



Vidyasagar College for Women

(NAAC ACCREDITED)

39, Sankar Ghosh Lane

Calcutta - 700 006

Phone: 2241 8889

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No

Date

Year: 2018-2019

1. **Name of the Activity:** Seminar
2. **Category:** Departmental Seminar with external Resource person
3. **Date , Time and Venue:** 02/03/2019; College Auditorium: 11 am to 12.30 pm
4. **Name of the Resource person:** Dr. Labanya Mondal from Dept of Physiology, Raja Peary Mohan College, Uttarpara, Hooghly.
5. **No of Participants:** 20
6. **Brief Description:** Dr. Mondal has delivered a talk on an important topic of contemporary public interest titled as "Obesity, a global epidemic"
7. **Outcomes:** Obesity has become a global epidemic in recent decades, affecting millions of people worldwide. The World Health Organization (WHO) defines obesity as a condition of abnormal or excessive fat accumulation that presents a risk to health. This condition has reached alarming levels, with the WHO estimating that there are over 650 million obese individuals worldwide. The prevalence of obesity has doubled since 1980 and continues to rise, making it a major public health concern. Obesity is a global epidemic that has far-reaching health, social, and economic implications. Addressing how different complex factors like concerted effort from individuals, communities, industry, and policymakers can contribute to obesity, Dr. Mondal explained in a very comprehensive manner how by promoting healthy lifestyles, creating supportive environments, and implementing evidence-based policies and interventions, it is possible to mitigate and eventually reverse the obesity epidemic. It is essential to prioritize the prevention and management of obesity to improve the health and well-being of individuals and societies worldwide.


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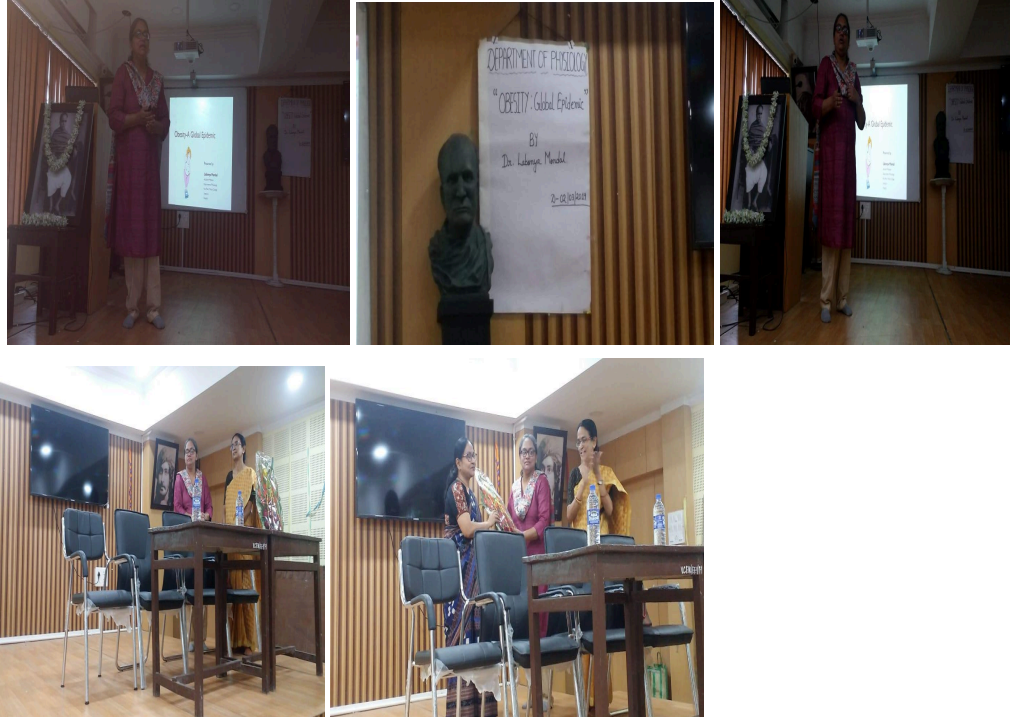


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8. Photographs:



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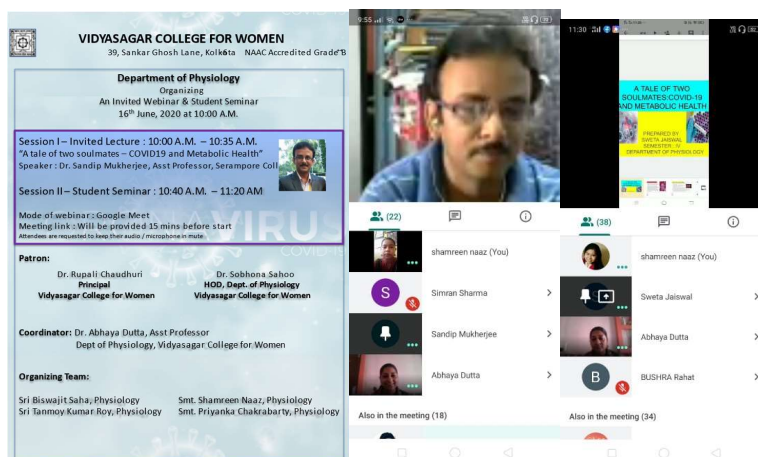
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No

Date

Year: 2019-2020

1. **Name of the Activity:** Seminar
2. **Category:** Departmental Seminar with external Resource person
3. **Date , Time and Venue:** 16th June, 2020; Google meet Platform: 10 am to 11am
4. **Name of the Resource person:** Dr. Sandeep Mukherjee from Dept of Physiology, Srerampore College, a well-known researcher in the field of Endocrinology and Reproductive Physiology
5. **No of Participants:** 64
6. **Brief Description:** Dr. Mukherjee has delivered a very contemporary talk on Covid 19 titled as *"A tale of two soulmates-Covid 19 and metabolic health"*.
7. **Outcomes:** In pandemic period our students were highly enriched with his lecture. In the very beginning of the pandemic outbreak when we had a very little knowledge about SARS-Cov2, we learned many different aspects of this virus. Like it's nature, mode of infection and definitely its impact on different organ-system and finally its health impact.
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1. **Name of the Activity:** Seminar
2. **Category:** Student Seminar
3. **Date , Time and Venue:** 16th June, 2020; Google meet Platform: 11 am to 12.20 pm
4. **Name of the Resource person:** Sweta Jaiswal, Bushra Khatoon, Baishakhi Saha, Sweta, Banita

5. **No of Participants:** 60

6. **Brief Description:**

Sweta Jaiswal-Introduction about Corona Outbreak

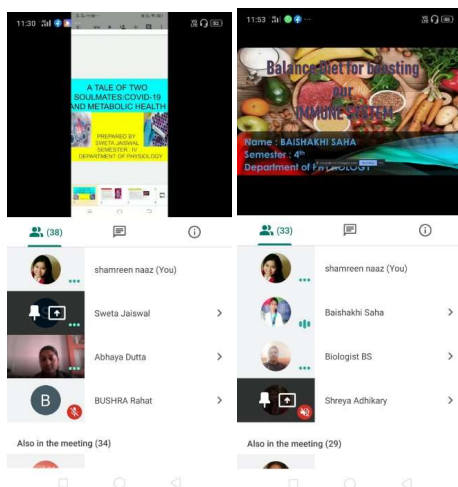
Bushra Khatoon: Current scenario world wide


Baishakhi Saha and Sweta: Balanced Diet and Immunoboosting

Banita Das: Corona Virus and Stress management

7. **Outcomes:** In pandemic period our students were highly enriched with these seminar preparations. In the very beginning of the pandemic outbreak when we had a very little knowledge about SARS-Cov2, we learned many different aspects of this virus. Like it's nature, worldwide scenario, Dietary management and Different methods of stress management.

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Date

Year: 2021-2022

- 1. Name of the Activity:** Seminar
- 2. Category:** Departmental Seminar
- 3. Date , Time and Venue:** 25th March, 2021; College Auditorium: 9.30 am to 11 am
- 4. Name of the Resource person:** Prof. Tushar Kanti Ghosh, Visiting Professor, Department of Physiology, University of Calcutta, a well-known researcher in the field of Neuroscience.
- 5. No of Participants:** 60
- 6. Brief Description:**

Dr. Ghosh delivered a very contemporary talk on “NEURODEGENERATION CAUSES ALZHEIMER’S DISEASE AND OTHER DISEASES OF BRAIN”. He has several national and international publications from his research work. In post pandemic period, our students were highly enriched with his lecture. Dr. Ghosh was introduced by our respected Principal madam, Dr. Rupali Chaudhury and the program was concluded by vote of thanks delivered by Dr. Sobhana Sahoo, Associate Professor, Department of Physiology, VCFW.


7. Outcomes:

In pandemic period our students were highly enriched with these seminar preparations. In the very beginning of the pandemic outbreak when we had a very little knowledge about SARS-Cov2, we learned many different aspects of this virus. Like it’s nature, worldwide scenario, Dietary management and Different methods of stress management.

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A Few glimpses of the event:




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- 1. Name of the Activity:** Seminar
- 2. Category:** Student Seminar
- 3. Date , Time and Venue:** 10th May, 2022; Google meet Platform: 9 am to 11 am
- 4. Name of the student participant:** Priya Saha , Debosmita Moitra, Prarona Mukherjee, Khushi Khemka, Priya Sharma , Rupsha Panda, Srijita Batabyal, Pronisha Biswas, Anwasha Saha
- 5. No of Participants:** 45
- 6. Brief Description:**

Name of the Participants	Semester	Topic
Priya Saha Debosmita Moitra	VI	Music Therapy
Prarona Mukherjee Pronisha Biswas Anwasha Saha	IV	Xenobiotics_Xeno estrogen & PCOS
Khushi Khemka Priya Sharma Rupsha Panda Srijita Batabyal	IV	Gastroesophaegal Reflux Disease (GERD)

- 7. Outcomes:** In pandemic period our students were highly enriched and engaged with these seminar preparations. Towards the end of pandemic outbreak when we were bound to stay at home after a small relief/ offline class, the students were confused state of mind about their academic activity that was compromised throughout the pandemic period. Hence this seminar was made a bridge between themselves and with teachers when preparing in group for each seminar topic. They have chosen topics those have huge physiological importance to improve their knowledge in each aspect and also enlighten others about the same.


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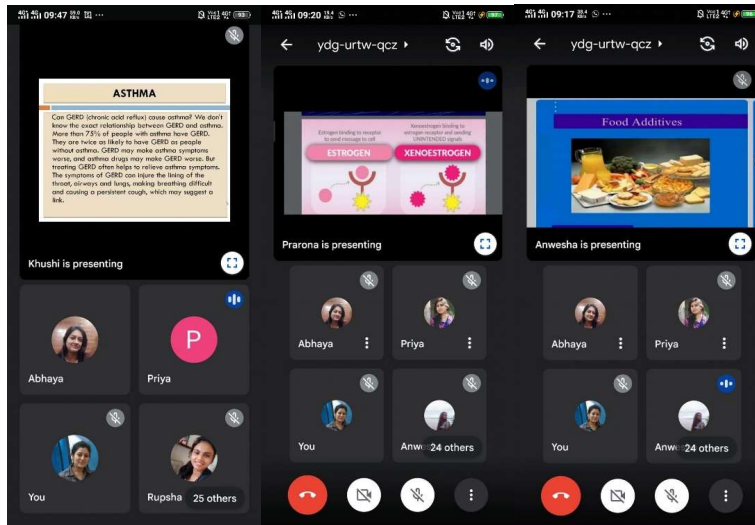
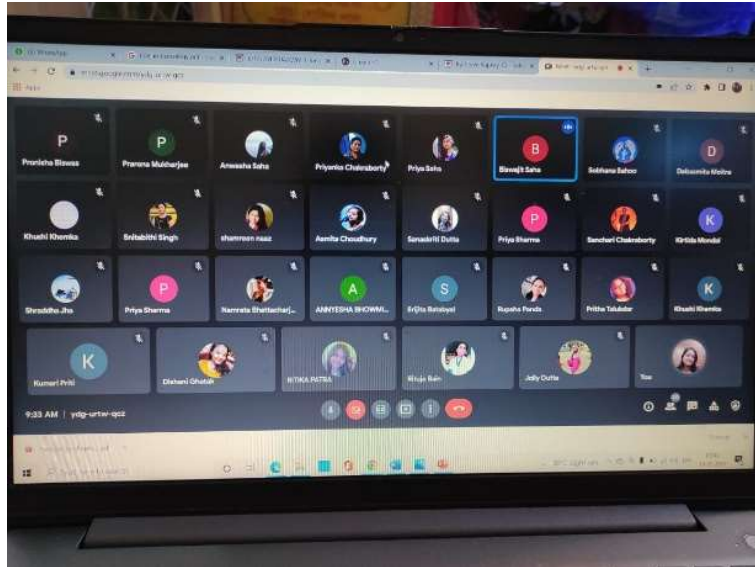


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Pratima Ray
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Date

Year: 2022-2023

- 1. Name of the Activity:** Seminar
- 2. Category:** Departmental Seminar
- 3. Date , Time and Venue:** 12th May, 2023; College Auditorium: 11 am to 12.30 pm
- 4. Name of the Resource person:** Dr. Amit Bandyopadhyay, Assistant Professor, Department of Physiology, University of Calcutta, a well-known researcher in the field of .
- 5. No of Participants:** 55
- 6. Brief Description:**


Dr. Ghosh delivered a very contemporary talk on “Exercise and Diet for health and fitness”. He has several national and international publications from his research work. In current day obesity is a major health problem among young generations. Two most important culprit behind this health problem are lack of exercise and unhealthy diet. In his lecture he critically focused how to improve food habits and also how to incorporate little exercise in day-to-day activity to improve calorie burn and be healthy. Our students were highly enriched with his lecture. Dr. Bandyopadhyay was introduced by our respected IQAC Coordinator, Dr. Tapan Roy and the program was concluded by vote of thanks delivered by Dr. Abhaya Dutta, Assistant Professor, Department of Physiology, VCFW.

7. Outcomes:

In pandemic period and post pandemic period weight gain because of home bound life. This lecture will help them to loss weight by little change in their food habits as well as day to day activity. It is established that the young adults who are physically fit and have good BMI have better performance in examinations and competitions. Hence this seminar will enrich them and help them to improve their performance all around.

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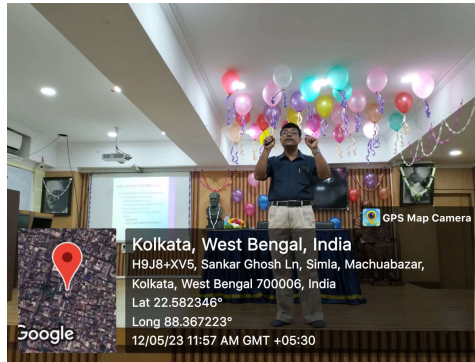
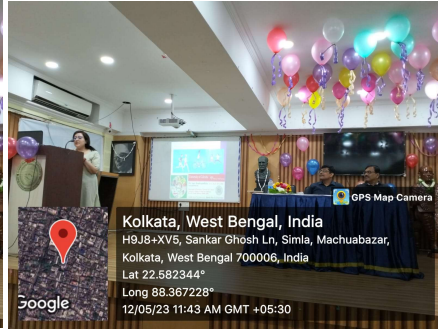
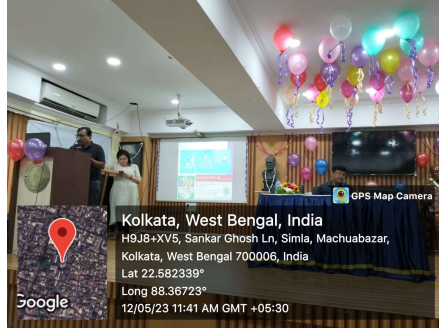
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- 1. Name of the Activity:** Seminar
- 2. Category:** Student Seminar
- 3. Date , Time and Venue:** 15th May, 2023; ICT Room, VCFW: 10 am to 11. 45 am
- 4. Name of the student participant:** Pritha Talukdar, Prarona Mukherjee, Pronisha Biswas, Srijita Batabyal, Dishani Ghatak, Sanchari Chakraborty, Sanskriti Dutta, Rituja bain, Jolly Dutta, Arisha Banerjee, Kumari Priti, Payel Manna
- 5. No of Participants:** 38
- 6. Brief Description:**

Student Name	Semestar	Topic
Pritha Talukdar Prarona Mukherjee Pronisha Biswas	SEM-VI	Kidney disease and Artificial kidney
Srijita Batabyal Dishani Ghatak	SEM-VI	Infertility
Sanchari Chakraborty Sanskriti Dutta Rituja bain Jolly Dutta	SEM-IV	Gene Therapy
Arisha Banerjee	SEM-IV	Bypass Surgery
Priti Sharma Payel Manna	SEM-IV	Osteoporesis

- 7. Outcomes:** In current days scenario a good communication skill is one of the mandates in job market. Our graduate students are trained through this seminar to handle a topic related to recent days improvement in science and technology in the field of Physiology and allied subjects. Not only that through this seminar they have made a bridge between themselves and with teachers when preparing in group for each seminar topic. They have chosen topics those have huge physiological importance to improve their knowledge in each aspect and also enlighten others about the same.


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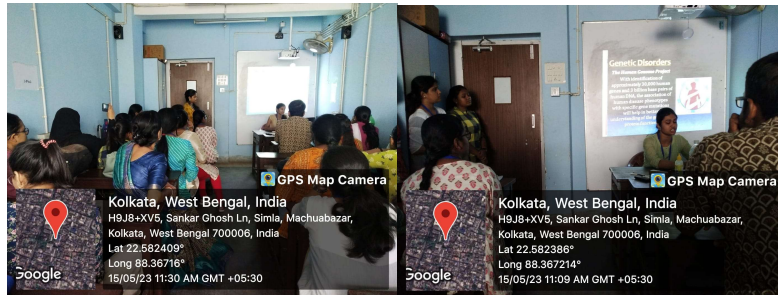
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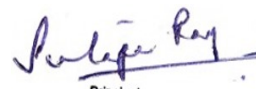
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