

# इक्ष्वापु

Annual Magazine of Nopany Group of Institutions

**A TREE WITH STRONG ROOTS LAUGHS AT STORMS**

**Vol - 15, 2019-20**





# *In Remembrance of...*



*“Those we love don’t go away, they walk beside us everyday”...  
Words may not suffice to express our heartfelt sorrow at the  
sudden demise of our respected Chairman (20.08.2020)*

***Late Shri Bimal Kumar Nopany***

*May God give peace to his soul*

*Aum Shanti*



**Nopany Group of Institutions**



## FROM THE DESK OF THE CHAIRMAN



It is with great pleasure that I am writing this message for the Annual Magazine of Nopany Institute of Management Studies & Healthcare Studies, “Sankalp”.

2020 is a year that no one expected. The world started witnessing a pandemic that one never imagined bringing life to a standstill. A number of countries are racing in their research to develop a vaccine and a new generation of medicines to battle this deadly virus. While infection continues to rise, we are learning to live and work in the changed circumstances. This is what makes us as human beings more special. We are able to adapt and tackle problems head-on and I must salute the spirit of the healthcare workers, policy makers, police and public at large in fighting this invisible enemy.

We too are learning to cope in these difficult times to continue with the spirit of education and nation building. I admire the grit of our students and faculty to switch to online training and we remain committed to leave no stone unturned towards helping our students achieve their personal growth.

I would like to take this opportunity to acknowledge the faculty and staff for their effortless contribution in shaping our students to become the great leaders of the future. I would also like to extend my best wishes for their continued excellence in the fields of Management Studies and Healthcare Studies.

A handwritten signature in blue ink, appearing to read 'CS Nopany'.

**C S Nopany**

**Chairman**

**Nopany Group of Institutions (NGI)**



## NOPANY GROUP OF INSTITUTIONS

### ABOUT

Nopany Group of Institutions is one of the premier educational groups in Eastern India. It consists of two Institutions:

1. Nopany Institute of Healthcare Studies (NIHS)
2. Nopany Institute of Management Studies (NIMS)

### OUR HERITAGE

Establishment of the Nopany Group of Institutions (NGI) in 2002, in West Bengal, added a new chapter to an illustrious heritage. The origin of the group was with the establishment of Nopany Foundation in 1993 to provide job oriented quality education as per the standards of industry requirements. At present NGI offers five courses in multiple specializations and is regarded as one of the best educational groups in Eastern India.

### OUR OBJECTIVES

- To mould the minds of the young and create in them a desire to live in modern society as honourable and worthy citizens.
- To identify the requirements of the modern world and to implement educational programmes accordingly.
- To develop a passion for learning and academic excellence.
- To build a solid foundation for the future learning of the students.
- To ensure that students from all fields emerge with the ability to build themselves a promising future in their respective fields.

### WHY SHOULD A STUDENT STUDY WITH US?

The NGI has an illustrious heritage of more than a decade in imparting quality education. Nopany Institute of Management Studies (NIMS), Kolkata is one of the oldest colleges, affiliated to the Maulana Abul Kalam Azad University of Technology, West Bengal (Formerly known as the West Bengal University of Technology). It conducts 3-years full time Bachelor Degree Courses in Business Administration, Computer Application and Hospital Management.

Nopany Institute of Healthcare Studies is the first private Physiotherapy College in Kolkata offering Bachelor in Physiotherapy(BPT) and Masters of Physiotherapy(MPT) courses. It is recognized by the Department of Health and Family Welfare, Government of West Bengal and affiliated to the West Bengal University of Health Sciences.

### VISION

- To build a conducive learning environment that promotes creativity and leadership.
- To maintain a continuous equilibrium with society, science, education and environment through the principles of Excellence, Efficiency and Ethics.
- To build linkage with Hospitals/ Clinics, Universities, Medical Faculties of repute for broader perspective and standards.
- To impart education and training through creation, utilization and dissemination of knowledge by focusing on application of concepts in a diversified manner.

### MISSION

- Commitment to personal and professional development of individuals (staff members, students and faculty) throughout their entire career.
- Commitment to make University Education accessible and achievable to a wider section of the society.
- Improvement and continuous upgradation of course curriculum characterized by significance, relevance, excellence and rigor to meet the growing need of the healthcare sector and create world-class professionals.
- Acquisition of state of the art skill and improvement of infrastructure, conducive to excellence in learning and character building.



## **NOPANY INSTITUTE OF HEALTH CARE STUDIES** (AFFILIATED TO THE WEST BENGAL UNIVERSITY OF HEALTH SCIENCES)

### **ABOUT NIHS:**

NIHS has been founded with the mission to impart quality education to enable students to achieve their full potential. The ultimate goal of NIHS is to prepare physiotherapists, who are good clinicians, excellent team workers, lifelong learners and can practice as excellent therapists in a variety of healthcare delivery systems.

To meet its obligation in teaching research work, scholarly activities, the practice of service, NIHS has been staffed with high quality professionally competent faculty, who are excellent teachers and legendary experts in their field.

Classes are conducted in A.C. classrooms with the latest training aids. Further, the institute has a well-stocked library, well-equipped physiology and anatomy laboratories and an extensive computer laboratory with internet connectivity.

NIHS has a modern in-house clinic with state-of-the-art equipments. The clinic is highly frequented by patients for quality treatment and it serves as good quality learning for students. The curriculum promotes different extra-curricular activities like celebration of World Physiotherapy Day, International Day of Persons with Disabilities, national & international workshops & seminars to ensure all-round development of students.

West Bengal Minority Development and Finance Corporation (WBMDFC), OASIS, EKALYAN, National Scholarship Portal (NSP) recognize the programs and provide lavish scholarships and loan facilities to NIHS students.

### **ACADEMIC PROGRAMS:**

Nopany Institution of Health Care Studies has the unique distinction to become the first private institution affiliated to West Bengal University of Health Sciences, Kolkata (WBUHS).

It conducts:

• Bachelor in Physiotherapy (BPT) - 4<sup>1/2</sup> years

• Masters of Physiotherapy (MPT) - 2 years

✓ Orthopedics    ✓ Neurology

### **OUR ASSOCIATIONS:**

- AMRI Hospitals
- B.M. Birla Heart Research Centre
- Belle Vue Clinic
- Dr. B C Roy Postgraduate Institute of Pediatric Sciences
- Calcutta National Medical College & Hospitals

### **FOR FURTHER INFORMATION OR PROSPECTUS PLEASE CONTACT:**

Administrative Office: 2C, Nando Mullick Lane, Kolkata-700006

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Tel: +91-33-2533 2869, 09830329882

## Year 2019-20

- NIHS celebrated World Physiotherapy Day by organizing awareness program in local community.

- Director Education Prof. Shabnam Agarwal received award from Vice Chancellor of Janardan Rai University at 3rd International Physiotherapy Conference.

- NIHS faculty Dr. Anwesh Pradhan (PT) received Organization of Excellence in Physiotherapy award from Vice Chancellor of Janardan Rai University at 3rd International Physiotherapy Conference.

- NIHS organized SIP talk by Dr. Upendra Goswami (PT) from PGI Chandigarh at COMMUNIS auditorium.

- NIHS organized Police Camp at Sealdah Traffic Guard Kolkata.

- NIHS organized a hands on Cancer Rehab Workshop by Dr. Shailendra Mehta (PT) at COMMUNIS auditorium.

- NIHS celebrated International day of Persons with Disabilities by conducting a Free Physiotherapy Camp and also various disability aids were distributed to the needy disabled peoples.

- NIHS faculty members with Director Education Prof. Shabnam Agarwal participated in 4th Annual Conference of Society of Indian Physiotherapist, New Delhi.

- N Sporté provided on field Physiotherapy Service to CCFC rugby team and at Saturday Club, Inter-Club Carnival.

- Director Education Prof. Shabnam Agarwal invited as speaker in the National Conference organised by Bangladesh Physical Therapy Association (BPA)

- Dr. Tanusree Basak (PT) selected as a trainer for Special Olympics Bharat Bangaluru branch.

- NIHS organized Camp for Kolkata Police Traffic Guard.

## Year 2017

- NIHS faculty Dr. Anwesh Pradhan (PT) received Dr. M.G Mokashi award for the best teacher at International Physiocon 2017 held at Kanyakumari.

- NIHS faculty members with Director Education Prof. Shabnam Agarwal participated in 2nd Annual conference of Society of Indian Physiotherapist Bangalore.

- NIHS became Physio partner in the IDBI Full Marathon.

- NIHS collaboration with special Olympic Bharat conducted camps for special children as "Fit Feel" & "Fun Fitness".

- NIHS also started the "Happy Feet" project in children of different schools in Kolkata.

- NIHS organized 3rd International Conference of Society of Indian Physiotherapists in NOVOTEL Kolkata.

- NIHS conducted Free Disability Camps at the college campus, Mollarpur, Bishnupur and Pathuriaghata in collaboration with Rotary International.

- NIHS students recruited as Assistant Physio at ATK and Kolkata Police.

## Year 2015

- NIHS students won 1st prize in scientific poster presentation and quiz competition and 2nd prize in a Cultural Competition in IAPWB State Conference 2015.

- NIHS faculty members conducted a series of workshop and students won 1st prize in scientific poster presentation in PICON 2015 at Bhubaneswar.

- Director Education Prof. Shabnam Agarwal presented a scientific paper in WCPT Conference at Singapore.

- Dr. Tanusree Basak(PT), Associate professor of NIHS presented a lecture & Interactive session on Expanding horizons: The Challenges of Future Entry-Level Physiotherapy Education in a Conference conducted by SIP at New Delhi.

- NIHS students had been recruited by Portea Health Care, Kolkata through on-campus interview.

## Year 2013

- NIHS celebrated its 10th Anniversary; the college also organized successfully a chain of free workshops.

- Students participated in WB state IAP Conference, won 1st and 2nd prize in paper presentation and 2nd prize in the poster presentation.

- All students passed in final BPT university examination with distinction in PT Neurology and PT Medicine.

- Students participated in Neuraxis Delhi and won 3rd prize in the quiz competition.

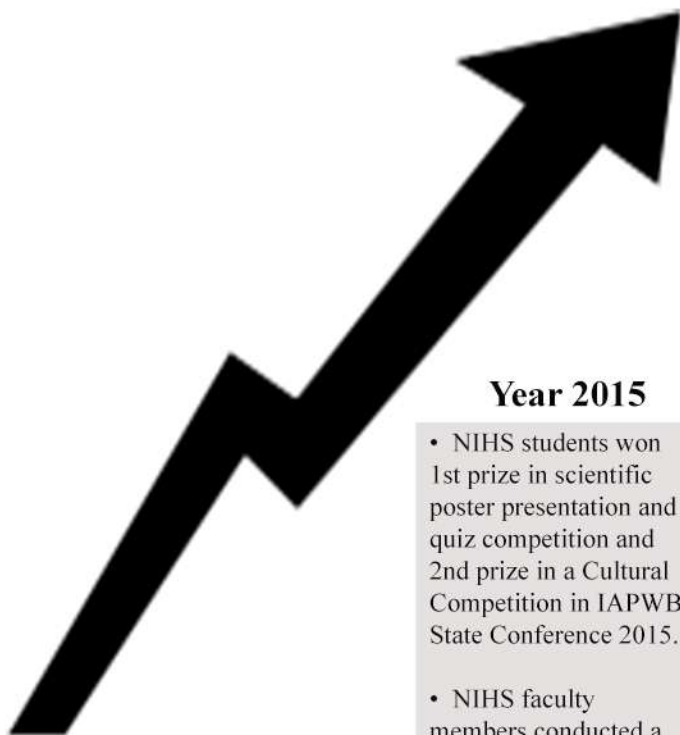
## Year 2011

- Director Education Prof. Shabnam Agarwal attended the WCPT Conference 2011 in Amsterdam and gave two presentations.

- NIHS organized a workshop on Vestibular Rehabilitation for the first time eastern India.

- NIHS reached Sagardwip and Sundarban for community services.

- NIHS started its bus service for the students.



# GROWTH OF NIHS OVER THE YEARS





## NOPANY INSTITUTE OF MANAGEMENT STUDIES

(Affiliated to Maulana Abul Kalam Azad University of Technology)

### ABOUT NIMS:

Nopany Institute of Management Studies (NIMS) is one of the leading Institutions of Eastern India. It imparts quality education in the field of management and information technology. The ultimate goal of NIMS is to prepare Business Executives and Entrepreneurs, who are imbued with analytical skills, excellent team spirit, and lifelong inquisitive and thus are able to contribute to the growth of the society at large.

### ACADEMIC PROGRAMS:

#### • BACHELOR IN BUSINESS ADMINISTRATION (BBA)

**DURATION:** 6 semesters in 3 years.

In today's dynamic & globalised world, both government and private firms lead a country's economic development. Therefore, it is necessary to hire qualified efficient professionals for decision making, who can generate wealth for the firm. This is the main reason we recommend studying and making a career in business administration.

As its name indicates, it refers to how to administrate or manage a firm, so that resources are gathered and used optimally to achieve the firm's objectives as well as profits. This professional course is closely related to Economics, Finance, Accounting, Human Resource and Marketing.

#### • BACHELOR IN COMPUTER APPLICATION (BCA)

**DURATION:** 6 semesters in 3 years.

The world today is sternly competitive and technology savvy which requires technically efficient professionals. With the rapid growth of the IT industry, the demand of computer professionals is increasing every day. This rapid growth of the IT industry has created a sea of opportunities for computer graduates to work in the IT sector as programmers or software developers.

BCA comprises of the subjects like Networking, Data Structure, Core Programming Languages like 'C' and 'Java'

#### • BACHELOR IN HOSPITAL MANAGEMENT (BHM)

**DURATION:** 6 semesters in 3 years.

Healthcare is one of the fastest-growing industries in the country, particularly in Eastern India. The hospital management course prepares a student for the overall management of a hospital, to ensure its smooth functioning through maintenance of all its infrastructure and equipment, as well as coordination with various departments. The hospital administrator's function is to ensure the highest quality care at the lowest cost with the objective of ensuring patient satisfaction.

This course is a unique combination of multidisciplinary areas like Medical Terminology, Hospital & Health System, Hospital Operations Management, Medical Record Science and Epidemiology & Analysis of Health Information Data etc.

### FOR FURTHER INFORMATION OR PROSPECTUS PLEASE CONTACT:

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## Year 2019-20

- Students pass percentage increased to 90%
- Job interview was scheduled in CELCOM Technologies Private Limited for BBA & BCA final semester students
- BBA- 2nd semester students were elected for Rrootofly Online Services Pvt Ltd for summer internship
- Job offered by TRUST CLUB Consulting Pvt. Ltd, Jio Campus Connect - Learn and Earn IDBI BANK, ESSAE, ICICI, SPASH, ARENA MULTIMEDIA

## Year 2017

- College provided Scholarship facilities to the students.
- Student achieved first position in Young India Talent Hunt programme.
- Students were selected in XLRI, IIM, Symbiosis, and FMS Delhi for pursuing higher studies.
- Students were given placement opportunities in AXIS Bank, ICICI, TCS, Apollo Hospitals, Belle Vue Clinic, Medica Superspecialty Hospital, Mission Of Mercy Hospital, WIPRO, Infosys, Cognizant and many more.
- On campus interview held for placement facilities in Apollo Hospital, Belle Vue Clinic, Mission of Mercy Hospital .
- Higher studies at Symbiosis, XLRI, IMT (Ghaziabad), MDI
- Various events academic activities like poster presentation on 'Green Earth', Pot Painting, Sports Marketing, Digital Marketing, Quotation Writing, Artificial Intelligence and introduction of "Hall of Fame"
- Academic Coordinator, Ms.Saroda Chatterjee (BBA) attended the Doctoral Colloquium at IIT Kharagpur and gave one presentation on the Theme Employee training & Development
- Participation of NIMS students at CII Annual Health Care Conference.

## Year 2015

- College turns into providing placement facilities to the students.
- On campus interview held – at NIMS with ICICI Bank and Apollo Hospital.
- Pass percentage increased to 97%.

## Year 2013

- Students' Pass percentage increased to above 80%.
- Six fold increase in student strength.

## Year 2011

- College established in 2002.
- Five fold increase in student strength over the years.

# GROWTH OF NIMS OVER THE YEARS





## FROM THE DESK OF THE DIRECTOR



### Health and Health Management

Sankalp which means a pledge is more relevant in society today than ever before. In this pandemic situation, my Sankalp is to keep myself and my family safe and healthy... my Sankalp is to not fear the virus but provide care and treatment to patients affected with the SARS CoV....my Sankalp is to spread awareness and prevent the spread of virus as much as any individual can.

Despite gigantic technological advances made by mankind, a micro-organism has brought it to its knees. The effects have been such, that none living today have ever experienced it in their lifetimes and one prays that it will be the last for a long time. Did anyone ever envisage this? No, because man believes himself to be the ruler of this planet. The continuous invasion into the habitat and existence of other creatures has never pricked man's conscience. The price that we have paid this year is still not enough, because we still have not learnt. The ever-increasing interaction between humans and animals is one leading factor in facilitating the emergence of new pathogens. Zoonotic diseases where the virus jump from animals to humans - are increasing and will continue to do so without action to protect wildlife and preserve the environment, UN experts have warned. They blame the rise in diseases such as Covid-19 on high demand for animal protein, unsustainable agricultural practices and climate change.

For the past 2 decades there have been documentaries and adequate scientific data suggesting the collapse of our eco-system, danger to sea life, global warming, risks to cities on the coastlines, eventual destruction of this planet etc etc etc. Yet, little is done to reverse this process. The green lobby faces severe resistance from greedy governments all in pursuit of finance and power.

So, where do we stand. Yes, on planet earth. But, what is our stand? None, most people will say. How can I do anything alone? Everyone has to do this or the government should frame rules for everyone to follow? Whose government is it anyways? Why are human beings a bunch of dithering non good doers when it comes to doing something for nature or other creatures.

This issue of Sankalp includes health and environment in its theme. When this theme was decided last year, no one had heard about COVID 19. How were we to know that this theme would be so relevant. Our health and in turn existent diseases and the new ones, are completely dependent upon how we treat the environment. Its time we worked towards it. Lets pledge or take a Sankalp to promote environment protection actively and ensure a healthier and peaceful life for all creatures on this planet.

A handwritten signature in black ink, reading 'Shabnam Agarwal'.

**Prof. Shabnam Agarwal, PhD**  
**Director - Education, NGI**

## FROM THE DESK OF THE PRINCIPAL



The importance of forestry and preservation of greenery in the urban areas cannot be ignored. Most of the mega cities around the globe pay special attention on preservation of greenery especially in the form of gardens, fun parks, traffic islands, children's parks, theme parks and so on.

Those green areas not only provide fresh air to the city dwellers but also act as the shelter provider temporarily during the disasters like floods, earthquake etc. At least 30% total urban areas, greenery should be maintained, where people can spend time at their leisure time for breathing fresh air.

Responding to environmental problems has always been a no-win proposition for managers. Recently a new common wisdom has emerged that promises the ultimate reconciliation of environmental and economic concerns. In this new world, both business and the environment can win. Being green is no longer a cost of doing business; it is a catalyst for innovation, new market opportunity, and wealth creation.

The idea that a renewed interest in environmental management will result in increased profitability for business. In a new green world, managers might redesign a product so that it uses fewer environmentally harmful or resource-depleting raw materials—an effort that if successful could result in cuts in direct manufacturing costs and inventory savings.

Global economic environment will be sustainable only if it integrates economic, social, and environmental well-being.

The shift from building more power plants to increasing energy efficiency can benefit the customers and shareholders as well as the environment.

Many win – win pollution prevention measures can be implemented for prevention of environmental degradation through recycle - reuse - reduce of materials etc.

Conventionally it is believed that the environmental regulations impose significant costs on private industry, make the industrial productivity slow, reduces the degree of competitiveness and becomes hindrance to accelerate export in international market.

Modern environmental economists view that environmental regulations not only enhances the international competitiveness but also acts as a driving force for private business if environment management is done properly.



## FROM THE DESK OF THE PRINCIPAL

Environmental Managers will welcome a world in which they can find “win – win” solutions. The goal of the manager would be a creation of such environmental protocol which will be friendly to both business as well as society.

Environmental Protection is not a zero – sum game. The organizations that survive in the next few decades will have to produce such goods and services whose environmental impacts are tolerable to all stakeholders.

Only win-win companies will survive, but that does not mean that all win-win ideas will be successful. Managers need to develop the strategies for discovering solutions that yield the greatest benefits to the society.

Environmental performance measures must be tied to financial data to determine whether improvements contribute to shareholder’s value. On the revenue side, TQM (Total Quality Management) helps us to understand customer requirements and the contribution of environmental performance to customer satisfaction and shareholder value.

We all want our economic prosperity—which we owe to the enormous success of business—to be compatible with environmental protection.

Integrating environmental factors into a business strategy is not only a broad and deep process, but it also involves big jumps to innovation. It includes three important steps: (i) Business needs to find ways to continue producing economically valuable goods and services while reducing their ecological impact dramatically. Accomplishing this goes beyond finding smarter and finer trade-offs between business and environmental concerns.

(ii) New standards, which go far beyond shareholder value, must be set for environmental efficiency. Progress (efficiency) needs to be measured on the basis of some kind of value added (money, services, human need) for each unit of ecological cost.

(iii) Companies must develop new relationships with employees, environmental groups, customers, the public at large, and governments. Such relationships will widen the scope of accountability and involvement of all parties in a learning process.

However, the move towards “GO GREEN” concept in SANKALP is a broader step to literate the people in the society at large.



**Prof. Subir Ghosh**  
**Principal (NIMS)**

## FROM THE DESK OF THE EDITOR



The synchrony of a fastidious mind filled with thoughts, arms carrying enthusiasm, and a heart that is dedicated is what defines the tangible output – talent. Talent since time immemorial has always required a platform to take shape. With the right level of moulding and motivation, it can reach innumerable dimensions, for nothing is beyond that reach of talent. Our esteemed institute does just this by providing a stage on which the multiple talents of both NIHS & NIMS can find a place. The Annual Magazine has, moreover, become a platform for the expression of various activities that the students have participated in and conducted at intra college levels. Words are the most powerful weapons that can change us; and it is through these words that we express those talents, which have so far been expressed only inesthetically. Keeping this in mind, the works of the prominent writers, artists and photographers of NIMS & NIHS have been featured to show the level of excellence and creativity that has been nurtured in our college. The task of editor has always been an onerous one, being the bridge that connects the writer to the readers. It is fortunate that having a supportive and positive community behind us and with us has proved to be exceptional in helping us be that bridge. The editor expresses her gratitude to all those who have been a pillar of support behind the launch of this magazine. She is also grateful to all the earnest students who have contributed, allowing us to make this endeavour a success.

A handwritten signature in black ink, which appears to read 'Saroda Chatterjee'.

**Saroda Chatterjee**  
**Editor, Sankalp**



## FROM THE DESK OF THE CO-EDITOR



COVID time, tough time. Its been six months we are facing this pandemic situation with lots of worries and uncertainties. No one knows when things will be normal again. But as we are human being we know how to fight against tough situations. We may not able to go to our school, college and office but our work continues with a very new concept of “Work From Home”. Technology enables us to do all the essential works from home virtually. Like every year, this year also by overcoming all pandemic hurdles, NGI will publish ‘SANKALP’, e-version.

In this path of publication of e- SANKALP, I want to convey my sincere gratitude to our Director of Education Prof. Shabnam Agarwal, who gave me a chance to work on it. I am also thankful to the Editor, all faculty members and staff members of NIHS, especially Mr. Anupam Das , Dr. Gargi Ray Chaudhuri, Dr. Tanusree Basak (PT), Dr. Anwesh Pradhan (PT), Dr. Tapas Kumar Pal (PT) & Dr. Mainak Sur (PT) for their precious suggestions. I pray to almighty that we all will be fit and healthy, maintain social distancing, washing our hands frequently to keep ourself healthy. Lastly, I am ending my co-editor's voice with the hope that we will overcome this tough time and will meet again in our very own college soon.

A handwritten signature in black ink, reading 'Subhasish Chatterjee'.

**Dr. Subhasish Chatterjee (PT)**  
**Co-Editor, Sankalp**

## FROM THE DESK OF THE DESIGNER



Mothers hold a respectable position in Indian culture, and motherhood has been extensively represented in Indian art. I look at the relationship between mother and child as portrayed by modern Indian artists such as M.V. Dhurandhar, M.F. Husain and Jamini Roy.

The image of a mother and child is an enduring theme in art. India has had a long-standing tradition of reverence for motherly figures, and the concept of the mythological mother and child has remained a constant source of fascination throughout the centuries. Artefacts from the Indus Valley Civilisation have been identified as depiction of mother goddesses. Motherhood have always had a place in the themes of artists in India and abroad. Even Mother India (or Bharat Mata) is a recurring theme in Indian art, and has been represented by painters ranging from Abanindranath Tagore to Amrita Sher-Gil.

*I take a look at the complex yet beautifully simple relationship between mother and child through Bharat Mata and Bharat in this digital painting.*





## GUEST ARTICLE



### East Kolkata Wetlands – An Ecological Wonder

#### BRIEF HISTORY

East Kolkata Wetlands, in short, EKW, actually evolved around five thousand years ago when Ganga Brahmaputra Delta was formed which we get from successive carbon dating. At present EKW represent the spill basin of once mighty river 'Bidyadhari' which was a part of Sundarbans. Due to tidal interplay, these water bodies were saline in nature, which gave rise to its name as 'Salt Lake' and traditionally 'Capture Fishing' was practiced by the local people in these water bodies. Due to neo-tectonic movements and as a consequence of faulting and resultant tilting of blocks, there were remarkable changes in the courses of the Ganges and Brahmaputra Rivers during last few hundred years. As a result, the river Ganges abandoned numerous western distributaries for joining the Brahmaputra – Meghna system to the southeast. This had caused consequent changes in the hydrological set up of this area, especially the reduction in headwater discharge along the rivers and tributaries. Rapid siltation along the rivers occurred starting from the end of the 14th century and finally the river Bidyadhari was declared as not suitable for navigation by the end of 19th century. With the death of Bidyadhari River, the entire spill basin lost the tidal subsidy leading to formation of stagnant water bodies and major breeding ground for vector borne diseases, especially Malaria.

Though the city sewage was initially discharged in the river Hooghly on the western side of the city, yet Kolkata has a natural gradient towards east. Incidentally, river Hooghly was used as the source of drinking water at that time for the entire city. Britishers sensed health hazards and utilized the natural gradient. Hence, they started constructing a number of canals and Nalas from the end of 18th century towards eastern side. Finally, these canals were connected to the almost dried up Bidyadhari Channel and thus, the Bidyadhari started carrying only the city sewage towards Bay of Bengal.

By the turn of 20th century, there was a demand of water for pisciculture, by a fish producer of that time who was successful in growing fish in the year 1929-30 in a large water body using city sewage in the same process and sequence as it is being done even today. As the success story spread all over these water bodies literally turned into sewage-fed fisheries within no time. This changed the character of the entire area from coastal wetlands to freshwater wetlands. This practice has intensified gradually.

In the mean time, considering the vast wetland area in the city fringe as "wasteland", one square mile of EKW was leased out to one private entrepreneur (Sri Bhabanath Sen) in 1864 for making room for solid waste dumping which was originally known as 'the square mile' and subsequently became known as "Dhapa", wherein solid waste of Kolkata City was recycled through garbage farming till recent times, although has been stopped now during last six years.



## GUEST ARTICLE

### PRESENT SCENARIO

EKW is a series of shallow water sewage-fed fisheries thriving on the eastern part of Kolkata City and bordering Salt Lake and Rajarhat, extending over districts of North and South-24 Parganas in the State of West Bengal. It is a vast wetland area beyond the eastern fringe of the city that has been transformed to use city wastewater in fisheries, vegetable gardens and paddy fields in successive tracts of land. It spreads over an area of 12,500 hectares and comprises of 254 sewage fed fisheries. It is a classic example of resource recovery system from city waste and is the largest of its kind in the world. The resource recovery system from the waste, both city sewage and garbage is so robust that some experts have even refer EKW as Waste as Resource Field or Waste Recycling Region. Subsequently, in the year 1992, in a Public Interest Litigation, Calcutta High Court designated this area as Waste Recycling Region and ruled that no development activity can take place without prior permission of Hon'ble Court. Three major economic activities are going on in EKW – Fisheries in sewage fed ponds (locally known as bheries), Garbage farms and paddy cultivation outside the core area. In 2002, EKW was declared as 'Wetland of International Importance'. EKW started drawing attention of the scientists and sanitary engineers from 1960s onwards when Prof. Niloy Chaudhuri of Jadavpur University started his work on 'purification of city sewage by oxidation ditch method' and started visiting EKW on regular basis considering it as a practical field. Later on Dr. Dhrubajyoti Ghosh took up the issue and worked on sewage treatment fisheries of EKW. In fact, it is his contribution to make EKW world famous and to get the status of prestigious Ramsar Site.

### CITY SEWAGE TO FISHERIES – THE PATHWAY

These waterbodies are connected to canals that run from west to east. There are two main parallel canals close to each other that run up to the Bantala lock gates, namely, the Dry Weather Flow (DWF) canal that begins at the Topsia pumping station and Strong Weather Flow (SWF) canal that begins at the Ballygunge pumping station. There are a total of nine pumping stations. Past the Bantala lock gates, the SWF, which is 33 kilometres long, together with a small canal that continues the line of the DWF, runs all the way to the Kultigong where it meets the Bidyadhari River and finally city sewage gets its entry into the Sundarbans. The SWF is very wide and supposed to carry mainly storm water from the monsoon in July to September, but municipal sewage also joins it at various points along its course.

The DWF carries the city's sewage to the Bantala lock gates during the winter and summer months when there is no rain. It has less carrying capacity than the SWF. It has a link to the fishery-feeding canal, which takes the sewage to the commercial bheries that produce fish for sale. However, the majority of the lock gates at Bantala open into the SWF, and when the sewage from the DWF is not directed via the lock gates to the Fishery Feeding Canal, it is discharged into the SWF. Control of these lock gates, therefore, can be subjected to pressure from particular interest groups.

Once the nutrients in the sewage gets exhausted after three to four weeks of its entry into these fisheries, the effluents from these fisheries, which are more than 99% free from microbes (E-coli) and initial nutrient content and thus treated in true sense are discharged into the same canal system for use as irrigation water in the paddy fields and vegetable gardens being cultivated outside the core area of the fisheries. Thus, city sewage acts as nutrient supplier to grow fishes in ponds and paddy and vegetables in agricultural fields.

### UNIQUENESS & SIGNIFICANCE

It is difficult to describe this traditional process of waste recycling here due to paucity of space. But, it needs to be mentioned that in case of conventional sewage treatment process, usually, three ponds are used in a sequential manner: sedimentation (anaerobic), facultative and maturation. Each of these three ponds has different activities to contribute in the purification process. The unique feature of the EKW system is that here instead of sequential use of three different ponds, only one pond is used and thus all the physicochemical activities occurring during the purification process are confined within a single pond. This is perhaps one of the best examples of space utilization.



## GUEST ARTICLE

It has been estimated that on an average these fisheries produce 5 to 7 tons of fishes per hectare per annum. Considering the area covered by these fisheries to be 3900 hectares (as per recent estimate), even a conservative estimate points to a figure of 70 to 75 tons of daily supply of fresh fish from EKW to city markets. Similarly, a huge quantity of fresh vegetables are also being supplied from EKW till today, even without getting municipal solid waste as fertilizers on regular basis. It has been estimated that about 60,000 people of local 30 hamlets are dependent on this wetland for their livelihood.

Apart from resource recovery, ecological significance of EKW is many folds. It is a natural sanctuary of birds in the proximity of a metropolitan city like Kolkata. During winter season, many migratory birds visit this wetland on regular basis. Apart from avian fauna, it is also extremely important from the point of biodiversity conservation. It is the type area of Marsh Mongoose. Altogether 37 different varieties of fish, 4 species of amphibians, 19 different species of reptilians and 66 avifauna have been recorded here very recently. Earlier, all these figures were much higher. Similarly a number of phytoplankton and floral varieties have also been recorded here.

### THREATS AND PROBLEMS

In spite of such numerous ecological as well as economic contributions, this wetland suffers from inherent management problems. Although it has been frequently referred as '*Kidney of Kolkata City*', the issues related with the sustenance of this system have not so far been seriously looked into. It needs to be understood that with the growing awareness regarding Public Health and microbial contamination, the erstwhile concept of resource generation from raw sewage or direct use of municipal waste of 1970s, is taking back seat so far as development models are concerned. The current reality is wastewater-fed aquaculture is generally in decline or being actively phased out in different parts of the world. But, even then, EKW is sustaining with its full glory. However, it has never been considered about the possible changes in composition of sewage of Kolkata city from that of 1930 due to urbanisation, population growth, consumerism and addition of various industries, like illegal tanneries, smelting industries, dyes and paints etc. There is always a possibility of heavy metal contamination of the sewage which can ultimately land up in human bodies due consumption of fishes grown using city sewage. In addition to this, Bantala Leather Complex, although having a Central Effluent Treatment Plant (CETP), can also be a source of contamination of heavy metals, due to frequent non-functioning of CETP and direct discharge of tannery effluents into SWF. In spite of all these problems, the system is running, of course with limited efficiency, which needs to be seriously looked into by different authorities, such as Department of Environment, East Kolkata Wetland Management Authority, Kolkata Municipal Authority, Department of Irrigation and Fisheries.

**Biswajit Roy Chowdhury**

**Secretary**

**Nature Environment & Wild Life Society (NEWS)**

## FACULTYS' VOICE



### ভালোমানুষ ও ভালোবাসা

ভালোমানুষ আজও আছে  
 গুটি কয়েক,  
 এখানে-ওখানে-ছড়ানো-ছেটানো  
 যে মানুষ আমার কুৎসিত মুখের দিকে চেয়ে  
 বলতে পারে ...  
 "তোমার মুখটা কি আশ্চর্য রকম বন্ধুর মত"!!  
 মুখোশে মুখোশে সব মুখ গুলো চেনার পরেও  
 যে মানুষ ...  
 মেঘবালিকার ন্যায় চোখে স্বপ্নের জাল বুনেতে পারে।  
 ব্যাকবেঞ্চার বসা ছেলেটার মনের হৃদিশও  
 যার কাছে নয় অজানা-  
 কান্না গুলোকে হাসির মোড়কে ঢেকে ফেলা  
 যার একান্তই যেন ভানুমতীর খেল।  
 কুড়ি বছর পর দেখা হলেও  
 একই সুখে মেখে থাকে যার মুখ।  
 সেই ভালোমানুষ ...  
 আমি তোমারি জন্য ফেরারী হতে চাই!  
 জেগে থাকতে চাই তোমার সুখস্বৃতির পাতায়,  
 কারণ, তোমারি জন্য এই পৃথিবী  
 বাসযোগ্য আজও!  
 ফিরে এসো ভালোমানুষ ...  
 আরো বেশী করে ছড়াও তোমার ভালোবাসা।

**Prof. Gargi Ray Chaudhuri**  
 Academic Co-ordinator (BPT), NIHS



## FACULTYS' VOICE



### Corona Positive – A Social Stigma

Human Society is likely to budge through this millennium's most important juncture, as its survival is being threatened by the advent of a new and extreme acute respiratory syndrome corona virus (SARS-Cov-2) that is increasingly penetrating new territories around the world. COVID-19's mass terror, known as "corona phobia," has created a multitude of clinical manifestations across the various layers of society. The corona virus outbreak has ended up being a pandemic with active cases being reported from almost every country of the world. Presumably, nobody would have expected such a pandemic in the modern era. Even though medical science has reached the zenith of advancements, we are, at present, facing a circumstance which has shocked numerous researchers, doctors and experts. As infection cases present a sharp increase with every passing day, the impact of coronavirus is not just restricted to physical health, but the nationwide lockdown throughout the country, massive social distancing and home quarantine have come with psychological fallout as well.

Senior citizens and their concierge are the ones who are the worst affected with psychological concerns amid the pandemic-related lockdown. While senior citizens are experiencing panic attacks out of fear and isolation, their caretakers are traumatised for being unable to visit and take care of them physically. Apart from this, senior citizens are suffering from intense stress because of a deviation from their everyday standard and slipping into depression over isolation. Not just older adults, even youngsters are falling prey to mental disturbances out of the coronavirus scare. Teens and young adults from around the world have been complaining about anxiety, sleep disturbances and constant worries of acquiring corona virus. So as a whole the full society is adversely affected.

The reasons are manifold like fear of losing jobs, earnings, savings and basic resources like groceries, medical supplies, etc. Moreover, there is a constant fear of disease transmission giving rise to mass hysteria, xenophobia, stigma and marginalisation.

Psychosocial crisis management and intervention models should be urgently developed by the government, health care workers and other stakeholders in order to properly resolve these psychosocial challenges in various sectors of society. It is important to instigate the apt application of internet resources, technology and social media to curb both pandemics and infodemics.

**Saroda Chatterjee**  
Academic Co-ordinator  
& HOD of BBA - NIMS

## FACULTYS' VOICE



### **New Education Policy and inclusion of “ Moral Science and Physical Education” as a part of it**

On 29th July 2020, the Union Cabinet cleared a new National Education Policy (NEP) proposing sweeping changes in school and Higher Education. Whether this education policy would be beneficial for the students or not, whether this policy can be implemented by all the organizations (that too after this epidemic), time will test and show us. As a faculty, I would definitely appreciate the inclusion of “moral science” as a core subject of education from school level. Some of the main aims of ethics and Values Education are already known to us. Value Education stimulates ethical awareness, responsibility, and compassion. It also provides insight into important ethical principles and values. The subject equips us with intellectual capacities (critical thinking, reflection, understanding, decision-making, compassion) for responsible moral judgment. It enables individuals to overcome prejudice, discrimination, and cultural and other stereotypes. When our kids reach the age of 7, they start developing the ability to question if the adults leading them are always perfect. At this age, they also start learning and expressing themselves regarding what course of action they should take. They will also be familiar with the concept of fairness. So, moral science can be introduced at this age in schools and can be continued till graduation. Teenage is the transition to adulthood. At this age, the children will slowly develop their own moral values. They will look into the rules that have been imposed upon them and see which one is good for them or not. They will also understand that their actions always have a consequence and they will assess how they will act, especially for their peers. It is said morality is taught best to children by the people whom they trust, love and share a strong bond with. So definitely along with the parents and families of the students, we faculties and teachers have a responsibility towards creating moral values and ethics of our dear students so that they can create a better world for their next generations.

My realization during this pandemic is that discipline cannot be implemented only by families or schools/colleges; both have to supplement each other. Both have to have confidence in the other's teaching methodology. Before concluding, I would even be very grateful if the government takes enough steps to introduce physical education and yoga as mandatory subjects not only in schools but also in colleges. Pandemic has taught us that many things which we could never imagine earlier can be done on a distance mode. That's why I am sure when normal life resumes many institutions will stick at least partially to their online routine. At that time, workouts at home, starting the day with yoga, all will be essentials of our daily life.

These are my suggestions which are based on my experience as a teacher and also as a mother. I would like to receive feedback from my readers.

**Ms. Sukanya Mustafi**  
Assistant Professor, NIMS



## FACULTYS' VOICE

### Childhood Best Friend



I have seen you after so many years  
Still remember you whether you are far or near,  
Childhood friendship no one can tear  
All sweet memory through life we will bear.

You are always in my heart  
Distance and time can't do them apart.

Friendship is a tree that can grow  
Water it with the care we should know.

If I lost you, will find me  
Despite all odds there you will be.

**Ms. Bratati Chakraborti**  
Assistant Professor, NIMS



### Cope with the Reality

Standing in this situation we are facing lots of problems despite this being an advanced era. This concludes that anything can be changed at any time; we need to be prepared for that. At this age of advancement, we all need to be smarter. We all need to learn to get things done.

To be the fittest for this advanced ultimatum, enrol yourself to a management domain course with us today. This will nourish your skill of ultimate survival and give you an attitude and confidence to survive. For the survival in this socio-economic system, we all need to be involved in any work field to get some earning for our basic needs. In order to do that we must have a good job or a profit-making business. To run a business or to survive in a work field you need to increase your Tech-Management skill, that means you have to have numerous skills in technology and as well numerous skills of management.

**Mr. Suman Mandal**  
Assistant Professor, NIMS

## FACULTYS' VOICE



### The Guitar Legend

3D Character Model

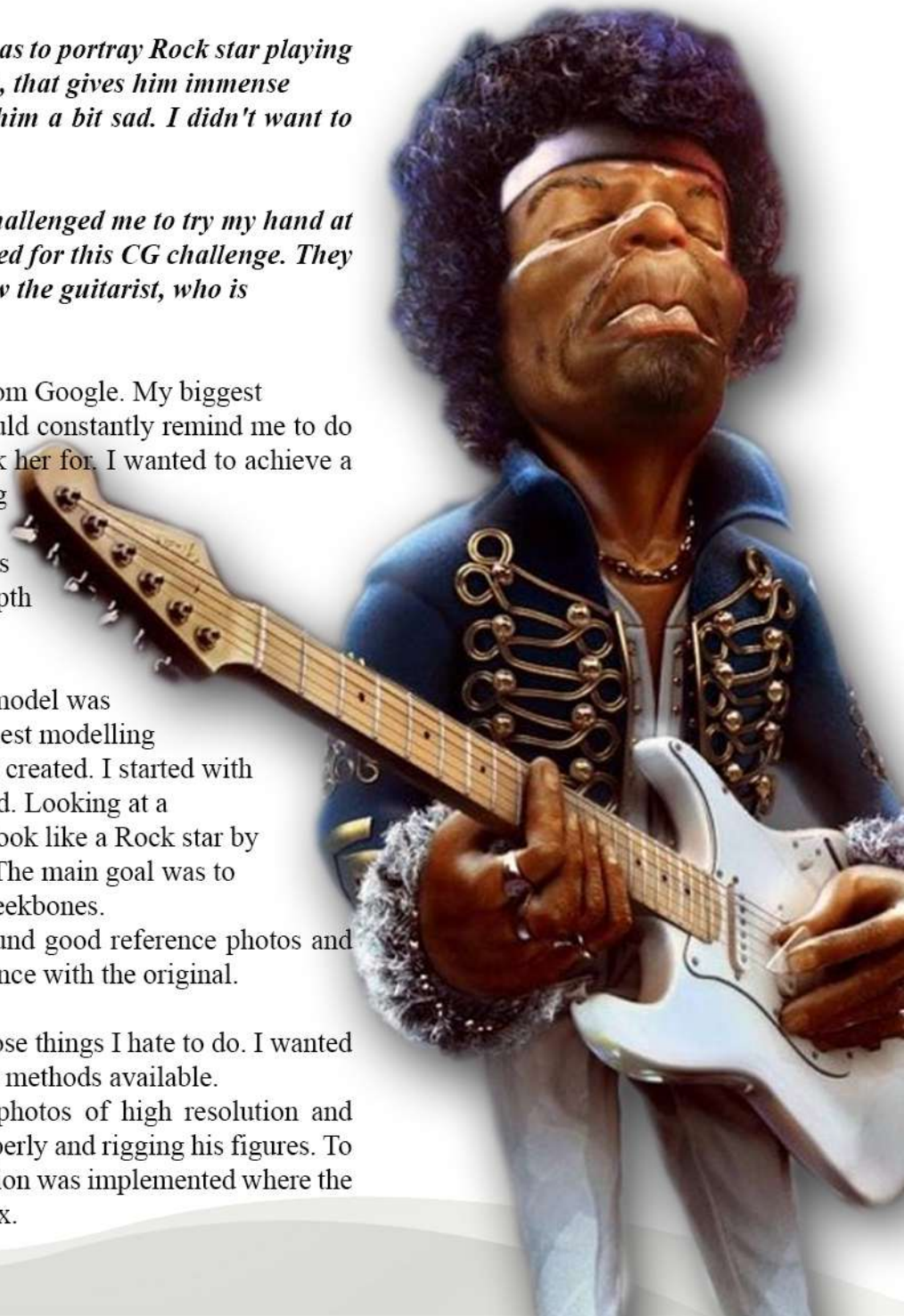
*The idea behind creating this image was to portray Rock star playing his favourite song. A song that he loves, that gives him immense pleasure, but at the same time makes him a bit sad. I didn't want to show his mood in a very obvious way.*

*Why Rock Star? Because my friends challenged me to try my hand at it for Maya 3d and I am totally convinced for this CG challenge. They thought it would be a great idea to show the guitarist, who is undeniably a LEGEND.*

My inspirations were mainly sourced from Google. My biggest motivation came from a friend who would constantly remind me to do it nicely and quickly, which I now thank her for. I wanted to achieve a good, final effect for the image, ensuring that all the elements of the scene complement each other, e. g. The colours had to be just right as they add to the depth and mood of the image.

**MODELLING---** The main Rock star model was done in Maya 3D, according to me the best modelling programme that human civilization ever created. I started with a quick sketch of an average human head. Looking at a reference, I wanted to make the sketch look like a Rock star by adding some of his typical facial traits. The main goal was to portray Rock star's lips big nose and cheekbones. The guitar was designed similarly. I found good reference photos and them to create a model that correspondence with the original.

**TEXTURES ----** Texturing is one of those things I hate to do. I wanted to execute the project using the simplest methods available. To commence with, I sourced good photos of high resolution and mapped Rock star after posting him properly and rigging his figures. To map the models, Maya 3D's unwrap option was implemented where the corrections were made in 3D Studio Max.





## FACULTYS' VOICE

I knew that the only spots that would be visible in the final image would be his hands and head. So I scaled up the rest of the body on the texture, just to gain more space for the visible models. After that, I baked the UV map using Unwrap and opened it in Photoshop.

To start texturing I established the skin tone. Next, I copied the details from the sourced photographs and added some extra details by myself.



**MATERIALS--** When I started my work, I don't have an exact plan for rendering the whole image so I decided to compose render elements in Photoshop. Firstly, I made a few skin shaders tests indifferent rendering engines including Mental Ray, final render and Vray. Renders that I liked the most was done in Mental Ray and Vray, so I decided to render the final piece in those two, Mental Ray was used to rendering skin and ambient occlusion pass, while Vray helped me in rendering the rest of the image. As mentioned earlier, compositing was done in Photoshop. The best way to quickly achieve interesting skin shader was to use Mental Ray's fast skin shader. I made some option adjustments, mainly for lighting purpose. The final image was a combination of Mental Ray's render and skin render in Vray.

**RENDERING THE HAIR---** I knew it from the beginning that I would use shag hair for the hair rendering as I'm familiar with this plug-in. As I mentioned, I knew that I would mix it all together in Photoshop so as not to prolong the render time. I did the same thing with the hair and at the same time switched the models from the earlier phase of production. So that had a head which looked similar to the final one but with a lower poly count. I rendered it all with alpha channel with parameters as shown below. For the hair the on sleeves I used hair/ FX because I had done similar things before and it was the easiest way for me to do it here too.

**LIGHTING--** Global illumination in itself wasn't good enough, so I added one backlight to add more depth to the scene. That apart, I also added some small lights with multiplier settings about 0.2 which illuminated particular fragments of the model like the back of the calf, shoulders, cheria, guitar etc.

**RENDERING ----** Rendering was quite easy. Below, you can see a screenshot of rendering settings that were used to render almost the whole scene. I can't write much about rendering because one takes bits and pieces from the previous phases such as lighting and materials which I have already written about. The only thing I can add here is that after setting the right values, I hit F9 and went to sleep.



## FACULTYS' VOICE

**MENTAL RAY AMBIENT OCCLUSION SETTINGS---** The second phase of rendering was to set the scene to render ambient occlusion pass. I removed all the lights and HDRI map and turned on the Mental Ray render. this map showed some blackened spots which I could use to enhance the sense of realism to the scene.

**COMPOSITING---** I added more contrast to the rendered to made colours look more convincing and made a copy of that layer. I always do this to have the main picture at the bottom and do all operations on copies. Next, I added other layers, that is ambient occlusion, hair and fog from the after Burn.

Layers were overlaid in different modes, mainly overlay and soft light with different levels of saturation. I can't tell you exactly how to do it because it all depends on what kind of effects you'd like to achieve. You have to try out a few settings to get the one that you like the most. It's also good to have someone to look at the work that you are doing, to all if it's better or not. There is nothing more helpful in this case than an objective opinion.

**COLOURS----** Colours were very important to defined the mood of the image. That's why I made a few dozen tests and Maya 3d forum's users helped me to choose the best of them. Along with a friend I then chose one.



**CONCLUSION----** I think the final effect is a good one. I am very happy with the mimics of the character. It's the exact facial expressions I wanted and It's all in there. But I think there are some details that I would like to change, re-do. The image could gain a bit more details that I would like to change. The image could gain a bit more because as we know, the devil is in the details.

The second most important thing is that I learned a lot during the time I spent doing it. Texturing, lighting, shaders doing that part I have done most of the test renders and it was then that I learned a lot. I wanted to change the background, add some amplifiers, reflectors, microphones, basically everything that ought to be on a scene. Unfortunately, I didn't have enough time to do it all because the Sankalp Magazine Publishing have deadlines that can't be extended. But thanks to that, I avoided the problem of over-detailing.



**Joheb Chowdhury**

UX/UI Designer, Technical Assistant & NEN Coordinator



## STUDENTS' VOICE

### Life goes on

At 16,  
We were in school  
Jolly and happy.  
We were taught Maths, English, Science  
And also the fact that  
"The school is just a happy place in this big world,  
And outside the world is a very cruel place".  
Almost everyone had that thought,  
How cruel can someone be?  
Maybe, like that one student in class who  
backbench about everyone?  
Oh okay, we can handle that!  
We gave our exams, passed with excellent, good, average and bad marks.  
Some were happy and some were not;  
But let's be clear, the world outside was waiting for us.



At 19,  
We were in college,  
Pretending to be happy.  
Hoping to get our school life back,  
School friends as well as old life too!  
We are now in a cruel world  
Meeting with every species of "People".  
We became good actors,  
Playing a dual personality role  
Acting to be happy when around people and getting back to  
ourselves when alone!  
We broke down,  
One, two and umpteen number of times,  
We cried alone locking the bathroom door  
or hugging our best friend letting our heart out.  
We fell down and hurt ourselves,  
For an uncountable number of times,  
We hid our scars and continued to move on.  
But we got up, dusted our wounds  
And walked on our smooth and grumpy paths.

At 25,  
We enter into a new phase of life;  
Some are married and playing with kids,  
Some working for their dream job,  
Some owning a big company  
And some travelling and taking a solo trip.  
What's common among all: We are happy and we made it.  
We made it through our lowest phase,  
We crossed all those hurdles that we once thought we never would.  
Life goes on;  
Life is like yin and yang,  
A complete package of positive and negative moments.  
Even if we fall again,  
Even if we hurt ourselves again  
And even if we break down again,  
We will once again get up and smile to the world,  
Because we know;  
Life goes on!

**Subham Dayal**  
BBA- 6th semester

## STUDENTS' VOICE

### The Hopeless Attic



A faint yellow tainted light sneaked inside the damp and smelly attic vaulted by a tin-based roof with some mites making their way along the line of the non baked brick wall as a loud rap on the door announces the arrival of our temporary masters. The knock on the door, early in the morning is an indication for us to get up and get ourselves to work whether we liked it or not. That's how our day usually starts in the heat thirsty lands of Kiria situated at the northern end of Africa.

"Hey, yellow skirt, do you also think that we are going to be sent to Dubai next month? I heard Samuel say this to Jerome", a girl who looked like twelve years to me whispered in an ant's voice with pitch-black inquisitive eyes.

"I think everyone who is twelve and above the age of twelve needs to go..." I was cut off with a barking voice at my back telling us to stop talking and start the work at the moment.

"You people are not allowed to talk, you understand? You work and you get food, you talk you are taught a sweet lesson. How difficult is that to comprehend?" a big bully guy with pinkish cheeks who we know as Samuel Spat at us with a cane lingering by his side reminding us that we are here to serve as SLAVES.

I quickly resume my work, so does the girl beside me and the girl next to her and eventually all the girls around us. We were a group of twenty-something with stark age differences, some below ten, some below fifteen and a handful between fifteen to twenty. The latter constituted of the least composition as girls of that age were not supposed to work in mines but in the gold and emerald laden Middle Eastern roofs.

Here, we don't have names. We are called by what we wear or how we look. And sometimes we are given numbers in case we are to be taken somewhere in order to keep a track of all the girls brought in the way. Even when we had to communicate with other fellow nameless slaves, we would either address them with some of the key points about how they looked like or with distorted signs. We were not allowed to have names and we didn't need them either. Why should we? How was that going to change our miserable lives in his hellish hole? We were living our lives as soulless humans scarred physically and emotionally. No human rights, no basic amenities howsoever. While girls of our age fought to buy a red dress over blue jeans at a suburban shopping complex, we silently prayed that we were not tortured and sometimes hoped that we could get an extra slice of bread for dinner-our one-time meal after an excruciating twelve-hour grind up at work station.

The sun finally sets in as we get instructed to make our way to the attic once again. I look around the place and shut my eyes for a second. The sweet smell of the sandy Thar brings me back to my beautifully happy days spent in my small Jaisalmerian village.

As soon as the sun would set in, my Amma would call out for me while I still whined to play a little more with Amba and Bela. My fair-skinned petite Amma would feed me with Bajrey ke roti with Alu Chhoukha iced with her special mango pickle while singing her favourite folk song. Tears welled up in my eyes as my smiling Amma shows up in front me, a hallucinated image created by my delusional mind.

"Padharo ni maare des...des re. Padharo ni maharane" .. Flashbacks of me running around the tainted porch hits me back as I try to wipe my tears with the dusty back of my hand. As much I missed my mother, I hated her for leaving me alone.



## STUDENTS' VOICE

She had contracted tuberculosis when I was eight. We didn't have money so we couldn't save her. She died after a few months all the while occasionally singing her favourite folk song in the midst of her deteriorating health. On her death bed, she had intertwined her bony rough fingers with mine as she asked me to become a singer and make her proud. I kept on crying and begged her not to leave me, my small figure clinging onto her lifeless body. My father thereafter soon sold me to a merchant of our village because he needed money to buy alcohol which he could no longer after my mother passing as she was the only one who brought money to home with all the pickles she used to sell in the nearby villages.

And thus began my journey. I travelled to many cities and many countries. I did all sort of job whatever had been asked of me. At first, I resisted and as I resisted I was flogged with hot metal rod making indistinguishable bruises all over my body. I was eight at that time so I only did the hard physical labour. Until now I had hit the age of twelve last year and as the protocol follows, I would soon to be shipped to Dubai. I was told my life is going to get better over there. I will be paid; I will get to wear beautiful clothes and eat delicious food and live in a grand place. That meant I was going to be free. Wasn't It?

This time my master is going to be a good man, Amma. I can now fulfil your wish too.

"How naive" whispered the heavens from the dark sky?

**Upasana Lahiri**  
BHM-5th semester

## STUDENTS' VOICE

### Childhood

The other day I was walking towards my home, tired and exhausted, after a long day at college. I was on my phone watching videos and trying to entertain myself when I saw a group of kids, not more than 12 years old, doing the same. I thought to myself, how advanced this generation is. As I walked a little far, I saw another group of kids playing badminton on the footpath. Looking at them, I remembered how my friends and I used to come out of our shells just to spend some time playing and gossiping rather than being on the phones. Also, when there was no such pressure of the future and no regrets of the past. How much I wanted my childhood days back. I had so many new thoughts evolving while walking. I compared the days when we thought nothing but waited for the next day at school to meet our friends again but now we just have their contact numbers in our phones. When making fun of each other wasn't a big issue at all and fights got resolved within minutes. Don't you think those days were the best? When we were ready to share every single thing with our parents and when we had nothing to hide? When we were happier than now? Can't we make today's kids realize how important it is to spend some time in reality and not on social media? Parents should also give them the freedom to go outside because when they grow up they are not getting this freedom back in their lives. They will be more into indoor activities like the youth now than the outdoor ones. It's better to lead different lives rather than the same when they grow up.



**Arkamitra Chakraborty**  
BHM-2nd semester

### Please Don't Kill Me



I know I am a girl, healthy girl, sung and cosy inside my mother's womb sharing her every breath, every heartbeat, her fears, her and anxieties, despair and hope. Today is not my day for check-up, yet why is this man so bent up taking to the doctor's clinic ? Oh! now I understand, he wants my gender to be detected, he wants a boy but then what will happen to me ? My mother is tensed, clouds of anxieties are hovering over her mind.

At last they have come to know that I am a 'GIRL'. Hey! Who are pointing daggers to me ? They want to eliminate me from this world. They are threatening mother to kill me. But my mother would never do that because she loves me, I am her first child. But... but they are equally dangerous and can even kill my mother to end the matter. How stupid and cruel these men are ! Are they Lunatics ? They want to kill a soul, which has not even landed on the earth, Have they ever thought of my mother's extensive dreams for me ? She dreams of a cute little girl in her clean and bright school dress going to school and then when I grow up, make my family proud with my excellent result. She dreams to find in me the best of my qualities to become an ideal girl. But why can't these men keep aside their daggers and think of the beauty, grace and power of a girl can posses ? Mother, you can do everything to save me and help me to land on this earth, try to redeem the society from his curse. Save us from an untimely and premature death. When will the new dawn arise, when both garden will rejoice at the tenderness, strength, power and equality of both the genders ? "Say no to female Foeticide and Infanticide"

**Chandni Bhatra**  
BBA-3rd semester



## STUDENTS' VOICE

निर्भया

एक वक़्त था जब तूने उसे जगाया था  
 वो रात घनघोर काली थी  
 जब तूने उसे रुताया था  
 वो पिछती - पिल्लाती आवाज़ बन गयी  
 शब्द तो निकले नहीं  
 मगर आगाज़ बन गई  
 वो आगाज़ थी उस अंगारे की  
 जिसमे जलकर तू राख होने वाला है  
 ये सोच कर वो सो गयी  
 की तेरा सर्वनाश होने वाला है  
 मगर बिटबना है,  
 आज भी तू बेचता अपनी हया  
 आज भी हर घड़ी रो रही है निर्भया  
 आज भी हर घड़ी रो रही है निर्भया

तेरे कुकर्म का अंजाम हे उसपे पड़ा  
 घर से ना निकल रही है दर के वो अप्सरा  
 जानती है वो की नीयत है तेरी बुरी  
 लाख कोशिश तू करेगा ते हाथ में कोई छुरी  
 चीखेगी- पिल्लाएगी तो मार तुम गिराओगे  
 फिर रात के अंधेरे में आवाज़ तुम दबाओगे  
 वो फिर किसी बाढ़ियों में गुमनाम सी रह जाएगी  
 इसाक की लड़ाई में बदनाम सी रह जाएगी



## STUDENTS' VOICE

मगर विडम्बना है.

करता नहीं तु आज भी उसपर दया

आज भी हर घड़ी रो रही है निर्भया

आज भी हर घड़ी रो रही है निर्भया

ना उम्र का लिहाज है, मासूम वो जो ताज है

उस मासूमियत के ताज को धूल में मिला दिया

गिर जाने के बाद भी हौसला उडान की

उस उड़ाने वाले पंख को काट के गिरा दिया

देखते है सब यहाँ

ना कृष्ण कोई बन सका

ना बांसुरी की धुन पर

महाभारत कोई रच सका

कांपती है रुह उसकी, देख ये अपनी दशा

आज भी हर घड़ी रो रही है निर्भया

आज भी हर घड़ी रो रही है निर्भया

**Mohit Sah**  
BHM-5th semester



## STUDENTS' VOICE

### আমি সেই মেয়ে



আমি সেই মেয়ে যে হল অনন্যা  
 যে হলো ভবিষ্যতের আশা  
 আমি সেই মেয়ে যে কখনো স্ত্রী , কখনও প্রেমিকা ,  
 কখনও বা মা , কখনও বা বোন ,  
 আমি সেই মেয়ে যার মধ্যে আছে প্রকৃতির সৌন্দর্য ,  
 প্রকৃতির মমত্ব ও কঠোরত্ব - এ পূর্ণ  
 আমি সেই মেয়ে যে হল নদীর মতো কখনও শান্ত , কখনও বিধ্বংসী  
 আমি সেই মেয়ে যে হল গাছের মতো শত শত জীবের আশ্রয়দাত্রী ,  
 আমি সেই মেয়ে যে হল জলের মতো স্বচ্ছ জা মানুষের জীবন রক্ষা করে ।  
 আমি সেই মেয়ে যে হল মুক্ত আকাশ যা পক্ষীর বিচরণ স্থল ।  
 আমি সেই মেয়ে যে হল মাটির মতো কখনও কোমল কখনও কঠোর ।  
 যা হল মানুষের বাসস্থান ও খাদ্য উৎপাদনের স্থল ।  
 আমি সেই মেয়ে যে হল প্রাণদায়ী বায়ু যা মানুষের জীবনের অবিচ্ছেদ্য অঙ্গ ,  
 যা ছাড়া মানুষ এক মুহূর্তও বাঁচতে পারে না ।  
 আমি সেই মেয়ে যে প্রকৃতির মতো তোমাদের সমস্ত অত্যাচার , অবহেলা সহ্য করেও  
 তোমাদের ক্ষমা করে আশাবাদী হয়ে তোমাদের কাছে যায় ।  
 আবার আমি হলাম সেই অপ্ৰস্ফুটিত ফুল যাকে তোমরা সুযোগ দাওনা প্রস্ফুটিত হতে ,  
 প্রস্ফুটিত হওয়ার আগেই হত্যা কর তোমরা ,  
 আমি হলাম সেই আহত রক্তাক্ত ফুল যে আহত হয়েছে কীটের আঘাতে ,  
 আমি হলাম সেই মেয়ে যাকে তোমরা শুধু ভোগ করার জন্য ব্যবহার করেছ ,  
 আমি হলাম সেই নির্ভয়া , সুজনের মতো ধর্ষিতা ,  
 যে হয়েছে মলিন তোমাদের আঘাতে ।  
 আমি হলাম সেই যাজ্ঞাসেনী , যার হুংকার বাজবে তোমাদের রক্তে রক্তে ,  
 যে হবে তোমাদের ধ্বংসের কারণ ॥

## STUDENTS' VOICE

### True Love

True love is sacrifice, true love is like ghosts, which everyone talks about and few have seen. True love is selfless. True love is the best thing in the world, except for cough drops. True love is eternal, infinite, and always like itself.

True love is unstoppable, invincible. It is one of the most exciting feelings in the world, and at the same time is painful and rewarding. Furthermore, we cannot live without it –in fact, one cannot decide whether to love or not, right? It can hurt, so never be beggars of love, always be donors of love.



**Nikita Das**  
BHM-3rd semester

### Decline of Indian Classical Music

In today's time, life is technology-driven, everyone is so busy in their daily routine that they have no time for anything else. Music serves as a nourishing food for the mind and soul. From old persons to young kids or teenagers, everyone loves to listen to music. But the basic problem of the young generation is that they want to listen to hip-hop, pop, jazz, rock and rap music, which leads to a decline in the popularity of Indian classical music. It's a bitter truth in today's era that legends are dying and fake personalities are cherished by everyone. Young generation people are not aware of the fact that the root or the formation of all forms of music comes from Indian classical music. The lyrics of film songs are degrading and the same pattern of computerized music is being used in every song. Most of the singers record their songs using auto-tune, which helps to record the song in the right pitch. In comparison, retro Bollywood music and songs were based on Indian classical ragas, and Indian classical instruments like tanpura, harmonium and sitar were used to compose a song and hence, it gave the songs a perfect classical flavour. That's the reason a large number of people still love retro Bollywood music.



**Nilesh Shaw**  
BBA-5th semester



## STUDENTS' VOICE

### 'Failure is the Best Passport to Success'

Let me begin by defining the word 'Success'-it means to accomplish one's purpose, and yes, towards this purpose there will be several stages and one step could well be 'Failure', and rightly so, if we are to consider failures as the stepping stones or even larger, the 'Pillars of Success', we must never be intimidated by them and never, never be discouraged!



I never look at the consequences of failing, because if I were to do that, I would only have a negative result in mind and that would hinder me even before I began. To achieve anything in life, one has to be active, rather aggressive. Nothing is achieved by being passive.

I know fear-fear of failure is an obstacle for some people, but to me, it is pure illusion. You may think something is standing in your way, but there is nothing there. Failure always made me try harder the next time.

My advice is, "Think positive, and find fuel in failure'. Failure sometimes gets you closer to where you want to be. You cannot control everything anyway, so forget about the outcome.

Put thought into your mind-I can accept failure. Everyone fails sometimes. But I can't accept not trying. It doesn't matter if you win, as long as you have given your best, your one hundred percent.

Set about with a firm decision to overcome obstacles for they will be there. There will be roadblocks, but they don't have to stop you but don't give up, instead figure out how to climb it, go around it, even though it, if the need be.

Our society tends to glamorize success, without considering the entire process, but everything I achieved can be traced back to the way I approached and applied my fundamentals –the basic building blocks that make things work. You can't skip fundamentals if you want to be the best. Fundamentals will never change, but the way you approach them may. There are a right way and a wrong way to do things. Some people tend to follow the wrong way. Hence the failures, overcome this and everything we do will rise.

Coming to an end of my sharing of thoughts, I would like to mention that often success has been defined as 'the courage to meet failure without being defeated'! Success is, being able to apologize for the wrong you have done, after tasting the bitter fruit of failure and to start working towards the sweet fruit of success. Not accepting failure is cowardice. To achieve success, one must be brave enough to face failure.

Herein is the true meaning of Success.

**Rahul Kumar**  
BBA-4th semester

## STUDENTS' VOICE

### Thrust

Throngs (thorns) are like the feeling of the curse,  
 They evoke hunger, they evoke lust,  
 Stealing thrust, cold yet bright,  
 Dulling, narrowing,  
 The movement of birds by thrust, by force, like the raven's claws,  
 Engraving it deeply, within the soul,  
 The feel of the heart died all alone,  
 Seemingly further,  
 Distant or near,  
 Fear of the heart, unseeing cold,  
 Choking every move,  
 Tarnishing it into ashes,  
 Sweetly and swiftly  
 With deliberate strokes,  
 Beaten aghast,  
 With colourful eyes,  
 Of dwelling polarity,  
 With vengeful tears.  
 ( Mourning silence... venging grave doom)



**Rohit Chakraborty**  
 BCA - 1st semester



## STUDENTS' VOICE

"आशा का दीपक"

वह प्रदीप जो दीख रहा है क्षितिमत दूर नहीं है;  
थक कर बैठ गये क्या भाई मंजित दूर नहीं है।  
विनमरी बन गयी तह की बून्द गिरी जो पग से;  
चमक रहे पीछे मुड़ देखो चरण, विह्वल जगमग से।  
बाकी होश तभी तक, जब तक जलतातूर नहीं है;  
थक कर बैठ गये क्या भाई मंजित दूर नहीं है।

अपनी हठ्टी की मशाल से इंदुय चौरते तमका;  
सारी रात चले तुम दुख झेलते कुतिराका।  
एक खेप है शेष, किसी विध पार उसे कर जाओ;  
वह देखो, उस पार चमकता है मन्दिर प्रियतमका।  
आकर इतना पास फिरे, वह सच्चा शूर नहीं है;  
थककर बैठ गये क्या भाई मंजित दूर नहीं है।

दिशा दीप्त हो उठी प्राप्त कर पुण्य-प्रकाश तुम्हारा;  
लिखा जा चुका अनल-अक्षरों में इतिहास तुम्हारा।  
जिस मिट्टी ने तह पिया, वह फूट खिताएगी ही;  
अम्बर पर घन बन छाएगा ही उच्छास तुम्हारा।  
और अधिक ले जाँच, देवता इतना क्रूर नहीं है;  
थककर बैठ गये क्या भाई मंजित दूर नहीं है।



**Shashank Singh**  
BBA - 6th semester

## STUDENTS' VOICE

### My Journey in Nopany

One morning I woke up with new desires and dreams  
 Decided to start my journey and chase my keens.  
 The ray of light that shined so bright  
 Showed me the way to help others in disease fight.  
 Drive of welfare took me into new venture,  
 got fascinated by physical therapy's gesture.  
 In mid of July, I entered 'Nopany'  
 '2016' the starting of my journey.  
 Guards helped me the way a distinguished personality  
 Mr. Anupam Das Administrative Coordinator.  
 After done with elbow grease;  
 I opened my destiny with lucky keys.  
 Now, I am a student of 1st year BPT  
 Discipline has been taught by Dr. Gargi,  
 a woman with heart and wholesome of brain  
 Our physiology teacher and lovely coordinator.  
 Like a plant I grew from tiny seeds  
 Anatomy, Physiology, Electro and Exercise I need,  
 No, I haven't forgot Biochemistry;  
 Though it's tough and bit screwy.  
 No worries we have our own SAR (search and rescue)  
 Dr. Tanusree, Dr. Anwesh & Dr. Tapas Kumar  
 They not only helped us in achieving our goals  
 but dance and play with all their heart and souls  
 A year has passed with smite success,  
 gained distinction and sparkling grace  
 Encountered the fret and fuss of 2nd year  
 became topper and degraded fear.  
 3rd year started with Nopany's picnic  
 a day when students look for clambake  
 We dance, we played and enjoyed like childrens  
 It was the weather after intra-college events.  
 The next morning again we have to go for class  
 The theory, the practical and clinic duty for hours  
 Believe me my friend, it is the best feeling  
 When you hear your patient is carefree living.  
 Soon I am going to be a final year learner  
 Swiftly leaving college is hard to figure  
 Got so many memories and friends for life  
 Accepted every misfortune as blessing in disguise.  
 It is a story of little girl  
 Who has fire within  
 For not bringing the change  
 But be the change she is wanting.



**Sana Shamim**  
 BPT-3rd year



## STUDENTS' VOICE

### ক্ষীণ আলো

হারিয়ে গেছে সেইসব দিন  
 হারিয়ে গেছে সেই বিকেল  
 হারিয়ে গেছে আলো-আঁধারি  
 অউহাসির সেই সন্ধে  
 হারিয়ে গেছে একসাথে পথহাঁটা  
 একলা এখন রাস্তা হাঁটি  
 হারিয়ে গেছে প্রতিশ্রুতি  
 অর্থহীন বাক্যালাপে  
 হারিয়ে গেছে গল্প বলা  
 হাওড়া ব্রিজের মাঝখানেতে  
 হারিয়ে গেছে মেঘলা দিন  
 হারিয়ে গেছে রঙিন সব  
 স্বপ্নবোনা ঝুলি  
 গঙ্গার বুকে লঞ্চে চড়ার মুহূর্তগুলো  
 এখন শুধুই ক্যানভাসেতে  
  
 তবুও আশা ক্ষীণ আলোকের  
 আবার যদি সব ছাড়িয়ে  
 সমুদ্রকে সাক্ষী রেখে  
 হাতে হাত আর  
 চোখের পরে চোখ রাখি  
 তখনও কী পারবে যেতে?  
 এখন যেমন গেছ চলে।।



## STUDENTS' VOICE

### Where I Belong

I belong to some other place,  
 A place where I used to hear the birds chirping  
 Early in the morning,  
 And not the alarms ringing and irritating me  
 With the wake-up warning.  
 I belonged to a mother,  
 Having a huge glass of milk in one hand and on the other hand  
 A stick to beat me up if I refused to drink it,  
 And not the teas and coffees, from the vending machines  
 Which now I have to make it.  
 I belonged to a dining table,  
 Where delicacies were served,  
 Along with a pinch of my mother's love and care,  
 And not the messed up mess,  
 Where such delicious food is impossible to prepare.  
 I belonged to a dream,  
 That approaches me in my sleep  
 Which wakes me up the whole night long  
 And not the unending targets to achieve  
 In the desperation to gain a promotion along.  
 I belonged to a person,  
 Whose soul touches my heart,  
 Whose light shines up my eyes.  
 And not these pointless dramas and scenes  
 Which cannot be love, my heart denies.  
 I belonged to an evening,  
 Where my friends and my family  
 Filled up my life.  
 And not these parties and pubs  
 That I have now started to dislike.  
 I belong to a bed,  
 Where one day everyone has to sleep onto,  
 And all I wish now is when I die,  
 I die, without grief  
 Of living a life that I never belonged to.



**Ayesha Mishra**  
 BPT- 4th year



## STUDENTS' VOICE

### তিলোত্তমা

একদিন ফিরবো রোজের মতো  
সুস্থ সন্ধ্যা ঘরে নিয়ে,  
তোমায় রাতের বুকে রেখে  
শুনবো অভিযোগ মন দিয়ে...

তখন অসুখ যাবে চলে  
তিলোত্তমা তোমায় ভালোবাসি,  
তুমি ভয় পেয়োনা আজ  
দেখো তোমার কাছেই আছি...

তোমার কাঁদতে ইচ্ছে করে  
জানি ভালো নেই আজ তুমি,  
এই রোগের প্রকোপ গেলে  
একবার ফুঁপিয়ে কেঁদো তুমি!

আবার শরৎ আসবে জেনো  
শিউলিই সাজবে ঐ আঁচল,  
তোমার টানে আবার ফিরবে  
কত বোহেমিয়ান পাগল..

তুমি সেরে উঠবে আবার  
শহর আবার সাজবে ফুলে  
অসুখ চলে যাবে,  
তিলোত্তমা, যত্ন করে ছুঁলে..

তিলোত্তমা ভয় পেয়োনা আর  
দেখো সবাই আছি মিলে  
উষ্ণতা হার মেনে যায়  
তুমি আছো, তুমি ছিলে..



## STUDENTS' VOICE

### The Real Pandemic

You sit by your window  
Watching the clouds turn into an astonishing dark  
The roads are empty, the wallet is weak, all you keep saying to yourself is:  
"oh my, the future is so bleak".

Pandemic out there, please beware  
the sounds of paid media murmurs in your ears, "oh what brought us here "you ask yourself  
You.

You now want to wash your hands every given chances Wish you did the same for your sins.

You now want to disinfect your home, Wish you did the same for your soul.  
And everyday your frown to wear a medical mask, Yet you have been wearing a physical one all your life,  
hiding yourself from yourself.

Wish you had to courage to face your fears .  
hope one day the Rain will truly arrive . It will wash and cleanse your soul.

And the skies will be clear,  
To an indigo you have only ever imagined in fairy tale.  
The truth is there is no pandemic nature is just doing what it knows best, To evolve.

But have you evolved?  
Are you free or are you still caged?



**Nazia Fatma**  
BPT- 3rd year



## STUDENTS' VOICE

### My Own Note Book

I have my own note book,  
I write there how to cook,  
How to write a paragraph or letter,  
How Cheetah runs fast to faster.

I write why the elephant is so slow,  
Why all things up to grow ?  
I write my own daily routine,  
And the foods rich with protein.

I write my own thoughts  
Why bell sounds-Crink!Crink!Crink!  
I write about everything I see and feel,  
In my own notebook.

Here I can able to  
Freely express me,  
Without any need of  
So-called Social Media's help.



**Pritam Halder**  
BPT- 4th year



**Saira Ali**  
BPT- 2nd year

### Truth of Happiness

How long you will chase shadows,  
Believing that after chasing them you will be "happy";  
Just chase your heart, because your  
The heart is very much like a sea,  
Though it has many storms and tides  
But in the depth, you will find pearls too.

How long you will escape from reality,  
Just dwell yourself in the beauty of life;  
Because the journey of your life isn't meant  
To question you," Who you are!"  
But instead, help you to become who  
You are meant to be!

So, maybe you cannot always be happy,  
But you can choose to be brave;  
And one day when you will never be  
Able to escape from your heart,  
That will be the beginning of every good thing in your life,  
That day you will be completely in love with yourself.

## STUDENTS' VOICE

### Speaking of a TENS Machine

Inside the clean white chamber,  
Suddenly a groaning sound appear!  
A man; looks mid-age, crossed the doorstep.  
Sir! Last night I got slept on the couch  
I woke up this morning and ouch!  
I felt pain; became so sad  
Back of my neck hurts so bad.



Just next to the patient couch, sitting on the table  
I'm listening to everything very well.  
To eliminate the pain  
Dr. C. Norman Shealy invented me as an Angel of Heaven.  
No swords, no guns;  
Throughout my electrodes only electric current runs  
Yes, I am a warrior with bear-hands.  
Perdon; if I hurt you sometime during my labour  
Though I only intend to stimulate A-alpha & A-beta brothers,  
But sometimes I end up waking A-delta & C-fibers.  
Friend, I can help you all way around  
But in the case of pacemakers, Malignancy, active skin infections or any metal implants;  
These aren't my battle ground.

So now therapist has come along with that patient  
And I'm being ready to give the treatment.  
A patient says, "What a magical sensation spreading on my neck all way,  
I'm feeling good and my pain is going away"  
Though I'm not wondered by his expression  
I saw everyone to feel this sensation,  
Nothing is there remaining as secret  
This entire magic I did, applying the theory of pain-gate.

**Rahul Upadhyay**  
BPT-2nd year



## STUDENTS' VOICE

### Little Mermaid

I looked,  
I paused,  
She was magnificent,  
Beauty like no other.  
I was attracted,  
Yet the closer I went,  
Filled me up with dread.  
She gave me courage,  
When she smiled.  
“There is nothing to  
Be afraid”  
She said.  
She was unique  
With tail of a fish  
With long lustrous hair  
Deep dark red.  
Gracefully  
Near the shore,  
On the rocks  
She laid.  
“I can’t swim”  
I said  
To myself.  
But I took  
A leap of faith  
That’s how I met  
My little Mermaid.



**Shagufta Ali**  
BPT- 3rd year

## STUDENTS' VOICE

অপেক্ষারা অপেক্ষিত যখন অপেক্ষার ঘরে



স্নিগ্ধ বাতাসে তোর গন্ধ  
 সবাই বলে, আমি নাকি তোর প্রেমে অন্ধ!  
 তা হোকনা সেই লক্ষাধিক আলোর মাঝে অন্ধ প্রেমিক আমি তোর!  
 ক্ষতি কি, যদি হাতটা ধরে আমি সঙ্গে হাঁটি তোর।  
 ভালোবাসা গচ্ছিত না হয় সবটুকু রাখলাম আমি শুধু তোর কারণে,  
 নাইবা শুনলাম হাজারো কথা হাজারো বারণে।  
 তবুও ভালোবাসা রাখি গচ্ছিত করে এ উচাটন মনে,  
 খুব বেশী ভালোবাসি যে!  
 তাইতো জানতে ইচ্ছে করে খুব তোর কাছে,  
 উদয় কি হয় কখনো আমায় নিয়ে ভাবনা আনমনে!  
 চলে যাওয়া পথ, রোদুরের হাত ধরাধরি করে  
 তেমনই না হয় আমরাও কখনো হাঁটবো রাস্তার পথের বাঁক ধরে।  
 জানি সবটাই স্বপ্ন, অলীক কল্পনাবিলাস  
 তবুও ভরসা রাখি, জানি আসবি তুই  
 মিথ্যে করে আমার ভ্রান্তিবিলাস!  
 আসবি তুই, আসতে হবি বাধ্য  
 আমি যে শূন্য তোকে ছাড়া!  
 সর্বহারা সঙ্গছাড়া ছল্লছাড়া  
 জানি যে, বিশ্বাসে মিলায় বস্তু  
 বাকিটা তো যুক্তিপ্ৰদর্শনীয়!  
 তেমনি আমার কাছে তুই  
 ভ্রাগসের নেশার মতোই আকর্ষণীয়..!!!!

**Subhankar Saha**  
 BPT- 2nd year



## STUDENTS' VOICE

### Mother

Since our first cry  
 Till her last sight  
 Protecting us  
 Day and night  
 From the first words  
 till the last speech  
 Whatever uttered  
 mostly mattered  
 Fingers join to hold the pen  
 writing down words of gain.  
 Learning out the values of life  
 Moving through the safety drive  
 Pushing from back in our flow  
 Lifting us so that we can glow  
 Teaching to care respect and love  
 Learning to Share feel and forgive  
 Being the superpower behind our fame  
 Remaining silent and never claim  
 God to us and gift rather  
 You are most precious  
 My dearest mother.



**Suvra Chakraborty**  
 BPT- 3rd year

## STUDENTS' VOICE

### A Day in the COVID Ward - Experiences of 3 interns in their own words



**Sayantani Das**  
BPT

The outbreak of Novel Corona Virus has provided many new experiences in my life. My life has changed in many more ways than I can count.

I am Sayantani Das, just have completed my Bachelor degree in Physiotherapy and started my internship in Belle Vue Clinic.

When I heard one of my fellow interns got a chance to experience COVID duty, I didn't think twice. I begged our Director Madam, Dr. Shabnam Agarwal allow me to join the COVID warrior team. She happily permitted me.

On 3rd August 2020, I was so excited to serve in the COVID ICU for the first time; I had butterflies in my stomach. Slowly I entered the ward along with my senior Dr. Rijurekha Chattopadhyay and Dr. Shyamal Hazra. I started to follow them on how efficiently they are treating the patients according to the covid-19 Rehab Protocol.

We physiotherapists can facilitate the energy-conserving techniques of breathing and mobilization, which not only promote an enhancement in the oxygenation required for patients who have low oxygenation due to breathing problems but also helps in boosting the immune system to fight back disease.

Being in the PPE suit I felt very exhausted in a few hours. I respect the whole medical fraternity for their delegation in serving the entire humanity without being tired and concerned about their health and their family. Last but not the least I would like to thank our Director Madam. Dr. Shabnam Agarwal is kind enough to provide me with this golden opportunity to be a frontline COVID warrior in this pandemic situation.



**Souvik Paul**  
BPT

'I solemnly pledge myself to concentrate life to the service of humanity...'

These lines taken from 'The Hippocratic Oath' which I visualized in front of my eyes, when I entered the COVID ward for the first time in my life with our Director madam Dr. Shabnam Agarwal and Dr. Shyamal Hazra. When I got admitted in BPT course in the year 2015, from day one I wanted to serve mankind in critical condition. When our internship started during the pandemic outburst I always had a latent desire to be a part of frontline COVID warrior team. Finally, on 31st July, Director madam asked me if I was willing to join them to go for round in COVID ward. I never thought twice and agreed.

I was so excited and a little nervous too. Slowly following madam and sir, I entered the corridor of COVID ward of Belle Vue Clinic. When I started donning the PPE kit I felt like wearing a shield to go to war, but this time it is not the war between countries or against any enemy, but it was against an invisible virus. After wearing the PPE kit I slowly entered the COVID ward. Having worn the PPE for the first time I was struggling with slight thirst and claustrophobic, but I really mesmerized how calm and cool were madam and sir.

I really appreciated how they are doing this regularly for 8 – 12 hours continuously being worried free and exhausted. How passionately they were treating patients by following the complete COVID-19 rehabilitation protocol. I really salute the entire medical fraternity of Belle Vue Clinic, specially the Doctors, Nurses and our beloved Director madam and her whole team for fighting fearlessly in this battlefield. I am grateful for getting a chance to witness a fearless battle against a miserable virus and this memory will indelibly imprint into my mind for ever.



**Raja Sarkar**  
BPT

Every first time experience for the first time is always special. The experience of doing COVID duty as a Physiotherapist intern was one such experience.

I, Raja Sarkar, Physiotherapist intern was pursuing my internship at one of the renowned clinics of Kolkata, "Belle Vue Clinic" under the guidance of Dr Shabnam Agarwal Madam who is the head of the department of Physiotherapy units and other senior physiotherapists.

So it was my last day at Belle Vue Clinic. It was an emotional day for me because my internship was coming to an end. I was extremely obliged when the respected Dr Shabnam Agarwal Madam allowed me to do duty in COVID ward at Belle Vue clinic.

We are all aware of the pandemic situation caused due to COVID 19 virus. Here, in this situation, the Physiotherapist plays a key role in treating patients who are suffering from coronavirus and help them to recover from Corona and return to normal life.

I was given personal protective equipment to wear so I and two senior Physiotherapist went to the donning section to wear our Personal Protective Equipment (PPE) suit and we entered the department. The treatment consisted of mainly "COVID Rehab" exercises which include breathing and muscular exercises. Our main aim was to improve the patient's oxygen saturation levels in the body which we manage with positioning and breathing techniques. Printed Handouts were given to patients to help them do the exercises themselves as correctly as possible.

In the end, I once again would like to thank respected Dr Shabnam Agarwal Madam for allowing me to do my duty at COVID ward and to help the patient to recover faster. This was my experience of doing duty at COVID ward and I'm proud that I contributed something to society. Looking forward to other such wonderful opportunities.



## STUDENTS' VOICE

## मेरे जीवन में शिक्षक

हर नई कली को देख कितने खुश होते है अपने  
हर नन्ही सी परी की आँखों में होते कई सारे सपने  
जब माता पिता के लाड़ प्यार से दूर पहला कदम स्कूल में रखा  
तब ही तो हमने पहली बार पढ़ने के रस को चखा  
एक नही कई कई बार शिक्षक ने लिखना पढ़ना बताया था  
पर हमने तो शोरगुल से कितना उनको साताया था।  
पहली बार जब नाम अपना लिख पाए थे  
तब भी सिर पर हमारे कुछ उम्दा शिक्षकों के साए थे  
निरंतर चलती रही ये सिखने की डोर !  
कुछ ऐसे शिक्षक मिले के कभी न कहलाई मै पढाई चोर  
हमेशा अव्वल नम्बर से होती रही पास!  
माता पिता और शिक्षक की होती जो थी देर सारी आस!  
फिर स्कूल पास कर कॉलेज में आए,  
कठिन पढाई देख हम घबराए  
पर मनोबल बनाकर डर को दूर भगाया  
शिक्षक ने मन में फिर से जितने का जज्बा जागाया  
राग द्वेष से दूर एक आईना दिखाया,  
अपने अनुभव से जीवन जाना सिखाया,  
किसी डॉक्टर को बनाने में भी रहता एक शिक्षक का साथ  
बड़े से बड़े सफलता भी मुमकिन है!  
अगर हो सिर पर एक शिक्षक का साथ,  
ले लीजिए ओहदा कोई भी  
किसी में नहीं एक शिक्षक सी बात।  
किसी में नहीं एक शिक्षक सी बात!!



**Nazia Fatma**  
BPT- 3rd year

## ART GALLERY



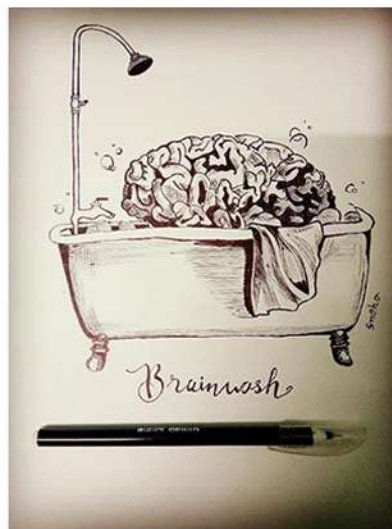
**Nawmita Sharma**  
BBA-4th Semester



**Puja Yadav**  
BHM-4th Semester



**Rohan Roy**  
BCA-4th Semester



**Sneha Mondal**  
BCA-4th Semester



**Subhangi Seal**  
BBA-1st Semester



**Subham Dayal**  
BBA-6th Semester



**Abhishek Raut**  
BPT-4th Year



## ART GALLERY



**Sunanda Mazumder**  
BPT-4th Year



**Swarup Ghosh**  
BPT-3rd Year



**Swarup Ghosh**  
BPT-3rd Year



**Aneesh Chanda**  
BPT-2nd Year



**Arpita Pal**  
BPT-3rd Year



**Debajyoti Samui**  
BPT-2nd Year



**Rudrasish Nath**  
BPT-4th Year



**Soumalya Sen**  
BPT-3rd Year



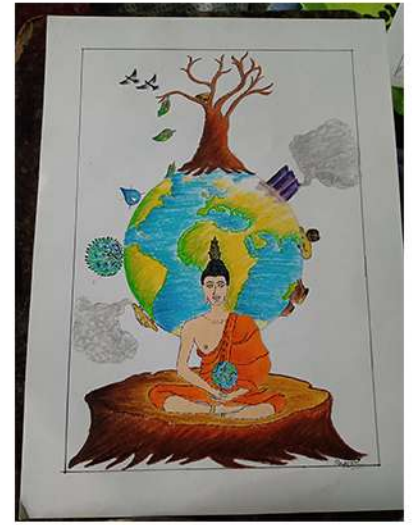
## ART GALLERY



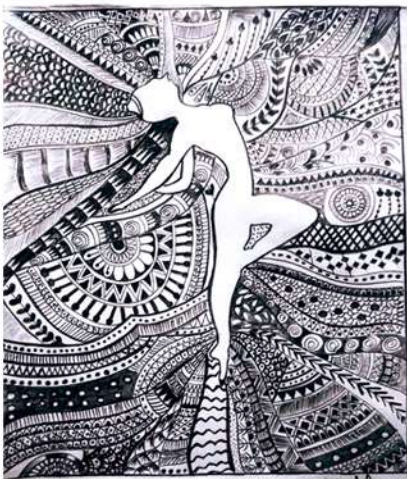
**Pritam Halder**  
BPT-4th Year



**Niladri Dhali**  
BPT-1st Year



**Papri Paul**  
BPT-1st Year



**Sabari Mondal**  
BPT-3rd Year



**Rudrasish Nath**  
BPT-4th Year



**Prantika Deb**  
BPT-3rd Year



**Diksha Palit**  
BPT-3rd Year



**Rachita Sarkar**  
BPT-2nd Year



## PHOTOGRAPHERS' GALLERY



**The Mountains are my Happy Place**  
**Subhasish Ghosh, BBA-4th Semester**



**Mumbai Central  
 Station**



**Wah Taj...**

**Subham Dayal**  
**BBA-6th Semester**



**As The Sun Sets**  
**Abhishek Shaw**  
**BHM-6th Semester**



**Old Places have a Soul**  
**Bibek Das**  
**BCA-4th Semester**



## PHOTOGRAPHERS' GALLERY NIMS TEAM



**Lord Buddha**



**Natural Pool**

**Avishek Adhikari** (Business Development Executive-NIMS)



**Mountain Ebony**



**Snow Capped Mountain**

**Dibakar Dutta** (Librarian-NGI)



**Tea Garden**

**Saroda Chatterjee**  
Academic Coordinator  
& HOD (BBA-NIMS)



**Sunrise**

**Suman Mandal**  
(Assistant Professor-NIMS)



## PHOTOGRAPHERS' GALLERY



**Asha Ki Pehli Kiran**  
Jyoti Ghosh BHM-2nd semester



**Nature Bonding**  
Abhishek Raut BPT-4th year



**Ray of Hope**  
Amit Paul, BPT-2nd year



**Back Home**  
Bodhisatta Khatua, BPT-1st year



**Colours of Life**  
Papri Paul, BPT-1st year



**Fireworks**  
Rahul upadhyay, BPT-2nd year

## PHOTOGRAPHERS' GALLERY



**Sail, Not Drift**  
**Pradipta Sarkar, BPT-4th year**



**Sunset**  
**Pritam Halder, BPT-4th year**



**Sky-The Endless Limit**  
**Saheli Roy, BPT-3rd year**



**Lord Buddha**  
**Saswata Chatterjee, BPT-3rd year**



**Beautiful Nature**  
**Souharda Patra , BPT-1st year**



**The Butterfly**  
**Sujay Roy, BPT-2nd year**



## PHOTO GALLERY: NIHS

**Free Physiotherapy & Mobility Aids Distribution Camp on International Day of Persons with Disabilities by NIHS & Rotary Club of Kolkata Chowringhee at NIHS on 7th Dec, 2019**



(L to R) Mr. Ravi Lohia, Member Sikhar Nagarik Prishad; Mr. Ghanshyam Prasad Agarwala, Vice Chairman of Rupa Industries Ltd.; Ms. Ellora Saha, Councilor of ward no 24, KMC; Prof. Shabnam Agarwal, Ms. Urmi Basu, founder of New Light; at the Lighting of Lamp Ceremony



**(L to R) Dr. Bimlesh Kamat (PT), Clinical Physiotherapist; Dr. Subhasish Chatterjee (PT), Asst. Prof; Dr. Anwesh Pradhan (PT), Assoc. Prof; Prof. Shabnam Agarwal, Prof. Gargi Roychoudhury, Dr. Tanusree Basak (PT), Assoc. Prof; Mr. Anupam Das, Administrative Coordinator; Dr. Tapas Kumar Pal (PT), Asst. Prof; Dr. Mainak Sur (PT), Clinical Tutor along with BPT Students**



**Ms. Ellora Saha Councilor of ward no 24, KMC and NIHS faculty members providing wheelchair at the camp**



**Prof. Shabnam Agarwal and Ms. Urmi Basu, founder of New Light with the Specially abled person who received mobility aids in the camp**



## PHOTO GALLERY: NIHS

**Physiotherapy Awareness Programme by NIHS Faculty & Students on World  
Physiotherapy Day on 8th Sep, 2019 at KMC Ward no 24, 25, 26**



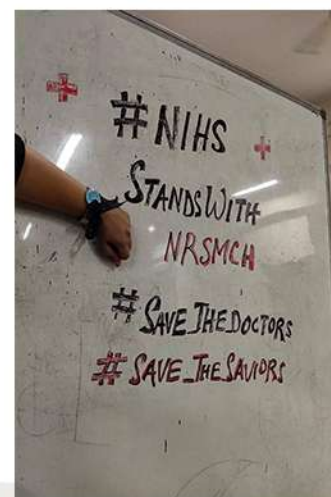
Poster campaign and Rally organized by NIHS faculty members and students to promote Physiotherapy Awareness among common people.

**Cancer Rehab Workshop by Dr. Shailendra Mehta (PT) in Communis Auditorium  
on 14-15th Dec, 2019**



Dr. Shailendra Mehta (PT), HOD- Physiotherapy, Janardhan Rai University, Udaipur conducting workshop on Cancer Rehab in Communis Auditorium

**NIHS stands with NRSMCH, protests against Doctors' Violence**



NIHS faculty members and students in solidarity with Doctors



## PHOTO GALLERY: NIHS



**Prof. Shabnam Agarwal receiving 'Lifetime Achievement Award' in the field of Physiotherapy & Rehabilitation from Vice Chancellor of Janardhan Rai University and sharing stage with Minister of Health and Family Welfare, Government of Rajasthan**



**Dr. Anwesh Pradhan (PT), Assoc. Prof. receiving 'Excellence in Physiotherapy Award' from Vice Chancellor of Janardhan Rai University**



## PHOTO GALLERY: NIHS

### Free Physiotherapy Camp on National Youth Day by NIHS Faculty Members and Students at Pathuriaghata Street, Ward no- 24 2019-2020



Prof. Shabnam Agarwal, delivering a motivational speech on National Youth Day 2019, in the presence of Ms. Ellora Saha, Councilor of Ward no 24, KMC



(L to R) Ms. Ellora Saha, Councilor of ward no 24, KMC; Prof. Shabnam Agarwal, Dr. Tanusree Basak (PT), Assoc. Prof; Dr. Tapas Kumar Pal (PT), Asst. Prof. on National Youth Day camp organized by NIHS.



(L to R) Ms. Ellora Saha, Councilor of ward no 24, KMC; Dr. Jyanta Chakraborty (PT), Clinical Tutor; Dr. Tanusree Basak (PT), Assoc. Prof; Mr. Anupam Das, Administrative Coordinator providing free orthosis at National Youth Day



Dr. Tanusree Basak (PT), Assoc. Prof. providing Physiotherapy treatment to a patient

### Physiotherapy Camp by NIHS For Sealdah Traffic Guard in Aug 2019



(L to R) Prof. Shabnam Agarwal, DCP Traffic (North), ACP Traffic (North), OC Sealdah Traffic Guard at the inaugural ceremony



Dr. Anwesh Pradhan (PT), Assoc. Prof. providing Physiotherapy Consultancy



## PHOTO GALLERY: NIHS

**‘SIP Talk’ by Dr. Upendra Goswami (PT), Physiotherapist, PGIMER, Chandigarh organised by NIHS in collaboration with Society of Indian Physiotherapists at Communis Auditorium on 1st Nov, 2019**



Dr. Upendra Goswami (PT) delivering a lecture on ‘Manifestation of Thoracic Outlet Syndrome’



Prof. Shabnam Agarwal and Dr. Anwesh Pradhan (PT), Assoc. Prof. felicitating Dr Upendra Goswami (PT)

**NIHS Faculty and Students at 4th Annual Conference of Society of Indian Physiotherapists, 2019, New Delhi**



(L to R) Dr. Snigdha Mehta (Mumbai), Prof. Shabnam Agarwal (Kolkata) and Dr. Kalpana Zutshi (New Delhi)



Dr. Tanusree Basak (PT), Assoc. Prof. delivering a talk on ‘Training the Parathlete’ at the Conference



Prof. Shabnam Agarwal with MPT students at the Conference



(M) Late Mr. Pranab Mukherjee, Honourable Ex President of India with founder members of SIP, (L to R) Dr. Bela Sethi (New Delhi), Dr. Raju K. Parasher, (New Delhi), Dr. Savita Ravindra (Bangalore), Dr. Arun Maiya (Manipal), Dr. Deepak Kumar (New Delhi), Dr. Deepak Kachalia (Mumbai), Dr. Asha Chitnis (Mumbai), Dr. Kaushal Bhatt (Bhavnagar), Dr. Snigdha Mehta (Mumbai), Prof. Shabnam Agarwal (Kolkata), Prof. Maneesh Arora (Dehradun), Prof. Narkeesh Arumugam (Patiala), Dr. Nitesh Bansal (New Delhi)



## PHOTO GALLERY: NIHS

### NIHS Picnic - 2019 at Jogmaya Park, Dankuni



NIHS students enjoying the picnic



Staff and students together at Jogmaya Park, Dankuni

### NIHS Picnic - 2020 at Abakash, Barasat



Students having fun at picnic



Students enjoying their lunch



A joyful moment



Faculty and students enjoying the picnic



## PHOTO GALLERY: NIHS

**Physiotherapy Camp for Kolkata Police Traffic Guards organized by NIHS in Nopany Physiotherapy Clinic, 6 - 7th Mar, 2020**



(L to R) Dr Mainak Sur (PT), Clinical Tutor; Dr. Tapas Kumar Pal (PT), Asst. Prof; Dr. Subhasish Chatterjee (PT), Asst. Prof; Shri. Rajendra Singh, Trustee, Nopany Foundation; Prof. Shabnam Agarwal; Shri. Shirish Goswami, Secretary, NIMS; Shri. Devendra Prakash Singh, IPS, Adl. CP; Shri. Santosh Pandey, IPS, Jt. CP (TP); Shri. Rupesh Kumar, IPS, DCP (TP) at the Inaugural function of Physiotherapy camp



**Dr. Tapas Kumar Pal (PT), Asst. Prof. providing Physiotherapy Consultation at the Camp**



**Dr. Mainak Sur (PT), Clinical Tutor providing Physiotherapy Consultation at the Camp**

## PHOTO GALLERY: NIHS

**Dr. Ruchi Varshney (PT), Treasurer of Indian Association of Physiotherapists delivering lecture in Communis Auditorium on 25th Jan, 2020**



**Dr. Ruchi Varshney (PT) delivering a lecture on 'Entrepreneurship in Physiotherapy'**



**Prof. Shabnam Agarwal felicitating Dr. Ruchi Varshney (PT)**



**NIHS faculty members, Prof. Shabnam Agarwal and students with Dr. Ruchi Varshney (PT)**



## PHOTO GALLERY: NIHS

**Society of Indian Physiotherapists 5th Annual Conference (SIPCON) 2020, Mumbai, attended by NIHS Faculty Members and Students**



Prof. Shabnam Agarwal chairing a panel discussion on 'Should we integrate the profession of Physiotherapy and Occupational Therapy?' speakers (L to R) Dr. Bhavana Gadhavi (Ahmedabad), Dr. Gillian Webb (Australia), Dr. Sudeep Kale (Mumbai)



Prof. Shabnam Agarwal felicitating Dr. Gillian Webb (Australia)



Prof. Shabnam Agarwal felicitating Dr. Sudeep Kale, President of Maharashtra State Council for Occupational Therapy & Physiotherapy



Prof. Shabnam Agarwal, Dr. Tapas Kumar Pal (PT), Dr. Anwesh Pradhan (PT), Dr. Mainak Sur (PT), with MPT Students at the conference



Dr. Tapas Kumar Pal (PT), presenting Scientific poster on 'Prevalence of Cervicogenic Headache due to prolonged smart phone use in college students of Kolkata'



(L to R) Dr. Bhavana Gadhavi, Dr. Margareta Nordin (USA), Prof. Rajani Mullerpatan, Prof. Shabnam Agarwal, Dr. Anwesh Pradhan (PT), Dr. Tapas Kumar Pal (PT)



## PHOTO GALLERY: NIMS

### “Activities”



Poster Presentation on 'GREEN EARTH' by BBA 1st Semester Students at NIMS class room on 17th MAY, 2019

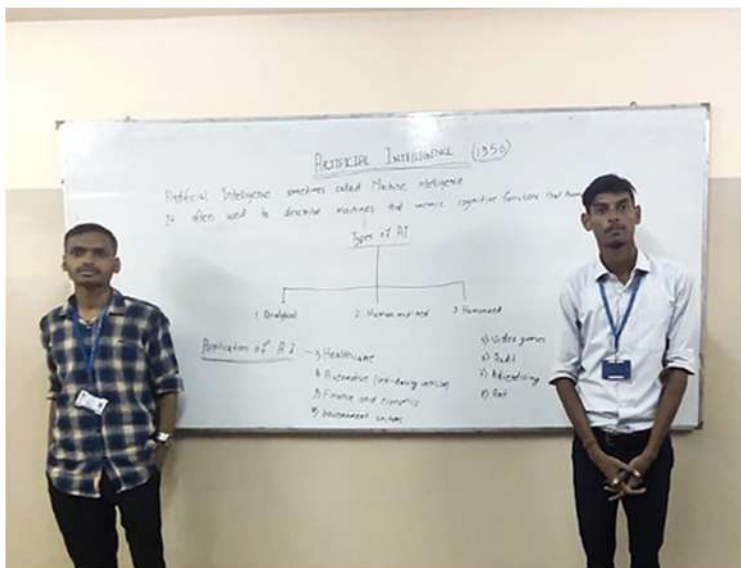


## PHOTO GALLERY: NIMS

### “Activities”



Pot Painting in College by BBA 4th semester students on 22nd July, 2019



Presentation on Artificial Intelligence by BBA 4th semester students at NIMS classroom on 4th June, 2019



Poster Presentation on Sports Marketing by BCA 2nd semester students at NIMS classroom on 18th June, 2019

## PHOTO GALLERY: NGI

### “ACHELOIS - 2019”

Annual Day Celebration at Gyan Manch, 26th Mar, 2019



Mr. Chandra Shekhar Nopany, Chairman (Nopany Group of Institutions) giving an inspiring speech to the students



(L to R) Ms. Anamika De Amin, Asst. Prof; Dr. Sourov Saha (PT), Assoc. Prof; Mr. Chandra Shekhar Nopany, Chairman, Jimmy Tangree (Head, 91.9 FriendsFM), Prof. Shabnam Agarwal releasing college magazine “SANKALP 2018”



A mind-blowing performance of NIHS 3rd BPT students Theme: “Friendship”



Rajasthani Ghoomar Dance by NIHS students.



Dance Performance by BIHM 3rd sem students



Fashion Show by BBA 3rd sem students on ‘Women Empowerment’



## PHOTO GALLERY: NIMS

### NIMS Induction Programme on 14th Aug, 2019 at Communis Auditorium



(L to R) Ms. Koyel Ghosh, Asst. Prof (BCA), Ms. Saroda Chatterjee, Academic Coordinator NIMS, Ms. Anwesha Nag, Asst. Prof (BHM), Prof. Subir Ghosh, Principal NIMS, Ms. Shromona Neogi, Asst. Prof (BBA), Ms. Kaveri Banerjee, Asst. Prof (BCA), Ms. Bratati Chakravarti, Faculty(BCA) at the Induction Programme of NIMS on 14th Aug, 2019



(L to R) Prof. Subir Ghosh, Principal NIMS, Ms. Saroda Chatterjee, Academic Coordinator NIMS, Prof. Shabnam Agarwal, Ms. Anwesha Nag, Asst. Prof (BHM), Mr. Kishore Chakravarti, Asst. Prof (BBA) Ms. Bratati Chakravarti, Faculty (BCA) at NIMS Induction Programme on 14th Aug, 2019 at Communis Auditorium

### NIMS Sports (in house) on 27th Jan, 2019 in College Premises



BBA 4th semester students playing Carrom (indoor activity)



BBA 4th semester students playing Chess (indoor activity)



## PHOTO GALLERY: NIMS



Drawing Competition: BBA 4th semester students on 8th Jan, 2019 (in house)



Football Team of NIMS BBA students at NIMS Sports on 27th Jan, 2020 at Rabindra Kanon



Girls' Cricket by BBA 4th & BHM 4th semester students on 8th Jan, 2020 at Rabindra Kanon



Girls' Relay Race by BBA 4th & BHM 4th semester students 7th Jan, 2020 at Rabindra Kanon



(L to R) Arkamitra Chakrabarty, Sanjit Kumar Sahani, Prof. Shabnam Agarwal, Mr. Suyash Borar, Mohit Sah & Puja Yadav at 14th CII Healthcare Meet at ITC Sonar, Kolkata



# ACADEMIC EXCELLENCE AWARDS

## Academic Excellence Awards NIHS



**SWARUP GHOSH**  
**1<sup>st</sup> Yr BPT**



**SANA SHAMIM**  
**2<sup>nd</sup> Yr BPT**



**SUDIP HAZRA**  
**3<sup>rd</sup> Yr BPT**



**SAYANTANI DAS**  
**4<sup>th</sup> Yr BPT**

## Academic Excellence Awards NIMS



**SUMITRA SAHA**  
**BBA - 2019**



**ANIKET SINGH**  
**BCA - 2019**



**ROHINI SINGH**  
**BHM - 2019**

**NIMS Students' receiving academic excellence award from  
Jimmy Tangree, Head 91.9 Friends FM**

## NIMS TEAM



**Prof. Shabnam Agarwal, PhD**  
Director- Education



**Prof. Subir Ghosh, Ph.D**  
Principal



**Mr. Anupam Das, MBA**  
Administrative Coordinator



**Ms. Saroda Chatterjee**  
M.COM, MBA  
Coordinator, BBA



**Ms. Anwesha Nag, MHM**  
Assistant Professor, BHM



**Ms. Kaveri Banerjee, MCA**  
Assistant Professor, BCA



**Mr. Mahendra Srivastava, MBA**  
Assistant Professor



**Mr. Suman Mandal, MBA**  
Assistant Professor



**Mr. Anirban Ghosh**  
M.COM, MBA  
Assistant Professor



**Mr. Suvayan Biswas, MHA**  
Assistant Professor



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ACCOUNTANT



**MR. AVISHEK ADHIKARI**  
BUSINESS DEVELOPMENT  
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TECHNICAL ASSISTANT  
& NEN COORDINATOR

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MA (ENGLISH)

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MCA AND M.TECH(IT)

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MTECH (COMPUTER SCIENCE)

■ **MR. RATUL MUKHERJEE**  
MCA, M.TECH

■ **DR. KAUSHIK SINHA**  
BAMS, DYT, MBA(HR)

■ **MS. SHARMISTHA CHAKRABORTY**  
PGPM & MBA

## NIHS TEAM



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Director- Education



**Mr. Anupam Das, MBA**  
Administrative Coordinator



**Prof. Gargi Ray Chaudhuri, PhD**  
Physiology  
BPT Coordinator



**Dr. Tanusree Basak (PT)**  
MPT in Musculoskeletal & Sports  
Associate Professor,  
MPT Coordinator



**Dr. Anwesh Pradhan (PT)**  
MPT in Neurological &  
Psychosomatic  
Disorders  
Associate Professor



**Dr. Tapas Kumar Pal (PT)**  
MPT in Musculoskeletal & Sports  
Assistant Professor



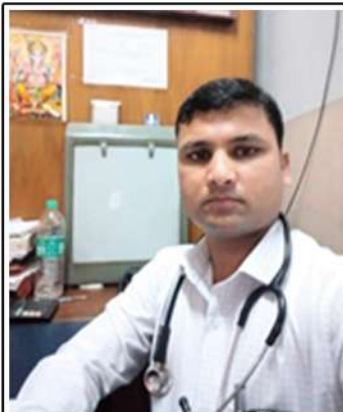
**Dr. Subhasish Chatterjee (PT)**  
MPT in Neurology  
Assistant Professor



**Dr. Mainak Sur (PT)**  
MPT in Neurology  
Clinical Tutor



**Dr. Jayanta Chakraborty (PT)**  
MPT in Orthopaedics  
Clinical Tutor



**Dr. Bimlesh Kamat (PT)**  
BPT  
Clinical Physiotherapist



**Amrita Mukherjee**  
Front Office Executive



# NIHS TEAM

## External Faculties

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■ **DR. SHIBANI MAZUMDER**  
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■ **DR. SIKHA DUTTA**  
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**MICROBIOLOGY**

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■ **MS. SUBHRA GANGULY**  
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■ **DR. PRITI WISH GOZI (PT)**  
**MPT IN CARDIORESPIRATORY**



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