

# BANKURA CHRISTIAN COLLEGE

Department of Physiology

UG 6<sup>th</sup> Semester 2023-24

Date: 30/04/2024

Mentor: Dr Rajkumar Maiti

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	571	Sharmistha Ghosh	Sharmistha Ghosh
2	708	Ankita Paramanik	Ankita Paramanik
3	246	Susmita Gorai	Susmita Gorai
4	758	Smritikana Mondal	Smritikana Mondal

Report:

At the very beginning on the mentor manatee class mentor spoke on scope and prospect of physiology in modern era. The mentor probably discussed the scope and prospects of physiology in the modern era. Physiology is crucial today because it helps us understand how the body works at a fundamental level, from cellular functions to organ systems. It's essential in fields like medicine, sports science, pharmaceuticals, and even in understanding the effects of environments on living organisms. The mentor likely highlighted how advancements in technology and research methods continually expand our understanding of physiology, making it a dynamic and promising field for those interested in healthcare, research, and improving human health and performance.

Mentor also highlighted after completion of graduation Course in Physiology how to enter into prepare yourself to success in different exam like JAM, JEST GATE-B etc. for higher study for Biotechnology, here are some steps you can take to prepare yourself for success

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Rajkumar Maiti  
30.4.24

**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 4<sup>th</sup> Semester 2023-24**

**Date: 25/04/2024**

**Mentor: Dr Rajkumar Maiti**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	55	Satyam Mishra	Satyam Mishra
2	78	Sayandeep Dutta	Sayandeep Dutta
3	191	Sweety Pal	Sweety Pal
4	224	Sampriti Nandi	Sampriti Nandi
5	298	Sonai Mallik	Sonai Mallik
6	320	Sudeshna Patra	Sudeshna Patra

**Report:**

The mentor likely discussed the broad scope and promising prospects of physiology in the contemporary era. Here are some key points that might have been highlighted:

- ✓ **Foundational Understanding:** Physiology provides a fundamental understanding of how living organisms function, from the molecular and cellular levels to organ systems and whole organisms.
- ✓ **Advancements in Technology:** The mentor might have emphasized how technological advancements, such as imaging techniques, genomics, and computational tools, have revolutionized physiological research. These advancements enable deeper insights into complex biological processes.
- ✓ **Interdisciplinary Collaboration:** Physiology intersects with various disciplines like biochemistry, genetics, neuroscience, and pharmacology, fostering interdisciplinary research collaborations that drive innovation and discovery.
- ✓ **Impact on Healthcare and Well-being:** The study of physiology contributes to improving human health outcomes by informing medical practices, drug development, and therapeutic interventions. It also plays a role in enhancing quality of life and understanding human performance in various contexts.
- ✓ **Career Opportunities:** The mentor may have discussed the diverse career paths available in physiology, including academia, healthcare, pharmaceuticals, biotechnology, and research institutions.

Overall, the mentor likely conveyed that physiology is a dynamic and essential field in the contemporary day, with vast opportunities for research, innovation, and application in improving human health and well-being.

Dr. L. 25/4/24  
Department of Physiology  
Bankura Christian College

Rajkumar Maiti  
25/4/24



# BANKURA CHRISTIAN COLLEGE

## Department of Physiology

UG 4<sup>th</sup> Semester 2023-24

Date: 24/06/2024

Mentor: Dr Rajkumar Maiti

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	55	Satyam Mishra	Satyam Mishra
2	78	Sayandeep Dutta	Sayandeep Dutta.
3	191	Sweety Pal	Sweety pal.
4	224	Sampriti Nandi	Sampriti Nandi
5	298	Sonai Mallik	Sonai Mallik
6	320	Sudeshna Patra	Sudeshna patra

Report:

In the mentor manatee class mentor spoke sounds like the mentor in the manatee class discussed strategies to help weaker students improve their understanding and performance. Here are some common approaches mentors might suggest

- ✓ **Consulting Different Textbooks:** Encouraging students to consult different textbooks can provide alternative explanations and perspectives on the same topics. This can help clarify concepts that may not have been fully understood from the primary textbook used in class.
- ✓ **Reviewing Previous Year Questions:** Reviewing questions from previous years can give students insight into the types of questions typically asked in exams
- ✓ **Using Class Notes:** Emphasizing the importance of class notes helps students consolidate their understanding of lecture material.
- ✓ **Practice Problems and Exercises:** Encouraging students to practice solving problems and exercises related to the subject matter can strengthen their understanding and application of concepts. This hands-on approach reinforces learning and identifies areas where additional study may be needed.
- ✓ **Seeking Extra Help:** Advising students to seek extra help from tutors, teaching assistants.,

Mentor discussed strategies to help advance students more improve their understanding -

- ✓ **Encourage Critical Thinking:** Encouraging students to go beyond rote memorization by asking them to analyze and evaluate information fosters deeper understanding. This can be done through discussions, case studies, or problem-solving exercises.

Head  
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Bankura Christian College

Provide Challenging Assignments: Assignments that require students to apply knowledge creatively or solve complex problems can challenge them to deepen their understanding and develop critical thinking skills.

Rajkumar Maiti  
24.06.24

# BANKURA CHRISTIAN COLLEGE

Department of Physiology

UG 2<sup>nd</sup> Semester 2023-24

Date: 23/04/2024

Mentor: Dr Rajkumar Maiti

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	41	Oindrila Bagli	Oindrila Bagli
2	64	Tina Pramanik	Tina Pramanik
3	106	Barsha Singha	Barsha Singha
4	114	Sayantika Singha	Sayantika Singha
5	124	Brishti Pal	Brishti Pal
6	134	Silpa Nandi	Silpa Nandi
7	169	Rekha Gorai	Rekha Gorai
8	172	Mousumi Gorai	Mousumi Gorai
9	205	Sathi Mishra	Sathi Mishra

Report:

The mentor for the manatee class discussed the scope and prospects of physiology in the contemporary day right from the outset. The mentor most likely talked about the possibilities and scope of physiology in the contemporary day. Because it enables us to comprehend the basic operations of the body, from cellular processes to organ systems, physiology is essential to modern medicine. In domains such as medicine, sports science, pharmaceuticals, and even the study of how environments affect living things, it is vital.

In essence, the study of physiology continues to evolve and expand, driven by advancements in technology and a growing appreciation of its critical role in improving human health, enhancing performance, and understanding life in diverse environments. As such, it remains a dynamic and promising field for aspiring professionals interested in contributing to healthcare, research, and the overall well-being of individuals and populations.

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**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 4<sup>th</sup> Semester 2023-24**

**Date: 26/04/2024**

**Mentor: Dr Prithviraj Karak**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	366	Jeba Aktari Khatun	Jeba Aktari Khatun
2	513	Dipa Shit	Dipa Shit
3	590	Sreya Mukherjee	Sreya Mukherjee
4	747	Arjun Mandal	Arjun Mandal.
5	789	Rani Singha	Rani Singha
6	859	Sneha Satpati	Sneha Satpati

**Report:**

A doubt-clearance activity performed among all the mentee. They asked to discuss about the "carbohydrate metabolism". I have tried to clear their doubts as well asked to prepare answers for few questions. They have solved and submitted.

Prithviraj Karak 26/4/24

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Bankura Christian College

Dr Prithviraj Karak  
26/4/2024



**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 6<sup>th</sup> Semester 2023-24**

**Date: 30/04/2024**

**Mentor: Dr Prithviraj Karak**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	786	Srijita Mandal	Srijita Mandal.
2	819	Rimpa Guin	Rimpa Guin.
3	833	Barsha Mandal	Barsha Mandal
4	344	Subhra Raj	Subhra Raj

**Report:**

A tutorial class was conducted among all the mentees. They have all presented their topics. Later personal counselling was done among all mentees where they discussed about their personal issues.

Prithviraj Karak  
30/4/24

Dr Prithviraj Karak  
30/4/24

Head  
Department of Physiology  
Bankura Christian College

**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 2<sup>nd</sup> Semester 2023-24**

**Date: 23/04/2024**

**Mentor: Dr Prithviraj Karak**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	508	Puja Gorain	Puja Gorain
2	525	Paramita Karmakar	Paramita Karmakar
3	527	Raju Dey	Raju Dey
4	542	Aparajita Mahanta	Aparajita Mahanta
5	581	Soumili Roy	Soumili Roy
6	590	Lina Mondal	Lina Mondal
7	606	Bina China	Bina China
8	623	Amrita karmakar	Amrita Karmakar

**Report:**

Today I met all 8-mentee. I have asked individually about their class matters and regarding their any personal issues. Where all teachers actively participated and tried to solved their personal issues.

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23/4/24

BANKURA CHRISTIAN COLLEGE

Department of Physiology

UG 2<sup>nd</sup> Semester 2023-24

Date: 23/04/2024

Mentor: Dr Anurag paramanik

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	284	Kailash kumar Panda	Kailash kumar Panda
2	341	Bristi Karmakar	Bristi Karmakar
3	353	Bipin Bihari Banerjee	Bipin Bihari Banerjee
4	379	Sujata Chakraborty	Sujata Chakraborty
5	384	Anindita Roy	Anindita Roy
6	424	Debasmita Dekarmakar	Debasmita Dekarmakar
7	442	Sima Sahana	Sima Sahana
8	468	Manisha Mallik	Manisha Mallik

Report:

A debet competition was performed in this mentor - mentee interaction. Topic of the debet was - "Hyperthyroidism caused by Thyroid Adenoma".

All of the above students were participated in this debet.

outcome! → A clear idea with enriched knowledge about Hyperthyroidism, Goiter, iodine deficiency and Thyroid adenoma.

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**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 6<sup>th</sup> Semester 2023-24**

**Date: 30/04/2024**

**Mentor: Anurag Paramanik**

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	71	Mou Rajak	Mou Rajak
2	190	Nibedita Bauri	Nibedita Bauri
3	336	Rakesh Gorai	Rakesh Gorai
4	567	Arnab Duley	Arnab Duley

This class was arranged for  
doubt clearance for upcoming  
internal examination.

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BANKURA CHRISTIAN COLLEGE

Department of Physiology

UG 4<sup>th</sup> Semester 2023-24

Date: 24/06/2024

Mentor: Anurag Paramanik

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	1203	Plabani Mandal	Plabani Mandal
2	1299	Lopamudra Mandal	Lopamudra Mandal
3	1356	Narugopal Ghosh	Narugopal Ghosh
4	1398	Sharmila Hembram	Sharmila Hembram

Report:

This mentor-mentee interaction was arranged for student seminar on "Innervation of GI tract and GI motility".

All of the four students were participated.  
Outcome : → Making clear knowledge about sympathetic and para-sympathetic innervation of GI tract and their role in GI motility.

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**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 6<sup>th</sup> Semester 2023-24**

**Date: 30/04/2024**

**Mentor: Shilpa Satpati**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	854	Arpita Pan	Arpita Pan
2	972	Ankita Shit	
3	1110	Debanjan Das	Debanjan Das.
4	312	Ananya Mondal	Ananya Mondal

Report:

This mentor-mentee interaction was arranged for upcoming m.Sc entrance examination. Some important topics were discussed for this examination.

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30.4.24



**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 2<sup>nd</sup> Semester 2023-24**

**Date: 23/04/2024**

**Mentor: Shilpa Satpati**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	654	Sneha Maji	Sneha Maji
2	664	Ramlal Murmu	Ramlal Murmu
3	740	Silpa Ghosal	Silpa Ghosal
4	743	Soumili Mishra	Soumili Mishra
5	780	Shreyashree Mandal	Shreyashree Mandal
6	817	Rupsa Loha	Rupsa Loha
7	848	Babita Narayan Deo	Babita Narayan Deo
8	854	Jyoti Banerjee	Jyoti Banerjee

**Report:**

A This mentor - mentee interaction was arranged for Student Seminar on " RBC formation process "

All of the four student were participated .

Outcome: making clear knowledge about Role of hormones, Hypoxia for production of RBC.

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23.4.24

**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 4<sup>th</sup> Semester 2023-24**

**Date: 25/04/2024**

**Mentor: Anurag Paramanik**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	1203	Plabani Mandal	Plabani Mandal
2	1299	Lopamudra Mandal	Lopamudra Mandal
3	1356	Narugopal Ghosh	Narugopal Ghosh
4	1398	Sharmila Hembram	Sharmila Hembram

**Report:**

This mentor-mentee interaction was arranged for group discussion about different metabolic pathways and inborn errors of metabolism.

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25/04/24

**BANKURA CHRISTIAN COLLEGE**

**Department of Physiology**

**UG 4<sup>th</sup> Semester 2023-24**

**Date: 24/06/2024**

**Mentor: Shilpa Satpati**

**List of Mentee:**

Sl. No.	Roll No	Name of the students	Signature
1	874	Soumen Das	<i>Soumen Das</i>
2	1101	Dipti Pal	<i>Dipti Pal</i>
3	1157	Sharmistha Ghosh	<i>Sharmistha Ghosh</i>
4	1164	Sayan Gangopadhyay	<i>Sayan Gangopadhyay</i>

**Report:**

A 'quiz competition' was arranged in this mentor-mentee interaction. Topic of the competition was "metabolism".

Two groups were created for this competition. one group for boys & other for girls.

At the end of the competition, boys were won in this competition.

*Shilpa*  
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*Shilpa*  
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BANKURA CHRISTIAN COLLEGE

Department of Physiology

UG 4<sup>th</sup> Semester 2023-24

Date: 25/04/2024

Mentor: Shilpa Satpati

List of Mentee:

Sl. No.	Roll No	Name of the students	Signature
1	874	Soumen Das	Soumen Das
2	1101	Dipti Pal	Dipti Pal.
3	1157	Sharmistha Ghosh	Sharmistha Ghosh
4	1164	Sayan Gangopadhyay	Sayan Gangopadhyay

Report:

This class was arranged for doubt clearance for upcoming internal examination. Some multiple choice questions were discussed.

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**BANKURA CHRISTIAN COLLEGE**

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**UG 4<sup>th</sup> Semester 2023-24**

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**Mentor: Dr Prithviraj Karak**

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3	590	Sreya Mukherjee	Sreya Mukherjee
4	747	Arjun Mandal	Arjun Mandal
5	789	Rani Singha	Rani Singha
6	859	Sneha Satpati	Sneha Satpati

**Report:**

Today's mentor-mentee activity all mentees are present. I have started with few things to discuss like- personal counselling, regarding theory as well as practical class and also other than daily classes if any personal issues.

In this session students are actively participated and discussed the related issues. Students are happy and satisfy for this type of activities.

*Prithviraj Karak*  
24/6/24

*Prithviraj Karak*  
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