouraged a deeper engagement with poetry as a form of art and transcends geographical and cultural boundaries. Overall, the World Poetry Day celebration was a resounding success, reinforcing the role of poetry in education and in nurturing a compassionate and cohesive community.



Sutapa Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Book Exhibition cum Book Fair 2022 cum Book Talk

- Date : 19th and 20th December, 2022
- Venue : New Building College Premises, Vidyasagar College for Women
- Time : 10:30 am to 4 pm

Organized by: Libraries of Vidyasagar Group of Colleges (Vidyasagar College for Women, Vidyasagar Metropolitan College, Vidyasagar College) in Collaboration with IQAC of respective colleges

Participation of Publisher/ Book Vendor : Twenty two Publisher and Book Distributors – a) ABS Publishing House , b) Academic Publishers, c) Akshar Prakashani, d)Alphabet Books, e) Ashadeep Publishers, f) Avenel Press g) Chirayata Prakashan Pvt. Ltd, h) Dasgupta Co. Pvt. Ltd., i) Diya Publication, j) Ekushe, k) Motilal Benarasidass International, l) New Central Book Agency, m) Platinum Publishers n) Pragyabikas o) Punthi Pustak p) Santra Publication Pvt. Ltd. q) Setu Prakashani, r) Techno World s)U.N. Dhar & Sons Pvt. Ltd., t) Universal Book Concern, u)Vitasta Publishers v) West Bengal State Book Board participated and exhibited books on arts and literature, Social Science, Biological science and other subjects.

Feedback was collected from participating Book Publishers, Book Distributors and Book vendors

Book Talk by (19th December 2022)

(i) Dr. Shrimoyee Guha Thakurata, Head, Department of History, Scottish Church College

(ii) Dr. Somshankar Roy, Department of History, Vidyasagar College for Women

- Cultural Programme: Students and staff from three colleges collaborated to host recitation, dance, and musical performances at the college's open-air theater during the book fair.



Sulagna Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Dear Sir/ Madam

It's a pleasure to announce that Libraries of Vidyasagar Group of Colleges in collaboration with IQAC of respective Colleges are going to organize a **Book Exhibition cum Book Fair and Book Talk** on 19th & 20th of December, 2022 from 10.30 am to 4 pm at our college premises. You are cordially invited to be present in this auspicious event. Books of all categories will be on display which you may be interested in.

We would be obliged to have your presence in our programme.

Sincerely your

R Chandhuri
Principal
Vidyasagar College for Women

[Signature]
Principal/TIC
Vidyasagar Metropolitan College

Amita Kund
Principal
Vidyasagar College

Invitation Card for the Collaborative Book Fair 2022



[Signature]
Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Some Photographs from the Event



Inauguration of the Fair(19.12.22)



Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Some photographs from the Book Fair organized by Vidyasagar Group of Colleges (2022)



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

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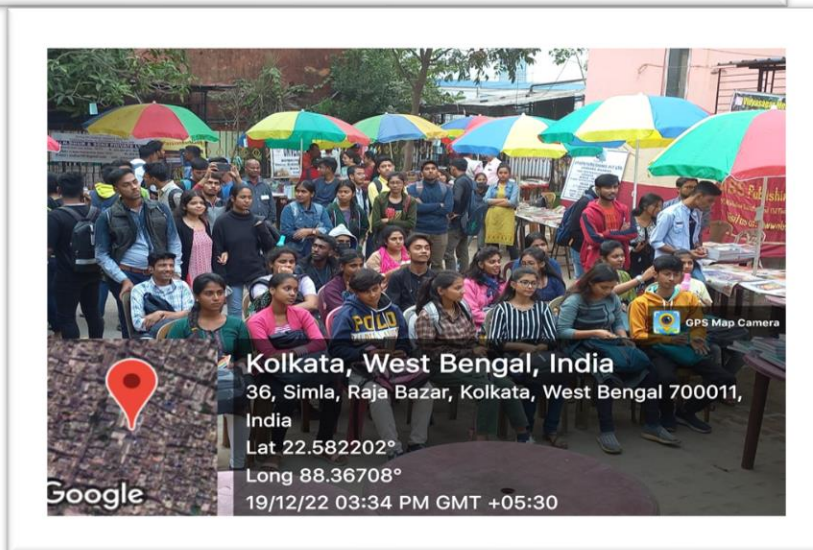
E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

BOOK TALK: Dr. Shrimoyee Guha Thakurata, Head, Department of History, Scottish Church College



Students attentively participating in the Book Discussion



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Vidyasagar College for Women
Kolkata



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Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

BOOK FAIR 2024

In 2024, the event expanded significantly through collaboration with seven additional city colleges. Due to limited open space on our campus, the event took place at the extensive grounds of Rani Birla Girls' College.

RANI BIRLA GIRLS' COLLEGE
39, SHAKESPEARE SARANI, KOLKATA - 700017
ACCREDITED BY NAAC & UNIVERSITY OF CHICAGO

cordially invites you to!

KNOWLEDGE '24
A Two Day Book Fair
Theme: "Books in Hand: A Digital Detox"

in collaboration with
Internal Quality Assurance Cell, RBGC

jointly with
Netaji Nagar Day College
Women's Christian College
Sir Gurudas Mahavidyalaya
DumDum Motihsheel Rabindra Mahavidyalaya
Vivekananda College for Women
Sammilani Mahavidyalaya
Vidyasagar College for Women

10:30 am to 04:30pm
09th & 10th January, 2024
RBGC College Premises

ENTRY FREE

Overview

The dopamine dose to the snapshots of anyone's picturesque Kolkata winter memories is its iconic hallmark, the Kolkata International Book Fair. Apart from this annual magnum opus, many small book fair events are organised round the year in the city as Calcuttans are known bibliophiles. This winter at the heart of Kolkata one such Book Fair is going to be organised by the Rani Birla Girls' College on January 9 and 10, 2024 from 10.30 am to 04.30 pm. The joint partners in this venture are Netaji Nagar Day College, Women's Christian College, Sir Gurudas Mahavidyalaya, DumDum Motihsheel Rabindra Mahavidyalaya, Vivekananda College for Women, Sammilani Mahavidyalaya and Vidyasagar College for Women. This programme will be inaugurated by eminent academicians Dr. Pabitra Sarkar, Chief Guest, and renowned poet Miss Mandakranta Sen, Guest of Honour. A Book Fair as a display or exhibit of books by a group of publishers or book dealers promotes sales and stimulates interests among the visitors and readers. In the above-mentioned event, these formal aspects of a book fair will be augmented by the Chief Guest's address and Guest of Honour's deliberation on the theme of the fair- "Books in Hand: A Digital Detox". This will be followed by fun and attractive activities like food and handicraft stalls, and many competitive events. Thus, let us join our hands together with a positive hope to make this programme a grand success.

Programme Schedule

DAY ONE (09.01.2024)

Programme Schedule

09.30 am to 10.30 am - Registration.
10.30 am onwards - Inaugural Programme.
10.30 am to 10.35 am - Inaugural Song.
10.35 am to 10.45 am - Felicitating of Guests
10.45 am to 10.50 am - Lighting of Lamp and Inauguration of Book Fair.
10.50 am to 11.00 am - Welcome address by Dr. Srabanti Bhattacharya, Principal, Rani Birla Girls' College.
11.00am-11.10am Address by Dr. Aparna Chakraborty, Administrator, Rani Birla Girls' College.
11:10 am to 11:40 am - Address by the Chief Guest, Dr. Pabitra Sarkar.
11.40am to 12.10pm - Address by the Guest of Honour, Ms Mandakranta Sen.
12:10 pm onwards - Vote of thanks by Convenor and book stall visit by the dignitaries.

DAY TWO (10.01.2024)

Programme Schedule

10 am to 11 am - Registration
11 am onwards - Inter College Quiz and Debate competition organised by Quiz and Debate Club and Cine Club, Rani Birla Girls' College

Patrons

Dr. Srabanti Bhattacharya
Principal, Rani Birla Girls' College

Dr. Sonali Banerjee Jash
Principal, Netaji Nagar Day College

Dr. Ajanta Paul
Principal, Women's Christian College

Dr. Manishankar Roy
Principal, Sir Gurudas Mahavidyalaya

Dr. Arijit Saha
Principal, DumDum Motihsheel Rabindra Mahavidyalaya

Dr. Samarпита Ghosh Ray
Principal, Vivekananda College for Women

Dr. Chandan Kumar Jana
Principal, Sammilani Mahavidyalaya

Dr. Sutapa Ray, Principal
Vidyasagar College for Women



Sutapa Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

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Calcutta - 700 006

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E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Title (2):

Healthy Mind , Empowered Women

The priority and thrust of Vidyasagar College for Women includes holistic approach towards nurturing the young minds, integrating physical fitness, mental well-being, social consciousness, thereby helping them to develop as responsible citizens, adequately equipped to face the challenges of life with grit and confidence.



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



No.

Date.....

Yoga for better living

Yoga workshops

On 21st June, 2023, a yoga workshop was organised where **Swami Vedaswarupananda**, monk at the Ramakrishna Mission Institute of Culture, Golpark was our invited speaker. He spoke on the subject of “The Essence of Yog and its Practical Applications in our daily lives”. Swamiji enlightened the audience on the six *darshans* in Indian Philosophy. He explained Maharshi Patanjali yoga darshan as one of the darshan in which one part is *yogashana* and another part is *ekagraha darshan*. He spoke on *dhyaan*, the practice of concentration in our daily lives . The lecture was extremely inspiring and thought provoking. The speaker offered his guidance on how to live a meaningful and purposeful life. The talk benefitted both students and staff of the college.



Swami Vedaswarupananda delivering his talk on “The Essence of Yog and its Practical Applications in our daily lives” at VCFW



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



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(NAAC ACCREDITED)

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Calcutta - 700 006

Phone : 2241 8889

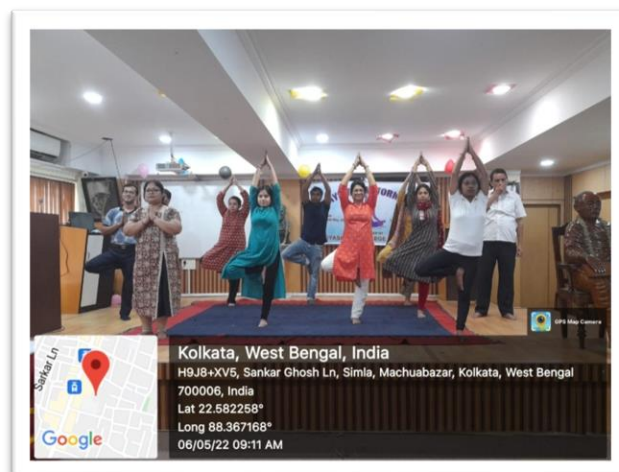
E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

A **Three Day Yoga workshop** was conducted for the teachers, non-teaching staff and students on 6th May, 12th May and 13th May 2022. During these days, Smt. Rashmi Pal, yoga instructor of the college, carried out yoga session with a brief lecture explaining various Asanas and their benefits. The session started at 8.30 am and continued till 11 am. The student's session was held from 8.30 -9.30 am. After a 30- minute interlude, the faculties and non-teaching staff had their session for an hour. The students and the college staff participated with great enthusiasm.



Rashmi Pal

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

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Calcutta - 700 006

Phone : 2241 8889

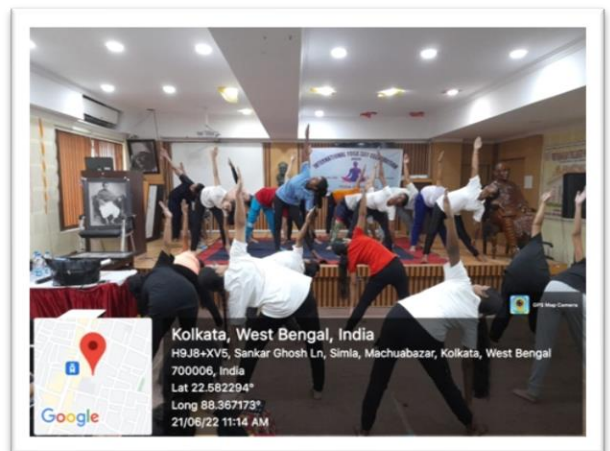
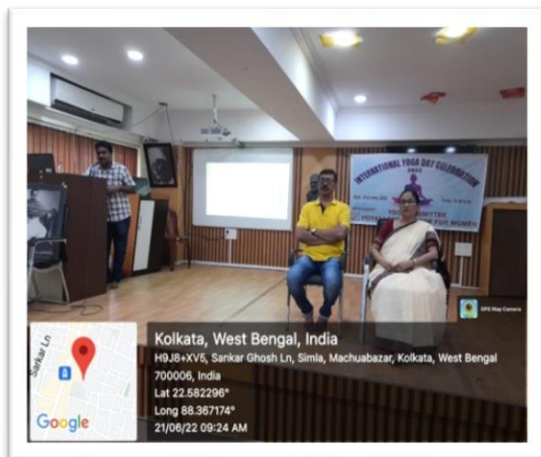
E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

A special seminar featuring Shri. Rajiv Roy, a renowned yoga instructor from the Yoga Monastery, was organized on International Yoga Day, 21st of June, 2022. He spoke on the Philosophy behind Yoga and its benefits for Students. The day witnessed enthusiastic response from students who raised many questions on Asanas and their health issues that could be addressed with the help of yoga. This was followed by an hour yoga session under the guidance of Sri Rajiv Roy.



Yoga practice session under the guidance of Sri Rajib Roy, Yoga instructor (21.6.22).



Rajib Roy

Principal
Vidyasagar College for Women
Kolkata



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39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

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No.

Date.....

Glimpses from Regular Yoga sessions in the college under the supervision of college appointed yoga instructor Smt. Reshmi Pal



Reshmi Pal

Principal
Vidyasagar College for Women
Kolkata



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No.

Date.....

The College offers a 30 hours Certificate Course on Yoga. List of students who enrolled for Yoga Course in 2023


Vidyasagar College for Women
39, Sankar Ghosh Lane, Kolkata- 700006
List of Candidates Registered for Yoga Course

Sl. No	Student Name	CU- Registration No.	CU- Roll No.
1	PRITI KUMARI JAISWAL	136-1211-0340-22	222136-12-0021
2	PRIYA MANDAL	136-1212-0354-22	222136-12-0089
3	PRIYANKA DAS	136-1211-0332-22	222136-12-0014
4	PRIYANKA DAS	136-1211-0323-22	222136-12-0005
5	PRIYANKA DAS	136-1211-0324-22	222136-12-0006
6	PUJA GUPTA	136-1211-0410-22	222136-12-0075
7	RANI DAS	136-1212-0360-22	222136-12-0091
8	RIYA JANA	136-1211-0371-22	222136-12-0046
9	RUMA MARICK	136-1211-0338-22	222136-12-0020
10	RUPASHREE DAS	136-1214-0357-22	222136-12-0107
11	RUPSHA PAUL	136-1211-0321-22	222136-12-0003
12	RUPWATI KUMARI ROY	136-1211-0387-22	222136-12-0058
13	SANCHITA DAS	136-1211-0348-22	222136-12-0027
14	SANJANA TIWARI	136-1211-0457-22	222136-12-0111
15	SANJUKTA DAS	136-1211-0346-22	222136-12-0025
16	SANKITA SEN	136-1211-0333-22	222136-12-0015
17	SEDRA AZIM	136-1211-0409-22	222136-12-0074
18	SHAFAQ JABIN	136-1211-0399-22	222136-12-0067
19	SHREEPARNA SEAL	136-1211-0388-22	222136-12-0059
20	SHRUTI SRIBASTAB	136-1211-0397-22	222136-12-0066
21	SNEHA CHAKRABORTY	136-1211-0394-22	222136-12-0063
22	SNEHA DAS	136-1212-0408-22	222136-12-0100
23	SNEHA KUNDU	136-1211-0330-22	222136-12-0012
24	SNEHA SANTRA	136-1211-0358-22	222136-12-0034
25	SRIPARNA DAM	136-1211-0368-22	222136-12-0043
26	SRITAMA DEY	136-1211-0349-22	222136-12-0028
27	SUCHARITA DE	136-1211-0396-22	222136-12-0065
28	SUCHITRA MAITY	136-1211-0363-22	222136-12-0038
29	SUPRIYA DAS	136-1211-0423-22	222136-12-0084
30	SURANJONA MONDAL	136-1212-0406-22	222136-12-0099

Rupali Choudhury
Principal
Vidyasagar College for Women
Kolkata

31	SUSHMA KUMARI PRASAD	136-1211-0377-22	222136-12-0051
32	SWASTIKA SAHA	136-1211-0319-22	222136-12-0001
33	SWEETY HAZRA	136-1211-0374-22	222136-12-0049
34	SWETA DAS	136-1211-0365-22	222136-12-0040
35	TANDRA MONDAL	136-1211-0366-22	222136-12-0041
36	TANUSHREE SAHA	136-1212-0398-22	222136-12-0097
37	TINA DEY	136-1211-0373-22	222136-12-0048
38	TITHI MONDAL	047-1212-0712-18	222136-12-0109
39	TRISHA DEY	136-1211-0422-22	222136-12-0083
40	TRISHA SEN	136-1211-0370-22	222136-12-0045
41	URMILA DAS	136-1211-0334-22	222136-12-0016
42	TRITIA MULLICK	136-1211-0508-21	213136-12-0006
43	AYESA SIDDIKA KHATUN	136-1215-0437-22	223136-12-0015
44	KIRAN SHAW	136-1211-0435-22	223136-12-0007
45	KOUNIKA MONDAL	136-1212-0432-22	223136-12-0012
46	KRISHNA DAS	136-1211-0438-22	223136-12-0009
47	MAUSUMI SHARMA	136-1211-0434-22	223136-12-0006
48	PAYAL BEHARA	136-1211-0433-22	223136-12-0005
49	PAYEL DAS	136-1211-0427-22	223136-12-0001
50	PURBASHA ADHYA	136-1211-0429-22	223136-12-0003
51	SENJUTI DAS	136-1211-0436-22	223136-12-0008
52	SIMA LAMA	136-1211-0428-22	223136-12-0002
53	SNEHA SHAW	136-1214-0430-22	223136-12-0013
54	SNEHA SINGHA	136-1211-0441-22	223136-12-0011
55	DEBLINA HEMBRAM	136-1213-0456-22	223136-11-0126
56	DEBORIMA DAS	136-1211-0277-22	223136-11-0048
57	DIPALI TUDU	136-1211-0294-22	223136-11-0060
58	DIPANNITA DAS	136-1214-0295-22	223136-11-0104
59	DIPANWITA KHATUA	136-1211-0265-22	223136-11-0040
60	DIPKA BERA	136-1211-0239-22	223136-11-0027
61	DIPTI DAS	136-1212-0260-22	223136-11-0086
62	DISHA BHAGAT	136-1211-0318-22	223136-11-0074
63	DISHA MUKHERJEE	136-1211-0450-22	223136-11-0121
64	DIYA SIL	136-1214-0301-22	223136-11-0106
65	EVANA BAGE	136-1213-0284-22	223136-11-0096
66	FARHINA YASMIN	136-1215-0243-22	223136-11-0112
67	JOYITA DEY	136-1212-0236-22	223136-11-0083
68	JYOTI CHOUDHURY	136-1211-0238-22	223136-11-0026

Rupali Choudhury
Principal
Vidyasagar College for Women
Kolkata



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



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E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

A total of 95 students completed the Yoga certificate Course in 2023

69	KOENA DEY BOTA	136-1211-0315-22	
70	KOENA SARKAR		223136-11-0071
71	KOYEL KUNDU	136-1211-0451-22	223136-11-0124
72	LISA DEY	136-1211-0226-22	223136-11-0019
73	LUBANA JESMIN	136-1214-0308-22	223136-11-0109
	MADHUMITA	136-1215-0230-22	223136-11-0111
74	FADIKAR		
75	MADHURIMA ROY	136-1211-0255-22	223136-11-0038
76	MANDIRA DAS	136-1211-0282-22	223136-11-0051
77	MANISHA DE	136-1211-0317-22	223136-11-0073
	MEGHNA	136-1211-0310-22	223136-11-0066
78	CHATTERJEE		
79	MISHA PARVEEN SK	136-1211-0286-22	223136-11-0054
80	MOMTAJ KHATUN	136-1215-0278-22	223136-11-0116
81	MONALISA PAUL	136-1215-0306-21	213136-11-0138
82	MONISHA DEY	136-1211-0250-22	223136-11-0034
83	MOUMITA SAHA	136-1211-0248-22	223136-11-0032
84	MOUSUMI BANERJEE	136-1212-0269-22	223136-11-0089
85	MUSHKAN ALI	136-1211-0313-22	223136-11-0069
86	MUSKAN KHATUN	136-1211-0449-22	223136-11-0120
87	NEHA PATRA	136-1215-0257-22	223136-11-0114
88	PAPRI DAS BHAKTA	136-1211-0266-22	223136-11-0041
89	PARNA MONDAL	136-1211-0228-22	223136-11-0020
90	POULOMI BANERJEE	136-1211-0276-22	223136-11-0047
	PRADIPTA		
91	MUKHERJEE	136-1211-0288-22	223136-11-0055
	PRATYUSHA		
92	BHADRA	136-1211-0291-22	223136-11-0057
93	PRIYA MANDAL	136-1214-0272-22	223136-11-0102
94	PRIYANKA BAIDYA	136-1212-0297-22	223136-11-0092
95	PRIYANKA DUTTA	136-1212-0217-22	223136-11-0078
		136-1211-0285-22	223136-11-0053

Rupali Chandra
Principal
vidyasagar College for Women
Kolkata

Link :

https://www.vcfw.in/naac_dvv/assets/naac_document/Yoga_Certificate_Course.pdf



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



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(NAAC ACCREDITED)

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Calcutta - 700 006

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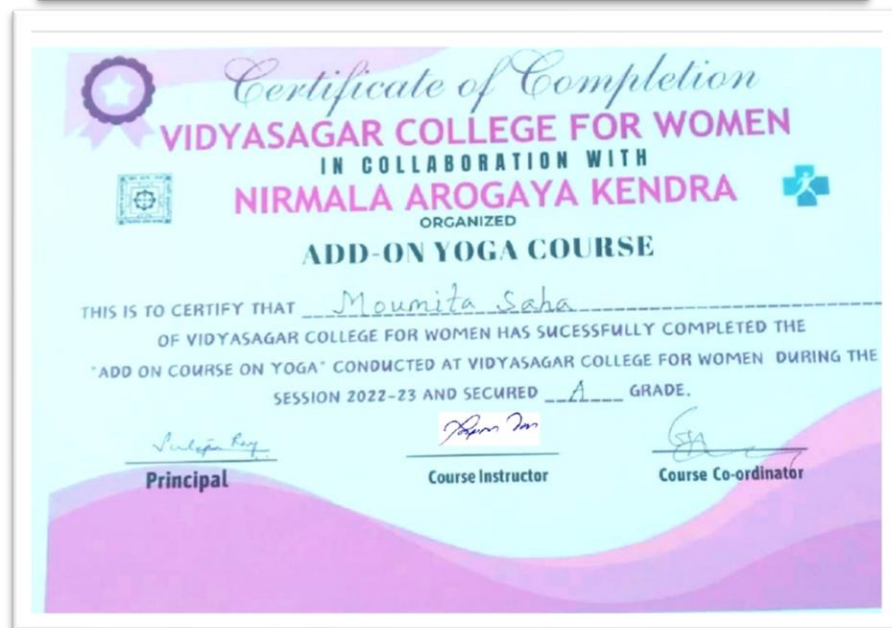
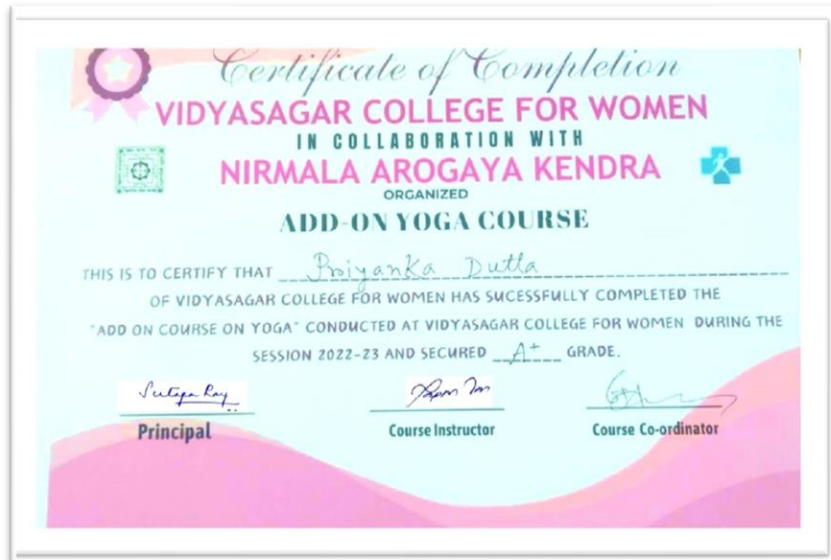
E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Some Certificates of our dedicated yoga students



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

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Calcutta - 700 006

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E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

The College offers a 30 hour Certificate Course on Self Defense Self Defense Training Sessions in College Campus



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

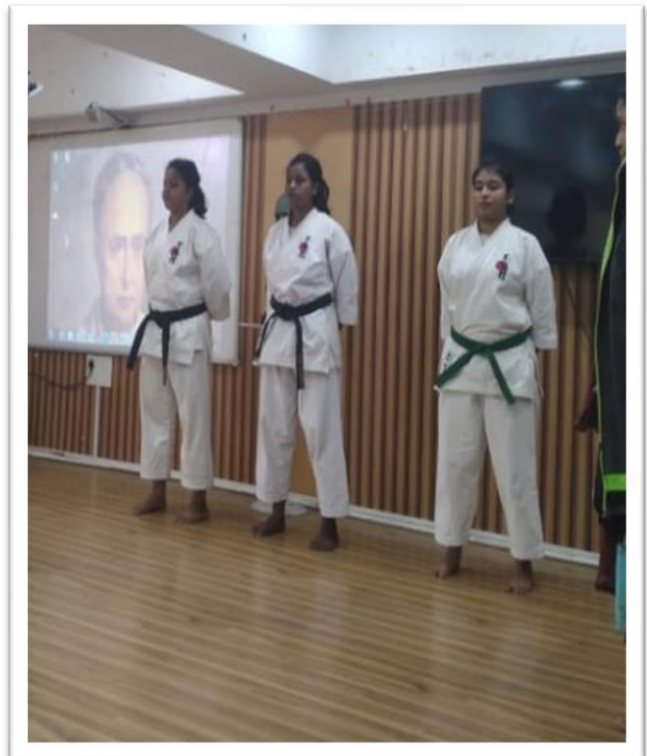
Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



Students being trained for Self Defense

Link:

https://www.vcfw.in/naac_dvv/assets/naac_document/self_defense.pdf



Pulaya Roy

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Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

List of students enrolled for Self-Defense Course

Sl No	Name	CU Registration No.
1	TRISHA DAS	136-1212-0445-21
2	MAN TASHA ALAM	136-1211-0426-22
3	FIRDOUS ANSARI	136-1211-0390-22
4	KOYEL DAS	136-1211-0353-22
5	AMRITA BERA	136-1211-0411-22
6	ANITA PAUL	136-1211-0325-22
7	ARCHANA GUPTA	136-1214-0413-22
8	ARCHANA RAJAK	136-1212-0392-22
9	ARPITA DUTTA	136-1211-0402-22
10	ARPITA PAUL	136-1211-0347-22
11	ASHA BAIRAGI	136-1211-0331-22
12	ASMITA DAS	136-1211-0383-22
13	BEAS ROY	136-1211-0407-22
14	BHASWATI PAN	136-1211-0382-22
15	CHANDRAYEE CHATTERJEE	136-1211-0421-22
16	CINDRELA MANNA	136-1211-0341-22
16	DEBADRITA MUKHERJEE	136-1211-0320-22
17	DIYA GHOSH	136-1211-0362-22
18	DOLAN HALDER	136-1211-0389-22
19	ELA MONDAL	136-1212-0403-22
20	EPSITA GHOSH	136-1211-0326-22
21	VARSHA KUMARI MALI	136-1211-0472-21
22	GUN RAJAK	136-1211-0350-22
23	HRISHITA KUMARI SAH	136-1211-0420-22
24	IPSHITA SEAL	136-1211-0352-22
25	JINIYA ROY	136-1211-0337-22
26	JUI DAS	136-1211-0327-22
27	K TEJESHREE	136-1211-0393-22
28	KAHKASHAN NAAZ	136-1211-0443-22
29	KAJAL BISWAS	136-1211-0405-22
30	KEYA BISWAS	136-1211-0400-22
31	KOYEL BANIK	136-1211-0379-22
32	TRISHA HALDER	136-1211-0495-21
33	KUMKUM PAIK	136-1212-0339-22

No. Date

List of Candidate registered under Self defense course.

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35	MADHUMITA BAR	136-1212-0414-22
36	AACHAL RAJBHAR	136-1211-0342-22
37	MEGHA MONDAL	136-1211-0343-22
38	MONALISHA DAS	136-1212-0345-22
39	MONALISHA PAUL	136-1211-0386-22
40	NANDINI HELA	136-1212-0412-22
41	NANDINI PRAJAPATI	136-1211-0359-22
42	SHREYA PAUL	136-1211-0516-21
43	SUSMITA DAS	136-1211-0514-21
44	KRISHNA DAS	136-1211-0438-22
45	TRITIA MULLICK	136-1211-0508-21
	AYESA SIDDIKA KHATUN	136-1215-0437-22
46	KIRAN SHAW	136-1211-0435-22
47	KOUNIKA MONDAL	136-1212-0432-22
48	MAUSUMI SHARMA	136-1211-0434-22
49	TRISHA MONDAL	136-1211-0524-21
50	PAYAL BEHARA	136-1211-0433-22
51	KOENA SARKAR	136-1211-0451-22
52	MADHUMITA FADIKAR	136-1211-0255-22
53	LISA DEY	136-1214-0308-22
54	BISAKHA DAKSHI	136-1214-0246-22
55	CHANDRIMA GUPTA	136-1211-0215-22
56	DEBLINA HEMBRAM	136-1213-0456-22
57	DEBORIMA DAS	136-1211-0277-22
58	DIPALI TUDU	136-1211-0294-22
59	DIPANNITA DAS	136-1214-0295-22
60	DIPANWITA KHATUA	136-1211-0265-22
61	DIIPIKA BERA	136-1211-0239-22
62	DIPTI DAS	136-1212-0260-22
63	DISHA BHAGAT	136-1211-0318-22
64	DISHA MUKHERJEE	136-1211-0450-22
65	DIYA SIL	136-1214-0301-22
66	EVANA BAGE	136-1213-0284-22
67	BITHIKA ROY	136-1212-0271-22
68	JOYITA DEY	136-1212-0236-22
69	JYOTI CHOUDHURY	136-1211-0238-22
70	KOENA DEY	136-1211-0315-22
71	FARHINA YASMIN	136-1215-0243-22
72	KOYEL KUNDU	136-1211-0226-22
73	BARNASHREE DAS	136-1211-0314-22
74	LUBANA JESMIN	136-1215-0230-22
75	BARNALI BARIK	136-1214-0305-22
76	MADHURIMA ROY	136-1211-0282-22
77		

Rupali Chandra
Principal
Vidyasagar College for Women
Kolkata



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

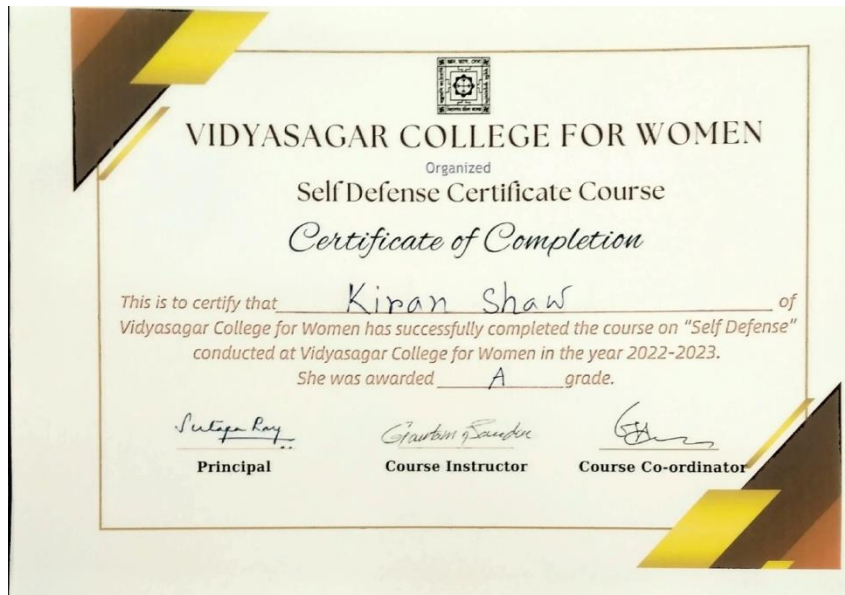
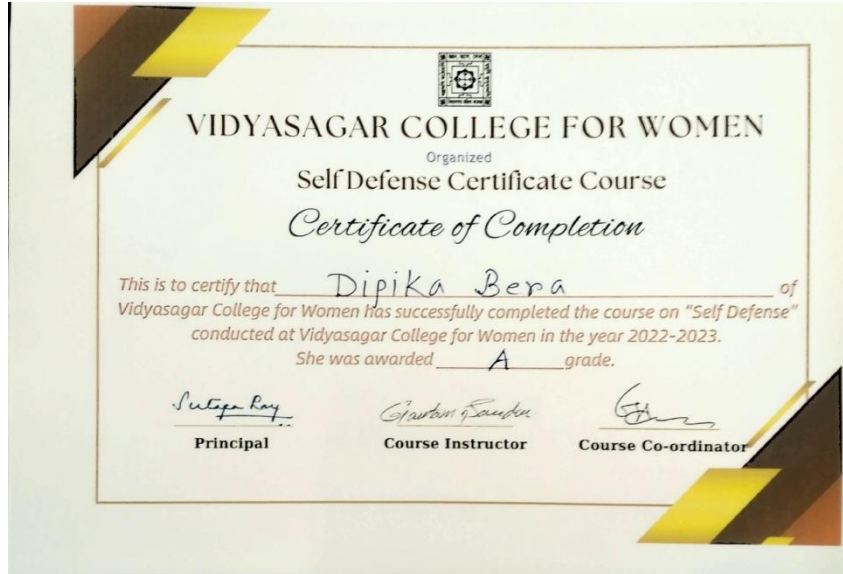
E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Some Certificates awarded to students who successfully completed the Self-Defense Course



Sutapa Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyaasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Psychological Counselling (2018-2023)

A dedicated psychologist, Ms. Chaitaly Majumdar, conducts weekly sessions for students facing academic, personal, or social challenges.

This safe space allows students to confidentially discuss their concerns and receive guidance.

Name of the Counsellor: Smt. Chaitaly Majumdar.

Psychologist and Behavioural Modifier

Vidyaasagar College for Women

M.A in Psychology, P.G. Diploma in Counselling and Behaviour Management.

Chamber: Doctors and Doctors, New Town.

Contact No: 9836883129. Mail ID: chaitimadhu@yahoo.com

Smt. Chaitaly Majumdar is available for student counselling at the college premises on Tuesdays and Thursdays from 8.30 am to 11.30 am.

Joining Date of the Counsellor: 07.11.2013

Number of students enrolled (July, 2018- May, 19): 380

Number of students enrolled (July, 2019- May, 2020): 167



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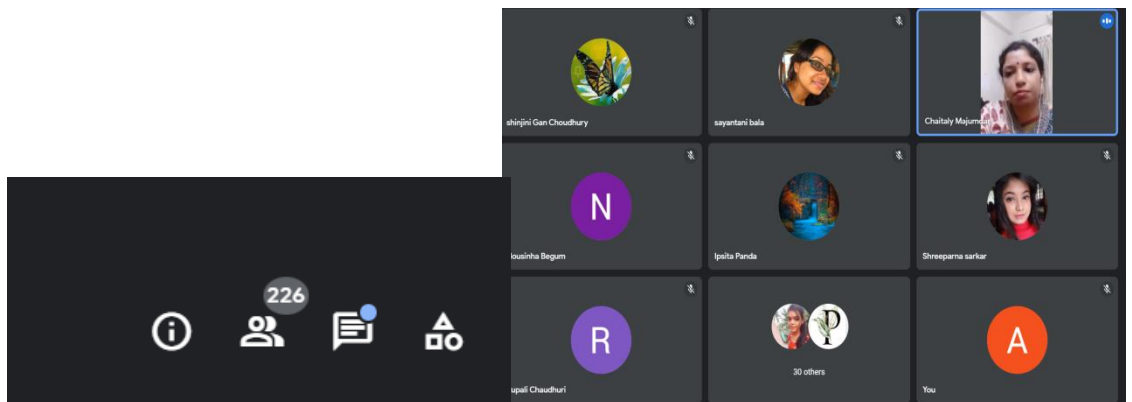
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Date.....

The Personal Counselling Cell proved invaluable during the pandemic, offering vital support when in-person meetings were not feasible. Throughout the year, webinars were organized for students across various semesters, providing essential guidance and interaction despite the limitations. The themes of the webinars were chosen keeping in mind the social requirements of the students at that point of time.

Number of students attended- 365

Date	Topic	Time	No. of students attended
26.7.2021	Mental Health issues of Covid 19 survivors and their family members	3-5 pm	39(Sem 4)
28.9.2021	Failure is not the opposite of success- it's a part of success	11-1 pm	226(Sem 3)
30.11.2021	Social Media and Mental Health	3-5 pm	100(Sem 1)



Screenshot from the webinar (28.9.21)



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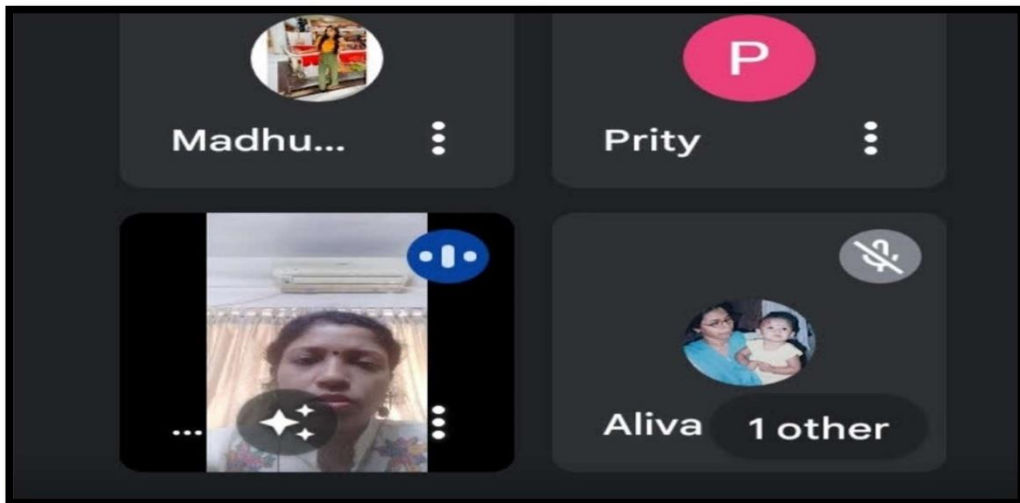


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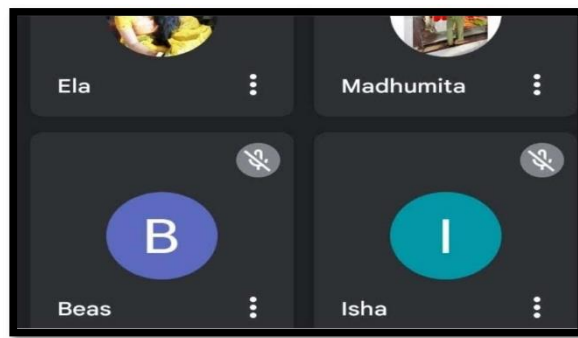
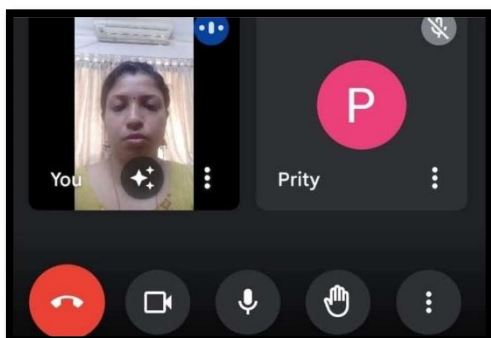
Date.....

Presently, counseling sessions with Smt Chaitaly Majumdar are offered on Tuesdays and Thursdays at the college campus from 8:30 am to 11:30 am. During the summer break, she is also available for online sessions on the same days and at the same time.

Screenshots of Online Counselling Sessions during summer recess (16.5.23)



Online session (18.5.23)



Sulagna Ray
Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



Counselling Session with Smt. Chaitaly Majumdar, Psychologist and Behavioural Modifier

LINK:

https://www.vcfw.in/naac_dvv/assets/naac_document/Personal_Counselling_Cell_and_Medical_Cell.pdf



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Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

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E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Medical Cell (2023-2018)

The medical cell tackles a range of health concerns and advocates for holistic wellness by arranging health camps, raising awareness through programs, and lectures.

Date	Time	Topic	Resource Person/Institute
23.02.2018	10 am	Detection and Awareness of Breast Cancer	Dr. Tapti Sen, Swastha Jagriti Sansthan
20.08.2019	10 am	Thalassemia Awareness Program and Anaemia detection Medical Camp	Mrs. Madhumita Samanta, Calcutta School of Tropical Medicine
15.03.2022	8 pm	Online Education: Convenience or Curse	Dr. Biswarup Mukherjee, AMRI hospital
06.01.2023	10 am	Lifestyle consequences of COVID-19 Pandemic: Obesity and other related conditions and Dietary remedies	Dr. Priyangi Lahiri, Dietician, Apollo clinic, Chinar park



Pulaya Roy
Principal
Vidyasagar College for Women
Kolkata



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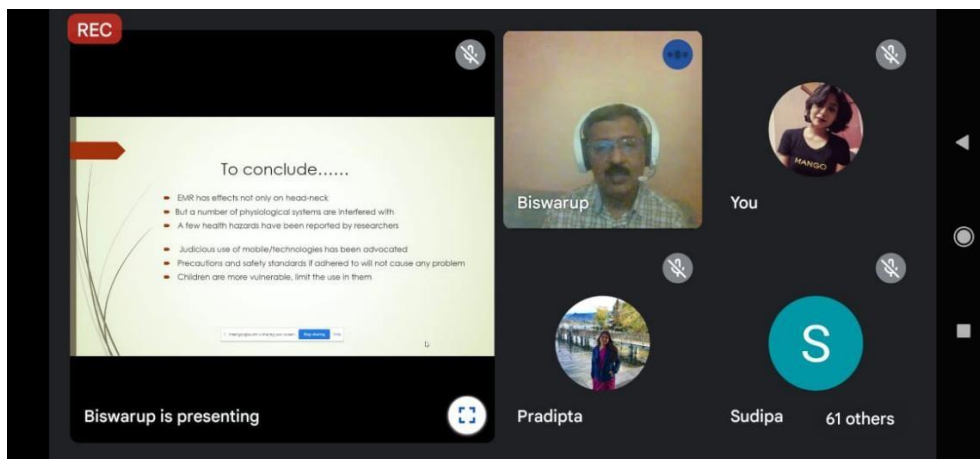
Date.....

Thalassemia awareness and anaemia detection camp(20.08.19)



Dr. Madhumita Samanta, Calcutta School of Tropical Medicine, Kolkata delivering her lecture on Thalessemia awareness and early detection

Webinar on online education (15.3.22)



Speaker: Dr. Biswarup Mukherjee, ENT Surgeon, AMRI Hospital



Sulagna Ray

Principal
Vidyaasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Awareness seminar on obesity and dietary management in covid and post covid situation (06.01.23)



Speaker: Dr. Priyangi Lahiri, Consultant dietician in Apollo clinic, Chinar Park



Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

Participation in the National Cadet Corps (NCC) and National Service Scheme (NSS) fosters a sense of social duty among students who actively engage in community outreach initiatives. Below are glimpses of certain initiatives carried out by the NCC and NSS volunteers amid the Covid pandemic .

Covid Vaccination program by NSS

VIDYASAGAR COLLEGE FOR WOMEN
39 SANKAR GHOSH LANE, KOLKATA-6
NAAC ACCREDITED (B++)

VCFW COVID VACCINATION PROGRAMME

All students are hereby notified that our college, along with Vidyasagar Metropolitan College, have been designated as "Covid Vaccination Centres" as per State Govt. initiative to vaccinate all College students. All 3rd and 5th Semester students requiring First dose or Second dose of vaccine, are directed to positively fill in the Google form by 30th September, 2021 (link given hereunder).

<https://forms.gle/gonf1hmftnGTEGUL6>

All newly admitted first Semester students requiring First dose or Second dose of vaccine, are directed to fill in the attached Google form at the earliest (last date 1st October, 2021). This may please be treated as urgent. (link given hereunder)

<https://forms.gle/kiWe7UyB1rf5dmwDv9>

*****POINTS TO BE NOTED*****

- > Registration on Cowin portal is mandatory
- > Students must carry their Cowin Beneficiary Reference ID and Cowin Registered Mobile number
- > Students must carry their Adhar card in original and one photo copy of the same.
- > Students must carry their College ID/Fee Receipt

IT'S YOUR TURN
The COVID-19 vaccine is now available for you.

For any other information contact help line number: 9831087593 (Monday to Saturday 9 am to 2 pm)

VCFW COVID VACCINATION PROGRAMME TEAM
OVERALL SUPERVISION
❖ DR. RUPALI CHAUDHURI (PRINCIPAL)
MODAL OFFICER
❖ PROF. KEKA DAS

ASSISTED BY:
MR. ARNAB KAYAL MR. SAYANDEB SIRHA
DR. SWARUP SAHA MR. JAYANTA SAHA
DR. CHAITALI BANERJEE MR. NOROTTAM DAS
DR. SANJIB SAHA MR. SUBHENDU MALIK

A STATE GOVT. INITIATIVE



Rupali Chaudhuri
Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



NSS volunteers: Frontline Heroes in the fight against Covid-19



Link:

https://www.vcfw.in/naac_dvv/assets/naac_document/NSS.pdf



Pulpana Ray

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....

NCC Cadets of Vidyasagar College for Women



Spreading Awareness: Together against Covid-19



Pulaya Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

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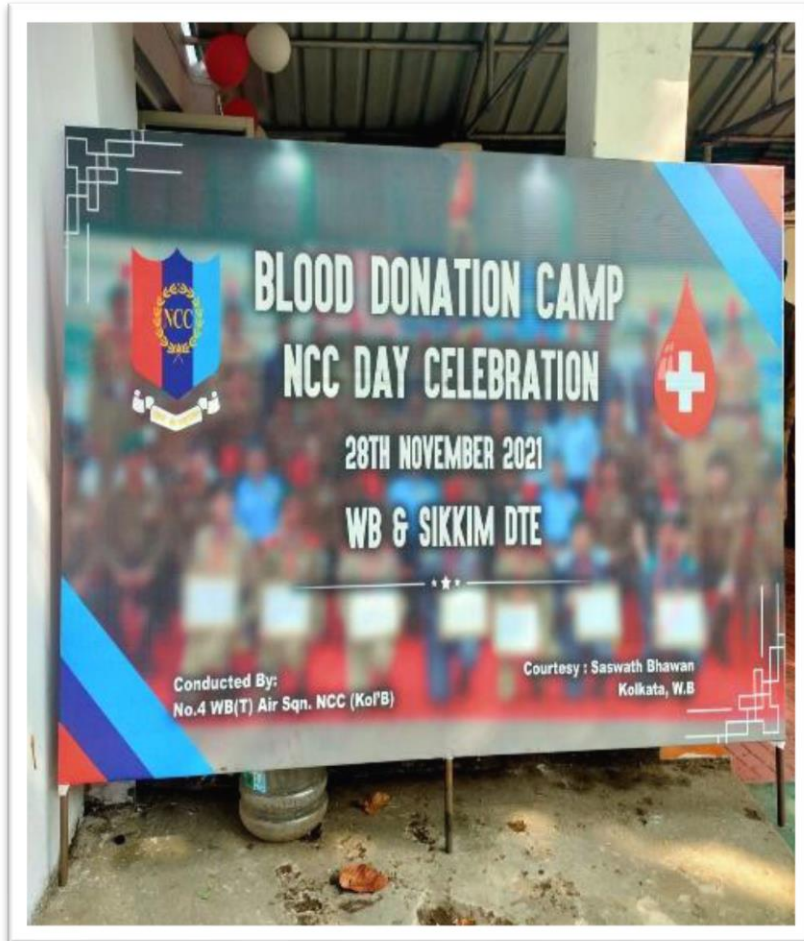
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office@vcfw.org

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Blood Donation by NCC Volunteers (28.11.21)



Sulagna Roy

Principal
Vidyasagar College for Women
Kolkata



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone : 2241 8889

E-mail : office.vcfw@gmail.com

office@vcfw.org

No.

Date.....



NCC Cadets : A lifesaving force (28.11.21)

Link:

https://www.vcfw.in/naac_dvv/assets/naac_document/NCC_final.pdf



Sulagna Ray

Principal
Vidyasagar College for Women
Kolkata