



Certificate Course on

**MENTAL HEALTH &  
MEDITATION**

Schedule: November, 2021

Conducted By  
Department of Physiology  
In Collaboration with IQAC

**Jhargram Raj College (Girls' Wing)**

Course Coordinator- *Dr. Sutapa Das*  
*Amrita Chakraborty*

Contact: 8335890030/ 9831026519





# *Certificate Course on “Ancient History of Jhargram”*



**CONDUCTED BY:**

Jhargram Raj College – Girls’ Wing  
in collaboration with  
IQAC (Jhargram Raj College – Girls’ Wing)

**DURATION:**

December 2021

**CO-ORDINATORS:**

Dr. Soumita Choudhury  
Prof. Suvasis Acharya

*CERTIFICATE COURSE*  
*on*

**KNOW THE TRAJECTORY  
OF WOMEN  
EMPOWERMENT IN INDIA**



*Conducted by*

**Department of History**

**in Collaboration with IQAC**

**Jhargram Raj College (Girls' Wing)**

**Schedule: February, 2022**

**Course Coordinator: Sonia Mondal**  
**Mobile: 8001204160**

*“A Country that does not value gender sensitization will never be safe. If we have to make our society safer for women, it’s time to demand gender sensitization.”*



*Certificate Course on Gender Sensitization*

*Gender Sensitization: Society, Culture, and Change*

*Duration: April, 2022*

*Conducted By*

*Department of Sociology*

*In Collaboration with IQAC*

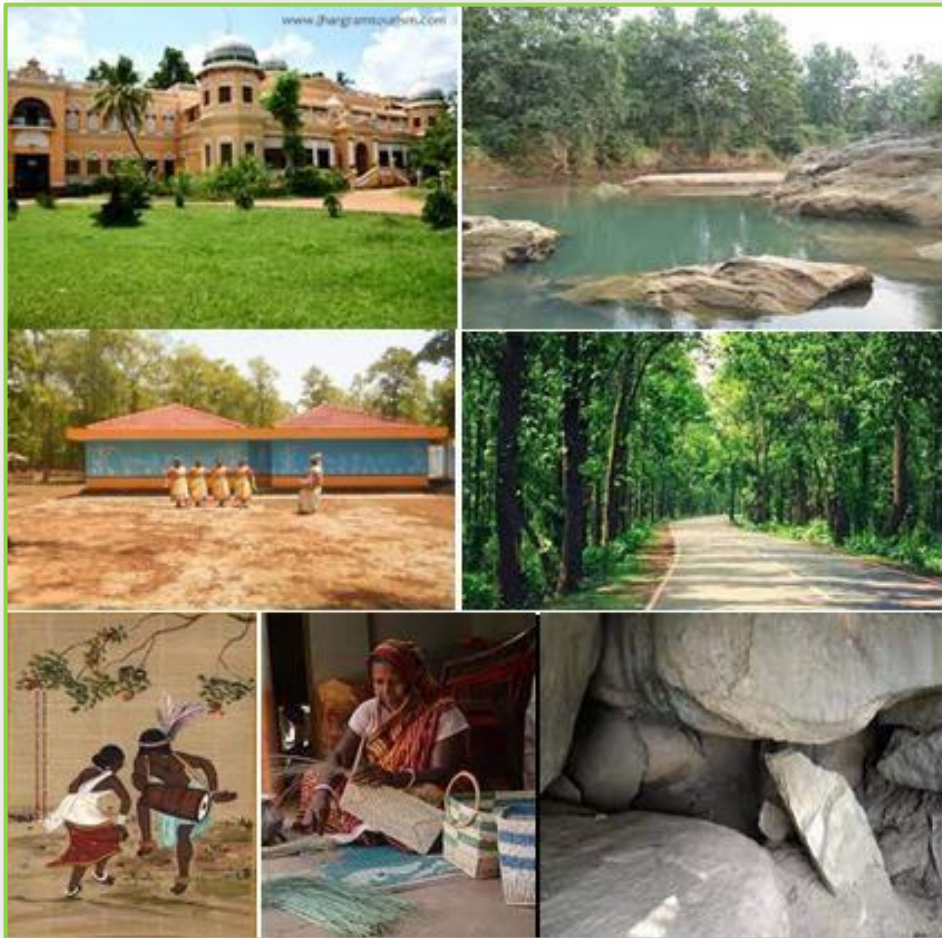
*Jhargram Raj College (Girls' Wing)*

*Course Coordinator: Dr. Suchandra Ghosh*

*Contact: 7275565138*



**Certificate Course**  
**on**  
**Tourism in Jungalmahal: Exploration of Historical, Cultural and Natural Aspects**  
**Jointly organized by Department of**  
**Bengali and Zoology**  
**in Collaboration with IQAC**  
**Jhargram Raj College (Girls' Wing)**



**Duration: October, 2022**

**COURSE COORDINATOR:**

1. Prof. Pampa Hembram, Assistant Professor, Department of Bengali, Jhargram Raj College (Girls' Wing).
2. Prof. Sanatan Murmu, Assistant Professor, Department of Zoology, Jhargram Raj College (Girls' Wing).

**JHARGRAM RAJ COLLEGE (GIRLS' WING)**

**Offers**

**Certificate Course on  
“Self Defence Training Programme”**



**Conducted by**

**Department of Zoology**

**In collaboration with IQAC, JRCGW**

**Duration: January, 2023**

**Course Coordinator: Mr. Sanatan Murmu (Contact: 9547630074)**



CERTIFICATE COURSE

On



**Art and Craft Exploration: Unleash Your Creativity**



Conducted by Department of English  
in Collaboration with IQAC

**JHARGRAM RAJ COLLEGE (GIRLS' WING)**

Duration: April, 2023

Course Coordinator: Smt. Priyanka Sen

Mobile: 9874410666





Certificate Course on

**MENTAL HEALTH &  
MEDITATION**

Schedule: November, 2021

Conducted By  
Department of Physiology  
In Collaboration with IQAC

**Jhargram Raj College (Girls' Wing)**

Course Coordinator- *Dr. Sutapa Das*  
*Amrita Chakraborty*

Contact: 8335890030/ 9831026519





# BROCHURE

## MENTAL HEALTH & MEDITATION

### Course-Prelude

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, contribute to their community. It has intrinsic and instrumental value and is integral to our well-being. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental ill health also leads to social problems like unemployment, broken families, poverty, drug abuse and related crime. Poor mental health plays a significant role in diminished immune functioning. Medically ill patients with depression have worse outcome than those without.

Now a days the most common mental disorders for adolescents include stress, anxiety, depression, obsessive compulsive disorders (OCD), conduct disorders (CD), attention-deficit hyperactive disorders (ADHD) etc. Another important thing is that in addition to family members, adolescents spend most of their time in school or college with their peers, and both peer relationship and group climate have a significant impact on their emotional health and well being. In stressed conditions, adolescents may show some of the following signs: Moodiness and irritability. Increased anxiety and worries. Sometimes oppositional or defiant behavior or shutting down and isolating themselves. Mental health problems in youth often go hand-in-hand with other health and behavioral risks like increased risk of drug abuse, experiencing violence, higher risk of sexual behaviors that can lead to HIV, STDs and unintended pregnancy.

As a form of low-impact exercise, yoga has been shown to lower stress hormones in our bodies while simultaneously increasing beneficial brain chemicals like endorphins and GABA (gamma-aminobutyric acid). These feel-good chemicals help decrease anxiety and improve mood. Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centers attention, sharpens concentration.

In this context the Department of Physiology is planned to conduct a certificate course on "Mental Health and Meditation" exclusively for the students of Jhargram Raj College (Girls' Wing). This course will clearly elaborate the parameters of good mental health, differentiation between mental health and illness. And the most attractive episode of this course is that it will discuss about yoga and meditation in detail along with proper practical classes of Yoga and Meditation.

### Aims & Objectives

Understanding of normal mental health

Understanding of interrelation between normal physiology and psychology

Understanding of psychological problems in adolescence

Understanding of benefits of Yoga and Meditation to maintain healthy psychological status

## **Course Module**

**Unit I-** Introduction to Mental Health; Perception, Thinking, Intelligence, Principles of Learning, Memory, Emotions, Personality, Psychology: Psychological Changes during life cycle; Psycho-education- Self help skills, Mind-body relationship; Health Enhancing Behaviour; Behavioral analysis and intervention- relaxation procedures

Life style and illness; Kinds of stress; impact of stress on Physiology and Psychology; stress management: Hormonal intervention: HPA Axis

**Unit II-** Mental Health-implication of age: Physical well being and impact of environmental factors; Mental health of Adolescents- Key facts, determinants, emotional disorders, behavioral disorders, Eating disorders, Psychosis, Suicide and Self harm, Risk taking behaviours

Promotion & prevention; Early detection and treatment; Physical exercise and mental health, Benefits of Yoga & Meditation

**Unit III-** Asana-Kriya-Pranayama: Meditative Asanas, Deep Breathing Exercises, Trataka Kriya, Nari Sudhi Pranayama, Sitali Pranayama, Bhramari Pranayama, Various Yogic Relaxation Techniques, Concentration (Dharana)

**Unit IV-** Meditation (Dhyana): Type of Meditation, Different Meditation Techniques (Surya Dhyana, Yoga Nidra, OM Meditation, Cyclic Meditation)

## **Eligibility**

Candidates who have passed Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls' Wing) in any stream are eligible to apply for this course.

## **Schedule**

The course is designed for 30 hours in the month of November, 2021. A detailed programme schedule is mentioned later.

## **Seat capacity**

Total 100 seats are available. First come first chance basis.

## **Advisory Committee**

### **Chairperson(s):**

- Susil Kumar Barman, OIC, Jhargram Raj College (Girls' Wing), Jhargram
- Dr. Deba Prasad Sahu, Principal, Seva Bharati Mahavidyalaya, Jhargram

### **Course-Coordinator(s):**

- Dr. Sutapa Das, Assistant Professor & Head, Department of Physiology, Jhargram Raj College (Girls' Wing)
- Amrita Chakraborty, Assistant Professor, Department of Physiology, Jhargram Raj College (Girls' Wing)

### **Member(s):**

- Dr. Swati Sinha, Associate Professor & Head, Department of Physiology, Tamralipta Mahavidyalaya, Tamluk, Purba Medinipur
- Dr. Alope Sen Barman, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram
- Dr. Pradipta Kumar Giri, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram

## **List of Instructors**

Faculty members from Physiology department of JRCGW and some external resource persons from other colleges will execute the certificate course. A tentative list of resource persons is given below:

- Dr. Sutapa Das, Assistant Professor & Head, Department of Physiology, Jhargram Raj College (Girls' Wing)
- Amrita Chakraborty, Assistant Professor, Department of Physiology, Jhargram Raj College (Girls' Wing)
- Dr. Swati Sinha, Associate Professor & Head, Department of Physiology, Tamralipta Mahavidyalaya, Tamluk, Purba Medinipur
- Partha Nandi, Assistant professor, Government General Degree College at Lalgah, Lalgah, Jhargram
- Dr. Mousumi Dutta, Assistant professor, Government General Degree College at Kharagpur-II, Ambigeria, Madpur, Paschim Medinipur
- Dr. Deba Prasad Sahu, Principal, Seva Bharati Mahavidyalaya, Jhargram
- Dr. Alope Sen Barman, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram
- Dr. Pradipta Kumar Giri, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram
- Dr. Mrintunjoy Das, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram
- Mr. Ajoy Bag, SACT, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram

## Programme Schedule (November, 2021/ 30 Hours)

17.11.2021- 4:30-5:30 PM - Inaguration and Introduction of the course: **Dr. Sutapa Das**

### Distribution of Course Module

Class Schedule (18/11/2021-28/11/2021)

<b>Date</b>	<b>Time</b>	<b>Unit</b>	<b>Topic</b>	<b>Instructor</b>
18.11.2021	4:30-5:30 PM	I (Theory)	Introduction to Mental Health (Perception, Thinking, Intelligence, Principles of Learning, Memory, Emotions, Personality,)	<b>Dr. Sutapa Das</b>
19.11.2021	4:30-5:30 PM	I (Theory)	Psychology: Psychological Changes during life cycle; Psycho-education- Self help skills,	<b>Dr. Swati Sinha</b>
20.11.2021	1:30-2:30 PM	II (Theory)	Mental Health-implication of age: Physical well being and impact of environmental factors;	<b>Amrita Chakraborty</b>
	2:30-4 PM	I (Theory)	Life style and illness	<b>Dr. Mousumi Dutta</b>
	4-5:30 PM	I (Theory)	Mind-body relationship; Health Enhancing Behaviour; Behavioral analysis and intervention- relaxation procedures	<b>Dr. Swati Sinha</b>
21.11.2021	9 –12 AM	III (Practical)	Asana-Kriya-Pranayama: Meditative Asanas	<b>Dr. Deba Prasad Sahu</b>
	12:30-2:30 PM	I (Theory)	Kinds of stress; impact of stress on Physiology and Psychology	<b>Partha Nandi</b>
	3-5 PM	IV (Practical)	Meditation (Dhyana): Type of Meditation	<b>Mr. Ajoy Bag</b>
23.11.2021	4-5 PM	I (Theory)	stress management: Hormonal intervention: HPA Axis	<b>Partha Nandi</b>
24.11.2021	4-5 PM	II (Theory)	Mental health of Adolescents- Key facts, determinants, emotional disorders, behavioral disorders	<b>Amrita Chakraborty</b>
25.11.2021	4-5 PM	II (Theory)	Eating disorders, Psychosis, Suicide and Self harm, Risk taking behaviours	<b>Amrita Chakraborty</b>
26.11.2021	4-5 PM	II (Theory)	Promotion & prevention; Early detection and treatment; Physical exercise and mental health, Benefits of Yoga & Meditation	<b>Dr. Sutapa Das</b>
27.11.2021	2-5 PM	IV (Practical)	Different Meditation Techniques (Surya Dhyana, Yoga Nidra, OM Meditation, Cyclic Meditation)	<b>Dr. Alope Sen Barman</b>
28.11.2021	9 AM-12 Noon	III (Practical)	Deep Breathing Exercises, Trataka Kriya, Nari Sudhi Pranayama	<b>Dr. Mritunjoy Das</b>
	1-4 PM	III (Practical)	Sitali Pranayama, Bhramari Pranayama, Various Yogic Relaxation Techniques, Concentration (Dharana)	<b>Dr. Pradipta Kumar Giri</b>

29.11.2021/ 3-5 PM- Examination & Evaluation: **Dr. Sutapa Das; Amrita Chakraborty; Dr. Pradipta Kumar Giri**

30.11.2021/ 4-5 PM: Certificate distribution/ feedback session/ Valedictory Session-**Susil Kumar Barman; Dr. Sutapa Das; Amrita Chakraborty**

### **Suggested Readings (References):**

Handbook of Indian Psychology; Edited By K. Ramakrishna Rao, Anand Paranjpe, Ajit K. Dalal, 2008  
Foundations and Applications of Indian Psychology; Edited by R. M. Matthijs Cornelissen, Suneet Varma, Girishwar Mishra, 2013  
Stress Physiology, D.P. Singh, 2003, ISBN-13:978-8122414486  
Yoga and Management; Acharya Yatendra, 2019  
Light on Yoga; BKS IYENGER, Foreword by Yehudi Menuhin  
The Complete Book of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga; Swami Vivekananda  
PTANJALI YOGA SUTRAS; Swami Vivekananda  
Sana Pranayama Mudra Bandha; Swami Satyananda Saraswati, Yoga Publications Trust, Munger, Bihar, India

## Report on Certificate Course

S No.	Topic	Description
1	<b>Name of the Programme</b>	Certificate Course: <b>MENTAL HEALTH &amp; MEDITATION</b>
2	<b>Organized by</b>	Department of Physiology in Collaboration with IQAC
3	<b>Duration</b>	17 <sup>th</sup> November, 2021 to 30 <sup>th</sup> November,
4	<b>Number of Students Enrolled</b>	96
5	<b>Number of Student Certified</b>	90
6	<b>Assessment Procedure</b>	Short Question Based Exam and Practical approach
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"> <li>✚ Get idea of normal mental health</li> <li>✚ Get idea about the interrelation between normal physiology and psychology</li> <li>✚ Get idea on psychological problems in adolescence</li> <li>✚ Get idea on benefits of Yoga and Meditation to maintain healthy psychological status</li> </ul>
8	<b>Number of Course Instructors</b>	10
9	<b>List of Instructors with Designation</b>	<ul style="list-style-type: none"> <li>• <b>Dr. Sutapa Das</b>, Assistant Professor &amp; Head, Department of Physiology, Jhargram Raj College (Girls' Wing)</li> <li>• <b>Amrita Chakraborty</b>, Assistant Professor, Department of Physiology, Jhargram Raj College (Girls' Wing)</li> <li>• <b>Dr. Swati Sinha</b>, Associate Professor &amp; Head, Department of Physiology, Tamralipta Mahavidyalaya, Tamluk, Purba Medinipur</li> <li>• <b>Partha Nandi</b>, Assistant professor, Government General Degree College at Lalgah, Lalgah, Jhargram</li> <li>• <b>Dr. Mousumi Dutta</b>, Assistant professor, Government General Degree College at Kharagpur-II, Ambigeria, Madpur, Paschim Medinipur</li> <li>• <b>Dr. Deba Prasad Sahu</b>, Principal, Seva Bharati Mahavidyalaya, Jhargram</li> <li>• <b>Dr. Alope Sen Barman</b>, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram</li> <li>• <b>Dr. Pradipta Kumar Giri</b>, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram</li> <li>• <b>Dr. Mrintunjoy Das</b>, Assistant Professor, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram</li> <li>• <b>Mr. Ajoy Bag</b>, SACT, Department of Physical Education, Seva Bharati Mahavidyalaya, Jhargram</li> </ul>

10	<b>List of Students Who Entitled for Certificate</b>	
	<b>Name</b>	<b>Registration Number with Year</b>
	MINAKSHI SAREN	1180469 of 2020-2021
	RUMA MAHATA	1180473 of 2020-2021
	SUSMITA MAHATA	1180476 of 2020-2021
	SUSMITA DAS	1180495 of 2019-2020
	BANASHREE PRADHAN	1180482 of 2019-2020
	BHAGYASHREE TUDU	1180483 of 2019-2020
	JOYSHREE MAHATA	1180486 of 2019-2020
	PAPIYA MANDAL	1180490 of 2019-2020
	NEHA SHYAMAL	1180488 of 2019-2020
	BIDISHA GIRI	1180484 of 2019-2020
	SUSMITA SAHA	1180497 of 2019-2020
	DISHA MISHRA	1180485 of 2019-2020
	MOUSUMI GHOSH	1180487 of 2019-2020
	JUHI MAHATA	VU211014307 of 2021-2022
	PRIYA MAHATA	VU211014310 of 2021-2022
	SOUMITA SHOW	VU211014312 of 2021-2022
	PALLABI MAHATA	VU211014308 of 2021-2022
	PUSPITA MAHATA	VU211014311 of 2021-2022
	KABITA ROY	1180328 of 2020-2021
	SABITRI DANDAPAT	1180406 of 2020-2021
	AMBIKA MAHATA	1180284 of 2019-2020
	ARATI GIRI	1180293 of 2019-2020
	SOMA PATRA	VU211014265 of 2021-2022
	SUMITA NAYEK	VU211014278 of 2021-2022
	DEBI DUTTA	1180322 of 2019-2020
	HIRAMONI MURMU	1180331 of 2019-2020
	JAYANTI MAHATA	1180336 of 2019-2020
	KRISHNA PRATIHAR	1180343 of 2019-2020
	MANDIRA GHOSH	1180363 of 2019-2020
	NANDITA SAREN	1180378 of 2019-2020

MOUSUMI SHIT	1180375 of 2019-2020
NUPUR MAHATA	1180382 of 2019-2020
PADMABATI MAHATA	1180383 of 2019-2020
PALLABI PAL	1180384 of 2019-2020
SABITRI BERA	1180434 of 2019-2020
SAMAPTI PATRA	1180438 of 2019-2020
RUMPA KHAMRAI	1180428 of 2019-2020
RIYA BERA	1180420 of 2019-2020
ROZINA KHATUN	1180424 of 2019-2020
SANAKA DAS	1180439 of 2019-2020
SARBANI DAS	1180442 of 2019-2020
RIYA PODDAR	1180423 of 2019-2020
TULSI RANA	1180476 of 2019-2020
DISHARI SINGHA	VU211014111 of 2021-2022
ITSREE DAS	VU211014121 of 2021-2022
MAMATA MAHATA	VU211014155 2021-2022
JAYASHREE MAHATA	VU211014125 of 2021-2022
MARIA PAUL	VU211014167 of 2021-2022
NAGI KISKU	VU211014180 of 2021-2022
NANDINI BERA	VU211014184 of 2021-2022
PANMONI SAREN	VU211014195 of 2021-2022
PAYEL AKHULI	VU211014203 of 2021-2022
PRITI MANDAL	VU211014209 of 2021-2022
PUJA ROUTH	VU211014217 of 2021-2022
SAMPA DAS	VU211014241 of 2021-2022
SAIN PARVIN	VU211014238 of 2021-2022
SHEULI CHALAK	VU211014252 of 2021-2022
SUMANA MAHAPATRA	VU211014273 of 2021-2022
SUMANA MAITY	VU211014274 of 2021-2022
TULSI BEHARA	VU211014303 of 2021-2022
TANISHA DAS	VU211014294 of 2021-2022
JYOTSNA MAHATA	VU211014128 of 2021-2022
NAMITA PATRA	VU211014182 of 2021-2022
MADHABI BARIK	VU211014146 of 20201-2022
LAKSHMI SING	VU211014142 of 2021-2022
MANIKA SABAR	VU211014162 of 2021-2022



SOMA MAHATA	VU211014264 of 2021-2022
SUJATA MURMU	VU211014271 of 2021-2022
SUSMITA MAHATA	VU211014290 of 2021-2022
DHRITIDIPA MAHATA	VU211014108 of 2021-2022
MADHUMITA MAHATA	VU211014147 of 2021-2022
SUSMITA GIRI	VU211014289 of 2021-2022
LIPIKA MURMU	VU211014145 of 2021-2022
MADHURIMA CHOWDHURY	VU211014149 of 2021-2022
TANIMA GHOSH	VU211014293 of 2021-2022
GOURI KISKU	VU211014117 of 2021-2022
ANSURA KHATUN	1180287 of 2020-2021
HAIMANTI MAJHI	1180318 of 2020-2021
HIRANMAYEE MAHATA	1180321 of 2020-2021
KAKALI MIDHYA	1180332 of 2020-2021
MALLIKA TUDU	1180340 of 2020-2021
MANI MAHATA	1180344 of 2020-2021
MOUMITA BERA	1180353 of 2020-2021
MOUPRIYA SARKAR	1180358 of 2020-2021
NANDITA SAHU	1180366 of 2020-2021
PRERANA PARIHARI	1180378 of 2020-2021
RIA KAR	1180393 of 2020-2021
SIYA KUAR	1180451 of 2020-2021
TANIA DE	1180453 of 2020-2021
SUNANDA GIRI	1180436 of 2020-2021



# *Certificate Course on “Ancient History of Jhargram”*



**CONDUCTED BY:**

Jhargram Raj College – Girls’ Wing  
in collaboration with  
IQAC (Jhargram Raj College – Girls’ Wing)

**DURATION:**

December 2021

**CO-ORDINATORS:**

Dr. Soumita Choudhury  
Prof. Suvasis Acharya

## Course Overview:

Studying the history of ancient Jhargram offer several valuable benefits:

1. **Cultural Understanding:** Ancient history provides insight into the cultural practices, beliefs, traditions and social structures of past civilizations. Understanding the history of Jhargram can provide insights into the cultural heritage of the region, including its art, architecture, language and religious practices.
2. **Identity and Heritage:** Learning about the history of Jhargram can help individuals develop a sense of identity and pride in their heritage. It connects people to their roots and allows them to appreciate the rich tapestry of their cultural background.
3. **Historical Context:** Studying ancient history provides context for understanding contemporary issues and events. By examining the historical development of Jhargram, one can gain insights into the factors that have shaped the region and its people over time.
4. **Critical Thinking and Analytical Skills:** Analyzing historical sources and interpreting archaeological evidence require critical thinking skills. Studying ancient Jhargram can help develop these skills, enabling individuals to evaluate evidence, draw conclusions and make informed judgments.
5. **Preservation of Cultural Heritage:** Understanding the history of Jhargram is essential for the preservation of its cultural heritage. By studying and documenting ancient sites, artifacts and traditions, scholars can help ensure that this heritage is safeguarded for future generations.
6. **Inspiration and Creativity:** Ancient history is often a source of inspiration for literature, art and storytelling. Learning about the history of Jhargram can inspire creativity and innovation, encouraging individuals to explore new ideas and perspectives.

## Objectives:

The objective of this study is as follows:

- **Identity Formation:** To help individuals develop a sense of identity and pride in their cultural heritage by understanding the historical roots of Jhargram and its contribution to human history.
- **Preservation and Conservation:** To promote the preservation and conservation of the archaeological sites, artifacts and cultural traditions of Jhargram by raising awareness of their historical significance and value.
- **Interdisciplinary Connections:** To explore interdisciplinary connections between ancient history and other fields such as anthropology, sociology, archaeology, linguistics and environmental studies, fostering a holistic understanding of the past of Jhargram.
- **Cultural Exchange:** To facilitate cultural exchange and dialogue by sharing knowledge and insights about the ancient history of Jhargram with people from diverse backgrounds, promoting mutual understanding and appreciation.

- **Tourism and Economic Development:** To harness the historical heritage of Jhargram as resource for tourism and economic development, creating opportunities for sustainable growth and community empowerment.
- **Promotion of Research and Scholarship:** To encourage research and scholarship in the field of ancient history , providing avenues for academic exploration, discovery and innovation related to past history of Jhargram.

**Duration:** This course is designed for 30 lecture hours.

**Eligibility:**

Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls' Wing), in any stream are eligible to apply for the course.

**Number of seats:**

The course will have an intake capacity of 60 candidates.

**Advisory Committee:**

- Chairperson –Prof. Susil Kumar Barman [Officer-In-Charge, JRCGW]
- Course Coordinators – Dr. Soumita Choudhury [Asst. Professor – Dept of Philosophy (JRCGW)]  
- Prof. Suvasis Acharya [Asst. Professor – Dept of Bengali (JRCGW)]
- Member – Prof. Rahul Saikh [Asst. Professor – Dept of History (JRCGW)]
- Member – Dr. Lakshindar Paloi [Asst. Professor – Dept of History, Subarnarekha Mahavidyalaya]
- Member-Prof. Susen Gangopadhyay[Asst. Professor – Dept of History, Jhargram Raj College]

**List of Instructors:**

1. Prof. Susil Kumar Barman [Officer-In-Charge, JRCGW]
2. Prof. Suvasis Acharya [Asst. Professor – Dept of Bengali (JRCGW)]
3. Dr. Lakshindar Paloi [Asst. Professor – Dept of History, Subarnarekha Mahavidyalaya]
4. Prof. Susen Gangopadhyay [Asst. Professor – Dept of History, Jhargram Raj College]
5. Prof. Deblina Mukherjee [Asst. Professor – Dept of Political Science, JRCGW]
6. Prof. Rashmi Beck [Asst. Professor – Dept of History, JRCGW]

## Distribution of Course Module

**Schedule of classes (1<sup>st</sup> December 2021 -17<sup>th</sup> December 2021)**

UNITS	NAME OF UNITS	DATE	TIME	INSTRUCTORS
	Introduction to the Theme	01-12-2021	3:00 - 3:15PM	Dr. Soumita Choudhury
<b>UNIT 1</b> (Background)	Geographical features of Jhargram District – relief, soil, rivers and forest.	01-12-2021	3:15- 4:15PM	Prof. Susil Kumar Barman
	Jhargram –a new district in West Bengal		4:15 – 5:15 PM	Prof. Deblina Mukherjee
<b>UNIT 2</b> (Jhargram in Pre-Christian Era)	In the age of the Ramayana and the Mahabharata	02-12-2021	3 - 5 PM	Prof. Suvasis Acharya
	In the age of Jainism as per Acharangasutra	03-12-2021	3 - 5 PM	Prof. Susil Kumar Barman
<b>UNIT 3</b> (Jhargram in the period 1 <sup>st</sup> to 9 <sup>th</sup> century AD)	In the contemporary literary works	04-12-2021	2-4 PM	Prof. Suvasis Acharya
	In Purana	06-12-2021	3-5 PM	Prof. Susen Gangopadhyay
	In stone inscriptions	07-12-2021	3-5 PM	Prof. Suvasis Acharya
<b>UNIT 4</b> (Jhargram in the period 10 <sup>th</sup> to 15 <sup>th</sup> century AD)	In Tirumalaya script and in Irda script	08-12-2021	3 - 5 PM	Prof. Susen Gangopadhyay
	In Ramcharitamanas by Sandhyakar Nandi	09-12-2021	2- 3:45 PM	Prof. Susen Gangopadhyay
<b>UNIT 5</b> (Jhargram in Pathan and Moghul period)	Under Mayurbhanja Kingdom	10-12-2021	3–5 PM	Dr. Lakshindar Paloi
	As a parghana of Jaleswara Sarkar	11-12-2021	2 –4PM	Prof. Deblina Mukherjee
	Under British Rule	13-12-2021	3 - 5 PM	Prof. Deblina Mukherjee
<b>UNIT 6</b> (Political and Demographic history of Jhargram)	Royal families	14-12-2021	3 - 5 PM	Dr. Lakshindar Paloi
	Archeological remains	15-12-2021	3 - 5 PM	Prof. Susil Kumar Barman
	Demographic pattern and tribal people	16-12-2021	3 - 5 PM	Prof. Rashmi Beck
	Examination	17-12-2021	3-4 PM	Dr. Soumita Choudhury
	Valedictory Session		4-5 PM	Dr. Soumita Choudhury

**Reference:**

**Bengali:**

- 1) ঐতিহাসিক বঙ্গ- W W Hunter, Trubner & Co., London, 1976.
- 2) ঐতিহাসিক বঙ্গ- ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ
- 3) The Tribes and Caste of Bengal, Vol-II- H H Risley, Firma Mukhopadhyay, 1981
- 4) ঐতিহাসিক বঙ্গ: 'ঐতিহাসিক বঙ্গ' (ঐতিহাসিক বঙ্গ), (ঐতিহাসিক বঙ্গ.- ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ
- 5) ঐতিহাসিক বঙ্গ: 'ঐতিহাসিক বঙ্গ', ঐতিহাসিক বঙ্গ, (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ
- 6) ঐতিহাসিক বঙ্গ (ঐতিহাসিক বঙ্গ): 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ-ঐতিহাসিক বঙ্গ
- 7) ঐতিহাসিক বঙ্গ (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ (ঐতিহাসিক বঙ্গ): 'ঐতিহাসিক বঙ্গ : ঐতিহাসিক বঙ্গ', ঐতিহাসিক বঙ্গ, (ঐতিহাসিক বঙ্গ : ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ
- 8) 'ঐতিহাসিক বঙ্গ : ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ, (ঐতিহাসিক বঙ্গ : ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ
- 9) ঐতিহাসিক বঙ্গ: 'ঐতিহাসিক বঙ্গ-ঐতিহাসিক বঙ্গ' (ঐতিহাসিক বঙ্গ: ঐতিহাসিক বঙ্গ), (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 10) ঐতিহাসিক বঙ্গ: 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ), (ঐতিহাসিক বঙ্গ.-ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 11) ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ (ঐতিহাসিক বঙ্গ): 'ঐতিহাসিক বঙ্গ', ঐতিহাসিক বঙ্গ, (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 12) ঐতিহাসিক বঙ্গ: 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ/ঐতিহাসিক বঙ্গ, ঐতিহাসিক বঙ্গ
- 13) ঐতিহাসিক বঙ্গ (ঐতিহাসিক বঙ্গ): 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ.-ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 14) 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 15) ঐতিহাসিক বঙ্গ (ঐতিহাসিক বঙ্গ): 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ.-ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 16) 'ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ
- 17) ঐতিহাসিক বঙ্গ: 'ঐতিহাসিক বঙ্গ-ঐতিহাসিক বঙ্গ', (ঐতিহাসিক বঙ্গ), ঐতিহাসিক বঙ্গ

- 18) ଓଡ଼ିଶା ଇତିହାସ, ପ୍ରଥମ ଭାଗ:  
'ଓଡ଼ିଶା ଇତିହାସ, ପ୍ରଥମ ଭାଗ-  
ଓଡ଼ିଶା', (ଓଡ଼ିଶା ଇତିହାସ), ପ୍ରଥମ ଭାଗ
- 19) ଓଡ଼ିଶା ଇତିହାସ ଓଡ଼ିଶା ଇତିହାସ ଓଡ଼ିଶା ଓଡ଼ିଶା ଓଡ଼ିଶା ଓଡ଼ିଶା  
ଓଡ଼ିଶା ଓଡ଼ିଶା ଓଡ଼ିଶା, ଓଡ଼ିଶା, ଓଡ଼ିଶା

## English

- 1) Banerji, R.D.: 'History Of Orissa', Prabasi Press, Calcutta, Vol-I, 1930.
- 2) Banerji, R.D.: 'History Of Orissa', Prabasi Press, Calcutta, Vol-II, 1931.
- 3) Behera, Dr. Subhakanta: 'Rethinking The Orissan Past Society, Culture And Religion', Punthi Pustak, 1St Ed.- 2010.
- 5) Das, Narendra Nath: 'History Of Midnapur', Midnapur Samskriti Parishad, Part-Two, 1st Ed.-1962.
- 6) Grierson, G.A.: 'Linguistic Survey of India', New Delhi, Vol-V, Part-I&II, 1903.
- 7) Haque, M.A.: 'Muslim Administration In Orissa' (1568-1751 A.D), Punthi Pustak, 1St Ed.-December 1980.
- 8) Hunter, W.W.: 'A Statistical Account Of Bengal', Vol-III, Part-I, 1997.
- 9) Hunter, W.W.: 'Orissa', London: Smith, Elder & Co, 15, Waterloo Place, Vol-II, 1872.
- 10) Karan, Sudhir Kumar: 'South Western Bengali', Bihar Bangla Academy, 1992.
- 11) Mahapatra, Dr.Sanjoy Kumar: 'Orissa Under British Rule' (1858-1903), Punthi Pustak, 1St Ed.-2015.
- 12) O Malley, L.L.S.: 'Bengal District Gazetters-Midnapore', West Bengal District Gazetteers, Govt. of West Bengal, Calcutta, 1995.
- 13) Padhi, Himangshu Sekhar: 'History and Culture of Orissa: A Comprehensive Study on Khinjali Mandala', Punthi Pustak, 1St Ed.- 2010.
- 14) Price, J.C.: 'Notes on The History of Midnapore' (Edited By: Dr. Kamal Kumar Kundu), Banglar Mukh Prakashani, Vol-I, 1st Ed.- May 2019.
- 15) Jena, P.K.: 'Orissa- A New Province', Punthi Pustak, Calcutta, 1988.
- 16) Ray, Rama Kanta: 'Feudatory States of Medieval Orissa' (Circa 750 A.D & Circa 950 A.D), Amadeus Press, 1St Ed.- 2008.



## Report on Certificate Course

S No.	Topic	Description
1	<b>Name of the Programme</b>	<b>Certificate Course:</b> <b><u>Ancient History of Jhargram</u></b>
2	<b>Organized by</b>	Jhargram Raj College (Girl's Wing) <i>in Collaboration with IQAC</i>
3	<b>Duration</b>	1 <sup>st</sup> December 2021- 17 <sup>th</sup> December 2021
4	<b>Number of Students enrolled</b>	<u>60</u>
5	<b>Number of Student Certified</b>	58
6	<b>Assessment Procedure</b>	MCQ based exam at the end of the course
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"><li>● Identity Formation: To help individuals develop a sense of identity and pride in their cultural heritage by understanding the historical roots of Jhargram and its contribution to human history.</li><li>● Preservation and Conservation: To promote the preservation and conservation of the archaeological sites, artifacts and cultural traditions of Jhargram by raising awareness of their historical significance and value.</li><li>● Interdisciplinary Connections: To explore interdisciplinary connections between ancient history and other fields such as anthropology, sociology, archaeology, linguistics and environmental studies, fostering a holistic understanding of the past of Jhargram.</li><li>● Cultural Exchange: To facilitate cultural exchange and dialogue by sharing knowledge and insights about the ancient history of Jhargram with people from diverse backgrounds, promoting mutual understanding and appreciation.</li><li>● Tourism and Economic Development: To harness the historical heritage of Jhargram as resource for tourism and economic development, creating opportunities for sustainable growth and community empowerment.</li><li>● Promotion of Research and Scholarship: To encourage research and scholarship in the field of ancient history, providing avenues for academic exploration, discovery and innovation related to past history of Jhargram.</li></ul>
8	<b>Number of Course Instructors</b>	06

9	<b>List of Instructors with Designation</b>	<ol style="list-style-type: none"> <li>1. Prof. Susil Kumar Barman [Officer-In-Charge, JRCGW]</li> <li>2. Prof. Suvasis Acharya [Asst. Professor – Dept of Bengali (JRCGW)]</li> <li>3. Dr.LakshindarPaloi [Asst. Professor – Dept of History, Subarnarekha Mahavidyalaya]</li> <li>4. Prof. Susen Gangopadhyay[Asst. Professor – Dept of History, Jhargram Raj College]</li> <li>5. Prof. Deblina Mukherjee [Asst. Professor – Dept of Political Science, JRCGW]</li> <li>6. Prof. Rashmi Beck [Asst. Professor – Dept of History, JRCGW]</li> </ol>
10	<b>List of Students Who Entitled Certificate</b>	
	<b>Name</b>	<b>Registration Number with Year</b>
	ANUPRIYA MAHANTA	1180071 of 2020-2021
	RAKHI JANA	1180176 of 2020-2021
	PREETI MAHATA	1180153 of 2020-2021
	BEUTY MONDAL	1180022 of 2020-2021
	MONIKA MURMU	1180352 of 2020-2021
	PRIYA MAHATA	1180159 of 2020-2021
	PRIYANKA MAHATA	1180164 of 2020-2021
	SONALI SINGHA	1180239 of 2020-2021
	USHA MAHATA	1180277 of 2020-2021
	SHILPI DAB	1180214 of 2020-2021
	MOUSUMI MAHAKUL	1180123 of 2020-2021
	JAYASHRI PAL	1180059 of 2020-2021
	PRIYANKA BARIK	1180160 of 2020-2021
	SATHI SAHU	1180209 of 2020-2021
	TAPASI BERA	1180271 of 2020-2021
	BITHIKA BORAL	1180028 of 2019-20
	PUSPA SAHU	1180171 of 2019-20
	SRIYA BHATTACHARYA	1180239 of 2019-20
	SWARNALI CHANDA	1180267 of 2019-20

PURBASHA RANA	1180166 of 2019-20
SARASWATI PATRA	1180203 of 2019-20
KAMALA HANSDA	1180078 of 2020-21
PALLABI CHAKRABORTY	1180132 of 2019-20
PAYEL DAS	1180143 of 2019-20
RAKHI KUILA	1180173 of 2019-20
PRIYA DE	1180156 of 2019-20
ANURUPA SHIT	1180008 of 2019-20
SHILPA PATRA	1180210 of 2019-20
SOMA SARDAR	1180227 of 2019-20
MALINI MAHATA	1180088 of 2019-20

*CERTIFICATE COURSE*  
*on*

**KNOW THE TRAJECTORY  
OF WOMEN  
EMPOWERMENT IN INDIA**



*Conducted by*

**Department of History**

**in Collaboration with IQAC**

**Jhargram Raj College (Girls' Wing)**

**Schedule: February, 2022**

**Course Coordinator: Sonia Mondal**  
**Mobile: 8001204160**

## **KNOW THE TRAJECTORY OF WOMEN EMPOWERMENT IN INDIA**

### **Course-Prelude:**

In step with its effort to impart knowledge of and familiarize young minds with the preceding history of women empowerment, an essential factor that works for the betterment and development of society, community, and country, Jhargram Raj College (Girls' Wing) has launched a new certificate course on KNOW THE TRAJECTORY OF WOMEN EMPOWERMENT IN INDIA.

This course will provide you with an understanding of how women's empowerment in India gained momentum throughout the years, from the ancient to the modern period. Over time, Indian society has witnessed many ups and downs when it comes to empowering women. You will be aware of various societal ills and obstacles holding the path of their advancement, lagging them behind the purdah. Ill-treatment for women has been a ritual for centuries. This unjustified treatment was going on, and women were not allowed to have property, there was absolutely no freedom to choose their own way of lifestyle or job, and so on.

The fight for women's empowerment in India got momentum during the nineteenth century. 'Women Question' became a great part of public debate. A remarkable development took place in laws targeting women's issues and women's education. All such new developments paved the way to making women realize their self-worth, their abilities to determine their own choices and shaping a society where they can enjoy their respect and rights.

### **OBJECTIVES:**

- ❖ Will be able to understand various aspects of women empowerment.
- ❖ Will travel through the course of women experience
- ❖ Will be able to understand politics around women issues
- ❖ Will learn about women agency since beginning
- ❖ Will comprehend contemporary discourse on it

### **DURATION:**

This course is designed for 30 lecture hours. It will be rounded off within 1 month.

## **COURSE MODULE:**

- ❖ Woman Empowerment – Conception and Aspects
- ❖ Female Education: Ancient, Medieval, Modern Eras- Roll of Missionaries; Establishment of Girls Schools
- ❖ Marriage: Age and Choice of Partners – Provisions in Ancient and Medieval Texts -Age of Consent Debate in Modern India
- ❖ Women’s Property Rights: Ancient Law Books- Smrititexts, Medieval texts- Hindu Code Bill
- ❖ Women Question in the 19th century and Early 20th Centuries: Social Ills and their Eradication- Social Reformers - passing of Reformist Law- New Women
- ❖ Brave Women Who Made Their Own History

## **ELIGIBILITY:**

Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls’ Wing) in any stream are eligible to apply for the course.

## **NO. OF SEATS:**

The course will have an intake capacity of 60 candidates.

## **ADVISORY COMMITTEE:**

- Chairperson – Prof. Susil Kumar Barman, OIC
- Dr. Urbi Mukhopadhyaya, Associate Professor in History, West Bengal State University
- Dr. Urmita Ray, Associate Professor in History, Barasat Government College
- Prof. Oindrila Sen, Assistant Professor in History, Jhargram Raj College
- Prof. Rashmi Beck, Assistant Professor in History, Jhargram Raj College (Girls’ Wing)
- Prof. Rahul Saikh, Assistant Professor in History, Jhargram Raj College (Girls’ Wing)

## **COURSE COORDINATOR:**

Prof. Sonia Mondal, Assistant Professor, Department of History, Jhargram Raj College (Girls’ Wing).

## **LIST OF INSTRUCTORS:**

The certificate course will be executed by selected faculty members from different departments of our college and some external resource person. A tentative list of resource person includes –

- Prof. Reshmi Beck, Assistant Professor & HoD, Dept. of History
- Prof. Rahul Saikh, Assistant Professor, Dept. of History

- Prof. Ayanti Mandal, Assistant Professor & HoD, Dept. of English
- Prof. Naznin Mullick, Assistant Professor & HoD, Dept. of Sanskrit
- Dr. Suchandra Ghosh, Assistant Professor, Dept. of Sociology
- Prof. Oindrila Sen, Assistant Professor, Dept. of History, Jhargram Raj College
- Prof. Nowser Rowa Sk, Assistant Professor, Dept. of History, Government General Degree College, Lalgah

## DISTRIBUTION OF COURSE MODULE

Schedule of Classes (05<sup>th</sup> February 2022- 06<sup>th</sup> March 2022)

UNITS	NAME OF UNITS	Date	Time	INSTRUCTORS
UNIT 1	Introductory session	05.02-22	2-3 pm	Prof. Sonia Mondal,
	Woman Empowerment – Conception and Aspects		3-5pm	Prof. Ayanti Mandal
UNIT 2	Female Education: Ancient, Medieval, Modern Eras- Roll of Missionaries; Establishment of Girls Schools	06-02-22	11 am -1pm	Prof. Rashmi Beck
			1-3pm	Prof. Rahul Saikh
UNIT 3	Marriage: Age and Choice of Partners – Provisions in Ancient and Medieval Texts -Age of Consent Debate in Modern India	12-02-22	2-4 pm	Prof. Oindrila Sen
		13-02-22	11 am-1 pm	Prof. Sonia Mondal
UNIT 4	Women’s Property Rights: Ancient Law Books- Smrititexts, Medieval texts- Hindu Code Bill	13-02-22	1-3 pm	Prof. Naznin Mullick
		19-02-22	2-4 pm	Prof. Suchandra Ghosh
UNIT 5	Women Question in the 19th century and Early 20th Centuries: Social Ills and their Eradication- Social Reformers - passing of Reformist Law- New Women	20-02-22	11 am-1 pm	Prof. Nowser Rowa, SK
		20-02-22	1-3 pm	Prof. Sonia Mondal
		26-02-22	2-4 pm	Prof. Rashmi Beck
		26-02-22	4-5 pm	Prof. Rahul Saikh
		27-02-22	11 am-1 pm	Prof. Oindrila Sen
UNIT 6	Brave Women Who Made Their Own History	27-02-22	1-3 pm	Prof. Sonia Mondal
		05-03-22	2-4 pm	Prof. Rashmi Beck
UNIT 7	Examination	06-03-22	11 am-12 pm	Conducted by History Department
	Valedictory Session		2-3pm	HOD of History

### Selected Readings:

- Sonashree Kar and Anup Pradhan. "Women empowerment in India." (2009).
- M. Koteswara Rao, *Empowerment of women in India*. Discovery Publishing House, 2005.



- Priya Lokare, *The History of Women Education in India*. Book Saga Publications, 2022.
- Anant Sadashiv Altekar, *State and government in ancient India*.
- Sukumari Bhattacharji. "A Rereading of Historical Material: An Alternative Account of the Position of Women in Ancient India."
- Sumit Sarkar and Tanika Sarkar, eds. *Women and social reform in modern India: a reader*.
- Swapna M. Banerjee "Debates on domesticity and the position of women in late colonial India."
- Padma Anagol, *The emergence of feminism in India, 1850-1920*.
- Mandakranta Bose ed. *Faces of the feminine in ancient, medieval, and modern India*.
- Geraldine Forbes, *Women in Modern India*, New Cambridge History of India, Vol.IV.2
- KumkumSangari and SudeshVaid ed. *Recasting Women, Essays in Colonial History*
- Radaha Kumar, *The History of Doing: An Illustrated Account of Movements for Women's Rights and Feminism in India, 1800-1990*
- Meredith Borthwick, *The Changing Role of Women in Bengal*
- Meera Kosambi, *Crossing the Threshold*
- Sumit Sarkar and Tanika Sarkar ed. *Women and Social Reform*, Vol. 1 & 2
- Tanika Sarkar, *Hindu Wife Hindu Nation*
- Rachel Fuchs, *Women in Nineteenth Century Europe*
- GhulamMurshid, *Adhuniktar Abhimukhe Bangaramani*
- Ghulam Murshid, *RassundarithekeRokeyaNariPragatirEkshoBachhar*
- Bharati Ray, *Feminists of Early India: Saraladevi and Begum Rokeya*
- Bharati Ray (ed.) *Nari O Paribar: Bamabodhini Patrika*

### Report on Certificate Course

S No.	Topic	Description
1	<b>Name of the Programme</b>	Certificate Course: <b>KNOW THE TRAJECTORY OF WOMEN EMPOWERMENT IN INDIA</b>
2	<b>Organized by</b>	Department of History in Collaboration with IQAC
3	<b>Duration</b>	05th February 2022- 06th March 2022
4	<b>Number of Students enrolled</b>	60
5	<b>Number of Student Certified</b>	59
6	<b>Assessment Procedure</b>	MCQ based exam at the end of the course
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"><li>❖ Obtained knowledge about the various aspects of women empowerment.</li><li>❖ Get an overview of women experiences since past</li><li>❖ able to understand politics around women issues</li><li>❖ able to know great women and their ambitious effort</li><li>❖ comprehend contemporary discourse on it</li></ul>
8	<b>Number of Course Instructors</b>	07
9	<b>List of Instructors with Designation</b>	<ol style="list-style-type: none"><li>1. Prof. Reshmi Beck, Assistant Professor &amp; HoD, Dept. of History</li><li>2. Prof. Rahul Saikh, Assistant Professor, Dept. of History</li><li>3. Prof. Ayanti Mandal, Assistant Professor &amp; HoD, Dept. of English</li><li>4. Prof. Naznin Mullick, Assistant Professor &amp; HoD, Dept. of Sanskrit</li><li>5. Dr. Suchandra Ghosh, Assistant Professor, Dept. of Sociology</li><li>6. Prof. Oindrila Sen, Assistant Professor, Dept. of History, Jhargram Raj College</li><li>7. Prof. Nowser Rowa Sk, Assistant Professor, Dept. of History, Government General Degree College, Lalgarh</li></ol>

*“A Country that does not value gender sensitization will never be safe. If we have to make our society safer for women, it’s time to demand gender sensitization.”*



*Certificate Course on Gender Sensitization*

*Gender Sensitization: Society, Culture, and Change*

*Duration: April, 2022*

*Conducted By*

*Department of Sociology*

*In Collaboration with IQAC*

*Jhargram Raj College (Girls' Wing)*

*Course Coordinator: Dr. Suchandra Ghosh*

*Contact: 7275565138*

## **COURSE-OVERVIEW:**

Gender sensitization refers to awakening concerns for gender equality and equity issues. It helps examine personal attitudes and beliefs and questions the realities of the sexes. Sensitization prepares us to understand the differences between sex and gender and that gender is a social construction. The outlook and approach to gender issues also help in understanding the stereotypes around gender roles. Drawing on a keen understanding of experience and insight that an individual becomes sensitive to the needs of a particular gender and the expectations of the opposite sex. While women and children are mostly the vulnerable groups, boys also feel the pressure to live up to the established norms of masculinity and femininity. Many times, girls endure unwarranted social control, discrimination, and domination, and so are the boys discouraged from being emotional, gentle, or fearful.

## **COURSE OBJECTIVES:**

The certificate course on Gender Sensitization: Gender, Society and Social Change address the following objectives.

- To introduce learners to the concepts as sex, gender, sexuality, and the plural perspectives on femininity and masculinity.
- To inform about the emergent structures and shape the vocabularies in usage in plural societal contexts and situations.
- To develop a keen understanding of gender struggles in domestic confines and in the public sphere.
- To create sensitivity to the gender roles, expectations, power dynamics and control women grapple with and negotiate in family, neighbourhood, and professional realms.
- To deconstruct the prevalent patriarchal notions and myths about women, men, and other sexualities and women from the marginalized sections of the society.
- Women face challenges to realize their rights, aspirations, and potentials. The course will develop understanding of the initiatives and in still motivation to create a gender-just society.

**COURSE OUTCOME:** The course seeks to achieve the following outcome: First, equip learners to perceive and challenge gender stereotypes. Second, develop sensitivity at the individual and collective level. Third, apply gender concepts to become change agents towards creating a gender-just social milieu.

**ELIGIBILITY:** Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls' Wing) in any stream are eligible to apply for the course.

**NO. OF SEATS:** The course will have an intake capacity of 90 candidates.

## **ADVISORY COMMITTEE:**

**Chairperson** – Prof. Susil Kumar Barman, OIC

- Dr. Pujashree Chatterjee, Assistant Professor in Sociology, Vidyasagar University
- Dr. Sreyashi Ghosh, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)
- Prof. Shamayeeta Ghosh, Assistant Professor in Sociology, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)
- Prof. Pampa Hembram, Assistant Professor in Bengali, Jhargram Raj College (Girls' Wing)
- Prof. Ayanti Mondal, Assistant Professor in English, Jhargram Raj College (Girls' Wing)
- Prof. Sonia Mondal, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)

## **LIST OF INSTRUCTORS:**

The certificate course will be executed by selected faculty members from different departments of our college and external resource persons. A tentative list of resource person is as follows –

- Dr. Sreyashi Ghosh, Assistant Professor, Dept. of Sociology
- Prof. Shamayeeta Ghosh, Assistant Professor, Dept. of Sociology
- Ms. Debarati Chakrabarti, Assistant Professor, Dept. of Sociology
- Prof. Ayanti Mandal, Assistant Professor & HoD, Dept. of English
- Prof. Pampa Hembram, Assistant Professor & HoD, Dept. of Bengali
- Ms. Pujashree Chatterjee, Assistant Professor, Dept. of Sociology, Vidyasagar University
- Prof. Susil Kumar Barman, Officer-in-Charge, Jhargram Raj College (Girls' Wing)

## Gender Sensitization: Society, Culture, and Change

### DISTRIBUTION OF COURSE MODULE

Schedule of Classes (01<sup>st</sup> April 2022-20<sup>th</sup> April 2022)

UNITS	NAME OF UNITS	DATE	TIME	INSTRUCTORS
	Introductory Session	01.04.2022	3-5 p.m.	Prof. Ayanti Mondal
UNIT 1	Understanding Gender and Sexuality: Concepts and Aspects	01.04.2022	4-6 p.m.	Dr. Sreyashi Ghosh
UNIT 2	Perspectives on Feminity and Masculinity	03.04.2022	4-6 p.m.	Dr. Sreyashi Ghosh
UNIT 3	Family, Community, and Power	05.04.2022	4-6 p.m.	Ms. Pujashree Chatterjee
UNIT 4	Marriage, Motherhood and Work	07.04.2022	4-6 p.m.	Ms. Pujashree Chatterjee
UNIT 5	Gender-based Violence in Work and Domestic Realms	08.04.2022	4-6 p.m.	Prof. Shamayeeta Ghosh
UNIT 6	Gendering Health in Social Contexts: Reproductive Health, and Social Hygiene	09.04.2022	4-6 p.m.	Dr. Suchandra Ghosh
UNIT 7	Gender and Media: Reading and Visualising Gender	10.04.2022	4-6 p.m.	Prof. Pampa Hembram
UNIT 8	Gender and Language: Gender Role and their Representation in Literature	11.04.2022	4-6 p.m.	Prof. Pampa Hembram
	Feminist Literary Criticism	12.04.2022	4-6 p.m.	Prof. Ayanti Mondal
UNIT 8	Feminism and	16.04.2022	4-6 p.m.	Prof. Sonia

	Intersectionality			Mondal
	Gender and Disability	17.04.2022	4-6 p.m.	Ms. Debarati Chakraborty
UNIT 9	Gender and Development: Understanding the Perspectives	18.04.2022	4-6 p.m.	Ms. Pujashree Chatterjee
	Gender and Technology	19.04.2022	4-6 p.m.	Ms. Pujashree Chatterjee
UNIT 12	Examination	20.04.2022	4--5p.m.	Conducted by Dept. of Sociology
UNIT 13	Towards Equality: A Roadmap to Development	20.04.2022	5-6 p.m.	HoD

### Selected Readings:

1. Jane Pilcher and Imelda Whelehan (2005): *Fifty Key Concepts in Gender Studies*, Sage Publications Ltd, London.
2. Bhasin, Kamla (1993): "Gender Basics: What is Patriarchy?", *Women Unlimited*, New Delhi.
3. Uberoi, Patricia, (1995): "When is a Marriage not a Marriage? Sex, Sacrament and Contract in Hindu Marriage" in *Contributions to Indian Sociology*, n.s. 29, 1&2: 319-45.
4. Sherry Ortner (1974): "Is male to female as nature is to culture?" M.Z. Rosaldo and L. Lamphere (eds.) *Women, culture and society*, Stanford: Stanford University Press, pp. 67- 87.
5. Kahn, Susan Martha (2004): "Eggs and Wombs: The Origins of Jewishness", in R. Parkin and L. Stone (eds.), *Kinship and Family: An Anthropological Reader*, U.S.A.: Blackwell, pp. 362-77.
6. Strathern, Marilyn. 1987. "An Awkward Relationship: The Case of Feminism and Anthropology." *Signs* 12(2):276-292.
7. Susie Tharu and Tejaswini Niranjana (1999): "Problems for a contemporary theory of gender" in Nivedita Menon (ed.) *Gender and politics in India*, New Delhi: Oxford University Press, pp.494-525.
8. Abu-Lughod, Lila (2002): "Do Muslim Women Really Need Saving? Anthropological Reflections on Cultural Relativism and its Others" *American Anthropologist*. Vol. 104 (3): 783-790.
9. Reconstructions of Gender and Information Technology: Women Doing IT for Themselves by Hilde G. Corneliussen in 2011.
10. Deniz Kandiyoti (1991): "Bargaining with patriarchy" in Judith Lorber and Susan A. Farrell (eds.) *The Social construction of Gender*, New Delhi: Sage Publications, pp.104-118.

11. S. Jackson and S. Scott (eds.) 2002 *Gender: A Sociological reader*, London: Routledge.
12. Chowdhury, Romit (2017): "Masculinities in fieldwork: notes on feminist methodology" in Kalpana Kannabiran and Padmini Swaminathan (eds) *Re-presenting Feminist Methodologies: Interdisciplinary Explorations*, New York: Routledge, 74-90.
13. Denis, Anne (2008): "Review Essay: Intersectional Analysis: A Contribution of Feminism to Sociology", *International Sociology*, Vol 23(5), pp. 677-694.
14. Hans, Asha Disability, Gender, and the Trajectories of Power.
15. Ahmad, Imitiaz (1976):*Family, Kinship and Marriage Among Muslims in India*,Monohar: New Delhi.
16. Das, V. (1976): "Masks and Faces: An Essay on Punjabi Kinship", *Contributions to Indian Sociology*, Vol. 10(1), pp. 1-30.
17. Subramanian, Banu ((2017): "Stories we tell: feminism, science and methodology" in Kalpana Kannabiran and Padmini Swaminathan (eds) *Re-presenting Feminist Methodologies: Interdisciplinary Explorations*, New York: Routledge, 115-130.
18. Shyaonti, Talwar (2000): *The Devi In The Diva: Myths, Archetypes, Brands, Films*, Vitasta Publishing Private Limited, New Delhi.
19. Butler, Judith (1990): *Gender Trouble: Feminism and the Subversion of Identity* Routledge, New York.
20. Collins, Randall and Scott Coltrane (2000): *Sociology of Marriage and the Family: Gender, Love and Property*, New York: Wadsworth Publishing Co Inc.
21. Douglas, Heather (2021): *Women, Intimate Partner Violence, and the Law*, Oxford University Press, New York.
22. Nakray,Keerti (2013):*Gender-based Violence and Public Health International Perspectives on Budgets and Policies*, Routledge, New York.
23. Butalia, Urvashi (2002): "Confrontation and Negotiation: The Women's Movement's Responses to Violence Against Women", *The Violence of Development: The Politics of Identity, Gender & Social Inequalities in India* (ed) Karin Kapadia, *Kali for Women*: New Delhi.
24. Madhok, Sumi and Shirin M. Rai (2012): "Agency, Injury, and Transgressive Politics in Neoliberal Times", *Signs*, Vol. 37 (3): 645-669.
25. Sen Samita (2002): "Towards a Feminist Politics? The Indian Women's Movement in Historical Perspective", *The Violence of Development: The Politics of Identity, Gender & Social Inequalities in India* (ed) Karin Kapadia, *Kali for Women*: New Delhi.
26. Subramanian, Mangala, Preethi Krishnan and Christopher Bunka (2014): "Women's Movement Groups in State Policy Formulation: Addressing Violence Against Women in India", *Indian Anthropologist*, Vol. 44 (1): 37-52.
27. Singh, Sheobahal(2010):*Sociology of Development*, New Delhi: Rawat.
28. Simone de Beauvoir (1949): *The Second Sex*, London: A.W.Bain& Co. Ltd.
29. Moi, Toril (2002): *Sexual/Textual Politics: Feminist Literary Theory*, Routledge, New York.
30. Wollstonecraft, Mary(1792):*A Vindication of the Rights of Woman with Structures on Political and Moral Subjects*, London: J. Johnson.
31. Irigaray, Luce (1985):*Speculum of the Other Woman*, Cornell University Press,
32. Chowdhry, Prem (1997): "Enforcing Cultural Codes: Gender and Violence in Northern India", *Economic and Political Weekly*, Vol. 32(19):1019-1028.



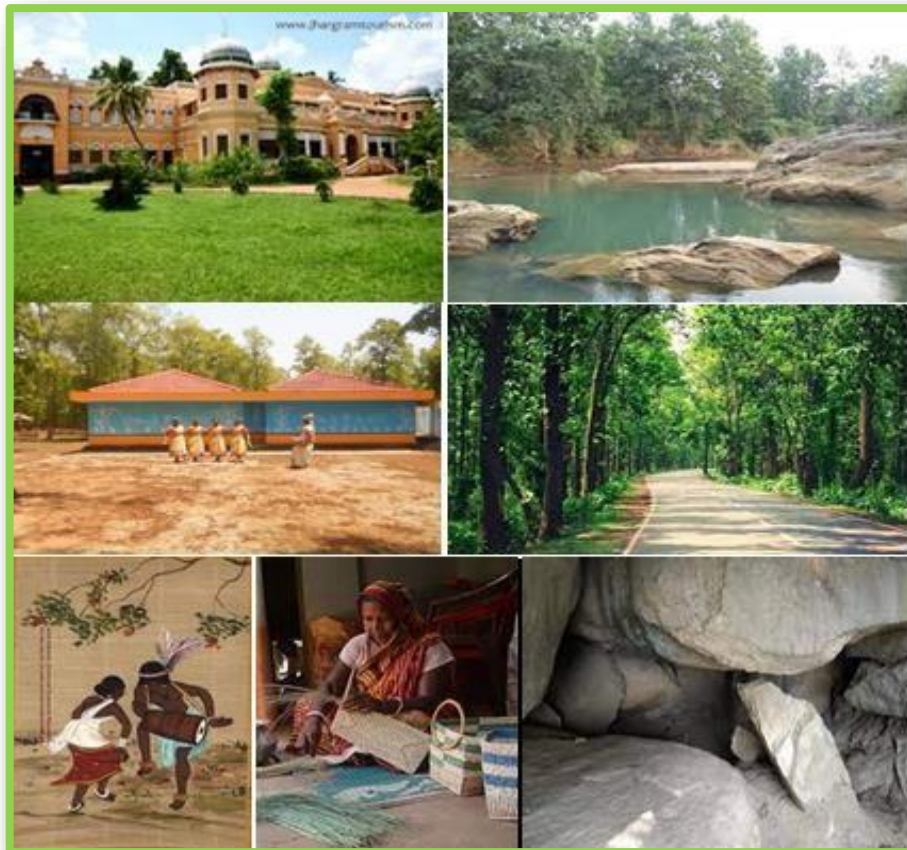
33. Fenstermaker, Sarah and Candace West (2002): *Doing gender, doing difference: inequality, power, and institutional change*, Routledge: New York.
34. Karlekar, Malvika (2007): "Domestic Violence", *Handbook of Indian Sociology* edited by Veena Das, New York, OUP: 308-330.
35. Kumar, Radha (2018): *The History of Doing: An Illustrated Account of Movements for Women's Rights and Feminism in India, 1800-1900*, Zubaan: New Delhi.
36. Kotiswaran, Prabha (2018): "Governance Feminism in the Postcolony: Reforming India's Rape Laws", in *Governance Feminism: An Introduction*, edited by Janet Halley, Prabha Kotoswaran, Rachel Rebouche and Hila Shamir, 75-148, University of Minnesota Press: London.
37. Linsey, Linda (2016): *Gender Roles: A Sociological Perspective*. Routledge: New York
38. Subramanian, Mangala, Preethi Krishnan and Christopher Bunka (2014): "Women's Movement Groups in State Policy Formulation: Addressing Violence Against Women in India", *Indian Anthropologist*, Vol. 44 (1): 37-52.

### Report on Certificate Course

S No.	Topic	Description
1	<b>Name of the Programme</b>	<b>Certificate Course: Gender Sensitization: Society, Culture, and Change</b>
2	<b>Organized by</b>	Department of Sociology in Collaboration with IQAC
3	<b>Duration</b>	01 April 2022-20 April 2022
4	<b>Number of Students enrolled</b>	90
5	<b>Number of Student Certified</b>	85
6	<b>Assessment Procedure</b>	MCQ based exam at the end of the course
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"> <li>❖ To create sensitivity among students towards gender-based concerns</li> <li>❖ To introduce students to the different perspectives on Gender</li> <li>❖ To throw light on how Gender issues pose a challenge in the path of progress and development</li> <li>❖ To train students to discern the wide range of problems that women face</li> <li>❖ To educate students about the politics of the relationship between problems and the policy-level solutions proposed to redress them</li> </ul>
8	<b>Number of Course Instructors</b>	07
9	<b>List of Instructors with Designation</b>	<ol style="list-style-type: none"> <li>1. Dr. Pujashree Chatterjee, Assistant Professor in Sociology, Vidyasagar University</li> <li>2. Dr. Sreyashi Ghosh, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)</li> <li>3. Prof. Shamayeeta Ghosh, Assistant Professor in Sociology, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)</li> <li>4. Prof. Pampa Hembram, Assistant Professor in Bengali, Jhargram Raj College (Girls' Wing)</li> <li>5. Prof. Ayanti Mondal, Assistant Professor in English, Jhargram Raj College (Girls' Wing)</li> <li>6. Prof. Sonia Mondal, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)</li> <li>7. Dr. Suchandra Ghosh, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)</li> </ol>



**Certificate Course**  
**on**  
**Tourism in Jungalmahal: Exploration of Historical,**  
**Cultural and Natural Aspects**  
**Jointly organized by Department of**  
**Bengali and Zoology**  
**in Collaboration with IQAC,**  
**Jhargram Raj College (Girls' Wing)**



**Duration: October, 2022**

**Course Coordinator:**

*Prof. Pampa Hembram & Prof. Sanatan Murmu*

## Course-Prelude:

In India, the tourism and travel segment are the largest service sector. Sports, business, medical, culture, and history tourism are all catered to. The main objectives of this sector are to develop and encourage tourism, maintain India's competitiveness as a tourist destination, and improve and diversify the current tourism products in order to ensure job generation and economic progress. The location of Jhramgram Raj College (Girls' Wing) allows for exploration of natural splendour. Visitors from other regions of the country will find this location more explorable due to the bulk of the indigenous inhabitants and their traditional distinctive ways of life. The current tourism course will improve understanding of sustainable tourism development and management techniques and raise awareness of the geographical background and ethnographic diversity of the Jungle Mahal region.

## This course will provide you...

1. **Understanding of Tourism Industry:** Knowledge about the structure, components, trends of the tourism industry, including its economic, social, and environmental impacts.

2. **Destination Management:**

Ability to analyse destinations, develop strategies for sustainable tourism development and management.

3. **Tourism Marketing:** Understanding of marketing principles and techniques specific to the tourism industry, including market segmentation, targeting, positioning, and promotion.

4. **Hospitality Management:** Knowledge of hospitality, accommodation, food and beverage, event management, and customer service.

5. **Cultural Competence:** The preservation of cultural heritage, respect for indigenous communities, and awareness of the moral, legal, and cultural difficulties that arise when engaging in tourism-related activities.

6. **Sustainable Tourism Practices:** Knowledge of the tenets and methods of sustainable tourism, such as reducing the negative effects on the environment, assisting local communities, and encouraging responsible travel

7. **Tourism Policy and Planning:** Capacity to engage in the creation and execution of tourism initiatives, including policy advocacy and stakeholder involvement, as well as to analyse tourism laws and regulations at multiple tiers (local, national, and worldwide).

8. **Tourism Research and Analysis:** The capacity to utilise research findings in directing choices and solve issues in the tourism business, as well as the ability to gather, analyse, and evaluate data

9. **Career Prospects:** These outcomes aim to equip students with the knowledge, skills, and attitudes necessary for successful careers in various sectors of the tourism industry or for further academic pursuits in tourism-related fields.

**AIMS and SCOPE:**

1. To understand the history of local geography.
2. To understand the ecological importance of Jungalmahal region and sustainable development.
3. To promote and distribute the regional art and craft.
4. To preserve and protect the countries natural and cultural heritage.
5. To promote cultural exchange and understanding.
6. To boost economic growth.
7. To promote tourism as career opportunity.
8. To understand and promote the ancient ethno-medicine practice.
9. Raise awareness about conservation of local floristic and faunistic diversity of Jungalmahal.
10. To understand the idea of Agrotourism.

**DURATION:**

This course is designed for 30 lecture hours. It will be rounded off within 1 month.

**ELIGIBILITY:**

Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls' Wing) in any stream are eligible to apply for the course.

**NO. OF SEATS:** The course will have an intake capacity of 100 candidates.

**COURSE COORDINATOR:**

1. Prof. Pampa Hembram, Assistant Professor, Department of Bengali, Jhargram Raj College (Girls' Wing).
2. Prof. Sanatan Murmu, Assistant Professor, Department of Zoology, Jhargram Raj College (Girls' Wing).

## **ADVISORY COMMITTEE:**

1. Chairperson – Prof. Susil Kumar Barman, OIC, JRCGW
2. Vikramaditya Malladev, descendant of Jhargram dynasty.
3. Dr. Mrinmay Hota, Head Master, Dahijuri Mahatma Gandhi Vidyamandir
4. Dr. Madhup De, Eminent Writer
5. Dr. Phatik Chand Ghosh, Associate Professor, Department of Bengali, Midnapore Day College
6. Dr. Shib Sankar Saren, Veterinary
7. Prof. Santosh Murmu, Assistant Professor & HoD, Dept. of Botany, Raja N.L. Khan College.
8. Prof. Reshmi Beck, Assistant Professor & HoD, Dept. of History, JRCGW
9. Prof. Joheb Islam, Assistant Professor & HoD, Dept. of Sociology, JRCGW
10. Prof. Sonia Mandal, Assistant Professor, Dept. of History, JRCGW

## **RESOURCE PERSONS:**

The certificate course will be executed by selected faculty members from different departments of our college and some external resource person. A tentative list of resource person includes –

- Dr. Lakkhindar Paloi, Assistant Professor, Dept. of History, Subarnarekha Mahavidyalaya.
- Shri Arunava Datta, Deputy Director, Employment Exchange, Jhargram District.
- Prof. Susil Kumar Barman, Associate Professor, OIC Jhargram Raj College (Girls' Wing).
- Shri Mrinal Mandal, Founder of Chalchitra Academy, Khwaabgaon
- Prof. Suvasis Acharya, Assistant Professor, Dept. of Bengali, Jhargram Raj College (Girls' Wing).
- Prof. Smita Chakraborty, Assistant Professor, Dept. of Sociology, Jhargram Raj College (Girls' Wing).
- Shri Pradhan Murmu, Narrator. Benageria, Jhargram
- Shri Madhusudan Karmakar, secretary, Jhargram District Hotel Owners' Association.
- Shri Nirmal Hembram, Adventurer.

## SELECTED READINGS:

1. Dey Dr. Madhup: Jhargram Itihas O Sanskriti
2. Dey Dr. Madhup: Rajdrohi Rani Shiromani
3. Barman Kumar Sushil: Rarh Banglar Jain abashes
4. Das Janaballava Gopi: Rasik Mangal
5. Subarnarekha Subarnarenu: Nalini Bera
6. Kaviraj Krishnadas: Shri Shri Chaitanya Charitamrita
7. Banerji, R.D.: 'History of Orissa', Prabasi Press, Calcutta, Vol-I, 1930.
8. Banerji, R.D.: 'History of Orissa', Prabasi Press, Calcutta, Vol-II, 1931.
9. Behera, Dr. Subhakanta: 'Rethinking the Orissan Past Society, Culture And Religion', Punthi Pustak, 1St Ed.- 2010.
11. Das, Narendra Nath: 'History of Midnapur', Midnapur Samskriti Parishad, Part-Two, 1st Ed.-1962.
13. Grierson, G.A.: 'Linguistic Survey of India', New Delhi, Vol-V, Part-I&II, 1903.
14. Haque, M.A.: 'Muslim Administration in Orissa' (1568-1751 A.D), Punthi Pustak, 1St Ed.-December 1980.
16. Hunter, W.W.: 'A Statistical Account of Bengal', Vol-III, Part-I, 1997.
17. Hunter, W.W.: 'Orissa', London: Smith, Elder & Co, 15, Waterloo Place, Vol-II, 1872.
19. Karan, Sudhir Kumar: 'South Western Bengali', Bihar Bangla Academy, 1992.
20. Mahapatra, Dr. Sanjoy Kumar: 'Orissa Under British Rule' (1858-1903), Punthi Pustak, 1St Ed.-2015.
22. O Malley, L.L.S.: 'Bengal District Gazetteers-Midnapore', West Bengal District Gazetteers, Govt. of West Bengal, Calcutta, 1995.
23. হেমব্রম, পরিমল: 'বাড়খণ্ডের সংক্ষিপ্ত ইতিহাস ও অন্যান্য প্রবন্ধ-নিবন্ধ', (বেইমেলা ২০১৮), সাহিত্যম্
24. হেমব্রম, পরিমল: 'বাড়খণ্ডের সংক্ষিপ্ত ইতিহাস ও অন্যান্য প্রবন্ধ-নিবন্ধ', (বেইমেলা ২০১৮), সাহিত্যম্
25. মুখোপাধ্যায় সুব্রত কুমার বর্মন সুশীল কুমারঃ বাড়গ্রাম জেলা প্রত্ন পরিক্রমা, মনফকিরা, ২০২০

**DISTRIBUTION OF COURSE MODULE**  
**Schedule of Classes (11<sup>th</sup>October,2022- 18<sup>th</sup>Octobermber,2022)**

UNITS	NAME OF UNITS	Date	Time	RESOURCE PERSONS
Unit 1	Introductory Session	11.10.2022	11:00-12:00	Prof. Pampa Hembram
	Tourism: conception		2:00-3:00	Prof. Sanatan Murmu
Unit 2	Religious tourism	12.10.2022	11:00-1:00	Prof. Susil Kumar Barman
	Benefits of tour		2:00-4:00	Prof. Suvasis Acharya
Unit 3	Folk Culture Tourism	13.10.2022	11:00-1:00	Dr. Lakkhindar Paloi
	Nature tourism		2:00-4:00	Shri Arunava Datta
Unit 4	Visit to royal palaces	14.10.2022	12:00-4:00	Dr. Lakkhindar Paloi, Santosh Das
Unit 5	Ethnomedicinal tourism	15.10.2022	11:00-1:00	Prof. Sanatan Murmu, Prof. Smita Chakraborty
	Indigenous art and culture		2:00-4:00	Shri Mrinal mandal
Unit 6	Conservation of Natural resources & Eco-Agro-tourism	16.10.2022	10:00-1:00	Dr. Pranab Sahu Shri Pradhan Murmu, Shri Madhusudan Karmakar
	Exploring indigenous food through tourism		2:00-4:00	Prof. Pampa Hembram, Dr. Lakkhindar Paloi
Unit 7	Adventure in tour	17.10.2022	11:00-1:00	Shri Nirmal Hembram
	Promoting Archeological sites		2:00-4:00	Prof. Susil Kumar Barman, Shri Arunava Datta
Unit 8	Examination	18.10.2022	11:00-12:00	Conducted by Teachers
	Valedictory session		2:00-4:00	



## Report on Certificate Course

S No.	Topic	Description
1	<b>Name of the Programme</b>	<b>Certificate Course:</b> <b><u>Tourism In Jungalmahal: Exploration of Historical, Cultural &amp; Natural Aspects</u></b>
2	<b>Organized by</b>	Department of Bengali & Zoology <i>in Collaboration with IQAC</i>
3	<b>Duration</b>	11th October 2022- 18 <sup>th</sup> October 2022
4	<b>Number of Students enrolled</b>	100
5	<b>Number of Student Certified</b>	98
6	<b>Assessment Procedure</b>	MCQ based exam at the end of the course
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"> <li>❖ Obtained knowledge about the various aspects of Tourism.</li> <li>❖ Understand the ecological importance of Jungalmahal region and sustainable development.</li> <li>❖ Understand the importance of preservation and protection of the countries natural and cultural heritage.</li> <li>❖ Realise that employment opportunities can arise from tourism.</li> <li>❖ Understand and promote the ancient ethno-medicine practice.</li> <li>❖ Understand the value of Conservation of local floristic and faunistic diversity of Jungalmahal.</li> </ul>
8	<b>Number of Course Instructors</b>	09
9	<b>List of Instructors with Designation</b>	<ul style="list-style-type: none"> <li>• Dr. LakkhindarPaloi, Assistant Professor &amp; Dept. of History</li> <li>• Shri Arunava Datta, Deputy Director, Employment Exchange, Jhargram District</li> <li>• Prof. Susil Kumar Barman, Associate Professor, OIC Jhargram Raj College (Girls' Wing).</li> <li>• Shri Mrinal Mandal, Founder of Chalchitra Academy, Khwaabgaon</li> <li>• Prof. Suvasis Acharya, Assistant Professor, Dept. of Bengali, JRCGW).</li> <li>• Prof. Smita Chakraborty, Assistant Professor, Dept. of Sociology, JRCGW).</li> <li>• Shri Pradhan Murmu, Narrator. Benageria, Jhargram</li> <li>• Shri Madhusudan Karmakar, secretary, Jhargram district hotel owners' association.</li> <li>• Shri Nirmal Hembram, Adventurer.</li> </ul>

**Photo Documents of the Certificate Course**

**on**

**Tourism in Jungalmahal: Exploration of Historical,  
Cultural and Natural Aspects**

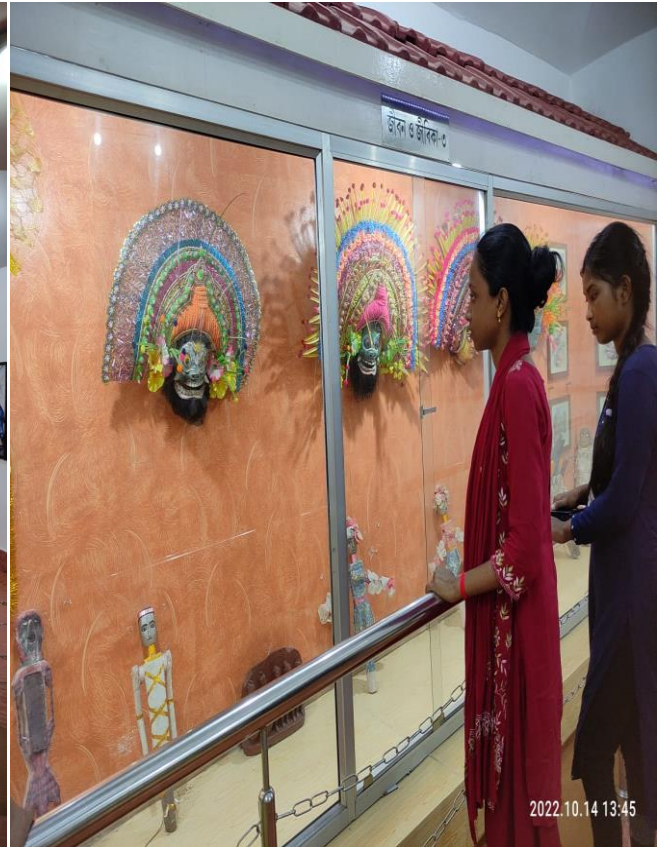
**Jointly organized by Department of**

**Bengali and Zoology**

**in Collaboration with IQAC,**

**Jhargram Raj College (Girls' Wing)**

















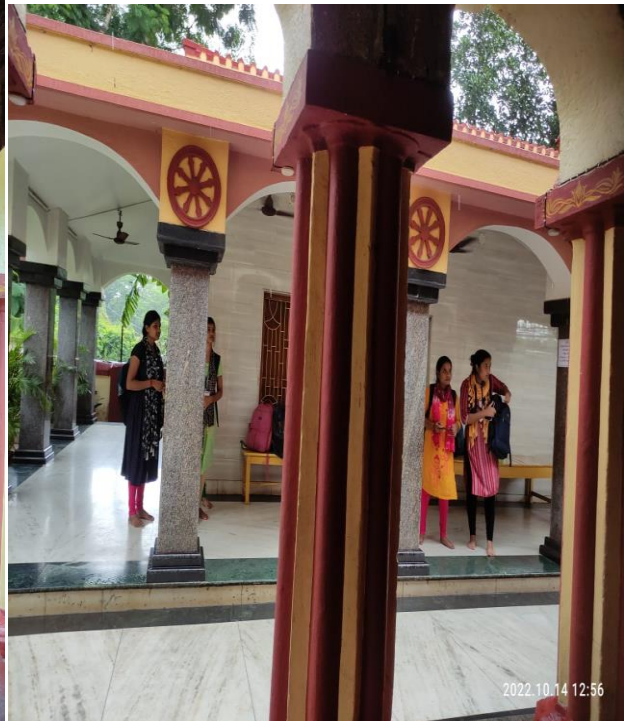
2022.10.14 13:02

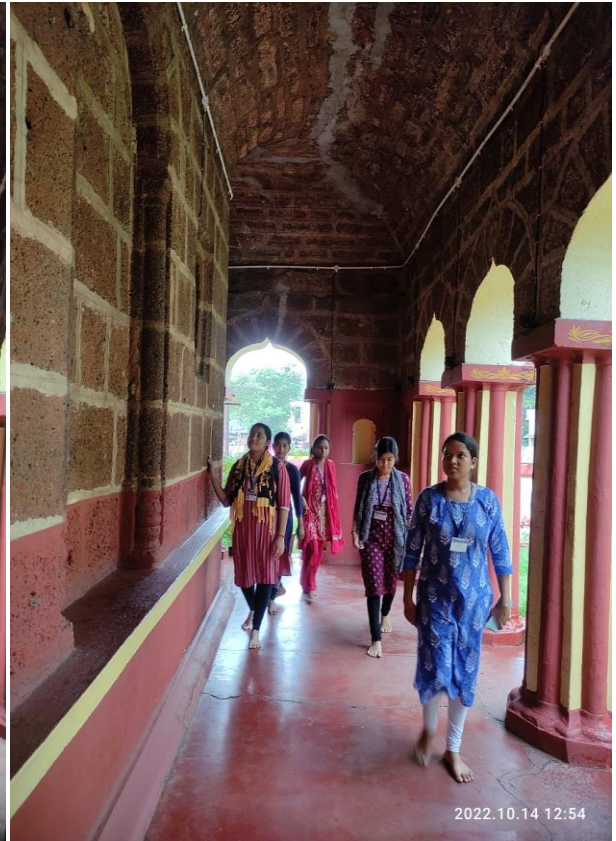


2022.10.14 13:01



2022.10.14 13:01









**JHARGRAM RAJ COLLEGE (GIRLS' WING)**

**Offers**

**Certificate Course on  
“Self Defence Training Programme”**



**Conducted by**

**Department of Zoology**

**In collaboration with IQAC, JRCGW**

**Duration: January, 2023**

**Course Coordinator: Mr. Sanatan Murmu (Contact: 9547630074)**

## **Course preamble:**

Martial arts can be a valuable tool for self-defence as they provide training in techniques for both offensive and defensive manoeuvres. The use of martial arts in self-defence aims to develop skills such as striking, grappling, and leverage to effectively protect oneself from physical harm. Additionally, martial art training often emphasizes discipline, focus, and situational awareness, which can be crucial in dangerous situations. However, it's important to remember that the effectiveness of martial arts in self-defence depends on various factors, including the individual's skill level, physical condition, and the specific circumstances of the encounter.

Self-defence training can be a powerful tool for women's empowerment in several ways:

1. **Physical empowerment:** Learning self-defence techniques gives women the physical skills and confidence to defend themselves if they are ever in a threatening situation. This can help women feel more empowered and in control of their own safety.
2. **Emotional empowerment:** Self-defence training can also boost self-esteem and confidence. Knowing that they have the ability to protect themselves can help women feel stronger and more assertive in all areas of their lives.
3. **Assertiveness and boundary-setting:** Self-defence training often includes assertiveness training, teaching women how to set and enforce boundaries. This can be valuable in both personal and professional settings, helping women stand up for themselves and assert their rights.
4. **Community building:** Many self-defence classes create a supportive community where women can connect with others who share their experiences and concerns. This sense of solidarity can be empowering and help women feel less alone in their struggles.
5. **Changing societal norms:** By promoting the idea that women have the right to defend themselves against violence, self-defence training can help challenge traditional gender roles and societal attitudes that perpetuate violence against women.

Overall, self-defence training can play a vital role in empowering women to take control of their own safety and well-being, both on an individual level and as part of broader efforts to promote gender equality and combat violence against women.

## **AIMS and SCOPE:**

There are several career opportunities available in the field of self-defence:

1. **Self-Defence Instructor:** Becoming a self-defence instructor allows you to teach others how to protect themselves. This could involve working at martial arts schools, fitness centers, community centers, or offering private lessons.
2. **Personal Trainer:** Many personal trainers incorporate self-defence techniques into their training programs, especially for clients interested in improving their overall fitness and self-protection skills.
3. **Security Professional:** Knowledge of self-defence can be valuable in security-related careers, such as working as a security guard, bodyguard, or in law enforcement.
4. **Military or Law Enforcement:** Self-defence skills are essential in military and law enforcement professions. Training in martial arts or other self-defence techniques can be beneficial for individuals pursuing careers in these fields.
5. **Women's Self-Defence Advocate:** Some individuals choose to work specifically in the area of women's self-defence advocacy, providing education, resources, and support to empower women to protect themselves from violence.
6. **Corporate Trainer:** Companies may hire self-defence instructors to provide workshops or seminars for employees on workplace safety and self-defence techniques.
7. **Entrepreneurship:** There are opportunities to start your own self-defence training business, offering classes, workshops, and seminars to various groups such as schools, businesses, or community organizations.

Overall, there are diverse career paths available for individuals with expertise in self-defence, ranging from teaching and training to advocacy and security-related roles.

**Course fee:** The course is **free of cost** for the selected participants. Selection will be done on first cum first basis.



**DISTRIBUTION OF COURSE MODULE**  
**Schedule of Classes (Oral + Hands on Training)**

<b>UNITS</b>	<b>NAME OF UNITS</b>	<b>Date</b>	<b>Time</b>	<b>RESOURCE PERSONS</b>
<b>ORAL</b>	Introductory Session	01.01.2023	11:00-1:00	Prof. Susil Kumar Barman
	Theoretical conception			Prof. Sanatan Murmu
	First aid caution	07.01.2023	10:00-12:00	Prof. Rahul Saikh
	Career opportunities			Shihan Gouranga Pal
<b>HANDS ON TRAINING</b>	Practice	08.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	12.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	14.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	15.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	23.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	26.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	28.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	29.01.2023	9:00-12:00	Shihan Gouranga Pal
	Practice	30.01.2023	9:00-12:00	Shihan Gouranga Pal
	Examination	31.01.2023	11:00-12:00	Conducted by Teachers
	Valedictory session		2:00-4:00	

**DURATION:**

This course will be rounded off within 1 month, from 1<sup>st</sup> January, 2023 to 31<sup>st</sup> January, 2023

**ELIGIBILITY:**

Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls' Wing) in any stream are eligible to apply for the course.

**NO. OF SEATS:**

The course will have an intake capacity of 100 candidates.

**ADVISORY COMMITTEE:**

- Chairperson – Prof. Susil Kumar Barman, OIC, Jhargram Raj College (Girls' Wing)
- Prof. Rahul Saikh, Assistant Professor & convenor, Sports sub-committee, Dept. of History, Jhargram Raj College (Girls' Wing)
- Prof. Reshmi Beck, Assistant Professor & HoD, Dept. of History, Jhargram Raj College (Girls' Wing)
- Prof. Sonia Mandal, Assistant Professor, Dept. of History, Jhargram Raj College (Girls' Wing)

**COURSE COORDINATOR:**

1. Prof. Sanatan Murmu, Assistant Professor, Department of Zoology, Jhargram Raj College (Girls' Wing).

**RESOURCE PERSONS:**

The certificate course will be executed by selected faculty members from different departments of our college and some external resource person. A tentative list of resource person includes –

- Shihan Gouranga Pal, 5<sup>th</sup> Dan Black Belt, National Referee & Judge, and Secretary.  
Contact Number: 9732797348. Email ID: [seishinkai.gouranga@gmail.com](mailto:seishinkai.gouranga@gmail.com)

## Report on Certificate Course

S No.	Topic	Description
1	<b>Name of the Programme</b>	Certificate Course: <b>“Self Defence Training Programme”</b>
2	<b>Organized by</b>	Department of Zoology in Collaboration with IQAC
3	<b>Duration</b>	1 <sup>st</sup> January, 2023- 31 <sup>st</sup> January 2023
4	<b>Number of Students enrolled</b>	<b>100</b>
5	<b>Number of Student Certified</b>	<b>99</b>
6	<b>Assessment Procedure</b>	Lecture and Practical
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"><li>❖ Obtained knowledge about the Security Professional</li><li>❖ able to become Self-Defense Instructor</li><li>❖ Self-defense skills are essential in military and law enforcement professions.comprehend contemporary discourse on it.</li><li>❖ Companies may hire self-defense instructors to provide workshops</li></ul>
8	<b>Number of Course Instructors</b>	<b>04</b>
9	<b>List of Instructors with Designation</b>	<ol style="list-style-type: none"><li>1. Shihan Gouranga Pal,5<sup>th</sup> Dan Black Belt, National Referee &amp; Judge, Secretary, Jhargram District Sports Karate Association</li><li>2. Prof. Rahul Saikh, Assistant Professor, Dept. of History</li><li>3.Prof. Susil Kumar Barman, OIC, Jhargram Raj College (Girls’ Wing)</li><li>4. Prof. Sanatan Murmu, Assistant Professor, Department of Zoology, Jhargram Raj College (Girls’ Wing).</li></ol>

**JHARGRAM RAJ COLLEGE (GIRLS' WING)**

**Certificate Course on  
“Self Defence Training Programme”**

**Conducted by**

**Department of Zoology**

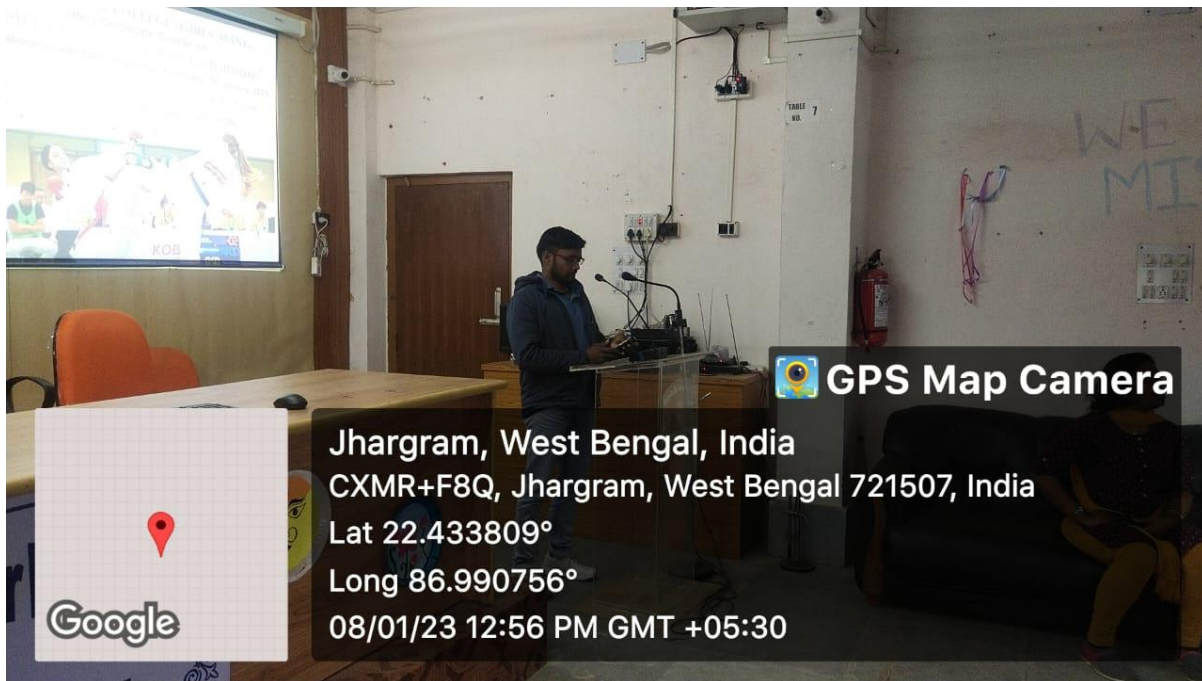
**In collaboration with IQAC, JRCGW**



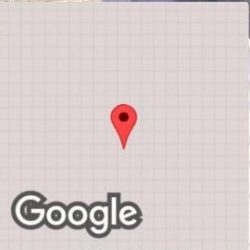




Jhargram, West Bengal, India  
CXMR+F8Q, Jhargram, West Bengal 721507, India  
Lat 22.433809°  
Long 86.990756°  
08/01/23 12:57 PM GMT +05:30



Jhargram, West Bengal, India  
CXMR+F8Q, Jhargram, West Bengal 721507, India  
Lat 22.433809°  
Long 86.990756°  
08/01/23 12:56 PM GMT +05:30



Jhargram, West Bengal, India  
CXMR+F8Q, Jhargram, West Bengal 721507, India  
Lat 22.4336°  
Long 86.990956°  
12/01/23 01:30 PM GMT +05:30

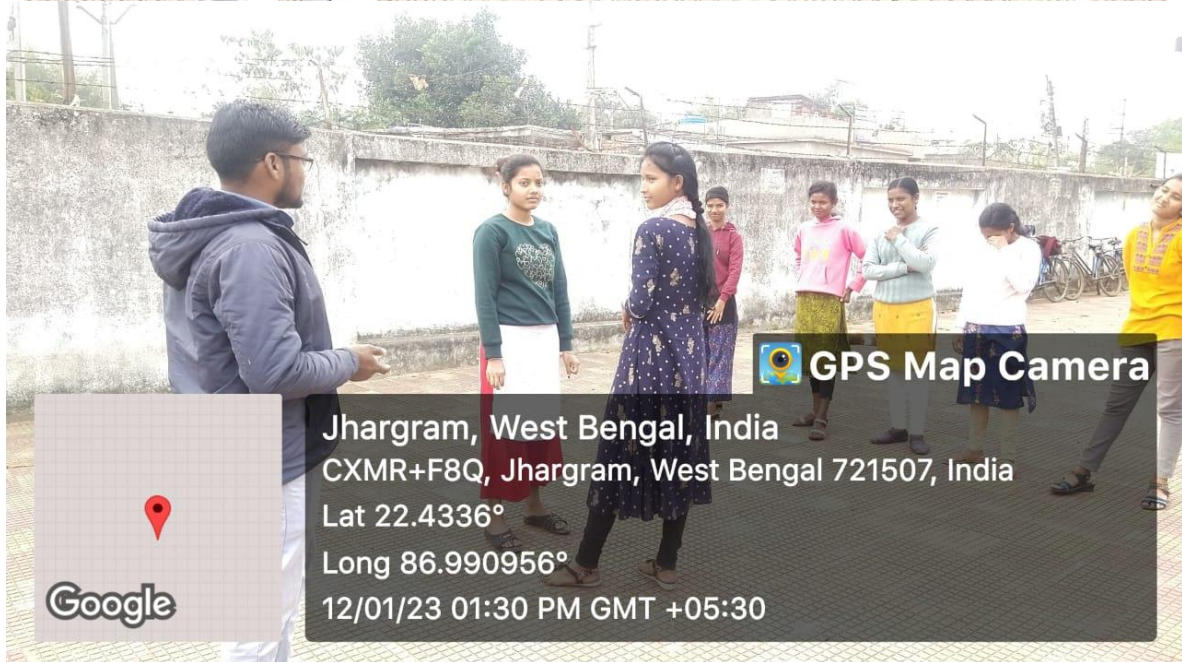
GPS Map Camera



Jhargram, West Bengal, India  
CXMR+F8Q, Jhargram, West Bengal 721507, India  
Lat 22.4336°  
Long 86.990956°  
12/01/23 01:33 PM GMT +05:30

GPS Map Camera









CERTIFICATE COURSE

On



**Art and Craft Exploration: Unleash Your Creativity**



Conducted by Department of English  
in Collaboration with IQAC

**JHARGRAM RAJ COLLEGE (GIRLS' WING)**

Duration: April, 2023

Course Coordinator: Smt. Priyanka Sen

Mobile: 9874410666



### **COURSE OVERVIEW:**

Art and craft are not just hobbies; they are avenues for self-expression, creativity, and skill development. Art and craft workshops have become an integral part of college curriculum. In this 30-hour course, participants will embark on a journey of exploration of their artistic talent, channelizing their creativity towards learning various techniques, mediums, and styles to create stunning art and craftworks. From basic principles to advanced methods, this course will equip students with the tools and knowledge to unleash their artistic potential and cultivate a deeper appreciation for the world of art and craft.

### **COURSE OBJECTIVES:**

1. Introduce participants to the fundamentals of art and craft, including colour theory, composition, and design principles.
2. Explore a variety of mediums and techniques such as drawing, painting, sculpture, collage, and more.
3. Foster creativity and self-expression through hands-on projects and exercises.
4. Develop critical thinking and problem-solving skills by analyzing and critiquing artworks.
5. Cultivate an understanding of art history and its influence on contemporary art and craft practices.
6. Encourage collaboration and communication among participants through group activities and discussions.
7. Provide a supportive environment for personal growth and artistic development.

### **COURSE OUTCOME:**

By the end of the course, participants will---

1. Form a solid understanding of the fundamentals of Indian art and craft principles and techniques.
2. Gain proficiency in using various mediums to create diverse artworks.
3. Develop a personal portfolio showcasing their creativity and artistic growth throughout the course.
4. Demonstrate improved critical thinking and problem-solving skills in analyzing and creating art.
5. Acquire a deeper appreciation for the role of art and craft in society and culture.
6. Feel confident in expressing themselves creatively through different art forms.
7. Build connections with fellow artists and crafters, fostering a sense of community and support.

### **DURATION:**

This course is designed for 30 lecture hours. It will be rounded off within 1 month.

### **ELIGIBILITY:**

Candidates who have successfully completed the Higher Secondary Examination (10+2) and are currently enrolled as graduate students in Jhargram Raj College (Girls' Wing) in any stream are eligible to apply for the course.

### **NO. OF SEATS:**

The course will have an intake capacity of 25 candidates.

### COURSE COORDINATOR:

Smt. Priyanka Sen, Assistant Professor, Department of English, Jhargram Raj College (Girls' Wing).

### ADVISORY COMMITTEE:

- Chairperson – Sri Susil Kumar Barman, OIC
- Sri Sanjib Mitra, Senior Artist, Jhargram Art Academy

### LIST OF INSTRUCTORS:

The certificate course will be executed by selected faculty members from different departments of our college and external resource persons. A tentative list of resource person is as follows –

- Sri Sanjib Mitra, Senior Artist, Jhargram Art Academy
- Smt. Naznin Mullick, Assistant Professor in Sanskrit, Jhargram Raj College (Girls' Wing)
- Smt. Shamayeeta Ghosh, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)
- Smt. Amrita Chakraborty, Assistant Professor in Physiology, Jhargram Raj College (Girls' Wing)
- Smt. Priyanka Sen, Assistant Professor in English, Jhargram Raj College (Girls' Wing)

Art and Craft Exploration: Unleash Your Creativity  
DISTRIBUTION OF COURSE MODULE  
Schedule of Classes (29th April to 17th May 2023)

UNITS	NAME OF UNITS	DATE	TIME	INSTRUCTORS
Session 1	Introduction to Art and Craft	29.04.23	2-5 PM	Sri Sanjib Mitra
Session 2	Drawing Fundamentals	30.04.23	11AM-2 PM	Sri Sanjib Mitra
Session 3	Painting Techniques	06.05.23	2-5 PM	Smt. Priyanka Sen
Session 4	Embroidery: Aari Work	07.05.23	11AM-2 PM	Smt. Naznin Mullick
Session 5	Embroidery: Kantha Stitch	13.05.23	2-5 PM	Smt. Shamayeeta Ghosh
Session 6	MixedMedia: Glass Painting	14.05.23	11AM-2 PM	Smt. Shamayeeta Ghosh
Session 7	Knitting and Sewing	15.05.23	11AM-2 PM	Smt. Naznin Mullick Smt. Amrita Chakraborty
Session 8	Creative Expression: Create as you Like (Assessment)	16.05.23	11AM-2 PM	--ALL--
Session 9	Critique and Feedback	17.05.23	11AM-2 PM	--ALL--
Session 10	Celebration and Showcase	17.05.23	2-5 PM	--ALL--

Course Details (10 sessions x 3 hours each):

#### Session 1: Introduction to Art and Craft

- Overview of course objectives and expectations
- Introduction to basic art materials and tools

#### Session 2: Drawing Fundamentals

- Understanding line, shape, form, and perspective
- Exploring various drawing techniques

#### Session 3: Painting Techniques

- Introduction to colour theory and mixing
- Experimenting with different painting techniques

Session 4: Embroidery: Aari Work

- Exploring materials and embroidery techniques
- Creating three-dimensional artworks

Session 5: Embroidery: Kantha Stitch

- Exploring materials and embroidery techniques
- Creating three-dimensional artworks

Session 6: MixedMedia: Glass Painting

- Understanding composition in collage
- Experimenting with mixed media techniques

Session 7:Knitting and Sewing

- Understanding composition in collage
- Experimenting with mixed media techniques

Session 8: Creative Expression: Create as you Like (Assessment)

- Guided exercises to unleash creativity
- Encouraging experimentation and risk-taking

Session 9: Critique and Feedback

- Providing constructive feedback on classmates' work
- Reflecting on personal artistic growth

Session 10: Celebration and Showcase

- Sharing final artworks with classmates
- Discussing future artistic goals and aspirations
- Celebrating achievements and growth throughout the course

Note: Sessions may vary depending on the pace and interests of the participants. Additional time may be allocated for specific topics or projects as needed.

### Selected Readings

Barber, Barrington. *Drawing Anatomy: A Practical Course for Artists*. Sirius Publishing, 2018.

Brown, Pauline. *Encyclopedia of Embroidery Techniques*. Search Press Limited, 2001.

Perard, Victor. *Anatomy & Drawing*. Dover Publications, 2004.

## REPORT ON CERTIFICATE COURSE

Sl. No.	Topic	Description
1	<b>Name of the Programme</b>	<b>ART AND CRAFT EXPLORATION: UNLEASH YOUR CREATIVITY</b>
2	<b>Organized by</b>	Department of English in Collaboration with IQAC
3	<b>Duration</b>	29th April - 17th May 2023
4	<b>Number of Students enrolled</b>	25
5	<b>Number of Student Certified</b>	22
6	<b>Assessment Procedure</b>	Freestyle Creative Assignment followed by Showcasing of Art/Craft Work
7	<b>Programme Outcome</b>	<ul style="list-style-type: none"><li>• Form a solid understanding of the fundamentals of Indian art and craft principles and techniques.</li><li>• Gain proficiency in using various mediums to create diverse artworks.</li><li>• Develop a personal portfolio showcasing their creativity and artistic growth throughout the course.</li><li>• Demonstrate improved critical thinking and problem-solving skills in analyzing and creating art.</li><li>• Acquire a deeper appreciation for the role of art and craft in society and culture.</li><li>• Feel confident in expressing themselves creatively through different art forms.</li><li>• Build connections with fellow artists and crafters, fostering a sense of community and support.</li></ul>
8	<b>Number of Course Instructors</b>	05
9	<b>List of Instructors with Designation</b>	<ul style="list-style-type: none"><li>• Sri Sanjib Mitra, Senior Artist, Jhargram Art Academy</li><li>• Smt. Naznin Mullick, Assistant Professor in Sanskrit, Jhargram Raj College (Girls' Wing)</li><li>• Smt. Shamayeeta Ghosh, Assistant Professor in Sociology, Jhargram Raj College (Girls' Wing)</li><li>• Smt. Amrita Chakraborty, Assistant Professor in Physiology, Jhargram Raj College (Girls' Wing)</li><li>• Smt. Priyanka Sen, Assistant Professor in English, Jhargram Raj College (Girls' Wing)</li></ul>

**List of Students Entitled for Certificate**

<b>Name</b>	<b>Registration Number with Year</b>
PRAMILA SING	VU211013957 OF 2021-2022
BASUNDHARA MURMU	VU211013872 OF 2021-2022
SONALI PATRA	VU211014041 OF 2021-2022
TANUSHREE GIRI	VU211014073 OF 2021-2022
BRISHTI GHOSH	VU211013880 OF 2021-2022
MADHURIMA DAS	VU211013920 OF 2022-2023
SUPRIYA YADAV	VU211014065 OF 2022-2023
RANITA MAHATA	VU211045312 OF 2022-2023
PRITI PATRA	VU221180178 OF 2022-2023
PRIYANKA MAHATA	VU221180163 OF 2020-2021
DONA SINGH	VU211045297 OF 2021-2022
SUJATA MUDI	VU211014053 OF 2021-2022
MADHUMITA SINGH	VU211045301 OF 2021-2022
SAGARIKA TUDU	VU211014017 OF 2021-2022
SOMA MAHATA	VU221180268 OF 2022-2023
BRISHTI KHAN	VU221180040 OF 2022-2023
MOUMITA KARAN	VU221180134 OF 2022-2023
PUJA BAGAL	VU221180186 OF 2022-2023
BAISAKHI JANA	VU221180026 OF 2022-2023
LANANA MAHATA	VU221180101 OF 2022-2023
NIBEDITA MAHATA	VU211013942 OF 2021-2022
RITUPARNA MAHATA	VU211014000 OF 2021-2022
PRAMILA SING	VU211013957 OF 2021-2022
BASUNDHARA MURMU	VU211013872 OF 2021-2022
SONALI PATRA	VU211014041 OF 2021-2022



## Photo Documents of the Certificate Course

"Art and Craft Exploration:

Unleash Your Creativity"





