

# RAJA BIRENDRA CHANDRA COLLEGE



Estd.1965

(Affiliated to the University of Kalyani)

(State Govt. Aided College)

P.O.-KANDI, DIST.-MURSHIDABAD, (W.B.), PIN-742137

E-mail:-[rbcckandi@gmail.com](mailto:rbcckandi@gmail.com), Website:-[www.rbcckandi.in](http://www.rbcckandi.in)

Ph.No.03484-295505

Ref.No.....  
Office of the Principal

Date:-

Date: 20.11.2019

To  
The Convenor,  
Seminar Committee  
(Through proper channel)

## **Re: Letter for Asking Permission to Conduct One Day State Level Seminar**

Respected Sir / Madam,

I am writing this letter to you so that I can ask for your permission, that our Department of Physical Education, Raja Birendra Chandra College want to conduct a One Day State Level Seminar on "*Nutrition and Healthy Eating Habits*" with the collaboration of IQAC, Raja Birendra Chandra College on December 21, 2019 (Tentative) from 09:00 a.m. to 05:00 p.m. The top colleges and institutions in the state have been invited to take part in the seminar. We are going to put together the final guest list as soon as we have confirmation from them.

The mentioned seminar will need the following budget to be held:


Sl. No	Particulars	Amount
1	Memento	500
2	Honorarium for Resource Person	1000
3	TA	1000
4	Refreshment	500
5	Lunch	1000
6	Flex	500
<b>Total</b>		<b>4500.00</b>

I humbly ask that you take everything into consideration and grant me permission to run the seminar. I will be grateful.

Sincerely

  
(Dr. Suiov Birbanshi)



  
Principal  
R.B.C. College  
Kandi, Murshidabad

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## Seminar Report

<b>Name of the Department</b>	Physical Education								
<b>In collaboration with (if applicable)</b>	IQAC								
<b>Topic of the Seminar</b>	ONE DAY STATE LEVEL SEMINAR On “Nutrition and Healthy Eating Habits”								
<b>Date</b>	December 21, 2019								
<b>Time</b>	09:00am to 05:00pm								
<b>Resource Person (with Institution)</b>	<b>Dr. Mohaprasad Ghosh</b> Assistant Professor of Physical Education, Asannagar Madan Mohan Tarkalankar College Asannagar, Nadia								
<b>Details of Organizing Committee</b>	<table><tr><td><b>Chief Patron</b> Sri Apurba Sarkar GB President &amp; MLA Kandi Assembly</td><td><b>Patron</b> Sri. Jaydev Ghatak GB Member &amp; Chairman Kandi Municipality</td></tr><tr><td><b>Chairman</b> Dr. Atish Chandra Ghosh Principal Raja Birendra Chandra College</td><td><b>Organizing Secretary</b> Dr. Sujoy Birbanshi HOD Department of Physical Education</td></tr><tr><td><b>Convener</b> Mr. Debajyoti Acharyya Department of Physical Education</td><td><b>Joint Convener</b> Mr. Suman Ghosh Department of Physical Education</td></tr><tr><td><b>Treasurer</b> Sujit Sinha Chowdhury Associate Professor of Commerce</td><td><b>IQAC Coordinator</b> Dr. Mokbul Rahaman Librarian, Raja Birendra Chandra College</td></tr></table>	<b>Chief Patron</b> Sri Apurba Sarkar GB President & MLA Kandi Assembly	<b>Patron</b> Sri. Jaydev Ghatak GB Member & Chairman Kandi Municipality	<b>Chairman</b> Dr. Atish Chandra Ghosh Principal Raja Birendra Chandra College	<b>Organizing Secretary</b> Dr. Sujoy Birbanshi HOD Department of Physical Education	<b>Convener</b> Mr. Debajyoti Acharyya Department of Physical Education	<b>Joint Convener</b> Mr. Suman Ghosh Department of Physical Education	<b>Treasurer</b> Sujit Sinha Chowdhury Associate Professor of Commerce	<b>IQAC Coordinator</b> Dr. Mokbul Rahaman Librarian, Raja Birendra Chandra College
<b>Chief Patron</b> Sri Apurba Sarkar GB President & MLA Kandi Assembly	<b>Patron</b> Sri. Jaydev Ghatak GB Member & Chairman Kandi Municipality								
<b>Chairman</b> Dr. Atish Chandra Ghosh Principal Raja Birendra Chandra College	<b>Organizing Secretary</b> Dr. Sujoy Birbanshi HOD Department of Physical Education								
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<b>Treasurer</b> Sujit Sinha Chowdhury Associate Professor of Commerce	<b>IQAC Coordinator</b> Dr. Mokbul Rahaman Librarian, Raja Birendra Chandra College								
<b>Short Description of the Program (within 200 words)</b>	Department of Physical Education & IQAC, Raja Birendra Chandra College jointly organized a one day state level seminar on “Nutrition and Healthy Eating Habits” on December 21, 2019 in smart class room. The seminar focused on educate people about the significance of a healthy diet about good eating habits, include educating individuals about nutrition and motivating them to make the necessary dietary adjustments. In addition to promoting nutritional well-being, healthy eating practices can help fend off illnesses linked to poor nutrition. The seminar was inaugurated at 9.45AM which was followed by the welcome address by Dr. Prodesh Ghosh, Teacher-in-Charge, Raja Birendra Chandra College. The dignitaries on the dias were Dr. Mohaprasad Ghosh, Assistant Professor of Physical								



*Ghosh*  
Principal  
R.B.C. College  
Kandi, Murshidabad

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*Welcomed to Dr. Prodesh Ghosh, Teacher-in-Charge, Raja Birendra Chandra College by Student of Department of Physical Education*

*Delivering welcome address by Dr. Prodesh Ghosh, Teacher-in-Charge, Raja Birendra Chandra College, Kandi, Murshidabad*



*Welcomed to Dr. Mohaprasad Ghosh, Assistant Professor of Physical Education, Asannagar Madan Mohan Tarkalankar College Asannagar, Nadia by Student of Department of Physical Education*

*Dr. Mohaprasad Ghosh  
Assistant Professor of Physical Education, Asannagar Madan Mohan Tarkalankar College Asannagar, Nadia*



*Ghosh*  
Principal  
R.B.C. College  
Kandi, Murshidabad