



NARAJOLE RAJ COLLEGE

(NAAC Accredited B Grade Government Aided College)

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Department of Physiology

Summary Report Outline:

A One Day State Level Seminar on "Health Awareness Programme"

Organized by **Department of Physiology** in collaboration with Department of Botany and Zoology Under the guidance of **IQAC, Narajole Raj College**

Date of the seminar: 27th April, 2023

Time of the seminar: 11:00 A.M. – 5:00 P.M.

Venue of the seminar: Smart Auditorium, Narajole Raj College

Department of Physiology of Narajole Raj College has organised a **One Day State Level Seminar** on "Health Awareness Programme" on **27.04.2023** at **11-00 a.m. – 5:00 p.m.** in collaboration with Department of Botany and Zoology, Narajole Raj College under the guidance of IQAC, Narajole Raj College. We are feeling very blessed to host this National Level Seminar, particularly in post-covid time.

1. Rationale of the seminar:

Adolescence is a period of transition from childhood to adulthood. Adolescent health encompasses on multiple domains, including the physical, social, emotional, cognitive, and intellectual. This is the time for adolescents to prepare for undertaking greater responsibilities, a time of exploration and widening horizon and a time to ensure healthy all-round development. To grow and develop in good health, adolescents need information, including age-appropriate comprehensive sexuality education; opportunities to develop life skills; health services that are acceptable, equitable, appropriate and effective; and safe and supportive environments. Keeping the above information in mind we are organizing the seminar for our students.

2. Plan of work:

At first a meeting was arranged to organise a state level seminar. In the meeting we were planning to successful the programmes under the guidance of IQAC, Narajole Raj College. We distributed the work among students and teachers. We selected Chief Patron as Dr. Ranajit Kumar Khalua, convenor as Dr. Parimal Dua, Treasurer as Prof. Suman Kalyan Khanra. We also decided a topic of the seminar. We also decided that a good number of renowned academicians from various Institutes /Universities have graced the seminar with their profound knowledge and fruitful presentations.

Eminent Speaker:



Dr. Amitava Pal
Assistant Professor
Department of Physiology
City College, University of Calcutta

Topic of discussion: “**Adolescent Health Consequences**”

Chief Patron:



Dr. Ranajit Kumar Khalua
Vice-Principal
Narajole Raj College

Convenor

Dr. Parimal Dua
Assistant Professor
Department of Physiology
Narajole Raj College

Treasurer:

Prof. Suman Kalyan Khanra
SACT
Department of Physiology
Narajole Raj College


IQAC Co-ordinator:

Prof. Pragna Paramita Mondal
Narajole Raj College

3. Programme Schedule:

- 11:00 A.M.: Inauguration speech by Prof. Nandita Bhakat
11:05 A.M.: Felicitation of Dignitaries and welcome song.
11:15 A.M.: Welcome address by Dr. Ranajit Kumar khalua,
Vice-Principal, Narajole Raj College.
11:20 A.M.: Address by IQAC Co-ordinator
Prof. Pragna Paramita Mondal,
11:25 A.M.: Lightning of lamp
11:30 A.M.: Plenary 1: Dr. Susanta Kumar Chakraborty
12:30 P.M.: Plenary 2: Dr. Dulal Kumar De
01:30 P.M.: Lunch break
03:00 P.M.: Plenary 3: **Dr. Amitava Pal**
04:00 P.M.: Valedictory Session and vote of thanks by
Dr. Uttam Kumar Kanp, Assistant Professor

4. List & brief bio of speakers:

	<p>Dr. Amitava Pal, Assistant Professor, Department of Physiology, City College, University of Calcutta, born on 5th May, 1985, has been in active research since 2010 on Ergonomics. He did his Ph.D. in Human Physiology from the Vidyasagar University in the years 2017. He has been imparting teaching spanning a period of more than 14 years covering different aspects of Physiology in general and Ergonomics and Sports Physiology in particular. So far, he has published around 46 research papers in different reputed International and National Journals. He has been associated with Reputed Journals as Reviewers (BMC, Frontiers Media, SAGE Publications Inc. etc.).</p>
<p>Dr. Amitava Pal Assistant Professor Department of Physiology City College, University of Calcutta</p>	

5. Themes addressed:

Dr. Amitava Pal

Themes addressed on “Adolescent Health Consequences”

6. Outcome of the seminar:

- I. All the participants got the idea about the current health status of adolescents and its consequences.
- II. The discussion revealed the approaches to the provision of adolescent health services and organizational settings and strategies.
- III. The discussion highlighted the health services available to adolescents.
- IV. The discussion also explored the objectives of health services for adolescents.
- V. The students gained huge knowledge on the many current models of health services for adolescents exist.
- VI. The discussion also explored the policies and mechanisms of support that promote high-quality health services for adolescents.
- VII. The discussion considered the elements of health provider training necessary to improving the quality of health services for adolescent populations.
- VIII. The discussion proposed the several approaches to improving health systems for all adolescents.
- IX. All the young students made themselves thoroughly updated on the topic.

7. Students' feedback:

The response of the participants was very positive. During the technical sessions, they spontaneously interacted with the resource persons. All the students gained huge knowledge on the topics. In brief, the seminar was enabled to fulfil the academic thirst and philosophical aspects of the participants.

8. No of Participants:

Total number of participants was **65**. Faculty members of our college and students of our college have participated in this State Level Seminar.