

## REPORT ON THE

### OUTREACH PROGRAM UNDER DBT-STAR COLLEGE SCHEME

#### Department of Zoology & Microbiology

- 1. Workshop/Seminar/Conference/Invited or Extension Lecture:** Workshop
- 2. Online/Offline:** Offline
- 3. Institutional/International/National/Regional:** Institutional
- 4. Title:** Outreach Program Under DBT-Star College Scheme  
Hands on Training for School Students (10+2): Know Your Body
- 5. Date:** 8<sup>th</sup> and 9<sup>th</sup> January, 2025
- 6. Organizer(s):** Department of Zoology and Microbiology in association with R & D Cell, IQAC
- 7. Funding (with proof):** Department of Biotechnology, Govt. of India (under DBT-Star College Scheme)  
IFD, DBT, vide their SAN No.102/IFD/SAN/2208/2024-25 dated: 27.09.2024
- 8. Collaborators (with proof):** Nil
- 9. Resource Persons:** Departmental Teachers

### Invitation letters to school students

**Bijoy Krishna Girls' College, Howrah**  
A NCTE and NAAC accredited (B++) College  
5/3 MAHATMA GANDHI ROAD, HOWRAH - 711 101

Ref. No. ....

Dated: 19.12.2024

To  
**The Headmaster,  
Bantra Madhusudan Paul Chowdhury High School**

Respected Sir,

**Sub: Invitation for participation of students in Workshop/Hands on Training on "Know your Body" under DBT STAR COLLEGE scheme**

This is for your kind information that Department of Zoology and Microbiology, Bijoy Krishna Girls' College, Howrah is going to organize an outreach programme, "Workshop/ Hands-on-training, Know Your Body", on 08.01.2025 & 09.01.2025 for Higher Secondary school students from science stream to strengthen their knowledge in life science and encouraging students to pursue science in future.

In this context we would like to request you to please encourage your students to participate in this two days programme.

Date: 08.01.2025 & 09.01.2025

Time: 11 AM to 3PM

Venue: Zoology Dept., Bijoy Krishna Girls' College, Howrah

Regards,

  
Principal/Secretary

  
Received  
19/01/2025  
Asst. Headmaster  
Bantra M.S.P.C. High School  
180-181, Beliurus Road  
Howrah-711 101

[Type text]

## Bijoy Krishna Girls' College, Howrah

A NCTE and NAAC accredited (B++) College  
5/3 MAHATMA GANDHI ROAD, HOWRAH - 711 101

Ref. No. ....

Dated: 19.12.2024

To  
The Teacher In Charge,  
Howrah Jogesh Chandra Girls' School (High)

Respected Madam/Sir,

**Sub: Invitation for participation of students in Workshop/Hands on Training on "Know your Body" under DBT STAR COLLEGE scheme**

This is for your kind information that Department of Zoology and Microbiology, Bijoy Krishna Girls' College, Howrah is going to organize an outreach programme, "Workshop/ Hands-on-training, Know Your Body", on 08.01.2025 & 09.01.2025 for Higher Secondary school students from science stream to strengthen their knowledge in life science and encouraging students to pursue science in future.

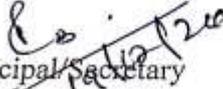
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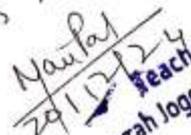
Time: 11 AM to 3PM

Venue: Zoology Dept., Bijoy Krishna Girls' College, Howrah

Regards,

  
Principal/Secretary

15 Students of  
Class XI Science  
will participate in  
the program on  
8/01/25 & 9/01/25

  
29/12/24  
Teacher-in-Charge  
Howrah Jogesh Chandra Girls' School

**10. Number of Participants (with proof) & typed list of participants:** 31 (15 students from Bantra MSPC High School and 16 students from Howrah Jogesh Chandra Girls' High School).

HM Mob. 9851222730  
Phone : 2643-8753

**BANTRA M.S.P.C. HIGH SCHOOL,**  
160 & 161 BELLILOUS ROAD, HOWRAH - 711 101.

(DISE CODE - 19161502223 • Index No. M. P. - F1-011 • HS - 106033)

Website- <https://bantramspc.in> • Facebook- <https://www.facebook.com/bantramspc/>  
E-mail : [bantra1666@rediffmail.com](mailto:bantra1666@rediffmail.com) / [bantramspc@rediffmail.com](mailto:bantramspc@rediffmail.com)

Ref. No. .... Date .....

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**BANTRA M.S.P.C. HIGH SCHOOL**  
Name of the students who are participating in Workshop/stands on Training on " Know Your Body "

Sl No	NAME	CLASS	STREAM
1	ANISH SAMANTA	XI	Science
2	SHUBHAM MONDAL	XI	Science
3	AMIT JANA	XI	Science
4	ANRBAN SONKAR	XI	Science
5	ANIRUDDHA JANA	XI	Science
6	DEBARPAN SAMANTA	XI	Science
7	RANOJIT NANDI	XI	Science
8	RITAM DAS	XI	Science
9	RUPANKAR MAJHI	XI	Science
10	SHUBHAM ADAK	XI	Science
11	SOUMALYA PATRA	XI	Science
12	SOUVICK MAJI	XI	Science
13	JOSEPH LOUIS	XI	Science
14	RIHIT BARAL	XI	Arts
15	SRINJOY GHOSH	XI	Arts

M.L.A. JANA  
Minister  
Ministry of Education  
West Bengal  
Howrah-711 101

Howrah Jogesh Chandra Girls' High School

Sl No	Name of the Student
1	Pritaha Roy
2	Nishantika Das
3	Payal Paul
4	Arkita Dey
5	Kousumi Pratihar
6	Aritri Das
7	Prity Mitra
8	Parba Bhowmick
9	Srijita Shree
10	Sanchita Saini
11	Sumana Roy
12	Karnicka Ghosh
13	Tiyasa Saha
14	Soumili Karani
15	Mohitry Roy
16	Trisha Adhikary

M. P. Index No. F1-176  
H. S. Index No. 106094

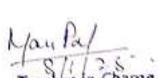
Phone No. : 2641-4703  
Email : [hjggs@yahoo.co.in](mailto:hjggs@yahoo.co.in)  
[subhraj63@gmail.com](mailto:subhraj63@gmail.com)

**HOWRAH JOGESH CHANDRA GIRLS' SCHOOL**  
( HIGHER SECONDARY SCHOOL )  
( FORMERLY HOWRAH GIRLS' HIGH SCHOOL )  
[ ESTD. - 1930 ]  
20, GRAND TRUNK ROAD, (South), HOWRAH-1

Ref. No. .... Dated .....

This is to certify that the following students of Howrah Jogesh Chandra Girls' school will participate in the Science Exhibition organised by Bijay Krishna Girls College along with our teachers Smt. Parbate Barua (H.T.).

Letter from the school

  
 Teacher-in-Charge  
 Howrah Jogesh Chandra Girls' School

**Day 1 (08/01/2025):**

Outreach Programme under DST-STAR college scheme  
Hands on training for school students from science  
stream - 08/01/2025 and 09/01/2025  
Dept. of Zoology and Microbiology, RGS, IITM

Sl. No.	Name	School	Class	Signature
1)	BANTRA MADHUSUDHAN PATI	Bantra MS.P.C High School	XI	[Signature]
2)	SAJIN JOY GHOSH	BANTRA MS.P.C High School	XI	[Signature]
3)	RIHIT BANNA	BANTRA M.S.P.C HIGH SCHOOL	XI	[Signature]
4)	RANJIT NANDI	BANTRA MS.P.C HIGH SCHOOL	XI	[Signature]
5)	DEBAPAN SAMANTA	BANTRA MS.P.C HIGH SCHOOL	XI	[Signature]
6)	SHUBHAM ADAR	BANTRA MS.P.C HIGH SCHOOL	XI	[Signature]
7)	ANIRBAN SONKAR	BANTRA MS.P.C HIGH SCHOOL	XI	[Signature]
8)	ANIRUDDHA JANA	Bantra MS.P.C High School	XI	[Signature]
9)	AMIT JANA	Bantra MS.P.C High School	XI	[Signature]
10)	SOUMALYA PATRA	Bantra M.S.P.C High School	XI	[Signature]
11)	SOUVICK MAJI	Bantra M.S.P.C High School	XI	[Signature]
12)	ANISH SAMANTA	Bantra M.S.P.C High School	XI	[Signature]
13)	SHUBHAM MONDAL	Bantra M.S.P.C High School	XI	[Signature]
14)	RITAM DAS	Bantra M.S.P.C High School	XI	[Signature]

Sl. No.	Name	School	Class	Signature
15)	USOBE LAKSH	Bantra M.S.P.C School	XI	[Signature]
16)	DIPANWAD MAJI	Bantra M.S.P.C School	XI	[Signature]
17)	Pratishtha Ray	Bantra Jagosh Chandra Girls' School	XI	[Signature]
18)	Tanisha Adhikari	Bantra Jagosh Chandra Girls' School	XI	[Signature]
19)	Pratik Ray	Bantra Jagosh Chandra Girls' School	XI	[Signature]
20)	Sanku Das	Bantra Jagosh Chandra Girls' School	XI	[Signature]
21)	Tipu Saha	Bantra Jagosh Chandra Girls' School	XI	[Signature]
22)	Kanishk Ghosh	Bantra Jagosh Chandra Girls' School	XI	[Signature]
23)	Suman Ray	Bantra Jagosh Chandra Girls' School	XI	[Signature]
24)	Sanku Das	Bantra Jagosh Chandra Girls' School	XI	[Signature]
25)	Srijita Das	Bantra Jagosh Chandra Girls' School	XI	[Signature]
26)	Rishi Pramanik	H.J.C.G.S	XI	[Signature]
27)	Pooja Mishra	H.J.C.G.S	XI	[Signature]
28)	Anshi Das	H.J.C.G.S	XI	[Signature]
29)	Koushik Pradhan	H.J.C.G.S	XI	[Signature]

Sl. No.	Name	School	Class	Signature
14)	Ankita Dey	H.J.C.G.S	XI	Ankita Dey
15)	Payal Paul	H.J.C.H.S	XI	Payal Paul
16)	Nishantika Das	H.J.C.H.S	XI	Nishantika Das

**Day 2 (09/01/2025):**

Sl. No.	Name	School	Class	Signature
1)	Deviy Mishra	H.J.C.H.S	XI	Deviy Mishra
2)	Ashik Das	H.J.C.H.S	XI	Ashik Das
3)	Kusumi Tanti	H.J.C.H.S	XI	Kusumi Tanti
4)	Tanya Saha	H.J.C.H.S	XI	Tanya Saha
5)	Payal Paul	H.J.C.H.S	XI	Payal Paul
6)	Ankita Dey	H.J.C.H.S	XI	Ankita Dey
7)	Trisha Adhikary	H.J.C.H.S	XI	Trisha Adhikary
8)	Parisa Bhattacharya	H.J.C.H.S	XI	Parisa Bhattacharya
9)	Nishantika Das	H.J.C.H.S	XI	Nishantika Das
10)	Monitroy Roy	H.J.C.H.S	XI	Monitroy Roy
11)	Khajitara Saha	H.J.C.H.S	XI	Khajitara Saha
12)	Aradhita Jena	H.J.C.H.S	XI	Aradhita Jena
13)	Susama Roy	H.J.C.H.S	XI	Susama Roy
14)	Karvika Ghosh	H.J.C.H.S	XI	Karvika Ghosh
15)	Saamili Karati	H.J.C.H.S	XI	Saamili Karati

Sl. No.	Name	School	Class	Signature
15)	Pratikha	H.J.C.H.S	XI	Pratikha
16)	Pratikha Dey	H.J.C.H.S	XI	Pratikha Dey
17)	Rinit Das	Bantra M.S.P.C High School	XI	Rinit Das
18)	Abhijit Samanta	Bantra M.S.P.C High School	XI	Abhijit Samanta
19)	Shikha Mondal	Bantra M.S.P.C High School	XI	Shikha Mondal
20)	Ranjita Nayak	Bantra M.S.P.C High School	XI	Ranjita Nayak
21)	Deepankar Maji	Bantra M.S.P.C High School	XI	Deepankar Maji
22)	Ashik Das	Bantra M.S.P.C High School	XI	Ashik Das
23)	Soumitra Patra	Bantra M.S.P.C High School	XI	Soumitra Patra
24)	Smitoj Ghosh	Bantra M.S.P.C High School	XI	Smitoj Ghosh
25)	Anish Samanta	Bantra M.S.P.C High School	XI	Anish Samanta
26)	Aradhita Jena	Bantra M.S.P.C High School	XI	Aradhita Jena
27)	Amit Jena	Bantra M.S.P.C High School	XI	Amit Jena
28)	Joseph Das	Bantra M.S.P.C High School	XI	Joseph Das
29)	Souvik Maji	Bantra M.S.P.C High School	XI	Souvik Maji
30)	Shikha Adak	Bantra M.S.P.C High School	XI	Shikha Adak
31)	ANIRBAN SONKAR	Bantra M.S.P.C High School	XI	A. SONKAR

Teacher members present :- (School)

1. Parbati Banerjee 8.1.25
2. Sujay Pat. 8.1.25
3. Parbati Banerjee 9.1.25
2. Sujay Pat. 9.1.25

Bijoykrishna girls' college (Zoology)

- |                             |                          |
|-----------------------------|--------------------------|
| 1. Papiya Ghosh 8/1/25      | Papiya Ghosh 9/1/25      |
| 2. Chiny Barua 8/1/25       | Barua 9/1/25             |
| 3.                          |                          |
| 4. Anmita Mukherji 8/1/25   | Anmita Mukherji 9/1/25   |
| 5. Susanta Sadhukhan 8/1/25 | Susanta Sadhukhan 9/1/25 |
| 6. Saman Dutta 8/1/25       | Saman Dutta 9/1/25       |

Signatures (IQAC co-ordinator)

1. Sushanta

Signature (Director R.S.D cell).

1. Papulsharmacharya.

Microbiology

- 1) Biswajit Saha.
- 2) Sayak Bhattacharya.
- 3) Anirban.
- 4) HM.

**11. Report on the programme:** An Outreach Program was organized under the DBT-Star College Scheme as a hands-on training initiative for 10+2 level school students. The program entitled “Know Your Body”, was specifically tailored for science stream students to provide fundamental knowledge and practical training in analysing various biological parameters of blood that influence human physiology.

During the two-day workshop, participants gained basic insights into blood pressure measurement, blood group determination, identification of human blood cells, Body Mass Index (BMI) calculation, the identification of lactobacillus etc. This program aimed to enhance their understanding of essential biological processes through interactive and practical learning experiences.

**12. Programme Outcome:** From this outreach program the participated students acquired hands-on training in using laboratory techniques and equipment for assessing physiological and microbiological aspects, fostering practical application of theoretical concepts. By providing an engaging and interactive learning environment, the program motivated students to pursue further studies or careers in biological sciences. Moreover, the program helped students appreciate the importance of physiological factors in maintaining health and well-being. The foundational knowledge and skills acquired during the workshop served as a stepping stone for higher education and research in the sciences.

**13. Poster/Brochure/Banner:**

**Bijoy Krishna Girls' College, Howrah**  
DEPARTMENT OF ZOOLOGY & MICROBIOLOGY AND R&D CELL, IQAC  
*organize*

**OUTREACH PROGRAM UNDER DBT STAR COLLEGE SCHEME**  
8<sup>TH</sup> AND 9<sup>TH</sup> JANUARY 2025, 11AM – 3 PM

*Hands On Training for School students  
from Science stream (10 +2 level)*

**KNOW YOUR BODY !!!!**

**Day 1**

- ✓ Blood Pressure Measurement
- ✓ Blood Group Determination
- ✓ Method For TC, DC, ESR
- ✓ Identification of Human Blood Cell
- ✓ Estimation of Haemoglobin
- ✓ BMI Calculation

Venue : Department of Zoology

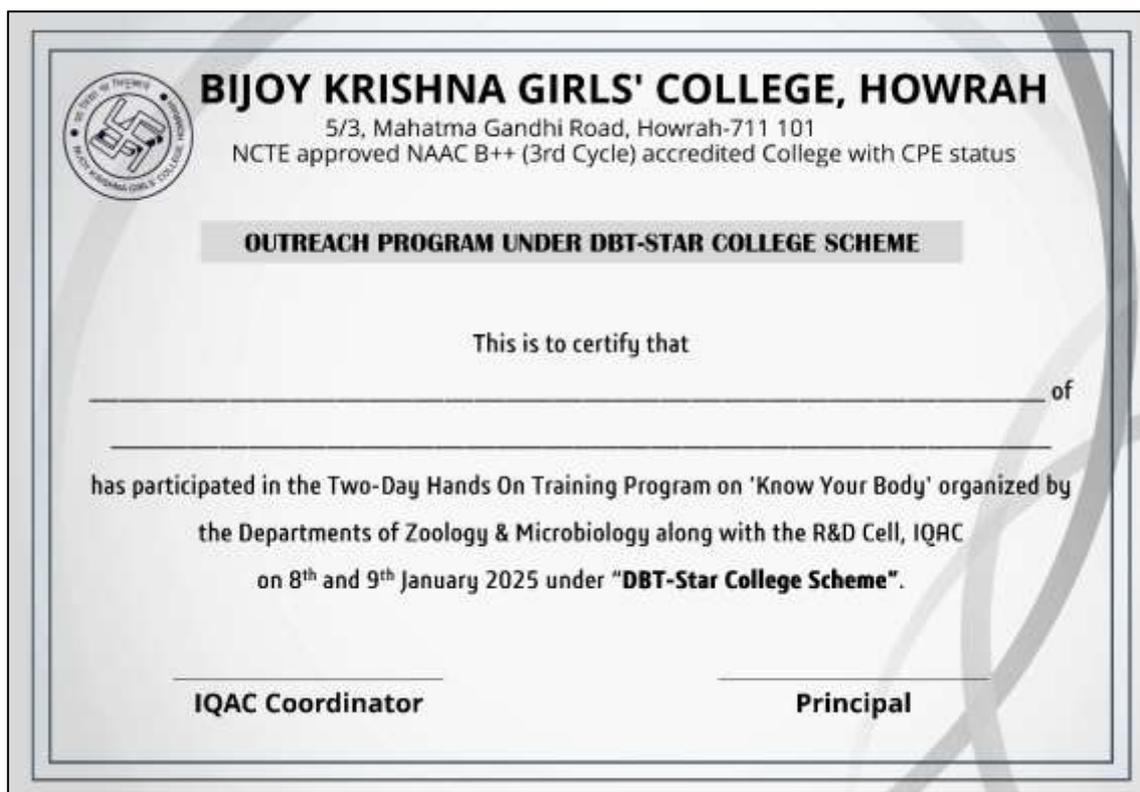
**Day 2**

- ✓ Identification of *Lactobacillus* from probiotics
- ✓ Visualization of human DNA by agarose gel electrophoresis

Venue : Department of Microbiology

**Participating Schools: Bantra Madhusudan Paul Chowdhury High School  
Howrah Jogesh Chandra Girls' School (High)**

#### 14. Sample Certificate:



#### 15. Pictures (Geotagged):



