



NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

(Govt. Aided B. Ed. & B. P. Ed. College)

NCTE Recognized: NAAC Accredited :BSAEU Affiliated

P.O. Bishnupur : Dist - Bankura

Phone – 9434202242 : website- nbsmahavidyalaya.org

No. F/27/ NBSM/2023/

Dated: 25.7.23

Subject :General Meeting of the IQAC to be held on 02.08.23 at 1.30 PM

President/ Secretary/ Member, Governing Body

Sir/Madam,

This is for your kind information that a General Meeting of the IQAC, Nikhil Banga Sikshan Mahavidyalaya, Bishnupur, Bankura would be held on 02.08.2023 at 1.30 PM at Principal's chamber to discuss the following agenda:-

1. To read and confirm the proceedings of the meeting dated 23.05.23
2. To discuss about the introduction of Add on course on Soft skill and approve its syllabus
3. To discuss about the programme for 3 days FDP programme
4. To discuss about the programme for student orientation programme for session 2023-25
5. To discuss about the getting of Fire Safety certificate from the appropriate authority
6. To discuss about the organization of Research methodology workshop
7. To discuss about the work of book entry into the ILMS KOHA cloud of NBSM by the Avior Technologies
8. To discuss about the progress of submission of data of AQAR for the year 2022-23
9. Miscellaneous

All the honorable members are requested to make it convenient to attend the meeting.

Yours faithfully,

S. Golui
25.7.23.
(Dr. Santanu Golui)

Co-ordinator
IQAC

ESTD-1969

Copy to (i) Dr. Bhim Chandra Mondal, (ii) Dr. Diptiman Ghosh, (iii) Dr. Nityananda Karmakar, (iv) Dr. Kalpataru Mondal, (v) Dr. Sumanta Sarkar, (vi) Dr. Sanjib Nath, (vii) Rabindranath Patra (viii) Dr. Arpan Bhattacharyya (ix) Krishnapada Kundu (x) Md. Jamauddin Sk. (xi) Bittu Laha (xii) Office file for record

MEETING RESOLUTION BOOK

Meeting No. 21

NAME OF MEMBERS PRESENT

Date 2/8/23

Place NBSM

Time 1:30 PM

1. Mondal 2/8/23
2. Diptiman A.K. 2.08.23
3. Ph 2.8.23
4. Ph 2.8.23
5. Al 2/8/23
6. Biswas 2/8/23
7. K. Mondal 2/8/23

8. [Signature]
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

No.

Resolutions Adopted

A general meeting of the Internal Quality Assurance Cell (IQAC), Nikhil Banga Sikshan Mahavidyalaya, Bishnupur, Bankura held on 02.08.2023 at 1.30 P.M. under the Chairmanship of Prof. (Dr.) Bhim Chandra Mondal, Principal, to discuss the agenda as communicated vide letter No. F/27/NBSM/2023/ dated 25.07.2023. With prior permission to President, the meeting was started and following resolution has been adopted:

Resolution against Agenda 1: The proceedings of the meeting dated 23.05.2023 has been read and confirmed by the members.

Resolution against Agenda 2: The Principal informed the members that Academic Committee (B.Ed.) recommended to introduce Add on course on "Life Skill Education (LSE)" and also approved the curriculum for that course as under:

Curriculum for Life Skill Education (LSE)

There is a worldwide shift from conventional educational system to competence based qualification system. With a view to make the skills acquired by the learners acceptable nationally, the curricula and system of certification should align with the National Occupational Standards. To facilitate offering of nationally standardized skill related programs, the Government of India has notified the National Skills Qualifications Framework (NSQF) on 27th December 2013. It is a nationally integrated education and competency-based skill framework which provides for multiple



pathways, both within vocational education and between general and vocational education, to link one level of learning to another higher one and enables learners to progress to higher levels from any starting point in the education and/or skill system.

Education as the backbone of society should be the best catalyst in self development. But our conventional education system, being rote dependent, only produces qualified students who are not industry ready. To bridge this gap between being academically qualified yet not being employable, the demand is to introduce Life Skills Education which will lead to holistic development of a student and in the process create an efficient workforce ensuring bright futures for the students and for India as a whole.

In view of the above context, Nikhil Banga Sikshan Mahavidyalaya, Bishnupur, West Bengal, proposes to start a **34 hours** Add-on Course on Life Skills Education based on the ten Life Skills on mental health approved by World Health Organization (WHO) such as (i) Self-awareness, (ii) Empathy, (iii) Managing Emotions, (iv) Communication Skills, (v) Managing Stress, (vi) Decision Making, (vii) Critical Thinking, (viii) Creative Thinking, (ix) Interpersonal Relationships and (x) Problem Solving.

Rationale for the course

The Life Skills are uniquely used in the course for self-development and well-being in the following ways-

1. Self-awareness-know own strengths, weaknesses, opportunities and threats (SWOT) in all contexts, acting accordingly
2. Empathy-understand others in varied life situations from their perspectives ensuring own well-being and that of others
3. Managing Emotions-gain emotional intelligence in various life situations, reducing negativity in self and others
4. Communication Skills- listen and respond properly while interacting, handling destructive criticism and manipulation
5. Interpersonal Relationships- foster relations in all social domains (family, friends etc) spreading positivity in everyone
6. Managing Stress- handle pressure and tension in varied life situations, enhancing own wellbeing and that of others
7. Problem Solving-tackle barriers in different life situations with updated skills and tools, accessing proper resources



8. Decision Making- take better decisions-ethical/moral/rational etc with informed choices, handling intra psychic conflict
9. Critical Thinking-be rational personal life, with self-reflection to analyse and assess self and surroundings better
10. Creative Thinking-have novelty in all life situations, finding new ways to handle the demands of the new normal.

Course Level Outcomes (CLO)

Sl No	Title of the Module	Course Learning Outcomes (CLO)
Unit 1	Mental health	After completing the course the student will be able to <ol style="list-style-type: none"> 1. Explain mental health at their own words 2. Discuss about the importance of mindfulness 3. Establish relationship between mental health and mindfulness 4. Explain Self in the light of Freud's and Roger's view 5. Compare between Freud's and Roger's view 6. Apply their own concepts towards decision making
Unit II	Empathy	After completing the course the student will be able to <ol style="list-style-type: none"> 1. Define empathy and its characteristics 2. Explain interpersonal relationship (IR) 3. Interpret Alder's concepts on interpersonal relationship (IR)
Unit III	Emotions	After completing the course the student will be able to <ol style="list-style-type: none"> 1. Explain the concept of emotions 2. Establish relationship between emotion and empathy 3. Discuss cognitive disorder (CD) 4. Manage their own emotions 5. Explain the theory of CBT 6. Apply CBT to the needed person
Unit IV	Communication	After completing the course the student will be able to <ol style="list-style-type: none"> 1. Explain the concept of communications 2. Describe different cycles of communications 3. Apply the techniques of criticism in the appropriate situation
Unit V	Stress	After completing the course the student will be able to



	Management	<ol style="list-style-type: none"> 1. Identify the symptoms of stress 2. Acquire the skills of stress management 3. Apply CBT towards stress management
Unit VI	Problem- solving ability	<p>After completing the course the student will be able to</p> <ol style="list-style-type: none"> 1. Discuss the nature of problem solving ability 2. Acquire the skills of problem solving ability

Unit 1 :Mental health

9 hours

Module 1 :Concepts of Health, Mental Health, - Bio-psycho-social Model and relevance of life skill.
2 hours

Module 2 : Self awareness & Self concept: Awareness, Understanding and Accepting Self - Freud's and Rogers' perspectives **2 hours**

Module 3 :Value-based conflicts and role of Decision Making (DM) to handle them **2 hours**

Module 4 :Lifespan development- Erikson's Epigenesis, focusing on adolescent issues **3 hours**

Unit II: Empathy

6 hours

Module 5 : Definition; Characteristics , process, myths, relevance of empathy. **2 hours**

Module 6 :Interpersonal Relations (IR) ; IR- their nature, dynamics and myths. TA for IR. Gender Issues and Birth Order in IR- Adler's concepts **4 hours**

Unit III : Emotions

5 hours

Module 7 : Emotions : Meaning & concepts of emotions;Cognitive Techniques to Manage Emotions (ME) ; Cognitive Distortions (CDs); Handling CDs ; Stages of ME, ABCDE Model for Rational Thinking- Ellis' Theory and CBT ; Behavioural Techniques for ME- demonstrations on Deep Breathing, Guided Imagery, JPMR and SIT. **5 hours**

Unit IV : Communication

7 hours

Module 8: Communication Styles (CS)- Aggressive, Passive and Passive-aggressive;Myths about the CS;Assertive Communication (AC)- its nature, process, uses and role of Empathy in it **4 hours**

Module 9: Criticism and Manipulation (CM)- Feedback Principles for Constructive Criticism; Handling CM, Negotiation (N)- its types and styles of win-win N- Collaboration **3 hours**

Unit V : Stress management

4 hours

Module 10: Stress- its nature, symptoms; Stress and Well-being; Managing Stress- CBT techniques and Resource Building **4 hours**



Unit V: Problem – solving ability**3 hours****Module 11: Problem Solving- Role of Creative and Critical Thinking and Decision Making 3 hours**

The members discussed the curriculum and approved the curriculum. It has also been resolved that Add on course on **Life Skill Education (LSE)** be started w.e.f **2nd week on November 2023**.

Resolution against Agenda 3: The Principal proposed to conduct a 3 days Faculty Development Programme (FDP) for the faculty members of colleges and Universities. He also placed a draft schedule for the programme for approval from the committee. The members of the committee discussed the matter and it was resolved that –

- *3 days Faculty Development Programme (FDP) be conducted at Nikhil Banga Sikshan Mahavidyalaya. Draft schedule also been approved and may be modified as required. The participants will be provided tiffin and lunch and Rs 500/- will be collected as registration fee.*

Resolution against Agenda 4: The Coordinator, IQAC placed the draft schedule for orientation programme for the students of both B.Ed and B.P.Ed of session 2023-25. The members of the committee discussed the matter and approved the following schedule :

Time	Programme	Speaker
04.10.2023		
11.00 AM – 12.00 PM	Inauguration and staff introduction	
12.00. – 1.30 PM	Self-introduction by both B.Ed & B.P.Ed students	
1.30 PM – 2.00PM	Tiffin Break	
2.00 – 3.00 PM	Academic Calendar & Academic plan for 2023-24 by Dr. Bhim Chandra Mondal, Principal	
3.00- 4.00 PM	Course structure for B.Ed by Dr. Diptiman Ghosh , Associate Professor, B.Ed Department at Seminar hall	Course structure for B.P.Ed by Dr. Nityananda Karmakar Associate Professor & HoD, Physical Education Department at Room No. 22
05.10.2023		
11.00 AM – 12.00 PM	Code of Conduct for B.Ed Students including Hostels By Dr. Santanu Golui , Assistant Professor, B.Ed department	Code of Conduct for B.P.Ed Students including Hostels By Dr. Sumanta Sarkar , Assistant Professor, B.P.Ed department at Room 22
12.00. – 1.00 PM	Infrastructure including Library by Dr. Samit Kumar Das , Assistant Professor, B.Ed department	
1.00 PM – 2.00PM	Tiffin Break	



2.00 – 3.00 PM	Awareness regarding Digilocker, NAD and Creation of ABC ID by Sanjay Bhunia , Assistant Professor, B.P. Ed department	
3.00 – 4.00 PM	Sports Facility by Dr. Susanta Jana , Assistant Professor, B.P.Ed department	
06.10.2023		
11.00 AM – 12.00 PM	Student welfare scheme including Student Credit Card by Dr. Kalpataru Mondal	
12.00. – 1.00 PM	Learning Management system (LMS) by Dr. Biswajit Sen , Vidyasagar Teachers Training College, Midnapore	
1.00 PM – 2.00PM	Tiffin Break	
2.00 – 3.00 PM	Self study courses by Dr. Paulami Jana , Sponsored Teachers Training College, Purulia	
3.00 – 4.00 PM	Evaluation of B.Ed students by Arabinda Dey	Evaluation of B.P.Ed students by Tarun Biswas at room 22
4.00 Pm – 4.30 Pm	Feedback from the students	

Resolution against Agenda 5: The Principal inform the members that college has no fire safety certificate from the appropriate authority which is essential from the safety point of view. The members discussed the matter and it was resolved that –

- *Application for fire safety certificate be made at an early date to the appropriate authority. The Coordinator, IQAC is requested to take necessary steps in this matter.*

Resolution against Agenda 6: The Coordinator, IQAC proposed to conduct a Workshop on Research Methodology as recommended by Research Promotion committee. The members discussed the matter and it was resolved that

- *Workshop on Research Methodology be conducted under the guidance of the Coordinator, IQAC.*

Resolution against Agenda 7: The Principal reported that books entry (1st Phase) in ILMS KOHA cloud is completed on 20.7.23 and training on how to use digital library has been provided on 2.8.23. Total 3078 nos of book has been entered into the ILMS KOHA cloud and student can access all the books through Central library and departmental library. The library card for the new system has already been provided to the students of both B.ed and B.P.Ed of session 2022-24. The member discussed the matter and expressed their gratitude to the Avior Technology Pvt. Ltd. for their support and it was resolved that –



- 4000 more books to be entered into the cloud within December 2023. Necessary steps to be taken by the appropriate authority

Resolution against Agenda 8: The Coordinator, IQAC reported that the work of submission of AQAR for the year 2022-23 initiated but progress is not remarkable. The members discussed the matter and requested to IQAC Coordinator to motivate the conveners of the respective category to complete the work within August 2023.

Resolution against Agenda 9: There is no special agenda to discuss.

As there is no agenda to discuss, the meeting ended with vote of thanks to the chair.

[Signature]
02/08/2023
Coordinator, IQAC
N B S Mahavidyalaya, Bishnupur

[Signature]
Principal,
N B S Mahavidyalaya, Bishnupur



[Signature]
Principal
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Bishnupur, Bankura

Principal
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Co-ordinator
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