

# REPORT

ON

NATIONAL WEBINAR ON

‘BODY AND MIND’

ORGANIZED

BY

*DEPARTMENTS OF SOCIOLOGY AND ZOOLOGY*

*IN ASSOCIATION WITH IQAC, GGDC, MANGALKOTE*

**Date: 23<sup>rd</sup> April, 2022**

**Time: 6.00 PM onwards**

**Platform: Google Meet**

## **A. GENERAL INFORMATION ABOUT THE WEBINAR:**

- 1. Nature and Title of the Program:** National Webinar on “Body and Mind”
- 2. Occasion:** Celebration of World Health Day, observed internationally every year on 7<sup>th</sup> April
- 3. Date:** 23.04.2022, Saturday
- 4. Time:** 6.00 to 8.00 p.m.
- 5. Venue/platform:** Google Meet
- 6. Organizers:** Departments of Zoology and Sociology, GGDC, Mangalkote, in association with IQAC, GGDC, Mangalkote.
- 7. Purpose or Objective of the Program:** To celebrate World Health Day in the form of an informative and interactive webinar to increase awareness on both physical and mental health among the students of our college.
- 8. Name and Designation of the First Speaker:** Dr. Debarati Biswas, Assistant Professor in Obstetrics and Gynaecology at Shri Shankaracharya Institute of Medical Sciences, Bhilai, Chhatisgarh, India.
- 9. Topic of Deliberation:** Women’s Health
- 10. Name and Designation of the Second Speaker:** Ms. Praitī Chakraborty, Lecturer in Psychology at Seth Anandram Jaipuria College, Kolkata, West Bengal, India and PhD Research Scholar at the University of Calcutta.
- 11. Topic of Deliberation:** Mental Health Crisis of Youth

## **B. DETAILS OF THE DELIBERATIONS – THE LECTURES AND THE INTERACTION:**

### **1. Summary of the Deliberation of the First Speaker:**

The speaker discussed the key issues associated with women’s health. Health involves not only absence of disease but also a harmonious relationship between mind and body. This requires good nutritious food, exercise, meditation, and an all-over healthy lifestyle. One of the biggest health problems with today is associated with lifestyle choices, junk food, combined with lack of exercise and stress of modern work life. This needs to be mediated through an attempt at healthy lifestyle, we should include home food in our diet, and exercise for around thirty minutes every day. Along with this we should also meditate, engage in stress management, get adequate sleep, and focus on developing our mental health. Women from the previous generations had all of these healthy

habits as a natural part of their lifestyle, this therefore, certain diseases that we hear of today were not even heard of in the past, such as PCOD and PCOS. Children too used to play out in the sun, absorbing vitamin D, however, today such a culture of playing outside has reduced to some extent. In the context of menstrual health, we should not encourage myths related to menstruation, we should learn the facts and maintain menstrual hygiene and ensure that we don't stigmatise menstruating women. Technologies of menstrual hygiene have developed from cloth to sanitary napkins, to menstrual cups. These help to maintain hygiene during menstruation. We must also take the vaccine against HPV to prevent the possibility of this disease. We should also be aware about the use of contraception and get regular pap smear tests. In our late 30s and 40s we have hormonal changes which we should be aware of, and in our 50s, women go through menopause. Women should also do self-checks for any symptoms of breast cancer. The speaker has thus emphasized the importance of paying attention to both mental and physical health, nutritious diet, exercise, meditation, and maintaining an all-over healthy lifestyle while also paying attention to the age and ensuring that we don't neglect the needs of that age.

## **2. Summary of the Q and A Session:**

A student asked the first speaker about the solutions of PCOS. The speaker said that it is important to exercise, make dietary changes to include a more nutritional diet. She advised to take necessary supplements and seek professional medical health if and when necessary. A faculty member asked the speaker about how to cope with menstrual cramps. The speaker replied that menstrual cramps are a common issue. She advised that it is important to drink lots of water, take rest, and ensure that you get regular exercise to combat menstrual pain and also get a check up done to rule out endometriosis. Another student asked whether an USG is safe? The speaker replied that it is safe and may be conducted once a year.

## **3. Summary of the Deliberation of the Second Speaker:**

Mental health is a crucial aspect of healthy life, for our mental health has an impact on our physical health as well. When we are young, we are in a state of contradiction between whether we are young enough to evade responsibility or old enough to enjoy freedom, simultaneously there is also the conflict between whether we are too young to have an opinion, or too old to evade responsibility. Young adults have various kinds of mental health issues which are primarily associated with issues of feeling isolated, meaninglessly competitive, often leading to suicidal tendencies and depression. Young adults are exposed to various kinds of stress from those associated with peer pressure, social media, relationships, to academic stress and anxiety about their future and career. One of the biggest causes of stress is unrealistic expectations, coming from procrastination, which then leads to anxiety and academic stress as examinations come close. Excessive and unhealthy competition also has an ill effect, although healthy competition is



necessary. Competition should not breed resentment against one another. We should ensure that our happiness remains in our own hands, we should not let our happiness be determined by how much better we are doing than our peers, rather, we should work to become better versions of ourselves. In terms of career expectations too, young adults should remember not to allow these expectations to cause them anxiety and depression. Relationships, romantic or familial, also have an effect on young adults. Relationships are an important way to learn about how to adjust oneself in society. However, we should not allow toxic relationships to disrupt the healthy life of young adults. Various kinds of suicidal tendencies or tendencies of self-harm become a part of the lives of maladjusted young adults. Further, there are many taboos associated with certain kinds of identities that young adults may seek to explore, it is important to generate more awareness regarding these issues to ensure that young adults are not stigmatised for their identifications. Young adults should also ensure that they manage their emotions, it is important that they don't immediately react in the force of emotion, for in our emotional state, we are unable to function with reason.

#### **4. Summary of the Q and A Session:**

A faculty asked the speaker whether she has any information about the link between depression and lack of vitamin D. The speaker replied that she not yet come across such research. But PCOS causes deficiency of vitamin D, and PCOS causes mood swings which may cause depression. Another faculty member asked the speaker that we are often told to keep our problems to ourselves. If that is the case, then how should we deal and manage them. The speaker replied that we all need a support group to have a healthy life. Unfortunately, labelling and stigmatising undoes the good effects of sharing. If our trust is broken, it is better to confide in a diary, or to approach a mental health professional.

### **C. GENERAL INFORMATION RELATING TO PARTICIPATION AND FEEDBACK:**

- 1. No of Participants who registered for the Webinar: 146**
- 2. No of Participants present during the Webinar:** The highest attendance recorded during the Webinar is 70
- 3. No of participants who submitted Feedback and received E-Certificates: 49**
- 4. Composition of the Participants (based on Feedback submission through Google Forms) –**



- a. Among the 49 participants who submitted the Feedback form, about 63% are female and 37% are male.
- b. About 95% of the participants are from the host institution and the rest are from other colleges, universities and research institutes.
- c. Other than faculty members of the host college, there were faculty participants from RBU, Kolkata and NIT, Durgapur.
- d. Among the participants, 62% are undergraduate students, 35% are faculty members and rest are research scholars and post-graduate students.

#### 5. Brief Feedback Analysis (based on Google Form responses) –

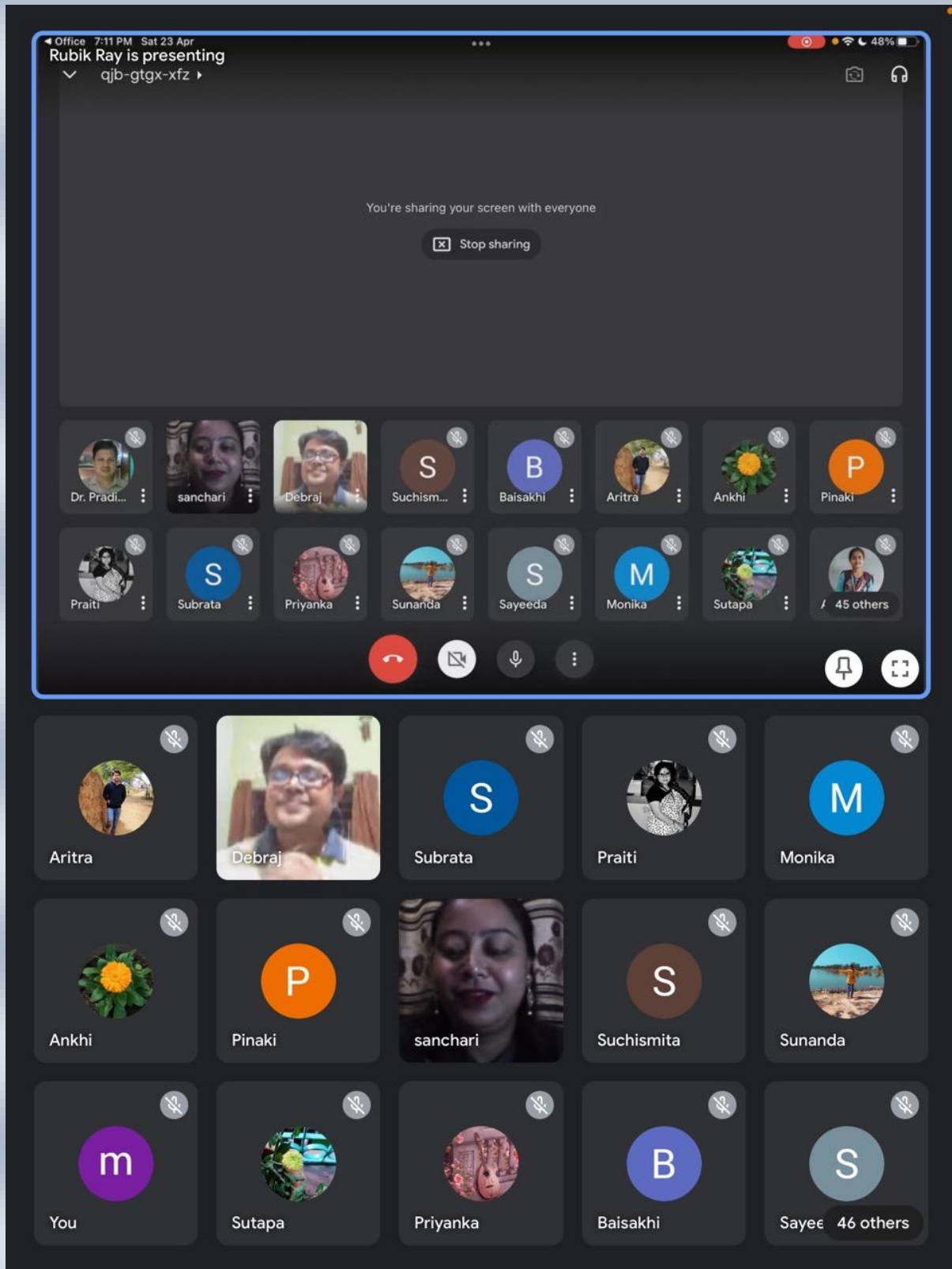
Link for feedback collection:

[https://docs.google.com/forms/d/e/1FAIpQLSfb9msSfmNAVlyOxmn5WCcvPntnNrbt9T87KkyWVq-bx1NfZw/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSfb9msSfmNAVlyOxmn5WCcvPntnNrbt9T87KkyWVq-bx1NfZw/viewform?usp=sf_link)

- a. About 90% of the participants said that the Webinar was excellent and the rest said it was very good. An overwhelming 97% of the respondents said that they have benefitted from the Webinar.
- b. Brief statement on qualitative inputs received:  
Most of the participants thanked the organizing committee for the ‘well-organized’ Webinar. Participants said that the lectures were ‘excellent’, ‘effective’ and ‘enriching’ and would want similar endeavours by the Departments of Zoology and Sociology in the future.

It has been a learning experience for the organizing committee to organize this National Webinar on “Body and Mind.” The organizers look forward to conduct more such engaging and informative Webinars for students and faculty members in the future. The committee will take measures to ensure greater participation in the Webinars conducted in the future.

## GLIMPSES FROM THE WEBINAR



### INTRODUCTORY SESSION OF THE WEBINAR

Debaditya Dutta is presenting

GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

Departments of Zoology and Sociology  
In association with IQAC, GGDC, Mangalkote  
celebrates

**WORLD HEALTH DAY**

NATIONAL WEBINAR

on

**"BODY AND MIND"**


SATURDAY, APRIL 23<sup>RD</sup>, 2022



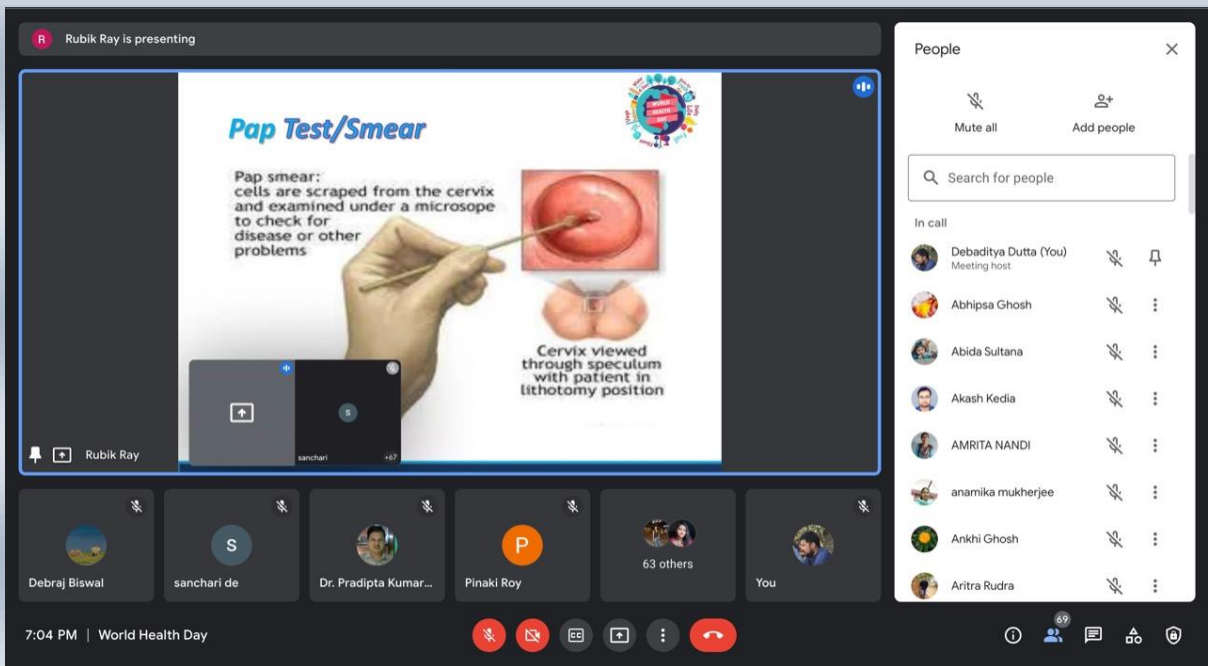
Participant grid showing 20 users:

- Aritra
- Debraj
- Subrata
- Prait
- Rubik
- Ankhi
- Pinaki
- sanchari
- Suchismita
- Sunanda
- You
- Nibedita
- Priyanka
- Monika
- Sayee 45 others

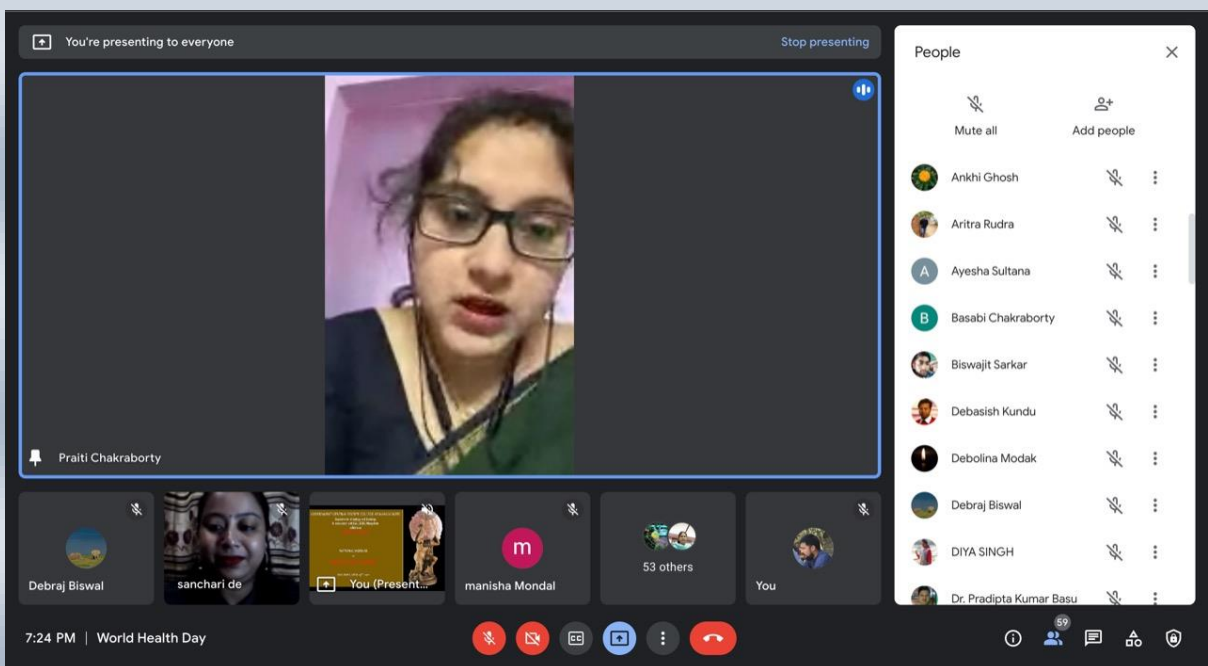
**DR. DEBARATI BISWAS BEGINNING HER TALK**

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

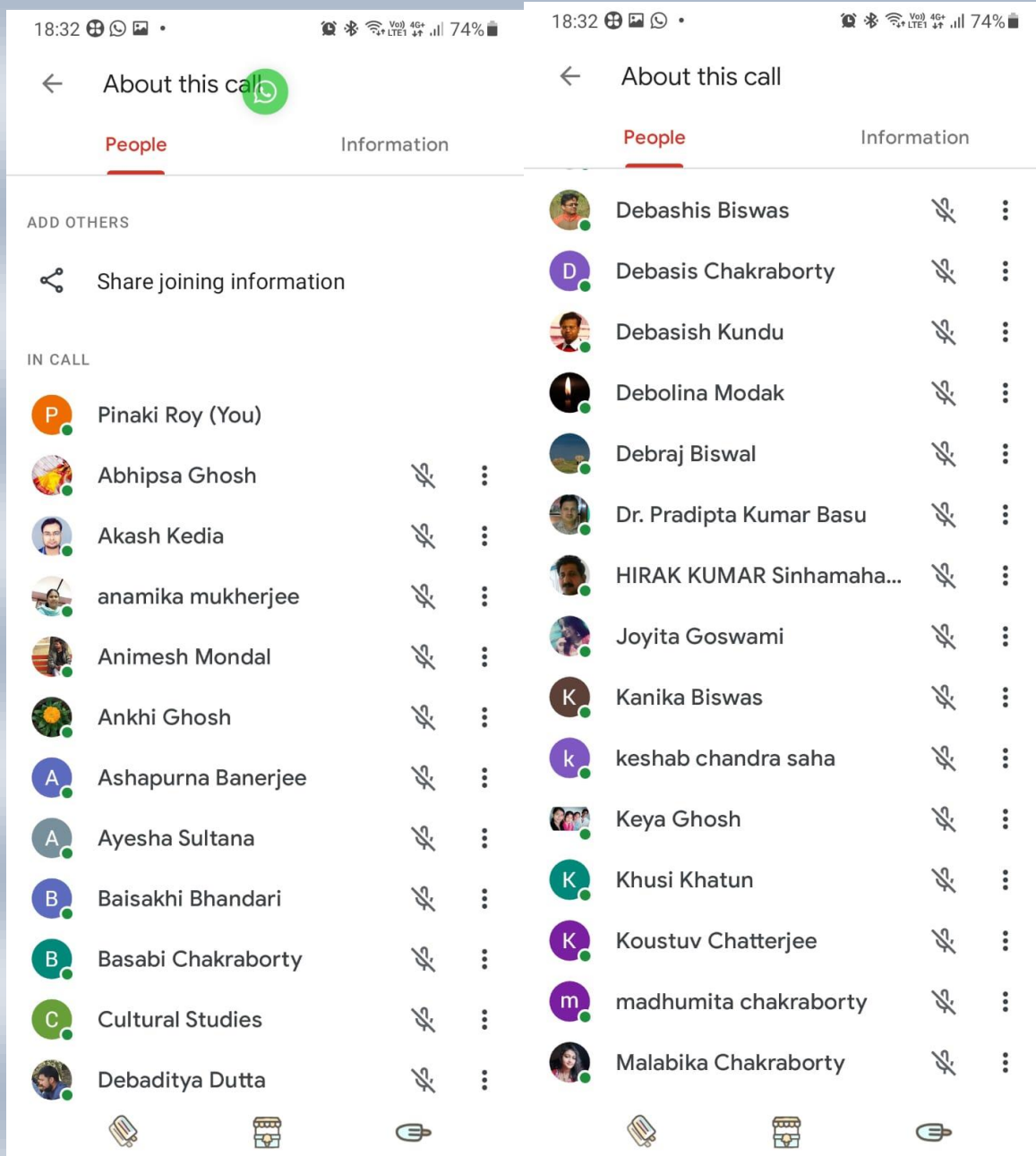




SCREENSHOT FROM THE PRESENTATION BY DR. DEBARATI BISWAS

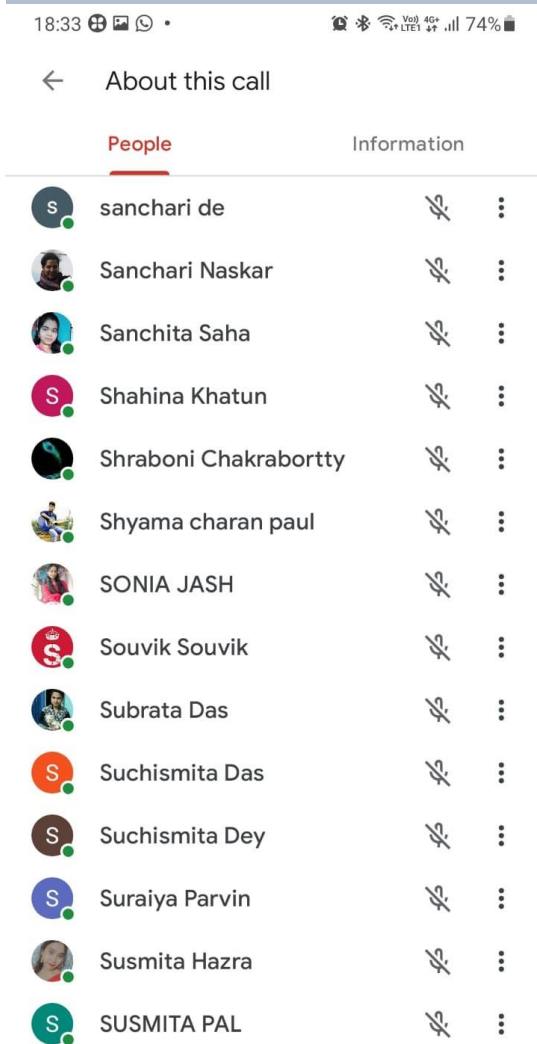
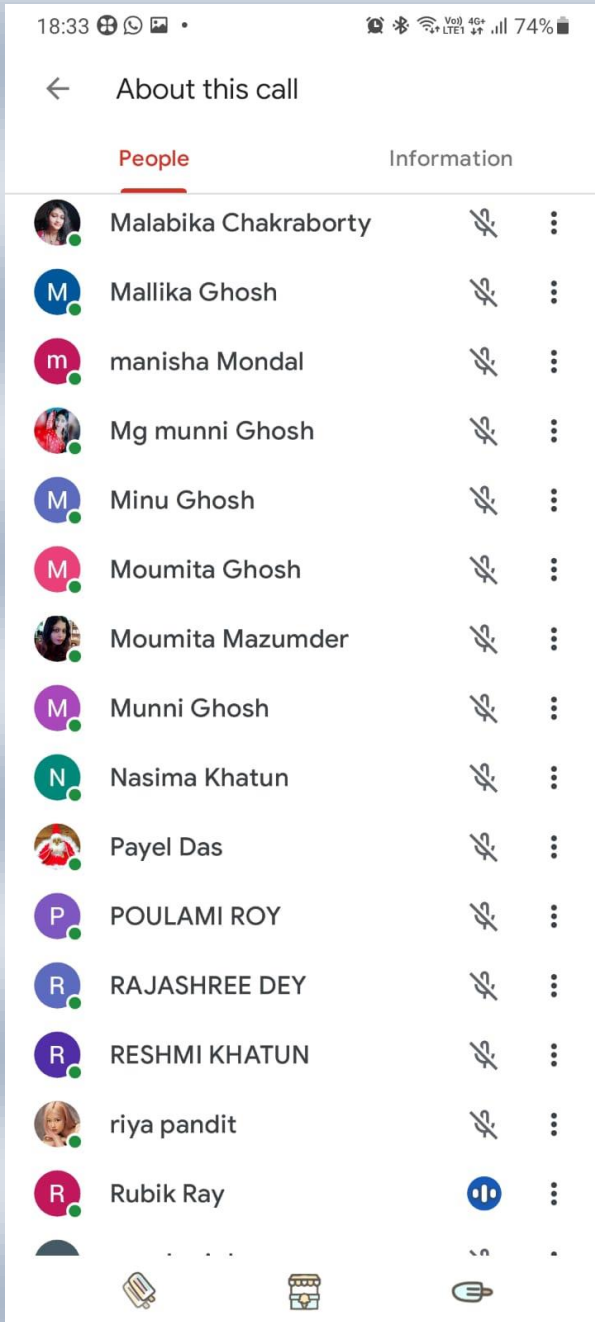


MS. PRAITI CHAKRABORTY DELIVERING HER PRESENTATION



**SCREENSHOTS OF ATTENDANTS**





**SCREENSHOTS OF ATTENDANTS**



Government of West Bengal

**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
**Internal Quality Assurance Cell**

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

*Email:* ggdc Mangalkote@gmail.com; *Website:* http://mangalkotegovtcollege.org

**NO.: IQAC/04/2022**

**DATE: 24.03.2022**

**NOTICE**

In view of the forthcoming 'World Health Day' on 7<sup>th</sup> April, 2022 the NSS committee is requested to organize an awareness programme within the college premises by 12th April, 2022.

In addition to this, the Departments of Sociology and Zoology are requested to take initiatives for arranging a webinar to celebrate 'World Health Day' towards the end of April, 2022 (as per convenience of the invited speakers).

**Countersigned**

**Officer-in-Charge  
GGDC at Mangalkote  
Purba Bardhaman**



**Coordinator, IQAC  
GGDC at Mangalkote  
Purba Bardhaman**

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





GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

Departments of Zoology and Sociology  
In association with IQAC, GGDC, Mangalkote  
celebrates

**WORLD HEALTH DAY**




NATIONAL WEBINAR

on

**“BODY AND MIND”**

SATURDAY, APRIL 23<sup>RD</sup>, 2022

AT: 06.00 P.M.

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

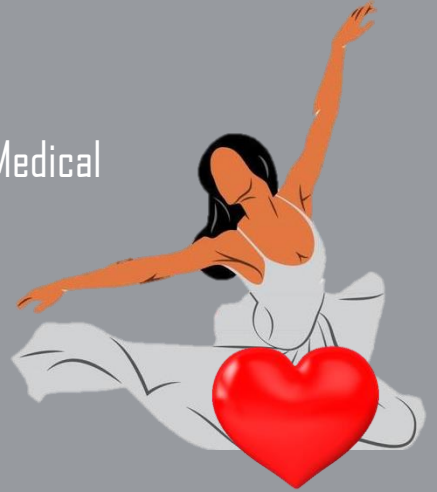


# Invited speakers:

## DR. DEBARATI BISWAS

[Infertility specialist and laparoscopic surgeon,  
MBBS, MS (Obstetrics and Gynaecology) from R. G. Kar Medical  
College and Hospital, Kolkata]

Assistant Professor (Obstetrics and Gynaecology)  
Shri Shankaracharya Institute of Medical Sciences,  
Bhilai,  
Chhattisgarh, India.



### *Topic :* **WOMEN'S HEALTH**

The discussion will be highlighting the common health issues being faced by young adult women with a thrust on their menstrual hygiene.

**TIME: 6.15 PM TO 7.00 PM**

## MS. PRAITI CHAKRABORTY


Lecturer in Psychology,  
Seth Anandaram Jaipuria College, Kolkata,  
West Bengal, India.  
[Ph.D. Research Scholar, University of Calcutta]



### *Topic :* **MENTAL HEALTH CRISIS OF YOUTH**

Her talk and interaction with students will focus on the mental health issues like stress and depression which are affecting the contemporary youth.

**TIME: 7.15 PM TO 8.00 PM**

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



## ORGANIZING COMMITTEE:

**PATRON:** DR. PRADIPTA KUMAR BASU, OFFICER-IN-CHARGE, GGDC, MANGALKOTE

**ADVISOR:** DR. DEBRAJ BISWAL, COORDINATOR, IQAC, GGDC, MANGALKOTE

## ORGANIZERS:

MR. PINAKI ROY, HEAD, DEPT. OF SOCIOLOGY

DR. DEBRAJ BISWAL, HEAD, DEPT. OF ZOOLOGY

## HOST ASSOCIATES:

ALL FACULTY MEMBERS OF IQAC COMMITTEE & DEPTS. OF SOCIOLOGY AND ZOOLOGY OF GGDC, MANGALKOTE

## PROGRAMME SCHEDULE (23.04.2022):

**6.00 – 6.05 PM:** WELCOME ADDRESS BY HEAD, DEPT. OF SOCIOLOGY

**6.05 – 6.10 PM:** INAUGURAL ADDRESS BY OIC, GGDCM

**6.10 – 6.15 PM:** ADDRESS BY COORDINATOR, IQAC

**6.15 – 7.00 PM:** LECTURE I

**7.00 – 7.15 PM:** DISCUSSION

**7.15 – 8.00 PM:** LECTURE II

**8.00 – 8.15 PM:** DISCUSSION

**8.15 – 8.30 PM:** VOTE OF THANKS

**REGISTER BY 22.04.2022 AT:**

<https://forms.gle/XpnY24qdvXefWhtC9>




**SATURDAY, APRIL 23<sup>RD</sup>, 2022**  
Google Meet gateway opens at 5.30 P.M.

**PLEASE JOIN -**

<https://meet.google.com/qjb-gtgx-xfz?hs=224>

PARTICIPATION CERTIFICATES WILL BE PROVIDED TO CANDIDATES SUBMITTING THE FEEDBACK FORM AT THE END OF THE WEBINAR

  
**Dr. Pradipta Kumar Basu**  
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DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA

Email: ggdc Mangalkote@gmail.com; Website: <http://mangalkotegovtcollege.org>

Memo No.: 217/MGC

Dated: 16/04/2022

To,  
Dr. Debarati Biswas (MBBS, MS, Obs & Gyn, R. G. Kar Medical College and Hospital, Kolkata)  
Assistant Professor in Obstetrics and Gynaecology  
Infertility Specialist and Laparoscopic Surgeon  
Sri Shankaracharya Institute of Medical Sciences, Bhilai, Chattisgarh

**Sub: Invitation to deliver an Online Lecture in the National Webinar on “Body and Mind” on 23<sup>rd</sup> April, 2022, as part of celebration of World Health Day (7<sup>th</sup> April), jointly organized by the Departments of Zoology and Sociology, GGDC, Mangalkote, in association with IQAC, GGDC, Mangalkote**

Madam,

It is our honour to invite you as a speaker to deliver an Online Lecture on “Women’s Health” in the National Webinar on “Body and Mind” on 23<sup>rd</sup> April, 2022, (Saturday), at 6 p.m. on Google Meet Platform, as part of celebration of World Health Day observed internationally on 7<sup>th</sup> April, organized jointly by the Departments of Zoology and Sociology, in association with IQAC, Government General Degree College, Mangalkote, Panchanantala, Khudrun Dighi, Purba Barddhaman-713132, West Bengal. We sincerely hope that it will be an enriching experience for the students and faculty members to listen to your deliberation.

We shall be highly obliged if you kindly accept our invitation.

Thanking you,



With regards,

**Officer-In-Charge  
GGDC, Mangalkote**

*Dr. Pradipta Kumar Basu*  
OFFICER IN CHARGE, W.B.E.S.  
Government General Degree College, Mangalkote  
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Memo No.: 218/MGC

Dated: 16/04/2022

To,  
Ms. Praiti Chakraborty  
Lecturer, Department of Psychology  
Seth Anandaram Jaipuria College, Kolkata (affiliated to the University of Calcutta)

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Madam,

It is our honour to invite you as a speaker to deliver an Online Lecture on “**Mental Health Crisis of the Youth**” in the National Webinar on “**Body and Mind**” on 23<sup>rd</sup> April, 2022, (Saturday), at 6 p.m. on **Google Meet Platform**, as part of the celebration of World Health Day observed internationally on 7<sup>th</sup> April, organized jointly by the Departments of Zoology and Sociology, in association with IQAC, Government General Degree College, Mangalkote, Panchanantala, Khudrun Dighi, Purba Barddhaman-713132, West Bengal. We sincerely hope that it will be an enriching experience for the students and faculty members to listen to your deliberation.

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## **Certificate of Appreciation**

***This certificate is awarded to:***

**Dr. Debarati Biswas**

(MBBS, MS, Obs & Gyn, R. G. Kar Medical College and Hospital, Kolkata)

Assistant Professor in Obstetrics and Gynaecology

Infertility Specialist and Laparoscopic Surgeon

Sri Shankaracharya Institute of Medical Sciences, Bhilai, Chattisgarh

In recognition of her valuable contribution as an Invited Speaker in the National Webinar titled "Body and Mind", held on 23<sup>rd</sup> April, 2022, organized by the Departments of Zoology and Sociology, GGDC, Mangalkote, in association with IQAC, GGDC, Mangalkote, on the occasion of celebration of World Health Day, observed globally on 7<sup>th</sup> April every year.

Date: 23<sup>rd</sup> April, 2022



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## **Certificate of Appreciation**

***This certificate is awarded to:***

**Ms. Prait Chakraborty**

Lecturer, Department of Psychology  
Seth Anandaram Jaipuria College, Kolkata  
(Affiliated to the University of Calcutta)

and

PhD Research Scholar  
Department of Psychology  
University of Calcutta

*In recognition of her valuable contribution as an Invited Speaker in the National Webinar titled "Body and Mind", held on 23<sup>rd</sup> April, 2022, organized by the Departments of Zoology and Sociology, GGDC, Mangalkote, in association with IQAC, GGDC, Mangalkote, on the occasion of celebration of World Health Day, observed globally on 7<sup>th</sup> April every year.*

Date: 23<sup>rd</sup> April, 2022



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GGDC, Mangalkote**

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Timestamp	Email Address	Name	Gender	Affiliating Institution	Name of the Affiliating Ins	You are a/an?	How would you rate the fi	How would you rate the si	How would you rate the ei	Have you benefitted from	Suggestions and commer
4/23/2022 20:03:14	sanchari.s10@gmail.com	Sanchari Naskar	Female	University	Rabindra Bharati Universi	Faculty Member	4	5	5	Yes	
4/23/2022 20:03:43	animeshpresiz@gmail.com	Dr. Animesh Mondal	Male	College	GGDC, Mangalkote	Faculty Member	5	4	4	Maybe	Nice initiative...
4/23/2022 20:04:45	mallikaghosh753@gmail.com	Mallika Ghosh	Female	College	Government General Deg	Undergraduate Student	4	5	5	Yes	Benefitted
4/23/2022 20:05:43	jeetchoudhury79265@gmail.com	Debajyoti Choudhury	Male	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Thanking you
4/23/2022 20:05:53	ayeshasultanasurovi100@gmail.com	Ayesha Sultana	Female	College	Government general degr	Undergraduate Student	5	5	5	Yes	Thank you so much sir an
4/23/2022 20:06:10	sanchita2003saha@gmail.com	Sanchita saha	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Nice to hear more next tin
4/23/2022 20:06:37	baisakhibhandari2@gmail.com	Baisakhi Bhandari	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Excellent
4/23/2022 20:07:40	manishamondal9064@gmail.com	Manisha Mondal	Female	College	Government General deg	Undergraduate Student	5	5	5	Yes	
4/23/2022 20:07:48	debolinamodak2003@gmail.com	Debolina Modak	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	All lectures are very much
4/23/2022 20:08:03	shyama062000@gmail.com	SHYAMA CHARAN PAUL	Male	College	Government General Deg	Undergraduate Student	5	5	5	Yes	I would like to thank both
4/23/2022 20:08:17	ambittu326@gmail.com	Subrata Das	Male	College	Burdwan Raj College	Undergraduate Student	5	5	5	Yes	Everything is perfect .
4/23/2022 20:08:23	chatterjeekoustuv99@gmail.com	KOUSTUV CHATTERJEE	Male	College	Government General Deg	Undergraduate Student	5	4	5	Yes	I found the answers to ma
4/23/2022 20:09:01	abhipsaghosh02@gmail.com	Abhiksa Ghosh	Female	College	Government general degr	Undergraduate Student	5	4	4	Yes	Amazing lecture.....get to
4/23/2022 20:09:19	panditriya544@gmail.com	Rinki Pandit	Female	College	Government general degr	Undergraduate Student	5	5	5	Yes	
4/23/2022 20:09:48	najmakhatun20ab@gmail.com	Najma Khatun	Female	College	Government general degr	Undergraduate Student	5	5	5	Yes	Very nice to hear more
4/23/2022 20:09:51	anamikamp@gmail.com	ANAMIKA MUKHERJEE	Female	College	Government general degr	Faculty Member	5	5	5	Yes	No
4/23/2022 20:10:02	shrabonichakraborty2@gmail.com	Shraboni Chakraborty	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Both lecture are very help
4/23/2022 20:10:12	sutanuka.bubu@gmail.com	Sutanuka Banerjee	Female	University	NITD	Faculty Member	5	4	5	Yes	
4/23/2022 20:10:26	akashkedia28@gmail.com	Dr. Akash Kedia	Male	College	Government General Deg	Faculty Member	5	5	5	Yes	
4/23/2022 20:11:42	contact.suchismita2014@gmail.com	Suchismita Das	Female	College	GGDC Mangalkote	Faculty Member	5	5	5	Yes	It was a very well organiz
4/23/2022 20:11:57	ttashneem@gmail.com	Tahira Tashneem	Female	College	Government General Deg	Faculty Member	5	4	5	Yes	Helpful
4/23/2022 20:11:58	abduerahmansk9595@gmail.com	Jinnatunnesa khatun	Female	College	Government general degr	Undergraduate Student	5	5	5	Yes	Student der Jonno erokor
4/23/2022 20:13:18	visitsusmitapal@gmail.com	Susmita Pal	Female	College	Government General Deg	Undergraduate Student	4	4	4	Yes	This program is really help
4/23/2022 20:13:20	reshmikhatun10ab@gmail.com	Reshmi khatun	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Lecture's very good.
4/23/2022 20:13:21	hiraksmp@gmail.com	Hirak Kumar Sinha Maha	Male	College	Government General Deg	Faculty Member	5	5	5	Yes	Good and amazing sessic
4/23/2022 20:13:27	biswajitsbssarkar0394@gmail.com	Biswajit sarkar	Male	College	Government general degr	Undergraduate Student	5	5	5	Yes	1.খুব সুন্দর অনুষ্ঠান অনেক কি
4/23/2022 20:14:06	poulamiroy10ab@gmail.com	Poulami Roy	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	The lecture has benefited
4/23/2022 20:14:26	sumitahazra895@gmail.com	Susmita Hazra	Female	College	Government General Deg	Undergraduate Student	5	4	4	Yes	This webinar is very helpf
4/23/2022 20:14:27	shahinakhaton10ab@gmail.com	Shahina Khatun	Female	College	Government General Deg	Undergraduate Student	4	5	5	Yes	Thank you
4/23/2022 20:14:38	priyankaghosh29437@gmail.com	Priyanka Ghosh	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	
4/23/2022 20:15:45	kanikabiswas526@gmail.com	Kanika Biswas	Female	College	Government general degr	Undergraduate Student	5	5	4	Yes	This programme is really i
4/23/2022 20:15:53	sunandadutta672@gmail.com	SUNANDA DUTTA	Female	College	GGDCM	Undergraduate Student	5	5	5	Yes	Both the lectures were toc
4/23/2022 20:17:51	suchismitadey37@gmail.com	Suchismita Dey	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Thank you for organizing
4/23/2022 20:18:00	sanjoysk2012@gmail.com	Sk Sahafur Hoque	Male	College	Government General Deg	Faculty Member	5	5	5	Yes	Well organised program
4/23/2022 20:19:22	tinat.1990@gmail.com	Tinat Rukshana	Female	College	GGDCM	Faculty Member	5	5	5	Yes	
4/23/2022 20:21:55	keshabg186@gmail.com	Keshab Chandra Saha	Male	College	GGDC MANGALKOTE	Faculty Member	5	5	5	Yes	Thank you very much Deg
4/23/2022 20:24:09	dipak17.mandal@gmail.com	DIPAK KUMAR MANDAL	Male	University	West Bengal	Research Scholar	5	5	5	Yes	GA
4/23/2022 20:27:51	soniajash2002@gmail.com	Sonia Jash	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	
4/23/2022 20:32:32	rajashreemurulia@gmail.com	Rajashree Dey	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	I'm very helpful...
4/23/2022 20:32:40	goswamijoyita09@gmail.com	Joyita Goswami	Female	College	Government general derg	Undergraduate Student	5	5	5	Yes	Yes ,very interested lectur
4/23/2022 20:34:02	debitkpg123@gmail.com	Dr. Debasish Kundu	Male	College	GGDC Mangalkote	Faculty Member	5	5	5	Yes	
4/23/2022 20:34:06	mgmunighosh@gmail.com	Munni ghosh	Female	College	Government general degre	Undergraduate Student	5	5	5	Yes	Very good
4/23/2022 20:34:21	moumita.mazumder8@gmail.com	Moumita Mazumder	Female	College	Government General Deg	Faculty Member	5	5	5	Yes	
4/23/2022 20:38:54	souvikghosh6543@gmail.com	Souvik Ghosh	Male	College	Government General Deg	Undergraduate Student	5	5	5	Yes	I understand the points m
4/23/2022 21:01:34	tandrimachoudhury28@gmail.com	Tandrima Choudhury	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	Thanks for the informatio
4/23/2022 21:20:15	skarifuddin4167@gmail.com	SK ARIF UDDIN	Male	College	GOVERNMENT GENERA	Undergraduate Student	5	5	5	Yes	GOOD
4/23/2022 21:32:47	rudraaritra@gmail.com	ARITRA RUDRA	Male	College	Government General Deg	Faculty Member	5	5	5	Yes	
4/23/2022 21:42:12	sanchari.de2@gmail.com	Sanchari De	Female	College	Government General Deg	Faculty Member	5	5	5	Yes	Extremely enriching experi
4/23/2022 22:56:50	sunandajash2002@gmail.com	Sunanda Jash	Female	College	Government General Deg	Undergraduate Student	5	5	5	Yes	The programme is very he
4/24/2022 8:42:07	shri.beng@gmail.com	DR SHREETA MUKHERJ	Female	University	RAVENSHAW UNIVERSI	Faculty Member	3	4	5	Yes	Good
4/25/2022 22:38:31	sumankumarghosh54@gmail.com	Suman Kumar Ghosh	Male	College	Gargi Memorial Institute o	Undergraduate Student	5	5	5	Yes	Thank you



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