

Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

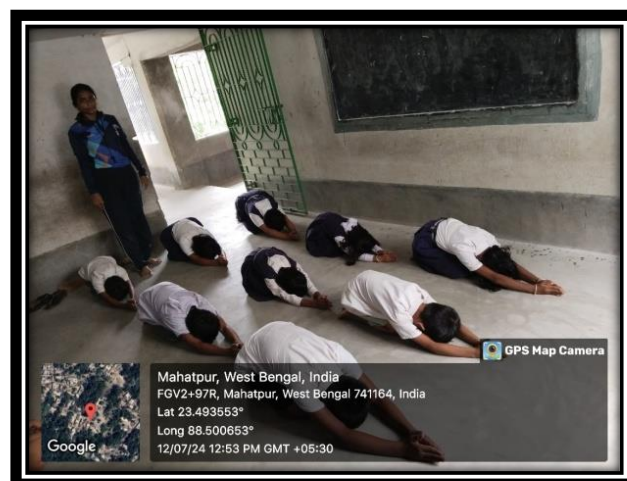
The University of Burdwan is committed towards inculcating its students with various life skills which the students manage daily challenges and make informed decisions. During last five years the University of Burdwan organized Health Camp relating to the issues namely Health Check-up for the students, teachers and staff. Also blood donation camp during last five years was also organized by the University of Burdwan. Also the university took initiatives for vaccination programme in different occasions during the covid period. The health Centre of the University of Burdwan organized a good number of seminar programmes on various types of health related issues. The Department of Lifelong Learning offered offers various courses on Yoga, Guidance and Counselling where students are equipped with skills like critical thinking, decision-making, stress management and time management. The BKC Rural Technology Centre (BKCRTC) under the University has organized workshops on “Fish Breeding, Freshwater Pearl Culture and Fish Nutrition and Feeding Management”, “Mushroom Cultivation”, “Management of solid waste and e-waste”, etc., which promoted the entrepreneurship spirit among the budding entrepreneurship.

The Free Yoga Practice Camp was started in the year 2019. The camp is for the Teachers, Officers, Non-teaching Staff Members, Students, Research Scholars, Retired Employees and their family members. During Covid period this practice in the camp was discontinued and started again in the year 2022.

Yoga



Life skills Development program (Aerobic Drills) at Burdwan Raj Collegiate, on standard-VIII-X Students, Raiganj, Burdwan by M.P.Ed 2nd Year students in 2023 (Session-2022-2024).



Life skills Development program (Yoga) at Uttar Pakhuria Primary School, on standard-VIII Students, Mahatpur, Chapra Nadia West Bengal, by M.P.Ed 2nd Year students in 2023 (Session-2022-2024).

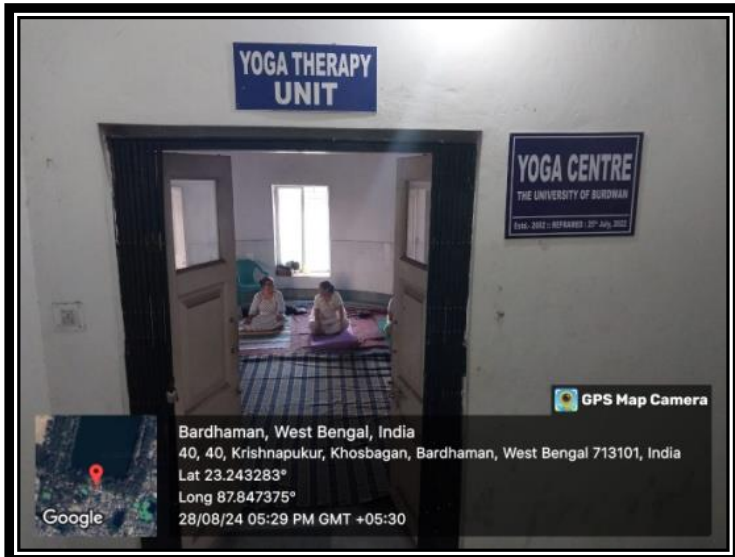


Yoga Class
Post-Graduate Diploma in Yoga
at the Department of Life Long Learning

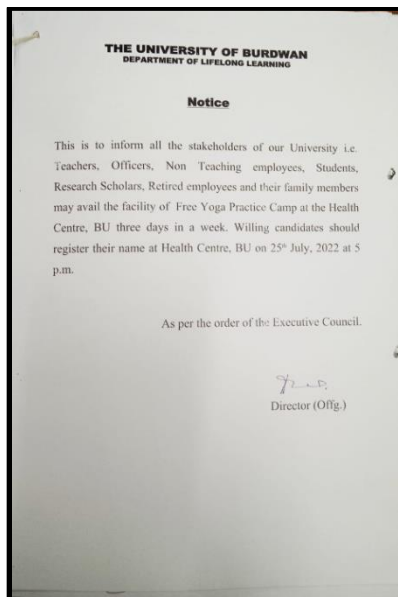
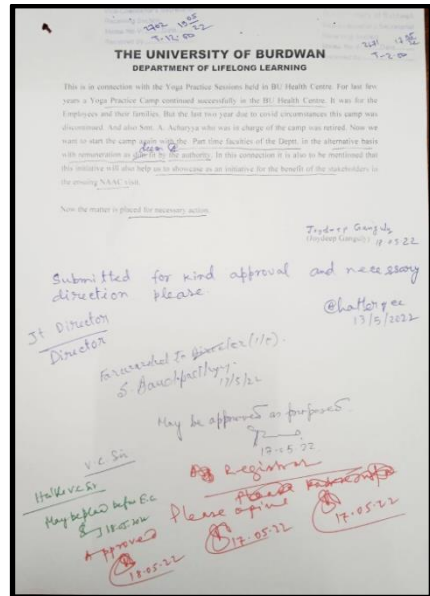
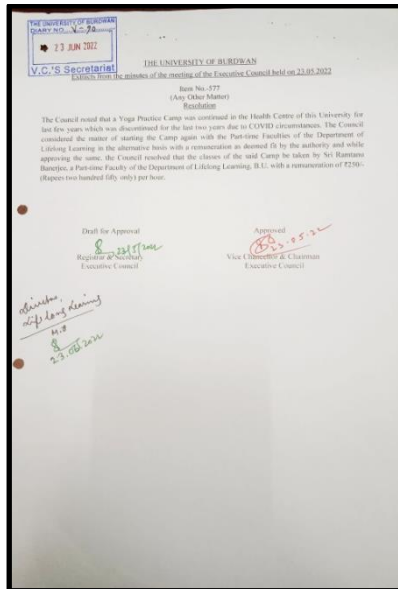


Yoga Class
Post-Graduate Diploma in Yoga
at the Department of Life Long Learning

Yoga at the Free Practice Yoga Camp under the Lifelong Learning Centre, The University of Burdwan





Students, Employees and their family members are doing Yoga at the Therapy Unit in the Burdwan University Health Centre under the Department of Life Long Learning



Covid Vaccination Programme

The University of Burdwan

on 08-10.06.2021, 04.08.2021 and 10.09.2021

COVID-19 VACCINATION CAMP (June 8 - 10, 2021)

Organized By
THE UNIVERSITY OF BURDWAN
In Association With
NATIONAL SERVICE SCHEME, B.U.

Venue: **GOLAPBAG CAMPUS, THE UNIVERSITY OF
BURDWAN, BURDWAN-713104**



Registers maintaining the issuance of Covaxin and Covishield:

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Thalassemia Screening Programme

Organized by
Department of Education
The University of Burdwan
Date: 26.06.2023



 **HAEMOGLOBINOPATHIES CONTROL PROGRAMME**
WEST BENGAL STATE HEALTH & FAMILY WELFARE SAMITY
GOVT. OF WEST BENGAL 

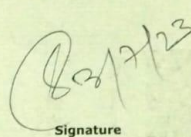
Burdwan Medical College And Hospital
Burdwan- 713104, West Bengal
Screening Report
Screening No :BUR-S-23-08805 HPLC Test No. : 8805

Respondent Category: Premarital Group
Organization Name: Burdwan University
Class: **Section:** **Roll No:**
Name: Miss. Mukur Ray **Age:** 25 Year(s) 0 Month(s) **Gender:** Female
Mobile No: 8617835898
Address: Street - Bidhannagar, Town/Village - Durgapur, Area - , Block/Municipality - , P.O. - , District- Bardhaman (West), State- West Bengal, Pin- 713212

RBC(10 /µl):	4.35
Haemoglobin (gm/dl):	14.00
HCT (%):	35.90
MCV (fl):	82.50
MCH (pg):	32.20
RDW (cv):	11.40

HAEMOGLOBIN ANALYSIS
HbA0: 84.40 HbF: 0.70 HbA2: 2.60

Done by: HPLC
Mutation study report:
Impression: Normal Haemoglobin Analysis By HPLC
Advice:
Special Note:
Date of Sample Collection: 26/06/2023
Date of Sample Test: 26/06/2023


Signature

MO/Expert Name: Dr Sharmistha Chakraborty
Print Date: Monday, July 3, 2023 3:21:44 PM **MO/Expert Name**
Printed By: Dr Sharmistha C

Blood Donation Camps Organized by The University of Burdwan during 2021 to 2023

- In 2023, 150 persons donated their blood
- In 2022, 150 persons donated their blood
- In 2021, 100 persons donated their blood during the Covid period.



Health Check-up

Organized by Teachers' Association, The University of Burdwan
on 10.01.2024



Health Check-up in association with Teresa Hospital, Bardhaman
on 19.07.2024



19th July রাজবাড়ীর কোর্ট
রুমে সকাল 10.30 মিনিটে,
টেরেজা হাসপাতালের উদ্যোগে
Health Camp অনুষ্ঠানে
বিশ্ববিদ্যালয়ের সমস্ত কর্মচারী
যোগদান করুন।

Awareness of diseases caused by Mosquito, other insects or arachnids and prevention

Mosquito and other insect or arachnid borne diseases and their Prevention
— Questions and Answers
Goutam Chandra

Dengue
Malaria
Encephalitis
Filariasis
Chikungunya

For mass awareness

By Courtesy :
THE UNIVERSITY OF BURDWAN
Rajbati, Burdwan

Circulated for public interest :

Target Tyres Thrash Dengue

- A discarded truck/bus Tyre might contain 12-15 litres of rain water
- Tyres are the most preferred breeding sites of dengue vector, *Aedes aegypti* mosquito
- A single tyre full of rain water can give birth to approximately 4000 *Aedes* mosquito in a month
- When dumped, tyres must be kept under a shed or covered with polythene sheets or tarpaulins to prevent water stagnation
- Make a hole in the dumped tyres as in the picture below to drain off accumulated rain water to stop mosquito breeding in it

Designed and Prepared by Prof. Goutam Chandra and Research Scholars of Mosquito Research Unit, Department of Zoology, The University of Burdwan

By Courtesy :
THE UNIVERSITY OF BURDWAN
Rajbati, Burdwan

ZIKA VIRUS

Symptoms

- Fever
- Rash
- Joint pain
- Conjunctivitis, or red eyes
- Muscle pain
- Headache
- Pain behind the eyes
- Vomiting
- Infection during pregnancy may cause microcephaly

Side with typical facial swelling Side with Microcephaly Side with Microcephaly

Transmitted by *Aedes* mosquitoes, which usually breed in clean water accumulated in small containers and bite principally during day time

Prepared by Professor Goutam Chandra and Research Scholars, Mosquito Research Unit, Department of Zoology, The University of Burdwan.

Designed and Prepared by Prof. Goutam Chandra and Research Scholars of Mosquito Research Unit, Department of Zoology, The University of Burdwan

By Courtesy :
THE UNIVERSITY OF BURDWAN
Rajbati, Burdwan

Circulated for public interest :

Information on safety from mosquito bites and mosquito borne diseases:

1. Female *Aedes* mosquito, transmitter of viruses of Dengue, Chikungunya, Zika etc., breeds in clean water accumulated in small containers like coconut shell, water proof shoes, tree holes, holes in the cut bamboo, axle of bus/motor, unused tires, small shells, thrown away plastic glass or cups or trays or earthen pots or tin, discarded flower vases, empty pitch drums, old basket shells, unused cow feeding pots, flower vases, shallow water tanks, buckets, etc.
2. Female *Anopheles* mosquito, transmitter of Malaria parasites, breeds in clean water of small water bodies, ditches, ponds, pools, wells, paddy fields, overhead tanks, household tanks, discarded flower pots, fountains, irrigation canals, water accumulated in the dead river beds etc.
3. Female *Culex* mosquito, transmitter of West Nile fever virus etc., breeds in dirty water of drains, wells etc. and female *Mananitis* mosquito in water bodies containing water weeds/lychnis.
4. Female *Culex tritaeniorhynchus* mosquito, transmitter of Japanese Encephalitis virus, breeds principally in paddy fields. This mosquito prefers to suck blood from cows and pigs.
5. Female *Anopheles* mosquito breeds in dirty water of sanitary chambers. Though it does not transmit any human disease, creates severe biting nuisance.
6. Female *Aedes* mosquito bites principally during daytime. Female *Anopheles*, *Culex* and *Mananitis* mosquitoes bite during night. *Anopheles* comes to bite during dawn and dusk.
7. Make mosquitoes of any species cannot suck blood.
8. Application of a mixture of 98% mustard oil and 2% neem oil or 95% coconut oil and 4% neem oil on body surface gives us more or less 90% safety from mosquito bite.

What to do:

We will :

- remove all the above mentioned materials and garbage in the domestic only
- try to seal the tree holes of our locality with cement and pieces of bricks
- keep all the unused containers upside down
- keep our overhead tanks on the roof always covered
- clean all the used and unused household tanks at an interval of 7 days
- often empty flower vases and refrigerator trays
- provide mosquito net on the gas pipes of sanitary latrines
- also arrange to stop entry and exit of mosquitoes through the water outlets of sanitary chambers
- sleep within mosquito net both day and night throughout the year
- wear light coloured dress covering the whole body as far as possible and socks and shoes during daytime in the rainy season
- keep cows and pigs safe from mosquito bites during dusk
- release larvivorous fishes like Guppy, Gambusia, Tetrahilo or ornamental fishes in the water bodies of our housing complexes and localities
- Share what we have come to know from this leaflet with others
- consult doctors if we suffer from any kind of fever

What not to do:

We will not :

- throw any trash in the drains, ponds, canals etc.
- allow to grow water weeds/lychnis in the ponds of our localities
- keep discarded tires in the open space
- plant banana and pineapple plants in our localities

Designed and Prepared by Prof. Goutam Chandra and Research Scholars of Mosquito Research Unit, Department of Zoology, The University of Burdwan

Self-employment



The Department of Physical Education organized a campus program by the Sports Gurukul, Mumbai for M. P. Ed final year students 2024, Session (2022- 2024)



Creation of employable skills program Organized by The Department of Physical Education, The University of Burdwan, Golapbag, Burdwan, and the program hosted by Prof. Soma Banerjee, IISWBM, College Street, Kolkata, and Prof. Dr. Asish Paul, Dept. of Physical Education in Jadavpur University On 5th January 2024 (Session-2022-2024).



Creation of Employable Skills Program Organized by The Department of Physical Education, The University of Burdwan, Golapbag, Burdwan. Departmental Camp & Tour (Making a Shelter or Tent) at Gitkhola Lava, Kalimpong 01.04.2024 (Session-2022-2024).

Entrepreneurial skills



Self-employment and entrepreneurial skills program (External experts delivered their valuable lectures on “Holistic Approaches to Athletics”) Organized by The Department of Physical Education, The University of Burdwan, Golapbag, Burdwan 2024 (Session-2022-2024).

A workshop Organized by the Department of Physical Education, The University of Burdwan, Golapbag, Burdwan 2024 (Session-2022-2024) (Three External Experts are. Mr. Sambhudas Bandyopadhyay, 2. Dr. Sahidul Hamid, 3. Mr. Sanjay Ghosh).

Health Centre

The University of Burdwan

1. Year of Establishment: 1965
2. Staff strength (Current data): At present 8 regular staffs, (One Medical Officer, One Sr. Pharmacist, One Sr. Pharmacist cum Store Keeper, One Matron, One Sr. Superintendent, One Sr. Assistant, One Sr. Peon, One Sr. Sweeper). (One Retired Sr. Medical Officer-engaged, One Retired Sr. Pharmacist-engaged)
3. Infrastructural facilities (Current data): Regular Medical Check-Up, Dispense of Regular Medicines , Nursing Care, Dental Check up, Homeopathy Medical Advice with Dispense of Medicine
4. Service facilities (Current data): Pathological test, Physiotherapy, Yoga Camp
5. Working hours of the Centre: 08:30 am to 11:30 am (morning shift) and 04:30 pm to 7:30 pm (evening shift)
6. Welfare services provided by Centre to employees

SN	Year	Health service provided to Employees (data in number only)				Students/ Research Scholars	Engagement staff/Casual staff/Retired (if any)	Pathological service	Instrumental service
		[number of beneficiaries]							
		Teaching Staff		Non-Teaching Staff					
		Male/ Female Individual	Family member	Male/Female Individual	Family member				
1	2019-20	1064	Included	2799	Included	1416	718	47	
2	2020-21	640	Included	2023	Included	139	601	29	
3	2021-22	767	Included	1885	Included	515	584	43	
4	2022-23	797	Included	1837	Included	1489	640	54	
5	2023-24	678	Included	1555	Included	1368	807	45	

7. Establishment of Yoga/Physical fitness Centre : 2019

8*. Health service/Awareness/Free Check-up Programs conducted

SN	Year	Name of the Health service/Awareness/Free Check-up Programs conducted	Date of Program	Sponsored Program [Yes/No]	Name & Address of the Agency involved (if sponsored/or provider)	Number of beneficiaries]
1	2019-20	Bone Mineral Density	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
2	2020-21	Bone Mineral Density	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
3	2021-22	Bone Mineral Density	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
4	2022-23	Bone Mineral Density	07.06.2023	Yes	Meyer Organics Pvt. Ltd.	75
5	2023-24	Bone Mineral Density	05.07.23, 02.08.23, 01.09.20, 01.11.23, 03.01.24, 06.03.24, 03.04.24, 05.06.24	Yes	Meyer Organics Pvt. Ltd.	108
6	2019-20	Uroflowmetry	Nil	Yes	CIPLA	Nil
7	2020-21	Uroflowmetry	Nil	Yes	CIPLA	Nil
8	2021-22	Uroflowmetry	Nil	Yes	CIPLA	Nil
9	2022-23	Uroflowmetry	Nil	Yes	CIPLA	Nil
10	2023-24	Uroflowmetry	24.04.24, 22.05.24, 19.06.24	Yes	CIPLA	11
11	2019-20	Body Mass Index	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
12	2020-21	Body Mass Index	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
13	2021-22	Body Mass Index	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
14	2022-23	Body Mass Index	Nil	Yes	Meyer Organics Pvt. Ltd.	Nil
15	2023-24	Body Mass Index	06.03.24	Yes	Meyer Organics Pvt. Ltd.	28

SN	Year	Name of the Health service/Awareness/Free Check-up Programs conducted	Date of Program	Sponsored Program [Yes/No]	Name & Address of the Agency involved (if sponsored/or provider)	Number of beneficiaries]
16	2019-20	Fibroscan	Nil	Yes	Zydus Health Care Ltd.	Nil
17	2020-21	Fibroscan	Nil	Yes	Zydus Health Care Ltd	Nil
18	2021-22	Fibroscan	Nil	Yes	Zydus Health Care Ltd	Nil
19	2022-23	Fibroscan	24.05.23, 14.06.23, 27.06.23	Yes	Zydus Health Care Ltd	54
20	2023-24	Fibroscan	27.07.24, 24.08.23, 26.09.23, 28.12.23, 24.01.24, 28.02.24, 28.03.24, 24.04.24, 28.05.24, 26.06.24	Yes	Zydus Health Care Ltd	158
21	2019-20	Homocysteine Estimation Camp	Nil	Yes	Torrent Pharmaceutical Ltd.	Nil
22	2020-21	Homocysteine Estimation Camp	Nil	Yes	Torrent Pharmaceutical Ltd.	Nil
23	2021-22	Homocysteine Estimation Camp	Nil	Yes	Torrent Pharmaceutical Ltd.	Nil
24	2022-23	Homocysteine Estimation Camp		Yes	Torrent Pharmaceutical Ltd.	Nil
25	2023-24	Homocysteine Estimation Camp	24.04.24, 29.04.24, 26.06.24	Yes	Torrent Pharmaceutical Ltd.	38
26	2019-20	Nil	Nil	Yes	IPCA	Nil
27	2020-21	Nil	Nil	Yes	IPCA	Nil
28	2021-22	Nil	Nil	Yes	IPCA	Nil
29	2022-23	Nil	Nil	Yes	IPCA	Nil

SN	Year	Name of the Health service/Awareness/Free Check-up Programs conducted	Date of Program	Sponsored Program [Yes/No]	Name & Address of the Agency involved (if sponsored/or provider)	Number of beneficiaries]
30	2023-24	Rationopathy Screening Camp and HBA1C	08.04.24	Yes	IPCA	19

Save Water Save Life

Organized by

Department of Education

On 2019



Department of M.P.Ed. organizes Life skill development programmes for the students emphasizing yoga and aerobic exercises which are crucial for maintaining overall well-being. Yoga, through its combination of postures, breathing, and meditation, improves flexibility, strength, and mental clarity while reducing stress and anxiety. It fosters emotional regulation and concentration. Aerobic exercises, including activities like jogging and cycling, enhance cardiovascular fitness, stamina, and weight management, while also boosting mood and mental focus through endorphin release. Together, these practices contribute to physical and mental health, making them essential for leading a balanced, healthy life. Incorporating both into daily routines helps individuals achieve holistic wellness as well as quality of life.