



# One Day State Level Webinar



## On Improving Ourselves & Spreading Enlightenment

Organized by

**IQAC, Swarnamoyee Jogendranath Mahavidyalaya**

A Govt. Aided General Degree College

(Affiliated to Vidyasagar University)

Amdabad, Purba Medinipur, West Bengal, India

### Programme Schedule

DATE: 29<sup>TH</sup> MAY, 2022

TIME- 08:00 P.M. ONWARDS

**Please click the below link to join the Programme-**

**Google Meet Link:** <https://meet.google.com/bab-vycp-sff>

### Guidelines

- ❖ Participants are requested to join the programme 10 minutes prior (7:50 P.M.) to the schedule time.
- ❖ The webinar will be broadcasted on online platforms Google Meet. The participants on Google Meet are requested to keep their video and audio off during the session.

## Our Resource Person



**Mr. Abhishek Sinha**  
M. Tech., IIT Kharagpur  
Software Engineer

## Chief Patron



**Dr. Anindya Kisor Bhaumik**  
President  
Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad, Purba Medinipur

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## **Webinar Organizing Committee**



**Mr. Aparesh Mondal**  
Convener  
Assistant Professor (HoD) of Geography  
S. J. Mahavidyalaya



**Dr. Ratan Kumar Samanta**  
Principal  
S. J. Mahavidyalaya



**Mr. Prasad Ranjan Chakrabarti**  
IQAC Co-ordinator  
Assistant Professor of Sanskrit  
S. J. Mahavidyalaya

### **Others Members of Seminar/Webinar Sub-committee**

- **Dr. Parimal Mandal, Assistant Professor and Head, Dept. of Sanskrit**
  - **Dr. Durba Basu, Assistant Professor and Head, Dept. of English**
  - **Dr. Madhumita Basu, Assistant Professor and Head, Dept. of Bengali**
  - **Ms. Arpita Majumder, Assistant Professor, Dept. of Geography**
  - **Ms. Hiya Chatterjee, Assistant Professor, Dept. of English**
- 

### **Contact Details**

**Phone-** 9126283398/9932873484  
**Email ID:** [sjmahavidyalaya@gmail.com](mailto:sjmahavidyalaya@gmail.com)  
**Website:** [www.sjmahavidyalaya.in](http://www.sjmahavidyalaya.in)



Phone: 7501133806

# SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

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## Brochure of State Level webinar On

## Improving Ourselves and Spreading Enlightenment

### Event Overview:

We are pleased to invite you to a one-day state-level webinar titled "Improving Ourselves & Spreading Enlightenment," organized by the Internal Quality Assurance Cell (IQAC) of Swarnamoyee Jogendranath Mahavidyalaya. This event aims to foster self-improvement and disseminate knowledge on various aspects of personal and professional growth.

**Date:** 29th May 2022

**Time:** 8:00 PM onwards

**Platform:** Google Meet

**Registration Fees:** Free of charge

**Google Meet Link:** [Join Meeting](#)

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### Programme Schedule:

- Welcome Address: Dr. Anindya Kisor Bhaumik, President, S. J. Mahavidyalaya
- Resource Person: Mr. Abhishek Sinha, M.Tech., IIT Kharagpur, Software Engineer
- Convener: Mr. Aparesh Mondal, Assistant Professor (HoD) of Geography, S. J. Mahavidyalaya
- Chief Patron: Dr. Ratan Kumar Samanta, Principal, S. J. Mahavidyalaya
- IQAC Coordinator: Mr. Prasad Ranjan Chakrabarti, Assistant Professor of Sanskrit, S. J. Mahavidyalaya
- Vote of Thanks: Organising Committee



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## Course Objectives:

1. Enhancing Self-Awareness: Develop a deeper understanding of personal strengths and areas for improvement.
2. Promoting Lifelong Learning: Encourage the adoption of continuous learning habits for personal and professional development.
3. Cultivating Enlightened Leadership: Foster leadership qualities that are informed by wisdom and ethical considerations.
4. Networking and Community Building: Create opportunities for participants to connect and collaborate with like-minded individuals.

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## Course Outcomes:

By participating in this webinar, attendees will:

- Gain insights into self-improvement techniques and strategies.
- Learn about the importance of lifelong learning and how to integrate it into daily life.
- Understand the qualities of enlightened leadership and how to embody them.
- Build a network of peers and experts for future collaboration and support.

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## Syllabus Covered

1. Introduction to Self-Improvement:
  - Importance of Self-Awareness
  - Identifying Strengths and Weaknesses
  - Setting Personal and Professional Goals



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## 2. Lifelong Learning:

- The Concept of Lifelong Learning
- Strategies for Continuous Education
- Role of Technology in Learning

## 3. Enlightened Leadership:

- Defining Enlightened Leadership
- Ethical Decision Making
- Inspirational Leadership Styles

## 4. Practical Approaches to Improvement:

- Time Management Techniques
- Developing Emotional Intelligence
- Building Resilience and Adaptability

## 5. Case Studies and Real-Life Examples:

- Successful Self-Improvement Stories
- Leadership Lessons from Various Fields

## 6. Interactive Q&A Session:

- Open Forum for Participant Questions
- Discussion on Future Trends in Self-Improvement and Enlightenment

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### Organising Committee:

- Convener: Mr. Aparesh Mondal, Assistant Professor (HoD) of Geography, S. J. Mahavidyalaya



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Join us to explore the journey of self-improvement and enlightenment. This webinar offers a unique opportunity to learn from experts and connect with peers in a stimulating and supportive environment.



*Samanta*

**Dr. Ratan Kumar Samanta**

*Principal*

Swarnamoyee Jogendranath Mahavidyalaya  
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Notice No- 54/A/22



Date-21.05.2022

## Notice

This is to notify that Swarnamoyee Jogendranath Mahavidyalaya is going to organize a Webinar on Improving Ourselves & Spreading Enlightenment on 29th May 2022 at 8pm through Google Meet. All students, faculty members and staff are requested to attend this programme positively. Meeting link will be shared later.

*Bernad*  
21.05.2022

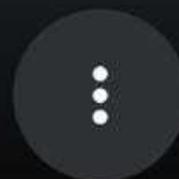
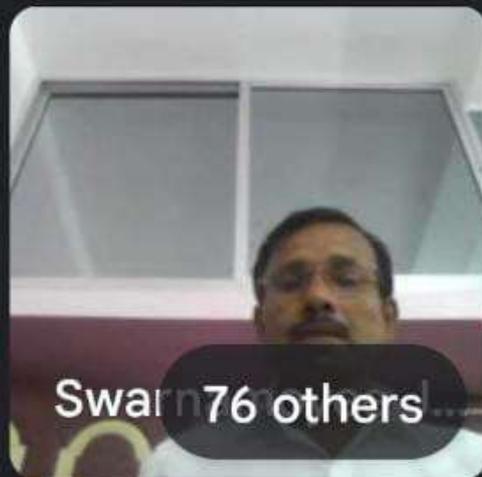
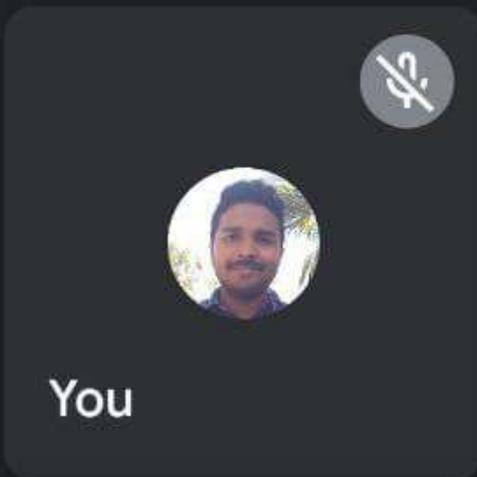
Principal

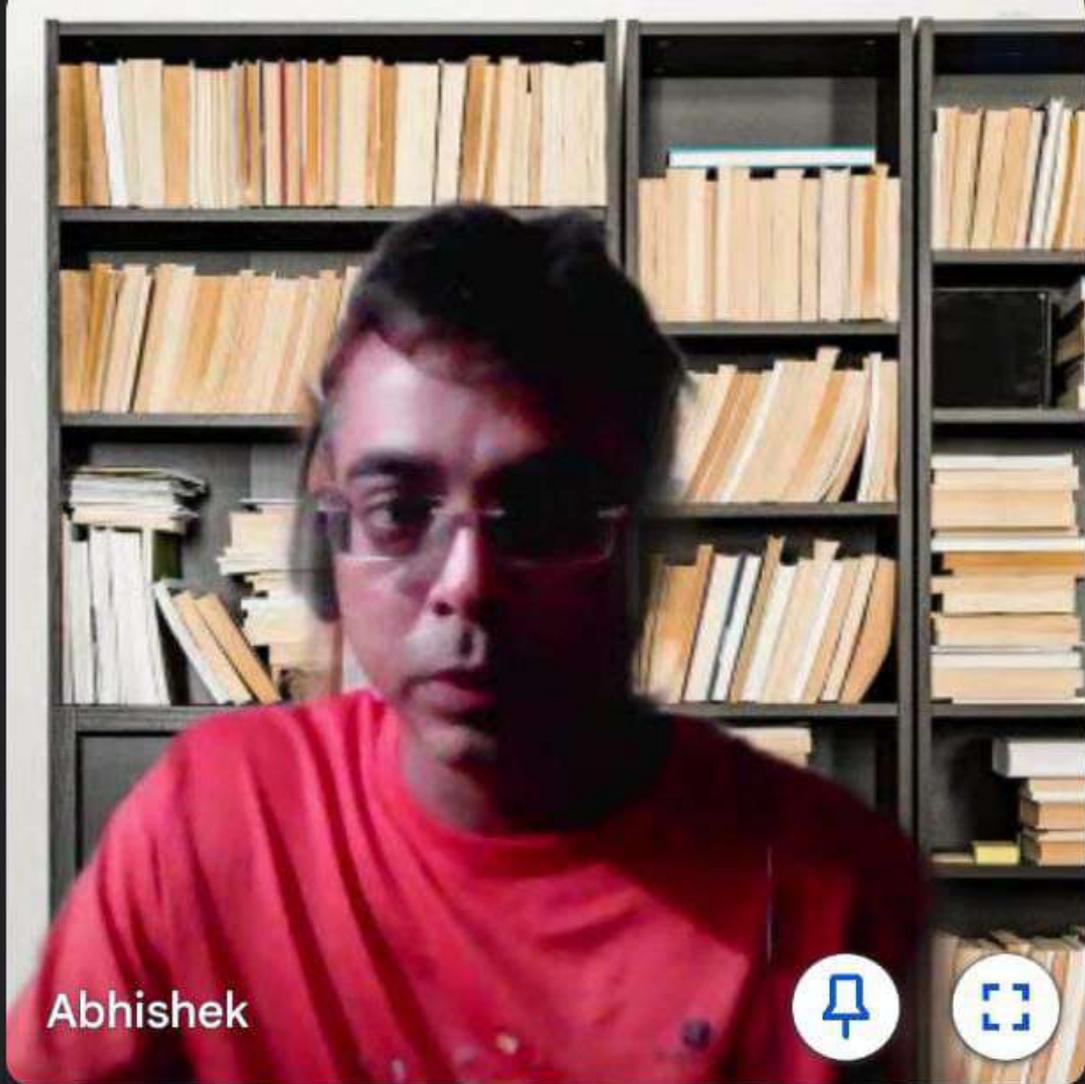
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# "IMPROVING OURSELVES & SPREADING ENLIGHTENMENT"

(Thoughts of JAGARAN-Family)

Abhishek is presenting





Abhishek

Abhishek is in a video call. He is wearing a red t-shirt and glasses. The background is a bookshelf filled with books. There are two icons in the bottom right corner: a bell icon and a square-in-square icon.



“IMPROVING OURSELVES & SPREADING ENLIGHTENMENT”  
(Thoughts of JAGARAN-Family)

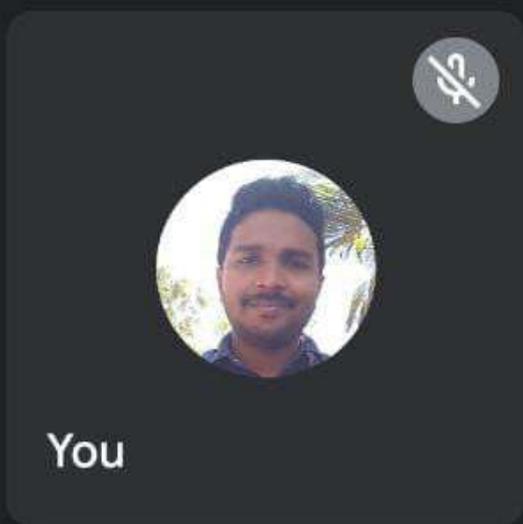
Abhishek is ...

This tile has a yellow background with white text. It includes a mute icon in the top right and a square-in-square icon in the bottom right.



APARESH

APARESH is in a video call. He is wearing a patterned shirt. There is a mute icon in the top right corner.



You

This tile shows a circular profile picture of a man with a beard and a mustache. It has a mute icon in the top right corner.



Anindya K 71 others

Anindya K 71 others is in a video call. The video is very blurry. There is a mute icon in the top right corner.

Anindya Kisor



"IMPROVING OURSELVES & SPREADING ENLIGHTENMENT"

(Thoughts of JAGARAN-Family)

Abhishek...



APARESH



You

Swarn 78 others



Prasad R...



Ratan Kr.



Abhishek



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Sudipta



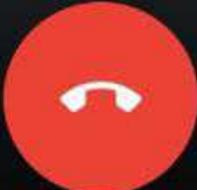
APARESH



You



Anind 19 others



Abhishek Sinha is presenting

“IMPROVING OURSELVES & SPREADING ENLIGHTENMENT”  
(Thoughts of JAGARAN-Family)

Swarnamoyee Jagendran  
APARESH MONDAL  
Anindya Kisor Bhattacharya  
Kakali Bera  
Abhishek Sinha  
You

Samsung Dual Camera  
Shot with my Galaxy M20



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## Report of Webinar on Improving Ourselves and Spreading Enlightenment

### Overview:

On May 29, 2022, the Internal Quality Assurance Cell (IQAC) of Swarnamoyee Jogendranath Mahavidyalaya organized a one-day state-level webinar titled "Improving Ourselves and Spreading Enlightenment." The webinar aimed to promote personal growth and the dissemination of knowledge and enlightenment among participants.

### Organizing Committee and Key Personnel:

The event was meticulously organized by the IQAC of Swarnamoyee Jogendranath Mahavidyalaya, a government-aided general degree college affiliated with Vidyasagar University in Amdabad, Purba Medinipur, West Bengal.

### Programme Schedule:

The webinar commenced at 8:00 PM and was conducted via Google Meet. The link of the Google Meet was <https://meet.google.com/bab-vyycp-sff>.

### Key Speakers and Their Contributions:

#### Resource Person: Mr. Abhishek Sinha

- **Contribution:** Mr. Sinha delivered a keynote address on the importance of continuous self-improvement and the role of technology in spreading enlightenment. He emphasized leveraging modern tools and platforms to enhance personal growth and disseminate knowledge more effectively.

#### Chief Patron: Dr. Anindya Kisor Bhaumik

- **Contribution:** Dr. Bhaumik's address focused on the institutional role in fostering an environment conducive to learning and self-betterment. He highlighted the college's initiatives in promoting educational excellence and personal development.

### Main Topics Discussed:

#### 1. Personal Growth and Development



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- Strategies for continuous self-improvement.
- The impact of self-awareness and mindfulness on personal and professional life.
- The importance of setting and achieving personal goals.

## 2. Role of Technology in Spreading Enlightenment

- Utilizing digital platforms for education and knowledge sharing.
- The benefits and challenges of online learning environments.
- Future trends in technology that can aid in personal and collective enlightenment.

## 3. Institutional Initiatives for Enhancing Quality of Education

- The role of IQAC in maintaining and improving academic standards.
- Innovative practices adopted by Swarnamoyee Jogendranath Mahavidyalaya to enhance learning outcomes.
- Collaborations and partnerships for academic and professional development.

### Participation and Engagement:

The webinar saw active participation from faculty members, students, and academic professionals from various institutions. The participants engaged with the speakers through the chat feature on Google Meet, posing questions and sharing their insights on the topics discussed. The interactive session added significant value to the overall learning experience, fostering a collaborative and intellectually stimulating environment.

### Outcomes of the Webinar:

The webinar successfully achieved several key outcomes, benefiting both the participants and the organizing institution. The notable outcomes include:

#### 1. Enhanced Awareness of Personal Development:

- Participants gained valuable insights into the importance of self-improvement and the techniques to achieve it.



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- The discussions encouraged attendees to reflect on their personal and professional growth trajectories.

## 2. Increased Knowledge on Technology in Education:

- The webinar provided a comprehensive understanding of how technology can be leveraged to enhance educational experiences.
- Participants learned about the latest trends and tools in digital education, fostering a more tech-savvy approach to learning.

## 3. Strengthened Institutional Practices:

- The institution showcased its commitment to academic excellence and quality assurance through the event.
- Sharing best practices and successful initiatives helped in creating a benchmark for other institutions to follow.

## 4. Encouraged Lifelong Learning:

- Emphasizing the importance of lifelong learning, the webinar motivated participants to pursue continuous education and self-improvement.
- The discussions on enlightenment and knowledge dissemination inspired a culture of ongoing learning and curiosity.

## Conclusion:

The state-level webinar on "Improving Ourselves and Spreading Enlightenment" was a resounding success, providing valuable insights into personal development and the effective use of technology in education. The contributions of the distinguished speakers and the active participation of the attendees made the event enriching and impactful. Swarnamoyee Jogendranath Mahavidyalaya's initiative in organizing such events highlights its commitment to promoting academic excellence and personal growth.



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Photo Plate: Mobile Screenshots of Webinar held on 29/05/2022 at Google Meet Platform

Date: 30/05/2022



*Ratan*

**Dr. Ratan Kumar Samanta**  
*Principal*  
Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad :: Purba Medinipur :: Pin-721650



## One Day State Level Webinar

ON

# Improving Ourselves & Spreading Enlightenment

29<sup>TH</sup> MAY, 2022

Organized by

**IQAC, Swarnamoyee Jogendranath Mahavidyalaya**  
Amdabad, Nandigram Block II, Purba Medinipur, 721650, West Bengal

### *Certificate of Participation*

This is to certify that Sri/Smt./Ms. **Chandana Khatua** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day State Level Webinar on *“Improving Ourselves & Spreading Enlightenment”* organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 29<sup>th</sup> May, 2022 on Google Meet platform.

Aparesh Mondal  
Convener  
S. J. Mahavidyalaya

Prasad Ranjan Chakrabarti  
IQAC Coordinator  
S. J. Mahavidyalaya

Dr. Ratan Kumar Samanta  
Principal  
S. J. Mahavidyalaya



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This is to certify that Sri/Smt./Ms. **Kajal Sahoo** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day State Level Webinar on *“Improving Ourselves & Spreading Enlightenment”* organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 29<sup>th</sup> May, 2022 on Google Meet platform.

Aparesh Mondal  
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This is to certify that Sri/Smt./Ms. **Shampa Giri** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day State Level Webinar on *“Improving Ourselves & Spreading Enlightenment”* organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 29<sup>th</sup> May, 2022 on Google Meet platform.

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29<sup>TH</sup> MAY, 2022

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This is to certify that Sri/Smt./Ms. **Krishnendu Jana** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day State Level Webinar on "*Improving Ourselves & Spreading Enlightenment*" organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 29<sup>th</sup> May, 2022 on Google Meet platform.

Apareesh Mondal  
Convener  
S. J. Mahavidyalaya

Prasad Ranjan Chakrabarti  
IQAC Coordinator  
S. J. Mahavidyalaya

Dr. Ratan Kumar Samanta  
Principal  
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This is to certify that Sri/Smt./Ms. **Somnath Dhara** of **Swarnamoyee Jogendranath Mahavidyalaya** attended the One Day State Level Webinar on "*Improving Ourselves & Spreading Enlightenment*" organized by the **Internal Quality Assurance Cell** of **Swarnamoyee Jogendranath Mahavidyalaya**, held on 29<sup>th</sup> May, 2022 on Google Meet platform.

Aparesh Mondal  
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Prasad Ranjan Chakrabarti  
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