



NABA BALLYGUNGE MAHAVIDYALAYA

(Formerly CHARUCHANDRA EVENING COLLEGE)

27E, Bosepukur Road, Kolkata - 700042

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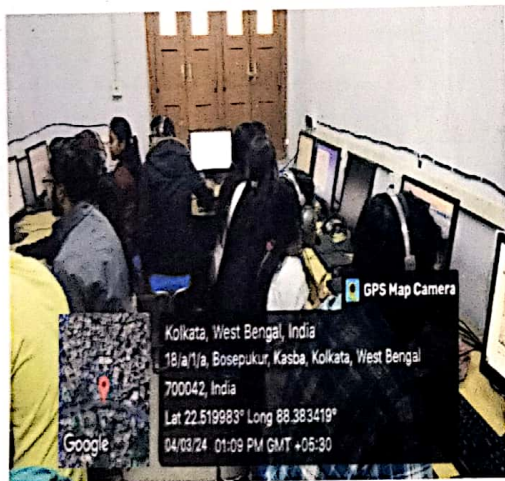
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Capacity building and skills enancement taken by the intuition include the following

1. Soft skills, 2. Language and commutation skills ,3. Life skills (yoga, physical fitness health and hygiene), 4. ICT/ computing skills

Language and commutation skills



Shoshu
Principal

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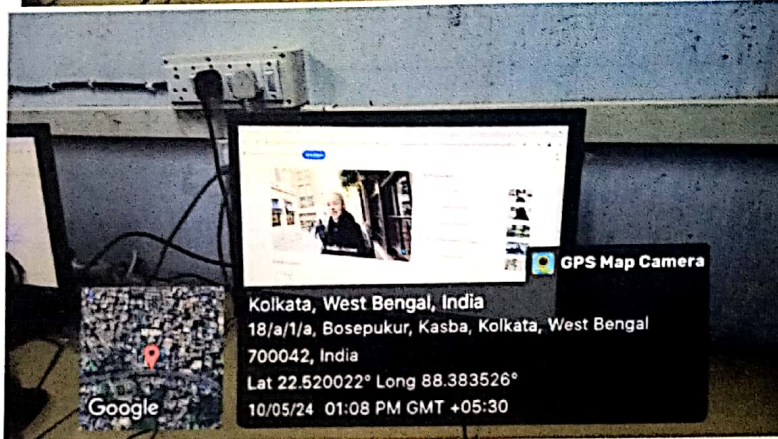
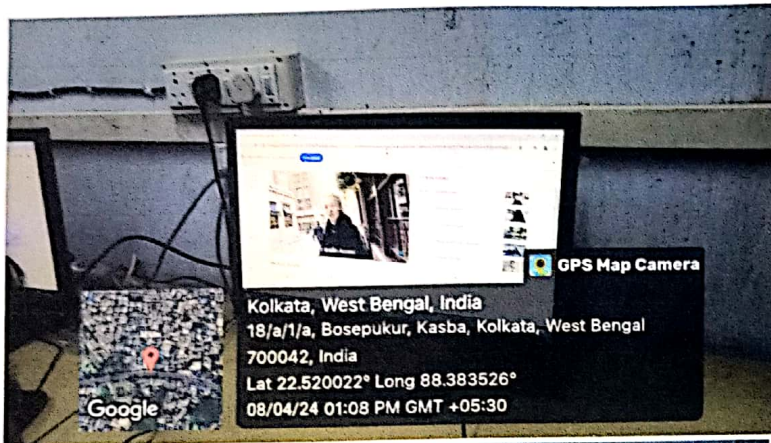
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A language lab is a specialized classroom designed to enhance language learning through technology. Its equipped with computers, headsets, and interactive software to create an immersive and engaging environment for students. Language labs play a crucial role in enhancing language learning experiences in colleges. Heres a breakdown of their importance and the positive outcomes they bring:

Importance of Language Labs:

- * Immersive Environment: Language labs provide a controlled environment where students can listen to native speakers, practice pronunciation, and receive immediate feedback.
- * Personalized Learning: Students can work at their own pace, focusing on areas where they need improvement.
- * Improved Speaking Fluency and Confidence:
- * Practice Opportunities: Labs offer opportunities for students to practice speaking freely, record themselves, and analyze their performance.
- * Reduced Anxiety: The controlled setting can help students overcome anxiety associated with speaking in front of others.
- * Vocabulary and Grammar Development:
- * Interactive Exercises: Language lab software often incorporates interactive exercises that reinforce vocabulary and grammar concepts.
- * Self-Assessment: Students can track their progress and identify areas for further study.
- * Cultural Understanding:
- * Authentic Materials: Labs often provide access to authentic materials like movies, music, and news broadcasts, which expose students to different cultures.


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Outcomes and Impact

- * Increased Proficiency: Regular use of language labs can significantly improve students; overall language proficiency in areas like listening, speaking, reading, and writing.
- * Improved Communication Skills: Students become more confident and effective communicators in the target language, both orally and in writing.
- * Enhanced Job Prospects: Strong language skills are highly valued in the job market. Language lab training can give students a competitive edge.
- * Global Citizenship: Exposure to different cultures and languages fosters a greater understanding and appreciation of diversity.
- * Lifelong Learning: The skills and techniques learned in language labs can be applied to the learning of any language, promoting a lifelong love of learning.

In essence, language labs are valuable tools that can transform language learning from passive to active, making it more engaging, effective, and enjoyable for students.



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Life skills (yoga)



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Regular yoga classes in college offer numerous benefits for students; physical, mental, and emotional well-being. Here's a breakdown of their importance and the positive outcomes:

Importance of Regular Yoga Classes in College-

* **Stress Reduction:** College life can be incredibly stressful. Yoga's deep breathing exercises, meditation, and mindful movement techniques help calm the mind, reduce anxiety, and improve stress management skills.

* **Improved Physical Health:**

* **Increased Flexibility and Strength:** Yoga poses (asanas) improve flexibility, strength, balance, and coordination.



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- * Better Posture: Regular practice can help correct poor posture, common among students who spend long hours sitting.
- * Enhanced Cardiovascular Health: Some forms of yoga, like Vinyasa, can provide a cardiovascular workout.
- * Improved Mental Focus and Concentration: Yoga's focus on breath awareness and mindfulness enhances concentration and focus, crucial for academic success.
- * Boosted Immune System: Regular physical activity, including yoga, strengthens the immune system, helping students stay healthy during stressful periods.
- * Improved Sleep Quality: Yoga can help regulate sleep patterns, promoting better quality sleep and combating insomnia.
- * Self-Awareness and Self-Acceptance: Yoga encourages self-reflection and self-awareness, fostering a greater sense of self-acceptance and body positivity. Outcomes and Impact
- * Reduced Stress and Anxiety Levels: Students experience lower levels of stress and anxiety, leading to improved mood and overall well-being.
- * Enhanced Academic Performance: Improved focus and concentration translate to better academic performance and increased productivity.
- * Improved Physical Health: Students develop healthier habits, maintain a healthy weight, and reduce the risk of chronic diseases.
- * Increased Self-Confidence: Regular practice boosts self-confidence and self-esteem, empowering students to face challenges.
- * Lifelong Skill Development: Yoga provides valuable life skills like stress management, mindfulness, and self-awareness that can be applied beyond college.
- * Community Building: Yoga classes can foster a sense of community among students, providing a supportive and inclusive environment.

In essence, incorporating regular yoga classes into the college experience offers a holistic approach to well-being, promoting physical, mental, and emotional health, and ultimately enhancing the overall quality of life for students.



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The computerized accounting and e filling of tax return 6th semester honours and general classes well taken at ICT enabled class room and computer lab as per the routine .The 6th semester honours and general students regularly attended the class for query and practice relating to the syllabus.

The information technology classes were held at ICT enabled class room and in computer lab at 3rd semester honours and general students regularly as per the routine.



[Signature]
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