

# इवारेखाप

Annual Magazine of Nopany Institute



Empowering the Youth

Vol - 17, 2022

*WITH BEST COMPLIMENTS FROM*

---

**ROY & ROYS'**

ENGINEERS & DEVELOPER  
INTERIOR DESIGNER & DECORATORS  
CIVIL CONTRACTOR

*2, GREEN AVENUE, SANTOSHPUR  
KOLKATA-700075  
9830024231(M)*





## BOARD OF GOVERNORS NOPANY INSTITUTE



**MR. C. S. NOPANY**  
CHAIRMAN, NOPANY FOUNDATION



**DR. SHABNAM AGARWAL**  
SECRETARY, NOPANY FOUNDATION  
DIRECTOR- EDUCATION, NI



**MR. HIMANSHU AJMERA**  
PROMOTER DIRECTOR OF ACCORD  
CAPITAL MARKETS LTD  
MEMBER



**MR. RAJENDRA SINGH**  
BUSINESS (REAL ESTATE, HOTELS AND  
RESTAURANTS)  
MEMBER



**RETD. REV. PSP RAJU**  
EDUCATIONIST  
MEMBER



**PROF. SHIVARAY PRABHU**  
EDUCATIONIST  
MEMBER



**MS. RUCHIKA GUPTA**  
EXECUTIVE DIRECTOR  
SANMARG PVT LTD.  
MEMBER





## BOARD OF ACADEMICS

NOPANY INSTITUTE OF HEALTHCARE STUDIES



**DR. SHABNAM AGARWAL**  
DIRECTOR- EDUCATION, NI  
CHAIRPERSON



**PROF. NARASIMMAN SWAMINATHAN**  
VICE PRINCIPAL, FACULTY OF ALLIED HEALTH SCIENCES,  
SRI RAMCHANDRA MEDICAL COLLEGE AND RESEARCH  
INSTITUTE. (DEEMED TO BE UNIVERSITY)  
MEMBER



**PROF. SHIVARAY PRABHU**  
EDUCATIONIST  
MEMBER



**PROF. RAJU K PARASHER**  
DIRECTOR, AMAR JYOTI COLLEGE OF  
PHYSIOTHERAPY, NEW DELHI  
MEMBER



**PROF. GARGI RAY CHAUDHURI**  
COORDINATOR EDUCATION (BPT);  
NOPANY INSTITUTE OF HEALTHCARE STUDIES  
MEMBER



## BOARD OF ACADEMICS

NOPANY INSTITUTE OF MANAGEMENT STUDIES



**DR. SHABNAM AGARWAL**  
DIRECTOR- EDUCATION, NI  
CHAIRPERSON



**PROF. NARASIMMAN SWAMINATHAN**  
VICE PRINCIPAL, FACULTY OF ALLIED HEALTH SCIENCES,  
SRI RAMCHANDRA MEDICAL COLLEGE AND RESEARCH  
INSTITUTE. (DEEMED TO BE UNIVERSITY)  
MEMBER



**PROF. SUBIR GHOSH**  
PRINCIPAL, NOPANY INSTITUTE OF  
MANAGEMENT STUDIES  
MEMBER



**MR. BRIJESH DALMIYA**  
FOUNDER CHAIRMAN  
THE BRIJESH DALMIYA LEADERSHIP  
COMPANY  
MEMBER



**PROF. PRABAL KUMAR SEN**  
RETD. PROFESSOR, ECONOMICS  
AREA & CHAIRMAN  
ENTREPRENEURSHIP DEVELOPMENT  
CENTER (EDC) AT XLRI JAMSHEDPUR  
MEMBER





# TABLE OF CONTENTS

CONTENTS	PAGE NO
1. From the desk of the Chairman	01
2. Nopany Institute	02
3. Nopany Institute of Healthcare Studies	03
4. Growth of NIHS over the years	04
5. Nopany Institute of Management Studies	05
6. Growth of NIMS over the years	06
7. From the desk of Director	07
8. From the desk of the Principal, NIMS	08
9. From the desk of the Editor (NIHS)	09
10. From the desk of the Editor (NIMS)	10
11. From the desk of Designer	11
12. From the desk of the Associate Editor (NIHS)	12
13. From the desk of the Associate Editor (NIMS)	13
14. Student Editor's Voice (NIHS)	15
15. Student Editor's Voice (NIMS)	16
16. IQAC Committee 2022	17-22
17. Guest Article	23-26
18. Faculty's Voice	27-34
19. Student's Voice	35-60
20. Artists' Gallery	61-63
21. Photographers' Gallery	64-67
22. Photo Gallery	68-87
23. Academic Excellence Awards	88
24. NIHS Team	89-90
25. NIMS Team	91-92
26. NI Staff members	93

## *From the Desk of Chairman*



It is always a pleasure to pen my message for the Annual Magazine of Nopany Group of Institutions, "Sankalp" which provides a window glimpse into the numerous activities of the Institute. My compliments to the editorial team for doing a wonderful job in compiling this magazine.

We are living in a world of tremendous uncertainties. Conflicts and pandemics have brought in social and economic turmoil. While these are all temporary setbacks, it is important to realise that we have the power to decide and shape our future. Evolving with the ever-changing environment, acquiring skills and sharing our thoughts and ideas pragmatically, will help with the development of our society and will help to resolve the various challenges that we encounter. It is our willpower that makes the difference.

It has been rightly said that we spend the first half of our lives trying to understand the older generation, and the rest half in understanding the younger generation. The youth of today are gifted with natural ebullience and great ideas. And with these enduring attributes they are eager to learn and explore new things. Empowering students beyond the classroom will give them the ability to tackle various situations with confidence and understanding their social obligations. Discovering their full capabilities will result in unleashing their best potential to help build a better life and a better community at large.

I would like to express my deep appreciation to the management for their reaffirming unconditional support and the incessant assistance of all the teaching & non-teaching staff that help to run this institution smoothly.

***"Teachers can open the door, but you must enter it yourself." - Chinese proverb***

**C S Nopany**  
Chairman  
Nopany Group of Institutions (NGI)





# NOPANY INSTITUTE

## ABOUT

Nopany Institute 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

The establishment of the Nopany Institute (NI) in 2002, in West Bengal, added a new chapter to an illustrious heritage. The origin of the group was with the establishment of the Nopany Foundation in 1993 to provide job oriented quality education as per the standards of industry requirements and healthcare. 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 honorable 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 AT NI?

The NI 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 Maulana Abul Kalam Azad University of Technology, West Bengal (formerly known as West Bengal University of Technology) for conducting the 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 Master of Physiotherapy (MPT) courses. It is recognised by the Department of Health and Family Welfare, Government of West Bengal and affiliated with the West Bengal University of Health Sciences.

## VISION

- To build a conducive learning environment that promotes creativity and leadership.
- To maintain a continuous equilibrium of 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 the application of concepts in a diversified manner.

## MISSION

- Commitment to the 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 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 HEALTHCARE 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 and have analytical skills, 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 studded 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 centre with internet connectivity.

NIHS has a modern in-house clinic with state of the art types of equipment. 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 the celebration of World Physiotherapy Day, International Day of Persons with Disabilities, National and International Workshops and Seminars, English language classes, Soft Skills development and Computer classes to ensure all-round development of students.

West Bengal Minority Development and Finance Corporation (WBMDFC), OASIS, E-KALYAN, National Scholarship Portal (NSP), Swami Vivekananda Merit Cum Means Scholarship and West Bengal Student Credit Card Scheme recognise the courses and provide lavish scholarships and loan facilities to NIHS students.

## ACADEMIC PROGRAMS:

Nopany Institution of Healthcare Studies has the unique distinction to be the first private institution affiliated with the West Bengal University of Health Sciences, Kolkata (WBUHS)

It conducts:

- Bachelor in Physiotherapy (BPT)- 4 1/2 years
- Masters of Physiotherapy (MPT)- 2 years
- ✓ Orthopaedics    ✓ Neurology

## OUR ASSOCIATIONS:

- AMRI Hospitals Ltd, Kolkata
- B.M. Birla Heart Research Centre
- Belle Vue Clinic
- Dr B C Roy Postgraduate Institute of Pediatric Sciences
- Calcutta National Medical College and Hospital
- ESI Hospital (Sealdah)
- Woodlands Multispecialty Hospital Limited
- Institute of Post Graduate Medical Education and Research (IPGME&R)

## FOR FURTHER INFORMATION OR PROSPECTUS PLEASE CONTACT:

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

Visit us at [www.nihs.ac.in](http://www.nihs.ac.in), E-mail: [info@nihs.ac.in](mailto:info@nihs.ac.in)

Tel: +91-33-2533 2869, 25553380, 09830329882



## GROWTH OF NIHS OVER THE YEARS

### Year 2022

• Saraswati Puja was celebrated for the first time in the campus.

• NIHS celebrated the International Women's Day on the theme: 'Break the Bias' on 8th March.

• Dr. Shabnam Agarwal received The Lifetime Achievement Award from Swami Vivekananda University for her contribution in the field of Physiotherapy on 5th May.

• NIHS conducted the 1st Convocation for BPT 2015 and 2016 batch and MPT 2016 and 2017 batch at Bhartiya Bhasha Parisad on 9th Apr, Dr Suhrita Pal, Hon'ble VC, WBUHS graced the occasion.

• Dr. Shabnam Agarwal, Director Education and the MPT students of 2020 batch participated in the 5th Annual Conference of Society of Indian Physiotherapists, Chennai.

• NIHS students participated in the 59th National IAP conference 2022, Kolkata and won 1st prize in Quiz competition, 1st prize in Poster presentation, 1st and 2nd prize in Debate Competition.

• NIHS faculty members participated in the BPT curriculum development conducted by WBUHS.

• NIHS received Education Excellence award 2022 under The Best Physiotherapy College category by Zee 24 Ghanta.

• CBR initiative of NIHS- faculty members & students conducted a field visit, assessed, intervened patients and trained caregivers at the Hateshpur Gram Panchayat, Lakhikantapur.

• Faculty members attended workshops on Dry Needling and Anger Management as a part of Faculty Development program.

• NIHS team reached Patharprta block, Sundarbans on 19th Nov and conducted Free Physiotherapy assessment camp for more than 80 patients.

• NIHS participated in the Tata Steel Marathon Kolkata 25K as recovery partner on 18th Dec.

### Year 2019-20

• NIHS celebrated World Physiotherapy Day by organising an awareness program in local community.

• Dr. Shabnam Agarwal, Director Education received 'Lifetime Achievement Award' in the field of Physiotherapy and Rehabilitation & Dr. Anwes Pradhan, Associate Professor, NIHS received 'Excellence in Physiotherapy Award' from the Vice-Chancellor of Janardan Rai University at the 3rd International Physiotherapy conference

• NIHS organised a Physiotherapy camp at Sealdah Traffic Guard for traffic police personnel.

• NSPote' provided on field Physiotherapy service to CCFC Rugby team and at Saturday Club, Inter-Club Carnival.

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

• Dr. Tanusree Basak, Associate Professor selected as a trainer for Special Olympics Bharat Bengaluru branch.

• NIHS organised Physiotherapy Camp for Musculoskeletal Pain for Kolkata Police Traffic Guard at Nopany Institute of Healthcare Studies on 6th and 7th March 2020.

### Year 2018

• Dr. Shabnam Agarwal received scholarship Award and presented 2 posters at World Congress on Osteoporosis, osteoarthritis and musculoskeletal diseases (WCO-2018) Krakow, Poland.

• NSPote', a sport Physiotherapy venture of NIHS provided Physiotherapy assistance to Bengal rugby team and Indian Women rugby team at CCFC club and sports carnival at Saturday club.

• NIHS held its 1st press conference at Bangladesh for opportunities about different courses with NGI. NGI collaborated academically with Bangladesh Physiotherapy Association (BPA) for continue education in Physiotherapy.

• NIHS faculty members and senior students provided voluntary service at occupational Physiotherapy camp for factory workers at Himadri Chemical and Sealdah Traffic Guard.

• NIHS conducted successful Foot Camps at La Maternelle School and DPS Megacity.

• On 155th Birth Centenary of Swami Vivekananda Ji NIHS conducted "Free Physiotherapy Camp" at KMC ward office 26 on 12th January, 2018.

### Year 2016

• Dr. Shabnam Agarwal, Director- Education NIHS received award for significant contribution in Physiotherapy at 1st International Physiotherapy Conference 2016, Jaipur, Rajasthan.

• NIHS conducted World Disability Day at Mollarpur, Birbhum in collaboration with Ramkrishna Satyananda Ashram.

• NIHS faculty Dr. Tanusree Basak and Dr. Tapas Kumar Pal selected as Clinical Director at Special Olympics, India.

• NIHS registered in clinical trial registration.

• NIHS student was awarded as Gold Medallist by University of Health Sciences, West Bengal.

• NIHS students received 1st and 3rd prize in poster presentation, 2nd prize in essay writing, 3rd prize in quiz competition at IAP, WB state Conference.





# 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 inquisitiveness 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. It 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 database, 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 courses 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 highest quality care at 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.

This course imparts training related to medical field and provides an opportunity to work in prestigious hospitals along with doctors and other healthcare providers. University will award the degree as BBA (Hospital Management).

## For further information or prospectus please contact:

Administrative Office: 2D, Nando Mullick Lane, Kolkata 700-006

Visit us at: [www.nims.ac.in](http://www.nims.ac.in), E-mail: [info@nims.ac.in](mailto:info@nims.ac.in)

Tel. +91-33-2533 2869, 8337062233, 7044175206





## GROWTH OF NIMS OVER THE YEARS

### Year 2022

- NIMS received Education Eminence 2022 award by News 18 Bangla for 'Excellence in Industry Oriented Education'.

- The BBA students are placed in Just Dial, MPokket, Fair Finance Private Ltd, Bharti Airtel, and many more.

- The BCA students are working in La Exactly Pvt. Ltd & Tech Wishes Solutions LLP.

- The BHM students are working in Apollo Multi Specialty Hospital, Total Eye Care Clinic, Apollo Clinic, Daffodil Nursing Home Pvt. Ltd, Renovare Health Care, New life Diagnostic.

- BBA 5th Semester completed their internship at various noteworthy companies like Seekruit, Markestac, V5 Global, ZPlus Placement and Security Agency Pvt. Ltd., Unschool, Buzo Media Services, Reliance Nippon Life Insurance, Onex Solution, The Omni Jobs.

- NIMS conducted the 1st Alumni Meet (IMPRINTS 2022).

- NIMS conducted Industry Visit at 'Sylvan Ply' with BBA 3rd & 5th Semester students.

- Ms. Saroda Chatterjee, Coordinator-BBA presented paper at 2nd Pritam Singh Memorial (PRISM) Conference 2022 held at IIM Nagpur & another paper at 43rd World Management Congress 2022, CHRIST (Deemed to be University), Bangalore.

- Ms. Saroda Chatterjee enrolled at the PhD (Management) program under Amity University, Kolkata and Ms. Parmita Dhar enrolled at the PhD program under Adamas University.

- Ms. Kaveri Banerjee, Coordinator-BCA presented paper at IARIST-2K23 & another paper at International management conference on Contemporary Technological Challenges in Business 2022 (IMCCTCB-2022)

### Year 2019-20

- 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 the summer internship

- Job offered to the students at TRUST CLUB Consulting Pvt. Ltd, Jio Campus Connect - Learn and EarnIDBI BANK, ESSAE, ICICI, SPASH, ARENA MULTIMEDIA

- On campus interview held for placement facilities in Apollo Hospital, Bellevue Clinic, Mission of Mercy Hospital

- Higher studies at Symbiosis, XLRI, IMT(Ghaziabad), MDI

- Various events 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 presented one paper on 'Training and Development'.

### Year 2018

- Tie up with Internshala for providing internship and placement facilities

- More than 70% students have been offered placements facilities

- On campus interview held for placement facilities – AXIS, ICICI, TCS, WIPRO, with highest salary: Rs. 8.4 lakh per annum.

- Introduction of club concepts in course curriculum like Drama Club, Photography Club, Heritage Walk.

- Regular communication to the parents about their ward through Whatsapp and SMS

- More internship facilities to the students

- Introduction of new method of teaching pedagogy

- Introduction of regular workshop, seminar, Industry Visit.

- Appointment of Dr. Subir Ghosh, Principal, NIMS, as a moderator in Brainware University

### Year 2016

- College provided scholarship facilities to the students.

- Students stood up 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, WIPRO, Infosys, Cognizant and many more.

- College introduced another department – BBA (Hospital Management).

- NIMS tied up with AMRI Hospitals for providing internship & placement facilities to the students

## ***From the Desk of Director***



Never say 'no'  
Never say 'I cannot'

**All the power is within you... You can do anything**  
- Swami Vivekananda

This quote can be interpreted as a mere motivational quote ..... but beneath its mere words, Swamiji has asked us to understand the power and depth of something eternal within each of us... And that is the power of the soul.

As we embark on life's journey, we come across difficult and challenging moments. Its easy to turn around, find excuses, but extremely difficult to persevere, endure and continue.

In this issue of Sankalp, which has the theme "empowering the youth" I find nothing more relevant than making each one of you, my dear students, aware of your inner potential and the ability to create a difference in this world. Be yourself and develop tremendous confidence .... Keep time for yourself and listen to your inner self. The guiding light is within us.

A handwritten signature in black ink, appearing to read 'Shabnam Agarwal'.

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

## *From the Desk of Principal*



Around 85% of the 1.3 billion young people in the world are living in developing countries. Approximately 25% of the global population is covered by youth and 40% of them are unemployed throughout the world. In developing countries like India, 2/3rd of the young population is either unemployed or working in the unorganized sector and engaged in irregular employment.

Over the last decade, the increasing trend in the application of ICT (Information and Communication Technology) has led to a tremendous shift in societies and economy. Data science is one of the tools under the ICT domain which can improve performance in various sectors like health, telecommunications, banking, agriculture etc via data-driven decisions making. The application of data and AI (artificial intelligence) as a fintech (financial technology) have shown tremendous success in business decision-making. The scope of job opportunities or the creation of jobs through entrepreneurship is very high in the field of data science. The data scientist or machine learning engineers can start an entrepreneurial venture by applying their skills and expertise or even consult for other organizations by employing themselves as well as providing a job for the youth. It is one of the avenues for youth empowerment thereby solving the unemployment problem in the economy.

Empowerment of youth in the context of sustainable development is gaining attention as one of the global goals to tackle economic, social, and ecological challenges. The involvement of youth in the decision-making process can be a positive and dynamic workforce for sustainable development if they are properly trained and acquire specific skills. Therefore, skill development among the youth should be the top priority for youth empowerment.

Hence, the idea of 'Youth Empowerment' as the theme for this issue of the Sankalp, is very much pertinent in today's perspective.

**Prof. Subir Ghosh**  
Principal, NIMS



## *From the Desk of the Editor, NIHS*



It is a pleasure to be a part of editorial team for Sankalp magazine 2022. The magazine is viewed as a launch pad for the students' creative urge to blossom naturally. The enthusiastic write-ups of my peers are indubitably sufficient to hold the interest and admiration of the readers.

Students have put forth their ideas and thoughts that are too strong to be suppressed. The reflection of students' creativity and achievements is the epitome of the magazine. I am sure that the positive attitude, hard work, innovative ideas exhibited by our budding students will stir the mind of the readers and take them to the surreal world of unalloyed joy and pleasure.

This herculean task of editing this college magazine would not have been possible without the sincere support of the members of the Editorial board who sorted out the articles, photographs, paintings from the flood of items we got from our enthusiastic and inquisitive fellow students, edited them and finally made a fair draft of them.

A handwritten signature in black ink that reads "Tanusree Basak".

**Dr. Tanusree Basak (PT)**  
Associate Professor  
Academic Co-ordinator, MPT

## *From the Desk of the Editor, NIMS*



Global economy is changing its dynamics very fast. Presently, it seems to be enjoying the 'third super cycle'. The first and second super cycles witnessed the emergence of the USA and Japan as the world's largest economies respectively. A 'Super Cycle' is a period of historically high global growth and empowerment, lasting a generation or more, driven by increasing trade, high rates of investment, urbanisation and technological innovation, characterised by emergence of large 'new economies'. While China, which had opened its economy in 1978, has already overtaken Japan's economy to become the world's second largest economy (\$ 6 trillion) after the USA, India stands 10th largest economy (\$ 7 trillion) in the world despite its hobnobbing with liberalisation in 1991. If economic pundits are to be believed, India can emerge as the third largest economy by 2030, but not prior to emerging as "Knowledge Power and Youth Empowerment" in the world.

Nopany Institute of Management Studies (NIMS) since its inception in 2002, firmly believes in imparting knowledge and continuously strives for excellence in education by adopting holistic approach. Due emphasis has been laid on harnessing synergy between academia-industry relations, so that our budding managers should not only be endowed with quality knowledge and corporate exposure but also have leadership traits to undertake global challenges.

The annual magazine 'Sankalp' Vol. 17, 2022' version strongly nurtures our vision and mission which left an indelible mark in the minds of our readers. It helps the cause by taking up original, peer reviewed qualitative research papers/ articles from broad based management and IT disciplines. On the occasion of the current issue of the "Sankalp",



**Saroda Chatterjee**  
Senior Assistant Professor  
Co-ordinator, BBA

# *From the Desk of Designer*

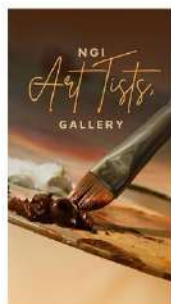
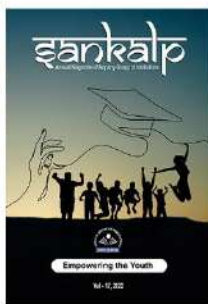


"Youth can fulfill their hopes and goals for the future by working hard, being committed, making plans, receiving instructions, and listening to wise words."

Youth empowerment is an attitude, institutional, and cultural process that gives young people the capacity, authority, and agency to take charge of their life and the lives of others, both young and old. Youth empowerment is frequently mentioned as a doorway to inter generational justice, civic involvement, and the development of democracy. Youth-led media, youth rights, youth councils, young activism, youth participation in local decision-making, and other initiatives may be the focus of these activities.

The purpose of establishing Youth Empowerment is to create and support a platform to engage the nation's youth through community-based education, mentoring, and employment readiness programs, assisting them in developing the skills necessary to contribute to the advancement of society.

Young person who feels in control of their life is confident in their skills, ability to make decisions, and value. They feel comfortable trying new things. They are open to taking chances and realize that losing is a learning opportunity rather than a signal to give up.



*Joheb Chowdhury*

**Joheb Chowdhury**

UI/UX Designer, Technical Assistant  
& Digital Marketing Coordinator, NIHS



## ***From the Desk of Associate Editor (NIHS)***



The young minds are the leaders of the future. Their hopes, dreams, compassion and dedication will lead our country towards a progressive tomorrow. Their creative mind has the ability to generate and communicate new ideas.

This souvenir gives the opportunity to the students to showcase their talents in all aspects of life. I hope the publication of the Annual Magazine will provide an effective interface for projecting the academic knowledge, sports, cultural and literary skills of the students.

I would like to take this opportunity to thank all the esteemed members of editorial board of 'Sankalp-2022' for their sincere support.

**Dr Shilasree Saha (PT)**  
Assistant Professor, NIHS

## *Associate Editor's Voice (NIMS)*



"It is not the mountain we conquer but ourselves." – Edmund Hillary

As per a report by the UN, the youth comprises 16 percent of the world's population. India has the largest youth population in the world; almost 66 percent of India's total population is below the age of 35.

Considering the young population, it is needless to say that the youth plays a substantial role in the development of any nation. And so empowering the youth is an important element of society. Empowerment provides encouragement and confidence to the youth to stand up for the cause they believe in and not get swayed by the opinion of others. It allows stepping out of comfort zones to turn a new chapter of life. Empowerment is skill development in various categories. There are six types or dimensions of youth empowerment namely; psychological, community, organizational, economic, social, and cultural. Youth empowerment results in the eradication of poverty, improved standard of education, creation of employment and entrepreneurship, enthuse creative minds, and above all empowers independent thinking.

In recent times youth all over the world have borne the brunt of COVID-19. Academics have been disrupted, jobs lost, and businesses met with huge losses, to the extent of bankruptcy. A major chunk of the youth population suffered personal loss and physical and psychological affliction. However, regardless of these worrying trends, young people have also been an enthusiastic force at the forefront of initiating creative solutions to an inclusive, sustainable pandemic recovery. This has been possible with the various skill development initiatives taken by the government, and also by the corporate sector.

Youth empowerment also includes the development of the humane' in oneself along with various technical, social, and other similarly related skills. What is empowerment if the youth is not endowed with empathy, love, and compassion? What is the use of intelligent quotient if we do not learn to value emotional quotient?

It is high time that we acknowledge human qualities also as important skills for evaluating a person's mettle in the professional world.

**Parmita Dhar**

Assistant Professor, BBA

*With Best Compliments from :-*



*for specialised services in*

Smart Class Solutions	CCTV
Educational Equipments	Projector
Audio Video Solutions	Sound Systems
Conference Room	Recording Studio
Auditorium	etc.

**S swivl™**

**Mimio®**  
Interactive Teaching Technologies

**BenQ**

**CLASSVR®**  
Virtual Reality for Schools

**HUION**

**Leia Inc.**

**MOZAIK education**

**pivo**

**ION EXCHANGE**  
Refreshing the Planet

**I AM  
CARDBOARD**

**micker**

**YAMAHA**

**RAHUL**  
T R A D E R

81/2/7, Phears Lane, 1st Floor, Room No. 1/17, Kolkata - 700 012  
3A, Rammohan Mullick Garden Lane, 4th Floor, Suite No.: 407, Kolkata - 700 010  
Phone : 033-2236 3576 Mob.: 94330 02676  
Email : rahul@rahultrader.com Web : www.rahultrader.com



## ***Student Editor's Voice (NIHS)***



**SHRUTI SINGH**  
4th Year BPT



**PUBALI PAL**  
4th Year BPT

It gives us immense pleasure to be a part of editorial team for Sankalp magazine 2022. We are honored to witness an array of talents with so many different people having different ideas and perspectives just lead us to thinking how diverse we actually are and yet we all find different ways to express ourselves in the best way we can. Other than the editing aspect, it gave us the chance to engage with college community and explore the different spheres of students' life. The college magazine mirrors different faces of development of the peers in academic as well as co-curricular activities and thus it provides a very rewarding experience.

We extend our heartfelt gratitude to our teachers for entrusting us with the responsibility of editing.

# *Student Editor's Voice (NIMS)*



**Debaroti Lahiri**  
1st Semester BBA(HM)



**Nisha Singh**  
3rd Semester BBA



**Sahina Ostagar**  
5th Semester BCA

## **YOUTH EMPOWERMENT**

Youth empowerment is a process where young people have the ability and authority to make decisions and be able to change their lives and the lives of other people as well. Youth empowerment is about having a platform where they can implement their knowledge or intelligence. It is important because it creates a sense of responsibility and leadership.

It gives kids and teens the courage to believe in themselves and to follow their dreams.

A society will be secure enough when youth is empowered because an empowered youth will never give any harm to the society in which they are living. An empowered person is always open to assisting others. They are not of the view to create professional jealousy, instead, they teach others, share their experiences and help others to uplift the society in which they are living.

One can bring a revolution and redesign society for a better tomorrow. Bringing financial equality and eradicating poverty, raising education standards, proper governing methods and also reducing criminal offences in society are some of the many changes the Indian youth can bring into effect.

Empowering means adding power to someone irrespective of gender, caste, or creed. More than any age group, the stage of youth is very fragile and complicated for most youngsters.

One of the biggest pressure they face is to trust and believe in themselves, to search for one's own identity and many more. Most importantly to give importance to the youth is one of the prime duties of the parents, relatives and also the society, because the youths are not only the future of our nation but also the present and active population, although most of them are not eligible to appear for the job but are continuing their studies, but the social platforms which have provided to them like Instagram, Facebook, Whatsapp, give them a free opportunity to showcase their talents.

A thought may be puzzling in your mind after reading the passage above, and it is that some of them have already gone astray, be it into drugs, alcoholism, and all other kinds of vices what about them, and how to empower them. Well as we all know that empowerment comes from within, it first comes from oneself and once it comes from within, it becomes easier to pass it on to others. Another common problem which unknowingly most parents or relatives or society makes is to judge the young hearts without placing their own feet in the shoes of the youngsters. Well, it means judgement makes a person grow more insecure within oneself. The feeling of insecurity leads to fear, and fear leads to staying aloof from others. Therefore, encouraging them, appreciating them and knowing how to enlighten them, are the ways by which empowerment can be practised.

## INTERNAL QUALITY ASSURANCE CELL (IQAC) 2022

### Nopany Institute of Healthcare Studies

Sl no.	Name of committee	Committee members	Student members
1	College Curriculum Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Gargi Ray Chaudhuri- Convener, BPT Dr. Tanusree Basak (PT)- Convener, MPT Dr. Anwesh Pradhan (PT)- Member Dr. Tapas Kumar Pal (PT)- Member	Mr. Aneesh Chanda Dr. Indrani Das (PT) Dr. Santunu Ghoshal (PT) Dr. Ridhima Daga (PT)
2	College Examination Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Anwesh Pradhan- Convener Dr. Tanusree Basak- Member	NA
3	College Research & Publication Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Anwesh Pradhan (PT)- Convener Dr. Gargi Ray Chaudhuri- Member Dr. Tanusree Basak (PT)- Member Dr. Shilpasree Saha (PT)- Member Dr. Asma Parveen (PT)- Member	Dr. Anindya Sundar Sahu (PT)
4	College Anti Ragging Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Gargi Ray Chaudhuri- Member Dr. Tanusree Basak (PT)- Member Ms. Tanurima Basak- Member Dr. Asma Parveen- Member Dr. Shilpasree Saha- Member Dr. Mainak Patra- Member	Ms. Shruti Singh Mr. Nibedan Das Mr. Abdus Shamim Mr. Abhitangshu Chakraborty



## INTERNAL QUALITY ASSURANCE CELL (IQAC) 2022

### Nopany Institute of Healthcare Studies

Sl no	Name of committee	Committee members	Student members
5	College Sports and Extra-curricular Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Tapas Kumar Pal (PT)- Convener Dr. Mainak Patra (PT)- Co Convener Dr. Gargi Ray Chaudhuri- Member Dr. Tanusree Basak (PT)- Member Dr. Anwesh Pradhan (PT)- Member Dr. Shilpasree Saha (PT)- Member Ms. Anamika De Amin- Member	Mr. Rahul Upadhay Ms. Shruti Singh Mr. Saswata Chatterjee Mr. Biswas Ranjan Mr. Sujoy Roy
6	College Library Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Tapas Kumar Pal (PT)- Convener Dr. Gargi Ray Chaudhuri- Member Dr. Tanusree Basak (PT)- Member Ms. Dipankana Banerjee- Member	Mr. Sujoy Roy
7	College Information Technology Committee	Mr. Anupam Das- Convener Dr. Shabnam Agarwal- Special invitee Dr. Anwesh Pradhan (PT)- Member Dr. Asma Parveen (PT)- Member Ms. Kaveri Banerjee- Member Mr. Indranil Pramanik- Member	NA
8	College Career Counselling Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Special invitee Dr. Anwesh Pradhan (PT)- Convener Dr. Tapas Kumar Pal (PT)- Member Mr. Anupam Das- Member Ms. Sumona Mukherjee (TPO)- Member	Dr. Partha Pratim Dutta (PT) Dr. Rishi Raj (PT)
9	College Internal Complaints Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Dr. Tanusree Basak (PT)- Convener Dr. Gargi Ray Chaudhuri- Member	NA

## INTERNAL QUALITY ASSURANCE CELL (IQAC) 2022

### Nopany Institute of Management Studies

Sl no	Name of Committee	Committee Members	Student Members
1	Examination Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Ms. Saroda Chatterjee- Convener Prof. Subir Ghosh- Chairman IQAC Ms. Anamika De Amin- Member Ms. Sudeshna Upadhyay- Member Ms. Kaveri Banerjee- Member Mr. Mahendra Srivastava- Member	NA
2	College Academic Journal and Research Expert Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Ms. Kaveri Banerjee- Convener Prof. Subir Ghosh- Chairman IQAC Mr. Mahendra Srivastava- Member Mr. Anirban Ghosh- Member Ms. Parmita Dhar- Member	Ms. Nandini Das (BCA 5 <sup>th</sup> ) Ms. Dhriti Pramanik (BBA 5 <sup>th</sup> ) Mr. Debojyoti Banerjee (Alumni)
3	Library Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Ms. Dipankana Banerjee- Convener Prof. Subir Ghosh- Chairman IQAC Mr. Dibakar Dutta, Office Executive- Member Ms. Saroda Chatterjee- Member Ms. Sudeshna Upadhyay- Member Mr. Anirban Ghosh- Member	Ms. Nandini Das (BCA 5 <sup>th</sup> ) Ms. Saheli Ghosh (BBA 5 <sup>th</sup> ) Ms. Eram Fatima (BHM 5 <sup>th</sup> )
4	Anti-Ragging Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Mr. Anupam Das- Member Prof. Subir Ghosh- Convener Ms. Saroda Chatterjee- Member Ms. Sudeshna Upadhyay- Member Ms. Kaveri Banerjee- Member Mr. Dibakar Dutta- Member Mr. Joheb Chowdhury- Member Officer-in-Charge (Girish Park Police Station)- Member	Mr. Rohit Kumar Pandey (BCA 3 <sup>rd</sup> ) Ms. Nandini Das (BCA 5 <sup>th</sup> ) Mr. Shubham Ghatak (BBA 5 <sup>th</sup> ) Mr. Arindam Maiti (BBA 3 <sup>rd</sup> ) Ms. Nisha Singh (BBA 1 <sup>st</sup> ) Mr. Debojyoti Banerjee (BHM Alumni) Mr. Subhabrata Bhattacharya (BHM 5 <sup>th</sup> ) Ms. Niha Modak (BHM 3 <sup>rd</sup> )

## INTERNAL QUALITY ASSURANCE CELL (IQAC) 2022

### Nopany Institute of Management Studies

Sl no	Name of Committee	Committee Members	Student Members
5	College Curriculum Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Ms. Saroda Chatterjee- Convener Ms. Sudeshna Upadhyay- Convener Ms. Kaveri Banerjee- Convener Prof. Subir Ghosh- Chairman IQAC Mr. Mahendra Srivastava- Member Mr. Joheb Chowdhury- Member	Mr. Sahil Kumar Singh (BCA 1 <sup>st</sup> ) Ms. Reekpama Sen (BCA 3 <sup>rd</sup> ) Ms. Nandini Das (BCA 5 <sup>th</sup> ) Ms. Bhumika Das (BCA Alumni) Mr. Subham Mukherjee (BBA 1 <sup>st</sup> ) Mr. Tanmoy Biswas (BBA- Alumni) Ms. Kanika Bhattacharya (BHM Alumni) Ms. Namrata Basak (BHM 5 <sup>th</sup> ) Ms. Rajeswari Dubey (BHM 3 <sup>rd</sup> ) Ms. Enakhsi Mech (BHM 1 <sup>st</sup> )
6	Extra-Curricular Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Ms. Anamika De Amin- Convener Mr. Joheb Chowdhury- Convener Ms. Saroda Chatterjee- Member Ms. Sudeshna Upadhyay- Member Ms. Kaveri Banerjee- Member Mr. Dibakar Dutta- Member Ms. Sukanya Belel- Member	Ms. Sreya Dey (BCA 1 <sup>st</sup> ) Mr. Rohit Kumar Pandey (BCA 3 <sup>rd</sup> ) Mr. Amogh Pal (BCA 5 <sup>th</sup> ) Mr. Yash Bhuwania (BBA 3 <sup>rd</sup> ) Ms. Lucky Biswas (BBA 1 <sup>st</sup> ) Mr. Barnavo Mitra (BHM 3 <sup>rd</sup> )
7	Information Technology Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Convener Ms. Kaveri Banerjee- Member Mr. Indranil Pramanik- Member Mr. Joheb Chowdhury- Member	Mr. Mayank Jain (BCA 1 <sup>st</sup> ) Ms. Akriti Kumari (BCA 3 <sup>rd</sup> ) Ms. Nandini Das (BCA 5 <sup>th</sup> )



## INTERNAL QUALITY ASSURANCE CELL (IQAC) 2022

### Nopany Institute of Management Studies

SI no	Name of Committee	Committee Members	Student Members
8	Entrepreneurship Cell	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Mr. Saroda Chatterjee- Convener	Mr. Rohit Chakraborty (BCA 5 <sup>th</sup> ) Mr. Sahil Agarwal (BBA 3 <sup>rd</sup> ) Mr. Akash Mukherjee (BBA Alumni) Mr. Kishan Gupta (BHM Alumni) Mr. Avinash Singh (BHM 3 <sup>rd</sup> )
9	Internal Complaints Committee	Dr. Shabnam Agarwal- Ex Officio Chairperson Prof. Subir Ghosh- Chairman IQAC Ms. Anamika De Amin- Convener Ms. Saroda Chatterjee- Member Ms. Sudeshna Upadhyay- Member Ms. Kaveri Banerjee- Member	NA
10	Career Counselling Cell	Dr. Shabnam Agarwal- Ex Officio Chairperson Ms. Sumana Mukherjee- Convener Prof. Subir Ghosh- Chairman IQAC Mr. Anupam Das- Member Ms. Saroda Chatterjee- Member Ms. Sudeshna Upadhyay- Member Ms. Kaveri Banerjee- Member Ms. Anamika De Amin- Member Ms. Sukanya Belel- Member	Ms. Nawmita Sharma (BBA Alumni) Mr. Abhinav Baid - (BBA Alumni) Ms. Bhumiika Das (BCA Alumni) Ms. Upasana Lahiri (BHM Alumni)

# INTERNAL QUALITY ASSURANCE CELL (IQAC) 2022

## **IQAC- CORE COMMITTEE**



## **IQAC- NIHS COMMITTEE MEMBER**



## **IQAC- NIMS COMMITTEE MEMBER**



## *Guest Article*

### **THE USE OF PERCUTANEOUS ELECTRICAL NERVE STIMULATION FOR A SUBJECT WITH PRIMARY DYSMENORRHEA**



#### **Introduction**

Primary dysmenorrhea is defined as cramping pain in the lower abdomen occurring just before or during menstruation, in the absence of other diseases such as endometriosis.<sup>1</sup> Primary dysmenorrhea is prevalent among young adult age group. Research showed<sup>2</sup> 45.3% female university students suffer from pain in every cycles whereas 42.5% occasionally. This condition is reported to be the leading cause of periodic college/school absenteeism.<sup>3</sup>

While the causation of primary dysmenorrhea has been attributed to excessive levels of prostaglandins, the menstrual pain is multifactorial.<sup>4</sup> One such factor is thought to be presence of trigger points. In women suffering from this condition trigger points in and around the abdomen are consistently found. They are most prevalent in rectus abdominis, Quadratus lumborum and paraspinal muscles.<sup>5</sup>

Common treatment for menstrual pain ranges from self-care activities like heat & exercise, over the counter and prescription pain medication to hormone therapy.<sup>6</sup> Popular physiotherapeutic interventions like TENS and kinesiology taping are also used.<sup>7</sup>

Current literature also supports use of trigger point dry needling for the treatment of primary dysmenorrhea.<sup>5,8</sup> It involves insertion of filamentous needles in the myofascial trigger point.

Percutaneous electrical nerve stimulation (PENS) is a combination of dry needling and therapeutic current, mostly TENS, used largely for pain relief. PENS has limited literature support for the treatment of dysmenorrhea. However, both dry needling and TENS are established treatment choices for dysmenorrhea. PENS has been proven to be safe and effective in various painful conditions including non-responders to both pharmacological and non pharmacological treatments.<sup>9</sup>

The purpose of this case presentation is to illustrate the use of PENS as a treatment intervention in a subject with severe primary dysmenorrhea.



## *Guest Article*

### **Case Presentation**

The subject for this case report was a physiotherapy student, who was attending a hands-on dry needling course by the author in her college. Upon learning dry needling can treat pelvic pain<sup>9</sup> the subject came forward requesting a session, informing she was suffering from a particularly severe bout of primary dysmenorrhea that day.

History revealed the subject, a 24 years old endomorphic female was on the third day of her menstruation. The subject reported she has fairly regular cycles of 28-30 days. Apart from being a known case of primary dysmenorrhea, rest of her history was unremarkable.

On that day her pain intensity was 10/10 on a self-reported pain rating scale. The location of the pain was in a diffused area of lower abdomen. The subject also expressed that she finds local thermotherapy and over the counter pain medication unhelpful.

On manual examination the subject was found to have bilateral rectus abdominis trigger points, between umbilicus and pubic tubercle, the left being more tender than right.

### **Intervention**

After obtaining consent from the subject both the rectus abdominis trigger points were needled. Standard clean field technique was used. 0.25 X 25mm sterile filiform needles with guide tube were used. The subject was positioned in supine with pillow below the knees to reduce tension in the rectus abdominis. The needles were inserted near the lateral border of the rectus abdominis, and were directed towards the linea alba. The needles were carefully manipulated in an attempt to generate local twitch response however it could not be elicited.

After keeping the needles a few minutes in situ, the subject reported no relief in the symptom hence the author decided to apply percutaneous electrical nerve stimulation using an FDA approved device. To connect with the electrodes two more needles were inserted in the external oblique bilaterally. Upon palpating the tender most points in the external oblique muscles, 25 mm needles were inserted keeping the direction parallel to the muscle fibres, at an angle of 30-40 degree with the skin. This angulation controls the depth and prevents the needle from going into the deeper layer of muscles.

Two electrode channels were connected with the four needles using standard crocodile clips. The machine parameters were set at a pulse rate of 2Hz, with a pulse width of 100ms. With the above parameters and comfortably tolerable intensity ten minutes of stimulation was given. However, the subject did not report any improvement in her symptom.

## Guest Article

In an effort to stimulate a different set of pain modulatory neuron it was decided to change the PENS parameters. After bringing down the intensity to zero the frequency of TENS was changed to 100Hz keeping pulse width unchanged. This stimulation was continued for another ten minutes. This time the subject reported significant pain relief. The needles were removed and the session was concluded as per standard protocol.

As per the subject the self-reported pain rating came down to 3/10 after the completion of therapy. It came down to 1/10 within 20 minutes post treatment. On follow up over text messages she reported not getting any pain in the rest of her cycle.

### Discussion

Percutaneous electrical nerve stimulation is known to be a powerful analgesic modality. It also has been found superior to dry needling in the treatment of trigger points.<sup>10</sup> While dry needling uses A delta mediated pain suppression system, PENS adds to the analgesia by utilizing the A beta pathway and releasing GABA in the spinal segment.<sup>11</sup>

The frequency of PENS also alters the type of neurotransmitter released in the nervous system. Stimulation with 2 Hz can activate enkephalins, endorphins, and endomorphins act on mu and delta-opioid receptors, while 100 Hz can activate dynorphins.<sup>12,13</sup> Dynorphin is a potent analgesic of morphine group. When it was discovered in 1979, the researchers opined it was 200 times more potent than morphine.<sup>14</sup> Although more recent studies have shown it to be 6-10 times more potent than morphine on a per mole basis.<sup>15</sup>

Dynorphin has been found to produce profound and long-lasting analgesia. It is probably the selective release of Dynorphin at the 100Hz frequency that has alleviated the subject's pain while the previous frequency and needle only therapy had been ineffective.

This case report is likely to be among the first ones that look at PENS as an intervention for primary dysmenorrhea. With a considerable proportion of the population suffering from this condition, it should encourage further research with objective measures and control.

### References

1. Coco AS. Primary dysmenorrhea. *Am Fam Physician*. 1999 Aug;60(2):489-96. PMID: 10465224
2. Polat A, Celik H, Gurates B, Kaya D, Nalbant M, Kavak E, Hanay F. Prevalence of primary dysmenorrhea in young adult female university students. *Arch Gynecol Obstet*. 2009 Apr;279(4):527-32. doi: 10.1007/s00404-008-0750-0. Epub 2008 Aug 26. PMID: 18726608.
3. Dharshini et al, Primary Dysmenorrhea and its Impact on Academic Performance Among Adolescent Females– A Cross Sectional Study. *Annals of R.S.C.B.*, ISSN:1583-6258, Vol. 25, Issue 4, 2021, Pages. 13681 – 13689
4. Durain D. Primary dysmenorrhea: assessment and management update. *Journal of midwifery & women's health*. 2004 Nov 1;49(6):520-8
5. Yuval Yacubovich, Noy Cohen, Lea Tene, Leonid Kalichman, The prevalence of primary dysmenorrhea among students and its association with musculoskeletal and myofascial pain, *Journal of Bodywork and Movement Therapies*, Volume 23, Issue 4, 2019, Pages 785-791

## Guest Article

6. Smith RP, Kaunitz AM. Dysmenorrhea in adult women: Treatment. UptoDate, [www.uptodate.com/contents/dysmenohea-in-adult-women-treatment#H4](http://www.uptodate.com/contents/dysmenohea-in-adult-women-treatment#H4). (Accessed on December 22, 2022.)
7. Pazare S, Sawant L, Ingale S. The Effects of Kinesio Taping and Isometric Exercises on Pain in Primary Dysmenorrhea—A Comparative Study. *Indian Journal of Physiotherapy & Occupational Therapy*; 2019 Nov 21;13(4):117-21
8. Gaubeca-Gilarranz A, Fernández-de-Las-Peñas C, Medina-Torres JR, Seoane-Ruiz JM, Company-Palóns A, Cleland JA, Arias-Buría JL. Effectiveness of dry needling of rectus abdominis trigger point. *Acupuncture in Medicine*. 2018 May 2. PMID: 29720379.
9. APTA Public Policy, Practice, and Professional Affairs Unit. Description of dry needling in clinical practice: An education resource paper, page 2. Alexandria, VA: American Physical Therapy Association; 2013
10. Garcia-de-Miguel S, Pecos-Martin D, Larroca-Sanz T, Sanz-de-Vicente B, with Unilateral Mechanical Neck Pain and Active Myofascial Trigger Points in Levator Scapulae Muscle: A Randomized Controlled Trial. *J Clin Med*. 2020 Jun 1;9(6):1665. doi: 10.3390/jcm9061665. PMID: 32492884; PMCID: PMC7355914.)
11. Bowsher D. The Physiology of Stimulation-Produced Analgesia. *Acupuncture in Medicine*. 1991;9(2):58-6doi:10.1136/aim.9.2.58
12. Debo Qi, Shuqin Wu, Yuhua Zhang, Weimin Li, Electroacupuncture analgesia with different frequencies is mediated via different opioid pathways in acute visceral hyperalgesia rats. *Life Sciences*, Volume 160, 2016, Pages 64-71
13. Han JS. Acupuncture: neuropeptide release produced by electrical stimulation of different frequencies. *Trends Neurosci*. 2003 Jan;26(1):17-22. doi: 10.1016/s0166-2236(02)00006-1. PMID: 12495858
14. Goldstein, Avram, et al. "Dynorphin-(1-13), an extraordinarily potent opioid peptide." *Proceedings of the National Academy of Sciences* 76.12 (1979): 6666-6670
15. Han JS, Xie CW (February 1984). "Dynorphin: potent analgesic effect in spinal cord of the rat". *Scientia Sinica. Series B, Chemical, Biological, Agricultural, Medical & Earth Sciences*. 27 (2): 169–77. PMID 6147015.

**Dr. Subhanjan Das (PT)**  
Chief Instructor, Physilife



# ***Facultys' Voice-NIHS***

## **BLOOD FLOW RESTRICTION TRAINING: AN ADVANCEMENT IN PHYSIOTHERAPY PRACTICE**



Blood Flow Restriction Training (BFRT) is a method in which low-intensity exercises are performed by partially restricting the arterial inflow and fully restricting the venous outflow, using pneumatic tourniquet system or cuff, proximal to the upper or lower limb region. Inflation of cuff resulting in gradual mechanical compression of the peripheral vascular structure.<sup>1</sup> The BFRT works on the principle of reduced peripheral blood flow of exercising muscles of upper and lower limb.<sup>2</sup> Restriction of blood flow results in pooling of blood within the capillaries, often visible as erythema of the exercising limb. Intramuscular pressure also rises beneath the cuff when contractions of muscles are performed along with BFR.<sup>1</sup> Compression of the vascular system results in hypoxia or inadequate blood supply within the muscle tissue. This training method stimulates the muscular adaptation that further improve muscle mass and strength.<sup>3</sup>

In BFRT, low training load (20% to 30% of the 1-repetition maximum or 1 RM) results in similar kind of improvement in muscle mass and strength as high intensity strength training exercises (60% to 80% of 1 RM).<sup>4</sup> Type IIb fibres are normally recruited in strengthening exercises at the end of training and are primarily responsible for hypertrophy of muscle. But during blood flow restriction training, early recruitment of Type IIb muscle fibres due to anaerobic environment, results in hypertrophy of muscles much earlier than expected.<sup>5</sup>

Moreover, this anaerobic condition causes lactic acid and hydrogen production, which ultimately reduces in pH level of blood. Number of actin myosin cross fibres decrease. Reduce pH level stimulates sympathetic nerves peripheral mechanoreceptors (III and IV efferents) sending information to the hypothalamus and from there to anterior pituitary gland. Anterior pituitary gland then releases Growth Hormone. Activation of Growth Hormone and IGF1 results in improving muscle strength and power via synthesis of protein. The added physiological benefits of BFRT may also be explained by satellite cells proliferation within the connective tissue, that is responsible for muscle growth and regeneration.<sup>5</sup>

# *Faculty's Voice-NIHS*

## **Application guidelines:**

Application of BFRT requires proper assessment to provide safe and effective application. Side effects that are commonly seen with BFRT include discomfort or pain during exercise, delayed-onset muscle soreness (DOMS), ↑ heart rate and blood pressure, ↓ stroke volume. Numbness or injury in nerve, ischemia, fainting or dizziness, formation of thrombus, muscular damage are symptoms seen in mild to moderate case. BFRT is contraindicated if there is a history of deep vein thrombosis (DVT), peripheral vascular disease, varicose veins, thrombotic conditions, circulatory disturbances, hypertension, endothelial dysfunction, lymphatic disorders, active infection, cancer, diabetes, renal conditions, pregnancy, and intolerance of intervention.<sup>6</sup>

Proper width, pressure and placement of cuff is also required for successful intervention. Wider cuff results in lower pressure of arterial occlusion and is preferred for patient safety. The cuff should be placed at the most proximal portion of the training limb to allow occlusion in the major area of the targeted muscle belly, without interfering excursion of normal joint. Cuff placement to the proximal part of exercising muscle also minimizes the risk of damage of the superficial nerves, as superficial nerves are more commonly present in distal extremities. Limb protection sleeve, should be placed as a barrier on the limb before application of cuff to reduce the risk of complications like pinching, blisters or friction burns.<sup>6</sup>

BFRT is used as an advance training method in different conditions and also in combination with various modalities and exercises. The technique of training is not only limited to normal population but also, in rehabilitation of patients. Beneficial effect has shown in sports persons who are more prone to develop ACL injury or meniscal tears, which may hamper their performance even after reconstructive surgery. Atrophy of knee extensor muscles accompanied by reduction of muscle strength is most commonly seen early after surgical intervention. BFRT is introduced to prevent atrophy of muscles and improvement of muscle strength. Auto-immune conditions (e.g-Rheumatoid Arthritis) result in reduction in muscle mass and strength, led to poor QoL. Acceleration of cellular catabolism due to chronic inflammation led to reduction in muscular activity. BFRT is used to regain the muscular strength and activity.

Preservation of function of muscles is important to maintain proper metabolic health especially in patients with Type 2 DM. Type 2 diabetes mellitus is a condition characterized by impairment in metabolism of glucose, and musculoskeletal decline. As per recent study BFRT has beneficial effects on metabolism of glucose and mitochondria.<sup>7</sup> BFRT may thus can use as a exercise alternative for patients having Type 2 Diabetes Mellitus.

BFRT is a part of practice in Physiotherapy, which depends on Principle of Progression, Overload and Specificity. Using proper safety guidelines, BFRT can be used as an advanced treatment option.

# *Facultys' Voice-NIHS*

## **References:**

1. Patterson SD, Hughes L, Warmington S, Burr J, Scott BR, Owens J, et al. Blood Flow Restriction Exercise : Considerations of Methodology , Application , and Safety. *Front Physiol.* 2019;10(May):1–15.
2. Pereira-neto EA, Johnston KN, Lewthwaite H, Boyle T, Fon A, Williams MT. Blood flow restricted exercise training : Perspectives of people with chronic obstructive pulmonary disease and health professionals. *Chron Respir Dis.* 2021;18:1–10.
3. Miller BC, Tirko AW, Shipe JM, Sumeriski OR, Moran K. The Systemic Effects of Blood Flow Restriction Training : A Systematic Review. *Int J Sports Phys Ther.* 2021;16(4):978–90.
4. Kohlbrenner D, Aregger C, Osswald M, Sievi NA, Clarenbach CF. Blood-Flow – Restricted Strength Training Combined With High-Load Strength and Endurance Training in Pulmonary Rehabilitation for COPD : A Case Report Methods : Case Description. *Phys Ther Rehabil J.* 2021;101:1–6.
5. Saraf A, Goyal M GK. Blood Flow Restriction Training-An Overview and Implication in New Generation Physical Therapy: A Narrative Review. *J Lifestyle Med.* 2022;12(2):63–8.
6. Lorenz DS, Bailey L, Wilk KE, Mangine RE, Head P, Grindstaff TL, et al. Blood Flow Restriction Training. *J Athl Train.* 2021;56(9):937–44.
7. Saatmann N, Zaharia O, Loenneke JP, Roden M, Pesta DH. Effects of Blood Flow Restriction Exercise and Possible Applications in Type 2 Diabetes. *Trends Endocrinol Metab [Internet].* 2021;32(2):106–17. Available from:<https://doi.org/10.1016/j.tem.2020.11.010>

**Dr. Shilpasree Saha (PT)**  
Assistant Professor, NIHS



# *Facultys' Voice-NIHS*

## **RIGHT MEDIAN NERVE STIMULATION FOR COMA RECOVERY**



Traumatic Brain Injury (TBI) is an alteration in brain function or disruption of brain pathology caused by an external force. The TBI population is one of the most challenging conditions that one can encounter. It is a major health and socioeconomic problem worldwide, which affects persons of all ages along with a high risk of death and severe disability. A report from the Traumatic Coma Data Bank postulated that 41 percent of the patient who is in a Coma, regain consciousness after 6 months and 52 percent could become conscious by 1 year with minor residual problems pertaining to TBI. The study also suggested recovery from coma is a long-term process and depends upon the medical facility and pharmacological treatment too. A challenging intervention in the acute phase will help to speed up recovery from coma to gain a more favourable outcome which is expected by the family and caregivers of the patients.

The mechanism of Right Median Nerve Stimulation (RMNS) for Coma was first experimented by Dr. J.B Cooper. A review by Cooper and colleagues concluded that (RMNS) is a promising therapy for the neuroresuscitation of comatose patients, and time in the ICU may be shortened and the quality of the outcome enhanced when the stimulation is applied early in the coma. RMNS electrical stimulation has been adopted as a safe, inexpensive, non-invasive therapy. It provides a peripheral gateway to the Central Nervous System via Thalamus. The sensory system of the hand reveals vexatious large cortical representation which aids Neuroplasticity.

The non- Invasive RMNS is delivered via an Electrical Stimulator which offers a Faradic type of current and transmits Biphasic pulses at an amplitude of 15-20 mA with a pulse width of 300-350 microseconds at 40Hz, ON for 20 sec/min and OFF for 40 sec/min. Increment and decrement of Intensity adjusted until visible contractions emerged at volar aspect of the right distal forearm over the median nerve. The Duration of the intervention can exceed up to 30 minutes to 8 hours depending upon the number of session given per week and patient's condition (acute or chronic)

## *Faculty's Voice-NIHS*

The mechanism which RMNS works, the spino-reticular component of the median nerve pathway which synapses with neurons of the Ascending Reticular Activating System (ARAS) The ARAS is a complex neural network connecting the reticular formation of the brain stem to the cerebral cortex via excitatory relays in the intra-laminar nuclei of the thalamus. In return the median nerve synapses with the neurons of ARAS which stimulates the area of the thalamus and hence increases the activity in brain. Recovery from coma is established by electrically induced elevation of dopamine, the elevated dopamine level helps to increase activity of ARAS. The right median nerve was chosen as a portal to stimulate the brainstem and Studies have shown that the ARAS is activated by RMNS applied with a painful intensity, which may be a pathway for the therapeutic function of electrical stimulation.

One theories suggested there is increase in neurotrophins which is a nerve growth factor (brain-derived neurotrophic factor (BDNF)). Neurotrophic factors, plays an important role in neuroplasticity, which promotes synaptic remodelling and transpose in receptor expression or activation of those receptors. BDNF levels increase in environmental enrichment animals compared to those who lives in standard conditions. When RMNS is applied to the patient who are in coma it serves as a type of environmental enrichment, which may raise the concentration of neurotrophins and helps in leading to the survival of more neurons and fastening the recovery of comatose patients.

There are some other theories which explain about RMNS and recovery of patient from coma is Increases in cerebral blood flow. This is an ongoing research on the mechanism of "Awakening with Median Nerve Stimulation". The RMNS not only stimulates the brain stem and cerebrum to increase awareness but it also increases the abilities of speech and cognitive functioning when given on stroke patients.

In a recent study a PET scan was used as investigation tool to find out the efficacy of RMNS. The Broca's speech area which is in the left frontotemporal region became more active during the of stimulation whenever subject moves his or her hand. RMNS electrical stimulation has been used as a safe, inexpensive, non-invasive therapy for neuroresuscitation of coma patients for more than two decades. However no trial has robustly proven the efficacy and safety of this treatment.

### **Bibliography :**

1. Wu X, Zhang C, Feng J, Mao Q, Gao G, Jiang J. Right median nerve electrical stimulation for acute traumatic coma (the Asia Coma Electrical Stimulation trial): study protocol for a randomised controlled trial. *Trials*. 2017 Dec;18(1):1-8.
2. Nekkanti S, Shaik R, Mondem S, Meruva N, Elumalai G. Effect of right median nerve stimulation on level of consciousness in traumatic brain injury subjects. *Asian Journal of Pharmaceutical Research and Health Care*. 2016;8(3).
3. Lei J, Wang L, Gao G, Cooper E, Jiang J. Right median nerve electrical stimulation for acute traumatic coma patients. *Journal of Neurotrauma*. 2015 Oct 15;32(20):1584-9.
4. Cooper EB, Cooper JB. Electrical treatment of coma via the median nerve. In *Neurosurgical Re-Engineering of the Damaged Brain and Spinal Cord 2003* (pp. 7-10). Springer, Vienna.
5. A Review of Current Trends in Coma Arousal Techniques Used in Physiotherapy for Disorders of Consciousness (DOC)
6. Peri CV, Shaffrey ME, Farace E, Cooper E, Alves WM, Cooper JB, Young JS, Jane JA. Pilot study of electrical stimulation on median nerve in comatose severe brain injured patients: 3-month outcome. *Brain Injury*. 2001 Jan 1;15(10):903-10.

**Dr. Asma Parveen (PT)**  
Assistant Professor, NIHS



# ***Faculty's Voice-NIMS***

## **CLUB ACTIVITIES-NIMS**



Student Clubs in a college are designed to help students to gain experience while they are enrolled at the college for their academic pursuits. These student clubs offer limitless opportunities for student leadership and participation beyond classroom setup and academic programme. In our college we have introduced clubs, such as, Montage, Kalpanikam, Sanskriti & Vasudha.

Montage, the photography club, is a platform where students enjoy their passion for photography and also learn the skill including technical and non-technical spheres. Kalpanikam offers students to explore their skill in art & craft. The imagination takes the form of paintings or sculptures. Sanskriti, the term itself recognises the skill of singing, dancing, acting & so many. Vasudha is related to our environment and we all know that the inhabitants on this earth are facing severe challenges this time. It's up to us how we can save our planet. Students, the youngsters, have responsibilities to take action for spreading awareness among the people.

In Montage the activity is on workshop based, in house drawing sessions and outdoor events. Montage had organised a photography workshop on Mobile photography conducted by Mr. Shubham Pal, a renowned photographer and teacher. The students had learnt the techniques of the applications. The in-house photography sessions were attractive as well as instructive to the students. We had visited Jorasanko Thakur Bari, Indian Botanic Garden for the application of their skills in photography. They had experimented their skill in TONA Organic farmhouse visit also. Apart from that the members of this club had got a chance to polish their photography skill in all other academic events by playing the role of photographers.

Kalpanikam has organised a 3 days' workshop on painting by Mr. Manoj Baidya, a famous painter and sculptor. The students had explored their imagination skill and its applications. They really enjoyed the sessions with him. Obviously they had also learnt a lot of skills in this area of interest.

Sanskriti club had organised a dance workshop was conducted where students enjoyed the most and learnt the steps. Mr. Anuraag Mohta, professional dancer and choreographer, shared his knowledge and skill with our students.



## *Faculty's Voice-NIMS*

Vasudha, our greenery club is the platform for the students to nurture their awareness for environment. World Environment Day Awareness Programme was held in our college campus for creating the awareness about the environmental crisis. The guest speaker was Ms. Yogini Bapat, Central Team Member, Paryavaran Sanrakshan Gatividhi. We came to know about the Eco bricks and the technique of making this bricks which is one of the wisest idea to stop plastic pollution. Our students had started making this brick. We can make furniture, show pieces and wall also by these Eco bricks. Inner Wheel club had donated one Eco brick table and two stools to our college. Apart from that tree planting, Ropana, was a great initiative taken by the members of this club.



Weekly club activity classes are conducted for creating better creative minds. Each one-hour class opens the new horizon of creativity and imagination to the students.

In the upcoming years all our clubs will organise various types of activities including the interaction with other colleges in their fests, inter college competitions etc. New innovative ideas will be incorporated through the activities.

Our students will try their best to shape the clubs stronger for doing more powerful activities which will bring harmony, enthusiasm, positivity, courage and strengths among them.

For any good initiative sometimes we fail but that's not the end of the show. Perseverance brings success. We believe our clubs will be stronger, faster and more active in future.

**Ms. Anamika De Amin**  
Assistant Professor, NIMS  
Studies Coordinator

# Faculty's Voice-NIMS



মা

'মা হওয়া নয় মুখের কথা'।  
 বলেছে সবাই আগে।  
 মা বলে 'নারী যখন হয়েছে তুমি ---  
 ঠিক বুঝবে হতে কেমন লাগে!'  
 যা দেখেছি মা'কে আমি  
 করছি আলোচনা  
 মা হতে বেশ ধৈর্য লাগে,  
 অসহ্য যন্ত্রণা।  
 জন্ম হলো এক ঘরেতে  
 সেথায় লালন-পোষণ  
 স্বামীর সিঁদুর মাথায় নিয়ে  
 পিত্রিরতের পারণ।  
 তারপরে এক নতুন জীবন  
 সব অচেনা তার  
 কোমর বেঁধে মা যে আমার  
 গড়েছে সং-সার।  
 এর মাঝেতেই এসেছি আমি  
 অনেক প্রতীক্ষায়  
 ব্যথা যে সহ্য করেছে মাগো  
 হিসেব কষা দায়।  
 আমার হাসিই মায়ের হাসি  
 কান্না মায়ের ব্যথা  
 ঘুম না এলে রাত জেগে মা  
 বলেছে গল্প কথা।  
 'খুকু ঘুমোলো পাড়া জুড়োলো  
 বর্গী এলো দেশে --'  
 ঘুম না এলেও শান্তি ছিল  
 শুয়ে মায়ের পাশে।  
 এইভাবে রোজ একটু করে  
 উঠছি আমি বেড়ে  
 দিন যত যায় ততই সময়  
 নিচ্ছে মা'কে কেড়ে।  
 এখন আমি হয়েছি বড়ো  
 ফিরি অনেক রাতে,  
 এসে দেখি মা বসে আছে  
 দেবে বলে খেতে।  
 হয়রে আমার সাধ্য কি আর  
 মায়ের কথা কব  
 চরণে মায়ের প্রণতি জানিয়ে  
 আজিকে বিদায় লব।

**Rupsa Sen**  
 Assistant Professor-NIMS

*With Best Compliments from:*



*Committed to Health Care*

## *India Health Care*

**1B, Pratapaditya Road, Kolkata - 700 026**

**Phone : (033) 2465 5660 • Mobile : (0) 98310 83960, 82404 19391**

**E-mail : indiahealthcare@hotmail.com • Website : [www.indiahealthcares.com](http://www.indiahealthcares.com)**

**ISO Registration No. 910118041601**



**Lifemed Due**



**BTL 4000 Smart**



**Lifestim Plus**



**Lifestim Due**



**Lifesonic Plus**



# Students' Voice-NIHS



## তন্দ্রাহরিণী

আমার স্বপ্নের রং -এ জীবনানন্দের বনলতা।  
 তোমার নিটোল মুখে শ্রাবস্তীর কারুকার্য,  
 তোমার আলতা রাঙানো ঘুঙুর পায়ে কলমি লতার শিহরণ,  
 নিগুঢ় তমসায় আমরা দূত সুদূরের পিয়াসী,  
 সেই পথের ধারে দাঁড়িয়ে আছে রডোডেনড্রন গুচ্ছ।  
 কুহেলিকার কুহকজালে ক্রমশ রহস্যময়ী হচ্ছে তোমার রূপ ,  
 প্রকৃতিও হচ্ছে আরো অপরূপ,  
 তোমার আর প্রকৃতির রূপের সৌন্দর্যের মাঝে  
 আমি এক দিকভ্রান্ত নাবিক ,  
 স্বপ্নে তুমি জটিল কুটিল চাহনির অন্তরালে ,  
 আমাকে নেশাগ্রস্ত করেছে বারবার ,  
 কিন্তু আমায় ৩ বাধতে পারনি কুহকজালে ,  
 আমি বারবার আচ্ছন্ন হচ্ছি ঘোর নেশায় ,  
 তুমিও নিরন্তর চেষ্টা চালাচ্ছে বারবার ।  
 ক্রমে ক্রমে অন্ধকার বিদিশার নিশার ন্যায়  
 কেশরাশি আবদ্ধ করছে আমার শ্বাসনালি,  
 সুষুম্নাকান্ডের মধ্যে বয়ে যাচ্ছে শীতল হাওয়া ।  
 মনে হতে লাগলো, তুমি কি আদৌ কোন মানবী  
 নাকি কোন অতিপ্রাকৃতি?  
 স্বপ্নচারিণী হে রহস্যময়ী নারী ক্রমে হয়ে উঠলে  
 তন্দ্রাহরিণী ,  
 কিন্তু আমি বারবার তোমার প্রেমে পড়তে চাই,  
 রহস্যময়ী, লাবণ্যময়ী রূপের কুহকজালে  
 পালন করতে চাই অতিপ্রাকৃতিক রাত্রি॥

Debajyoti Samui  
BPT 4th Year

# *Students' Voice-NIHS*

## *A GLOOMY SUNDAY*



Such a pleasant morning  
but the coffee seems cold,  
Everything is just a matter of time  
And suddenly you are old!

I was very young and a bit enthusiastic  
Attended all the events and taken many pledges,  
now leading a life with lot of consciousness  
But Mathew says, life demands to be sarcastic.

We were at hills, on a holiday  
enjoying all the grace of nature,  
checked every points, as we planned  
Such a nice memories and lots of new skills.

Ah! I felt pain!  
Something hit my back,  
Everything so bright, I just opened eyes,  
Someone shouted Mathew! A doctor came.

Many people, many noises,  
hitting me like a beam!  
A trip to the hill station  
May be it's just a dream!

**Rahul Upadhyay**  
BPT 4th Year

# Students' Voice-NIHS



## বাকরুদ্ধ স্বপ্নরা

বাস্তবতার গল্পের ভীড়ে  
স্বপ্নরা আজ পিষে যাচ্ছে অগণিত ভাবে;  
তুই না চাইলেও কী বা  
ভুগছি আমি স্বপ্নাভাবে।  
তোর কাজলা আখির স্পর্শে মন  
বুথাই ছন্নছাড়া;  
না পাওয়া ইচ্ছের দোল ভুল গুনলো  
যেথায় মন পাহারা।  
বিরহেতে আজ কাটেনা প্রহর  
শব্দেরা এলোমেলো;  
তুই না চাইলে বাস্তবতার ভীড়  
কেমনে আমায় ছুলো?  
লিপিবদ্ধ গদ্যের মাঝে  
পদ্যের সুর হারালো;  
পথের বাঁকে ঘুম ভেঙে আজ  
আড়ষ্টতা জড়ালো।  
আড়ষ্টতার জেরে শ্রাবন এল  
অকুল বাথারে;  
গণিতের ত্রুটি স্রুটি সব  
ভাসিয়ে নিলো দিন দাহারে।  
স্বপ্নের অনুরাগে  
পিছে ফেরা কি এতোই দুষ্কর?  
এই বিরহে বারিধারা  
হবে যে স্রোতধারা।  
স্বপ্নরা আজ বাকরুদ্ধ  
তোরই কেবল প্রতীক্ষা;  
না হয় থাক তবে এই উড়োচিঠি  
হয়েছে বিরাট শিক্ষা॥

Papri Paul  
BPT 3rd Year



# Students' Voice-NIHS



## ইনসাফ

সেদিন ভোরে হটাত দেখি সাজো সাজো রব,  
স্বাধীনতার দিন তাই চলছে বিরাট মহোৎসব।  
হটাৎ কি জানি কেন প্রশ্ন জাগে মনে, মানুষ কি আদেও  
জানে স্বাধীনতার মানে ?  
সেদিন রাতে যে মেয়েটি করেছিল হাহাকার, কোন মানুষ সারা দেয়নি  
সেদিন শুনে তার চিৎকার।  
পশুর মতো হিংস্র হয়ে জাপিয়ে পরে যারা, রাজপথে আজ শোক মিছিল এ  
মোমবাতি হাতে তারা।  
মোম হাতে হাঁটছে মানুষ আজকে শতশত, বুঝছে না তারা মোম টা পুড়ে সৃষ্টি  
হচ্ছে ক্ষত।  
তাদের কাছে আমরা প্রশ্ন একটাই এভাবে আর কত মোম গলবে, কত মোম এর  
অশ্রু আজ  
আগুন হয়ে জ্বলবে।  
চাই না এমন স্বাধীনতা যেখানে ঋণের দায়ে কৃষক মরে, দলিত হয় খুন  
চাই না এমন স্বাধীনতা যেখানে হত্যা হয় কন্যা ভ্রূণ।  
চাই না এমন স্বাধীনতা যেখানে আজও মানুষের ভেদাভেদ এ দ্বন্দ্ব, চাই না এমন  
স্বাধীনতা  
যেখানে চোখ থেকেও তুমি অন্ধ।  
স্বাধীনতা মানে বলার অধিকার, স্বাধীনতা মানে সাম্যের অধিকার, স্বাধীনতা মানে  
সমান অধিকার।  
স্বাধীনতা মানে জাতিভেদ নয়, হাতে রাখো হাত  
স্বাধীনতা মানে শ্রমিকের পেটে দুবেলা দুমুঠ ভাত।।

Sreedeep Bhattacharyya  
BPT 4th Year

# Students' Voice-NIHS



## জয়ী

সামনে থাকুক ফুল বা কাঁটা,  
পথ ছাড়ো না বন্ধু তুমি;  
আসুক বিপদ, হাজারও বাধা  
ফেরাও না মুখ বন্ধু তুমি;  
ছেড়ে গেলে কাছের মানুষ  
হার মেনো না বন্ধু তুমি।

ভরসা রাখো নিজের ওপর  
পারলে শুধু পারবে তুমিই,  
লক্ষ্য তুমি স্থির রেখো  
পূরণ করার দিশাও তুমি।

পায়ের তলার সরলে মাটি  
মাথার ওপর ভাঙলে আকাশ,  
স্থির তোমার দৃষ্টি নিয়ে  
ছুড়বে তুমি তোমার বাণ।

মন দিয়ে শুধু কর্ম করো  
সঠিক পথে এগিয়ে চলো  
এই পৃথিবী তোমারই হবে  
জয়ী হবে বন্ধু তুমি।

**Farhin Sehanaz**  
BPT 3rd year

# Students' Voice-NIHS



## পরশ পাথর

তুমি পরশ পাথর , যেই ছুঁয়ে দিলে আমায়  
আমি আবার সোনা হয়ে গেলাম  
তুমি কাবুলিওয়ালা , যেই প্রেম ধার দিলে আমায়  
আমি আবার ঋণী হয়ে গেলাম  
তুমি কাশফুল , যেই দুলিয়ে দিলে আমায়  
আমি শরৎ এর মেঘে ভেসে গেলাম  
তুমি মল্লয়া , যেই নেমে এলে মোর গলায়  
আমি আবার মাতাল হয়ে গেলাম  
বর্ষা যদি নামে , পদ্ম ভরা থামে  
ছুটব তবে তোমার বাড়ির পানে  
গোলাপ গাছের চারা , আকাশ ভরা তারা  
নিয়ে যাবো সব তোমার বুকের কাছে  
তোমার কাছে যে ছোট্ট শিশু আছে  
বাঁধবো সুখের ছোট্ট মোদের নীড়  
সেই অশ্বখ গাছ আর অজয় নদীর তীর।

**Arnab Bhaskar**  
BPT 4th Year



# *Students' Voice-NIHS*



## **WHAT STAYS AT THE HILLS!**

The Heart of the Hills captures the deepest secrets of one's life...

To know the story, we have to travel back to the time when the world was not modernized.

The story revolves around an innocent girl who had hardly experienced any hardships of life. All she did was study and fulfil her parents' dream to make them proud. She was the only child of Mr and Mrs Mathur staying in the suburbs of Maharashtra. Her everyday life was quite monotonous, going and coming back from college was the only working part of her routine.

Naina had just turned 20 two weeks ago, and freshly graduated from university.

One night, lying on her bed in her sleeping pajamas, she thought about her boring life, wanting to change her life. She sat up abruptly with so many thoughts about changing her lifestyle. Exploring the world with her friends was at the top of her list and at the next moment she frowned, thinking how her overprotective parents were again going to reject the idea of her going alone.

But enough is enough, she thought, even if she had to rebel this time, she would do it and that's what she did. The very next day, in all the hustle and bustle of a railway station, she was moving forward, to get into her seat.

This is it, she thought this was her time, whereas her parents, still unsure of the trip, but couldn't refuse the begging expression on her daughter's face, made an emotional goodbye, praying in their heart for the safety of their only beloved.

The next day, she reached her destination and it felt like her dream came true. She had come to Himachal. Her unwavering and undying love for the Hills had taken her to the Hills for her first ever exploration. She had no idea what was in store for her, what her beautiful heart would go through.

## *Students' Voice-NIHS*

Two days went by smoothly. On the third day of her stay, it was rained cats and dogs. She heard voices outside the hotel which frightened her to the core. She missed the warmth of her parents.

Suddenly, the lights went off. She could hear her rapid breathing and how she wished she could hide in her mother's embrace. Feeling guilty, she gathered some courage to go and look for the culprit. Going towards the reception, she found not a single living body there, but heard some rattling sound just outside the hotel's lobby. She was confused whether she would go or not. She decided on checking as if someone was in pain. There she was met with the most horrifying situation of her life. It was a man with a knife in his hand and completely covered in blood. A heart wrenching sound was heard from her and she ran, ran away like her life was dependent on it, without turning back. It was good luck for her that she and her friends had decided to stay in a hotel near the station.

Falling, scratching her knees, injuring herself, she reached the station shivering like a leaf. She couldn't utter a single word when asked about what happened. She somehow managed to utter her parents' number.

Nobody knew about what happened to her till date, not even her parents. She gives and chants the mantras to herself as whatever happens at Himachal stays at Himachal.

But sometimes, she still thinks about what would have happened, had she stayed there for a few more minutes? And what incident had taken place there? Whose blood was on that person's body?

All these questions still remain as a mystery to her mind. But life's all about moving forward and that's what she did.

**Zoofishan Gulzar**  
BPT 4th Year

# Students' Voice-NIHS



## পাহাড়ের রানী

রবিবারের দুপুর, এই কর্মব্যস্ত জীবনে এই দিনেই যা বিশ্রাম পাওয়া যায়। খাওয়া দাওয়ার পর, ভাত ঘুমের জন্য শরীর টাকে বিছানায় ফেলেছি আর হাতের মোবাইল টা দেখছি, জানিনা কখন গুগল ফোটোস টা খুলেগেছে। মোবাইলের হোম স্ক্রিন টাই চোখ পরতেই দেখলাম একটা ফাইল, 'The Queen of Hills'। নিজের অজান্তেই মুখের কোণে মুচকি হাসি ফুটে উঠলো। ফাইলটি খুলতেই চোখের সামনে মোবাইল ডিসপ্লে তে ভেষে উঠলো আমাদের কলেজ জীবনের একের পর এক স্মৃতি।

তখন আমার কলেজের তৃতীয় বর্ষ, কলেজ থেকে একটি ভ্রমণের আয়োজন করাহয়েছিল দার্জিলিং, এই ছবি গুলো তখনই। আমার স্মৃতিতে সেই সময় টা এখনও ছবিগুলোর মতোই পরিষ্কার।

ছবি গুলো দেখতে দেখতে একটি ফোটো দেখলাম আমার আর ওর, ও বলতে আমার সবথেকে একসময়ের কাছের মানুষ রাধিকা সেনগুপ্ত, আমার 'রানী'।

পাহাড় ছিল আমাদের দুজনের ই খুব প্রিয়, তাই কলেজ কতপক্ষ কে অনুরোধ করে আমাদের ভ্রমণের জায়গা ঠিক হয় দার্জিলিং, কী অপরূপ তার সৌন্দর্য, যখন আমাদের বাসটি শিলিগুড়ি পৌঁছাল দূর থেকে দেখতে পেলাম কাঞ্চনজঙ্ঘার সোনালী আভা উঁকি দিচ্ছে।

আমাদের বাসটি শিলিগুড়ি পার করতেই, দেখতে পেলাম পাহাড়ের গা-বেয়ে নেমে আসছে তিস্তা নদী, আমি আর রানী পাশাপাশি বসেছিলাম আমাদের উৎসাহ আর উদ্দীপনা চেপে রাখতে না পেরে দুজনেই চিৎকার করে বলে উঠেছিলাম "ওয়াও"।

ওখানে আমাদের হোম স্টে ছিল লাগোয়া বলে একটি ছোট্ট পাহাড়ি গ্রামে, কী অপরূপ তার সৌন্দর্য সেই গ্রামের, কমলা লেবুর বাগান, জঙ্গলের মধ্যে এক পাহাড়ি ঝর্ণা, হ্যাঁ এই ছবিটা আমি আর, আমার রানী এই ঝর্ণাটির সামনে দাঁড়িয়ে তুলেছিলাম।

হোম স্টে তে আমাদের আর ওদের ঘর গুলি ছিলো পাশাপাশি, রাত্রিবেলা আমি আর ও একসাথে দুজনে মিলে পাহাড়ের গ্রামের বাড়ি গুলি দেখেছিলাম, দূর থেকে বাড়ি গুলির আলো জোনাকির পোকার মতো লাগছিল, তখন আমরা একেওপরের হাতে হাত রেখে কথা দিয়েছিলাম এভাবেই রয়ে যাবো সারাজীবন। না! তা আর হয়নি, ওর পরিবারের লোক আমাদের সম্পর্কটাকে মেনে নেয়নি।

শুনেছি তুমি নাকি এখন কাশিয়াং এই আছে, এখন তুমি ওখানে জয়েন্ট বিডিও সাহেবের স্ত্রী। এসব কিছু ভাবতে ভাবতেই জানি না কখন চোখের কোনে জল এসে গেছে, হাত দিয়ে চোখের জল মুছে মনে মনে বললাম 'আমি এখনও ভালোবাসি পাহাড়, ভালোবাসি তোমায়, রানী'।

**Nityabrata Ghosh**  
BPT 4th Year



# Students' Voice-NIHS



## জীবন চক্র

ট্রামের জানলার বাইরে শহর কলকাতাকে বয়ে যেতে দেখতে কী মায়াবী না লাগছে! এত বছর পর। সন্ধ্যার স্নিগ্ধ আলো, আর তার সাথে এই পাড়ার নিয়ন রঙগুলো কী সুন্দর মিলেমিশে একাকার হয়ে যাচ্ছে। ট্রামটাও যেন বুঝতে পারছে যে সে এত বছর পরে এসেছে তার নিজের শহরে। হাল্কা দুলালি চালে এগিয়ে চলেছে গন্তব্যের দিকে। পুরনো দিনের কথা বড় মনে পরছে। ছোটবেলায় দাদুর হাত ধরে এইসব পাড়ায় সে কত ঘুরেছে। কত হাজার প্রশ্ন ঊঁকিঝুঁকি দিয়েছে তার মনে - “এটা কী?”, “সেটা কীভাবে?”, “ওটা কেন?”; দাদু একটুও বিরক্ত না হয়ে স্থিত হাসি দিয়ে প্রত্যেকটার উত্তর দিতেন। চকলেট কিনে দিতেন একটা ছোট্ট দোকান থেকে। কত আনন্দ হত।

চোখের কোণটা কি একটু ভিজে উঠল তাঁর? সেই সব পুরনো দিনগুলোর কথা মনে করে? এইভাবে তাঁর স্মৃতি কুঠুরির মধ্যে জমে থাকা ছোটবেলাটা মুহূর্তের মধ্যে তাঁর চোখের সামনে ভেসে ভেসে উঠছিল, কিন্তু হঠাৎ তাঁর হাতের উপর আরেকটা নরম আঙুলের আলতো একটা টোকা তাঁকে বর্তমানে ফিরিয়ে আনল। সে একটু হেসে পাশে তাকাল।

“আচ্ছা দাদু, আমরা এবার কোথায় যাব? তুমি বলেছিলে না আমায় একটা দোকানের কুলফি অর্ডার করে খাওয়াবে? সেটা কখন আসবে?”

“এই তো দাদুভাই, অর্ডার দেওয়া আছে আর একটু পরেই চলে আসবে। ততক্ষণ বরং তোমায় একটা গল্প বলি? শুনবে?”

“বেশ!”

একেই কি বলে জীবন-চক্র?

Anish Mahapatra  
BPT 2nd Year

# *Students' Voice-NIHS*



## **GENERATION GAP**

### **What is generation gap:**

Generation gap is an age difference which occurs between two sets of people, the young people and their elders but it occurs especially between children and their parents.

### **Why generation gap occurs in our society:**

Every generation wants to uphold the principles in which they believe. It creates a big problem in our society which affect everyone. People born in different periods under different conditions, have values and views which are totally different. The pattern of life also changes continuously according to time. Everyone wants to live in their way and no one wants to compromise with their values and views. Parents create a certain image in their child with lots of values that they have been brought up. Always they expect their children follow the same principles in their life that they believe in. On the other hand, children have a different outlook and refuse to accept the traditional ways. They want to live their way and do not want to go by any rulebook and also want to search for their self- identity very desperately. For that, at last when parents fail to understand the demands of their younger generation then there is a lack of communication and giving up on relationships.

### **Different ways to reduce the generation gap:**

The parent-child relationship is the most beautiful thing than the other things of the world. So, it is very important to bridge the gap between the two generations. Both generations have to develop more understanding and acceptance for each other. Spending more time with each other like family outings, vacations, picnics, shopping, watching movies together could be some effective ways to build up a strong bond with each other. Both the generations need to study the ways of the society during their growing period and also have mutual respect for it.

# *Students' Voice-NIHS*

The generation gap occurs because society is constantly changing. It is responsibility of both generations to fill this gap with love, affection and trust. So both generations should have mutual respect for the views and opinions that develop our society and decrease the generation gap.

## **Conclusion:**

The generation gap is a very critical concept that occurs because of the different natures of the person. No one can end this generation gap but there are some ways to reduce this generation gap. No one wants to live in a tense environment and we always need our elders because they are the ones who take care of us. They have different ways of expressing their love and care of us that must be understood to us. We always remember that our family is a blessing where we can talk with our elders and let them know our views and understand our ways to approach a particular situation.

**Dipanwita Karmakar**  
BPT 2nd Year



# *Students' Voice-NIHS*



## **THE HUMAN MACHINE**

Chemistry is always wonderful! How everything around us is just a group of smaller constituents! You try to break down one thing, and other smaller components appear. Even the living beings also show the same properties! It's wonderful how the world is made so perfectly! As per the Geologic scale, 650 million years ago earth encountered its first life form. As time passed, mother earth saw different eras, different periods, and wonderful events of evolving life forms. We, Humans, evolved in the Quaternary period, 2.58 million years ago, the beginning of the Pleistocene epoch. Today we're currently living in the Holocene epoch. In the current period, Humans are the smartest living being. We're civilized. We have been able to understand complex biophysical and biochemical mechanisms of the Human body. We know, the epicentre of our intelligence is our 'Brain' but our life rests in our 'Heart'. All our life is spent keeping our heart healthy and brain active.

Did you ever take a walk and notice everything around you including how you are walking? Which leg you're putting first and where? Everything that you're seeing around yourself is visible in light but in dark, the contour of an object always gets lost until you touch it! We, Humans, have the power of empathy, ability to think, sense, learn and plan. Do you know any non-human species that has these abilities? Answer is 'Undoubtedly Yes!', lots of birds, fishes, animals have the capability but we humans are still different. Every superior species has a body or an exostructure that is being controlled by something. If we want to move the 3rd finger of our right hand, not anything else, we're able to do it precisely! So, the question is, "Who is behind all these commands to the body parts?". Well, none other than our brain! we identified an internal system which carries the brain's command to the targeted body parts, grossly we named it as Nervous System. But then the next question arises, Is our whole consciousness just a bunch of chemical reactions in our brain?

Such questions make us think that our existence is very random, unlike those stories and concepts we already know by reading different mythologies. We still haven't been able to figure out exactly how our consciousness came into existence. It is phenomenal that in this whole infinite universe earth is the only place where such a being or such an image of biophysical chemistry is seen. You may ask, "Is it so?". Well, it is true that humans have just started to explore it, and there is so much to discover about our universe but until now, we know earth is the only place.

## *Students' Voice-NIHS*

Have you ever found yourself in a totally unknown place? sometimes very beautiful but sometimes spine-chilling! then you suddenly found yourself waking up from a sleep! A Dream! It depicts the creative capabilities of our brain. How small visual and auditory fragments of our daily life are stored in our implicit memory and our brain sometimes makes a whole movie out of it which we see when we're sleeping. Incredible right? What about when we get tired or depressed?

Every function in our body is controlled by a higher authority! Even when you're breathing, should you take a fast breath or a slow breath! It is too controlled by a part of our brain. A person's happiness or depression is just our response to environmental stimuli. Surprisingly the response widely depends on person to person. The magical thing is all the biochemical reactions and different events happening inside the body and brain, all these time since our birth, we aren't even aware of!

Human body and mind are best friends, they can't survive without each other. Sometimes the mind adjusts its neuronal connections according to physical activities or changes in environmental stimuli and sometimes the body shows changes according to Brain's conditions! Can you think about an intelligent biological machine which runs on autopilot? The difference between a mechanical thing and a biological being is feelings of pain, happiness and empathy which bring an essence of life. But having a superior body or exostructure doesn't define a living being as human! Humans are known for their consciousness and behaviour. If one individual loses his/her consciousness then the outer cell doesn't have much significance to anyone! But the question is, what if you take one's consciousness and put it into a mechanical body, will it be the same person to you? technically the answer should be 'yes' but to human emotions, the answer is 'no'. Because we recognise an individual with his/her physical appearance and behavioural patterns, if any of this information is mismatched to us, we won't be able to recognise that person easily.

Until now, if a question had already come to the reader's mind, such as "What am I?" or "What are we?"

Well, we may be just a temporary biological machine which has come to an existence so randomly like the infinite events occurring in a single moment in the whole universe. Or the existence of life has a far greater significance that is way beyond the limit of our mind's comprehension...

All the thoughts and curiosity originate from us, if we're not here to think, the existence of the universe doesn't matter at all! The coin always has its two sides. Here, one side is easy to accept and another side is full of complicity and countless questions which might never be answered! So,

Do you believe in a creator of everything? Or Is everything just random events? ...

**Rahul Upadhyay**  
BPT 4th Year

# *Students' Voice-NIMS*



## **THE YOUTH OF TODAY**

The youths of today are -  
the leaders of tomorrow  
The youths are the hope  
And the strength of the future.  
The enlightenment of Daylight  
Removing every darkest sight  
Overcoming all misrule  
Becoming patrons of their own rules.  
They travel, they struggle,  
They call upon their strengths,  
But even after hard work  
They do not get their true wall of fame.

How many youths have closed their door?  
How many youths have lost hope?  
How many youths are still standing under the scorching heat of the sun,  
Just to make a life of their own  
How many youths have we lost?  
Some due to family, peers, or class,  
Some due love that did not last.  
Some due to abuse and misunderstandings,  
Gave up on themselves,  
Saying "I Quit".

Have any census being -  
Conducted each year.  
To calculate the number of personalities has lost  
How many doctors are out of their chambers?  
Comes and tells the parents.  
"There is life no longer "  
"We lost them, due to our negligence "  
Never does society realise.  
Although living in the twenty-first century,  
People think it was just fun to give up on one's life.  
This is the bitter truth we face each day,

## *Students' Voice-NIMS*

More than love, bitter nights they bear.  
But it is true that the youths are fighting back each day.  
With swords of hard work, sweat and pains,  
They continue their work from day to day,  
Nothing else do they need except.

Little love and care, to understand them they need someone every day.  
Life is difficult they understand in their teens,  
For some of them not to give is the attitude with which they win.

They will continue their journey.  
Although it's all about struggling,  
But they know, their parents smile and makes them forget everything.  
Days are coming when the youths will be leaders,  
They will rule with all their wisdom,  
They will guide someday everyone,  
With their power of knowledge,  
They will demise the evil ones,  
The only thing they need is to have someone beside them,  
To guide, and enlighten them.

**Anandita Singh**  
BHM 1st Semester



# ***Students' Voice-NIMS***



## **EMPOWERING THE YOUTH**

"EMPOWERING YOUTH" is an attitudinal, structural, and cultural process whereby young people gain the ability and authority to make decisions and implement change in their own lives and the lives of other people, including their age group and adults. Empowerment of the youth first comes from one's own family, the parents of the youth are first responsible to show that - they care about their child and encouraging them to be independent and be able to do their work on their own.

The youths must be given ample freedom to discover themselves and to learn more about themselves. It is true by gender we are all uniquely created and accepting that creation is a big negotiation, because the biggest challenge that every youth is facing is to believe in oneself, to trust oneself. This young generation which is always well equipped with the internet and other digitalized machines has forgotten the true beauty of the real world. The cell phones without which life seems "impossible" now is sometimes doing no good to young minds instead of it just make oneself attached to an unrealistic world where fat people are shown as thin ones, where dark complexion people are shown as fair ones, and most importantly may be a family's financial condition is not that good but the strategy of making reels, and put short videos makes every young heart think once "I wished I make like these videos". This is a sad reality, empowerment or rather realizing one's power, potential, capabilities, talents, and passion and accepting ourselves as how we are is indeed the best thing in the world. In this fake world if we discover something realistic is ourselves. As youths empowering oneself is one's responsibility, because ultimately we have to live our own lives, no one does it for us.

Indeed it is difficult sometimes as young people to follow someone else's advice or to ignore the wrong people and follow their own heart, but self-confidence and self-trust is the only thing that keeps everyone going. Practicing piety is one of the factors which motivates every person. Piety means "Fear of God". It is very necessary to have this "Fear" in us. No matter what religion we belong to, whether it be Hinduism, Islam, or Christianity, every religion speaks about the fear of God that one should inculcate, love for God and neighbors, and ultimately love for oneself. A question arises here that why this religious perspective has been stated, it is because, although scientifically it is proven that human beings have evolved from monkeys, religiously we believe that God created us, if God created us then He has done His best in His creation of the youth. He has bestowed on each of the youths, wisdom, knowledge, understanding,

# *Students' Voice-NIMS*

a heart filled with love, and uncountable things, and if one fails to appreciate oneself then there is no great loser on this earth than that person. Realizing each potentiality that a person acquires is the first step towards empowerment.

Youth empowerment involves various elements related to individual's consciousness, self-belief, awareness, and knowledge. This dimension aims to create self-confidence that is needed in every phase of life.

Community empowerment focuses on enhancing the community through leadership development, improving communication, and creating a network of support to mobilize the community to address concerns. Organizational empowerment aims to create a base of resources for a community, including voluntary organizations, unions, and associations that aim to protect, promote and advocate for the powerless. Economic empowerment teaches entrepreneurial skills, how to take ownership of their assets and how to have income security.

Social empowerment teaches youth about social inclusion and literacy as well as helping kids find the resources to be proactive in their communities. Cultural empowerment aims to recreate cultural practices and redefine cultural rules and norms for youth. Through these dimensions of empowerment, programs can work on empowering youth in one or more aspects of their lives.

Youth empowerment programs are aimed at creating a healthier and higher quality of life for underprivileged or at-risk youth. The five competencies of a healthy youth are (1) a positive sense of self, (2) self-control, (3) decision-making skills, (4) a moral system of belief, and (5) pro-social connectedness.

Developmental interventions and programs have to be anchored on these competencies that define positive outcomes of healthy youth. These programs advocate for constructive confrontations to enhance the social power of people who are considered disadvantaged. Another model is the 5C model which focuses on emphasizing competence, confidence, connection, character, and caring. The sixth C of contribution to society was later added. This model focuses primarily on engagement as a key marker of positive youth development, emphasizing the need to foster initiative. Youth-adult partnerships are another type of empowerment method used around the world. This method has been defined as a developmental process and community practice. The partnership involves people of different ages working together on community issues over some time. Thus, youth empowerment is a wholesome process that first begins with oneself, and then with others.

## Reference:

R Lakin, A. Mahoney. Empowering youth to change their world: Identifying key components of a community service program to promote positive development. *Journal of School Psychology*. 2006,44:513-531

**Anusanga Dutta**  
BHM 1st Semester



# *Students' Voice-NIMS*



## **HUMANITY**

"Nothing makes a human greater than serving his fellow citizens ". Well, the lines match the topic of this write-up. When we talk about humanity, the first thing that comes to our mind is people showing fellowship and brotherly love towards one another. One of the saddest parts about today's world is that the feeling of humanity, empathy and respect toward one another is lacking. It is diminishing day by day and people are becoming self-centred, who are always thinking of their own benefits only and ignoring others' feelings. An individual becomes more egocentric especially if he/she is a well-to-do person. They may have sympathy only for people they find useless, for instance, say the poor, and they might treat them differently.

Humanity means helping other people without any hesitation or doubt. It means at any time, anywhere, and wherever possible to stand as a source of strength to support the weak ones. It can be defined as the quality of being human. To help strangers especially when they need someone to help them. Most human beings have lost the feeling of humanity. It means that nowadays people are being greedy and poor at heart. They will do things that will only be to their benefit, otherwise, they don't have the feeling of empathy, and pettiness anymore for each other. Just because they are fine and well for themselves. Brotherhood and humbleness have been forgotten by human beings. Every religion teaches us about humanity, peace, love, and fraternity no matter how rich or poor a person is. We as human beings should have the ability to care for others. This quality is what differentiates us from other animals. Animals may show some love and care, unlike human beings. Humanity can empathise with others and understand their feelings. Some days back a recent incident that has been happening in Kolkata is that a man was trying to hypnotise girls by asking for their addresses and giving false consolation to the people and trying to kidnap them, it has been heard that some of the girls were kidnapped outside their college and sent to other places so that he could earn his living by selling them, and to this level, our humanity has been put down to shame.

Human beings have been created with the ability to express themselves creatively. We can also communicate our ideas to others in a way that they can understand.

Humanity means expressing unconditional love for every living being on this earth whether it be animals or human beings. Serving the poor and disabled is the best act of charity that one can do. Lastly, humanity is a virtue that needs to be encouraged and prioritised over all other qualities that we as human beings should acquire.

**Bianca Syiem**  
BHM 1st Semester

# ***Students' Voice-NIMS***



## **I AM YOUR MOTHER**

You made me cry,  
You made me feel shy,  
You made me feel embarrassed in front of others ;  
But I never asked you "Why"?

You made me feel low,  
You made a mockery out of me,  
You even said " I hate you";  
But I never asked you "Why"?

You laughed at me,  
You made fun of me,  
But after all, you were mine,  
It is because I am your mother.

Without me, you had no beginning,  
Without me, there is no ending,  
It was me who allowed you to see the light of world.  
My child you are , you were, and will be forever,  
Because I am your "Mother" ...

**Debaroti Lahiri**  
BHM 1st Semester



# *Students' Voice-NIMS*



## **SOCIAL MEDIA FOR YOUTH DEVELOPMENT**

In the past few years, social media has evolved from just being a basic tool for collaborative creation and the sharing of content to becoming an important part of the present media landscape. Everyone nowadays uses social media: young and old, rich and poor. Most of the social media platforms encourage young people to create and grow. Even the corporate world has jumped on the bandwagon, and their companies are very active online, posting updates and answering questions.

According to the International Telecommunication Union, an agency of the United Nations, information and communication technology has played a central role in young people's rise to prominence on a global scale. "It has helped them to mobilize behind a common cause and to collaborate, and it has given them a voice where before they had none," the agency stated in the report from 2013.

From our point of view, social networking sites play a key role in the lives of young people, and digital skills are the key to strengthening their vital trajectories, and therefore relevantly affect the different dimensions of well-being. In today's modern world, various social media websites offer numerous services in multiple niches. They have grabbed the attention of a record 5 billion cell phone users from all over the world. There are lots of sites that use fashion, makeup, selling used things, education, etc. as their medium to attract people. Through social media people earn money, fame, and connections. We are now at a point where, online, we can share, read, and react to lots of individual information being posted on microblogging websites such as Twitter, Facebook, Google, and more. For example, the stock market is inherently a large and vital part of economy, which can be used to earn profit by investing or speculating, so the activity between Twitter and the stock market can help you learn a trading strategy to earn abnormal returns.

As the development of social media influencing youth positively, but there can be negative influence too.

### **References:**

- 1.P. U. Rani and Padmalosani, "Impact of social media on youth," Int. J. Innov. Technol. Explor. Eng., 2019, 8 (11): 786–787,
- 2.J. Nesi, "The Impact of Social Media on Youth Mental Health: Challenges and Opportunities," N. C. Med. J., 2020, 81 (2): 116–121, 2020, doi: 10.18043/ncm.81.2.116

**N. Bhargavi**  
BHM 5th Semester

# ***Students' Voice-NIMS***



## **LIFE AS AN ARMY WIFE**

The first time my eyes met his,  
On 6 December 2006,  
I never thought that he was made for me.  
I blushed a little but still hidden under the very thin scarf.  
I never thought I would be called an " Army wife,  
The first time he spoke to me,  
Standing erect but still so sweet.  
I had heard that "Army " life was not easy,  
They have to fight day and night and protect the people of their country.

God did right, giving me to him, as his wife.  
I know it's true that he would be out on his journey,  
but still, never leave a chance of taking care of his family.  
My dream came true on next year 15 th June,  
When he pledged to take me as his wife,  
Promising to stay with me, although out my life.

No sooner did our marriage take place,  
He was called back to fulfill his duty in Himachal Pradesh.  
I felt an ache in my heart, and thought to myself -  
"What if I face the loss of his life ?"  
Tears rolled down my eyes,  
When he approached me and said -  
" Why do you worry dear, until you are there no enemy could take away my breath ".  
My heart was relieved a little.

He left me with a tight hug and promised to come back.  
I knew life would hit me hard,  
Without him, my life would be dark.  
Love had hit me hard,  
I felt dead from within,  
but his consoling words kept on being that spark.  
It was one of my favorite times of the year,  
He was near,  
My joy had crossed all boundaries.

## *Students' Voice-NIMS*

We had promised under that star-filled sky,  
To be by each other until we die.  
The next day he left me,  
But the good news remained forever with me.

It was the best part of my life I was about to start,  
Another heartbeat of y God's art.  
I was expecting to a be mother,  
But the thoughts of not having him beside me continued to prick my heart.

The day came when, the full family was celebrating the news of our child,  
But not for long did our happiness last,  
A letter reached our doorpost,  
That tore my heart into two,  
And it was nothing other than losing him.

"Life of an army wife was hard" -  
I felt that day so,  
My child was to grow up without his father's love,  
I had to live without seeing him physically each day,  
But somewhere I knew, his love for his duty was very true.  
And that is the reason for his return in a coffin carried by the troop.

Tears rolled down, and years have passed now,  
But still admire your love, in those files.  
In those photos where he still smiles.  
His words are old, but still as honey tastes sweet.  
"Why do you worry dear, until you are there no enemy could take away my breath".

**Nishtha Shaw**  
BHM 5th Semester



# *Students' Voice-NIMS*



## **YOUTH EMPOWERMENT**

Youth empowerment can be defined as the process by which young people and children are encouraged to take charge of their lives. It is a means of encouraging youths to do great things for themselves and to make a great impact in their society. At the core of youth empowerment is the belief that young people are capable of incredible things. When young people have exposure to inspiring ideas and opportunities and the tools to build their confidence – they can take on anything and everything. It gives them the courage to believe in themselves. An empowered young person recognizes their capabilities, self-determination and worth. They feel comfortable trying new things. They have the confidence to take risks and know that failure is a step toward progress, not a sign of giving up. They don't use the opinions of others as their guideposts in life. They stand up for their values.

### **Benefits of Youth Empowerment:**

- **Poverty Eradication:** When youth is empowered, he understands the importance of education and equips themselves with essential skills that can pay them well enough in the long run, thus decreasing the poverty rate by feeding themselves from the money they are earning as well as facilitating others in skill building and become financially independent as well.
- **Crime reduction:** When the country's youth is not supported morally, they often adopt the wrong ways which can not only harm them but also create negative circumstances for the country. This is why youth empowerment should be promoted efficiently so that not even a single person indulges him/herself in the wrong activities that often lead to crimes. Youth commit crimes only when no one supports them morally, their financial needs are not fulfilled, and their hard work doesn't pay them off; so when a person suffers from such kind of situations, they can easily direct themselves to the path of crimes which must be a threatening situation for any nation.
- **Improve standards of Education:** The standards of education can only be improved when we give value to education and society can only be uplifted when we give rise to youth empowerment. When the students are trained and encouraged, they should be responsible enough to create leadership skills in them and should be trained to work on their skills development at an early stage.
- **Employment Creation:** An empowered youth never complains about unemployment and opportunities. They work by themselves and create opportunities for themselves. Children must get the advantages of youth empowerment. It will not only develop them but also benefit society as a whole. It becomes our responsibility to empower children so that they can achieve what they have dreamt of.

**Rishita Chowdhury**  
BHM 1st Semester



# ***Students' Voice-NIMS***



## **EMPOWERMENT OF YOUTH**

The word “youth”, it is a period of transition from childhood to adulthood, in other words from being dependent on our guardians to be a self-independent person and the word “Empowerment” is the process of taking decision of ones own life. The stage of youth is a vulnerable,, fragile and also sometimes a reckless one The empowerment of youth is very much needed in this modern time . Youth is the most essential part of the world because they are not only the future of the mankind but also the active present of today's world.

The people like Neeraj Chopra and Harnaaz Kaur Sandhu who represented India in international stage and won the men's Javelin throw gold medal at Tokyo Olympics 2020 and won title of “Miss Universe-2021” respectively are an inspiration for many youngsters. Such people inspire our youth to an extreme extent. Once the Miss Universe of 2021 said that the biggest pressure the youth of today is facing is to believe in themselves, to know that we are unique and that's what makes everyone beautiful. The problem of our youth is that they are lacking confidence to take decisions of their life because of some societal issues, they are stepping back from their dreams. We have to fight back against those issues and stand for their own dreams. Each and every person have talent in some field or the other and that is what makes them realise how to make one's life beautiful by appreciating their talents and achievements instead of feeling the need to become someone's imitator from fancy world or of that a fairytale .The negative thoughts about themselves on failing at something and ultimately giving up with total despair are one of the major cause of depression and suicidal tendency among the young people. The government of India although has taken several measures to spread an awareness about " Youth empowerment " but every empowerment must first within oneself and in the family . The development positive attitude will make them realise that life is full of sorrows and happiness and facing a failure does not mean that life has ended , failure ultimately gives a person opportunity to perform better next time.

Another problem is that even in 21st century education is not provided to the girls , and some people even thinks also that education is of no use for a girl child which is an untrue fact. Women are equal in each and every field of work like men. The Indian women's cricket team won the Asia Cup, 2022 is an example of the girls empowerment. Our prime Minister Narendra Modi started a campaign on 22nd January, 2015 for spreading awareness to educate the girl child. To empower the youth both men and women should come together.

## *Students' Voice-NIMS*

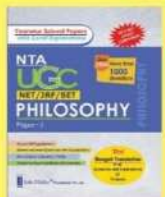
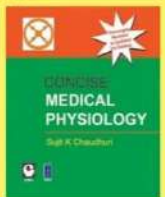
An empowered young person will always fight back against all problems with confidence, self-determination, and will know his or her worth. The person will stand up for his or her values. They will be open to the guidelines of the elders and have the confidence to achieve it, and most importantly even if the hardest failure strikes their way they will not give up on life, when will fight back and continue their battle to achieve it. Youth empowerment is necessity among the youth of today, as it helps to develop the courage within one self and build the confidence to follow their dreams and not to go with the flow of what others say.

A youth needs exposure to various fields to gain ideas, know their passions, skills, potentials and capabilities. Most of the young people are lacking confidence and are afraid to try the new things out of their comfort zone. The five senses of a health youth are firstly positive sense of self, secondly self-control thirdly decision-making, fourthly believe on oneself, fifthly not to get swayed away by others' opinions. There are many youth empowerment programs such as Npower- This was to reduce the unemployment of the youth in Nigeria.


Thus, empowering the youth means empowering the whole country because youths are not only the future of our country but also the present active population of our country. Let each of us help oneself and others to have faith in our own works and beliefs keeping in mind that nobody is perfect and it will be something unusual if we are perfect, it is good to face failures in life because they show us our real strengths. Life is too short to waste the time on what society will be thinking about oneself. Let us empower each youth to take a stand for their dreams, encourage them to work hard so that ultimately they come out with flying colours.

**Madhumita Dutta**  
BHM 1st Semester

**New Release**  
নব প্রকাশিত

**WHENEVER YOU THINK OF BOOK...  
THINK OF US...**



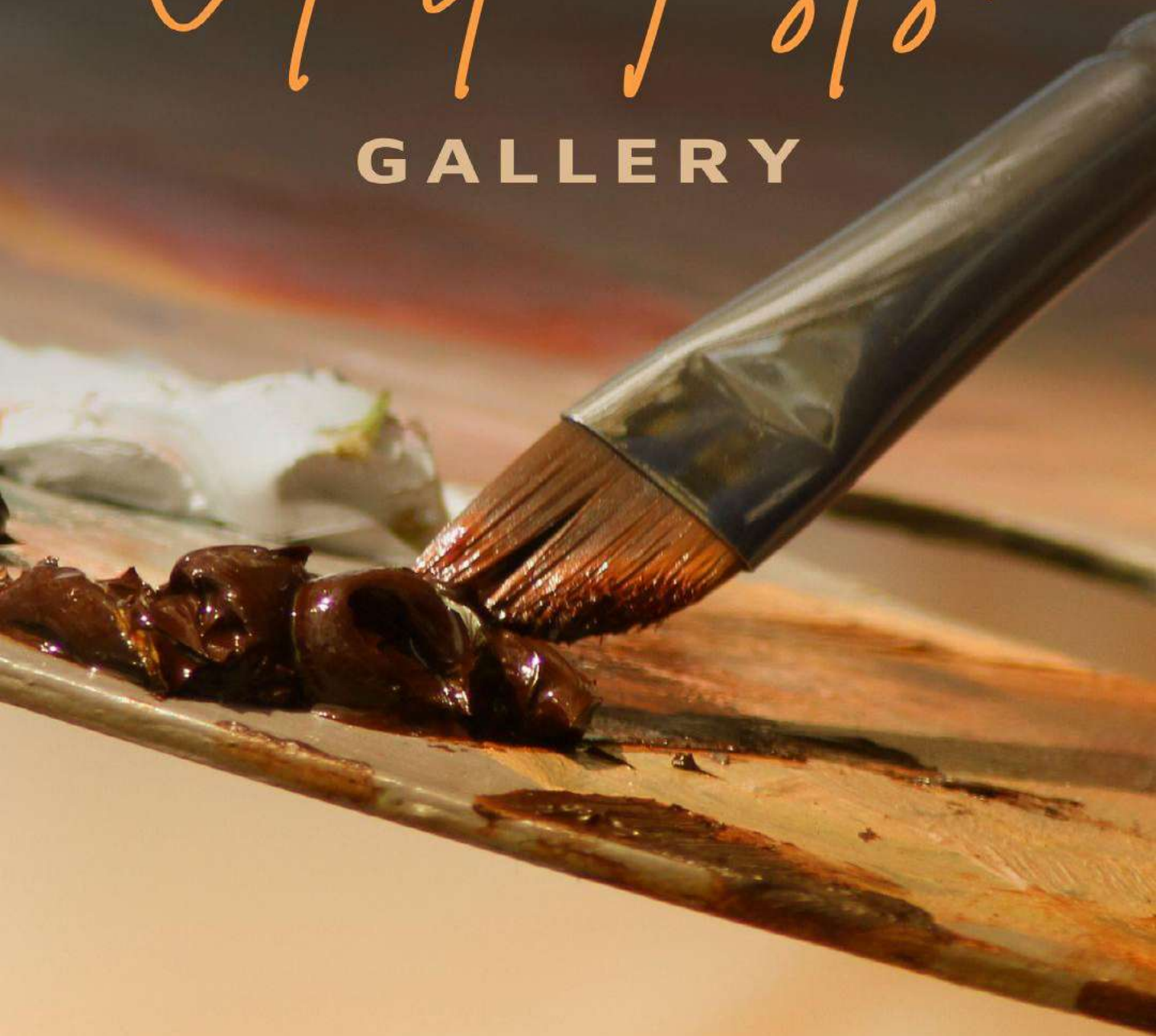
With Best Compliments From:

**Katha-O-Kahini® (Book Sellers) Pvt. Ltd.**  
13, Bankim Chatterjee Street, Kolkata-700 073. Phone: (033) 2241-8071  
email: kathaokahini@gmail.com

**Katha-O-Kahini® Prakashani Pvt. Ltd.**  
17, Keshab Chandra Sen Street, Kolkata-700 009  
Phone: +91 6292154133 WhatsApp: +91 8777767098  
email: kokpb@yahooc.com



NI  
*Artists,*  
GALLERY







WRINKLES TELL THOSE STORIES WHICH EYES FAIL TO DEPICT  
**SHRESTHA GHOSH**  
 BPT 2ND YEAR



THE LION IS, HOWEVER, RARELY HEARD - MUCH MORE  
 SELDOM SEEN  
**PURAVI SARAOGI**  
 BPT 2ND YEAR



ESSENCE OF LIFE  
 (ICC-2022, FIRST PRIZE)  
**DIPTOJIT GHOSH**  
 BPT 1ST YEAR



EVERYTHING GROWS ROUNDER AND WIDER AND WIERDER  
 AND I SIT HERE IN THE MIDDLE OF IT ALL AND WONDER WHO  
 IN THE WORLD YOU WILL TURN OUT TO BE  
 (ICC-2022, SECOND PRIZE)  
**PRIYANKA DAS**  
 BPT 2ND YEAR





RAISE YOUR WORDS; NOT YOUR VOICE  
**ANI MISHRA**  
BHM 1ST SEMESTER



SHE CAN DO BOTH  
**ANISHA NANDY**  
BHM 1ST SEMESTER



BE A VOICE, NOT AN ECHO  
**RAIMA BAG**  
BHM 5TH SEMESTER



LOYALTY NEVER FAILS  
**SHREYA DUTTA**  
BHM 1ST SEMESTER



*BEAUTY OF HEART, STAYS FOREVER WITH US*  
**SHUBHAM MUKHERJEE**  
BBA 3RD SEMESTER



*GOOD DAYS AND BAD DAYS GO HAND IN HAND*  
**SUCHANA SARKAR**  
BHM 1ST SEMESTER



*PEACEFUL MIND*  
**SUKANYA MANNA**  
BBA 3RD SEMESTER





NI

# **PHOTOGRAPHERS' GALLERY**





THE GREATEST ARTIST AND WEB-DESIGNER  
EVER IS INDEED A SPIDER!

**MASUM AKHTAR**  
BPT 4TH YEAR



জুং লাগা ওই প্রেমের দুয়ার আজ হয়েছে বন্ধ  
এই দূষিত বাতাসে ভাসেনা যে আর শুভ্র শিউলি ফুলের গন্ধ

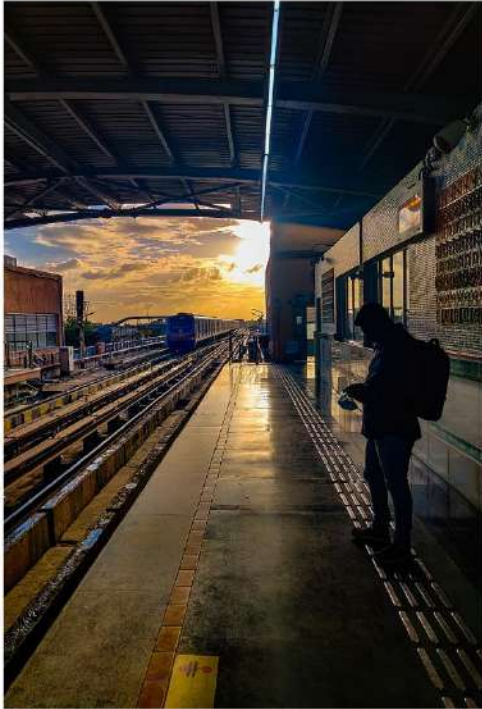
**MASUM AKHTAR**  
BPT 4TH YEAR



INDIAN NAWAB  
**SOUMYADEEP GHOSH**  
BPT 4TH YEAR



CRAVING THE GODDESS OF SHAKTI  
**BODHISATTA KHATUA**  
BPT 3RD YEAR



*AN EVENING IN THE METRO*  
**SUJAY ROY**  
BPT 4TH YEAR



*SKY ABOVE, SAND BELOW AND PEACE WITHIN*  
**ANISH MAHAPATRA**  
BPT 2ND YEAR



*THE BALLY BRIDGE*  
**SUJAY ROY**  
BPT 4TH YEAR



*STROLLING THROUGH THE WOODS!*  
**ARUNDHATI MONDAL**  
BPT 1ST YEAR





*THE BEAUTY OF NATURE IS IN OUR HANDS*

**NIHA MODAK**  
BHM 1ST SEMESTER

*THE FOOTBALL FIELD, I'D DEFINITELY SAY  
THAT'S MY PLACE!*

**BHAVIKA BUDDHADEV**  
BBA ALUMNI BATCH 2019



*LIFE IS FULL OF BEAUTY, NOTICE IT...*

**NIHA MODAK**  
BHM 1ST SEMESTER

*NATURE IS THE PUREST PORTAL TO INNER PEACE*

**SAHIL SHAW**  
BBA 3RD SEMESTER







*MOUNTAINS ARE CALLING*  
**JYOTIRMOY SAHA**  
ASSISTANT PROFESSOR, NIMS



*ART OF GOD*  
**DIBAKAR DUTTA**  
OFFICE ASSISTANT, NGI



*TIME SPENT AMONG TREES  
IS NEVER WASTED TIME*  
**BARSHA MONDAL**  
BHM 1ST SEMESTER



*LIVE STREAMING*  
**SAYANTANI GHOSH**  
BHM 1ST SEMESTER

*WITH BEST COMPLIMENTS FROM*

---

**PRITAM ASSOCIATES**

**INTERIOR AND CIVIL ENGINEER**

*215, BANSDRONI PLACE,  
KOLKATA-700070  
9874296252 (M)*



# Our Memories

---

2022

---





# PHOTO GALLERY- NI

## *Republic Day Celebration on 26.01.2022*





## PHOTO GALLERY- NI

*75<sup>th</sup> Independence Day Celebration at Communis  
on 15.08.2022*



## PHOTO GALLERY- NI

### ‘ANGER MANAGEMENT’

*Faculty Development Programme at Communis on 29.07.2022*





## PHOTO GALLERY- NI

### *World Environment Day Awareness Programme at Communis on 06.06.2022*



## PHOTO GALLERY- NI

*1<sup>st</sup> Saraswati Puja Celebration on 05.02.2022*





## PHOTO GALLERY- NI

### ***‘BREAK THE BIAS’***

*International Women’s Day at Communis on 08.03.2022*





## PHOTO GALLERY- NI

*Staff Picnic at Titli Garden, Gobindopur on 24.02.2022*





## PHOTO GALLERY- NIHS

### 'ACHELOIS 2022'

*Annual Day Celebration at Nopany High Auditorium  
on 17.12.2022*





## PHOTO GALLERY- NIHS

*Annual picnic Roy's Orchid at  
Madhyamgram, Badu on 12.02.2022*





## PHOTO GALLERY- NIHS

*1<sup>st</sup> Convocation Day Programme at  
Bharatiya Bhasa Parishad on 09.04.2022*





# PHOTO GALLERY- NIHS

*Intra College Competition from 16.11.2022 to 26.11.2022*



# PHOTO GALLERY- NIHS

*World Physiotherapy Day Celebration  
at Nopany Physiotherapy Clinic on 08.09.2022*





# PHOTO GALLERY- NIHS

*World Disability Day Camp on 03.12.2022*



# PHOTO GALLERY- NIHS

## CBR initiative of NIHS with Samriddhi Foundation





## PHOTO GALLERY- NIHS

*Free Physiotherapy Camp at Patharpratima, South 24 Pgs  
on 19.12.2022*





## PHOTO GALLERY- NIMS

### *‘IMPRINTS’ Alumni Meet on 05.03.2022*



### *Rabindra Jayanti Celebration on 09.04.2022*





## PHOTO GALLERY- NIMS

*Expedition to Indian Botanic Garden on 31.03.2022*



*Lensation in Thakurbari on 22.02.2022*





## PHOTO GALLERY- NIMS

*Advance Excel Session for BBA 6th Semester Students  
on 02.05.2022*



*Industry Visit with BBA Semester 2nd and 4th students to  
Sylvan Ply Ltd. on 18.05.2022*



*Entrepreneurial Exploration at TONA Organic Farm  
on 12.04.2022*





## PHOTO GALLERY- NIMS

*Student Picnic at Roy's Orchid at  
Madhyamgram, Badu on 04.03.2022*



## *'ROPANA' for tree plantation organised by the Vasudha NIMS Greenery Club on 09.03.2022*





## PHOTO GALLERY- NIMS

### *Workshop on 'NABH-Accreditation Standards' on 27.05.2022*



### *Campus Placement Drive for Just Dial for BBA 6th Semester students on 25.04.2022*



### *Campus Placement Drive for mPokket for BBA 6th Semester students on 27.05.2022*





## ACADEMIC EXCELLENCE AWARDS

NOPANY INSTITUTE OF HEALTHCARE STUDIES



**MR. SARASIJ BIT**  
MPT 2019 BATCH



**MR. SWARUP GHOSH**  
BPT 2017 BATCH



**MR. SUJOY ROY**  
BPT 2018 BATCH



**MS. RAJLAXMI SAHA**  
BPT 2019 BATCH



**MS. ALIYA NEHAL**  
BPT 2020 BATCH



**MS. RUNKINI DAS**  
BPT 2021 BATCH



## ACADEMIC EXCELLENCE AWARDS

NOPANY INSTITUTE OF MANAGEMENT STUDIES



**ARPAN GURIA**  
BBA 2019-20



**NANDINI DAS**  
BCA 2019-20



**NAMRATA BASAK**  
BBA(HM) 2019-20



NIHS  
NIMS  
NI

# MEET OUR TEAM



# NIHS TEAM



**DR. SHABNAM AGARWAL, PHD**  
DIRECTOR- EDUCATION



**PROF. GARGI RAY CHAUDHURI, PHD**  
PHYSIOLOGY  
ACADEMIC CO-ORDINATOR (BPT)



**DR. TANUSREE BASAK (PT)**  
MPT IN MUSCULOSKELETAL & SPORTS  
ASSOCIATE PROFESSOR,  
ACADEMIC CO-ORDINATOR (MPT)



**DR. ANWESH PRADHAN (PT)**  
MPT IN NEUROLOGICAL & PSYCHOSOMATIC DISORDERS  
ASSOCIATE PROFESSOR



**DR. TAPAS KUMAR PAL (PT)**  
MPT IN MUSCULOSKELETAL & SPORTS  
ASSISTANT PROFESSOR



**DR. JAYANTA CHAKRABORTY (PT)**  
MPT IN ORTHOPAEDICS  
CLINICAL TUTOR



**DR. BIMLESH KAMAT (PT)**  
BPT  
CLINICAL PHYSIOTHERAPIST



**DR. MAINAK PATRA (PT)**  
MPT IN NEUROLOGICAL & PSYCHOSOMATIC DISORDERS  
ASSISTANT PROFESSOR



**DR. SHILPASREE SAHA (PT)**  
MPT IN CARDIOTHORACIC DISORDERS  
ASSISTANT PROFESSOR



**DR. ASMA PARVEEN (PT)**  
MPT IN NEUROLOGY  
ASSISTANT PROFESSOR



**DR. ANINDYA SUNDAR SAHU**  
Pursuing MPT IN NEUROLOGY  
TEACHING ASSOCIATE

# NIHS EXTERNAL FACULTY MEMBERS

Name of Faculty	Subject
Dr Shibani Mazumder	Anatomy
Dr Sebanti Mukherjee	Biochemistry
Dr Ujjwal Banerjee	Pathology
Dr Shibendu Biswas	Microbiology
Dr Ashim Ghosh	Pharmacology
Ms Tanurima Basak	Psychology
Dr Sarbari Sen	Sociology
Dr Oisharya Banerjee	Orthopaedics
Dr Snigdha Sarkar	Surgery
Dr Pinaki Dutta	Medicine
Dr Ramesh Bhattacharya	Neurology and Neurosurgery
Dr Aratran Patra	Disability Prevention and Rehabilitation Prosthetics and Orthotics
Ms Subhra Ganguly	Biostatistics



## NIMS TEAM



**DR. SHABNAM AGARWAL, PHD**  
DIRECTOR- EDUCATION



**PROF. SUBIR GHOSH, PHD,**  
MBA, MA, PGDMM, CERTIFICATION  
IN ENVIRONMENT ANALYST  
PRINCIPAL



**MS. ANAMIKA DE AMIN**  
MA (ENGLISH), PGDPR, DELT  
STUDIES COORDINATOR



**MS. SARODA CHATTERJEE**  
PURSUING PH.D, MPHIL, M.COM, MBA  
ASSISTANT PROFESSOR & COORDINATOR-BBA



**MS. KAVERI BANERJEE**  
PURSUING PH.D, MCA  
ASSISTANT PROFESSOR & COORDINATOR-BCA



**MS. SUDESHNA UPADHYAY**  
PURSUING PH.D, MHA, BHMS  
ASSISTANT PROFESSOR & COORDINATOR-BBA-HM



**MR. MAHENDRA SRIVASTAVA**  
MBA  
ASSISTANT PROFESSOR



**MS. PARMITA DHAR**  
PURSUING PH.D, MA,  
CERTIFIED SOFT SKILL TRAINER  
ASSISTANT PROFESSOR



**MS. SUBHRA GANGULY**  
MPHIL, M.SC.  
ASSISTANT PROFESSOR

## NIMS TEAM



**MR. ANIRBAN GHOSH**  
M.COM, MBA  
ASSISTANT PROFESSOR



**MS. RUPSA SEN**  
MCA  
ASSISTANT PROFESSOR



**MS. SHARMISTHA CHAKRABORTY**  
MBA, EPDSMMS-IMC, PGPM  
ASSISTANT PROFESSOR



**MS. SUKANYA BELEL**  
MBA(HEALTHCARE & HOSPITAL MANAGEMENT)  
ASSISTANT PROFESSOR



**MR. SAYAN SAMAJDER**  
MBA (HEALTHCARE & HOSPITAL MANAGEMENT)  
ASSISTANT PROFESSOR



**MR. JYOTIRMOY SAHA**  
MCA  
ASSISTANT PROFESSOR



**MS. SUMANA MUKHERJEE**  
TRAINING & PLACEMENT OFFICER

## NI STAFF MEMBERS



**MR. ANUPAM DAS**  
ADMINISTRATIVE COORDINATOR



**MR. SUBRATA MONDAL**  
SENIOR ACCOUNTANT



**MR. SANDIP RAHA**  
CASHIER



**MR. DIBAKAR DUTTA**  
OFFICE EXECUTIVE



**MS. DIPANKANA BANERJEE**  
LIBRARIAN-NGI



**MR. INDRANIL PRAMANIK**  
IT SUPPORT TECHNICIAN



**MR. JOHEB CHOWDHURY**  
UX/UI DESIGNER, TECHNICAL ASSISTANT  
& DIGITAL MARKETING COORDINATOR-NIHS



**MS. AMRITA MUKHERJEE**  
STUDENT RELATIONSHIP OFFICER



**MR. ABHAY KUMAR SAHU**  
ADMISSION COUNSELLOR





# NOPANY INSTITUTE

KOLKATA, INDIA

**2C, Nanda Mullick Lane, Nutan Bazar,  
Girish Park, Jorasanko, Kolkata-06**

**Phone: 033 2533 2869**