

इशानखोप

Annual Magazine of Nopany Institute



Emotional Intelligence:

The Gateway to Self-Discovery

Self-Regulation



Self-Awareness



Social Skills



Motivation



Empathy



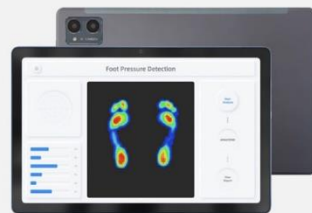
**NOPANY
INSTITUTE**
KOLKATA, INDIA

Vol- 19, 2024



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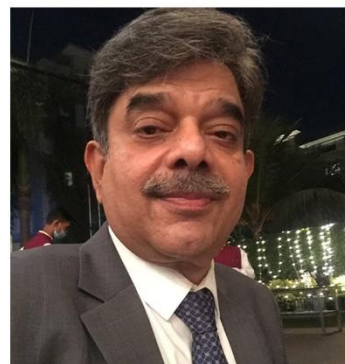
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From the Desk of Chairman



I am delighted to write this message for SANKALP, on an important theme 'Emotional Intelligence: The Gateway to Self-Discovery'.

In today's fast-paced world, success is often associated with cognitive intelligence, technical expertise, or even social status. However, emotional intelligence, a less visible yet powerful force, plays a fundamental role in personal growth and self-discovery. Unlike intelligence quotient which deals with logic and reasoning, emotional intelligence is about understanding and managing emotions; both our own and those of others. It serves as a crucial gateway to self-awareness, authentic relationships, and personal fulfilment.

Emotional Intelligence is a life skill that can benefit us both personally and professionally. It is a core competency in almost all vocations, it helps towards academic and professional success, improves relationships; the list is endless. Research shows that there are many benefits for those with high levels of emotional intelligence, including greater resilience and social skills.

In today's world, all professionals rely on group work, whether it is trade, commerce or services, where dealing with people is of paramount importance. Managing human beings is an art, as one has to deal with various emotions and individualistic traits. The ability to handle people effectively, so that the success of the group is achieved, is a key performance indicator of any individual in any organisation. It is here that emotional intelligence plays a meaningful role. I am glad that this often-neglected skill set is being given importance and is a part of the theme for the current year.

I would like to congratulate the editorial team of SANKALP for selecting this theme and would like to extend my best wishes to the management, the faculty and all our students at Nopany Institutes of Management Studies and Healthcare Studies.

Thank you.

Chandra Shekhar Nopany
Chairman



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, NI 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 4-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 corporate houses, universities, hospitals of repute, for broader perspectives 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 needs of IT, business administration and healthcare sectors.
- 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, 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 Institute of Healthcare Studies, affiliated to the West Bengal University of Health Sciences, Kolkata (WBUHS), is one of the premier institutes of the country in the healthcare sector.

It conducts:

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

OUR ASSOCIATIONS:

- Manipal 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)

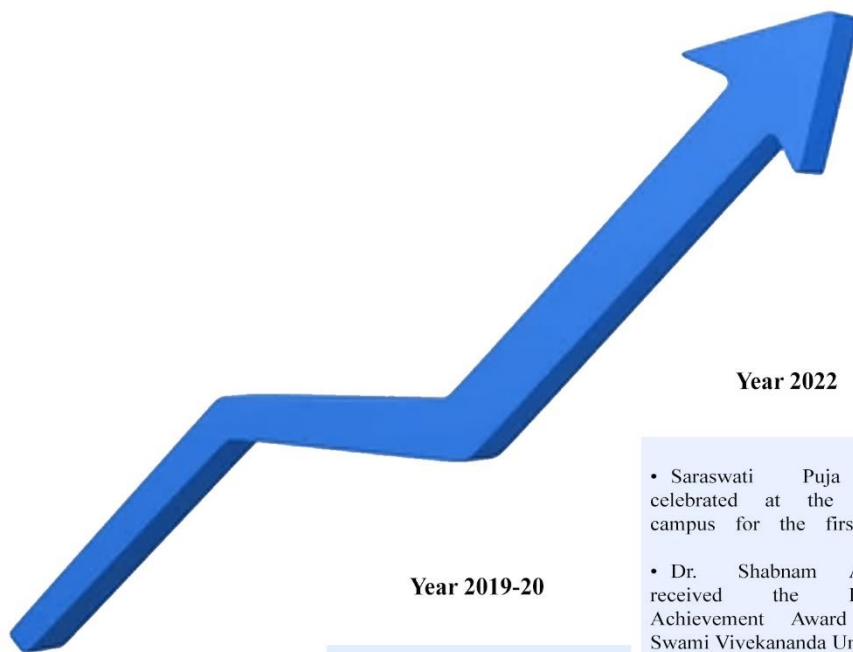
FOR FURTHER INFORMATION OR PROSPECTUS PLEASE CONTACT:

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Visit us at www.nihs.ac.in, E-mail: info@nihs.ac.in

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GROWTH OF NIHS OVER THE YEARS



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

Year 2019-20

- NIHS celebrated World Physiotherapy Day by organizing an awareness programme in local community.
- Dr. Shabnam Agarwal, Director Education received 'Lifetime Achievement Award' in the field of Physiotherapy and Rehabilitation and Dr. Anwesh Pradhan, Associate Professor, NIHS received 'Excellence in Physiotherapy Award' from the Vice-Chancellor of Janardan Rai University at the 3rd International Physiotherapy Conference.
- NIHS organized a Physiotherapy camp at Sealdah Traffic Guard for traffic police personnel.
- Dr. Shabnam Agarwal, Director Education invited as speaker in the National Conference organized by Bangladesh Physical Therapy Association (BPA).
- Dr. Tanusree Basak, Associate Professor selected as a trainer for Special Olympics Bharat Bengaluru branch.
- NIHS organized Physiotherapy Camp for Musculoskeletal Pain for Kolkata Police Traffic Guard at Nopany Institute of Healthcare Studies on 6th and 7th March, 2020.

Year 2022

- Saraswati Puja was celebrated at the college campus for the first time.
- Dr. Shabnam Agarwal received the Lifetime Achievement Award from Swami Vivekananda University for her contribution in the field of Physiotherapy in May.
- NIHS celebrated the International Women's Day on the theme: 'Break the Bias' in March.
- NIHS conducted the 1st Convocation for BPT 2015 and 2016 batch and MPT 2016 and 2017 batch at Bhartiya Bhasha Parisad on 9th April, 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 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.
- Faculty members attended workshops on Dry Needling and Anger Management as a part of Faculty Development Program.

Year 2024

- Nopany Institute received a Letter of Recognition from TV9 Bangla for 'Excellence in Career-Oriented Education.'
- The NIHS Convocation Ceremony was held in the presence of Dr. Sujishnu Mukherjee, OSD- Academic Planning and Examination (WBUHS).
- NIHS successfully conducted Second Alumni Meet at Hotel O2, Kolkata.
- A Two-Day Workshop on First-Aid Training for students of NIHS was introduced this year.
- NIHS has launched an initiative to support riders in managing back pain and highway hypnosis, in partnership with the Rider Community of Bengal.
- Ms. Aparna Goswami our MPT Student, secured the highest marks scored by any PG Student of NIHS.
- Ms. Suparna Banerjee our MPT Student, won the MG Mokashi Best Junior Paper Award in SIPCON 2024, Chandigarh held between 8th March, 2024 and 10th March, 2024.
- NIHS, in collaboration with the Nopany Foundation, distributed nearly 100 mobility aids at the Free Physiotherapy and Mobility Aids Distribution Camp—marking the largest distribution since 2005.
- Nopany Institute was invited to conduct Career Orientation Program by Zee 24 Ghanta.
- NIHS celebrated its 20th Anniversary and Annual Day with grandeur on 8th December, 2024 at Hotel Hindustan International.



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: 8 semesters in 4 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: 8 semesters in 4 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: 8 semesters in 4 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, E-mail: info@nims.ac.in

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

GROWTH OF NIMS OVER THE YEARS



Year 2024

- Nopany Institute was awarded by Zee 24Ghanta for its valuable contribution to conducting a successful 'Career Orientation Program' at the QuizWhizz Session in July, 2024.
- NIMS has been granted approval by the All India Council for Technical Education (AICTE).
- NIMS offered paid internships for BBA, BCA, and BBA-HM students.
- 75% NIMS Students were placed in organizations like TCS, Accenture, CMRI Hospital, KPC Hospital, Paytm, Panasonic among others.

Year 2022

- NIMS received Education Eminence 2022 Award by News 18 Bangla for 'Excellence in Industry Oriented Education'.
- 72% students were placed in Bharti Airtel, Apollo Multispeciality Hospital, MPokket, Justdial, Total Eye Care Clinic, La Exactly Pvt. Ltd, Apollo Clinic, Daffodil Nursing Home Pvt. Ltd. among others.
- NIMS conducted First Alumni Meet (IMPRINTS 2022).
- NIMS conducted Industry Visit at Sylvan Ply with BBA Students.
- A faculty member enrolled for a Ph.D. Programme at Amity University, Kolkata.
- One of our faculty members presented a paper at International Conference on Contemporary Technological Challenges in Business 2022 (IMCCTCB-2022).

Year 2019-20

- 67% students started working in companies like Bellevue Clinic, Mission of Mercy Hospital, Jio Campus Connect-Learn, EarnIDBI Bank, ICICI, ARENA Multimedia, Apollo Hospital and CELCOM Technologies Pvt Ltd.
- Various Club events like Poster Presentation on Green Earth, Pot Painting were held.
- Events like Sports Marketing, Digital Marketing, Quotation Writing, Artificial Intelligence, Hall of Fame were organized at the college.
- 100% internship was offered to BBA, BCA and BBA-HM Students.
- Many NIMS Students pursued higher studies at Symbiosis, XLRI, IMT (Ghaziabad) among others.

Year 2018

- More than 60% students were placed at organizations like Apollo Multispeciality Hospital, Edwise among others.
- Club concepts like Drama Club, Photography Club and a Heritage Walk were introduced in course curriculum to break the monotony of teaching-learning process.
- Innovative pedagogical methods like roleplays, presentations were introduced.
- Regular workshops, seminars, industry visits were introduced.

- A Faculty Member presented research papers in a national seminar conducted by IMIS Bhubaneswar and a different paper at an international conference conducted by St. Xavier's University, Kolkata in March, 2024.
- NIMS celebrated its 23rd Foundation Day on 30th and 31st August 2024. On 30th August, a workshop was conducted by Mr. Tridib Dasgupta, Senior Software Developer at Capgemini. The celebrations continued on 31st August with a guest talk on entrepreneurship by Mr. Suvendu Narayan Roy, Director of Knowgen Education Services Pvt. Ltd., followed by a seminar on 'Leveraging AI and EI' conducted by Mr. Debajyoti Banerjee, Founder, Director, and CEO of Seven Boats Organization.
- On 29th September 2024, a Corporate Connect HR Meet was organized by Dr. Vishal Varma, HR Head of Alumnus Software Ltd., along with Mr. Nabarun Basu, Manager – HR (Corporate), Anmol Industries Ltd.
- Seminars on professional advancement in the healthcare industry were conducted separately by Mr. Partha Mitra, Senior HR Manager at Glocal Healthcare, and Mr. Soumalya Chakraborty, Executive Director of Livefly.

RESEARCH & PUBLICATION PURSUITS



PUBLICATION LIST: 2024

NOPANY INSTITUTE OF HEALTHCARE STUDIES

- Dr. Gargi Raychaudhuri published an article titled 'Polycystic Ovary Syndrome and its Management: In View of Oxidative Stress' in *De Gruyter* in January, 2024.
- Mr. Viral Porecha published a book titled *Unveiling Narratives in English Literature*, covering the university syllabi of MAKAUT and CU in April, 2024.
- Dr. Anwesh Pradhan (PT) and Dr. Shilpasree Saha (PT) published an article titled 'Comparative efficacy of modified constraint-induced movement therapy (M-CIMT) technique with or without restraint device on gait and balance of hemiplegic patients with stroke: a pilot study' in *Journal of Society of Indian Physiotherapists* in June, 2024.
- Dr. Shilpasree Saha (PT) published an article titled 'Combined Effect of Myofascial Release and Muscle Energy Technique in a College going Student with Trapezitis at a Single Session – A Case Study' in *VIMS Journal of Physical Therapy* in June, 2024
- Dr. Anwesh Pradhan (PT) published an article titled 'Effects of Neurodynamics Along with Conventional Exercises on Sciatica Patients: A Single-Blinded Randomized Clinical Trial' in *Cureus Journal of Medical Science* in June, 2024.
- In October 2024, the Patent Office, Government of India, certified the joint invention entitled *Bed for Patients Suffering from Urinary Incontinence*, in which Dr. Gargi Raychaudhuri significantly contributed to the joint venture.
- Mr. Viral Porecha published a book titled *Reflections and Insights into Alternative English Literature*, covering the university syllabus of CU in October, 2024.

RESEARCH & PUBLICATION PURSUITS



PUBLICATION LIST: 2024

NOPANY INSTITUTE OF MANAGEMENT STUDIES

- Dr. Subir Ghosh published an article titled 'Navigating The Employee Landscape At Byju's: A Comprehensive Satisfaction Assessment, Educational Administration: Theory and Practice' in January, 2024.
- Ms. Anwesha Nag published an article titled 'Quantity of Healthcare Service in West Bengal: The Perspective of Public Private Partnership Model' in *The Indian Journal of Industrial Relations* in January, 2024.
- Ms. Kaveri Banerjee published a book chapter titled 'Overcoming the stigma of Alzheimer's disease by means of Natural Language Processing as well as Blockchain Technologies' in *Smart Edge Computing: An Operation Research Perspective* in February, 2024.
- Ms. Saroda Chatterjee published an article titled 'A Systematic Review of Artificial Intelligence (AI) And Impact on Human Resource Management (HRM): Challenges, Risks and Opportunities' in the journal, *Naturalista Campano* in March, 2024.
- Dr. Devanjali Nandi Das published a book chapter titled 'Role of Fintech in Financial Inclusion: Case study of Digital Financial Ecosystem of India' in March, 2024.
- Dr. Seema Lall published a case study titled 'Dream Bakes – Selecting New Positioning Strategy for Winkies' in the repository *The Case Centre* in March, 2024.
- Dr. Seema Lall published a case study titled 'Latika's Bags: Creativity as a Result of Open Boundaries' in the repository *The Case Centre* in April, 2024.
- Ms. Anwesha Nag published an article titled 'Smartphone Shackles: Unraveling the Mental Toll of Device Dependency on Indian Undergraduates' in *Community Practitioner* in April, 2024.
- Mr. Anirban Ghosh published a book titled *Guide to Financial Management* in May, 2024.
- Dr. Seema Lall published a case study titled 'SastaSundar Ventures Limited – Healthbuddy or Own Pharmacy Stores?' in the repository *The Case Centre* in June, 2024.
- Mr. Anirban Ghosh published an article titled 'Consumer Buying Behaviour Regarding Financial Products' in *International Journal of Innovations in Science, Engineering and Management* in June, 2024.
- Ms. Keya Pan published an article titled 'The Future of Personalized Medicine: How Genomics is Revolutionizing Patient Care' in *SSRG International Journal of Recent Engineering Science* in August, 2024.
- Dr. Seema Lall published a case study titled 'iD Fresh: International Market Expansion' in *The Case Centre* in September, 2024.

From the Desk of Director



Healing Beyond the Body

As a physiotherapist with almost three decades of experience, I have encountered a wide range of patients. One might assume that I can handle any patient, but occasionally along comes a patient who requires more than just clinical skills to improve.

Rohan, a 24-year-old, was diagnosed with Syringomyelia, a fluid-filled cyst in the spinal cord, following a prolonged treatment for Tuberculosis with a high dosage of Anti-Tubercular therapy. The medication was suspected to have contributed to his spinal condition. For the past 3 years, while his peers were building their lives and careers, Rohan had been grappling with reduced motor power in his lower trunk and lower limbs, with the left side more affected than the right. He experienced heightened sensitivity to touch in certain areas and a complete loss of sensation around his knee area in both legs. When his parents brought him to our outpatient clinic, Rohan appeared sullen, withdrawn, and reluctant to make eye contact, responding only in monosyllables.

The initial session was strained. When asked to roll onto his sides, Rohan retorted, "I don't need this. I've done this before... and I don't see myself recovering with these exercises."

Self-Awareness and Self-Regulation

It was frustrating. Rohan would be insulting as well. I recognised my own anger rising often. I became aware that my anger would not help the situation. I realised my feeling of anger was coming from my frustration of not being able to make him see reason as well as my inability to treat him. So I contained my anger and softened my tone. I added a fair amount of humour to my questions. More importantly, "I hear you, Rohan". "This is tough, and it's not fair. But let's just focus on today. Let's start small. It is better to do something than nothing. Only time can tell us about results" Rohan still resisted, but he became less insulting. That was progress. Occasionally he would smile.

Empathy, Adaptability and Positive outlook

Over the following weeks, I observed a pattern in Rohan's behavior; his mood was noticeably lower, and his anger more pronounced, when his mother was present. This contrast was striking when compared to his demeanor in her absence. Based on this observation, I began to implement a strategy: I would suggest that Rohan's mother take a break - perhaps for a coffee, to run errands, or to go shopping - while I continued the therapy session with Rohan. The results were encouraging; I found that Rohan was more receptive and engaged when his mother was not present.

From the Desk of Director

Then, one day, after Rohan had a particularly disrespectful outburst directed towards his mother in my presence, I decided to intervene. I asked him, slowly and carefully, if he realized how deeply he was hurting her with his words and actions.

Initially, Rohan fell silent. But then, slowly, tears began to roll down his cheeks. He confessed that he felt like he had failed his parents. He explained that the more they cared for him and tried to help him recover, the worse he felt because he wasn't making the progress they hoped for.

I understood where Rohan was coming from. I empathized with his feelings of guilt and frustration. I told him that he needed to appreciate and cherish every moment he had with his parents. I explained that there was no guarantee that there would be a tomorrow when he would be fully recovered and able to cherish those moments. I urged him not to waste the precious time he had with his parents, especially considering that they were not getting any younger.

Motivation and Relationship Management

We listed down Rohan's physical problems and decided to work on some of them rather than all initially. Rohan became more participative. Therapy sessions were different on different days, with homework to be done. Since these were goal-oriented, Rohan too became more interested.

Sensation improved and brought with it improved joint proprioception, which contributed toward motor control. Earlier, Rohan's knee would hyper-extend during standing. Now he could control it from full extension to 20 degrees. As he started getting more and more control, Rohan became an enthusiastic participant.

I knew that in this case, besides my expertise as a clinician, my success could be attributed to emotional intelligence. I had to adapt my approach to Rohan's emotional state, understand his feelings, and motivate him to participate in his therapy actively. Building a relationship with Rohan based on trust and empathy was crucial to his progress.

Because sometimes, healing isn't just about the body—it's about the heart and mind too. A patient's emotional well-being can significantly impact their physical recovery. As a healthcare professional, recognizing and addressing these emotional needs is just as important as treating the physical symptoms.



Dr. Shabnam Agarwal, Ph.D
Director- Education, NI

From the Desk of Principal



Emotional Intelligence in Personal and Professional Life

Emotional Intelligence (EI) refers to the ability to understand, manage, and influence emotions—both in one and others. The dimensions include (i) self-awareness (ii) self-regulation (iii) empathy (iv) motivation, and (v) social skills.

Self-awareness is the ability to recognize and understand own emotions, thoughts, and behaviours. Self-regulation is the ability to manage emotions in healthy ways and adapt to changes and challenges.

Empathy is the ability to understand and share the feelings of others and to recognize their needs. Motivation is a drive to pursue goals with energy, persistence, and a positive outlook. Social skills are the ability to build and maintain healthy relationships and influence others effectively.

These dimensions interact to create a comprehensive picture of emotional intelligence, contributing to personal growth, better interpersonal relationships, and professional success.

Emotional Intelligence (EI) plays a crucial role in fostering an environment of cooperation, trust, and academic excellence. Hence, EI is a key factor in effective management, especially in an educational environment.

Emotional intelligence helps leaders understand what drives everyone, extending tailored support and motivation. When students strive for academic excellence or staff members seek career growth, a principal with high EI identifies and nurtures these motivations.

An emotionally attuned leader can inspire a sense of purpose, helping students and faculty connect their work to the broader mission and values of the institution.

As educators and leaders, principals, faculty, and administrative staff with high EI are better equipped to lead by example. They create an atmosphere where students feel valued and heard which ultimately contributes to their academic success and personal growth.

Hence, the idea of 'Emotional Intelligence' as a theme of this issue of the SANKALP is pertinent today.

Dr. Subir Ghosh
Principal, NIMS

From the Desk of Administrative Officer



Emotional Intelligence – Unleash Self-Confidence

Emotional intelligence (EI) refers to the ability to recognize and understand emotions within yourself and others and to use this awareness to guide your thoughts and actions. The key components of EI are self-awareness, self-regulation, motivation, empathy, and social skills.

Self-confidence, on the other hand, is a person's faith in their own abilities, judgment, and actions. It involves maintaining a positive self-image, taking calculated risks, and being resilient when faced with challenges.

By recognizing your emotions, you gain clarity about your strengths and weaknesses, enabling personal growth. Developing empathy and social skills fosters stronger, more supportive relationships, which in turn enhances self-confidence. Cultivating emotional intelligence builds trust in your own abilities, promotes mental well-being, and nurtures a positive self-image.

Vedic texts offer profound insights into the connection between EI and self-confidence. The Bhagavad Gita emphasizes Samadvam (equanimity), teaching us to stay balanced in success and failure—an essential trait of EI. Krishna's guidance to Arjuna underscores the importance of self-awareness, emotional control and purpose-driven action, which naturally lead to confidence.

The Upanishads stress Atma Vidya (knowledge of the self), illustrating that true confidence emerges from understanding our divine essence. Practices like Dhyana (meditation) enhance self-awareness and emotional regulation, while chanting Mantras builds focus, resilience, and inner strength—laying the foundation for unwavering self-confidence.

In today's fast-paced, competitive world, EI is crucial for young individuals striving to succeed. The key components of EI enable them to handle academic pressures, social challenges, and career uncertainties with resilience and clarity. Emotional regulation equips them to deal with criticism, rejection, and setbacks constructively. By mastering EI, today's youth can make confident decisions, embrace growth, and lead with purpose.

I applaud the editorial team for choosing such a relevant and impactful topic for the Gen Z.

Anupam Das

Mr. Anupam Das
Administrative Officer, NI

From the Desk of Editor



Dear Readers,

In an ever-evolving world, success is no longer measured solely by intellect or skill; Emotional Intelligence (EI) has emerged as a cornerstone of personal and professional growth. SANKALP 2024 celebrates this transformative quality, inviting us to explore how empathy, self-awareness, and resilience shape our lives.

Emotional intelligence is the ability to understand and manage our own emotions while empathizing with others. It helps us navigate challenges with composure and foster meaningful relationships. As students, professionals, and individuals, developing EI equips us to respond to life's complexities with balance and purpose. With a fast-paced mechanised life, humans are somehow prone to lose the emotional touch with each other.

Through this edition, we delve into how EI fosters leadership, nurtures creativity, and strengthens mental well-being. From stories of overcoming adversity to essays and poems on building stronger communities, the contributions echo the profound impact of understanding emotions in creating a more compassionate world.

As you turn these pages, I encourage you to reflect on how emotional intelligence can transform not just how we perceive others but also ourselves. Let us commit to the journey of self-growth, making empathy and mindfulness our guiding principles. Here's to a brighter future shaped by emotional intelligence!

Happy Reading!!

Viral Porecha

Viral Porecha

Assistant Professor
Editor: SANKALP 2024

From the Desk of Associate Editor



Welcome to this special edition of our magazine, where we delve into the transformative power of Emotional Intelligence (EI). In today's fast-paced world, technical expertise alone is not enough to ensure success. The ability to understand, manage, and harness emotions—both in ourselves and others—has emerged as a crucial factor in personal and professional growth.

Emotional Intelligence is the key to building meaningful relationships, effective leadership, and making informed decisions. It influences how we navigate social complexities, handle stress, and connect with others on a deeper level. In this issue, we explore the various facets of EI, from self-awareness and empathy to emotional regulation and social skills, offering insights on how these elements shape our daily interactions.

As we focus on the theme of Emotional Intelligence, we aim to provide valuable perspectives on how it can be developed and applied in various aspects of life, whether at work, in leadership, or in personal relationships. By understanding and nurturing our emotional intelligence, we unlock the potential for greater collaboration, well-being, and overall success.

We hope this issue serves as both an informative guide and a source of inspiration as you embark on your journey to enhance your emotional intelligence.

A handwritten signature in black ink that reads "Bagchi". The signature is stylized and fluid.

Shreya Bagchi
Assistant Professor
Associate Editor: SANKALP 2024

From the Desk of Designer

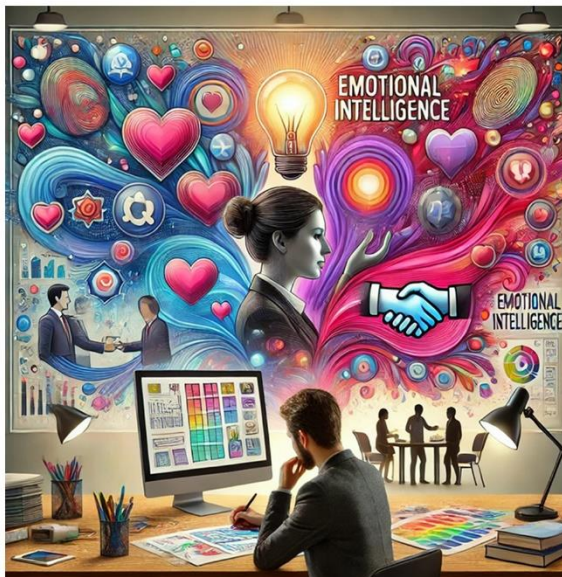


Emotional Intelligence from a Designer's Perspective

Design is more than creativity and technical expertise; it's about understanding human emotions and behaviour. Emotional intelligence (EI) allows designers to connect deeply with users, foster collaboration, and embrace challenges with empathy.

EI involves recognizing and managing your emotions while understanding others' feelings. Its core components are:

Importance of EI in Design



1. Empathy-Driven Design:

Understanding users' pain points and desires leads to meaningful, user-centric solutions.

2. Team Collaboration:

EI enhances communication and resolves conflicts, fostering teamwork.

3. Handling Feedback:

Designers with EI view critique as a growth opportunity, not personal criticism.

4. Building Emotional Connections:

Infusing designs with emotional depth creates memorable experiences.

Cultivating EI as a Designer

- Practice active listening during research and feedback sessions.
- Reflect on your emotional responses to improve self-awareness.
- Engage in empathy exercises to better understand users.
- Strengthen communication skills to enhance collaboration

For designers, emotional intelligence is essential to creating impactful, human-centered solutions that resonate emotionally and practically.

Joheb Chowdhury
Designer: SANKALP

Student Editors' Voice (NIHS)



Anish Mahapatra
4th Year - BPT



Srijia Sinha
3rd Year - BPT

It gives us immense pleasure to be part of the editorial team for SANKALP 2024. This journey has not only been about compiling content but has also been a profound learning experience in developing our emotional intelligence.

We have witnessed how working with a diverse array of people, each bringing their own ideas and perspectives, challenged us to grow emotionally and intellectually. During our time on the editorial team, we learned how recognizing our emotions and managing them effectively helped us collaborate more harmoniously and productively.

Being involved in the editorial process gave us the chance to connect deeply with our peers; including our juniors and seniors, understand their motivations, and respond to challenges with empathy.

Beyond the technical aspects of editing, we realized how EQ plays a crucial role in navigating college life and building meaningful relationships. This magazine, in many ways, reflects the emotional growth and diverse talents of students, showcasing how embracing Emotional Intelligence can enhance both academic achievements and personal development.

We extend our heartfelt gratitude to our teachers for entrusting us with this responsibility, which not only honed our editorial skills but also enhanced our EQ.

And a big thank you to all the students for your avid participation to make SANKALP a success!

Student Editors' Voice (NIMS)



Shiva Kumar Barnwal
5th Semester – BBA



Shyam Sharma
1st Semester- BCA



Sampurna Mal
3rd Semester – BBA(HM)

As the editors of SANKALP 2024, we are thrilled to embark on this exciting journey of curating stories, ideas, and creativity that reflect the spirit of our college. This magazine is not just a collection of words and images but a vibrant tapestry of collective dreams, perspectives, and aspirations.

We owe a deep sense of gratitude to the talented writers, photographers, and designers whose dedication has transformed ideas into reality. Their contributions have added depth and diversity to our publication. A special thanks to our faculty advisors for their unwavering support, wisdom, and mentorship, guiding us through every challenge.

This year, SANKALP explores the profound role of emotional intelligence in shaping our personal and professional lives. As editors, we have witnessed firsthand how empathy, collaboration, and resilience have strengthened our team. These qualities have not only enriched our creative process but also deepened our understanding of each other.

The term “Sankalp” means determination, and this magazine is a testament to the commitment of an extraordinary team working towards a shared vision. Together, we have created something truly meaningful, and we can’t wait for you to experience Sankalp 2024. Thank you for being part of this journey!

INTERNAL QUALITY ASSURANCE CELL

2024

Nopany Institute of Healthcare Studies

SI no.	Name of committee	Committee members	Student members
1	College Curriculum Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convener, BPT: Dr. Gargi Ray Chaudhury Convener, MPT: Dr. Tanusree Basak (PT) Members: Dr. Anwesh Pradhan (PT), Dr. Tapas Kumar Pal (PT), Dr. Ravishankar Chakraborty (Alumni)	Dr. Indrani Das (PT) Ms. Runkini Das
2	College Examination Committee	Special invitee: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convener: Dr. Anwesh Pradhan (PT) Members: Dr. Gargi Ray Chaudhuri, Dr. Tanusree Basak (PT), Dr. Tapas Kumar Pal (PT), Dr. Namita Kaushik (PT)	NA
3	College Research & Publication Committee	Special invitee: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convener: Dr. Anwesh Pradhan (PT) Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Shilpasree Saha (PT), Dr. Mainak Patra (PT)	NA
4	College Anti-Ragging Committee	Convenor: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Members: Mr. Anupam Das, Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Anwesh Pradhan (PT), Dr. Tapas Kumar Pal (PT), Dr. Namita Kaushik (PT), Dr. Shilpasree Saha (PT), Dr. Mainak Patra (PT), Mr. Joheb Chowdhury	Ms. Aparna Goswami, Mr. Nibedan Das, Mr. Abdus Shamim, Mr. Abhitangshu Chakraborty, Ms. Srija Sinha
5	College Sports and Extra-curricular committee	Special invitee: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Convener: Dr. Tapas Kumar Pal (PT) Co Convenor: Dr. Mainak Patra (PT) Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Anwesh Pradhan (PT), Dr. Shilpasree Saha (PT) Ms. Anamika De Amin	NA

Nopany Institute of Healthcare Studies

SI no.	Name of committee	Committee members	Student members
6	College Library Committee	Special invitee: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convener: Dr. Tapas Kumar Pal (PT) Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Jayanta Chakraborty (PT), Dr. Anamika Pooja (PT), Ms. Moumi Mandal	Ms. Runkini Das
7	College Information Technology Committee	Special invitee: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convener: Mr. Indranil Pramanik Members: Dr. Anwesh Pradhan (PT), Ms. Kaveri Banerjee	NA
8	College Career Counselling Committee	Special invitee: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Convener: Dr. Anwesh Pradhan (PT) Members: Mr. Anupam Das, Dr. Tapas Kumar Pal (PT)	Dr. Partha Pratim Dutta, Dr. Rishi Raj
9	College Internal Complaints Committee	Special invitee Dr. Shabnam Agarwal. Chairman IQAC: Dr. Subir Ghosh Convener: Dr. Tanusree Basak (PT) Member: Dr. Gargi Ray Chowdhury	NA

Nopany Institute of Management Studies

Sl no.	Name of committee	Committee members	Student members
1	Examination Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor, BBA: Ms. Saroda Chatterjee Convenor, BCA: Ms. Kaveri Banerjee Convenor, BBA-HM: Ms. Keya Pan Roy Members: Ms. Anamika De Amin, Dr. Seema Lall, Mr. Anirban Ghosh	NA
2	College Research & Publication Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Ms. Kaveri Banerjee Members: Dr. Devanjali Nandi Das, Dr. Seema Lall, Mr. Anirban Ghosh, Ms. Moumi Mondal	Shiva Kumar Barnwal, BBA 5th Semester Rashmi Das, BCA 5th Semester Debaroti Lahiri, BBA-HM 5th Semester
3	Library Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Ms. Moumi Mondal Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Mr. Anirban Ghosh	Manvi Bhagat , BBA 5th Semester Raghav Poddar, BCA 5th Semester Madhumita Dutta, BBA-HM 5th Semester
4	Anti-Ragging Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Ms. Anamika De Amin Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee, Mr. Joheb Chowdhury, Officer-in-Charge (Girish Park Police Station)	Diya Jain, BBA 5th Semester Aliza Quraishi, BBA 3rd Semester Naba Daudi, BBA 1st Semester Sangita Kumari Sharma, BCA 5th Semester Abhishek Jha, BCA 3rd Semester Krishnendu Dutta, BCA 1st Semester Madhumita Dutta, BBA-HM 5th Semester Tanisha Saha, BBA-HM 3rd Semester Ankana Parui, BBA-HM 1st Semester
5	College Curriculum Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor, BBA: Ms. Saroda Chatterjee Convenor, BCA: Ms. Kaveri Banerjee Convenor, BBA-HM: Ms. Keya Pan Roy Members: Mr. Anirban Ghosh, Mr. Jyotirmoy Saha, Ms. Sharmistha Chakraborty, Ms. Sukanya Belel	Manvi Bhagat , BBA 5th Semester Nikhil Singh , BBA 3rd Semester Rashmi Das, BCA 5th Semester Abhishek Jha, BCA 3rd Semester Debaroti Kahiri, BBA-HM 5th Semester Anwesha Naskar, BBA-HM 3rd Semester

Nopany Institute of Management Studies

Sl no.	Name of committee	Committee members	Student members
6	Extra-Curricular Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Ms. Anamika De Amin & Mr. Joheb Chowdhury Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee, Ms. Sukanya Belel	Sayan Kundu, BBA 3rd Semester Asutosh Kumar Ojha, BCA 5th Semester Sampurna Mal, BBA-HM 3rd Semester Diya Jain, BBA 5th Semester
7	Information Technology Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Mr. Indranil Pramanik Members: Mr. Jyotirmoy Saha, Mr. Joheb Chowdhury	Mahesh Kr Ram, BCA 5th Semester Alok Pandey, BCA 3rd Semester Shyam Sharma, BCA 1st Semester
8	Entrepreneurship Cell	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das President: Ms. Saroda Chatterjee Vice President: Dr. Devanjali Nandi Das Convenor: Ms. Kaveri Banerjee Startup/ Alumni Entrepreneur: Mr. Suvendu Narayan Roy Innovation Activity Coordinator: Mr. Anirban Ghosh Startup Activity Coordinator: Ms. Sharmistha Chakraborty Social Media: Mr. Joheb Chowdhury	Shubham Mukherjee, BBA Passout Batch 2021 Lucky Biswas, BBA Passout Batch 2021 Shiva Kumar Barnwal, BBA 5th Semester Sayantika Pal, BCA Passout Batch 2021 Raghav Poddar, BCA 5th Semester Abhishek Jha, BCA 3rd Semester
9	Internal Complaints Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Convenor: Ms. Anamika De Amin Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee	NA
10	Career Counselling Cell	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Mr. Indrajit Ghosh Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee, Ms. Sukanya Belel, Ms. Anamika De Amin	Rohit Kr Pandey , BCA Pass out Batch 2020 Shubham Mukherjee , BBA Pass out Batch 2020 Enakshi Mech, BBA-HM Pass out Batch 2021 Shreya Dey, BCA Pass out Batch 2021
11	Grievance Cell	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Ms. Anamika De Amin Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee	NA
12	Disciplinary Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Ms. Anamika De Amin Members: Ms. Saroda Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee	NA

INTERNAL QUALITY ASSURANCE CELL (IQAC) 2024

IQAC - CORE COMMITTEE



IQAC - NIHS COMMITTEE MEMBERS



IQAC - NIMS COMMITTEE MEMBERS



NIHS Family



NIMS Family



Team SANKALP





BIOTECH

FOCUSED > FAST > FIRST



Sarada

Physio Care



Faculty's Voice-NIHS

Emotional Intelligence



Emotional intelligence (EI) is the cornerstone of personal and professional success, often surpassing traditional measures of intellect like IQ. It is the ability to perceive, understand, and manage emotions—both within oneself and in interactions with others. As the world becomes more interconnected, EI has emerged as an indispensable skill. It encompasses recognizing and understanding emotions, managing them, empathizing with others, and navigating social complexities.

At its core, EI comprises self-awareness, self-regulation, empathy, motivation, and social skills. Self-awareness helps individuals identify emotional triggers for better decision-making. Self-regulation ensures emotional balance during challenges, fostering resilience. Empathy allows deep connections and trust-building. Together with motivation and social skills, these attributes create a framework for communication, leadership, and collaboration.

In professional settings, high EI leaders inspire teams, resolve conflicts, and cultivate a positive work culture. EI also enhances personal relationships by fostering understanding. Unlike IQ, EI can be nurtured through mindfulness, active listening, and reflection.

Cultivating EI requires self-reflection and continuous learning. By prioritizing emotional intelligence, individuals enhance their personal and professional lives, contributing to a more compassionate society. EI begins with self-awareness—a deep understanding of emotions and reactions, transforming challenges into opportunities for growth and fostering harmony in our lives and the lives we touch.

Dr. Gargi Raychaudhuri
Professor, NIHS

Faculty's Voice-NIHS

GenWise Talk



Under the old mango tree, they sat,
a father, weathered with years, and his son,
eager to carve his path in the world.

"Father," the boy began, "teach me strength."
The father smiled, his hands rough with work.
"Strength lies in the courage to hold back,
to listen when words press against your tongue,
to understand before you are understood."

The boy frowned, the weight of unspoken things
dancing in his mind.
"But what of ambition?
The fire that pushes me to climb higher?"

"Ambition," the father replied,
"is a flame that must warm, not burn.
It must light the way for others,
not consume them in your pursuit."

Silence stretched between them,
a soft breeze rustling the leaves.
"And what of fear?" the son asked,
his voice a fragile whisper.

"Fear," the father said,
"is the shadow of what matters most.
Walk beside it, not away from it.
It will teach you what you value,
what you must protect."

Under the old mango tree, they then sat,
bridging generations with the quiet wisdom
of hearts laid bare.

Viral Porecha
Assistant Professor, NIHS

Faculty's Voice-NIHS

EMOTIONAL INTELLIGENCE AND YOGA



Emotional intelligence (EI) is the ability to understand, use, and manage one's emotions to relieve stress, communicate effectively, empathize with others, overcome challenges, and defuse conflict. Yoga promotes a balanced state of body and mind ("Samatvam Yoga Uchyate" - Srimadbhagavatgita).



EI includes the following:

- **Self-Awareness:** Recognizing and understanding emotions, supported by meditation for self-realization.
- **Body Awareness:** Yoga asanas increase awareness of body sensations, helping identify emotional triggers like stress or anxiety.
- **Self-Regulation:** Managing emotional responses, enhanced by practices like Trataka for mind control.
- **Stress Management:** Yoga techniques such as deep breathing and meditation reduce stress, fostering rational responses.
- **Motivation:** Emotionally intelligent people channel emotions to achieve goals, aided by physical activities.
- **Empathy:** Understanding others' perspectives, developed through mindfulness and group yoga sessions.
- **Social Skills:** Yoga improves communication, conflict resolution, and relationship-building.

Benefits of EI include stronger relationships, improved communication, better decision-making, increased resilience, and greater success in personal and professional life. Yoga enhances EI through mindfulness, effective communication, and empathy. To improve EI, start with gentle yoga, find a qualified instructor, practice regularly, and be patient. Incorporating yoga into daily life fosters emotional awareness, leading to improved relationships, reduced stress, and overall well-being.

Facultys' Voice-NIMS

THINK



“Having an open mind is a trait, but it’s also a skill you can cultivate,” said Steve Jobs. In today’s fast-paced world, people are losing emotional connections and behaving more like robots, both personally and professionally. Open-mindedness, stemming from awareness, acceptance, and action, has the power to transform lives. By acknowledging life’s truths and acting wisely, we can generate positivity and build stronger interpersonal skills.

A perfect blend of intelligence and emotion is essential for success and acceptance in every sphere. Regular self-inventory allows us to identify our strengths and shortcomings, paving the way for personal growth and a healthier, happier life. Smugness or self-righteousness often disrupts harmony, especially in workplaces. Instead of judging others—who often hide their inner struggles—we should focus on overcoming our own limitations, leaving no time to criticize others.

When facing obstacles, it is wise to evaluate their real significance. If they don’t impact our work or life, they aren’t worth our energy. Empathy for others can foster understanding and bring harmony to relationships. Gratitude towards life and the Higher Power helps transform negativity into positivity. With open-mindedness, empathy, and gratitude, we can create a serene, productive, and fulfilling environment.

Anamika De Amin
Assistant Professor
& Studies Coordinator, NIMS

Faculty's' Voice-NIMS

CHERISHING THE BONDS OF LOVE



In the embrace of a parent's care,
Warmth and comfort beyond compare.
Their unwavering love, a guiding light,
Illuminating the path, both day and night.
Emotional intelligence, a gift so rare,
Navigating life's challenges with utmost care.
A parent's wisdom, a beacon of strength,
Helping us grow, to our fullest length.
Gratefulness fills the heart, a weighty sense,
For the sacrifices made, without recompense.
Cherishing each moment, a treasure to hold,
Memories etched, more precious than gold.
The bond between parent and child, a sacred tie,
Surpassing time, a love that will never die.
In their embrace, we find solace and peace,
An untainted love that will never cease.

Saroda Chatterjee

Senior Assistant Professor
& Coordinator-BBA, NIMS

Facultys' Voice-NIMS

EMOTIONAL INTELLIGENCE AND AI: REVOLUTIONIZING HEALTHCARE THROUGH EMPATHETIC TECHNOLOGY



The convergence of emotional intelligence (EI) and artificial intelligence (AI) is reshaping healthcare, enhancing patient care, communication, and treatment by amplifying human empathy in new ways. Rather than replacing compassion, AI with EI enriches healthcare interactions by recognizing emotions, tailoring communication, and responding with sensitivity.

However, integrating AI with emotional intelligence raises ethical concerns, particularly around maintaining patient privacy and interpreting emotions accurately to avoid misdiagnosis or inappropriate care. Balancing technological intervention with a human touch is essential, ensuring that AI supports rather than replaces compassion in care. Transparent AI decision-making is key to protecting patient data and fostering trust, creating a rights-focused, compassionate approach to healthcare.

Emotionally intelligent AI plays a crucial role in mental health support, helping with assessments, crisis intervention, and patient monitoring by detecting stress indicators like anxiety. This personalized, empathetic care can strengthen doctor-patient relationships, offer timely mental health assistance, and help mitigate healthcare worker burnout. As we advance, responsible and ethical use of AI is essential to preserving the human touch in healthcare. The future of healthcare will rely on balancing efficiency with empathy, with emotionally intelligent AI leading the way.

Kaveri Banerjee

Senior Assistant Professor
& Coordinator-BCA, NIMS

Faculty's Voice-NIMS

PARENTING WITH EMOTIONAL INTELLIGENCE: RAISING EMOTIONALLY RESILIENT CHILDREN



Parenting with emotional intelligence (EI) involves understanding and guiding not only a child's emotions but also managing one's own responses as a parent. Emotionally intelligent parenting fosters resilience, enabling children to cope with challenges, manage stress, and build healthy relationships.

One key aspect is emotional awareness—parents recognizing their feelings and helping children identify theirs. By naming emotions (“You seem frustrated”), parents teach kids emotional vocabulary, making it easier to express themselves. Empathy plays a vital role as well, helping children feel understood and validated. For example, instead of dismissing a tantrum, an empathetic response might acknowledge the child's frustration and offer constructive solutions.

Teaching self-regulation is another essential component. Parents can model calmness by managing their reactions in stressful situations, showing children how to stay composed under pressure. Setting clear but compassionate boundaries also promotes emotional discipline. Finally, encouraging problem-solving skills helps children handle setbacks, nurturing independence and resilience.

Incorporating emotional intelligence into parenting lays the foundation for emotionally resilient children, equipping them to navigate life's ups and downs with confidence and empathy. It builds a future generation that can better manage emotions, connect with others, and thrive.

Keya Pan

Assistant Professor
& Coordinator-BBA-HM, NIMS

Faculty's' Voice-NIMS

TATA GROUP AND EMOTIONAL INTELLIGENCE: A PATHWAY TO LEADERSHIP EXCELLENCE



The TATA Group, one of India's most revered multinational conglomerates, is known for its diverse portfolio. The group's success cannot be attributed to only its business acumen but also to Emotional Intelligence (EI) in their leadership model.

Emotional intelligence was popularized by psychologist Daniel Goleman in the 1990s and is now recognized as a critical skill for leaders and organizations to thrive in complex and dynamic environments. Ethical leadership rooted in empathy and integrity are integral to institutions like Tata Institute of Social Sciences and Tata Memorial Centre. TATA Group's commitment to fostering leadership talent programs such as the Tata Management Training Centre is built to help leaders improve their self-awareness, empathy, and social skills. Given TATA Group's global footprint their leaders are trained to be sensitive to cultural nuances, ensuring that the emotional dynamics of global teams are acknowledged and respected.

Emotional intelligence has undeniably helped build an environment where people feel valued, respected, and motivated to contribute their best in the TATA Group. As the world becomes increasingly complex and interconnected, the role of emotional intelligence in leadership will only continue to grow.

Dr. Seema Lall
Professor, NIMS

Faculty's Voice-NIMS

EMOTIONAL INTELLIGENCE AND ARTIFICIAL INTELLIGENCE IN CORPORATE GOVERNANCE: FINDING THE RIGHT BLEND



"Leadership is not just about algorithms and data; it is about understanding and engaging with people. Emotional intelligence is what sets exceptional leaders apart in the age of AI."

-Angela Ahrendts, former Senior Vice President of Apple

Corporate governance involves managing companies effectively, influenced by factors like Board composition, executive compensation, and audit committees. Emotional Intelligence (EI), as highlighted by Daniel Goleman in *Emotional Intelligence: Why It Can Matter More Than IQ* (1995), plays a vital role in leadership and organizational culture. EI encompasses self-awareness, self-regulation, empathy, and social skills, enabling leaders to manage their emotions and influence others effectively.

In the AI-driven world, Emotional Intelligence remains crucial as AI excels in data analysis but lacks empathy. AI directors, such as VITAL and Alicia T., demonstrate AI's role in corporate decision-making but face criticism due to legal challenges and the inability to replicate human understanding. Leaders with high EI complement AI's analytical strengths by fostering deeper connections, enhancing board dynamics, and making empathetic decisions that build stakeholder trust and confidence.

Generative AI further emphasizes the importance of human leadership. Exceptional leaders leverage EI to ask AI the right questions, blending human insight with technological precision. This synergy between EI and AI ensures informed, human-centered decision-making, balancing technological advancements with the essential human element. In this way, organizations achieve resilient, trust-driven governance while navigating complex, technology-driven landscapes.

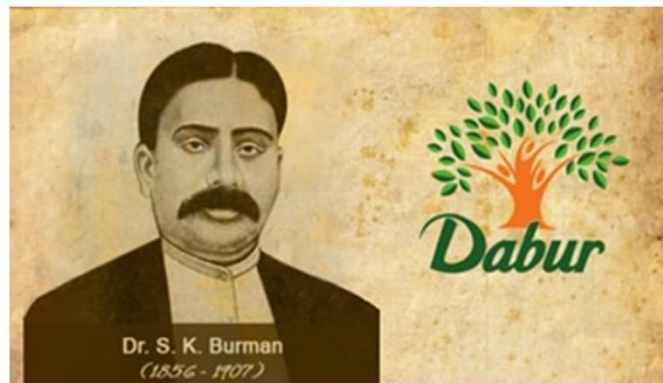
Dr. Devanjali Nandi Das
Associate Professor, NIMS

Faculty's Voice-NIMS

DAktar BURman



Dr. S.K. Burman was born in Bengal in 1856. Dr. S.K. Burman's life ideology was "What is that life worth which cannot bring comfort to others" and with this ideology in mind his mission was to provide effective and affordable medicines and cure for people in far-flung villages in Bengal. Dr. Burman undertook the task of preparing natural Ayurvedic cures for killer diseases of those days like cholera, malaria and plague and travelled miles on cycle to deliver medicines to the patients' places. Soon his name spurted out and he was locally called as 'Daktar Burman'.



Bangla version of 'Doctor' is Dactar. His visionary endeavour laid the foundation of Dabur India Pvt. Ltd. in 1884 to produce and dispense Ayurvedic medicines to wide mass of people who had no access to proper medicines. Dabur got its name from Dactar Burman who was a brand of effective cure medicine in his times. The name Dabur exemplifies how a brand name is formed from the trust and reliability of people on its product. Brand name "Dabur" gives learning to marketers to popularise the brand name with products' quality goodness to anticipate a decent movement of products out from retail shelves.

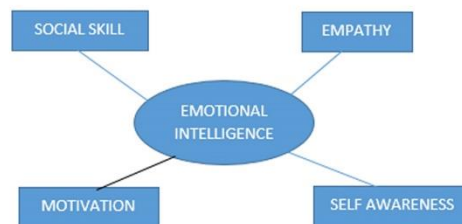
Sharmistha Chakraborty
Assistant Professor, NIMS

Faculty's Voice-NIMS

THE TRUE LEADER'S EDGE: HARNESSING THE POWER OF EMOTIONAL INTELLIGENCE



Ratan Tata's journey with the Tata Group began on the shop floor of Tata Steel, where he learned the inner workings of the company and developed a strong appreciation for its workforce. This hands-on experience shaped his leadership philosophy, emphasizing humility, empathy, and a deep respect for employees at all levels. Tata's leadership style, marked by emotional intelligence, fostered trust and loyalty within the organization, creating a culture of inclusivity and empowerment. Known for bold strategic moves, he spearheaded projects like the Tata Nano and acquired prestigious brands such as Jaguar Land Rover. Tata's unwavering commitment to ethics was evident when he repaid government loans ahead of schedule during the 2008 financial crisis. His transformational leadership focused on collaboration, empathy, and ethical responsibility.



One memorable example of his compassion was during the 26/11 Mumbai attacks, when he personally supported the affected families of Tata employees. This gesture reinforced the Tata Group's sense of community, making Ratan Tata's leadership a model of integrity and empathy, widely admired and emulated.

This instance exemplifies emotional intelligence, with all its key aspects being highly relatable.

"Never underestimate the power of kindness, empathy, and compassion in your interactions with others." – Ratan Tata

Sukanya Belel
Assistant Professor, NIMS

Faculty's' Voice-NIMS

IMPACT OF EMOTIONAL INTELLIGENCE ON THE OVERALL GROOMING OF TECHNICAL STUDENTS: A COMPARISON



Emotional Intelligence (EI) plays a key role in the holistic development of technical students, impacting their interpersonal skills, decision-making, and stress management—crucial aspects in both academic and professional settings. The presence or absence of EI greatly influences a student's personal and professional growth, shaping both technical and soft skills.

With EI, students tend to be more self-aware, empathetic, and socially adept, facilitating better collaboration with peers and mentors. They manage criticism constructively, stay positive under pressure, and regulate their emotions, which helps them cope with academic challenges and reduces burnout. These abilities contribute to a productive learning environment and overall growth.



In contrast, students lacking EI may face difficulties in managing stress and resolving conflicts. They often struggle to understand different viewpoints, which can hinder teamwork and communication. A lack of empathy may lead to misunderstandings, negatively affecting relationships with peers and faculty. These challenges can also hinder their ability to build professional networks and navigate workplace dynamics, limiting career advancement.

EI boosts technical students' emotional regulation, social skills, and collaboration, while its absence can hinder academic and professional growth.

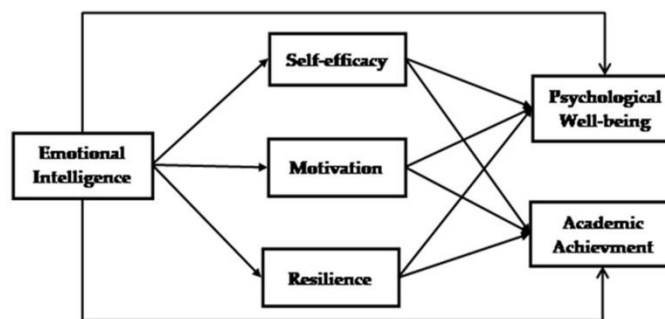
Jyotirmoy Saha
Assistant Professor, NIMS

Faculty's Voice-NIMS

EMOTIONAL INTELLIGENCE IN HIGHER ACADEMICS



Emotions are variety of mental and psychological levels of human being which can be positive (satisfaction) or negative (stress). Emotional intelligence (EI) is the control of emotions. EI or emotional quotient (EQ) develops within us from our cultural, sociological and educational background from early age although it can be tuned in a better way towards career and society.



An EI test can be arranged for students during the admission in higher academics to evaluate mental ability, zeal towards their goal by interviewing, recommendation letters from their teachers, mentors, an essay writing about challenges and achievements. These indicators and traditional ways like previous marks can be used to predict his/her success in college and beyond.

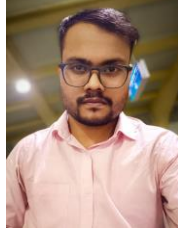
EI helps us in building a healthy bonding between students and teachers leading to building a better teaching-learning environment and in turn a brand of the institution.

Regulation or training on EI enable students in overcoming fears and obstacles in study, facing campus interviews. Students can build on leadership ability, self-motivation, mutual collaboration and team player. Empathy and active listening in class with adaptability to various exposure strengthens their career and life.

Kaustav Sinha
Assistant Professor, NIMS

Faculty's Voice-NIMS

আবেগের স্রোত নাকি যুক্তির দীপশিখা?



আমাদের দৈনন্দিন জীবনের অনেক সিদ্ধান্তের সাথে অনেক আবেগ জড়িয়ে থাকে। আবেগের বসে সিদ্ধান্ত নেওয়াটা কি উচিত নাকি অনুচিত? উত্তরটি অনেক গভীর হতে পারে যদি এটির সাথে আমাদের জীবনের খুব গুরুত্বপূর্ণ সিদ্ধান্ত জড়িয়ে থাকে। এই সিদ্ধান্ত নেওয়ার চিন্তা ধারাটাই আসে আবেগ থেকে। কথায় আছে আমরা বাঙালি তাই আমাদের জীবনে আমাদের আবেগটাই সব। তাই আমাদের আবেগী বাঙালি বলা হয়।

কিন্তু এই আবেগ দিয়ে কি সত্যিই জীবনের সব সিদ্ধান্ত নেওয়া যায়? এই প্রশ্নটির উত্তর হয়তো একটা সদ্য স্নাতক পরীক্ষায় উত্তীর্ণ কিশোর বা কিশোরী সঠিকভাবে দিতে পারবে। হয়তো সেই কিশোর বা কিশোরী একজন শিল্পী, পারিবারিক দায়িত্ব এবং নিজের দায়িত্ববোধের ফলে নিজের আবেগকে একটি বন্ধ দরজার পেছনে শিকল পরিয়ে রেখে চাকুরীজীবী হতে বাধ্য হয়েছে। এবং নিজের মস্তিষ্কের আবেগহীন সিদ্ধান্তটি কে গ্রহণ করে কর্মরত হয়েছে। তার উত্তর হবে মস্তিষ্ক নির্ভর।



এই প্রশ্নটি এক সন্তানহারা পিতাকে করা উচিত, যে হয়তো সদ্য তার ধর্ষিত কন্যাকে দাহ করে এসেছে। সেই পিতা হয়তো এখনো বিচারের আশায় এক দরজা থেকে অন্য দরজায় ঘুরে বেড়াচ্ছে সুবিচারের আশায় আবেগী হয়ে। তার এই দুঃখ দেখে গোটা শহর আবেগী হয়ে পথে নেমেছে। এইখানে তো উত্তরটি হলো শুধুই আবেগ।

তবে জয়ী কে? আবেগ নাকি মস্তিষ্ক?
উত্তর পরিস্থিতি।

Arunava Kundu
Assistant Professor, NIMS

Faculty's Voice-NIMS

THE ROLE OF EMOTIONAL INTELLIGENCE IN TRANSFORMING SOFT SKILLS FOR SUCCESS



Emotional Intelligence (EI) plays a pivotal role in shaping and enhancing soft skills, which are essential for personal and professional success. EI refers to the ability to recognize, understand, manage, and influence emotions in oneself and others. It is integral in fostering key soft skills such as communication, empathy, and teamwork, all of which contribute to building strong interpersonal relationships and achieving goals.

One of the primary ways EI transforms soft skills is by improving emotional regulation. This allows individuals to stay calm under pressure, make thoughtful decisions, and resolve conflicts effectively. Strong emotional awareness also enhances communication skills, as people can tailor their messages to be more empathetic and considerate of others' emotional states.

Moreover, EI boosts leadership abilities. Leaders with high emotional intelligence inspire trust, motivate teams, and respond to challenges with resilience. They also excel in managing diverse perspectives, fostering inclusivity, and creating a positive work environment.

Emotional intelligence is a cornerstone for the development of soft skills that are critical in today's collaborative and fast-paced world. By nurturing EI, individuals can improve their social interactions, decision-making, and professional performance, ultimately paving the way for long-term success.



Dr. Shreya Bagchi
Assistant Professor, NIMS

Faculty's Voice-NIMS

EMOTIONAL INTELLIGENCE AND TECHNOLOGY DRIVES DECISION-MAKING



In my opinion, “Emotional Intelligence isn’t about being perfect-it’s about knowing how to stay grounded, even when things get chaotic.”

Emotional Intelligence (EI) plays a crucial role in decision-making by fostering self-awareness, empathy, and adaptability—qualities essential for navigating complex situations. Individuals with strong EI remain calm under pressure, think critically, and balance emotional and rational perspectives, enabling effective and thoughtful choices.



Technologies can further support EI in decision-making by providing tools for self-awareness, such as stress-monitoring apps and Decision-Support System. Decision-support systems, powered by advanced algorithms and analytics, strengthen critical thinking by offering data-driven insights. These systems not only present facts and trends but also help individuals weigh options and consider the long-term impact of their choices, ensuring decisions are both rational and emotionally aligned. These technologies amplify the ability to manage emotions and align decisions with long-term goals, fostering resilience and success.

Integrating EI with strategic thinking, supported by technology, empowers individuals and organizations to navigate challenges effectively and achieve sustainable growth.

Annapurna Singha Roy
Assistant Professor, NIMS

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Alumnus' Voice- NIHS

EMOTIONAL INTELLIGENCE IN PHYSIOTHERAPY



Emotional Intelligence (EI) is integral to physiotherapy, fostering better therapist-patient relationships and improving treatment outcomes. The key components of EI in this field include:

1. Self-Awareness: Recognizing personal emotions and biases for unbiased care.
2. Empathy: Understanding patients' emotions and concerns.
3. Social Skills: Effective communication and conflict resolution.
4. Emotional Regulation: Managing emotions to maintain professionalism.

Physiotherapy treatment should address not only the pathological but also the psychological aspects of patients. Establishing emotional comfort and belief in recovery is critical for achieving effective results.

Benefits of Emotional Intelligence in Physiotherapy:

- Improved patient satisfaction and adherence to treatment.
- Strengthened therapist-patient trust.
- Enhanced pain management through a holistic understanding.
- Increased patient motivation and engagement.
- Reduced therapist stress and burnout.
- Improved communication within healthcare teams.

Practical implementation challenges can be addressed through inter-professional workshops, seminars, and collaboration. Tools like the Mayer-Salovey-Caruso Emotional Intelligence Test and the Bar-On Emotional Quotient Inventory can aid documentation and growth. Developing EI skills significantly enhances patient care, as experienced by me during clinical postings with mentorship.



Alumnus' Voice- NIMS



I am a BCA (Bachelor's in Computer Application) graduate from Nopany Institute of Management Studies. The 3-year journey at NIMS was remarkable. The blast of happiness at the college picnic or the delightful celebration of the cultural events was something I was always excited about.

The author's academic struggles with computer programming were overcome by mentorship and faculty guidance, leading to a strong coding grip. The college also improved their English through Soft Skill classes and mock interview sessions, preparing them for interviews.



I have received various certificates in Python programming, painting, industry training, etc. Choosing BCA as a UG course from NIMS has been one of the best decisions of my life. It is definitely because of the numerous opportunities I received through my HOD and also became a part of multiple webinars and seminars.

As an ex-student, I miss the happy moments spent with friends and faculty at NIMS. College has been a great chapter in my life, helping me become a better person and evolve my personality. It's like home to me, but it's time to move on.

Sumit Vidyarthi
2021 Batch - BCA

Students' Voice- NIHS

INTERNSHIP DIARY



Reflecting on my internship for our college magazine Sankalp fills me with nostalgia. It feels like just yesterday I attended the NIHS orientation ceremony, embarking on a journey of academic and clinical growth. This roller-coaster experience included visits to five of the city's most prestigious hospitals, where textbook knowledge transformed into practical understanding through diverse cases, from neuro and orthopaedic to paediatric conditions.

The experience, though enriching, was emotionally challenging. Witnessing a one-month-old on ventilator support and helping clear their lungs was heart-wrenching yet fulfilling. Treating children with developmental delays formed deep connections, with the joy of parents noticing improvements being the greatest reward. Equally memorable were moments with elderly patients, like an 87-year-old who affectionately remarked, "You look like my grandson in London! Thank you, Doktor Babu! I hope you didn't mind me using 'tumi' instead of 'apni'."

Even today, a 76-year-old gentleman with a respiratory infection blessed us, saying, "God bless you all." Moments like these affirm that knowledge and logical recommendations are the keys to helping patients recover and live better lives. As our Director said, "In physiotherapy, the sky is the limit." To this, I'll add, "Among the stars, we must find our path."

Nibedan Das
2019 Batch- BPT

Students' Voice- NIHS

CLINICAL POSTING: A TRANSFORMATIVE EXPERIENCE



Clinical postings are a defining phase for every healthcare student, bridging the gap between theoretical knowledge and real-world practice. For physiotherapy students they provide invaluable hands-on experience, transforming classrooms into meaningful patient care.

During my final year, I was posted at Woodlands Hospital, ESI Hospital Sealdah, Institute of Neuroscience Kolkata and in my college clinic (Nopany Physiotherapy Clinic) for one month each.

My journey began at Woodlands Hospital, where stepping into patient care felt overwhelming. Quickly, I realized there was much more to learn beyond textbooks. Adapting to the rhythm of patient care involved balancing learning, observing and assisting effectively.

Each patient, diagnosis and recovery taught me resilience and empathy. Moments like helping a child overcome developmental delays or easing an elderly patient's pain became profoundly rewarding. These small victories deepened my commitment to patient care.

This transformative journey was more than training. It was a path of self-discovery and growth. The lessons I learned, the skills I developed, and the people I met all contributed to shaping my future in healthcare. As I move forward, I carry these experiences with me, knowing they are the foundation of the compassionate care I aspire to provide.

Papai Bagchi
4th Year -BPT

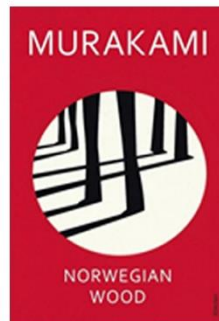
Students' Voice- NIHS

BOOK REVIEW ON NORWEGIAN WOOD BY HARUKI MURAKAMI



Murakami's best-selling book *Norwegian Wood* is an immersive but difficult read that travels around themes like love, loss, grief, depression, suicide and mental growth, while ultimately being a romance novel.

Set in the backdrop of 1960s Tokyo, it narrates the story of our protagonist Toru Watanabe who is a college student navigating his way through complex relationships with lovers, friends and ultimately himself. He recalls his friendship with his best friend Kizuki who committed suicide which put Toru and Kizuki's girlfriend Naoko into a dark emotional pit. Toru being the stronger of the two helped Naoko as much as he could to bring her to well-being whether be it through empathy or romance. In the meantime, he meets Midori, a fellow college colleague who was the exact opposite of Naoko; full of life and hope, who takes life as it comes.



Through Toru Watanabe's emotional journey, this book offers readers a powerful exploration of Emotional Intelligence regarding emotional maturity and decision making. It revolves around Toru's choice of lingering on to the past, represented by Naoko; or starting his life afresh represented by Naoko. Toru's loyalty to Naoko binds him to a relationship that ultimately leads to his own suffering, and his reluctance to engage with Midori. As the story progresses, Toru develops emotional intelligence and navigates these choices without losing his sense of self.

Naoko's fragile mental health led to her taking her own life, despite Toru's many efforts.

When after several years, Toru hears Naoko's favourite Beatles song- 'Norwegian Wood', he is transported back to his college days with these emotional roller-coasters. By the end of the novel, Toru Watanabe emerges as a character, who though scarred, has gained immense

Students' Voice- NIHS

শক্তি



আদ্য শক্তি মহামায়া
 "শক্তিরূপিনি সংস্থিতা"
 দৈব শক্তির আধার মহামায়া
 ত্রিশূলধারিণী মা দুর্গা,
 অসুর বধের দ্বারা করেছে
 এই জগত সংসার রক্ষা।
 আমরা নারী,
 দেবী চণ্ডীর অংশ।
 অস্ত্র ধরতে পিছুপা হইনা,
 নরক পিশাচকে মারতে
 ভীত হই না।

আমরা নারী,
 মহামায়ার শক্তির অংশ,
 দয়া মায়ায় আগলাতে পারি,
 ভালোবাসায় সংসার বাঁধতে পারি।
 আমরা নারী,
 দেবী অন্নপূর্ণার অংশ
 সকলকে দিতে পারি অন্ন,
 ধনসম্পদে সংসার রার্থি পরিপূর্ণ।



আমরা নারী,
 সমগ্র শক্তির উৎসে
 তৈরি,
 সকল কর্মে আমরাই
 জয়ী।

Raktima Chatterjee
 3rd Year - BPT

Students' Voice- NIHS

FROM FAMILIAR COMFORT TO NEW BEGINNINGS: EMOTIONAL INTELLIGENCE



Navigating the Transition: From School to College

Having spent my entire education in one school, I found comfort in its routines and friendships. However, the prospect of college brought anxiety and uncertainty. Stepping into a bustling campus filled with diverse people felt overwhelming, and homesickness took hold as I struggled to find my place.

Emotional intelligence became my anchor during this transition. By acknowledging my emotions rather than suppressing them, I accepted that feeling out of place was natural. Observing others experiencing similar unease, I reached out with a simple smile or conversation, turning intimidating moments into shared experiences.



Adaptability also became essential. College introduced independence and responsibility, replacing familiar structures with opportunities for self-discovery. Though initially intimidating, I viewed this shift as a chance for growth. Trying new study methods and joining clubs helped me adjust and uncover what resonated with me.

This journey, though daunting, has been transformative. Emotional intelligence and adaptability not only helped me manage the transition but also fostered connections and personal growth. Moving from the familiarity of school to the dynamic college setting revealed opportunities I never anticipated, shaping me into a more resilient and self-aware individual.

Nidhi Jha
1st Year - BPT

Students' Voice- NIHS

EMOTIONAL INTELLIGENCE



Emotional intelligence is the ability to manage one's own emotions and understand those of others. It involves monitoring feelings, discriminating among them, and using this information to guide thinking and actions. Emotional intelligence is crucial for personal and professional success, encompassing five key components.



Example 1: Rohit, a school principal, displayed emotional intelligence when his staff arrived late for a program. Though initially annoyed, he controlled his emotions and started the meeting. However, he lost his composure when a teacher interrupted the event by arriving late.

Example 2: Twinkle, a first-year student with a demanding schedule, struggled when her friends threw a noisy party without informing her. Exhausted, she burst out in anger, straining her relationships.

To improve emotional intelligence, one can practice clear communication, active listening, empathy, positivity, and self-awareness. Recognizing and managing emotions enhances relationships and fosters a positive environment. Emotional intelligence helps prioritize tasks, manage people effectively, and create an empathetic workplace where employees feel valued. It is a critical leadership skill that influences daily actions and promotes success in personal and professional life.

By understanding and improving emotional intelligence, one can navigate relationships and challenges with greater resilience and empathy.

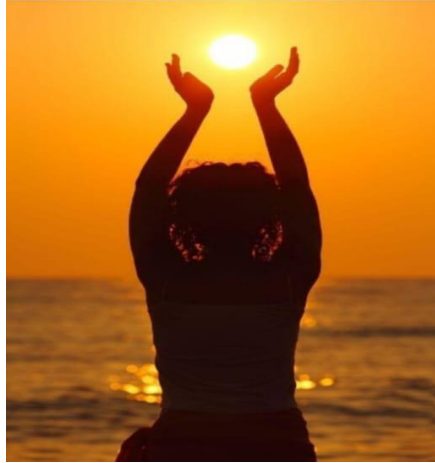
Debolina Dutta
1st Year - BPT

Students' Voice- NIHS

সমর্পণ



এ বহমান জীবন তরী বয়ে চলে স্রোতের প্রতিকূলে, তবু তো করেনা সে তো সমর্পণ।
 ভাবে শুধুই কেমনে পাবে বেয়াদব এ মন স্থিতিশীলতার চরণাঙ্গুল।
 একটু স্বস্তি খুঁজি....শান্তি পাব কোন নগরে? হতাশায় কাটছে নিঘূর্ম রাত,,দিচ্ছে উস্কানি
 দুশ্চিন্তা প্রহরে প্রহরে।



মন খারাপের কারণ খুঁজি কখনো সাফল্য হীন অজ্ঞাত আসরে সামিল হয়ে। ক্লান্ত
 হই,,,তন্দ্রাতে ঝুঁকি তবুও কেনো করেনা এ মন নিজেকে সমর্পণ। বেকার রাত কাটে
 আঁকিঝুঁকি কেটে সাদা কাগজে,,,যদিও বদলায়না অতীত, বর্তমান যা ছিল তাই স্থির
 রয়,,,তবুও এ মন করতে চায়না নিজেকে সমর্পণ।
 ও মন আজ ছেড়ে দে তুই নিয়ন্ত্রণের পালা।
 শুধু দিয়ে দে তোর শেষ ভালো টুকুও নিংড়ে।
 আর হয়ে যা সামিল করতে নিজেকে সমর্পণ অদৃষ্টের দরবারে।

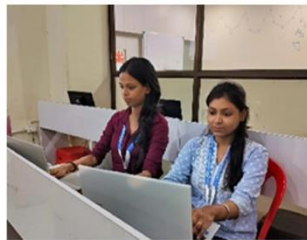
Poulami Chakraborty
 1st Year - BPT

Students' Voice- NIMS

THE ROLE OF INDUSTRIAL EXPERIENCE IN CAREER DEVELOPMENT



Industrial experience is vital for fostering successful careers and thriving businesses. It equips individuals with practical skills and knowledge that traditional education often lacks. By engaging in real-world environments, professionals gain valuable insights into industry standards, trends and challenges.



The advantages of having industrial experience are significant. It enhances problem-solving abilities, encourages adaptability, and improves communication skills. This direct involvement helps employees grasp the nuances of their roles, leading to increased productivity and innovation within organizations. Businesses benefit from seasoned professionals who can make well-informed decisions and stimulate growth.



Moreover, through my industry visit, I have learnt essential skills such as project management, teamwork and strategic thinking. These capabilities have also enhanced my individual performance. In today's competitive landscape, having industry experience is crucial for driving innovation and achieving sustainable growth, making it an indispensable asset for both employees and entrepreneurs.

Sangita Kumari Sharma
5th Semester - BCA

Students' Voice- NIMS

MY INTERNSHIP EXPERIENCE



As part of my BBA (Hospital Management) course, I completed a three-month internship at Apollo Multi-Speciality Hospital, Kolkata. This experience transformed me personally and professionally. I worked in the Insurance Department from 10 am to 6:30 pm, learning about various insurance companies and their Third Party Administrations.

The insurance companies that have tie up with Apollo Multi-Speciality Hospital, are-GIPSA (General Insurance Public Sector Association): New India, National, Oriental, and United India Insurance. I also learnt that private health insurance companies are- HDFC Ergo, ICICI Lombard, Niva Bupa, etc.

The working personnel and the environment were worth remembering and cherishing. The working environment was exceptional, with loving and caring seniors who taught me with patience. I have learnt from them what it means to be professional and finally fulfil their hospital goal "Mission with Kindness", meeting each patient's level of expectations.

Moreover, the head of the department, the senior manager, and the assistant manager also maintained external and internal coordination, monitoring everyone from trainees to senior coworkers.

Three months at Apollo taught me professionalism, teamwork, and working with diverse personnel. I'm grateful for this enriching experience and the opportunity to work with a dedicated team.



Debaroti Lahiri
5th Semester- BBA(HM)

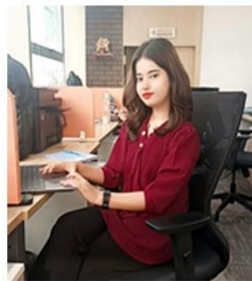
Students' Voice- NIMS

MY INTERNSHIP EXPERIENCE



I was thrilled to secure an internship with ITC Ltd, where I was selected after a rigorous interview. I joined the finance department, and for the next three months, I immersed myself in a learning experience.

During this time, I gained extensive knowledge of advanced Excel functions, various formulas, and Google Sheets, which has strengthened my data handling and analytical skills. I also learned the importance of professional email communication, that are essential for any business-related correspondence. I gained immense knowledge on financial management and payroll activities, where I saw the importance of accuracy and attention to detail.



Besides the technical skills, ITC Ltd provided a welcoming environment, with access to the cafeteria, making each workday enjoyable and comfortable. These small gestures of support made a big difference and further motivated me to put in my best each day.

Reflecting on this journey, I express my gratitude towards my college for connecting me with such a reputable organization and giving me this invaluable opportunity. My internship at ITC Ltd was more than just an assignment; it became an inspiring chapter in my professional growth. My internship paved the way for this exceptional experience and ignited my passion for financial management.

Sana Siddique
5th Semester - BBA

Students' Voice- NIMS

FILM REVIEW: "TAARE ZAMEEN PAR - EVERY CHILD IS SPECIAL"



"Taare Zameen Par" (Like Stars on Earth), a 2007 Hindi psychological film, stars Darsheel Safary as Ishaan Awasthi and Aamir Khan as art teacher Ram Shankar Nikumbh. Written by Amole Gupte and directed by Khan, the film delves into the life of Ishaan, an artistically gifted yet academically struggling 8-year-old, diagnosed with dyslexia. Sent to a boarding school, Ishaan is guided by Nikumbh, who helps him overcome his reading disorder through empathy and creative teaching.

The film emphasizes the transformative power of compassionate educators and the importance of recognizing individual learning needs. It highlights emotional intelligence, urging parents and teachers to address children's emotional and cognitive struggles. Taare Zameen Par underscores that every child is unique, advocating appreciation for diverse talents beyond academics, such as art, music, and dance.



The movie critiques the education system's rigidity, sheds light on dyslexia, and condemns bullying. It inspires students, educators, and parents alike to nurture self-confidence and recognize varied definitions of success and intelligence. By championing creativity and emotional support, Taare Zameen Par transcends cultural and generational boundaries, making it a must-watch for all seeking a deeper understanding of childhood challenges.

Chandreyee Majumdar
3rd Semester – BBA(HM)

Students' Voice- NIMS

JAIPUR: EMBRACING LOVE UNDER THE SUNSET



I thought I knew adventure until I stood on the edge of Nahargarh Fort. Arriving in Jaipur, I was instantly welcomed by a burst of colours - from vibrant turbans to colourful 'odhnis'.



I began my journey by exploring the grand gates and courtyards of City Palace and Amber Palace. I was fascinated by Jaipur's iconic Hawa Mahal & its honeycomb structure. I enjoyed delicious Rajasthani cuisine, sampling 'Dal Baati Churma' and 'Gatte ki Sabzi', each rich in spices. The next day, I woke up late, took shower, and then rushed to Jal Mahal. But the cool breeze from the lake soon calmed my FOMO.

I then visited Amer Fort before heading to Nahargarh for witnessing a serene sunset. Sunsets are claimed to be even more beautiful in the company of your loved one - how true that felt! I rushed to find 'Chokhi Dhani', a cultural resort in Jaipur, but despite help from locals and Google Maps, I couldn't locate it.

It reminded me a line from YJHD-

"Life mein jitna bhi try kar lo Bunny, kuch na kuch to chhutega hi".

Experiencing folk performances and authentic Rajasthani flavours, I left with memories as vibrant as its heritage.

Shiva Barnwal
5th Semester - BBA

Students' Voice- NIMS

A LOVE BOUND BY TIME



Two years we soared in a love so bright,
Two souls intertwined, like day and night.
Yet time has turned, and shadows spread,
As fate lays heavy, the path we tread.

For love, it bloomed but was torn apart,
By castes and bounds, not by the heart.
I turned cold to shield her pain,
But in silence, I bear the rain.

She fought to bring back our sunny days,
While I, in sorrow, turned away.
A gift she gave, a memory sweet-
I pushed it back, to save defeat.

Now regret weighs, deep and wide,
A love once whole, now lost inside.
I carry the ache, this burdened heart,
Knowing we're bound, yet worlds apart



Shreeansh Jaiswal
1st Semester - BBA

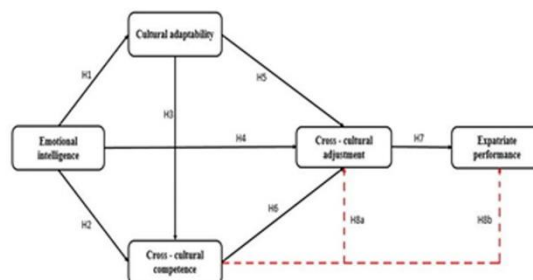
Students' Voice- NIMS

CULTURAL PERSPECTIVE ON EMOTIONAL INTELLIGENCE



Emotional intelligence (EI) is understood in various forms across cultural boundaries. Emotional intelligence is described as the ability to assess one's feelings and those of others. Every culture has its own meaning and manner of displaying feelings.

For instance, in numerous societies of the West, it is considered a normal practice to show one's emotions, and society encourages these displays. Aiming to please oneself is a common educational goal. In some cases, this kind of openness makes it easier to develop relations and to understand each other in different ways.



Eastern societies value collective harmony over self-expression, favoring non-verbal communication and maintaining composure over excessive emotional expression in their societies.

Indigenous cultures often view emotional intelligence through the lens of community and environment, focusing on complex interpersonal relations that require understanding and assistance.

Emotional intelligence's importance is universal, with varying characteristics across societies. Understanding these dimensions reveals the uniqueness of emotional connection in different parts of the world.

Students' Voice- NIMS

JEMOTIONAL INTELLIGENCE - LEADERSHIP



Effective leadership is based on Emotional Intelligence. Leaders with high Emotional Intelligence know and control their own emotions and are able to perceive and control others' emotions as well. This skill makes them more compassionate, understanding and supportive, which allows them to build trust and motivate their teams.

Emotional Intelligence mainly consists of these five key components:

- Self-awareness
- Self-regulation
- Motivation
- Empathy
- Social skills



Self-aware leaders are comfortable with their strengths and weaknesses and are able to respond with thought rather than reaction. With self-regulation they are able to control their emotions especially in stressful situations, and with motivation they stay on course to long term goals. Empathy makes leaders understand where others are coming from, and that will help with teamwork and morale. And lastly, leaders with strong social skills, can successfully communicate with the team and manage conflicts, which in turn create a good work environment.

Emotionally intelligent leaders in workplace are open, collaborative and respectful of one another. They are more aware and understand what a particular emotion will bring to their decisions, how they can smoothly resolve conflicts, and create a supportive culture where employees feel valued. This increases productivity and also creates a more resilient team.

Rohan Shaw
3rd Semester - BBA

Students' Voice- NIMS

THE HEART OF LEADERSHIP EFFECTIVENESS



Emotional intelligence (EI) refers to the awareness of our emotions, as well as those of others, and the ability to use this knowledge to manage our own emotions and influence the emotions of others.

EI consists of four key dimensions: self-awareness, self-regulation, social awareness, and relationship management. Self-awareness enables individuals to recognize their emotional triggers, helping them respond responsibly rather than impulsively, as guided by self-regulation. Social awareness allows people to empathize with their teams' emotional needs, creating a supportive environment.



When EI is high, leadership translates into better communication, conflict resolution, and team cohesion. Leaders with high EI inspire trust and motivation, making team members feel valued and engaged in the organizational culture.

As we explore the theme of emotional intelligence, it becomes clear that developing these skills is essential for personal growth and organizational success. Embracing EI fosters better relationships and contributes to collective achievements in any environment.

Alok Pandey
3rd Semester - BCA

Students' Voice- NIMS

माँ की बूंदें!



तुम्हारी ममता मेरे लिए, एक अनंत सागर है,
जिसमें मैं खूब तैरूँ, और जिरा से प्यार करूँ।
माँ तुम्हारी दुआओं में, मेरी तकदीर है,
तुम्हारे प्यार में, मेरी पहचान है।

तुम्हारी आवाज़ मेरे लिए, एक मधुर संगीत है,
मेरे ज़िंदगी का छत्र है, और मुझे नजसख्त है।

माँ तुम्हारी आँखों की बूंदें, मेरी ज़िंदगी की धूप हैं,
तुम्हारे आंसू मेरे लिए, सर की पहियों की जरूरत हैं।

माँ तुम्हारी यादें मेरे लिए, एक खूबसूरत सपना है,
मुझे हर पल याद दिलाता है, जक तुम मेरी माँ हो।



Roshni Mallick
1st Semester - BBA(HM)

Students' Voice- NIMS

THE POWER OF EMOTIONAL INTELLIGENCE: UNLOCKING PERSONALITY DEVELOPMENT



The Power of Emotional Intelligence: Unlocking Personality Development Emotional intelligence (EI) is the ability to recognize and understand emotions in ourselves and others and to use this awareness to guide thought and behaviour. Developing emotional intelligence is crucial for building a strong, well-rounded personality. In this article, we'll explore how EI shapes our personality and why cultivating it is essential for personal growth.



Emotional Intelligence in details:

Personality: EI comprises four key components, namely, self-awareness, self-regulation, social awareness, and relationship management. It basically implies recognizing one's emotions, managing emotions, emphasizing with others, and doing effective interaction. This emotional intelligence also helps in better decision-making and building effective communication. It also helps in resilience and adaptability and building and maintaining healthy relationships.

Cultivating Emotional Intelligence: In order to cultivate emotional intelligence, we should practice regular self-reflection and meditation, engage in active listening and empathy, seek feedback and learn from criticism, and develop self-awareness and self-regulation skills.

Emotional intelligence is a powerful tool for personality development. By cultivating EI, we become more self-aware, empathetic, and effective individuals. Investing in emotional intelligence leads to stronger relationships, better decision-making, and a more resilient, confident personality.

Sayan Kundu
3rd Semester - BBA

Students' Voice- NIMS

HORMONES AND HEART: HOW BIOLOGY INFLUENCES WOMEN'S EMOTIONS



The link between hormones and emotions is scientifically well-established, explaining why women may experience intense emotions at different life stages. Key hormones—such as estrogen, progesterone, and oxytocin—play significant roles in influencing mood and empathy. For example, rising estrogen levels can promote feelings of calmness and joy, while a sudden drop, as may occur during hormonal treatments or other significant changes, can lead to sadness, irritability, or despair. These shifts are not exaggerations but genuine physiological reactions beyond conscious control.



Certain experiences involve both the emotional pain of loss and a steep hormonal drop, intensifying feelings of grief. The deep physical and emotional bonds women form makes these experiences profoundly impactful. These responses are not overstated; they reflect a powerful biological reality.

Women play an essential role in family life, often putting others' well-being above their own while managing various physical and emotional demands. Despite this, women's emotional responses to hormonal changes are often misunderstood. Recognizing these responses as signs of resilience and complexity, rather than weakness, is crucial for a more profound understanding of their experiences.

Tanisha Saha
3rd Semester- BBA(HM)

Students' Voice- NIMS

OVERCOMING A PERSONAL CHALLENGE



Public speaking was my biggest fear when I joined college. The mere imagination of presenting before peers would rush adrenaline into my heart and moisten my palms. I began to like this subject after the most important presentation on the foundation day of our college.

So, making a determined bid to overcome this, one day I started practicing in front of the mirror, growing gradually into small groups of friends. Every time, it was like fighting with my nerves. But I kept at it: recording my efforts and asking my friends for feedback on what needed improvement.



On the day of the presentation, I felt so anxious because this was my very first. Then, while starting the presentation, I thought about my breathing process and all those friendly faces looking at me from the audience supporting me. In the end, though with some stammering, I managed to make it through presenting and got good feedback. It taught me a lesson in persistence and preparation in facing fears, and just with lots of practice, anxiety gets turned into confidence.

Face your fears actively, work at them, and find support for yourself.

Rubina Parveen
1st Semester - BBA

Students' Voice- NIMS

নৃত্য এবং আবেগিক বুদ্ধিমত্তার মধ্যে সম্পর্কের নিবন্ধ:



নৃত্য হল একটি সৃজনশীল শিল্পধারা, যা নান্দনিক এবং প্রায়শই প্রতীকী মূল্য সহ শরীরের নড়াচড়ার ক্রম সমন্বিত। এছাড়াও নৃত্য হল একটি শক্তিশালী আবেগ বা আবেগ প্রকাশ করার উদ্দেশ্য, সেই আবেগকে নর্তকীদের দ্বারা প্রবাহিত করা হয় যা তীব্র ভাবে অভিব্যক্তিপূর্ণ হয়ে ওঠে। নর্তকী বলতে সঙ্গীতের আন্দোলনের একটি সিরিজকে বোঝায় যা আমরা একা বা একাধিক অংশীদারের সাথে করতে পারি।

আমরা যদি ইতিহাসের দিকে ফিরে তাকাই, নৃত্য আমাদের মানব ইতিহাসের একটি অংশ ছিল প্রাচীনতম যুগ থেকে। এছাড়াও গ্রীক নৃত্য, বাইবেল, চীনা মৃৎশিল্পে ও নৃত্যের উল্লেখ পাওয়া যায়। ভারতনাট্যম, কুচিপুড়ি, কথক, ওড়িসি, সত্তরীয়, কথাকলি, মনিপরি, মোহিনি নিত্তম হল ভারতের আটটি শাস্ত্রীয় নৃত্যের ধরন। এছাড়াও পশ্চিমবঙ্গের বিখ্যাত লোকনৃত্যের মধ্যে রয়েছে বাউল, সাঁওতাল, ছৌ ইত্যাদি।

নৃত্য এবং ইমোশনাল ইন্টেলিজেন্স (EI) বা আবেগিক বুদ্ধিমত্তার মধ্যে একটি গভীর সম্পর্ক রয়েছে। EI হল সেই ক্ষমতা যার মাধ্যমে একজন ব্যক্তি নিজের এবং অন্যের আবেগ বুঝতে, অনুভব করতে এবং সেগুলির সঙ্গে সঠিক ভাবে আচরণ করতে পারে। নৃত্যের মাধ্যমে সে তার ভিতরের অনুভূতি, যেমন খুশি, দুঃখ, উত্তেজনা বা উদ্বেগ, শরীরী ভাষার মাধ্যমে প্রকাশ করে। নৃত্য সাধারণত একজন ব্যক্তির আত্মবিশ্বাস বাড়ায়। EI এর একটি গুরুত্বপূর্ণ দিক হল মানসিক ভাবে দৃঢ় থাকা এবং আবেগগত চাপ নিয়ন্ত্রণ করা। নৃত্যের মাধ্যমে সৃজনশীলতা বৃদ্ধি করতেও EI এর গুরুত্বপূর্ণ ভূমিকা রয়েছে। ফলে, নৃত্য এবং EI একে অপরের মধ্যে সম্পর্ক স্থাপন করে।



Shreya Pal
1st Semester - BBA(HM)

Students' Voice- NIMS

LOVE YOURSELF: AN INVITATION TO SELF MASTERY



In a world full of billions of people, everyone has their own perspective, and just because someone disagrees with you doesn't mean you're wrong. Self-love starts with accepting yourself. People may show you love, but it's often superficial; true respect for yourself is what really matters. You are not perfect, but you are unique, and that's enough.

Self-love isn't about being arrogant or rude to yourself. It's about accepting your strengths and flaws, understanding who you are, and being kind to yourself. This self-acceptance helps you face life's challenges with a positive mindset.



Self-love is a lifelong process, not something you achieve once and for all. It takes time and effort. When you love yourself, you can be true to who you are, live a more fulfilling life, and positively impact those around you.

At the end of the day, self-love is telling yourself, "I am enough as I am." Protecting your own well-being is one of the best gifts you can give yourself. And remember, no one is perfect - be with someone who loves your imperfections.

Tanisha Rastogi
1st Semester – BBA

Students' Voice- NIMS

THE EMOTIONALLY INTELLIGENT MOTHER: A FORMULA TO RAISE A HAPPY, HEALTHY FAMILY



A mother's emotional intelligence helps her navigate diverse family dynamics. She adapts her approach to each member's unique needs. An emotionally intelligent mother knows when to offer a listening ear and when to provide guidance. She encourages open communication, creating a safe space for her family to share their thoughts and feelings.

With her angry child, mother remains calm and empathetic, validating their feelings. For her independent teenager, she offers guidance while respecting their independence. Her anxious partner receives support in developing coping strategies. With her elderly parent, she shows compassion and understanding, respecting their feelings while offering help. When siblings quarrel, she teaches solutions and empathy. In family conflicts, she remains calm, facilitating open communication and understanding.

By applying emotional intelligence, mother builds trust and models healthy emotional expression and management. Her empathy and effective communication create a supportive environment, making her the glue that holds the family together. Through emotional intelligence, she navigates challenges with grace, nurturing a lovely family.



Sumana Manna
1st Semester - BBA

Students' Voice- NIMS

আমার কল্পনায় সঙ্গীতের মাহাত্ম্য



সঙ্গীত একটি সাধনার বিষয়, সঙ্গীত অর্জন করা সকলের পক্ষে সম্ভব হয় না। ঈশ্বরের আশীর্বাদ প্রাপ্ত হলে তবেই তিনি শিল্পীর কণ্ঠে অধিষ্ঠান করেন বলে আমার মনে হয়। সঙ্গীত এমন একটি বিষয় যেটি বনের বাঘকে স্থির করে দিতে পারে, আকাশ থেকে বৃষ্টি নামিয়ে আনতে পারে, মানুষের হৃদয়ের দুঃখকে নাশ করে শক্তির জোগান দিতে পারে। তাই আমরা ভুলতে পারি না তানসেনের নাম, আরও কত পন্ডিত মানুষ সঙ্গীত এর মূর্ছনায় ভরিয়ে দিয়েছেন মানব জগতের মধ্যে। কিছু পন্ডিত ব্যক্তি যাঁরা এখনো রয়েছেন রেসিডেন্ট খান, পন্ডিত অজয় চক্রবর্তী ইত্যাদি। এছাড়াও আধুনিক মানব সভ্যতায় মানুষের বাস্তব জীবনের চলার ছন্দে তাল মিলিয়ে হাজারও গান রচনা করে গেছেন বিভিন্ন নামী দামী শিল্পী যেমন - মান্না দে, হেমন্ত মুখোপাধ্যায়, লতা মঙ্গেশকর ইত্যাদি।

এরকমই হেমন্ত মুখোপাধ্যায়ের একটি বিশিষ্ট গান আমার ভীষণ পছন্দের "এ দোল দোল দোল"। এই গানটি সকল ব্যস্ততার অবসান ঘটিয়ে কিছু সময়ের জন্যে হলেও আমার মনে এক নতুন প্রাণের সঞ্চার ঘটায়। কারণ গঙ্গার বক্ষে নৌকায় পাল তুলে যখন ভেসে চলি আর উৎফুল্ল উচ্ছ্বাসে সকলে একসাথে গেয়ে উঠি "এ দোল দোল দোল" গানটি তখন ভুলে যাই সকল পুরনো জমে থাকা কষ্ট, বিদ্বেষ ইত্যাদির কথা। তাই আমার মতে যদি কেউ সঙ্গীতকে নিজের চলার পথের পাথেয় করে তুলতে পারে, অতি বৃদ্ধ বয়সে ও তার হৃদয় মন থাকবে নবঅঙ্কুরের মতো।



Students' Voice- NIMS

THE ART OF KNOWING



To feel is both a gift and curse,
A tethered soul, for better or worse.
In shadows deep, emotions lie,
Whispered truths we can't deny.
I see the flicker in your eyes,
A spark that feigns, a spark that dies.
Each lie you tell, each truth you hide,
Unravelled threads, worn thin inside.
Emotional threads like silken chains,
Binding tight through joy and pains.
To know the heart, to hold its ache,
To understand what words can't fake.
I taste the anguish in your voice,
A twisted, darkly hidden choice.
This gift to feel, it haunts my soul,
A ruthless ache that keeps me whole.
For every smile, there's sorrow's toll,
A dance where pain can make us whole.
So I will feel, though raw, though bare—
This heart will break, yet still I'll care.



Aliza Quraishi
3rd Semester - BBA



20
*Years of
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SCAN FOR MORE DETAILS

PHOTOGRAPHERS'

GALLERY



PHOTOGRAPHER'S GALLERY NIHS



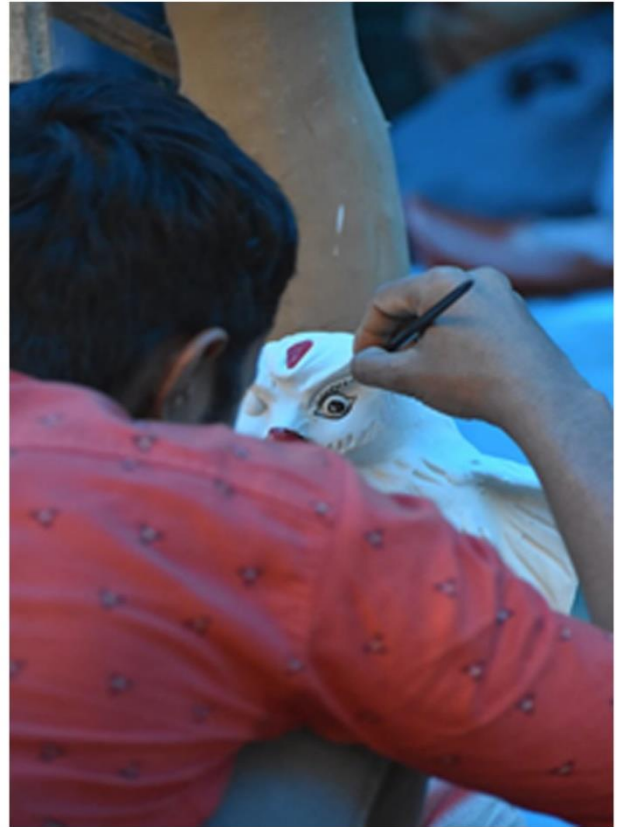
GRACE IN MOTION
SOUMYADEEP GHOSH
4th Year- BPT



MAJESTIC HORIZON
SOUMYAKANTI MONDAL
4th Year- BPT



PATHWAY TO SERENITY
ANKAN PAL
3rd Year- BPT



BRINGING STONE TO LIFE
SRESHTHA GHOSH
4th Year- BPT

PHOTOGRAPHER'S GALLERY

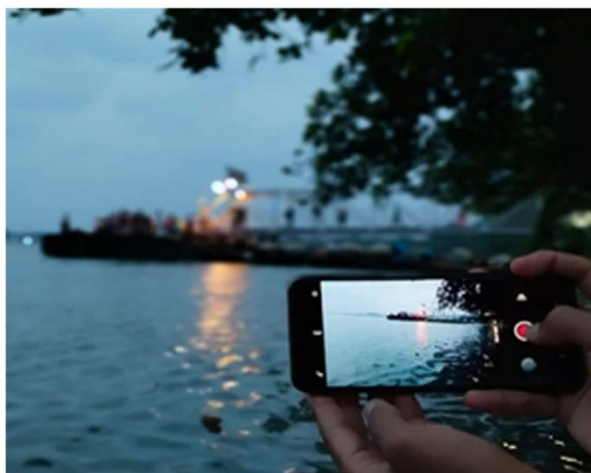
NIHS



GOLDEN PERCH
SOUMYAKANTI MONDAL
4th Year- BPT



COLOURFUL COMPANION
DIPROJIT GHOSH
4th Year- BPT



FRAMING THE HARBOUR
ANISH MAHAPATRA
4th Year- BPT



DIVINE STROKES
SUSMRITI MANDAL
1st Year-BPT

PHOTOGRAPHER'S GALLERY NIMS



WHISPERS OF THE WOODS

ARIJIT DHAR

1st Semester- BBA(HM)



A CALICO CAT

SAALIS RASUL

1st Semester- BBA(HM)



SERENE SCENE UNFOLDS

SAALIS RASUL

1st Semester- BBA(HM)



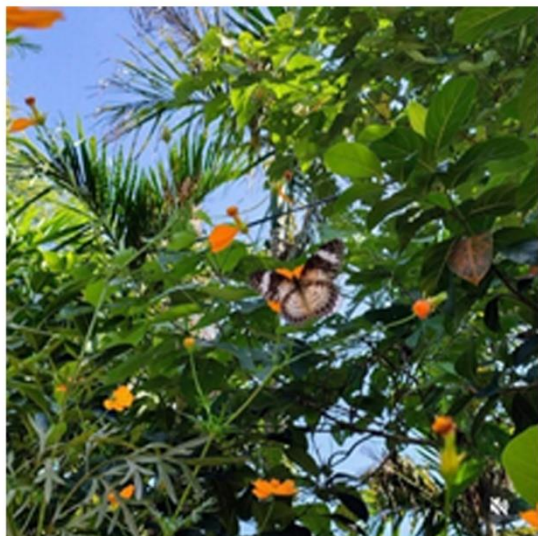
A SYMPHONY OF LIGHT & REFLECTION

SHIVA KUMAR BARNWAL

5th Semester- BBA

PHOTOGRAPHER'S GALLERY

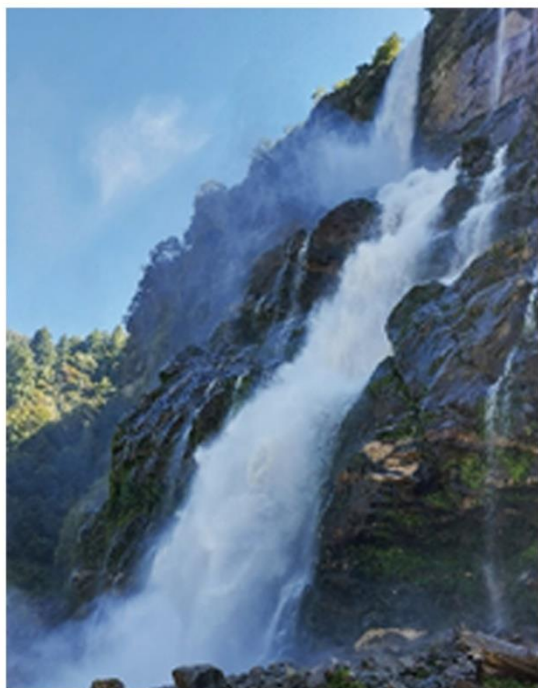
NIMS



THE BUTTERFLY'S JOURNEY
ANKITA DEY
1st Semester- BBA(HM)



TRANQUILLITY
SHASHANK OJHA
5th Semester- BCA



CASCADE OF WATER
ABHIRUP PAL
3rd Semester- BBA



PEACE AMIDST THE MOUNTAINS
SHIVA KUMAR BARNWAL
5th Semester- BBA

PHOTOGRAPHER'S GALLERY NIMS



SILHOUETTES
ARGHYA SANKAR NAG
3rd Semester- BBA



INTRICATE CHOREOGRAPHY
SURANJAN KUIRY
3rd Semester- BBA



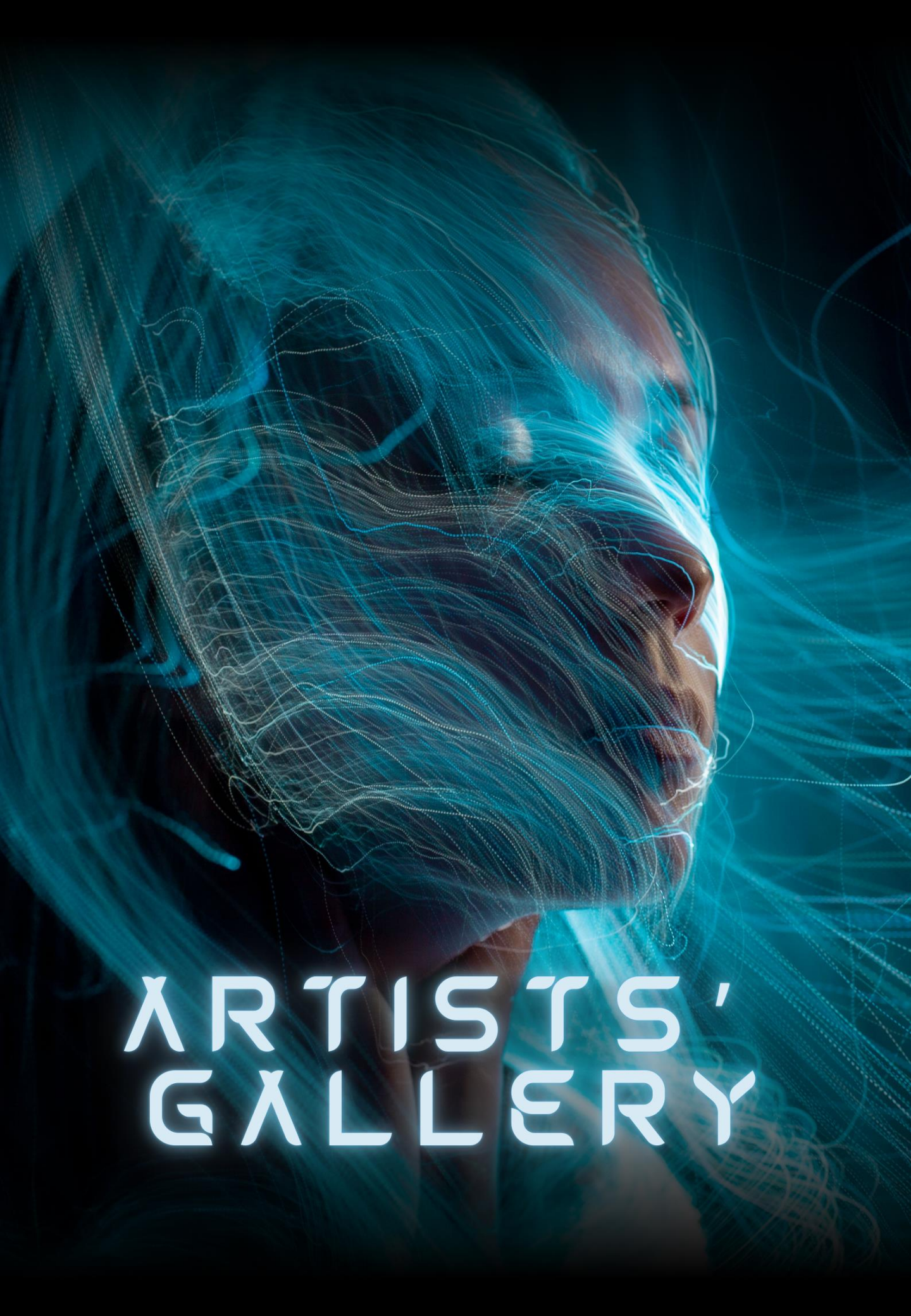
BLUE TRAIN STANDS THE SENTINEL
SURANJAN KUIRY
3rd Semester- BBA



CRYSTALLINE WATERFALL
SAYAN KUNDU
3rd Semester- BBA



DELICATE CLUSTER OF BLOSSOMS
SUBHANKAR SAHOO
3rd Semester- BBA



ARTISTS' GALLERY

ARTISTS' GALLERY NIHS



DEALER OF DARKNESS
DIPROJIT GHOSH
4th Year- BPT



VISION OF THE INFINITY
INDIRA DEY
4th Year- BPT



DIVINE DUALITY
PURAVI SARAOGI
4th Year- BPT

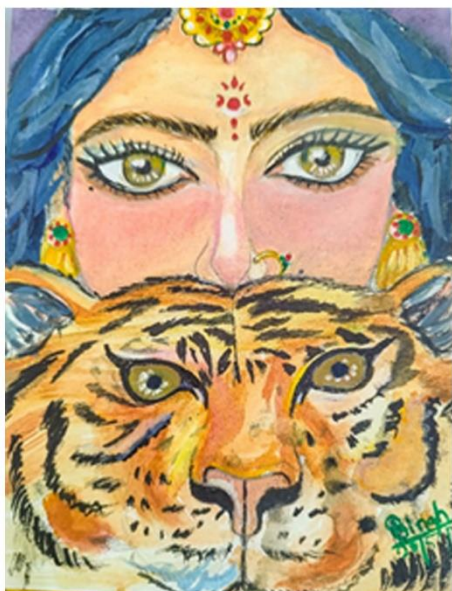


THE HALF OF ETERNITY
RAJIB KUMAR SHAW
4th Year- BPT

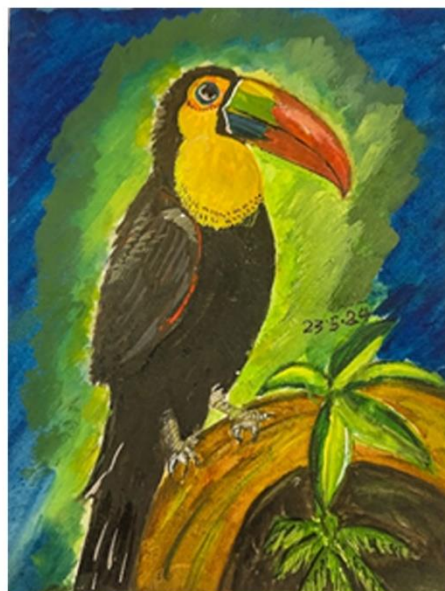


MELODY OF THE DIVINE
RUDRADEV SARKAR
2nd Year- BPT

ARTISTS' GALLERY NIMS



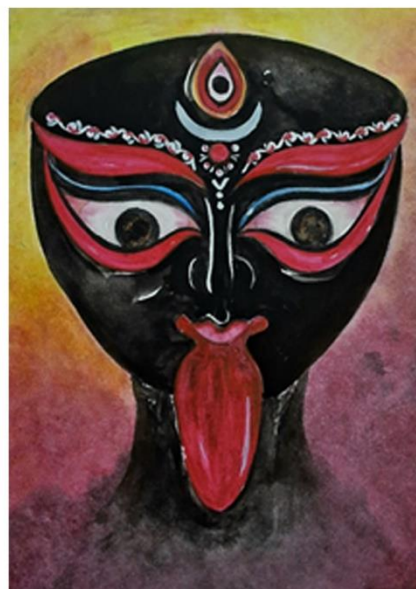
DIVINE MAJESTY
NIKHIL SINGH
3rd Semester-BBA



WHISPER OF THE WILD
NIKHIL SINGH
3rd Semester-BBA



UNTAMED SPIRIT OF THE TIGER
SAMPURNA MAL
3rd Semester-BBA(HM)



SUPREME FEMININE: MAA KALI
SAMPURNA MAL
3rd Semester-BBA(HM)

ARTISTS' GALLERY NIMS



THE TIMELESS LOVE
RITIKA DHAL
1st Semester-BBA(HM)



MASTERING EMOTIONS
SAYAN BARMAN
5th Semester- BBA(HM)



GRACE IN MOTION
SWASTIKA KOLE
1st Semester-BBA



SCULPTING BEAUTY
SWARUP HALDER
3rd Semester-BBA(HM)

OUR MEMORIES

2024



PHOTO GALLERY- NI

Republic Day Celebration on 26.01.2024



PHOTO GALLERY- NI

77th Independence Day Celebration on 15.08.2024



PHOTO GALLERY- NI 'SPSS'

*Faculty Development Programme at Computer Lab on
27.01.2024*



PHOTO GALLERY- NI

3rd Saraswati Puja Celebration on 14.02.2024



PHOTO GALLERY- NI

'Invest in Women: Accelerate Progress'
International Women's Day at Communis on 14.03.2024



PHOTO GALLERY- NI

*Celebration of Swami Vivekananda's Birthday on
12.01.2024*



PHOTO GALLERY- NI

NIHS and NIMS Students participated in a Panel Discussion on the topic ‘Justice for Humanity’ on 25.09.2024



PHOTO GALLERY- NIHS

20 Years' Celebration and Achelois 2024'



PHOTO GALLERY- NIHS

*Annual Picnic at Shreehari Garden, Madhyamgram
on 30.01.2024*



PHOTO GALLERY- NIHS

Intra College Competition from 18.11.2024- 23.11.2024



PHOTO GALLERY- NIHS

*3rd Convocation Day Programme at Kala Kunj Auditorium
on 23.02.2024*



PHOTO GALLERY- NIHS

2-Day First Aid and CPR Training Program was conducted by Rashtriya Life Saving Society (India) in association with NIHS on 24.07.24 and 25.07.24 at Communis



PHOTO GALLERY- NIHS

Free Physiotherapy & Medical Camp at Bhubandanga, Bolpur with the association of Nature Environment & Wildlife Society on 09.11.24.



PHOTO GALLERY- NIMS

Vasudha (Greenery Club) members took an initiative to celebrate World Forestry Day at Communis on 21.03.2024.



PHOTO GALLERY- NIMS

Students of Vasudha Club successfully took the charge of plantation activity at the college terrace on World Environment Day on 19.07.2024 contributing to a greener future.



PHOTO GALLERY- NIMS

Vasudha Club Students joined hands with students from other colleges and engaged themselves in a cleaning drive at Maidan on 28.09.2024, organized by Coal India Ltd.

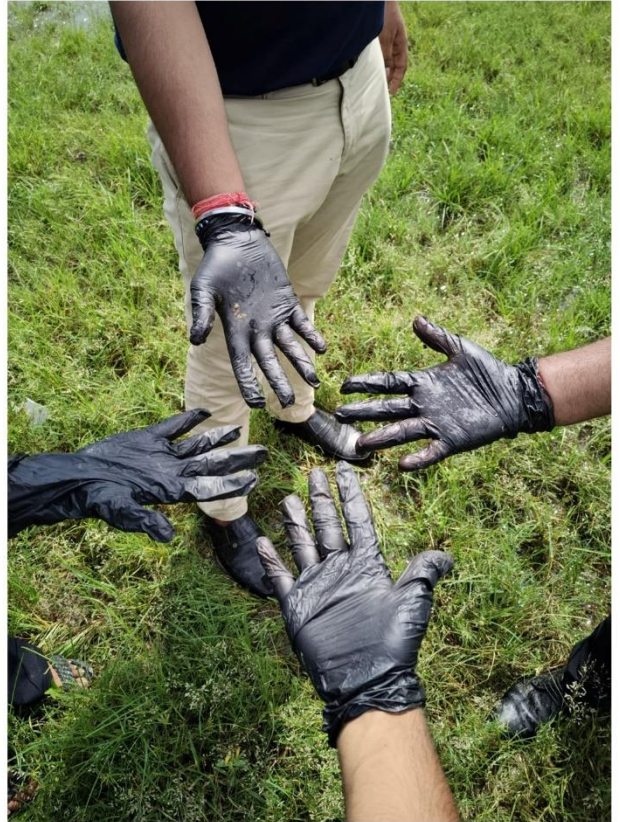


PHOTO GALLERY- NIMS

*Sanskriti (Cultural Club) Students celebrated
World Dance Day at Communis on 29.04.2024*



PHOTO GALLERY- NIMS

Kalpanikam (Cultural Club) Students engaged in a 'Spectrum Sprout' workshop, painting and planting bottles by reusing plastic waste on 02.04.2024.



PHOTO GALLERY- NIMS

On 14.05.2024, students of the Kalpanikam Club participated in Pencil Shaving Craft Work with enthusiasm under the guidance of Ms. Keya Pan, Assistant Professor.

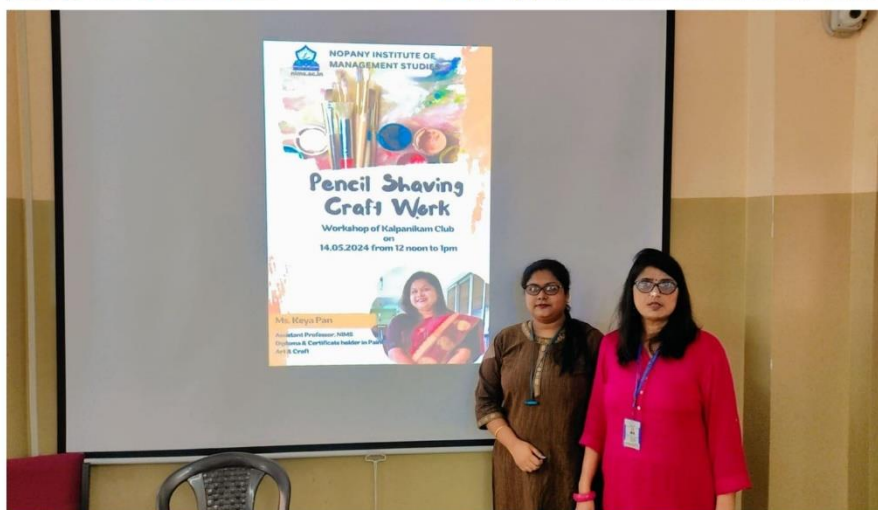


PHOTO GALLERY- NIMS

Kalpanikam Club Students conducted a workshop at 'Happinest' for empowering specially-abled children on 22.11.2024.



PHOTO GALLERY- NIMS

A Photography Contest for 'Puja Parikrama' was held for our Montage (Photography Club) Students on 09.10.2024.



PHOTO GALLERY- NIMS

Montage Club members immortalized a few moments with their lenses.



PHOTO GALLERY- NIMS

*Foundation Day of NIMS celebrated at Communis
on 30.08.2024 and 31.08.2024*



PHOTO GALLERY- NIMS

Campus Placement Drive for 'Glocal Healthcare Systems Pvt. Ltd.' for BBA-HM 5th Semester Students on 19.11.24

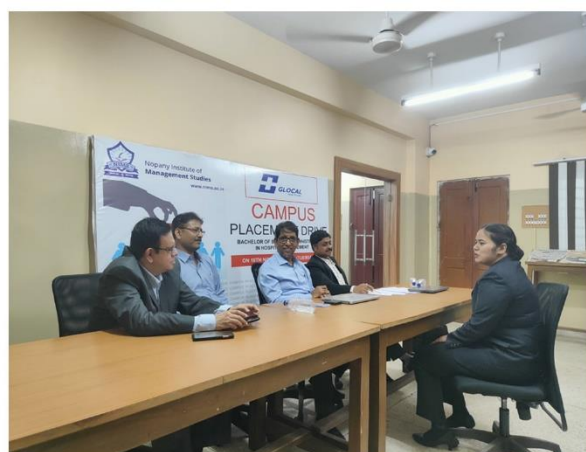
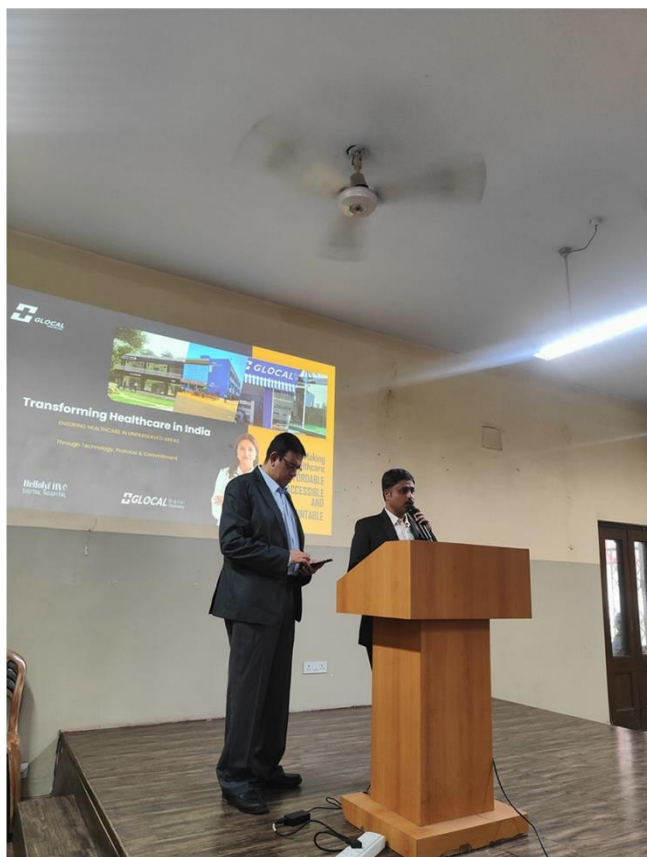


PHOTO GALLERY- NIMS

Campus Placement Drive for 'Livefly Healthcare' for BBA-HM 5th Semester Students on 12.12.24.



PHOTO GALLERY- NIMS

*‘Data-Driven Career: Exploring a New Avenue in Analytics’
Seminar for NIMS Students on 07.09.2024*



PHOTO GALLERY- NIMS

Video CV Workshop for Students at Communis on 18.11.2024



PHOTO GALLERY- NIMS

*Group Discussion Session for Students at Studies Room
on 04.10.2024*



ACADEMIC EXCELLENCE AWARDS

Nopany Institute of Healthcare Studies



Ms. Datri Bhattacharyya
MPT 2021 BATCH



Ms. Pijusha Sarkar
BPT 2019 BATCH



Ms. Nivedita Rakshit
BPT 2020 BATCH



Ms. Runkini Das
BPT 2021 BATCH



Ms. Debika Samanta
BPT 2022 BATCH



MS. SUNANDA DAS
BPT 2023 BATCH

ACADEMIC EXCELLENCE AWARDS

Nopany Institute of Management Studies



Mr. Shubham Mukherjee
BBA 2024 BATCH



Mr. Habibur Raheman Mondal
BCA 2024 BATCH



Ms. Payel Basak
BBA(HM) 2024 BATCH



Ms. Shruti Shaw
BBA(HM) 2024 BATCH

PLACEMENT DETAILS

Nopany Institute of Healthcare Studies



NAME: SUJAY ROY
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KOLKATA
DESIGNATION: TEAM PHYSIOTHERAPIST



NAME: SASWATA CHATTERJEE
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MULTI-SPECIALITY HOSPITAL, KOLKATA
DESIGNATION: JUNIOR PHYSIOTHERAPIST



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NEUROSCIENCES, KOLKATA (IN-K)
DESIGNATION: PHYSIOTHERAPIST



NAME: DONA KHANRA
DEPARTMENT, YEAR OF PASSING:
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HOSPITAL NAME:
BELLE VUE CLINIC, KOLKATA
DEPARTMENT: PHYSIOTHERAPIST



NAME: RACHITA SARKAR
DEPARTMENT, YEAR OF PASSING:
BPT, 2024
COMPANY NAME: FORTIS MEMORIAL
RESEARCH HOSPITAL, GURGAON
DESIGNATION:
JUNIOR PHYSIOTHERAPIST



NAME: ZOOFISHAN GULZAR
DEPARTMENT, YEAR OF PASSING:
BPT, 2024
COMPANY NAME: CARE CONTINUUM
PRIVATE LIMITED, KOLKATA
DESIGNATION: PHYSIOTHERAPIST



NAME: DATRI BHATTACHARYYA
DEPARTMENT, YEAR OF PASSING:
MPT, 2024
NAME OF INSTITUTE: RASHTRASANT
JANARDHAN SWAMI COLLEGE OF
PHYSIOTHERAPY, MAHARASHTRA
COURSE: ASSISTANT PROFESSOR

HIGHER ACADEMIC DETAILS



NAME: BISHWAS RANJAN
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NAME OF INSTITUTE: ABHINAV BINDRA SPORTS
MEDICINE AND RESEARCH
INSTITUTE (ABSMARI), BHUBANESWAR
COURSE: MPT (SPORTS)



NAME: DEBAJYOTI SAMUI
DEPARTMENT, YEAR OF PASSING:
BPT, 2024
NAME OF INSTITUTE: SRM, CHENNAI
COURSE: MPT (COMMUNITY)



NAME: SAYANI DAS
DEPARTMENT, YEAR OF PASSING:
BPT, 2024
NAME OF INSTITUTE: MAHARISHI
MARKENDESHWAR UNIVERSITY (MMU),
MULLANA
COURSE: MPT (NEURO)

PLACEMENT DETAILS

Nopany Institute of Management Studies



NAME: AMAN GUPTA
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COMPANY NAME: PAYTM
DESIGNATION: SALES EXECUTIVE



NAME: SAMIM MONDAL
DEPARTMENT, YEAR OF PASSING:
 BBA 2024
COMPANY NAME: PANASONIC
DESIGNATION: SALES EXECUTIVE



NAME: PURUSHOTTAM DUTTA
DEPARTMENT, YEAR OF PASSING:
 BBA(HM) 2024
COMPANY NAME: KPC MEDICAL
 COLLEGE & HOSPITAL
DESIGNATION: QUALITY CONTROL



NAME: SRINJAL JAISWAL
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 BBA(HM) 2024
HOSPITAL NAME: ARCUS HOSPITAL
DEPARTMENT: IPD/OPD



NAME: SHREYA DEY
DEPARTMENT, YEAR OF PASSING:
 BCA 2024
COMPANY NAME: EUPHORIA GENX
DESIGNATION: PROJECT COORDINATOR



NAME: SAHIL SINGH
DEPARTMENT, YEAR OF PASSING:
 BCA 2024
COMPANY NAME: TATA CONSULTANCY
 SERVICES
DESIGNATION: SOFTWARE DEVELOPER

HIGHER ACADEMIC DETAILS



NAME: RISAV KOLEY
DEPARTMENT, YEAR OF PASSING:
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NAME OF INSTITUTE: PIBM (PUNE
 INSTITUTE OF BUSINESS MANAGEMENT)
COURSE -PGDM (HR & OPERATIONS)



NAME: HABIBUR RAHEMAN MONDAL
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 BCA 2024
NAME OF INSTITUTE: KALYANI
 GOVERNMENT ENGINEERING COLLEGE
COURSE: MCA



NAME: SUMIT KUMAR VIDYARTHI
DEPARTMENT, YEAR OF PASSING:
 BCA 2024
NAME OF INSTITUTE: B.P PODDAR
 INSTITUTE OF MANAGEMENT
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COURSE: MCA

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zinner

Meet **OUR TEAM**

NIHS TEAM



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ASSOCIATE PROFESSOR,
ACADEMIC CO-ORDINATOR (MPT)



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ASSISTANT PROFESSOR



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MPT IN NEUROLOGICAL &
PSYCHOSOMATIC DISORDERS
ASSISTANT PROFESSOR



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



DR. NAMITA KAUSHIK (PT)
MPT IN NEUROLOGY
ASSISTANT PROFESSOR



MR. VIRAL PORECHA
M.A. (ENGLISH), WB SET (ENGLISH), TESL / TEFL CERTIFIED
ASSISTANT PROFESSOR



DR. BAISHALI SUTRADHAR (PT)
BPT
CONSULTANT PHYSIOTHERAPIST

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Dr. Shibani Mazumder	Anatomy
Dr. Sebanti Mukherjee	Biochemistry
Dr. Ujjwal Banerjee	Pathology
Dr. Shibendu Biswas	Microbiology
Dr. Sikha Dutta	Pharmacology
Ms. Tanurima Basak	Psychology
Ms. Tanurima Basak	Psychology
Dr. Sarbari Sen	Sociology
Dr. Atanu Chatterjee	Orthopedics
Dr. Snigdha Sarkar	Surgery
Dr. Pinaki Dutta	Medicine
Dr. Hasan Arif Raihan	Disability Prevention and Rehabilitation Prosthetics and Orthotics
Ms. Subhra Ganguly	Biostatistics

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MHA (GOLD MEDALIST)
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