



"Educating hearts and minds"

HOLY CROSS COLLEGE

ACCREDITED BY NAAC WITH 'A+' GRADE (CYCLE:2)
Tripura University Reg. Code: 17
Jubatara, P.O. Lembucherra, Tripura West Pin-799210
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DEPARTMENT OF HUMAN PHYSIOLOGY

No.F.6/HCC/HP/2024/7

Date: 10/09/2024

To
The Principal
Holy Cross College, Agartala.


Subject: Seeking approval to organize an Interactive Session on "Guidance for Competitive Examinations and Career Counseling".

Respected Father,

With humble regards, I would like to inform you that the Department of Human Physiology is willing to organize an **Interactive Session on Guidance for Competitive Examinations and Career Counseling by Alumni of the Department of Human Physiology on 13th September 2024 (Friday)**, which is one of the important events as per the NAAC criteria 5. In this regard, I would like to request you to kindly allow us to do the same.

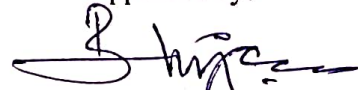
Father, your kind approval and needful action are highly anticipated.

Yours sincerely,


10/09/2024
HoD, Human Physiology
Holy Cross College, Agartala

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Approved by:


Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College, Agartala

PRINCIPAL
HOLY CROSS COLLEGE
AGARTALA



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DEPARTMENT OF HUMAN PHYSIOLOGY

No.F.6/HCC/HP/2024/8

Date: 11/09/2024

To

Tarajyoti Guha (Batch 2019-2022)

Doulat Bhowmik (Batch 2020-2023)

Pohor Debbarma (Batch 2021-2024)

Disha Chakraborty (Batch 2021-2024)

Sanjana Sen (Batch 2021-2024)

Debasmita Datta (Batch 2021-2024)


Subject: Invitation letter for the Resource Persons.

Dear Alumni,

I would like to inform you that, the Department of Human Physiology is going to organize an **Interactive Session on Guidance for Competitive Examinations and Career Counseling on 13th September 2024 (Friday) at 2 pm**, for a better understanding of the **prospects of Human Physiology and diverse opportunities of this subject**. The audience for the event will be the students of 1st semester Human Physiology Major. In this regard, I would like to invite you all to be a resource person and to share your views and experiences with your juniors to motivate.

Dear Alumni, your kind acceptance and needful action are highly anticipated.

Yours sincerely,


11/09/2024
HoD, Human Physiology
Holy Cross College, Agartala

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

Interactive Session on Guidance for Competitive Examinations and Career Counseling

Date: 13th September 2024 (Friday)

Venue: Board Room

Time: 2 pm

Organized by: Department of Human Physiology

Holy Cross College, Agartala

Attendance of the Participants

Sl.No.	Name	Department	Signature
1	Esha Debbarma	Human Physiology	Esha Debbarma 13/9/24
2	Isiri Debbarma	Human Physiology	Isiri Debbarma 13/9/24
3	Lily Debbarma	Human Physiology	Lily Debbarma 13/9/24
4	Ruli Debbarma	Human Physiology	Ruli Debbarma 13/9/24
5	Kaberi Debbarma	Human Physiology	Kaberi Debbarma 13/09/24
6	Swikriti Majumder	Human Physiology	Swikriti Majumder 13/09/24
7	Newton Tripura	Human Physiology	Newton Tripura 13/09/24
8	Thomas Debbarma	Human Physiology	Thomas Debbarma 13/09/2024
9	Abhishek Debbarma	Human Physiology	Abhishek Debbarma 13/09/2024
10	Jui Das	Human Physiology	Jui Das 13/09/2024
11	Sadia Rahman	Human Physiology	Sadia Rahman 13/09/2024
12	Subhrajit Bhattacharya	Human Physiology	Subhrajit Bhattacharya 13/09/24
13	Somraj Dey	Human Physiology	Somraj Dey 13/09/24
14	Swarnika Chakraborty	Human Physiology	Swarnika Chakraborty 13/09/24
15	Swarnika Roy	Human Physiology	Swarnika Roy 13/09/24
16	Subhrajit Paul	Human Physiology	Subhrajit Paul 13/09/24
17	Ambalika Singha Roy	Human Physiology	Ambalika Singha Roy 13/09/24
18	Bidipta Banik	Human Physiology	Bidipta Banik 13/09/24
19	Anisha Debbarma	Human Physiology	Anisha Debbarma 13/09/24
20	Anima Debbarma	Human Physiology	Anima Debbarma 13/09/24

HEAD

Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA

**DEPARTMENT OF HUMAN PHYSIOLOGY
HOLY CROSS COLLEGE, AGARTALA**

Report on

“Interactive Session on Guidance for Competitive Examinations and Career Counseling”

Date of event: 13th September 2024
Place: Holy Cross College, Jubatara, Tripura(W)
No. of participants: 32
Venue: Board Room (F2-18)
Time: 2 PM

Department of Human Physiology, Holy Cross College, Agartala conducted a “Interactive Session on Guidance for Competitive Examinations and Career Counseling” on September 13th, 2024 in. The session aimed to provide participants with a comprehensive understanding of the importance of smart planning to achieve success in their careers. The resource persons of this interactive session are six former students of the Department of Human Physiology, Holy Cross College, Agartala who are pursuing higher education in different Universities in the country like Tripura University and Parul University, and also preparing for various competitive exams. In total 35 students of 1st Semester Major have participated in the interaction program.

The programme was chaired by the Head, Dept. of Human Physiology Dr. Susmita Saha. The programme started with the introduction of the resource persons followed by their short interactive talks. Ms. Tarajyoti Guha provided an overview of the University life different aspects of the Human Physiology branch and interacted with the present batch in various topics like handling exam stress, focusing more on biochemistry part, reading scientific articles. Mr. Pohor Debbarma discussed about challenges during Post Graduation and how to prepare for CUET. Next, Ms. Sanjana Sen almost had an ice breaking session with her juniors and frankly interacted on various topics from CUET to getting admission in PG in the Dept. of Molecular Biology, Tripura University followed by another session by Debasmita Dutta about Internship opportunities and lab visits as she got the opportunity to do internship at NIT, Agartala during her 6th Semester. Mr. Doulat Bhowmick from Parul University, Gujrat interacted with the students and discussed on the importance of knowing core concepts of Physiology and its implication in higher studies. He also discussed how a backbencher can transform himself with



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HEAD

Department of Human Physiology,
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zeal and proper motivation. Finally, Ms. Disha Chakraborty discussed the importance of practical classes in higher studies, how to set up a lab through previous experience etc.

The interaction session received positive feedback from 1st Semester Students, who appreciated the depth and clarity of the information provided and asked for such session at least once after every six months. Finally, Dr. Ashish Kumar Singha, Assistant Professor, Department of Human Physiology, Holy Cross College, Agartala proposed the vote of thanks with a concluding remark from Head of the Department.

The report is prepared by-

 Mr. Kanak Chakraborty
30/09/24



 30/09/2024

HEAD
Department of Human Physiology,
HOLY CROSS COLLEGE, AGARTALA



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Certificate of Appreciation

This is to certify that

Tarajyoti Guha

(HCC Batch 2019-2022)

has been the Resource Person of the

Interactive Session on Guidance for Competitive Examinations and Career Counseling
*for a better understanding of the prospects of Human Physiology and
diverse opportunities of this subject.*

Organized by

Department of Human Physiology, Holy Cross College, Agartala.

on 13th September 2024

Dr. Susmita Saha
Coordinator
Head, Dept. of Human Physiology, HCC

Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College





HOLY CROSS COLLEGE, AGARTALA

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Certificate of Appreciation

This is to certify that

Doulat Bhowmik

(HCC Batch 2020-2023)

has been the Resource Person of the

Interactive Session on Guidance for Competitive Examinations and Career Counseling

*for a better understanding of the prospects of Human Physiology and
diverse opportunities of this subject.*

Organized by

Department of Human Physiology, Holy Cross College, Agartala.

on 13th September 2024

Dr. Susmita Saha
Coordinator
Head, Dept. of Human Physiology, HCC

Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College





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Certificate of Appreciation

This is to certify that

Sanjana Sen

(HCC Batch 2021-2024)

has been the Resource Person of the

Interactive Session on Guidance for Competitive Examinations and Career Counseling
*for a better understanding of the prospects of Human Physiology and
diverse opportunities of this subject.*

Organized by

Department of Human Physiology, Holy Cross College, Agartala.

on 13th September 2024

Dr. Susmita Saha
Coordinator
Head, Dept. of Human Physiology, HCC

Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College





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Certificate of Appreciation

This is to certify that

Disha Chakraborty
(HCC Batch 2021-2024)

has been the Resource Person of the
Interactive Session on Guidance for Competitive Examinations and Career Counseling
*for a better understanding of the prospects of Human Physiology and
diverse opportunities of this subject.*

Organized by

Department of Human Physiology, Holy Cross College, Agartala.

on 13th September 2024

Dr. Susmita Saha
Coordinator
Head, Dept. of Human Physiology, HCC

Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College





HOLY CROSS COLLEGE, AGARTALA

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Certificate of Appreciation

This is to certify that

Debasmita Datta

(HCC Batch 2021-2024)

has been the Resource Person of the

Interactive Session on Guidance for Competitive Examinations and Career Counseling

*for a better understanding of the prospects of Human Physiology and
diverse opportunities of this subject.*

Organized by

Department of Human Physiology, Holy Cross College, Agartala.

on 13th September 2024

Dr. Susmita Saha
Coordinator
Head, Dept. of Human Physiology, HCC

Dr. Fr. Benny K. John, CSC
Principal
Holy Cross College

