

Prasanta Chandra Mahalanobis Mahavidyalaya



111/3, B.T. Road (Bon-Hooghly), Kolkata – 700108

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Event/ activity report

1. Name of the department : **FOOD AND NUTRITION**
2. Name of the Event: Personal hygiene in COVID Situation
3. Date of the Event: **03.06.2021**
4. Venue of the Event: Google Meet
5. Nature of Activity: **Awareness discussion**
6. Level of Activity: **Institutional Level**
7. Name of the sponsor: Self Sponsored
8. Name of the collaborator: IQAC, PCMM, Kolkata
9. Objective of the event:
 - To make the students understand the importance of personal hygiene in COVID situation
 - To teach the students how to keep your skin and different diseases which might occur due to use or excess use of sanitizer.
 - To be concerned about small health conditions during pandemic.
10. Names and designation of speaker: **DR. Shamik Das, MBBS, MD, Consultant Dermatologist, Ruby General Hospital, Kolkata**
11. Name of the programme coordinators:
Dr Shyamal Karmakar (Principal) Prasanta Chandra Mahalanobis Mahavidyalaya
Dr. Kamala Mitra (IQAC) Prasanta Chandra Mahalanobis Mahavidyalaya, Kolkata
Mrs. Tanima Paul Das (HOD) Department of Food and Nutrition, PCMM, Kolkata
Dr. Guddi Tiwary (Convenor) Department of Food and Nutrition, PCMM, Kolkata
Mrs Suparna Dey, Dept of Computers, PCMM, Kolkata
12. Other staff and students involved in organising of the event:
Dr. Priyadarshini Chakraborty, SACT -1 dept Food and Nutrition, PCMM, Mrs. Juthi Saha, SACT-II, Dept of Food and Nutrition, PCMM.
Dr. Nabanita Basu, (HOD) Dept of Human Development, PCMM, Kolkata
Mr Asim Nandy, (NTS), Dept Food and Nutrition, PCMM, Kolkata
Riya Ghosh, Supriyo Chatterjee, Susweta Mondal, Swapnendu Dey, Mondira Chatterjee, Srijoni Das, Usnish Das, Suchana Danda, Nishat Mullick, Swarnali Paul, Nandini Raha, Anwesha Nayok, Shrisendra nath Chakraborty, Sirin Sultana, Anwesha Das, Hrishika Nandy, Arijit Shaw, Archita Sasmal, Swagatika Sen, Souptik Singha, Samipa saha and Loknath Mallick.
13. Participants / audience (type and number) Faculty, research scholars , UG/PG students-
 - **Number of Faculty members: 7**
 - **Non-teaching staff : 1**
 - **Students : 52**




Principal
Prasanta Chandra Mahalanobis
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14. Outcome of the activity (underline the suitable alternatives and give details:

- Awareness about the personal hygiene in this Covid situation.
- Taking good care of our skin and the different diseases which might occur due to excess use of sanitizer or washing hands.
- Emphasized on wearing a mask, keeping a safe physical distance and taking vaccines accordingly. Washing of face thrice a day and not touching face was also told as a precautionary measure.
- Use of cream, ointment or oil at the end of the day was necessary.
- He explained about the effect of blue light emitted by mobile phones and personal computers.
- This being used by us in this pandemic mostly The teachers and students took an active part in clarifying their queries against how to handle this pandemic

15. Quantitative information


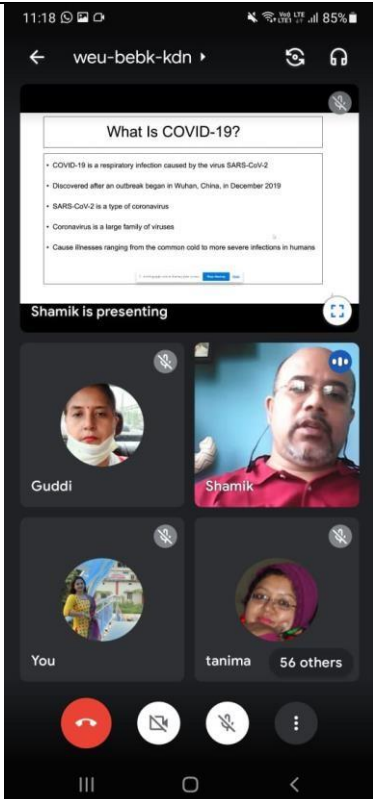
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16. Colleges universities involved in the organizations of the events;

- Prasanta Chandra Mahalanobis Mahavidyalaya

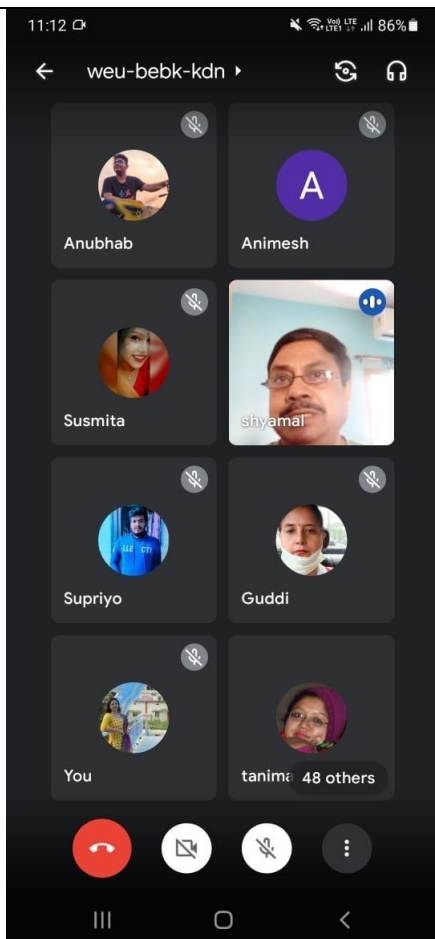
17. Any other information or remarks NA

18. Photographs (with caption) submitted for uploading in website.

	
<p>Photo of speaker and the participants</p>	<p>Speaker explaining about his topic</p>



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Principal's inaugural talk



Introduction of speaker by the convenor



Guddi Tiwary

Dr. Guddi Tiwary, (Convenor)
SACT- 1, Dept Food and Nutrition,
PCMM, Kolkata

Shyamal
Principal
Prasanta Chandra Mahalanobis
Mahavidyalaya
111/3, B. T. Road, Kol-108

Dr. Shyamal Karmakar
Principal
Prasanta Chandra Mahalanobis
Mahavidyalaya



SPECIAL LECTURE



“ PERSONAL HYGIENE IN COVID SITUATION”

Organized by
**DEPARTMENT OF FOOD &
NUTRITION and IQAC, PCMM**
Technical Support
Department of Computer Science

PRASANTA CHANDRA MAHALANOBIS
MAHAVIDYALAYA
111/3 B.T. ROAD, KOLKATA - 700108

DATE: 3RD JUNE 2021

TIME: 11 AM - 12 NOON

Meet :

<https://meet.google.com/weu-bebk-kdn>



DR. SHAMIK DAS
Consultant
Dermatologist,
Ruby General Hospital

**E- Certificate
will be issued to
the participants**

Program Schedule

Welcome Speech by HOD, Tanima Paul Das	:	11.00 - 11.10 am
Addressal and Inauguration of E-Wall Magazine by Principal Sir, Dr. Shyamal Karmakar	:	11.10 - 11.20 am
Introduction of the Speaker by Dr. Guddi Tiwary:	:	11.20 - 11.25 am
Lecture Session	:	11.25- 11-55 am
Interactive Session		
Vote of Thanks by IQAC Coordinator, Dr. Kamala Mitra		