



## **BAMANPUKUR HUMAYUN KABIR MAHAVIDYALAYA**

**DEPARTMENT OF EDUCATION AND NSS**

**ORGANIZES**

**SRAMDAN AND WORKSHOP ON STRESS**

**Venue: BHKM      Date: 15.08,2022      Time: 9.30 a.m -1p.m**

**Organized and report presented by Sumita Chatterjee**

### **INTRODUCTION AND ORGANIZATION**

The Department of Education of Bamanpukur Humayun Kabir Mahavidyalaya along with NSS organized Sramdan (Azadi ki Amrit Mahotsav) and workshop on stress to celebrate Azadika Amrit Mahotsav **"INDEPENDENCE DAY"** and proposed date for the visit was settled. The requisite permission was sought from the principal of the college for the same, and the allotment of time and date was confirmed. Notice and programme brochure were circulated to the students and the teachers accordingly. All the Resource Persons accepted the proposal and confirmed the presence.



## THE PROGRAMME SESSION:

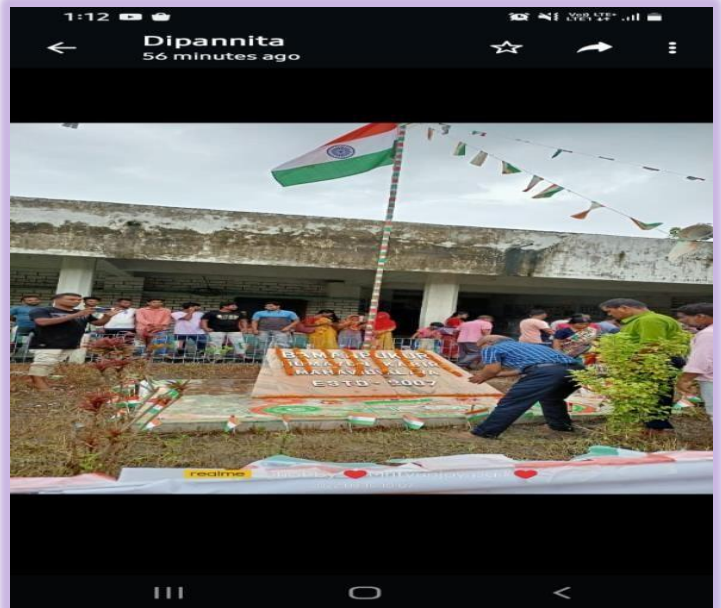
Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. This Mahotsav is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable Prime Minister Narendra Modi's vision of activating India 2.0, fuelled by the spirit of Aatmanirbhar Bharat. The official journey of Azadi Ka Amrit Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2022. The programme started with flag hoisting ceremony by Principal Dr Biswas. Followed by Sramdaan by the students of NSS and Department of Education, along with college teachers. The Programme started with the welcome address by Sneha Pramanik. After felicitation, Dr S.Biswas Principal BHKM addressed the students and faculty members . Dr. Ajijul Haque Mondal in the workshop on stress highlighted the importance of stress related with students problems and solutions for future learning. Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. Stress is an automatic physical, mental and emotional response to a challenging event. It's a normal part of everyone's life. He further mentioned that stress can be managed by this Five ways

1. Eat healthy foods. This sounds almost like a bummer, but it isn't. ...
2. Exercise. You may be surprised at how little you actually need to do to get some exercise in. ...
3. Get plenty of sleep. ...
4. Manage your time and learn to say “no”



## *Glimpses of the Programme*

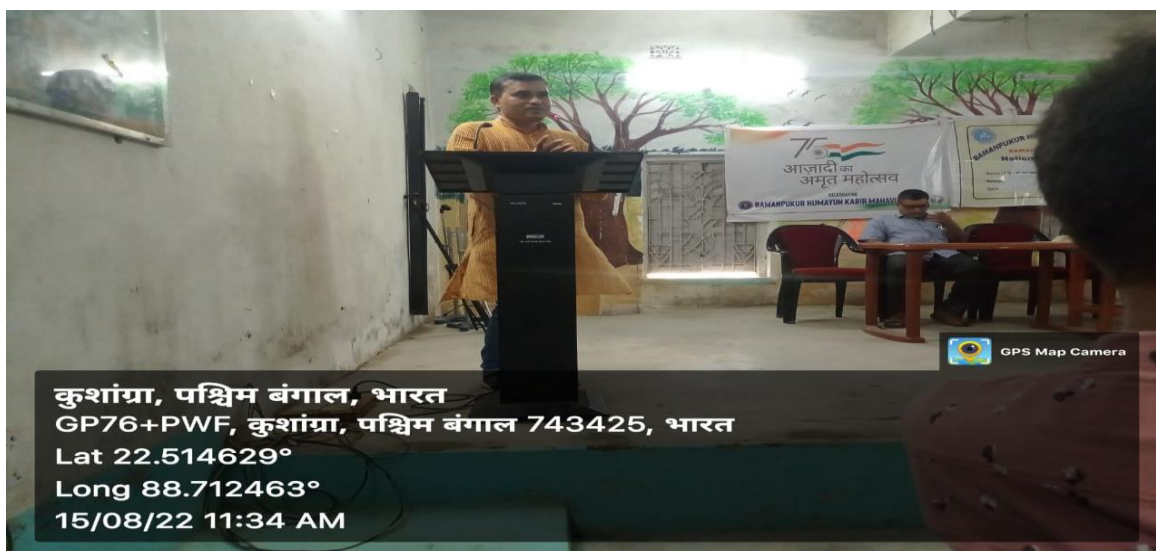
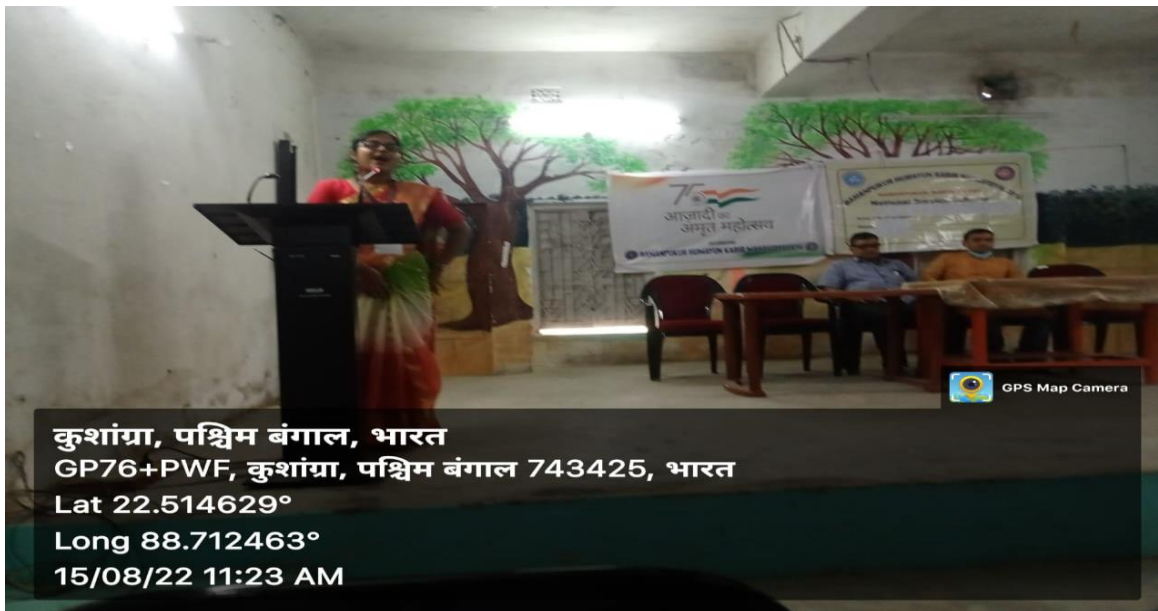
### **Independence Day and Sramdaan**







## Workshop on Stress





## BROCHURE



**BAMANPUKUR HUMAYUN  
KABIR MAHAVIDYALAYA**



**ANANDADHARA ALUMNI  
AND DEPARTMENT OF  
EDUCATION**

**ORGANIZES**



**AZADI KA AMRIT  
MAHOTSAV**

**CELEBRATION OF  
15 TH August 2022**

**In Collaboration  
With  
NSS BHKM**

**Date: 15 th August  
2022 (Monday)  
Time: 9.30 A.M to 12.30  
A  
Venue: BHKM COLLEGE  
PREMISES**



**15  
August**

**India**  
**INDEPENDENCE DAY**



<https://www.facebook.com/Bamanpukur-Humayun-Kabir-Mahavidyalaya-Department-of-Education-108472508637884/>

**Session - 1 : 10.00AM - 10.30 AM**

**Flag Hoisting Ceremony**

**Principal :**

**Dr. S Biswas**

**Student Representative :**

**Sneha Pramanik**

**Susmita Sau**

**Session - 2 : 10.30 AM - 11.30 AM**

**Sramdan by NSS**

**Student in Charge:**

**Susmita Sau**

**Ruphali Sadhukhan**

**Mrityunjay Paik**

**Session - 3 : Workshop on Stress  
Management**

**Inaugural song by Triporna**

**Mondal, Harimoni Routh, Rinku**

**Hazra, Sneha Pramanik**

**Felicitation of speaker by  
Alumni Anandadhara members**

**Vote of Thanks**

**Sneha Pramanik**

**National Anthem**

**Technical Support - Subhadeep Mondal**



## PARTICIPANTS

Sl No	Roll No	Name	Subject	Sl No	Roll No	Name	Subject
✓ 1	20230203	Priya Sarda	Education	✓ 30	20230250	Ketel Bermanik	Education
✓ 2	20230204	Supriya Mahato	Education	✓ 31	20230252	Sajati Hazra	Education
✓ 3	20230220	Payel Pedra	Education	✓ 32	20230240	Joyashri Das	Education
✓ 4	20230217	Mousumi Das	Education	✓ 33	20230209	Aparna Mondal	Education
✓ 5	20230231	Tusjkeny Khatun	Education	✓ 34	20230221	Rasma Khatun	Education
✓ 6	20230258	Findousi Khatun	Education	✓ 35	20230216	Charmika Khatun	Education
✓ 7	20230202	Fatema Khatun	Education	✓ 36	20230214	Imman Molla	Education
✓ 8	20230237	Sadia Yamin	Education	✓ 37	20230222	Arabin Mondal	Education
✓ 9	20230206	Sonali Das	Education	✓ 38	20230256	Indrani Mondal	Education
✓ 10	20230243	Tithi Bhuniya	Education	✓ 39	20230223	Rakesh Nayak	Education
✓ 11	20230238	Sonam Pradhan	Education	✓ 40	20230224	Aspiya Parvin	Education
✓ 12	20230227	Prity Das	Education	✓ 41	20230234	Mostafin Huda	Education
✓ 13	20230241	labani Mondal	Education	✓ 42	20230213	Mubassera Khatun	Education
✓ 14	20230207	<del>Prity</del>		✓ 43	20230229	Byan Das	Education
✓ 15	20230226	Sumaiya Khatun	Education	✓ 44	20230233	Janito Routh	Education
✓ 16	20230219	Usha Das	Education	✓ 45	20230232	Sagmi R. Bandyopadhyay	Education
✓ 17	20230218	Suchandara Das	Education	✓ 46	20230235	Abhismitra Jaisankar	Education
✓ 18	20230247	Murzelhar Khatun	Education	✓ 47	20230248	Jhulan Sarda	Education
✓ 19	20230239	Shibani Munda	Education	✓ 48	20230201	Rikita Mondal	Education
✓ 20	20230242	Sahana Parvin	Education	✓ 49	20230253	Suhana Khatun	Education
✓ 21	20230236	Sudipa Das	Education	✓ 50	20230208	Soma Karma	Education
✓ 22	20230204	Susmiya Pradhan	Education	51			
✓ 23	20230240	Payel Mal	Education	52			
✓ 24	20230245	Rina Sarda	Education	53			
✓ 25	20230251	Sangita Hazra	Education	54			
✓ 26	20230215	Nakshin Parvin	Education	55			
✓ 27	20230254	Usha Das	Education	56			
✓ 28	20230230	Sunida Bhan	Education	57			
✓ 29	20230235	Ananya Mahato	Education	58			

