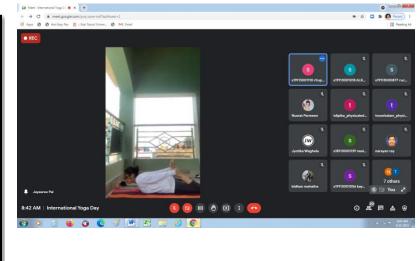
5.1.3 Capacity Building – Life Skills

Yoga Yoga Workshop on 27.12.2021



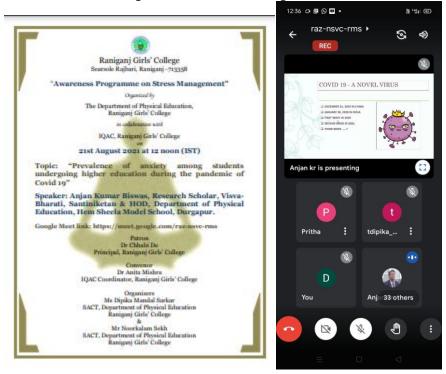
International Yoga day



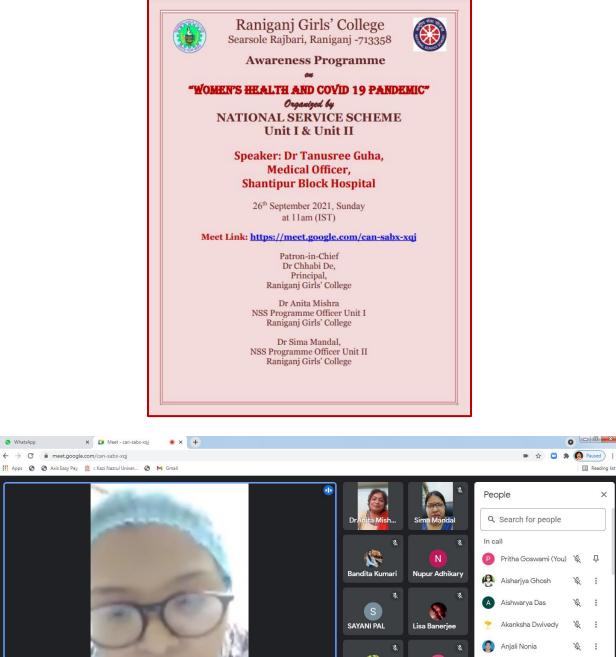


Health and Hygiene

Online Awareness Programme on Stress Management held on 21.08.2021



NSS Awareness programme on Women's Health and COVID 19 Pandemic held on 26th September 2021



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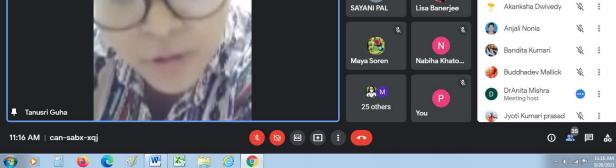
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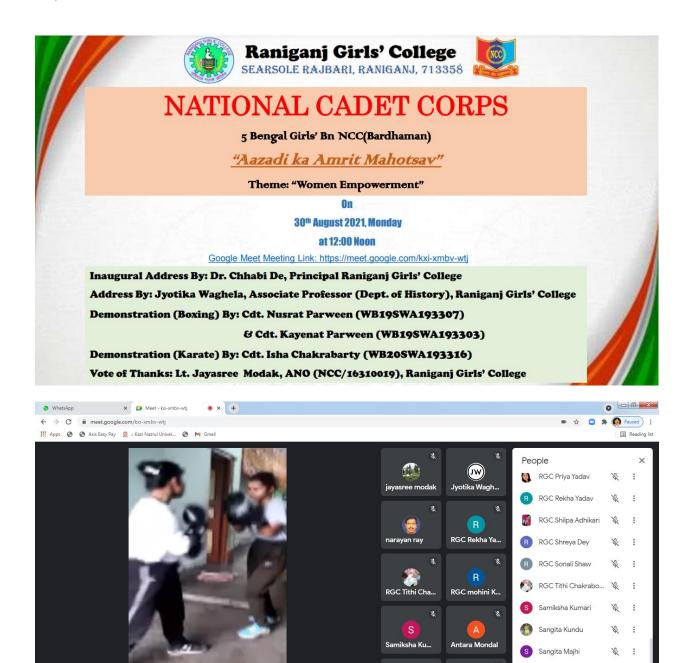
Vaccination Awareness Campaign on 14.04.2021 by NCC cadets



ICT/Computing Skills

A video tutorial of Online Examination process for	r Student of Raniganj Girls" colleg	e	0 1
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Self Defence-Boxing and Karate moves demonstrated online in Awareness Programme on Women's Empowerment



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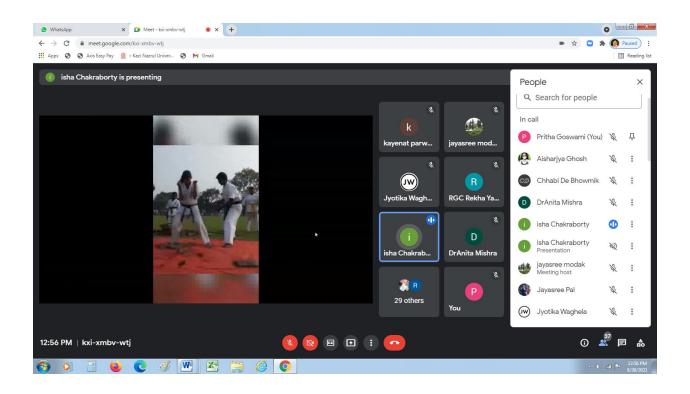
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SESSION: 2020-21 (1.11.2020 TO 31.12.2021)

PROJECT: WOOLEN BEANIE CAP

DURATION: 16.01.2021 TO 01.02.2021

STUDENTS: FIFTH AND THIRD SEMESTER GEOGRAPHY HONOURS

TOTAL NO. OF PARTICIPANTS: 37

<u>Mode of Teaching</u>- Woolen beanie cap was taught to the students through videos prepared and uploaded on the teachers youtube channel. Online classes were conducted for live demonstration and instruction to the students. The links of the youtube videos are being provided below:

WOOL KNITTING FOR BEGINNERS: https://www.youtube.com/watch?v=X4v3ZH50TUU

KNITTING A BEANIE CAP (STEP 2): https://www.youtube.com/watch?v=WFSz51UoivI

BEANIE CAP MAKING (FINAL STEPS):

https://www.youtube.com/watch?v=ZXMh2JYOalA

PROJECT: WOOLEN SHOES

DURATION: 01.02.2021 TO 08.02.2021

STUDENTS: FIFTH SEMESTER GEOGRAPHY HONOURS

TOTAL NO. OF PARTICIPANTS: 17

<u>Mode of Teaching</u>- Woolen shoe was taught to the students through videos prepared and uploaded on the teachers youtube channel. Online classes were conducted through Google Meet for live demonstration and instruction to the students. The link of the youtube video is being provided below;

KNITTING WOOLEN SHOES: https://www.youtube.com/watch?v=yXWklaJ1BEA

Ritufarna - yhosh

Dr. RITUPARNA GHOSH ASSISTANT PROFESSOR OF GEOGRAPHY RANIGANJ GIRLS' COLLEGE



Hupsmargc + 17 * 3mo Project – Woolen Shoes Hand Knitted by students of Department of Geography, Raniganj Girls' College Mandira Dey Aditi Mondal Arpita mondal Gargi Dutta 5th sem 5th sem 5th Semester 5th sem Ankita Maji Name-Krishna Sangui 5th semester 5th semester Name- Prity karmakar 5Th sem Ruma paul Name- Bulbul maji 5th sem 5th sem Name- Sudeshna Gandhi 5th semester Name-SubhraDutta









Name - Suman Jaiswara

Sem- 5th



Susmita Tewary 5 th sem

Semester -5th







Name -Arpita Nandi Semester -5th

