



## **Tarakeswar Degree College**

Tarakeswar, Hooghly, West Bengal, PIN-712410

(Affiliated to The University of Burdwan)

### **Institutional Distinctiveness**

Tarakeswar Degree College (TDC) strives to fulfill its vision of "Empowering Minds, Enriching Lives: Education for Today and Tomorrow" through a comprehensive mission that prioritizes transforming teaching and learning, diversifying educational access and support, and cultivating community and industry partnerships. Central to this mission is the commitment to diversifying educational access and support, a cornerstone of the institution's identity and impact. This write-up focuses on the college's distinctive performance in diversifying educational access and support, aligning with mission statement number two.

### **Understanding TDC's Student Population**

TDC occupies a unique position in the rural Hooghly district of West Bengal. Nestled amidst an agricultural landscape, the college caters primarily to students from farming communities, particularly for females. These students often hail from families whose livelihoods are rooted in agriculture, representing a significant portion of the college's enrollment. Many students come from families with limited financial resources, where access to higher education may be a challenge. TDC's commitment to affordability and scholarships plays a crucial role in enabling these students to pursue their academic aspirations without undue financial burden. TDC proudly boasts a student body where 60-65% are women, reflecting a deliberate effort to promote gender equality in educational opportunities. This high female enrollment is significant in a region where traditional gender roles and societal expectations might otherwise limit women's access to higher education. The college actively promotes the empowerment of women through education. By providing a conducive learning environment and support services tailored to their needs, TDC strives to empower female students to break barriers, pursue their academic goals, and contribute meaningfully to society.



## Gender Sensitization Programs

To further its commitment to gender equality and the empowerment of women, TDC has implemented several gender sensitization programs that address the specific needs and challenges faced by female students. These programs aim to foster a safe, inclusive, and supportive environment for all students.

### 1. Self-Defence Program

- **Objective:** Equip female students with the skills and confidence to protect themselves in potentially dangerous situations.
- **Activities:** Regular self-defence classes and workshops conducted by trained professionals. These sessions cover basic self-defence techniques, situational awareness, and strategies for personal safety.

### 2. Psychology Camp

- **Objective:** Address the mental health needs of students, with a focus on issues such as stress, anxiety, and emotional well-being.
- **Activities:** Counseling sessions, mental health workshops, and peer support groups facilitated by qualified psychologists. These activities provide students with tools to manage stress, build resilience, and maintain mental well-being.

### 3. Mental Health and Well-being Camp

- **Objective:** Promote overall mental health and well-being among students.
- **Activities:** Holistic wellness programs that include yoga, meditation, and mindfulness sessions. Students participate in activities designed to enhance their mental and emotional health, fostering a balanced and healthy lifestyle.

#### 4. **HIV/AIDS Awareness Camp**

- **Objective:** Educate students about HIV/AIDS prevention, treatment, and the importance of regular health check-ups.
- **Activities:** Interactive workshops and seminars led by healthcare professionals. These sessions provide accurate information about HIV/AIDS, debunk myths, and encourage safe practices and regular testing.

#### 5. **Taekwondo Training Camp**

- **Objective:** Promote physical fitness and self-discipline while providing practical self-defence skills.
- **Activities:** Regular Taekwondo training sessions where students learn martial arts techniques, discipline, and the importance of physical fitness. This training also builds confidence and self-esteem.

#### 6. **NSS and NCC Units**

- **Objective:** Encourage active participation of female students in community service and leadership activities.
- **Activities:** The NSS and NCC units at TDC have a major representation of female members who engage in various community service projects, leadership training, and national integration camps. These activities provide opportunities for personal growth, leadership development, and community engagement.

#### 7. **Handicraft Fair**

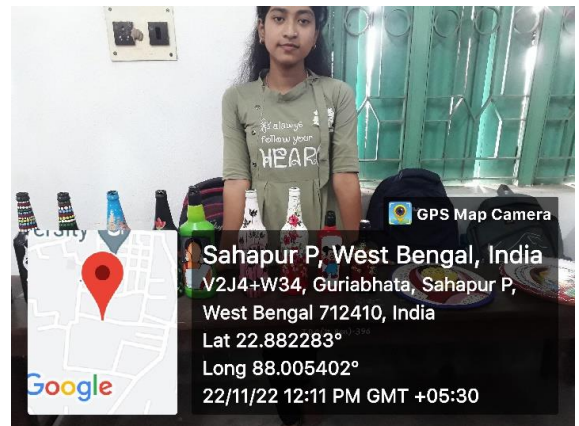
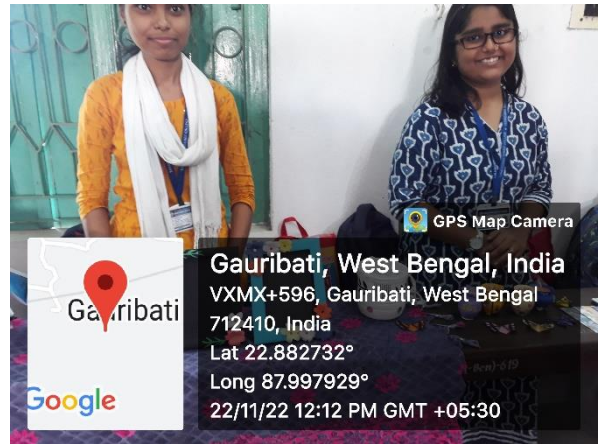
- **Objective:** Showcase the artistic talents of female students and promote self-sufficiency and entrepreneurship.
- **Activities:** Organizing an annual handicraft fair where students display and sell their handmade crafts. This event encourages creativity, provides a platform for showcasing skills, and promotes financial independence among female students.

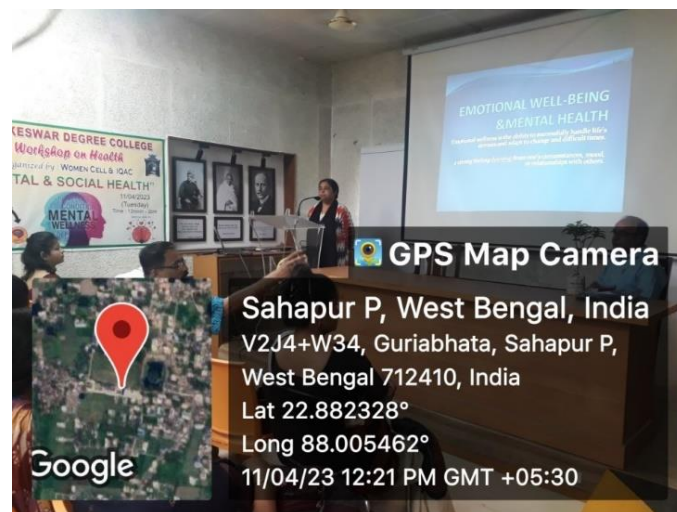
#### 8. **Food Festival**

- **Objective:** Highlight the culinary skills of female students and promote self-reliance.
- **Activities:** Hosting a food festival where students prepare and sell a variety of dishes. This event not only showcases their cooking talents but also teaches important business and entrepreneurial skills, fostering a sense of self-sufficiency.

By implementing these gender sensitization programs, TDC aims to create a supportive environment where female students can thrive academically and personally. These initiatives not only address the immediate safety and well-being of female students but also empower them to become confident, informed, and active contributors to society. TDC's efforts in promoting gender equality and women's empowerment are integral to its mission of providing inclusive and holistic education to all its students.







TDC's commitment to diversification goes beyond enrollment statistics. The college implements various initiatives to ensure academic success for all students:

### Capacity Development and Skills Enhancement

The contemporary job market demands a diverse skill set that extends beyond academic knowledge. Recognizing this, Tarakeswar Degree College has implemented a robust framework of capacity development and skills enhancement activities designed to elevate students' capabilities and prepare them for the challenges of today and tomorrow. This initiative is multi-faceted, encompassing soft skills, language and communication skills, life skills, and ICT/computing skills.

## 1. Soft Skills Development:

In today's competitive job market, academic qualifications are no longer the sole differentiator. Recognizing this, Tarakeswar Degree College prioritizes the development of essential soft skills, fostering well-rounded graduates who thrive in diverse work environments.

Through a comprehensive program of workshops and training sessions, students hone their abilities in



critical areas such as leadership, teamwork, problem-solving, and emotional intelligence. These programs move beyond theory, immersing students in practical scenarios that equip them to:

- **Navigate interpersonal relationships** with professionalism and emotional maturity.
- **Develop effective communication styles** that foster collaboration and mutual understanding within teams.
- **Employ stress management techniques** and cultivate a positive mindset when confronted with

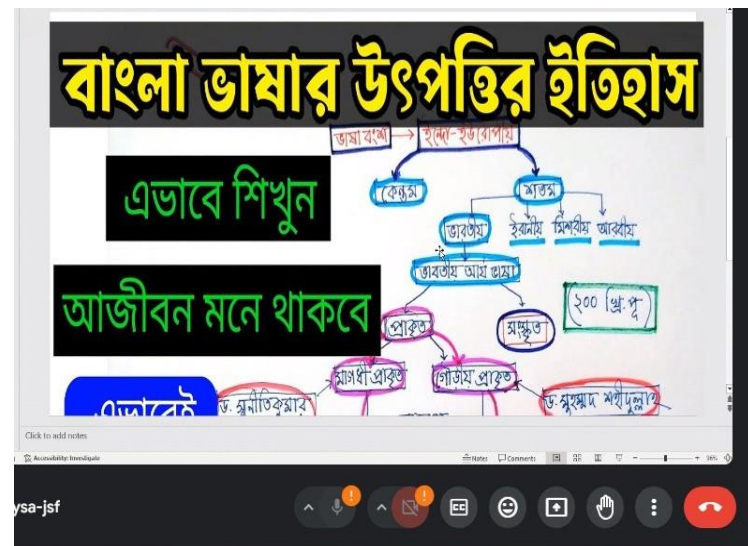
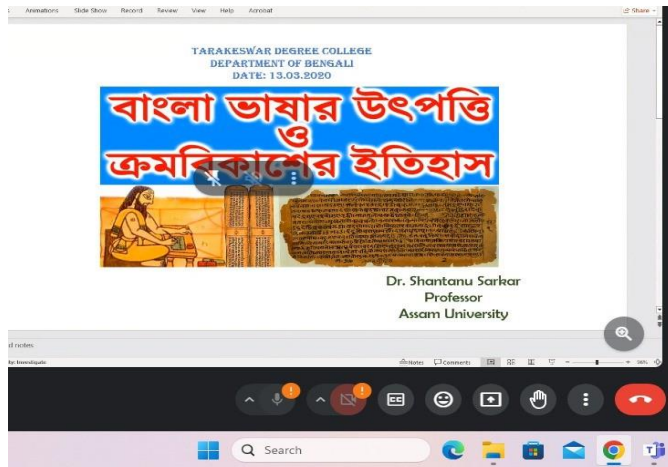
challenges.

By emphasizing soft skills development, Tarakeswar Degree College ensures its graduates are not just academically qualified, but also possess the interpersonal and intrapersonal skills highly sought after by employers. This comprehensive approach empowers them to not only excel in technical aspects of their jobs but also become valuable assets who can effectively lead, collaborate, and adapt to the ever-evolving complexities of the modern workplace.





**2. Language and Communication Skills:** Effective communication is a cornerstone of success in any field. The college provides extensive training in language and communication skills, recognizing the importance of fluency and clarity in both personal and professional contexts. Through language labs, debate clubs, and public speaking workshops, students enhance their verbal and written communication abilities, preparing them to articulate their ideas confidently and persuasively.



**চলিত ভাষা**  
কোনো একটি প্রধান ভাষার আওতাভুক্ত সমগ্র ভূখণ্ডের বিভিন্ন অঞ্চলে বিভিন্ন কথ্যরূপ বা মৌখিক ভাষা ব্যবহৃত হয়। মুখের ভাষাকে লিখিত ভাষায় ব্যবহার করার উদ্দেশ্যে চলিত ভাষার প্রচলন হয়। তবে সবার মুখের ভাষাই চলিত ভাষা নয়, কারণ মুখের ভাষা অঞ্চলভেদে পরিবর্তন হয়। তাই নির্দিষ্ট অঞ্চলে একটি নির্দিষ্ট এলাকার শিক্ষিত ও শিল্পজ্ঞানের মৌখিক ভাষাকে মান চলিত ভাষা হিসেবে স্বীকৃতি দেওয়া হয়। উল্লেখ্য, ভাগীরথী নদীর তীরবর্তী এলাকা এবং কলকাতার ভদ্র ও শিক্ষিত সমাজে ব্যবহৃত মৌখিক ভাষাটিকে অল্প-বিশুর পরিমার্জিত করে একটি সর্বজনবোধ্য আদর্শ কথা ভাষা গড়ে তোলা হয়। এটাই হলো বাংলার আদর্শ চলিত ভাষা। বাংলা ভাষাভাষী শিক্ষিত জনগণ এ আদর্শ ভাষাতেই পারস্পরিক ভাবের আদান-প্রদান করে থাকে। চলিত ভাষা বর্তমানে একাধারে দেখার ভাষা ও মুখের ভাষা।

**1. Life Skills:**

Life skills education is a vital component of the college's holistic development approach. Programs on yoga, physical fitness, health, and hygiene promote a balanced lifestyle, encouraging students

to maintain physical and mental well-being. These activities not only improve students' quality of life but also instill habits that contribute to long-term health and productivity. Tarakeswar Degree College recognizes that academic success thrives alongside a foundation of well-being. Life skills education forms a vital pillar of their holistic development approach, equipping students with the knowledge and practices necessary to cultivate a balanced and fulfilling life.

### **Investing in Physical and Mental Wellness:**

- **Yoga and Physical Fitness Programs:** The college offers yoga sessions and physical fitness programs, promoting a healthy lifestyle that enhances physical strength, flexibility, and cardiovascular health. These practices not only benefit students' physical well-being but also serve as powerful tools for stress management and mental clarity.
- **Comprehensive Health and Hygiene Education:** Through workshops and interactive sessions, Tarakeswar Degree College empowers students with the knowledge necessary to maintain good health and hygiene practices. This education equips them to make informed choices about nutrition, sleep patterns, and preventive healthcare, fostering long-term well-being.

### **Beyond the Immediate Benefits:**

These life skills programs extend far beyond the improvement of students' immediate quality of life. By actively participating, students cultivate habits that contribute to long-term health and productivity:


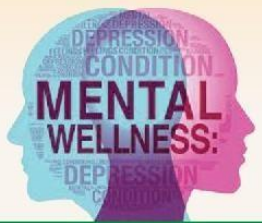

- **Enhanced Focus and Concentration:** Improved physical well-being directly translates to enhanced focus and concentration within the classroom. Students who prioritize a healthy lifestyle are better equipped to retain information, actively participate in lectures, and excel academically.
- **Stress Management Techniques:** Life skills education equips students with valuable stress management techniques learned through yoga and other practices. These tools empower them to navigate academic pressures and future professional challenges with greater resilience and emotional balance.
- **Building a Foundation for Lifelong Healthy Habits:** The knowledge and practices acquired through Tarakeswar Degree College's life skills programs empower students to make informed choices about their well-being throughout their lives. These habits contribute to a sense of self-efficacy and empower graduates to become proactive


participants in their own health journey.

By integrating life skills education into their curriculum, Tarakeswar Degree College fosters not just academically qualified graduates but well-rounded individuals equipped to thrive in all aspects of life. Their commitment to student well-being ensures graduates are prepared to navigate academic challenges, future careers, and personal endeavors with a healthy and balanced approach.




**TARAKESWAR DEGREE COLLEGE**  
**Workshop on Health**  
 Organized by : WOMEN CELL & IQAC  
**"MENTAL & SOCIAL HEALTH"**  
 11/04/2023  
 (Tuesday)

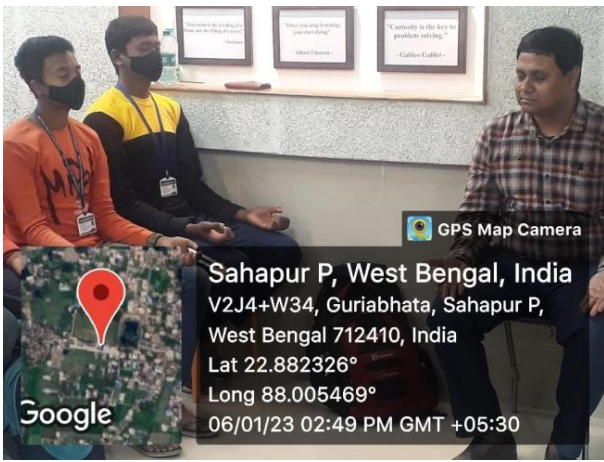


GPS Map Camera

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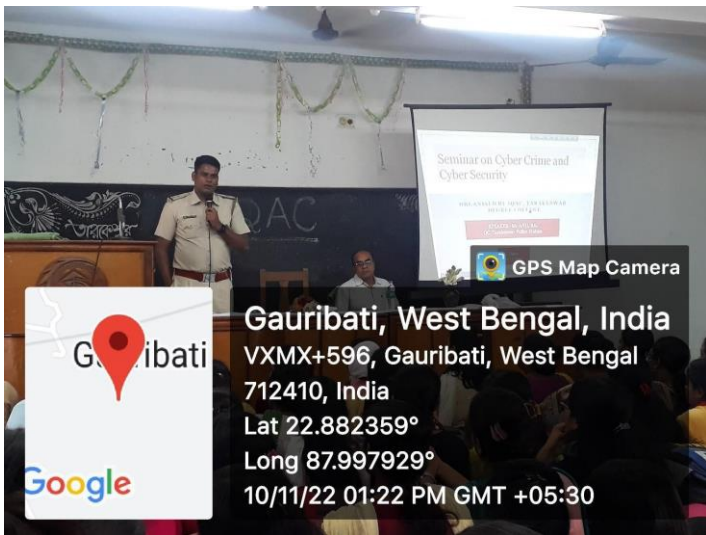
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## 2. ICT/Computing Skills:

In an increasingly digital world, proficiency in information and communication technology (ICT) is essential. Tarakeswar Degree College offers courses and workshops on computing skills, ensuring students are adept at using various software and technologies. This training encompasses basic computer literacy to advanced IT skills, equipping students with the tools necessary to excel

in technologically driven industries.



Dear Friends,

It gives us immense pleasure in inviting you to participate in the one day State Level Webinar on "Cyber Security: Cyber Crime and Legal Intervention" on July 14th, 2021 going to be organized by Department of Computer Science in collaboration with IQAC, Tarakeswar Degree College, Tarakeswar, Hooghly, 712410 (West Bengal).

This State Level Webinar aims to create a coherent framework for understanding Cyber Crime. The analysis is from legal point of view and various contemporary aspects relating to cyber criminality are touched upon.

**Patron**  
 Dr. Anil Kumar Hald  
 President,  
 Tarakeswar Degree College,  
 Tarakeswar, Hooghly.

**General Chair**  
 Dr. Aravindh Maalik (Bsc)  
 Co-ordinator, IQAC,  
 Tarakeswar Degree College.

**Programme Co-ordinator**  
 Mr. Sandip Toppa  
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**Organizing Secretary & Convener**  
 Mr. Ananda Khanna  
 Department of Computer Science,  
 Tarakeswar Degree College.

**Technical Co-ordinator**  
 Mr. Sh. Md Akbar Rahman  
 SACT,  
 Tarakeswar Degree College,  
 Department of Computer Science.

**Invited Speaker**  
 Mr. Brijraj Vittalakarna  
 (Assistant Professor, Department of Law)  
 Kazi Nazim University

**Registration Link:**  
<https://forms.gle/3L5Y9v0e9T1Pz4e2>

**Google Meet Joining Link:**  
<https://meet.google.com/ajm-qtzn-ny>

**No Registration Fees Required!!**

**For Any Query Contact:**  
 Mr. Ananda Khanna (7001954863)  
 Mr. Sandip Kumar Banerjee (7001821977)

E-Certificates will be provided to all the participants who will remain present in the session.

Dear Friends,

It gives us immense pleasure in inviting you to participate in the one day State Level Webinar on "Cyber Security: Cyber Crime Causes and Prevention Techniques" on July 17th, 2021 going to be organized by Department of Computer Science in collaboration with IQAC, Tarakeswar Degree College, Tarakeswar, Hooghly, 712410 (West Bengal).

This State Level Webinar aims to create an awareness about cyber crime causes for understanding, the management of Cyber threats. Also, it will be discussed how we can protect ourselves by following some useful methods.

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 SACT,  
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**Invited Speaker**  
 Mr. Kuntal Sidhartha  
 Officer of Cyber Crime Police Station,  
 Lalbaha, Kolkata.

**Registration Link:**  
<https://forms.gle/3L5Y9v0e9T1Pz4e2>

**Google Meet Joining Link:**  
<https://meet.google.com/ajm-qtzn-ny>

**No Registration Fees Required!!**

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 Mr. Sandip Kumar Banerjee (7001821977)

E-Certificates will be provided to all the participants who will remain present in the session.

Dear Friends,

It gives us immense pleasure in inviting you to participate in the one day National Level Webinar on "A Close View of Algorithm" on July 22nd, 2021 going to be organized by Department of Computer Science in collaboration with IQAC, Tarakeswar Degree College, Tarakeswar, Hooghly, 712410 (West Bengal).

**Abstract of Title:**  
 This National Webinar aims to discuss about the algorithm of computing, which is the systematic study of algorithmic processes that describe and transform information. It deals theory, analysis, design, efficiency, implementation, and applications. Writing a program is systematically involving but a good programmer observes it as scientifically repeating, essentially much like composing poetry or music. It was originally observed by Rabinowitch. There is the beginning of the 21st Century. Algorithms are designed to train us in various skills that get into a program's craft. Computer Science is the science and technology associated with design and analysis of efficient Algorithms. Big science is organized human team, since the computer has an enormous arena, we must know how a computer can understand a program and give a result. Algorithm is one-day's habit logical and step by step recreation. I found the gates of the machine to one built on algorithms. These habits are new and steady with the time. According to Feynman, by 2020 we will have multibillion technology mapping transmitting into almost like computer.

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**Technical Co-ordinators**  
 Mr. Sh. Md Akbar Rahman  
 SACT,  
 Tarakeswar Degree College,  
 Department of Computer Science.

**Invited Speaker**  
 Dr. KRISHNENDU BASU  
 Asst. Professor, Dept. of Computer Science,  
 West Bengal State University.

**Registration Link:**  
<https://forms.gle/3L5Y9v0e9T1Pz4e2>

**Google Meet Joining Link:**  
<https://meet.google.com/ajm-qtzn-ny>

**No Registration Fees Required!!**

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 Mr. Sandip Kumar Banerjee (7001821977)

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## Achievements in Sports and Extracurricular Activities

The college's emphasis on holistic development extends to extracurricular activities, particularly in sports. Over the past four years, students of Tarakeswar Degree College have earned 112 awards (due to covid-19 , sports or extracurricular activities could not take place) and medals for outstanding performance in sports at university, state, and national levels. This remarkable achievement underscores the college's dedication to nurturing talent and promoting physical fitness. While these accolades are certainly noteworthy, the true value lies in the underlying philosophy. By promoting sports and extracurricular activities, Tarakeswar Degree College equips students with valuable life skills that complement their academic pursuits. Participation in sports fosters:

- **Teamwork and Collaboration:** The very nature of sports necessitates effective teamwork and collaboration. Students learn to work together towards a common goal, developing strong communication and interpersonal skills.
- **Discipline and Perseverance:** Succeeding in sports demands discipline and perseverance. Through regular practice and dedication, students cultivate these essential traits, which translate into academic success and future career pursuits.
- **Leadership and Sportsmanship:** Sports offer opportunities for students to develop leadership qualities and a spirit of healthy competition. These valuable skills translate into various aspects of life, fostering well-rounded individuals.





### **Add-On Courses for Job Market Competency**

To enhance employability, Tarakeswar Degree College has introduced nearly 40 add-on courses over the past five years. These courses, tailored to meet the evolving demands of the job market, cover a wide range of subjects from technical skills to vocational training. By offering these additional learning opportunities, the college ensures that its students are not only academically proficient but also industry-ready. By providing these add-on courses, Tarakeswar Degree College empowers its graduates in several key ways:

- **Enhanced Employment Prospects:** Graduates with industry-relevant skillsets are demonstrably more competitive in the job market. These courses provide a valuable edge, increasing their chances of securing their desired positions.
- **Addressing the Skills Gap:** Many employers report a persistent skills gap between fresh graduates and their job requirements. Tarakeswar Degree College's add-on courses bridge this gap by equipping students with the practical skills employers are actively seeking.

- **Confidence and Adaptability:** Possessing a diverse skillset fosters confidence in graduates and prepares them to readily adapt to the ever-evolving work environment. These courses empower graduates to embrace new challenges and thrive in their chosen career paths.

#### **A Commitment to Graduate Success:**

Tarakeswar Degree College's unwavering focus on employability skills development underscores their dedication to graduate success. By strategically complementing traditional academics with these targeted courses, the college ensures its graduates are not only well-educated but also demonstrably industry-ready. This comprehensive approach equips them with a competitive edge and positions them for success in today's dynamic job market.

#### **Fostering Responsible Citizens**

Nurturing responsible citizens is a core component of the college's mission. Through the National Service Scheme (NSS), students engage in various community service initiatives that promote social awareness and civic responsibility. Strategic poster campaigns led by NSS volunteers raise awareness about critical issues such as water and electricity conservation, emphasizing the importance of sustainable resource management. Participation in national celebrations like Republic Day, Independence Day, and Yoga Day fosters a sense of patriotism and civic duty, cultivating informed and engaged citizens.

The NSS program goes beyond raising awareness. By actively participating in service projects, students gain valuable firsthand experience:

- **Developing Empathy and Social Responsibility:** Volunteering within the community allows students to connect with real-world issues and cultivate a sense of empathy for those in need. This fosters a commitment to social responsibility and a drive to contribute positively to society.
- **Building Leadership and Teamwork Skills:** Planning and executing service projects require teamwork and leadership. The NSS program provides opportunities for students to develop these essential skills, preparing them to be effective contributors in future endeavors.

## The Path to Active Citizenship:

Tarakeswar Degree College, through the NSS program, empowers students to become not just academically qualified graduates, but also responsible and engaged citizens. By fostering social awareness, civic duty, and a commitment to service, the college equips its students to make a positive impact on their communities and contribute meaningfully to the nation's development.







## **Sustained Social Responsibility**

The college's social responsibility program extends beyond immediate actions, fostering a culture of service and social awareness that persists long after graduation. Alumni often remain involved, volunteering their time and expertise to support ongoing initiatives. This creates a sustainable cycle of giving back, ensuring the college's positive impact continues to ripple outward for generations. By fostering collaboration, empowering students, and addressing community needs, Tarakeswar Degree College serves as a model for educational institutions seeking to make a meaningful difference in the world.

## **Conclusion**

Tarakeswar Degree College's distinctive approach to education, characterized by its comprehensive capacity development and skills enhancement programs, positions it as a leader in holistic student development. By empowering students with a diverse skill set, promoting physical and mental well-being, encouraging sports excellence, and fostering a sense of social responsibility, the college embodies its vision of empowering minds and enriching lives. The initiatives undertaken by the college not only prepare students for academic and professional success but also cultivate responsible, engaged citizens ready to contribute positively to society. This holistic approach, deeply rooted in the college's mission and vision, ensures that Tarakeswar Degree College remains a nurturing ground for future leaders and changemakers.