

**GOVERNMENT GENERAL DEGREE COLLEGE  
MANGALKOTE**



**Report of the Seminar on Health Awareness  
organized by NSS Unit I, GGDC, Mangalkote on  
29.03.2019**

**Dr. Pradipta Kumar Basu**  
OFFICER IN CHARGE, W.B.E.S.  
Government General Degree College, Mangalkote  
Dt. Purba Bardhaman, West Bengal- 713132



## REPORT

**1. Aims and Objectives of the Programme:** The main objective of the seminar on health awareness was to sensitize students about the importance of health in leading a good life and more crucially the role of proper dietary practices in maintaining good heart health for a long and active life.

### **2. Proceedings of the Programme (Description):**

**a) Name of the Programme:** Seminar on Health Awareness titled “The importance of maintaining proper lipid profile in your body” during NSS Special Camping Programme from 23.03.19-29.03.19.

**b) Date:** 29.03.2019

**c) Time:** 1 PM onwards

**d) Venue:** Seminar Hall, GGDC, Mangalkote

**e) Organizers of the Programme:** NSS Unit, Government General Degree College, Mangalkote

**3. Brief Summary of the Programme:** On 29<sup>th</sup> March, 2019 the NSS unit of the college organized a general health awareness programme. On the occasion of the awareness programme, Dr Debasish Kundu, Assistant Professor, Department of Chemistry delivered a seminar on “the importance of maintaining proper lipid profile in our body”. The welcome address was delivered by the Officer-In-Charge, Dr. Raj Kumar Singh and the Vote of Thanks was delivered by Mr. Aritra Rudra, NSS Programme Officer.

**4. Participants:** The program was attended by the Officer-In-Charge; NSS programme officer, the faculty members from various departments along with about 20 student volunteers of NSS Unit of our college.

**5. Result of the program:** As a result of seminar students gained knowledge about the lipid profile test and why it should be conducted to find out one might be at the risk of suffering from heart diseases such as atherosclerosis, hypertension, heart attack or stroke.

**6. Conclusion:** general health awareness is critical to overall well being. NSS unit of the college is committed to ensure the physical well being of the students and the community at large and will conduct more such informative seminars in the future.

*A glimpse of Dr. Debasish Kundu, Assistant Professor in Chemistry speaking on Lipid Profile and Healthy Body*



*Dr Debasish Kundu explaining how much of the discussion on cholesterol focuses on its negative effects. However, cholesterol helps with various bodily functions, including cell building and repair, bile production, and hormone production.*

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## *Another glimpse of the seminar*



*Dr. Kundu explained that lipid profile test, also known as a lipid panel, is a blood test that measures the levels of cholesterol and other fats in your blood. These fats are called lipids. Cholesterol is a waxy substance that your body needs to build healthy cells. However, too much cholesterol can build up in your arteries and increase your risk of heart disease, stroke, and other health problems.*

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Government of West Bengal

NSS UNIT

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE

DISTRICT – PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132

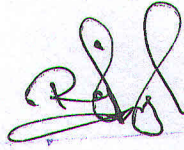
NOTICE

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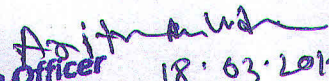
Date: 18.03.2019

It is hereby notified for the information of all concerned that NSS Unit of the college will organize a Seminar on Health Awareness on 29. 03.2019 at 2:00 pm in the Seminar Hall located in the second floor of the college, during the Special Camping Programme from 23.03.2019 to 29.03.2019. Dr. Debasish Kundu, Assistant Professor in Chemistry has kindly consented to deliver a lecture titled "Importance of Maintaining Proper Lipid Profile in Our Body".

All concerned are cordially invited to attend the seminar.

  
18/03/19

Officer-in-Charge  
Government General Degree College  
Mangalkote, Bardhaman  
(Dr. Raj Kumar Singh)  
Officer-In-Charge  
GGDC, Mangalkote

  
Programme Officer  
NSS Unit-I  
GGDC, Mangalkote  
(Mr. Aritra Rudra)  
Programme Officer, NSS Unit I  
GGDC, Mangalkote  
18.03.2019



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# *NSS UNIT I*

*GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE*

*PRESENTS A SEMINAR ON HEALTH AWARENESS*



**“IMPORTANCE OF MAINTAINING  
PROPER LIPID PROFILE IN OUR BODY”**

**BY**

**DR. DEBASISH KUNDU**

**ASSISTANT PROFESSOR IN CHEMISTRY**

**GGDC, MANGALKOTE**

**DATE: 29.03.2019**

**VENUE: SEMINAR HALL**

**TIME: 1:00 PM**

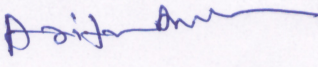
## GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

Seminar on Health Awareness titled "Importance of Maintaining Proper Lipid Profile in Our Body" organized during NSS Special Camping Programme from 23.03.19-29.03.19

DATE: 29-03-19

### LIST OF REGISTERED STUDENTS WHO ATTENDED THE SEMINAR

SL NO	NAME OF THE STUDENT	DEPARTMENT	SEMESTER/ PART	STUDENT SIGNATURE
1	DIPIKA GHOSH	Bengali	Sem II	DIPIKA GHOSH
2	IPSITA SEN SARMA	English	Sem II	Ipsita Sen Sarma
3	SAMPAD GHOSH	History	Sem II	Sampad Ghosh
4	SUDESHNA DEY	Zoology	Sem II	Sudeshna Dey
5	KALI CHARAN MAJHI	Sociology	Sem II	Kali Charan Majhi
6	IPSITA MONDAL	Zoology	Sem II	Ipsita Mondal
7	ARPITA GHOSH	Bengali	Part III	Arpita Ghosh
8	CHANCHAL MAJHI	History	Part III	Chanchal Majhi
9	JAMIRUL ISLAM	BA General	Part III	Jamirul Islam
10	SK NUR ALAM	Zoology	Part III	SK Nur Alam
11	DIYA ROY	Zoology	Part III	Diya Roy
12	SUKANTA LAHA	BA General	Sem IV	Sukanta Laha
13	SUBRATA DAS	History	Sem IV	Subrata Das
14	NOORHUMA KHATUN	Sociology	Sem IV	Noorhuma Khatun
15	SK NASIMUDDIN	BA General	Part III	SK Nasimuddin
16	ANUSRI PRAMANIK	BA General	Part III	Anusri Pramanik
17	DOYEL GHOSH	BA General	Part III	Doyel Ghosh

  
Programme Officer  
NSS Unit-I  
GGCD Mangalkote



Government of West Bengal

**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
**Office of the Principal**

Panchanantala, Khudrun Dighi, Mangalkote, Burdwan-713132, Dist.-Purba Bardhaman

Ph.No Office.:8240720525; Email: ggdc Mangalkote@gmail.com; Website:http://mangalkotegovtcollege.org

**CERTIFICATE OF APPRECIATION**

This certificate is awarded to Dr. Debasish Kundu, Assistant Professor in Chemistry, GGDC, Mangalkote, in recognition of his valuable contribution as a Speaker in a Seminar on Health Awareness entitled "The importance of maintaining proper lipid profile in our body" held on 29.03.2019 during NSS Special Camping Programme titled "Health and Education for All" from 23.03.2019 to 29.03.2019.



Officer-in-Charge  
Government General Degree College  
Mangalkote, Burdwan

