

HARIMOHAN GHOSE COLLEGE

J-206 & 208A, PAHARPUR ROAD, GARDEN REACH, KOLKATA-700024

Website: harimohanghosecollegekol24.ac.in e-mail : pnhgcollege@gmail.com

Ref. No.....

Date

WORKSHOP ON THE ART OF PHOTOGRAPHY FOR THE BEGINNERS

HELD ON 23rd APRIL TO 26th APRIL 2023

VENUE: HARIMOHAN GHOSH COLLEGE

OVERVIEW: The word photography literally means 'drawing with lights' which derives from the Greek word 'photo' meaning light and the word 'graph' meaning to draw. Photography is the process of recording an image – a photograph – on light sensitive film or in the case of digital photography. The photograph is evident in nearly every aspect of modern life. As a form of communication and documentation, photographs are present in newspaper, magazines, advertisements, posters, television, new media, archive and galleries. Photograph also plays an important role in domestic and recreational activities. Harimohan Ghosh College organized a 3 days short term skill development workshop on 'The Art of Photography' mentored by Amitava Chakraborty.



PROJECT OBJECTIVE: This is a photography workshop for the beginner's who are interested to learn the art of photography. The main objective of this workshop is to develop a basic theoretical and technical understanding of composition as well as the other aspects of the art of photography. This workshop also provided a hands on practice of aperture, ISO, shutter speed, types of shots etc. the students acquired the basic knowledge of camera and pro technical aspects of smart phone camera as well as DSLR. In broader aspect the workshop provides a supportive and focused learning environment where the students of

Harimohan Ghosh College, who are keen to know about photograph and aspirant to be a professional photographer.

PURPOSE & PROSPECT: The purpose of the workshop is to improve their skills of photography gaining new perspective and connect with others who share their passion of art. Photography study give the opportunity to acquire various professional avenues such as commercial portrait, wedding and other events, wild life, fashion, landscape and nature, sports or adventure, food and travel etc. Apart from being a freelance photographer and artist they may take it as business also. Photography is one of those fields that may start as a hobby and then transform into a highly paid fully fledged career with proper training and experience.




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5.1.2 Life Skill – Yoga

Our college has taken initiatives for physical development of students and to fulfill this purpose different programs have been arranged on life skill. To lay emphasis on this particular aspects, life skill like yoga programs were incorporated to improve the daily life style of our students. Yoga is one of the best activities of life skill. Yoga is a renewed antidote to stress. Regular practice of yoga results in producing many health benefits. It improves concentration power of students; students become more productive and enhance their ability to perform better academically.

Our college has taken these initiatives since 2019-20. We organize 3 days' workshop of yoga time to time. It's a general practice that efficient yoga teachers (both male and female) come to our college to give basic training in yoga, thereby facilitating health benefits, from time to time, ensuring better life style for the students.

Harimohan Ghose College organized workshop on life skill on yoga in following years,

	Year	Name of the Programme	Date	No. of Participants
1	2019-2020	Workshop on yoga-"The changing Icon of Life."	6/11/19 to 8/11/19	25
2	2023-2024	Special session on "Importance of Yoga Practice in Our Daily Life." In collaboration with NSS	18/3/24 to 20/3/24	27


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Workshop on yoga
2019-2020



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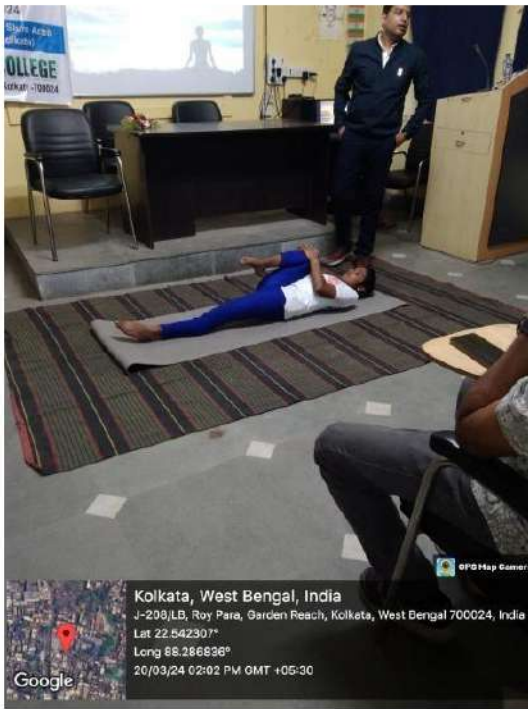
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Workshop on yoga 2023-2024



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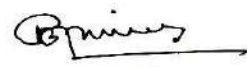
HEALTH AND HYGIENE

In order to ensure that students get adequate access to provisions required for maintaining proper health and hygiene , the college has held camps, health training programs and provided medical aid to students from time to time.

The college arranged a basic 'Life Support' training on 'CPR' (Cardio-Pulmonary Resuscitation technique) where renowned Sports Medicine Specialist Dr. Nisith Ranjan Chowdhury was invited as the resource person on 25.03.2023. Besides his training on the particular issue mentioned above, he also delivered an illuminating lecture on the said topic.

In our country, sudden Cardiac arrest cases have become a leading cause of mortality. Among 1 crore death annually in our country, One million people die of sudden cardiac arrest alone.

Critical 3-10 minutes after the attack, if CPR is applied, several lives can be saved. Bystanders of the affected patient can start the chest compression and perform CPR to save the victim's life. Dr. Nisith Ranjan Chowdhury explained the whole process through demonstration so excellently, that it was possible on our part to comprehend the process very easily. Nevertheless, his erudite lecture proved to be highly beneficial for not only students but also for the teaching staff and non-teaching staff of the college.


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Date	Name of the Programme	Name of the Resource Person	No of Students
25.03.2023	"Life Support training on 'CPR' "	Dr. Nisith Ranjan Chowdhury	35
23.03.2024.	'Women Reproductive Health Protection' on the dos and don'ts of gynaecological health and hygiene issues.	Dr. Saubhik Sengupta	40

In the session 2023-2024 considering the invaluable importance of health in one's life, the college organized the following training:-

A basic training ('Women Reproductive Health Protection') on the dos and don'ts of gynaecological health and hygiene issues of the students, teaching-staffs and non-teaching staffs of the college, was conducted on 23.03.2024.

To throw light on the said issue and acquaint students with the basic knowledge that could prevent them from being afflicted with various kinds of deadly diseases, Dr. Saubhik Sengupta,

Scientist by profession, attached to Chittaranjan National Cancer Institute, was invited to conduct the training and enlighten the students. His extremely useful training left an indelible impression on our minds.


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Photos of the training programme held on 25.03.2023 & 23.03.2024



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