



KATWA COLLEGE

(Affiliated to the University of Burdwan)

Principal's Office,

P.O.: Katwa, Dist.: Purba Bardhaman, West Bengal, PIN: 713130, India.

Mobile: +918101078393

॥ विद्यया विन्दतेऽमृतम् ॥

Arogya: Katwa College

As per resolution No.1 of the GB meeting held on 10.06.2021, Disaster Relief Committee (DRC) has been formed and a health check-up section Arogya had been set up. The Core Committee members are the following:

1. Principal
2. IQAC, Coordinator
3. Rajesh Chandra Mandal (Convener)
4. Kedar Nath Mitra
5. Arup Mitra
6. Asit Kumar Mandal
7. Dayanmoy Bisui
8. Md. Sariful Islam (NSS)
9. Priyanka Roy (NSS)
10. Priyanka Mondal Chakraborty (Arogya)
11. Sanchita Mukherjee Pal (Arogya)
12. Avijit Pal
13. Debjit Saha (Alumni - NSS)

Extract from the proceedings of the meeting (both on line and off-line mode) of the Disaster Relief Committee (DRC) held on 10.06.2021 at 12.30PM at the 2nd Floor of the Administrative Building (Seminar Hall).

Item No: 01:

The Principal proposes that a savings bank account be opened at the Katwa Branch of Indian Bank in the name and style of "Katwa College Disaster Relief Fund" A/C for financial transaction towards fulfillment of the mission of the Disaster Relief Committee. It is also decided that the Principal himself and Sri Rajesh Chandra Mandal, Convener of the said committee will be the joint operators of the proposed bank account.

(Dr. Nirmalendu Sarkar)
President
Disaster Relief Committee (DRC)

(Sri Rajesh Chandra Mandal)
Convener
Disaster Relief Committee (DRC)

A Hested
N. SARKAR
01/06/2021
Principal
KATWA COLLEGE

Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

Principal
Katwa College



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Principal's Office,

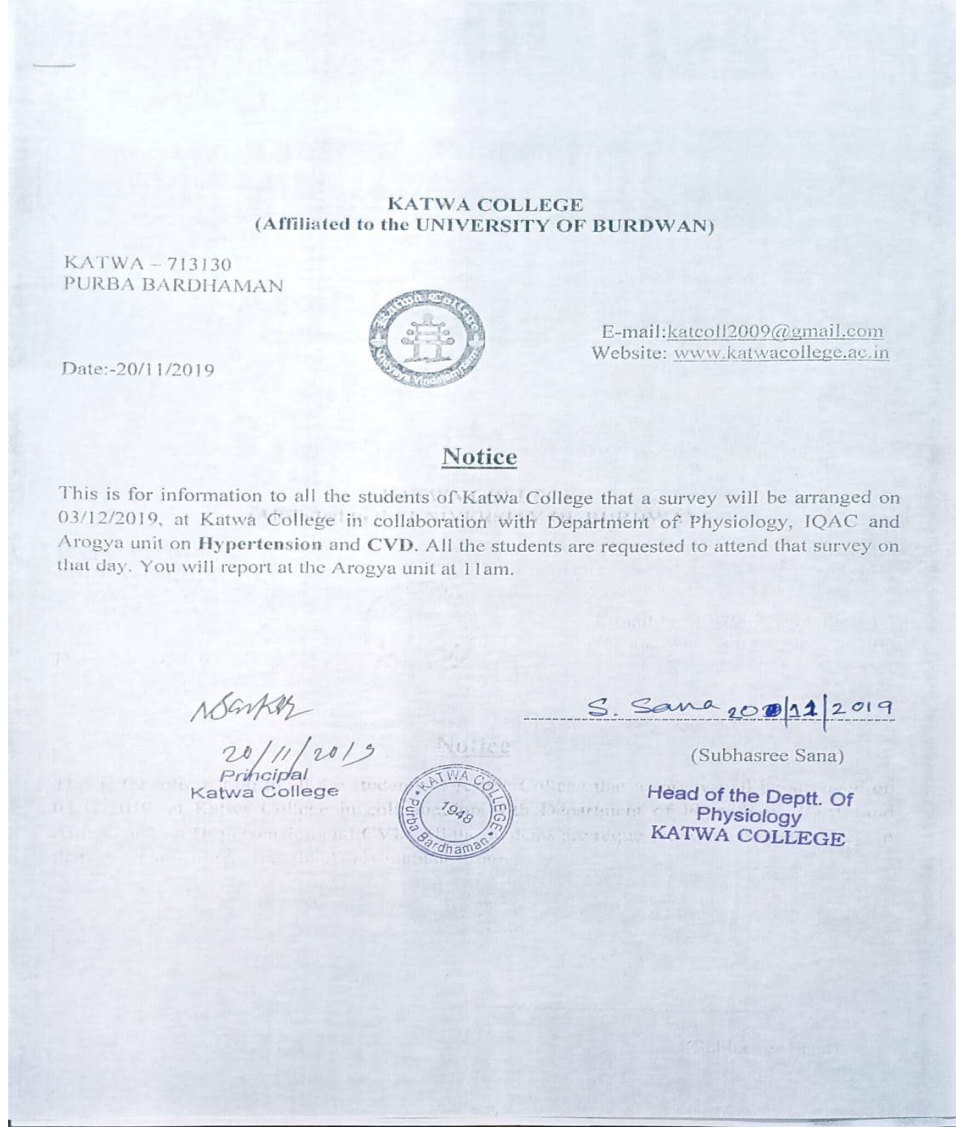
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Functions of Arogya Unit

Survey on Hypertension



Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

Principal
Katwa College



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Date: 03.12.2019

Venue: Arogya Unit, Katwa College

Time: 11:00 A.M.

Organizing Committee: Dept. of Physiology, IQAC and Arogya Unit, Katwa College.

SURVEY ON HYPERTENSION
DEPARTMENT OF PHYSIOLOGY, IQAC, and AROGYA UNIT

KATWA COLLEGE
Date: 03.12.2019
Attendance Sheet

Sl. No.	Name of The Students	Semester	Hons/Gen	Full Signature of The Students
1.	Prityanka Saha	VI	Hons	Prityanka Saha
2.	Rajmandira Dhan	VI	Hons	Rajmandira Dhan
3.	UJJWAL PATRA	VI	Hons	Ujjwal Patra
4.	Gourab Debnath	VI	Hons	Gourab Debnath
5.	Astak Al	VI	Hons	Astak Al
6.	Sahiba Begum	VI	Hons	Sahiba Begum
7.	Baby Khatun	VI	Hons	Baby Khatun
8.	Psuya Das	VI	Hons	Psuya Das
10.	Madhukanta Saha	VI	Hons	Madhukanta Saha
11.	Shib Sankar Ghosh	VI	Hons	Shib Sankar Ghosh
12.	UJJWAL PATRA	VI	Hons	Ujjwal Patra
13.	Monisha Ghosh	VI	Hons	Monisha Ghosh
14.	Ruksam Khatun	Gth	Hons	Ruksam Khatun
15.	Sahiba Begum	Gth	Hons	Sahiba Begum
16.	Ramiul Karim	Gth	Hons	Ramiul Karim
17.	Psuya Das	Gth	Hons	Psuya Das
18.	Ayan Sarder	Gth	Hons	Ayan Sarder
19.	Mero Abdulullah Rasul	Gth	Hons	Mero Abdulullah Rasul
20.	Md. Sahimul Alam	Gth	Hons	Md. Sahimul Alam
21.	Rasimul Islam	Gth	Hons	Rasimul Islam
22.	Saiful Mallick	Gth	Hons	Saiful Mallick
23.	Habiba Khatun	Gth	Hons	Habiba Khatun
24.	Nusrat Khatun	Gth	Hons	Nusrat Khatun
25.	Sanna Ghosh	Gth	Hons	Sanna Ghosh

Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

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Report of Survey on Hypertension

Hypertension is a significant public health problem, with a worldwide prevalence of 40.8% and a control rate of 32.3%. Hypertension is a major risk factor for a number of serious health conditions, including cardiovascular disease, cerebro-vascular disease, and chronic kidney disease. Worldwide, 9.4 million deaths are attributed to complications from hypertension, including 45% of all deaths due to coronary artery disease and 51% of all deaths due to stroke.

Hence the health survey was conducted to find out the risk of hypertension and several cardiovascular diseases on the local resident of Katwa. The survey was conducted among 25 students of different departments of Katwa College Purba Bardhaman. As per the recorded data, 80% student had normal blood pressure and heart rate.

In summary, from the survey we observed that nearly one-third of students in health screening camps of Katwa Arogya had hypertension. In addition, strategies need to be developed to reduce the risk of hypertension, increase awareness, and improve control rates in patients with hypertension.

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Katwa College

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Effect of Yoga in Circulatory System

Principal's Office

Department of Physiology
KATWA COLLEGE
(Affiliated to the UNIVERSITY OF BURDWAN)


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Website: www.katwacollege.ac.in

Notice

This is for information to all the students of Katwa College that a Survey will be arranged on 18/12/2021, at Katwa College in collaboration with Department of Physiology, IQAC and Arogya unit on **Effect of Yoga on circulatory system**. All the students are requested to attend that survey at Dept. of Physiology on that day at 11am.

S. Sana 18/12/2021
(Subhasree Sana)
Head of the Deptt. Of
Physiology
KATWA COLLEGE

NSG
15/12/2021
Principal
Katwa College



Report of Effect of Yoga on Circulatory system

Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

Principal
Katwa College



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Report of Effect of Yoga on Circulatory system

The Sanskrit word for yoga means “connection” or “union.” Specifically, it is the combination of the atman that is, soul with the supreme or absolute soul, or “PARAM atman” (ie, God). To achieve the balance between the body, mind, and soul, it combines meditation (dhyana), breathing exercises (pranayama), and physical postures (asana). Yoga is a traditional Indian exercise that combines physical activity and meditation by emphasizing physical flexibility and concentration. About 300 million people practice yoga worldwide. Yoga has been known to have a positive effect on any kind of risk factors like cardiovascular, respiratory, renal etc. Yoga was only presented to the West in the late 19th and early 20th centuries. Yoga has been widely accepted and used in the West for a while, but until the beginning of the 21st century, it was only preferred as a medical alternative. Because of a greater response and comprehension of the mind-body links in many medical problems, the notion of yoga has received more attention in the last 10-15 years in the scientific world of medicine. Although yoga is becoming more and more well-liked, its effects on risk factors for cardiovascular respiratory, renal, circulatory disease have been unpredictable.

A healthy circulatory system is important for a healthy living. Yoga helps to prevent various circulatory ailments and illnesses such as high blood pressure, shallow breathing, muscle tension and coronary heart disease.

The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body. The circulatory system includes the heart, blood vessels and the blood. It transports the nutrients and oxygen to the tissues and removes carbon dioxide and other waste products of metabolism from the tissues. For this purpose the blood is continuously circulated in the body by rhythmic pumping action of the heart and through a complex network of the blood vessels. The blood acts as a vehicle that carries the products of digestion from the alimentary canal and the oxygen from the lungs to the tissues. While returning to the heart, the blood brings the toxic substances or the waste products back to the heart. The kidneys, lungs and the skin eliminate these substances when the blood circulates through them. The blood, thus, communicates with all the systems and organs, regulates the water level and the temperature of the body.

Literatures have shown that most of the yoga asanas like Sarvangasana, Viparita karni, Hahsana, Mayurasana, few pranayamas like Ujjayi and Bhastrika Pranayama as well as uddiyan, nauli, Jalandhar bandha specially influence the blood circulation. But, the most important thing is to learn them from an expert in order to practice them safely, without taxing the circulatory system. When the body and mind are properly relaxed, mental peace is achieved and the muscle tone is reduced. The blood vessels are also relaxed which are otherwise constricted due to tension. The heart rate is reduced and blood pressure comes to the normal level.

Signature of the IQAC Coordinator

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Katwa College

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Principal
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Blood Groups and Blood Sugar

Department of Physiology
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Website: www.katwacollege.ac.in

Date: 11.12.2023

Notice

This is for information to all the students of Katwa College that a Survey will be arranged on 18/12/2023, at Katwa College in collaboration with Department of Physiology, IQAC and Arogya unit on **Blood Groups and Blood Sugar**. All the students are requested to attend that survey at Dept. of Physiology on that day at 11am.

NSG/KW
11/12/2023
Principal
Katwa College



S. Sana 11/12/2023

(Subhasree Sana)
Head of the Deptt. Of
Physiology
KATWA COLLEGE

Report of Survey on Blood Groups and Blood Sugar

Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

Principal
Katwa College



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Date: 18.12.2023

Venue: Arogya Unit, Katwa College

Time: 11:00 A.M.

Organizing Committee: Dept. of Physiology, IQAC and Arogya Unit, Katwa College.

A Survey on Blood group & Blood Sugar
Dept. of PHYSIOLOGY, IQAC and AROGYA UNIT
KATWA COLLEGE
Date: 18.12.2023
Attendance Sheet

Sl. No.	Name of The Students	Semester	Hons/Gen	Full Signature of The Students
1	Baby Khatun	6th	Hons	Baby Khatun
2	Astak Ali	6th	Hons	Astak Ali
3	Rajmandira Dhan	6th	Hons	Rajmandira Dhan
4	Samiul Keesim	6th	Hons	Samiul Keesim
5	Miyasika Saha	6th	Hons	Miyasika Saha
6	Md Sahinul Alam	6th	Hons	Md Sahinul Alam
7	Mir Abdullah Rasul	6th	Hons	Mir Abdullah Rasul
8	Ayan Sander	6th	Hons	Ayan Sander
9	Gausiab Debnath	6th	Hons	Gausiab Debnath
10	Shib Sankar Ghosh	6th	Hons	Shib Sankar Ghosh
11	Madhumita Saha	6th	Hons	Madhumita Saha
12	Pooja Das	6th	Hons	Pooja Das
13	Abin Biswas	4th	Hons	Abin Biswas
14	Kaustik Chandan Pal	4th	Hons	Kaustik Chandan Pal
15	Sahiba Begum	6th	Hons	Sahiba Begum
16	Rizia Siddiqua	4th	Hons	Rizia Siddiqua
17	Mir Anisul Islam	4th	Hons	Mir Anisul Islam
18	Anikush Pal	4th	Hons	Anikush Pal
19	Sohani Banik	4th	Hons	Sohani Banik
20	Ruksan Khatun	6th	Hons	Ruksan Khatun
21	UJJWAL PATRA	6th	Hons	Ujjwal Patra
22	Monisha Ghosh	6th	Hons	Monisha Ghosh

Signature of the IQAC Coordinator

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Report of Survey on Blood Groups and Blood Sugar

In various studies it has been postulated that Type 2 Diabetes is more likely found in blood group B than O and A. In simple words, compared to blood group 'O' group 'A' has 10% more risk of being diabetic and group 'B' has 21% more risk. The reasons are presently unknown.

Therefore the present survey was conducted to find out the correlation Between Blood Group Type and Diabetes of the resident of Katwa. The survey was conducted among students of different departments of Katwa College Purba Bardhaman by using reference method. According to the analysis of the recorded data, blood group "B" was associated with high incidence of type 2 diabetes and blood group "O" has a minimum association with type 2 diabetes. Blood group "A" and "AB" were almost equally distributed in both diabetic and non-diabetic population. However, we were unable to find an association between "Rh+ve" and "Rh-ve" blood groups with type 2 diabetes.



Signature of the IQAC Coordinator

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Katwa College

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Different Respiratory Parameters

Principal's Office

Department of Physiology
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Website: www.katwacollege.ac.in

Date: 16.04.2024

Notice

This is for information to all the students of Katwa College that a Survey will be arranged on 23/04/2024, at Katwa College in collaboration with Department of Physiology, IQAC and Arogya unit on different respiratory parameters. All the students are requested to attend that survey at Dept. of Physiology on that day at 11am.

18/04/24
16/04/2024
Principal
Katwa College

S. Sana 16/04/24
(Subhasree Sana)
Head of the Deptt. Of
Physiology
KATWA COLLEGE

Report of Survey on Different Respiratory Parameters

Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

Principal
Katwa College



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Date: 23.04.2024

Venue: Arogya Unit, Katwa College

Time: 11:00 A.M.

Organizing Committee: Dept. of Physiology, IQAC and Arogya Unit, Katwa College.

Report of Survey on Different Respiratory Parameters

India is a vast country with an enormously variable population. There are large differences in geographical, environmental, ethnic, religious, cultural and socioeconomic parameters in different population groups in India which affect the human health and disease occurrence. The two most common respiratory disorders which have been studied are included as asthma and chronic obstructive pulmonary disease (COPD). India has one of the highest burdens of chronic respiratory diseases. India contributes to 15.69% of Global Chronic Respiratory Diseases but 30.28% of all global deaths due to Chronic Respiratory Disease occur in India. India has the highest number of COPD (Chronic Obstructive Pulmonary Disease) cases in the world, a whopping 55.23 million! The second-largest number of global deaths due to COPD, almost 0.85 million, occur in India. India also leads the world in deaths due to Asthma with 43% of global asthma deaths occurring in our country. Yet awareness in the healthcare community and the public remains low about these two chronic lung conditions which cause a huge health and economic burden on our health and health care system.

Therefore the present survey was conducted to find out the respiratory status of the resident of Katwa. The survey was conducted among students of different departments of Katwa College Purba Bardhaman by using reference method. According to the analysis of the recorded data, 30% students had respiratory problems which were clearly observed by the result in peak expiratory flow rate.

We can conclude from the survey that significant association was found with trigger factors for each respiratory disease viz. exposure to molds, household animals, recent-travel, and rain-wetting for asthma; biomass fuel and smoking for COPD; and rain-wetting and recent-travel for RTIs. The association of bronchial asthma visits with rain-wetting and travel may be related to factors like acute exacerbation of bronchial asthma or viral infections. Data on viral infections were not recorded. Probably, further studies are required to validate this notion.



Signature of the IQAC Coordinator

Coordinator
IQAC
Katwa College

Signature of the Principal

Principal
Katwa College