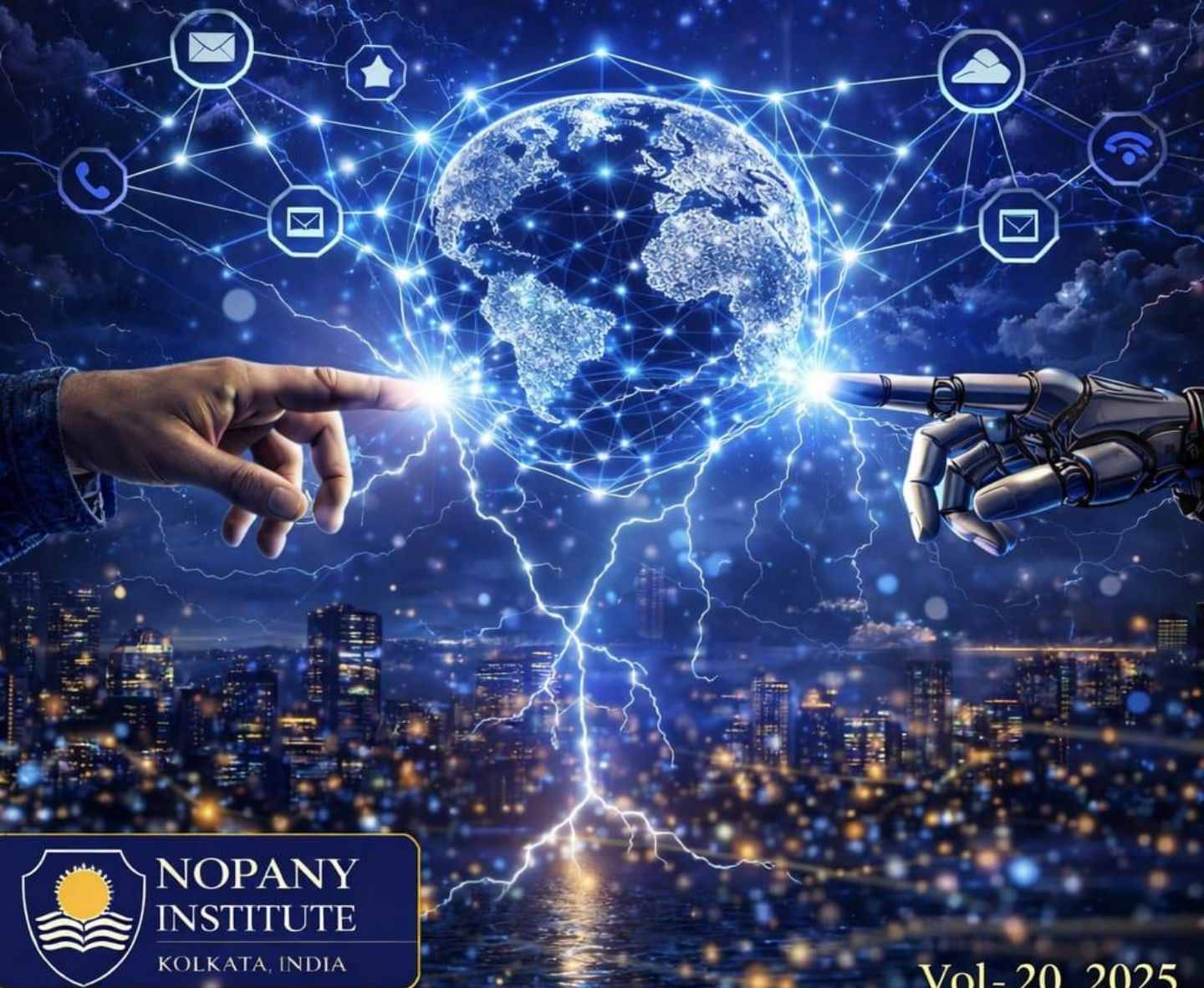


Sanikalp

Annual Magazine of Nopany Institute

The Power of Connection

Reimagining Human Connection in a Digital World



**NOPANY
INSTITUTE**
KOLKATA, INDIA

Vol- 20, 2025



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Acknowledgements

The Editorial Team of SANKALP- 2025 extends its sincere gratitude to the faculty members of NIMS whose support were instrumental in bringing this issue to completion.

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We are also deeply thankful to Mr. Jyotirmoy Saha, Mr. Kaustav Sinha, and Mr. Arunava Kundu, Assistant Professors, NIMS, for their generous help in formatting several pages of the magazine. Their technical support and attention to detail played a crucial role in the final presentation of SANKALP.

We sincerely appreciate the above faculty members' constant support and encouragement, which have contributed immensely to the successful publication of this magazine.

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What does the Chairman Envision for our Future?



Sankalp "The Power of Connection: Where People, Ideas, and Possibilities Unite."

I am delighted to write this message for SANKALP, on "The Power of Connection: Where People, Ideas and Possibilities Unites".

In every college campus, there exists a vibrant energy - an energy shaped by friendships, shared dreams, diverse perspectives and the spirit of learning. This energy is the result of connection, the powerful force that brings people together and transforms ordinary experiences into extraordinary memories. As Sankalp celebrates this year's theme, "The Power of Connection: Where People, Ideas and Possibilities Unite," we are reminded of how meaningful these connections truly are.

A college is more than classrooms, corridors and events-it is a community built by its students, teachers and mentors. Every person we meet leaves an imprint on our journey. The classmate who becomes a friend, the professor who guides us, the senior who inspires us, and even the stranger who shares a moment of kindness-all shape who we become.

When people connect with openness and empathy, a campus becomes a place where confidence grows, creativity thrives and every student feels a sense of belonging.

When ideas meet, they multiply. And when they multiply, they pave the way for possibilities. Possibilities are born when minds and hearts come together. A small initiative can grow into a campus movement; a simple conversation can ignite a passion; a collaborative project can become a stepping stone to a career. Whether it is leading a club, organizing a cultural fest, participating in competitions, or launching a new venture-every possibility begins with a connection.

The college years become unforgettable not because of the milestones we achieve alone, but because of the people who walk beside us and the ideas we create together.

Sankalp is more than just a magazine-it reflects our collective voice. It brings together writers, artists, thinkers and dreamers, each contributing their unique perspective. This magazine stands as a reminder that when students connect through expression, storytelling and creativity, they inspire others to dream a little bigger and believe a little deeper.

As you turn the pages of this magazine, remember that you, too, are part of this powerful circle of connection. Your ideas matter. Your experiences matter. Your voice matters.

Let us continue to uplift one another, learn from one another and build a campus where collaboration leads to discovery and unity leads to growth.

I would also 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.


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:

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

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

NIHS

ATTRIBUTES OF PHYSIOTHERAPY EDUCATION ECOSYSTEM



INNOVATIVE TEACHING PEDAGOGY

- Smart classrooms
- Simulated Patient Scenarios
- Case-Based learning
- Digital Tools
- Continuous Assessment & Mentorship



COMMUNICATION & SOFT SKILLS TRAINING

- English Communication
- Professional Etiquette
- Empathy
- Teamwork
- Presentation Skills
- Role-Play & Mock Interviews



EXTRACURRICULAR ACTIVITIES

- Sports
- Arts
- Cultural Clubs
- Community Service
- Annual Fests & Physiotherapy Camp
- Leadership & Time-Management development



INTERNSHIP & TRAINING PROGRAMS

- Clinical Internship
- Practical Training Modules
- Live Patient-Care Projects
- Workshops & Certification Courses



INDUSTRY TIE-UPS & CLINICAL PARTNERSHIPS

- Collaborations with Hospitals & Healthcare



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:

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NIMS

BUILDING BLOCK OF CORPORATE EXCELLENCE ECOSYSTEM



INNOVATIVE TEACHING PEDAGOGY

- Smart Classrooms
- Digital Tools
- Case-Based Learning
- Continuous Assessment & Mentorship
- Training for Future Professionals



HOLISTIC SKILL DEVELOPMENT TRAINING

- Communication
- Teamwork
- Professional Etiquette
- Presentation Skills
- Empathy
- Time-Management Development



EXTRACURRICULAR ACTIVITIES

- Sports
- Community Service
- Time-Management Development
- Arts
- Annual Fests & Leadership Camp
- Cultural Clubs



INTERNSHIP & TRAINING PROGRAMS

- Clinic Internships
- Workshops & Certification Courses
- Practical Training Modules
- Live Patient-Care Projects



CORPORATE ACADEMIC ENGAGEMENT

NIMS engages with the following industries, among others:

- TCS
- CTS
- Accenture
- Tech Mahindra
- Dabur India Ltd
- Anmol Industries Ltd
- Bharati Airtel
- Walzen Strips Ltd
- Belle Vue Clinic
- Apollo Gleneagles Hospital
- Woodlands Hospital
- Frank Ross

RESEARCH & PUBLICATION PURSUITS



PUBLICATION LIST: 2025

NOPANY INSTITUTE OF HEALTHCARE STUDIES

- Mr. Viral Porecha published a book titled Odyssey in British Poetry of Major Papers covering the university syllabi of Vidyasagar University, Burdwan University and Calcutta University in May, 2025.
- Dr.Tapas Kumar Pal (PT) and Dr.Tanusree Basak (PT) published a paper titled 'Prevalence of Deep neck flexor weakness and Deep neck extensor tightness in college-going students suffering from Cervicogenic Headache', published in Journal of Advances in Medicine and Medical Research in July, 2025.
- Dr. Shabnam Agarwal, Dr. Gargi Raychaudhuri and Dr. Tanusree Basak (PT) published a paper titled 'Prevalence of Sarcopenia in a Cosmopolitan City in Eastern India' in Journal of Society of Indian Physiotherapists in September, 2025.
- Mr. Viral Porecha published a book chapter titled 'Feminist Psychology and Female Empowerment in the Poetry of Jayanta Mahapatra and Kamala Das' in the scholarly book produced from the seminar proceedings on Intersection of Psychology Literature in Contemporary Literature in English: Themes and Perspectives in September, 2025.
- Dr. Anwesh Pradhan (PT) published a paper titled 'Role of Physical Rehabilitation in Managing Sleep Disorders in Neurologically Impaired Patients', Published in Chronobiology in Medicine in September, 2025.
- Dr. Gargi Raychaudhuri published an article titled 'Receptor-Level Modulation of Sleep Architecture: The Role of Adenosine, Orexin, and GABAergic Systems in Aging Brains' in Probecell Science in November, 2025.

RESEARCH & PUBLICATION PURSUITS



PUBLICATION LIST: 2025

NOPANY INSTITUTE OF MANAGEMENT STUDIES

- Dr. Shreya Bagchi published an article titled 'An Empirical Study of Understanding Consumer Emotions & Its Role in Crafting More Effective Ads' in International Journal of Contemporary Research in Multidisciplinary (IJCRM) in January, 2025.
- Dr. Seema Lall published a case study titled 'Meesho: To Change Its Business Model' in Gyanodaya – Indian Institute of Management Kozhikode, March 2025.
- Dr. Seema Lall published a case study titled 'Meesho Superstore: Re-entering into Grocery E-commerce' in Gyanodaya – Indian Institute of Management Kozhikode, March 2025.
- Ms. Keya Pan published an article titled 'The Impact of AR and VR on Education and Entertainment' in ESP International Journal of Advancements in Science & Technology (ESP-IJAST) in April, 2025.
- Ms. Annapurna Singha Roy published a book chapter titled 'Decision Science in the Digital Age- Integrating Theory and AI-Enhanced Decision-Making' in the journal IntechOpen in May, 2025.
- Dr. Seema Lall published a case study titled 'Pulse: Redefining Confectionery in India' in The Case Centre UK in June, 2025.
- Ms. Sarada Chatterjee published an article titled 'Integrating Behavioural Finance into Strategic Investment Evaluation: A Fuzzy Logic Approach' in International Journal of Environmental Sciences (IJES) in July, 2025.
- Ms. Keya Pan published an article titled 'The Stressful Link: Diabetes and Its Impact on Mental Health' in ESP International Journal of Advancements in Science & Technology (ESP-IJAST) in July, 2025.
- Ms. Sarada Chatterjee published an article titled 'Impact of Diversity, Equity, and Inclusion on Indian HEIs' in Journal International Journal of Economic Practices in August, 2025.
- Ms. Sarada Chatterjee published a book chapter titled 'Impact of Trauma on HRM Recruitment and Selection Bias in Employee Interviews' in the edited book Recent Researches in Business, Economics and Society, published in August, 2025.
- Ms. Sarada Chatterjee published an article titled 'Impact of DEI and Sustainability on Higher Educational Institutes in America' in Journal of International Commercial Law & Technology in September, 2025.

RESEARCH & PUBLICATION PURSUITS



PUBLICATION LIST: 2025

NOPANY INSTITUTE OF MANAGEMENT STUDIES

- Dr. Devanjali Nandi Das published an article titled 'Decentralised Finance: A Critical Analysis' in Journal of Business Management, Commerce and Research in September, 2025.
- Ms. Annapurna Singha Roy, Mr. Arunava Kundu and Mr. Kaustav Sinha published an article titled 'IoT Street Lighting System with Real-Time Fog and Light Intensity Sensing and Cloud-Enabled Data Monitoring for Smart Cities' in Research in Applied Science & Engineering Technology (IJRASET), Volume 13, Issue IX in September, 2025.
- Mr. Kaustav Sinha published an article titled 'A Systematic Approach to Enhancing Cloud Performance Using GA-Driven Adaptive Resource Allocation Strategies' in International Journal for Multidisciplinary Research (IJFMR) in November, 2025.
- Dr. Shreya Bagchi published a book titled Mastering Communication Skills: The Complete Guide to Oral Communication in November, 2025.
- Dr. Devanjali Nandi Das published a book chapter titled 'Sustainable Development Goals and Digital Financial Inclusion' in the edited book Analysing Trends and New Dimensions in Sustainable Development: An Indian Context, published in November, 2025.

Director's Communique



THE POWER OF CONNECTION: RE-IMAGINING HUMAN CONNECTION IN A DIGITAL WORLD

We live in a world where it feels easier to send a message than to say hello, and where “last seen at 9:05 pm” can cause more anxiety than an actual conversation. Technology has made life faster and more connected—but yet not connected.

Phones and social media help us stay in touch with people far away. We share photos, jokes, opinions, and sometimes even emotions through screens with almost complete strangers. Some posts are so personal on social media that it almost makes me cringe about how one can share such details for the world to read. For students, digital tools make learning interactive and friendships borderless. One click can start a conversation with someone across the world, which is pretty amazing.

But there is a funny twist. While we are busy connecting online, we often forget the people sitting right next to us. A familiar sight of our digital age is when people make great efforts to meet—traveling, dressing up, planning schedules—only to sit together staring at their phones. Friends gather at cafés, families sit in living rooms, and everyone scrolls silently, occasionally looking up to say, “Wait, I’ll tell you, just replying to one message.” Video calls have replaced physical visits; birthdays are wished through screens, and celebrations end with a “Join on Zoom.” Guests rarely visit homes anymore—hospitality has been replaced by emojis and voice notes. Ironically, we meet less, talk less, and yet claim to be “always connected.”

Children today can unlock a phone before they can tie their shoelaces. While apps and videos can be educational, too much screen time means less outdoor play, fewer messy games, and fewer chances to learn how to share, argue vehemently, and make up—all important life skills that no app can teach. For older adults, technology is both a gift and a headache. Video calls let grandparents see their grandchildren grow up, but learning how to use a smartphone can feel like solving a mystery novel. One wrong tap and suddenly everything disappears. Many elderly people still prefer a real conversation, a cup of tea, and someone who listens without buffering.

Here are **practical, relatable strategies to overcome the loss of human connection in today’s digital world**—simple enough to follow, realistic to practice, and effective across ages:

1. Create “Phone-Free” Moments

Set small no-phone zones: during meals, family time, or meetings with friends. Even 30 minutes of undivided attention can rebuild genuine connection. Eye contact still beats emojis.

Director's Communique

THE POWER OF CONNECTION: RE-IMAGINING HUMAN CONNECTION IN A DIGITAL WORLD

2. Prioritise In-Person Interactions

Make a conscious effort to meet people face-to-face—walks, coffee catch-ups, community events. Physical presence adds warmth, body language, and emotional depth that screens can't replace.

3. Practice Active Listening

When someone speaks, listen without checking notifications or thinking of replies. Being fully present makes people feel valued and understood.

4. Encourage Intergenerational Interaction

Children and older adults benefit greatly from shared time—storytelling, games, walks, or learning skills from each other. These moments reduce loneliness and build empathy.

In summary, human connection is more than likes, emojis, and quick replies. It is about listening, laughing, touching, holding and sometimes just being present. Technology is useful, but it cannot replace a smile, a hug, or a shared moment.



Dr. Shabnam Agarwal, PhD
Director- Education, NI

Principal's Perspective: Shaping Academic Excellence



The Power of Connection: Where People, Ideas, and Possibilities Unite

In the era of a fast-changing world and global interdependence, the power of meaningful connection plays a crucial role in the society. At Nopany Institute of Management Studies, I believe that when people connect with purpose, ideas gain direction, and possibilities become realities. This belief forms the spirit of this year's theme for SANKALP— "The Power of Connection: Where People, Ideas, and Possibilities Unite."

A booming academic institution is not built merely on infrastructure and curriculum; it is moulded by relationships—between students and teachers, among peers, between institution and industry, and with society at large. These connections inspire innovation. In our classrooms, laboratories, clubs, and community outreach programs, we witness how the exchange of ideas stimulates creativity and builds confidence among the learners.

Today's learners are not just recipients of knowledge—they are collaborators, problem-solvers, and future leaders. They connect their learning with real-world situations, and they find opportunities beyond the classroom learning. When faculty members connect theory with reality, education becomes transformative, and when an institution connects it with industry and society, students gain exposure. It is thus an intersection between theory and practice in collaboration with the industry that leads to success.

At NIMS, we deliberately foster an ecosystem where collaboration replaces competition, and success becomes an ultimate goal. Our seminars, workshops, skill development initiatives, inter-collegiate events, internships, industrial trainings and club activities are the platforms where our students connect their talents with larger aspirations and build professional competence.

SANKALP, as our annual magazine, is itself a powerful symbol of connection. It connects voices, visions, and values. It reflects the creativity of our students, the dedication of our faculty members, and the vibrant culture of our institution.

Let us remember that progress does not happen in isolation. It happens when minds meet, when knowledge is shared, and when collective purpose drives individual excellence.

I extend my heartfelt appreciation to the editorial team, students, faculty members and lastly the management of NIMS, whose efforts have brought this edition of SANKALP to life.

With best wishes,

Dr. Subir Ghosh
Principal, NIMS

Administrative Officer's Note: How Administration empowers our Institution



Human Connection reimaged in a Digital World

In today's world that is driven by screens, speed, and constant notifications, human connection is being redefined. Digital tools have transformed how we interact—breaking geographical barriers and enabling instant communication—yet they have also challenged the depth and authenticity of our relationships. The true power of connection today lies in how intentionally we use technology to strengthen, not replace, human bonds.

Virtual platforms allow ideas, emotions, and experiences to travel faster than ever. Teams collaborate across continents, families stay in touch despite distance, and communities form around shared interests rather than shared locations. These connections create opportunity, inclusivity, and innovation. However, when interactions become transactional or impersonal, connection loses its meaning.

Reimagining human connection in a digital world requires balance. Technology should act as a bridge, not a barrier. Active listening, empathy, and clarity remain essential—even through screens. A thoughtful message, a timely response, or a moment of genuine engagement can foster trust and belonging, regardless of the medium.

Digital connection, like in-person connection also demands responsibility. With information flowing freely, respect, transparency, and authenticity become crucial. Human connection thrives when people feel safe, valued, and understood, not overwhelmed or ignored.

Connection thus is not defined by the tools we use, but by the intention behind them. When technology is guided by empathy and purpose, it enhances our ability to connect deeply. In reimagining human connection, we rediscover that even in a digital world, humanity remains at the heart of every meaningful interaction.

A handwritten signature in black ink, appearing to read 'Anupam Das'.

Mr. Anupam Das
Administrative Officer, NI



We live in an era where digital communication shapes how we connect—with people, with information, and with the expanding universe of technological possibilities. From instant messaging and collaborative digital platforms to global networks of shared knowledge, the ways we interact today redefine the meaning of connection in powerful and transformative ways. These connections transcend physical boundaries, enabling collaboration across cultures, disciplines, and geographies, and strengthening the digital communities we build together.

The theme of this edition of SANKALP: ‘The Power of Connection’ resonates deeply in our digitally driven world. It encourages us to reflect not only on traditional relationships and conversations, but also on how online interactions shape our identities, influence our thinking, and broaden our access to ideas. In the digital age, connection is no longer limited to face-to-face engagement—it is an ongoing exchange supported by empathy, digital literacy, and the thoughtful use of communication technologies.

Within these pages, our contributors explore how digital communication fosters creativity, inclusivity, and innovation. Their insights illustrate how online collaboration sparks new ideas, how virtual communities cultivate belonging, and how technology provides platforms for shared expression and collective growth. They remind us that every meaningful connection—whether through a message, a shared post, or a virtual dialogue—holds the potential to inspire change and shift perspectives.

At the centre of every thriving digital community lie strong relationships and the free exchange of ideas. When individuals engage purposefully—combining human insight with digital tools—the results are dynamic and far-reaching. This synergy multiplies possibilities and accelerates progress, proving that technology, when used with intention, enhances rather than replaces human connection.

As you journey through this volume, I hope it inspires you to value the many forms of connection that enrich your digital and real-world experiences. May these reflections encourage you to communicate with openness, to share ideas generously, and to use digital platforms to build bridges that strengthen our shared future.

Viral Porecha

Viral Porecha

Assistant Professor
Editor: SANKALP 2025

Associate Editor's Musings



In today's digitally driven world, connection has taken on new meanings. While technology has brought us closer in unprecedented ways, it has also challenged us to preserve the depth, authenticity, and warmth of human relationships. The theme of this edition of Sankalp, "The Power of Connection: Reimagining Human Connection in a Digital World," encourages us to reflect on how we connect—not just through screens, but through shared values, emotions, and understanding.

This magazine is a celebration of voices coming together—each article, poem, and artwork representing a unique perspective that contributes to a collective narrative. Sankalp reminds us that true connection goes beyond virtual interactions; it lies in empathy, collaboration, and meaningful dialogue that technology can amplify when used with purpose.

As Associate Editor, I am proud to be part of a platform that bridges creativity and intellect, tradition and innovation. I extend my heartfelt gratitude to the editorial team, contributors, and mentors whose dedication made this edition possible. May this issue inspire readers to build deeper, more mindful connections and recognize the power we hold when we connect with intention in an increasingly digital world.

A handwritten signature in black ink that reads "Bagchi".

Shreya Bagchi

Assistant Professor

Associate Editor: SANKALP 2025

Through the Designer's Eyes



Designing this year's edition of Sankalp has been far more than a creative task—it has been a meaningful journey of understanding, collaboration, and heartfelt connection. Guided by the theme “The Power of Connection,” this edition celebrates the invisible threads that bind us together: our stories, our voices, our dreams, and the shared identity we hold as a community.

Every page of this magazine has been crafted with that spirit in mind. From the cover that represents global unity and human relationships, to the inner pages where creativity meets clarity, each visual and element has been intentionally designed to reflect the essence of connection.

I feel truly privileged to serve once again as the designer of Sankalp. My sincere gratitude to everyone who supported, encouraged, and inspired this creative journey. May this edition continue to radiate the unity, warmth, and hope that the word “connection” so beautifully embodies.

Joheb Chowdhury

Joheb Chowdhury

Digital Marketing Coordinator, UI/UX Designer
Designer: SANKALP

Student Editors' Voice (NIHS)



Srija Sinha
4th Year - BPT



Rudradev Sarkar
3rd Year - BPT

It gives us immense pleasure to be part of the editorial team for Sankalp Magazine 2025. This journey has been much more than assembling articles—it has been a meaningful exploration of the power of connection. Working with a diverse group of people, each contributing their unique ideas and perspectives, showed us how collaboration thrives when genuine connections are formed.

Throughout our time on the editorial team, we discovered how building understanding and rapport with one another made our teamwork smoother and more fulfilling. The editorial process allowed us to bond with our peers—juniors, seniors, and classmates alike—helping us appreciate their motivations, strengths, and creativity. These moments of connection strengthened our sense of community and transformed challenges into opportunities for collective growth.

Beyond the technical aspects of editing, we realized that the connections we build in college shape our experiences, relationships, and achievements. This magazine stands as a reflection of these bonds: a celebration of shared efforts, diverse talents, and the spirit of unity that defines our student body.

We extend our heartfelt gratitude to our teachers for entrusting us with this responsibility. Their faith in us not only refined our editorial abilities but also deepened our understanding of how powerful and transformative human connection can be. And a big thank you to all the students for your avid participation to make SANKALP a success.

Student Editors' Voice (NIMS)



Sayan Kundu
5th Semester- BBA



Shyam Sharma
3rd Semester- BCA



Sampurna Mal
5th Semester – BBA(HM)

As the SANKALP 2025 editors, we are thrilled with this year's edition, which is constructed upon an idea that really characterizes life in college: The Power of Connection.

Connections at NIMS mean much beyond friendships; they are shared moments, ideas, and inspirations—some of the building blocks of our campus community.

This magazine is a celebration of those bonds. Every article, every poem, photograph, and work of art captures how connections shape our growth—academically, creatively, and personally. As we worked on this edition, we experienced firsthand how collaboration and mutual understanding strengthen a team. Each meeting, discussion, and revision reminded us that creativity thrives when people come together for a shared purpose.

We would like to express our deepest gratitude to all the contributors who have filled these pages with life and passion. We are especially thankful to our faculty advisors for guiding us through constant support and encouragement. Their mentorship is the backbone of SANKALP every year.

True to its meaning, SANKALP stands for determination—this year, it reflects unity, too. This edition is more than just a magazine; it is a reminder of ties that help define us and who we are striving to become.

We hope SANKALP 2025 inspires you to treasure and nourish the powerful connections in your own life. Thank you for being part of this journey!

NOPANY INSTITUTE OF HEALTHCARE STUDIES

AFFILIATED TO THE WBUHS



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**4^{1/2}
YEARS**

ELIGIBILITY: PASSED 10+2 FROM RECOGNISED BOARD/ COUNCIL WITH PHYSICS, CHEMISTRY & BIOLOGY.

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**2
YEARS**

SPECIALIZATION

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- (ii) Neurology**

ELIGIBILITY: PASSED BPT/ BSC (PT) FROM ANY RECOGNISED UNIVERSITY WITH ATLEAST 50% MARKS.



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IQAC

INTERNAL QUALITY ASSURANCE CELL



QUALITY
LEVEL



2025

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 Convenor, BPT: Dr. Gargi Ray Chaudhuri Convenor, MPT: Dr. Tanusree Basak (PT) Members: Dr. Anwesh Pradhan (PT), Dr. Tapas Kumar Pal (PT), Dr. Ravishankar Chakraborty (Alumni)	Ms. Aparna Goswami (Alumni-MPT) Ms. Koushiki Kolay Ms. Debika Samanta
2	College Examination Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: Dr. Anwesh Pradhan (PT) Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Tapas Kumar Pal (PT), Dr. Namita Kaushik (PT)	NA
3	College Research & Publication Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: 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 & Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Members: 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), Ms. Tanurima Basak, Mr. Joheb Chowdhury	Ms Srija Sinha, Mr.Samrat Bhattacharya, Mr.Sohom Saha, Mr. Aniruddha Paul, Ms.Athena Das
5	College Sports and Extra-Curricular Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: Dr. Tapas Kumar Pal (PT) Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Anwesh Pradhan (PT), Dr. Mainak Patra (PT), Dr. Shilpasree Saha (PT)	Mr. Ayush Goswami, Ms. Naina Agarwal, Mr. Aishik Paul, Ms. Srija Sinha, Mr. Ayush Chowrasia, Mr. Aritra Paul, Mr. Amrit Saha, Ms. Manjusha Ganai

Nopany Institute of Healthcare Studies

SI no.	Name of Committee	Committee Members	Student Members
6	College Library Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: Mr. Pradip Roy Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Tapas Kumar Pal (PT)	Ms. Debika Samanta
7	College Information Technology Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: Mr. Indranil Pramanik Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Shilpasree Saha (PT), Mr. Jyotirmoy Saha, Mr. Joheb Chowdhury	Mr. Shyam Sharma, Mr. Sayan Debnath, Ms. Srity Tiwary
8	College Career Counselling Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: Dr. Anwesh Pradhan (PT) Members: Dr. Gargi Roy Chaudhuri, Dr. Tanusree Basak (PT), Dr. Tapas Kumar Pal (PT), Dr. Namita Kaushik (PT)	NA
9	College Internal Complaints Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman, IQAC: Dr. Subir Ghosh Special invitee: Mr. Anupam Das Convenor: Dr. Tanusree Basak (PT) Members: Dr. Gargi Ray Chowdhury, Dr. Namita Kaushik (PT), Dr. Shilpasree Saha (PT)	NA

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. Sarada Chatterjee Convenor, BCA: Ms. Kaveri Banerjee Convenor, BBA-HM: Ms. Keya Pan Roy Members: Dr. Gargi Ray Chaudhuri, Dr. Tanushree Basak (PT), Ms. Anamika De Amin, Dr. Seema Lall, Mr. Anirban Ghosh, Mr. Kaustav Sinha, Ms. Sukanya Belel	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: Mr. Anirban Ghosh, Mr. Pradip Roy	Mr. Sayan Kundu, BBA 5th Semester Ms. Anushka Pakray BCA 5th Semester Ms. Debangshree Biswas BBA-HM 5th Semester
3	Library Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Mr. Pradip Roy Members: Ms. Sarada Chatterjee, Ms. Keya Pan Roy, Mr. Anirban Ghosh	Mr. Sayan Kundu, BBA 5th Semester Ms. Anushka Pakray BCA 5th Semester Ms. Tanisha Saha 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. Sarada Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee, Mr. Joheb Chowdhury, Officer-in-Charge (Girish Park Police Station)	Ms. Diya Jain, Pass Out Ms. Aliza Quraishi, BBA 5th Semester Ms. Naba Daudi, BBA 3rd Semester Ms. Sangita Kumari Sharma, BCA Pass Out Ms. Abhishek Jha, BCA 5th Semester Ms. Krishnendu Dutta, BCA 3rd Semester Ms. Madhumita Dutta, BBA-HM Pass Out Ms. Tanisha Saha, BBA-HM 5th Semester Ms. Ankana Parui, BBA-HM 3rd Semester
5	College Curriculum Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor, BBA: Ms. Sarada Chatterjee Convenor, BCA: Ms. Kaveri Banerjee Convenor, BBA-HM: Ms. Keya Pan Roy Members: Dr. Gargi Ray Chaudhuri, Dr. Tanushree Basak (PT), Dr. Seema Lall, Ms. Anamika Dey Amin, Mr. Anirban Ghosh, Mr. Jyotirmoy Saha, Mr. Kaustav Sinha, Ms. Annapurna Singha Roy, Mr. Arunava Kundu, Ms. Sharmistha Chakraborty, Ms. Sukanya Belel	Mr. Devang Agarwal, BBA 5th Semester Mr. Pratham Pathak, BBA 3rd Semester Mr. Akash Naskar, BCA 5th Semester Mr. Krishnendu Dutta, BCA 3rd Semester Ms. Debaroti Kahiri, BBA-HM 5th Semester Ms. Sampurna Mal, BBA-HM 5th Semester

Nopany Institute of Management Studies

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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. Sarada Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee, Ms. Sukanya Belel	Mr. Raghav Poddar, BCA Pass Out Ms. Amisha Nandi, BBA-HM Pass Out Ms. Ashutosh Kumar Ojha, BCA Pass Out Ms. Diya Jain, BBA Pass Out Mr. Sayan Kundu- BBA 5th Semester Mr. Sampurna Mal- BBA-HM 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	Mr. Shyam Sharma, BCA 3rd Semester Ms. Divya Tiwari, BCA 1st Semester
8	Institutions Innovation Council Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das President: Ms. Sarada Chatterjee Vice President: Dr. Devanjali Nandi Das Convenor: Ms. Shreya Bagchi IPR Activity Coordinator: Mr. Anupam Das Startup/ Alumni Entrepreneur: Mr. Suvendu Narayan Roy Innovation Activity Coordinator: Mr. Anirban Ghosh Startup Activity Coordinator: Ms. Sharmistha Chakraborty Social Media Coordinator: Mr. Joheb Chowdhury	Mr. Sayan Kundu, BBA 5th Semester Mr. Pratham Pathak, BBA 3rd Semester Mr. Shivam Kumar Jha, BCA 5th Semester Mr. Shyam Sharma, BCA 3rd Semester
9	Internal Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Convenor: Ms. Anamika De Amin Members: Ms. Sarada 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 Convenors: Dr. Seema Lall, Mr. Indrajit Ghosh Members: Dr. Gargi Ray Chaudhuri, Dr. Tanusree Basak (PT), Ms. Sarada Chatterjee, Ms. Keya Pan Roy, Ms. Kaveri Banerjee, Ms. Ms. Sukanya Belel, Ms. Shreya Bagchi	Ms. Sana Siddique- BBA Pass Out Ms. Debaroti Lahiri- BBA-HM Pass Out Ms. Sangita Kumari Sharma- BCA Pass Out
11	Students' Grievance Redressal Committee	Ex Officio Chairperson: Dr. Shabnam Agarwal Chairman IQAC: Dr. Subir Ghosh Special Invitee: Mr. Anupam Das Convenor: Dr. Devanjali Nandi Das Members: Ms. Sarada Chatterjee, Ms. Kaveri Banerjee, Mr. Kaustav Sinha	Ms. Aaina Godara BBA 5th Semester Mr. Krishnendu Dutta, BCA 3rd Semester

INTERNAL QUALITY ASSURANCE CELL (IQAC) 2025

IQAC - CORE COMMITTEE



IQAC - NIHS COMMITTEE MEMBERS



IQAC - NIMS COMMITTEE MEMBERS



Faculty's Voice-NIMS

CONNECTION



Connection is a term defining a relationship in which a person or thing is linked or associated with something else. Communication is the exchange of information, while connection is the deeper, emotional feeling of being understood and valued, often requiring presence and empathy beyond just words.

The human civilization has evolved and continues to exist through both direct and indirect form of connection. In the modern era, digital connectivity is necessary for economic growth, education, healthcare, and daily life, enabling global communication, e-commerce, remote learning, telemedicine, and efficient public. At the same time emotional connection is also necessary for our mental growth, experiential education, stability of inner mind, empathy and social concern.

Recently I watched a play that highlighted a critical paradox of contemporary life : while we are more digitally connected -- individually and globally -- but we are gradually losing our emotional connectedness. Social connectivity has been greatly affected by our attitude to life today. If we examine the time period like from 1992 to till date, we can see the change of our thoughts and connections. The year 1992 was remarkable for the Gulf War and the turning point of the globalization and throughout the time digital connectivity has become an integral part of our life.

Digital up gradation is always a great welcome for the enrichment of people, society, community, country and rather for the betterment of global connectivity. But the balanced usage of the digital connection is required for the healthy existence of our society.

Therefore it is imperative to create platform that integrate both Artificial Intelligence (AI) and Emotional Intelligence (EI). We have to take initiative to make a platform for AI & EI both. They must go hand in hand for the benefit of holistic growth and development of mankind.

Anamika De Amin

Assistant Professor
& Studies Coordinator, NIMS

Faculty's Voice-NIMS

INNER STRENGTH, OUTER BONDS: THE ART OF WHOLEHEARTED LIVING



The world is getting smaller, and getting connected is just a click away, yet everyone is talking about being isolated. Brené Brown, in her book *The Gifts of Imperfection: Let It Go, Thoughts on Wholehearted Living* (2010), defines connection as “the energy that exists between people when they feel seen, heard, and valued”. The various types of connection can be physical, emotional, mental, and spiritual, with which we associate with each other. In this digital era, connecting as humans is important to resonate the positive vibes. The connection can be both internal, that is, connecting with the self, or external, that is, connecting with the outside world.

The question now arises, how to connect, so here are some tips for getting started. The idea is not just a talk with a friend, but it can be a group having a common interest or hobby that inspires us. We can start with a simple conversation with a friend, join a club or group of common interest, start working on that hobby we once loved, start exercising to take care of our health, join a volunteering programme, or maybe read something interesting. Connection with self is also very important to clear our minds of the clutter. A walk into nature, a hike, or just listening to our favourite song can be a good start for it. So let's be digitally connected, but also not forget the power of human connection that enables us to evolve fully.

Dr. Devanjali Nandi Das
Associate Professor, NIMS

Faculty's' Voice-NIMS

BEYOND BOOKS: THE BONDS THAT BUILD US



College life is often portrayed as a pursuit of academic excellence, yet its true essence extends far beyond textbooks and timetables. It is shaped by the invisible threads of connection that bind students, teachers, and the campus community into a vibrant tapestry of shared experiences.

Within these corridors of learning, friendships evolve into formidable support systems, offering solace during stress and celebration during success. These relationships nurture emotional resilience and foster a sense of belonging—an essential antidote to the isolation that modern life often cultivates.

Equally significant are the connections students forge with mentors and faculty. Their guidance transcends academic instruction, illuminating pathways of intellectual curiosity, critical reasoning, and personal refinement. Such mentorship becomes a catalyst for transformation, encouraging students to broaden their perspectives and embrace new challenges with confidence.

Campus interactions—whether through collaborative projects, cultural events, or spontaneous conversations—enrich our understanding of diversity. They cultivate empathy, sharpen interpersonal skills, and instill a spirit of cooperation. In this shared environment, students learn that progress is not merely an individual endeavor but a collective journey.

Ultimately, the bonds forged during college become lasting imprints, shaping character long after graduation. They teach us that education is not confined to classrooms; it thrives in relationships, conversations, and connections that inspire us to grow.

These bonds—subtle yet powerful—truly build us, reminding us that knowledge gains its greatest meaning when shared, supported, and experienced together.

Keya Pan
Assistant Professor
& Coordinator-BBA (HM), NIMS

Faculty's Voice-NIMS

THE LOST ART OF SLOW CONNECTION: REDISCOVERING MEANING IN FACE- TO- FACE MOMENTS



**Shared packs of chips....
Funny how the smallest snacks,
Fed the biggest memories.
Where time slowed down,
And friendships sped up!**

In an age where conversations often begin with a notification and end with a distracted swipe, the idea of slowing down to truly connect may sound almost vintage. Yet, for Gen Z, it is becoming a quiet rebellion. Between latte art, lo-fi playlists, and the comfort of familiar corners, café culture has become a refuge where digital noise gently fades and real conversations begin. While online spaces keep us updated, they rarely offer the depth that comes from sitting across someone, sharing a cold brew, or letting a conversation stretch long after the cups run empty.

Slow connection is not about rejecting technology- it is about reclaiming presence. A face-to-face moment holds nuances no emoji can capture- the warmth in a friend's laughter, the reassurance in their voices, the silence that does not demand to be filled. Many young people today are choosing "quality friendships," preferring a small circle that feels safe, honest, and deeply rooted over superficial scrolling- a new form of self-care.

Whether it is study sessions at campus, slow walks after class, or simply showing up when it matters- these rituals build bonds that feel grounding and lasting. In a world moving at digital speed, Gen Z is rediscovering that the strongest connections often begin with something beautifully simple: slowing down over a cup of coffee and allowing the moment to breathe!

Dr. Seema Lall
Professor, NIMS

Faculty's Voice-NIMS

THE ELEGANCE OF CONNECTION: CULTIVATING EMPATHY, INSIGHT, AND OPPORTUNITY



The power of connection is perhaps one of the most understated yet indispensable elements of civilised life. In an age where haste and distraction often prevail, the ability to forge sincere human bonds stands as a quiet testament to our better nature. Connection is not confined to mere conversation; it is the subtle art of understanding, the gentle exchange of thought and feeling that lends richness to our days.

At its finest, connection cultivates a refined sense of empathy. When we pause to listen—truly listen—we begin to appreciate the intricacies of another's experience. Such attentiveness fosters respect and encourages a more gracious manner of living, where differences are met not with suspicion but with thoughtful curiosity. In this way, connection becomes the thread that weaves individuals into communities



Moreover, connection carries an unmistakable power to inspire. A well-timed word of encouragement, a moment of patient guidance, or a shared aspiration can rouse confidence where doubt once lingered. It is often through the steady presence of others that we discover our own strength and potential.



In moments of adversity, the strength of connection shines most distinctly. A simple kindness can steady one's thoughts, and a sincere exchange can revive hope, reminding us we belong to something far greater than ourselves.

Ultimately, the power of connection rests in its grace and simplicity. When approached with dignity and sincerity, it elevates our character, strengthens our communities, and enriches the very fabric of everyday life.

Jyotirmoy Saha
Assistant Professor, NIMS

Faculty's Voice-NIMS

CONNECTING MIND AND BODY THROUGH YOGA



Yoga combines breath, movement, and awareness to connect between mind and body. This ancient practice enhances self-awareness and harmonizes mental and physical states through physical asanas, pranayama, and meditation.

Core Mechanism: Yoga synchronizes breath with movement, activating the parasympathetic nervous system via the vagus nerve to reduce stress and increase calmness. Regular practice cultivates mindfulness, helping practitioners observe thoughts without attachment, fostering resilience and emotional regulation. These elements—postures, breath, relaxation, and meditation—are interconnected, simultaneously influencing cognitive function and physical relaxation.

Key Benefits: Reduces anxiety and improves sleep through introspective practices like chanting and mantras. Enhances flexibility, strength, balance, and mental clarity by increasing awareness of the present moment. Supports overall well-being by connecting thoughts, emotions, and physical sensations, aiding in recovery from stress or addiction.

Practical Application: A short 30-minute session of coordinated breathing and gentle postures can deepen this connection, fostering non-reactivity and gratitude. Beginners can immediately experience mental relaxation and improved focus through slow breathing exercises. Consistent practice leads to greater empathy, purpose, and interconnectedness with others.



So yoga is a holistic practice that integrates the mind, body, and breath. The mind-body connection refers to how thoughts, emotions, and mental states influence physical health, and how bodily movements and breath patterns affect mental well-being. Yoga strengthens connection through coordinated movement, mindful breathing, and focused awareness.

"Samatvam yoga uchyate" (समतत्वं योग उच्यते) (Bhagavad Gita Chapter 2, Verse 48). meaning "A balanced state is Yoga," defining Yoga as the ability to remain calm and equipoised amidst life's dualities. It emphasizes performing one's duty without attachment to results, achieving inner balance & connection with body & mind.

Kalyan Dey
Visiting Faculty, NIMS

Faculty's Voice-NIMS

THE POWER OF CONNECTION: REIMAGINING HUMAN CONNECTION IN A DIGITAL WORLD THROUGH SOFT SKILLS



In an increasingly digital world, human connection is being reshaped by technology, redefining how individuals communicate and collaborate. While digital platforms enable instant interaction, the effectiveness of these connections largely depends on the soft skills individuals bring to them. Communication, empathy, adaptability, and emotional intelligence remain central to building meaningful relationships, even in virtual environments.

Soft skills play a crucial role in transforming digital interactions into productive and respectful engagements. Effective communication skills enhance clarity and understanding in online discussions, while empathy fosters trust and inclusivity across diverse digital communities. Similarly, adaptability and problem-solving skills help individuals navigate rapidly evolving digital tools and work cultures.

In educational and professional settings, the development of soft skills is essential for sustaining authentic human connections. Educators, in particular, have a responsibility to integrate soft skills training with digital literacy, enabling learners to engage thoughtfully and ethically in virtual spaces. Active listening, collaboration, and conflict management are as relevant online as they are in face-to-face interactions.

Reimagining human connection in a digital world therefore requires a balanced integration of technology and soft skills. When guided by strong interpersonal competencies, digital platforms can enhance collaboration, strengthen relationships, and create a more connected and humane society.

Dr. Shreya Bagchi
Assistant Professor, NIMS

Faculty's' Voice-NIMS

A DAY I CHOOSE MYSELF



“A Day I Choose Me” This is not a loud declaration, but a quiet understanding that grows with time. It comes from moments of reflection, when we realize how deeply connections shape our lives.

Throughout life, we meet people in different phases and forms. Some connections feel familiar, like comfort we did not know we needed. Others are new and unexpected, arriving at the right time to open up our perspective. Each new person brings a different energy, a different way of thinking, and a different lesson. Even fleeting connections can leave us more aware, open, and mature.

There are some connections that grow naturally, without effort, and others that teach us deep realizations about balance and boundaries. Together, these experiences help us understand relationships better and see life from multiple viewpoints.

Amid all these interactions, it becomes important to remain connected with ourselves. Choosing yourself means staying aware of your thoughts, respecting your emotions, and giving yourself the same care you offer to others. It means growing alongside new connections without losing your own identity.



In a world full of constant interaction, self-connection brings clarity and stability. When we are connected with ourselves, we welcome new people, new forms of relationships, and new experiences with confidence and openness. Choosing yourself is not about distance from others, it is about building stronger, healthier connections, starting from within.

Annapurna Singha Roy
Assistant Professor, NIMS

Faculty's Voice-NIMS

POWER OF CONNECTIVITY VIA TECHNOLOGY BASED TUTORIALS



The classroom has always been a space where connections were established: connections between a teacher and a student, a thought and an understanding, curiosity and confidence. A technology-enabled classroom is not a replacement for this but an amplifier of it. The right usage of technology acts as a bridge which brings teachers and students closer than they have ever been before.

As an educational professional, one witnesses first-hand how technology integration changes the learning experience. Interactive boards, remote demonstrations, and online learning environments make it possible to clearly present complicated information. A class stops being a passive audience for knowledge transfer, and students become engaged participants.

Technology can also foster a sense of connection beyond the walls of a classroom. With recorded lectures, forums, and immediate responses, students can sense support outside of class time. Some students will find this constant availability boosts their confidence and encourages them to think independently. They will know they can always access support.

As a teaching tool, technology promotes responsibility and accuracy. The ability to track student progress and deliver targeted information continues to improve. The impact of this technology not only enhances educational performance but also builds a better level of trust between teacher and student. The learning environment shifts to a focus on comprehension rather than memorization.

In the end, technology-enabled classrooms work because they are so very human. As long as they are driven by a commitment to professional ethics and a focus on education, technology can put people first and remember that learning is, in fact, a human process.

Arunava Kundu
Assistant Professor, NIMS

Faculty's Voice-NIMS

STUDENT'S AWARENESS OF IT MARKET TRENDS FOR PLACEMENT



In the fast-evolving IT industry, the power of connection plays a vital role in building successful career opportunities and achieving placements. Connection is not limited to interacting with people; it also means staying informed about the latest IT market trends, emerging technologies, and changing industry requirements. Students who regularly follow market developments gain clarity about in-demand skills such as artificial intelligence, cloud computing, cybersecurity, and data analytics.

Awareness of IT trends enables students to align their learning with industry expectations. By connecting with professionals through platforms like LinkedIn, GitHub and actively participating in webinars, hackathons, and internships, learners gain practical exposure that goes beyond classroom knowledge. These interactions offer valuable insights into recruitment trends, essential certifications, and the skills employers prioritize during placements.

Furthermore, strong connections promote mentorship and knowledge sharing. Advice from seniors, alumni, and industry experts helps students make informed career decisions and avoid outdated skill sets. In today's competitive placement environment, being well-connected and trend-aware provides a significant advantage. Thus, the power of connection, combined with IT market awareness, equips students to become industry-ready professionals and unlocks opportunities in the dynamic digital world.

Kaustav Sinha
Assistant Professor, NIMS

Alumnus' Voice- NIHS



My journey as a Bachelor of Physiotherapy student at Nopany Institute of Healthcare Studies has been one of the most enriching phases of my life. When I first joined the BPT course, I was excited to grow, learn, and discover my strengths. Looking back, NIHS helped me build a strong professional identity and prepared me for the responsibilities I carry today.

One of the most valuable aspects of our Course was the opportunity to complete internships in six different hospitals. This wide clinical exposure helped me understand various patient conditions, treatment approaches, and the practical challenges of working in a healthcare setting. Along with this, the college's own physiotherapy clinic gave me confidence in hands-on practice and patient management.

The teachers at NIHS supported us with clear guidance and consistent motivation. Their approachable and encouraging nature helped us grasp important concepts and apply them effectively during clinical postings, without feeling overwhelmed.

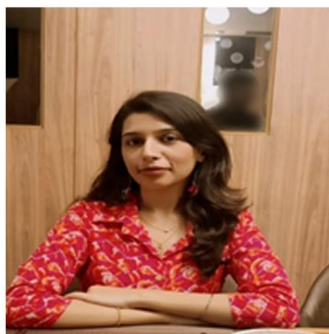
Beyond academics, NIHS also created a vibrant environment through extracurricular activities. Intra-college competitions, cultural programs, and annual day celebrations allowed students to enjoy, express their talents, and build stronger bonds. These events balanced our busy routine and added colour and joy to campus life.

Among the most precious gifts from NIHS are the lifelong friends I made during these years—friends who supported me, inspired me, and shared every step of the journey.

Today, as I work at Galaxy Hospitals, I carry forward the skills, discipline, and values I gained at NIHS with pride and gratitude.

Farhin Sehanaz
BPT-2020 batch

Alumnus' Voice- NIMS



I am a BBA (Bachelor of Business Administration) graduate from Nopany Institute of Management Studies. My three-year journey at NIMS was truly memorable, exciting, and exceptional. The lively cultural events, Picnics, Foundation Day celebrations, and our Industry Visit made college life vibrant and full of meaningful experiences. The visit especially helped me understand how real industries operate, how production processes work, and how classroom concepts are applied in an actual factory environment, which added great value to my course.

When I joined NIMS in 2022, I faced challenges with soft skills, presentations, confidence, and self-acceptance. With constant guidance and support from the faculty, I gradually overcame each of these hurdles. My communication and presentation skills improved, and my overall personality became more polished and confident.

The college also provided a three-month internship opportunity, giving me real corporate exposure. Mock interviews, soft skills sessions, and mentor feedback further prepared me for professional interviews and helped me understand my strengths and areas for improvement. These experiences played an important role in shaping my personal and professional growth.

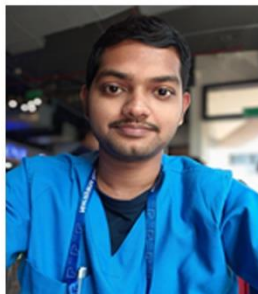
I got opportunities to attend several seminars and webinars arranged by the college. The opportunities and encouragement from my HOD and faculty enriched my learning throughout these three years.

As an ex-student, I genuinely miss the moments shared with friends and the faculty members at NIMS. These years have been a beautiful chapter of my life, and I will always remain grateful to NIMS for helping me become a better, stronger, and more confident version of myself.

Rishita Mishra
2025 Batch – BBA

Students' Voice- NIHS

Internship Diary



My internship experience across Belle Veu Clinic and R.N. Tagore Hospital has been a significant milestone in my clinical learning journey. These two healthcare institutions, each with their unique strengths and approaches, provided me with invaluable exposure to patient care, medical professionalism, and real-world clinical responsibilities.

At Belle Veu Clinic, I was introduced to a close-knit healthcare environment where patient interaction was more personal and direct. The teachers guided me as I learned essential skills such as patient assessment, basic procedures, record maintenance, and effective communication. Observing the smooth coordination between nurses and doctors helped me understand the importance of teamwork in ensuring timely and quality care.

In contrast, my experience at R.N. Tagore Hospital exposed me to a larger, multidisciplinary setting. With advanced departments and a structured workflow, I gained hands-on experience in routine ward activities, patient monitoring, medication administration, and assisting during clinical rounds. The hospital's high patient load helped me develop confidence, adaptability, and quick decision-making skills.

Working in both institutions strengthened my understanding of clinical ethics, empathy, and patient-centered care. I learned how to remain calm under pressure, prioritize tasks, and communicate compassionately with patients and their families. Most importantly, these experiences helped me grow not only as a trainee but also as a responsible future healthcare professional.

My internship at Belle Veu Clinic and R.N. Tagore Hospital has been truly transformative, shaping my foundation for a meaningful career in healthcare



Anish Mahapatra
4th Year- BPT

Students' Voice- NIHS

MY CLINICAL POSTING EXPERIENCE: A JOURNEY OF LEARNING AND GROWTH



Clinical posting is a period of hands-on training where Healthcare students work in a hospital or clinical settings to gain practical experience, learn treatment methods and practice their clinical skills under supervision.

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

My journey began at the Institute of Neurosciences Kolkata. There I experienced a significant transformation in the way I understood and applied physiotherapy concepts. Entering the clinical environment gave me an opportunity to observe real-life cases that I had previously studied only in textbooks. I interacted with patients suffering from neurological, orthopaedic and respiratory conditions, which helped me to understand the complexity of their problems and importance of personalised treatment.

Every day I learned something new from assessing patients to selecting the right therapeutic techniques. I also observed how senior physiotherapists communicated with the patients, handled complications and modified exercise and treatment plans according to the individual needs. This taught me that it is not just about the treatment, but also about empathy, patience and effective communication.

I learned techniques like chest physiotherapy, gait training, muscle strengthening, balance exercise and patient education.

This was a transformative journey that allowed me to grow both personally and professionally. It inspired me to become a more skilled, compassionate and responsible physiotherapist in the future.

Ruby Kumari Ram
4th Year- BPT

Students' Voice- NIHS

MOVIE REVIEW ON 'LIFE OF PI'



"Life Of Pi" (2012), directed by Ang Lee and starring Suraj Sharma and Irfan Khan, is an adventure drama that explores survival, faith, and the unexpected bonds that shapes us.

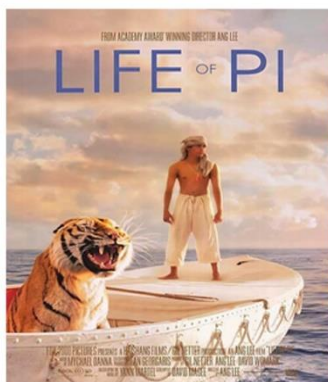
The film follows Pi Patel, a young boy who survives a shipwreck and ends up stranded on a life boat in the middle of Pacific Ocean. His only companion is Richard Parker, a fierce Bengal tiger. What makes the story powerful is the unusual bond that slowly forms between Pi and the tiger. At first, their relationship is full of fear and tension. Pi sees Richard Parker as a threat, and the tiger sees Pi as prey. But as days turn into months, they learn to exist together. Their connection becomes a source of strength and purpose. Pi trains, feeds and even talks to Richard Parker because it gives him hope and a reason to keep going. This bond highlights how deeply humans need connection- not just with other people, but with anything that gives life a meaning. Their relationship becomes a symbol of trust, respect, and survival.

The story is gripping, and the acting, especially by Suraj Sharma, feels sincere and powerful. Ang Lee's direction creates a magical yet emotional world, supported by breathtaking cinematography and a gentle musical score that deepens every scene. The themes of courage, belief, and companionship run throughout the film and gives it a lasting impact.

The thing that touched me most was the growing connection between Pi and Richard Parker and their unusual bond in a very unusual situation. It shows us how the most unlikely relationships can guide us through darkness.

Overall, Life of Pi beautifully shows how connection, whether with another being or with one's own inner hope, can keep us alive in impossible situations.

I would rate it a solid 4 out of 5.



Students' Voice- NIHS

CONNECTION AS AN ANTIDOTE TO ECHO CHAMBERS



Echo chambers are formed when groups of people shut themselves off from external perspectives and work only toward validating and amplifying their own points of view. Within such spaces, members often find comfort, even as reality becomes distorted to fit the group's collective preferences. Because effort is uncomfortable, individuals may gravitate toward these insulated environments, mistaking agreement for progress. Yet true growth requires facing discomfort, and without it, stagnation becomes inevitable.

Echo chambers are harmful to society because limiting interactions to agreeable circles restricts the exchange of diverse ideas communities need to evolve.



Connection serves as an antidote. It is one of the most powerful forces shaping human progress. When people engage openly with one another, they create spaces where ideas can be exchanged, challenged, and refined. When they do not, they end up consuming information solely from familiar, comfortable groups. Staying engaged with the broader world encourages people to encounter new ideas, question assumptions, and remain informed about social realities. A degree of uncertainty and challenge keeps individuals alert, curious, and active.

The power of connection lies in its ability to unite people, ideas, and possibilities. By embracing openness and resisting isolation, communities foster resilience, broaden collective understanding, and nurture an environment where progress becomes a shared endeavour driven by curiosity, empathy, and the exchange of perspectives across a gradient of personalities. Staying connected to the larger community ensures that individuals can both contribute to and benefit from the collective progress of society.

Students' Voice- NIHS

THE POWER OF CONNECTION



Connection is one of the most meaningful forces that shape human life. It is not only about talking to others, but about creating moments that make us feel understood, valued, and supported. A simple conversation, a kind gesture, or even a shared smile can build a bond that brings comfort, strength, and positivity. These small connections help us stay grounded, especially during stressful or uncertain times.

The power of connection plays a major role in personal growth. When we connect with people, we share ideas, learn new perspectives, and understand emotions – both ours and others. This builds empathy, improves communication, and helps us make better decisions. Strong connections also encourage teamwork and cooperation, making it easier to face challenges and achieve goals together.

In today's world, technology helps us stay connected across distances, but real connections still depend on sincerity, empathy, and presence. Messages and calls may keep us in touch, but genuine understanding comes from actively listening, supporting and caring. When used wisely, technology can strengthen relationships, create networks, and help communities grow.

Connection also begins within ourselves. When we understand our own emotions, strengths and weaknesses, we build confidence and emotional balance. The inner connection helps us form healthier, more meaningful bonds with others.

Ultimately, the power of connection lies in its ability to bring people together, create understanding, and fill our life with purpose and warmth. It reminds us that no matter where we are or what we face, we are never truly alone.

Nafees Fatema
2nd Year- BPT

Students' Voice- NIHS

GRAMPY'S HELP



"A strong, authentic self-connection is the most essential foundation for building healthy, meaningful connection with others."



"What! Tomorrow is the last date for submission?", Rachel yelled on the phone. Out of disappointment, he had declined the call before he threw it on the sofa. His grandfather sitting beside him said, "what's the matter child? May I know?" "Actually, tomorrow is the deadline for submitting the articles for college magazine and I'm still clueless about what to write", Rachel said.

"Okay! Tell me the topic, I'll help you."

"The topic is the power of connection where people, ideas & responsibilities unite."

"Okay great! Let me tell you a story from my experience which will definitely help you."

"In my college days, I had a girl best friend, gradually we became best companions. She was never a distraction for me rather being a reason for my all over growth and happiness. But eventually, our bond became weaker, so for sake for our mental peace, we got apart from each other....."

"Would you like to have some onion fritters, my child?" --- Rachel's grandmother said while serving evening tea to them.

"Sure granny! That would be great."---"So grampy, what happened next?" Grampy started to say "As soon as we separated, I had realized that I lost my pace of growth, happiness, peace, even my own self. I started questioning myself about my decision, then I heard a voice which I never cared about..."

Rachel said interrupting him, "What voice? I mean whose voice? I don't get you grampy."

"My inner voice. He told me that neither he could answer me nor give me any solution this time. I had never tried to converse with him before, but he rapidly tried to communicate with me and had never been calm and composed in any situation. More he told that the root cause of my current situation was nothing but the poor connection between him and me. If I wanted to achieve what I was wishing then, then I had to start introspecting from that very moment."---Grampy finished with a sigh.

Meanwhile his words made Rachel spellbound. After a few seconds he asked keenly, "Were you be able to introspect finally? Did you surrender yourself to her?"

"Yes, I did"

"What about her? Was she also able to make a self-connection like you or not?"

"Umm! That question can be answered by your granny only. Wait until she will complete preparing fritters", Grampy replied with a smile.

Students' Voice- NIHS

WHEN MINDS MEET, MAGIC HAPPENS

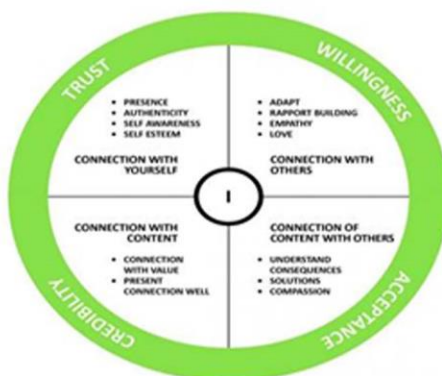


The power of connection lies in its ability to make us feel understood, valued, and less alone in the world. A genuine connection can bring comfort without words, support without conditions, and belonging without effort. It goes beyond conversations or presence — it reaches deeper, touching parts of us that often remain unseen.

There are moments when life becomes overwhelming, and even though we try to handle everything on our own, a single conversation with our parents can change everything. They may not always have perfect answers, and sometimes they struggle to understand our modern world, but their presence feels grounding. When they sit beside us, offer a warm meal, or simply say, "It's okay, I'm here," a quiet strength replaces our worry. Their connection is built on years of love, sacrifice, and silent understanding — a bond that doesn't need constant communication to stay strong. In those moments, we realize that the power of connection with our parents isn't just emotional — it's a reminder that no matter how complicated life gets, there will always be a place where we are loved without conditions.

The power of connection lies not in its length, but in the depth of understanding and warmth it brings to our hearts. Connections can be built with anyone — family, friends, teachers, strangers, or even someone we meet only once. What makes a connection meaningful isn't how long we've known someone, but how deeply they understand us.

Sometimes, a single connection can change your entire direction — not because it fixes you, but because it reminds you of who you truly are.



Debolina Dutta
2nd Year- BPT

Students' Voice- NIHS

CONNECTION: FELT DEEPLY, REMEMBERED SOFTLY



Some connections enter our lives quietly, but they grow into something that feels like a part of our heartbeat. My connection with my best friend was just like that—three years of trust, comfort, shared laughter, and silent understanding. In those years, I stood by her through every high and low. When she faced uncertainty, I became her voice of strength. When she doubted herself, I reminded her of her worth. Whenever she needed support, I became her constant, giving every possible effort—from small gestures to big sacrifices, from motivation to moments of care. And she cared for me too, genuinely, softly, beautifully.

But life has its seasons. When she finally got admission into a new place, a new world opened for her—new surroundings, new faces, new stories. Slowly, the bond that once felt steady began to slip like sand through fingers. The girl who once made me feel valued now seemed lost somewhere else. The conversations that once brought peace turned into distant echoes. The person who once prioritised me now found comfort in new connections, while I remained standing where our old bond once lived.

And that is when I learned the deeper truth about the power of connection:

Some connections teach you how to hold on;

some teach you how to let go with grace.

Our bond may have changed, but those three years shaped me. They taught me loyalty without expectation, love without demand, and the courage to accept that people evolve.

Even if the path separates, the meaning stays.

Even if the connection fades, the lesson remains.

Sometimes, the real power of connection is that it leaves you stronger—even when it doesn't stay forever.



Pushkar Kumar
2nd Year- BPT

Students' Voice- NIHS

THE SACRED CONNECTION OF UMBILICAL CORD



Origin of connection refers to a Latin derived word 'conectere' ; which strongly signifies a promising bond between two or more. A true connection always offers its sincere devotion and love to its counterpart. The base of any of the foundations are tied tightly with an unbreakable ideology of connection which may look like a production unit of life and lives.

Undoubtedly the strongest and purest true connection in the world is certified as mother child connection claiming the pull of umbilical cord....This sacred bond gets implanted just after the zygote starts dividing and it carries on from the womb to the lap and heart.

Motherhood is one of the greatest achievements in a woman's entire life. It is a journey of shaping a life inside which leads to innate commitment of reliance, love and purity. MAA is like a temple where universal equivalent peace and assurance of thousands of prayers are incorporated for her child. Sometimes she is softer than freshly fallen snow but anything causing alteration of her child's comfort she is ready to become tough like a mountainand even more dangerous than a fireball.



Poulami Chakraborty
2nd Year- BPT

Students' Voice- NIHS

BEYOND THOUGHT: THE DEEPER CONNECTION OF THE MIND



In a world filled with constant noise, endless tasks, and rising pressures, one of the greatest strengths we possess often goes unnoticed—the power of connection with our own mind. This connection is not simply an inner dialogue or a fleeting thought; it is a deliberate relationship we build with our awareness, emotions, and inner wisdom.

The true power of connection with the mind lies in its ability to shape the way we experience life. By nurturing mindfulness, understanding our emotions, and recognising our thought patterns, we unlock a deeper sense of balance and resilience.

The power of connection begins within us—between our conscious and subconscious mind. Our conscious mind shapes our daily decisions, thoughts, and actions, while our subconscious quietly stores our memories, beliefs, and emotions. When these two parts of our inner world work in harmony, we gain a clearer understanding of who we are and why we feel the way we do. This connection allows us to recognise hidden patterns, turn intuition into insight, and transform unconscious fears into conscious strength.

Mindfulness is one of the most profound paths to strengthen the connection between the conscious and subconscious mind. Through slow movements, controlled breathing, and mindful awareness, yoga trains the mind to stay present rather than scattered. In doing so, it strengthens the bridge between our conscious thoughts and the quieter layers of the subconscious. This inner stillness helps us connect with yourself and recognise emotions we often ignore and replace mental tension with clarity.

The power of connection does not end within the boundaries of our own brain; many believe that the mind holds the potential to reach beyond itself, touching the thoughts and emotions of others in subtle ways. Sometimes we sense a loved one's worry without a word being spoken, or we feel someone's presence even before they enter a room. These moments remind us that human minds can resonate with one another on levels deeper than language. Whether understood as telepathy, intuition, or emotional energy, this connection suggests that our thoughts are not isolated islands—they are part of a larger network of shared understanding that links us to others in unseen but meaningful ways.



Students' Voice- NIHS

THE POWER OF CONNECTION: WHERE PEOPLE, IDEAS AND POSSIBILITIES UNITE



Connection is not just something we feel, it is something we live every day, often without realizing it. Inside the human body, every action depends on proper coordination. A single movement needs smooth communication between the brain, nerves, and muscles. When that connection weakens, even simple tasks become difficult. Life works in a very similar way. When communication, understanding, or trust breaks, progress also slows down.

People grow when they are connected. Support from others can lift someone during their hardest phase. I have seen how motivation, trust, and genuine care can change pain into strength. Sometimes healing does not start with treatment, but with understanding and emotional safety. A calm mind often helps the body recover better.

Ideas also need connection to grow. A single thought remains limited when kept alone, but when shared, it gains direction and meaning. Conversations open new doors. Teamwork creates solutions that no one could build alone. Different perspectives sharpen our thinking and help us improve.

At this age, I have learned that being strong does not always mean standing alone. It often means knowing when to take support and when to give it. When people, ideas, and emotions connect, new paths open. And within those connections, real possibilities truly begin.

Sayonika Ghosh
3rd Year- BPT

Students' Voice- NIHS

THE POETIC JUSTICE



"Sen da, have you seen the news today? The country is on fire and the outrage is out of control"

"Yes, the condition has really worsened "

Mr. Subhas Sen was working as an Army doctor. He was posted in the border when the dreadful news of the fateful day of 26th November came. The city of Mumbai was burning and communal riots broke out all around the nation.

Sen's duty period was soon supposed to be over and the leave was going to start in a day. He was very eager to reach home to his wife . This time the hurry was also because of the news of the riots. He was worried of his wife Asha who was alone at home.

It was the afternoon when Subhas was keeping a check on the border through his binoculars when something strange crossed his eyes.. There was a man in civilian dress who was injured and might have fainted near the river bank.

Subhas rushed to the sight and picked up the unconscious man who was bleeding profusely and brought him to the camp.

On inspection he found that thankfully it wasn't a gunshot wound that had led to the bleeding. It was probably due to the boulders in the river bank.

He carefully did the medical dressing and applied bandages over the wound. The excessive blood loss had led the man to faint.

It was late in the evening when he went to the ward to check on the man . This time he was mildly conscious. "The medicines have done their work" thought Subhas to himself.

"Sir, how are you ? What is your name? " asked Subhas to the man.

"Better now. " said the man in a feeble voice.

"I am Haroon.. thank you for saving me"

Subhas's smile slowly faded as he realised the dialect of the man wasn't local.. he was speaking in a different dialect. That's when the thought crossed his mind. On the other side of the river was the neighboring country, except that it was a hostile neighbour who was always in a cold affair with his nation.

"Haroon, where are you from?" Sen asked to the man who replied moaning and grunting, in a partial conscious state.. the injury and everything must have exhausted him.

Students' Voice- NIHS

THE POETIC JUSTICE

Sen knew it was no use talking to the man now. That's when he started spiralling and the voices in his head started getting louder.

"What if this guy is an illegal immigrant... or maybe his ancestors came here many years ago and now just the dialect remains so he is not from the other side of the border.. but what am I supposed to do either.. when I took the oath to become a doctor, I did mention that no religion, caste or creed would distract me from serving my purpose that is to save a life.. I did my part, followed my gut ... I didn't do anything wrong ...but what if the guy is a spy collecting information about my nation .. can't trust these people anymore, they have done more harm to us than good. Should I just inject him with an overdose.. he will surely be dead by the morning...

What the hell is wrong with you Sen!!! A doctor killing a patient is equivalent to a crime.. Have you forgotten all the poems of Kaji Nazrul and Tagore and what they preached.. has your moral upbringing been completely overshadowed by hatred?... How can you be a doctor and inhuman at the same time"

In a state of frenzy, Sen left the ward. He reached his room, drank some water and wiped the sweat that was formed on his face due to all the distress..

"I don't care, I will just inform the next doctor tomorrow and leave for home anyway" he said to himself.

The next day he woke up and handed over the cases to the next Doctor in charge, boarded the army bus and left for home.. he dozed off immediately... All those thoughts didn't let him sleep all night.

Asha was already waiting for him at the door, with a wide smile.

"Been waiting for you for so long.. how are you ?" She said as she hugged him tight while a few tears slid down her cheeks at the pleasure of seeing her husband again.

"Oh, how I have missed you dear!!" Said Subhas as he planted a kiss on her forehead as he realised everyone was safe as there were no riots in his area.

He entered his house and straight went to the prayer room where he offered prayers to the Goddess Maa Kali.

"Let me freshen up, we will have lunch together " Sen said to Asha.

After the bath when he sat down for lunch with Asha, a random thing crossed his mind..

"Haven't you given any red Hibiscus to Maa Kali? "

"Arey no, actually the Hibiscus plant from the garden had just withered yesterday "

"But we didn't have any Hibiscus plants in our garden, did we? "

"Ohho.. Fatima di's garden had a beautiful hibiscus plant.. have you completely forgotten about it ??

You know It had actually grown a lot; to an extent that it was disturbing their household activities.. but she never cut it down , rather every morning she used to give me , Srijonee di and Shanti di some flowers for Puja.. In fact Fatima di gave all the flowers to Shanti for the Kali Puja during the last Amavasya...

Students' Voice- NIHS

THE POETIC JUSTICE

She then continued with a pause , in a saddened tone "No one knows how suddenly the plant withered.. Fatima di was very sad this morning .. may be some evil eye or who knows what.. never mind .. you will stay here for long this time right??"

Sen choked up suddenly.. the story of Fatima di and her withered Hibiscus plant re-educated him about something that he had forgotten over time.. something that is not taught in the classes of geopolitics or anatomy, its called Humanity.

There was something almost so poetic about a woman just not cutting down a certain plant because it benefitted people of a different faith.. The poetry here was of love, that in its originality never sees caste, creed, race or religion.

It was a poetic justice how the Hibiscus plant that was not being cut ; suddenly withered down, as the basic humanity in a doctor started withering off with the thought of killing a man.

The entire incident suddenly reminded Sen of the lines from the poem by James Patrick Kinney that he had read as a child,

"Their logs held tight in death's still hands
Was proof of human sin.
They didn't die from the cold without
They died from the cold within."

Ayush Goswami
4th Year - BPT

Students' Voice- NIHS

সংযোগের আলো



মানুষের হৃদয়ে জাগে মিলনের গান,
স্বপ্নেরা জ্বলজ্বলে, ছুঁয়ে দেয় অজানায়।
চিন্তার ডানায় ভর করে বাড়ে সম্পর্কের টান,
সম্ভাবনার আলো নেমে আসে চারিদিকে পুনরায়।

নতুন পথের দিশা খুলে দেয় মনের খোঁজে,
হাত ধরাধরি করে বদলে যায় দিন।
সংযোগের সুরে বেজে ওঠে জীবনের বাদ্যযন্ত্র,
বনহীন জীবন হয়ে ওঠে রঙিন।

চল এক হই আমরা, গড়ি নতুন আগামী,
মানুষ, ভাবনা, সম্ভাবনা একত্রে সেতুবাঁধে।
সংযোগের শক্তি যে জ্বালায় ভবিষ্যতের দাম,
অন্ধকার কাটিয়ে আলো ফেরে পৃথিবীর সাধে।

হাত বাড়ালেই দেখি তৈরি হয় সেতু নতুন,
দূরত্ব গলে যায় মমতার উষ্ণ ছোঁয়ায়।
চোখের ভাষা বোঝে হৃদয়ের গোপন গুণ,
অচেনা মানুষও একদিন খুব আপন হয়ে যায়।



শব্দের বিনিময়ে বদলে যায় দৃষ্টিভঙ্গির ঢেউ,
একটি কথাই কখনো জাগায় মনে আগুন।
সহযাত্রীরা মিলে গড়ে তোলে আগামীকে,
ভুল বোঝাবোঝি মুছে ফেলে গড়ে ওঠে
প্রেমের ফাগুন।

ভাবনারা জোড়া লাগে যখন হাতে হাত রেখে,
তখনই জন্ম নেয় সৃজনের এক বিরাট সাগর।
বিভেদের দেয়াল ভেঙে আসে কাছাকাছি থেকে,
মানুষ মানুষকে পরায় সুখ ও শান্তির চাদর।

সম্ভাবনার বীজেরা তখনই বৃকে মাটি পায়,
যখন পাশে দাঁড়ায় আরেকটি উষ্ণ হৃদয়।
একটি স্পর্শে জাগে শক্তি—হাজার বাঁধা ক্ষয়
হয়ে যায়,
সংযোগের চলার পথে থাকে না কোনো ভয়।

মানুষ, ভাবনা, সম্ভাবনা একসুরে মিশে যাক,
আমরা এক হই নতুন দিনের ডাকেতে।
ভালোবাসার বন্ধনে পৃথিবী হোক আরও উজ্জ্বল
সংযোগের শক্তি ছড়িয়ে দিই প্রতিটি
প্রকৃতির বাঁকেতে।

Students' Voice- NIMS

MY INTERNSHIP EXPERIENCE



During my three-month internship at Orion EdutechPvt. Ltd. I had the opportunity to work as an Operations Trainee in the Operations Department. This experience proved to be highly enriching and insightful, providing me with valuable exposure to the core functions of operational management within the education and training industry.

My primary responsibilities included centre inspections, where I assisted in evaluating infrastructure, compliance, and documentation standards. I was also actively involved in batch creation and enrolment processes, ensuring smooth onboarding and accurate data entry for trainees across various training centres. These tasks enhanced my attention to detail, organizational skills, and understanding of workflow in a real-time professional setup.

The internship allowed me to develop practical knowledge of operational procedures and sharpened my skills in coordination, documentation, and process management. I received consistent guidance from my mentors, which played a vital role in shaping my learning curve.

Overall, the internship at Orion EdutechPvt. Ltd. was a transformative experience that strengthened my operational knowledge and prepared me for future challenges in the field. I am grateful for the opportunity and proud to have contributed meaningfully to the organization during this period.

Subhankar Sahoo
5th Semester- BBA

Students' Voice- NIMS

MY INTERNSHIP EXPERIENCE AT CMRI



My internship at The Calcutta Medical Research Institute (CMRI) is something I'll always look back on with a smile. I didn't feel like "just an intern" even for a day. The Patient Experience (PE) team treated me like I was already one of them. What touched me most was the trust my seniors placed in me. I was given real responsibilities, meeting patients and their families during discharge, checking if everything went smoothly, and helping them whenever needed. These interactions taught me empathy, patience, and how differently every family sees hospital experience.

I started with rounds in NICU, PICU, and Nursery, and gradually, I was entrusted with the newly renovated 5th floor. Each new responsibility felt like a vote of confidence, and I'm genuinely grateful for the faith the team showed in me. It felt overwhelming at times but also exciting, like I was growing a little every day without realising it.

One of the most homelike moments was during the celebrations. I actively take part in all major college events, so when CMRI involved me the same way, it felt familiar and comforting. Being part of the preparations for the Patient Experience week made me feel truly connected. We also celebrated Agomoni before Durga Puja and had a Pre-Diwali celebration. I was not given some particular time period to be there rather I was allowed to be there fully, not as a guest, but as a member of the organising team.

Overall, it wasn't just an internship, it was an experience that shaped me, made me more confident, and reminded me why I chose hospital management in the first place.



Tanisha Saha
5th Semester - BBA(HM)

Students' Voice- NIMS

THE POWER OF CONNECTION–MY INDUSTRY TRAINING EXPERIENCE



“The Power of Connection” is the best way to describe my industry training experience for my House Price Prediction project using Machine Learning. I had the opportunity to visit the industry located at Meridian Building, GP Block, Sector V, and it became one of the most valuable learning experiences of my college life.

During the training, I learned that real understanding comes when we connect classroom knowledge with real situations. At the industry, I saw how professionals work as a team, share ideas, and handle real projects. This helped me understand how communication and teamwork play a major role in the field of technology.

My project on House Price Prediction became much clearer during the training. I learned how real estate data is collected, cleaned, and prepared for machine learning models. I also understood how algorithms are used to predict house prices based on features like location, size, and facilities. Watching these steps in action helped me understand concepts that were difficult to imagine in theory.

The environment at the industry was friendly, supportive, and motivating. The professionals guided me patiently and encouraged me to explore new ideas. This boosted my confidence and helped me think more practically.

I was also got introduced to real datasets, tools, and challenges that we never see in textbooks. This experience showed me that innovation that happens when people connect, share knowledge, and work together.

Overall, the industry training was a very positive and inspiring experience. It improved my skills and showed me the true power of connection in learning and building a successful future in machine learning.

Abhishek Jha
5th Semester- BCA

Students' Voice- NIMS

BOOK REVIEW

IKIGAI: THE JAPANESE SECRET TO A LONG AND HAPPY LIFE BY HÉCTOR GARCÍA AND FRANCESC MIRALLES

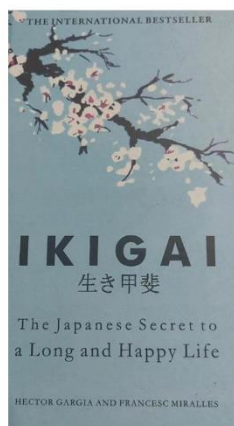


Ikigai explores the traditional Japanese philosophy of finding one's "reason for being," combining cultural wisdom, real-life observations, and scientific insights to explain why the people of Okinawa—the world's longest-living community—experience such fulfilling and healthy lives. The authors present a harmonious blend of lifestyle habits, psychological concepts, and personal stories that collectively highlight the importance of purpose, connection, and balance.

The book's strength lies in its simplicity. Each chapter is short, crisp, and focused on practical themes such as reducing stress, nurturing friendships, staying active, and embracing flow in daily tasks. The authors avoid complex jargon, making the concepts accessible for college students who often struggle with stress, uncertainty, and overthinking. The discussion on resilience and emotional well-being feels particularly relevant for young adults learning to navigate academic and personal challenges.

While some ideas may seem familiar to readers of self-help literature, Ikigai stands out for its cultural richness and calming narrative style. It does not offer rigid rules but gently encourages readers to discover what brings meaning and joy to their own lives.

Overall, Ikigai is a thoughtful and inspiring read, ideal for students seeking clarity, motivation, and a more balanced approach to life. It reminds us that fulfilment is not found in grand achievements but in small, meaningful moments that give our everyday lives purpose.



Abhirup Pal
5th Semester- BBA

Students' Voice- NIMS

হতভাগ্য সমাজ



সমাজ দেখো কি সেজেছে, রঙ-বে- রংএর সাজে।
 সকাল হলে গুরুদক্ষিণা, দিতে যায় সব সেজে ॥
 রং- এর হলে নিজের দাদা, নিজের দাদা পর।
 প্রণাম করি কি হলো ভাই, রং- কে করি গড় ॥
 রং-এর যাচাই দিনগুলো সব, আমার মনে পড়ে।
 যাচাই দিল একসাথে খেত সবাই, ঘুরত হাত ধরে ॥
 যাচাই দিনে ছুটির আমেজ, কাটত সবার সাথে।
 বিকেল হলে সবার সাথে, ঘুরত একি সাথে ॥
 অনুষ্ঠানগুলি সবাই মিলে, কাটত একসাথে।
 রং ছাড়াই আনন্দ হতো, সবারই এক মতে ॥
 বর্তমানে দেখছি কি সব, দেখব আর কত।
 জন্মাচ্ছে স্বার্থান্বেষী, বজ্জাত শত শত ॥
 প্রতিষ্ঠানে দেখ সবাই, নিজের রং-এর লোক।
 অপর লোক আসলে পরে, করছে তাকে জোক ॥
 অনুষ্ঠান বাড়িতে দেখ, এক রং মাথা খোকা।
 খোকাদের ব্যবহার করে, খোকারা সব বোকা ॥
 সৃষ্টি যদি করে কেউ, চলাকরা করে ঘেউ ঘেউ।
 ভয় দেখিয়ে ধমকায় - চমকায়, আনন্দ পায় বাড়ির বৌ ॥
 সাবধান ওরে চলাক ছেলে, ভয় দেখালে সবাই মিলে।
 সৃষ্টি থামে না কারো তরে, দেখবি পরে সবাই মিলে ॥
 টেকির কথা সবাই জানে, স্বর্গে গেলেও ধান ভাঙে।
 সাবধান ওরে চলাক ছেলে, পারিস তো দেখিয়ে দে
 স্বর্গে গিয়ে ধান ভেঙে ॥

Students' Voice- NIMS

THE WOMAN WHO DOES IT ALL: REDEFINING BALANCE IN A BUSY WORLD



In today's fast-paced world, the modern woman carries responsibilities that stretch across every corner of life. She manages her expenses with discipline, planning budgets, tracking bills, and making thoughtful financial decisions that secure her independence. Whether she earns a modest income or leads a thriving career, she knows how to make every rupee or dollar work with intention and clarity.

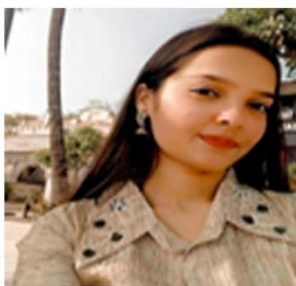
At home, she is the steady force that keeps everything running smoothly. From organizing meals and maintaining cleanliness to managing schedules and ensuring everyone's needs are met, she performs tasks that often go unnoticed but never go unfelt. Her household is not simply a place—it is a reflection of her care, her structure, and her unwavering commitment. And still, she understands the importance of tending to herself. In the middle of responsibilities, she carves out moments for self-care, knowing that her well-being fuels her strength. A quiet cup of tea, a skincare ritual, a walk at sunrise, or a few minutes of meditation—these small acts become her sanctuary. She chooses herself even when the world demands everything from her.

Yet her true power lies in her balance. She embraces her roles without losing her identity. She knows she doesn't have to be perfect—just present, determined, and faithful to her own growth. The woman who does it all proves that independence isn't about doing everything flawlessly—it's about moving through life with intention, resilience, and the courage to care for both her world and herself.

Nisha Kumari Gupta
5th Semester - BBA(HM)

Students' Voice- NIMS

THE POWER OF CONNECTION



In a world filled with noise, speed, and endless responsibilities, what truly holds us together is something simple yet extraordinary — connection. It is not just the exchange of words, but the meeting of hearts. It is the silent understanding between friends, the unexpected kindness from a stranger, and the comforting presence of a loved one during our darkest nights.

Connection has the strength to change the direction of a life. Sometimes, one honest conversation becomes the turning point. One warm hug becomes the courage someone was searching for. One genuine smile becomes the reason someone does not give up. These small, invisible threads form the strongest bonds, reminding us that we are never alone; no matter how heavy life feels.

In today's digital world, we may be physically far, yet a simple message can travel miles and still touch someone deeply. Connection does not depend on distance — it depends on intention. When hearts open, even silence becomes meaningful.

The power of connection lies in its ability to heal, inspire, and transform us. It teaches us empathy, brings hope into tired souls, and gives meaning to our everyday struggles. When we choose to connect, we choose humanity.

In the end, connection is not just a feeling — it is the invisible force that lights our lives from within.

Ankita Jha

3rd Semester – BBA(HM)

Students' Voice- NIMS

UNDERSTANDING- THE BRIDGE OF HUMAN TRUST



Understanding is made of two words – under and standing. It symbolizes the trust under which we all stand together. In today's world, everyone is carrying their own problems, stress, emotions and perspectives. But beyond all this, being human means trying to understand the part of the other person too.

Someone may look wrong from our side for what they did, but they may not even realize their mistake at that moment. Maybe someday they will. All we need is to understand the reason behind their actions, before we judge them.



There is a popular concept of '6 and 9' – what we see depends on where we stand. From one side it is 6, on the other, it is 9. Both are right in their own eyes. That is how perspectives work. People act according to what they believe is right at the moment.

Maybe the act was intentional, maybe it wasn't – but the best we can do is to trust time, trust humanity and try to understand the situation of others, before jumping into conclusions.

After all, the world is not made of perfect people. It is made of people who choose to stand together even with imperfections. When we start understanding each other, trust is born. And only with trust, human connections grow.

Students' Voice- NIMS

THE POWER OF CONNECTION: HOW MY INDUSTRIAL TRAINING SHAPED MY PROFESSIONAL GROWTH



My industrial training at Euphoria GenX was not only a technical experience but also a journey of self-improvement and professional development. The training allowed me to understand how real industries work, but most importantly, it strengthened my networking skills and boosted my confidence in interacting with professionals. This experience truly reflected the theme "The Power of Connection."

During the training, I had the opportunity to communicate with trainers, industry experts, and senior students. These conversations helped me learn how to ask meaningful questions, listen carefully, and express my thoughts in a clear and confident manner. Interacting with new people made me realize that networking is not just about talking—it is about building helpful and meaningful connections that support future growth.

The training also contributed greatly to my personal development. Observing the professional environment at Euphoria GenX taught me the importance of discipline, teamwork, and time management. I became more confident in sharing my ideas and more comfortable working in group discussions. This experience helped me overcome hesitation and improved my ability to communicate in a professional setting.

From a career perspective, the training guided me toward understanding industry expectations. I realized that technical knowledge alone is not enough; communication, teamwork, and problem-solving play an equally important role. The exposure to real workflows and industry practices helped me think more clearly about my future goals and encouraged me to keep improving my skills.

My industrial training at Euphoria GenX was a valuable experience that helped me grow personally and professionally. It taught me that growth happens through connections—connections with people, ideas, and opportunities. This training showed me that the real power of connection lies in learning, communicating, and continuously developing ourselves.

Shivam Kumar Jha
5th Semester- BCA

Students' Voice- NIMS

THE ONE WHO SHAPED MY VOICE



A teacher shows the way to go,
A student learns and starts to grow.

Beyond the class, the bond stays true
In every step, in all they do.

With gentle words and caring mind,
The teacher lifts, helps hearts to find.

This simple bond, so pure and strong,
Guides a student all life long.

Its more than books, more than a rule,
Its kindness shared that makes life full.

The teacher believes when doubts appear,
Their faith gives strength, their voice brings cheer.

A student rose and learned to stand,
Because someone held their hand.

He shaped my words, refined my voice,
Showed me that language is more than choice.

In poems, stories, every line,
He taught me how my thoughts can shine.

Through literature, he lit the spark,
That guides me even in the dark.

And in this bond, both journeys blend,
A lifelong guide, a lifelong friend.

Shreeansh Jaiswal
3rd Semester – BBA

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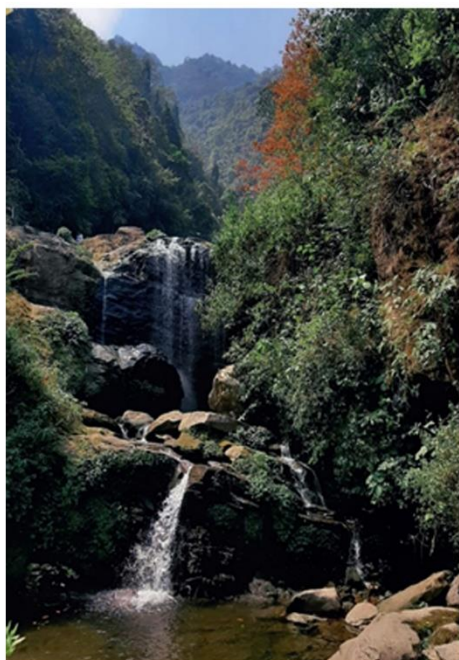
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MIRROR OF THE PADDY FIELD AT DUSK
AKASH RANJAN DEY
3rd Year- BPT



MOUNTAIN RIVER SERENITY
SAPTARSHI KUNDU
4th Year – BPT



MYSTIC ROCK WATER
AYUSH GOSWAMI
4th Year – BPT



FLAME OF DEVOTION: THE AARTI OFFERING
DISHA SAHA
2nd Year - BPT

PICTORIAL NARRATIVES

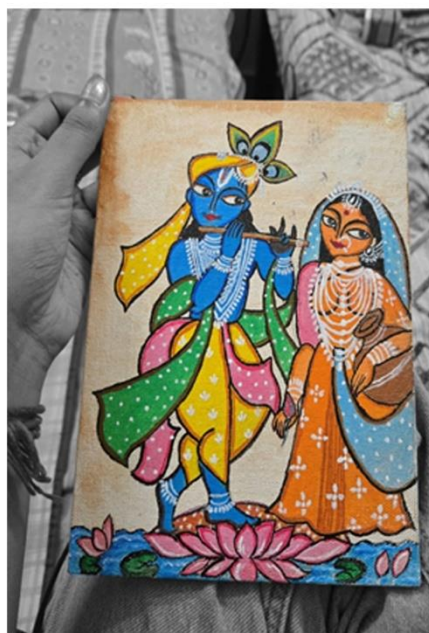
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TRINITY IN BLOOM
DEEP KUMAR DAS
3rd Year – BPT



GOLDEN PETAL CLUSTER
MADHURI CHATTARAJ
2nd Year - BPT



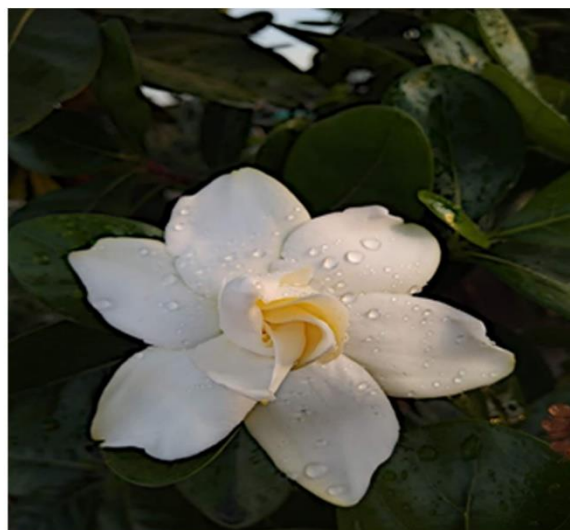
A TIMELESS ROMANCE
MADHURI CHATTARAJ
2nd Year - BPT

PICTORIAL NARRATIVES

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TWILIGHT EMBRACE
DEBOLINA DUTTA
2nd Year – BPT



A VICTORIAN REFLECTION
SK. ARZOO BABU
2nd Year - BPT



MORNING DEW ON A WHITE GARDENIA
SAYONIKA GHOSH
3rd Year - BPT



A PINK HORIZON
SRIJA SINHA
4th Year - BPT

PICTORIAL NARRATIVES

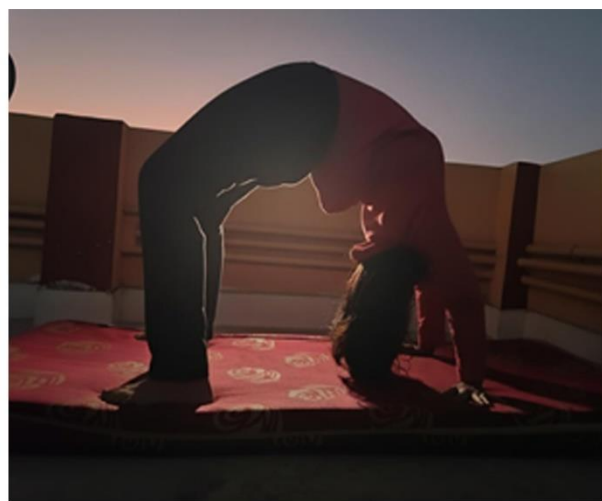
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THERE IS A BEAUTY AROUND EVERY BEND

SUSMITA GHOSH

2nd Year – BPT



RISE STRENGTH OF BODY WITH CHAKRASANA

DISHA SAHA

2nd Year - BPT



BALANCE WITH SIRSASANA

SUSMITA GHOSH

2nd Year- BPT

PICTORIAL NARRATIVES

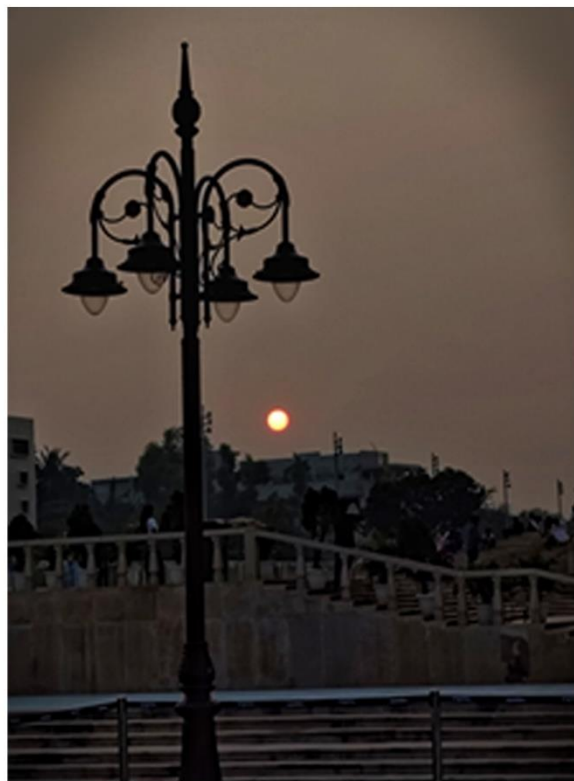
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BLOOMING IN THE SHADOWS
ANUMITA CHAKRABORTY
1st Semester-BBA (HM)



WHEN THE SKY BEGINS TO SPEAK
ADITI RAI
1st Semester-BBA



SUNSET FRAMED IN IRON
SAYAN KUNDU
5th Semester-BBA



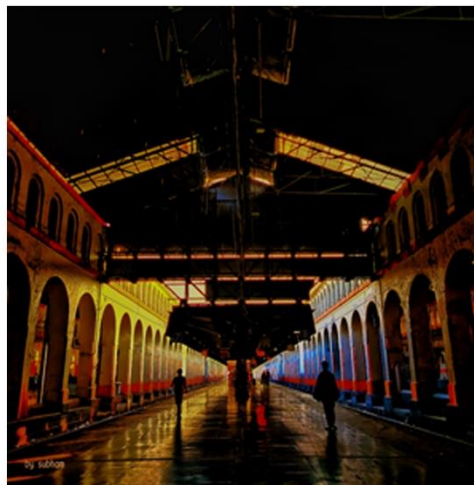
STILLNESS OF THE SACRED HOUR
SNEHA KASHYAP
1st Semester-BBA

PICTORIAL NARRATIVES

NIMS



WHERE THE RIVER BREATHES GOLD
SHREYASHI PAUL
3rd Semester-BCA



ECHOES OF A THOUSAND JOURNEYS
SUBHAM SWARNAKAR
1st Semester-BBA (HM)



A PALACE FLOATING IN LIGHT
NISHA KUMARI GUPTA
5th Semester-BBA (HM)



ART ON RAILS
ROHAN KUMAR SHAW
5th Semester-BBA

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MPT

**2
YEARS**

SPECIALIZATION

- (i) Orthopedics**
- (ii) Neurology**

ELIGIBILITY: PASSED BPT/ BSC (PT) FROM ANY RECOGNISED UNIVERSITY WITH ATLEAST 50% MARKS.



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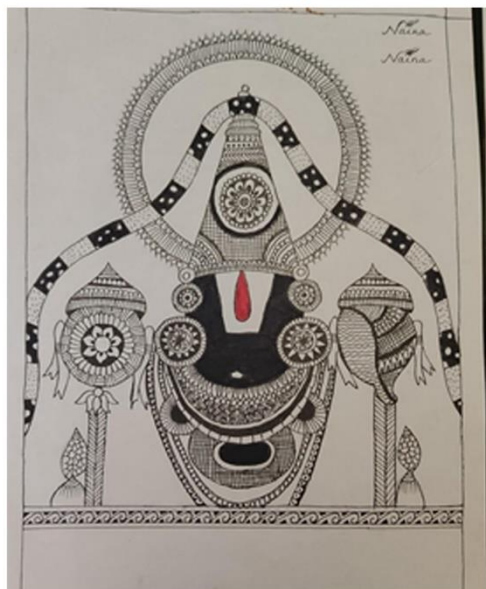
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NI — ARTISTIC SHOWCASE



ARTISTIC SHOWCASE

NIHS



JAI TIRUPATI DEV
NAINA AGARWAL
 4th Year – BPT



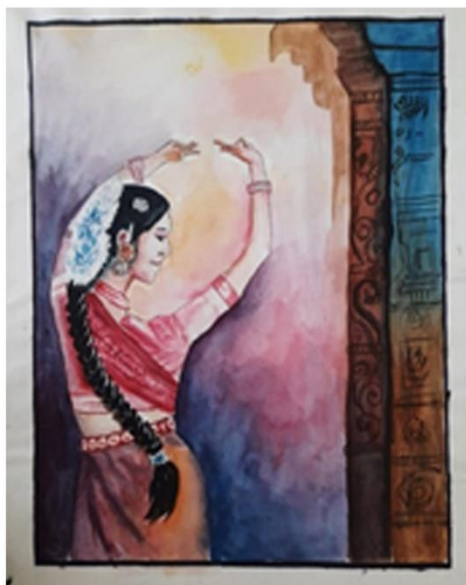
VIBRANT BRIDE
SAYONIKA GHOSH
 3rd Year- BPT



LORD KRISHNA WITH HIS DISCIPLE
SOUMILI DAS
 2nd Year -BPT

ARTISTIC SHOWCASE

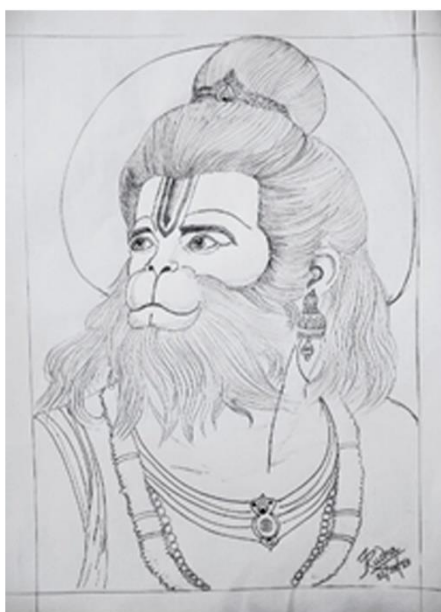
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DANCING BY TEMPLE PILLAR
SAYONIKA GHOSH
3rd Year- BPT



RED CARNATION BOUQUET
SUSMRITI MANDAL
2nd Year- BPT



SYMBOLIZING POWER AND FAITH
RUDRADEV SARKAR
3rd Year- BPT

ARTISTIC SHOWCASE NIMS



THE BLUE MUSE
PROTIM KUMAR DHAR
5th Semester- BBA



DIVINE SKETCH OF GANESHA
SANJANA MALI
1st Semester- BBA



EMERALD BIRD BLISS
NIKHIL SINGH
5th Semester- BBA



RHYTHM OF DURGA PUJA
SWASTIKA KOLE
3rd Semester- BBA

ARTISTIC SHOWCASE NIMS



SOFT ANIME SMILE
ABHIRUP PAUL
5th Semester- BBA



BLUE JAY IN SPRING BLOOM
SANJANA MALI
1st Semester- BBA



HERITAGE ON BAMBOO
SWASTIKA KOLE
3rd Semester- BBA

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**THE SUCCESS
JOURNEY**

2025

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*78th Independence Day Celebration at the NI campus on
15.08.2025*

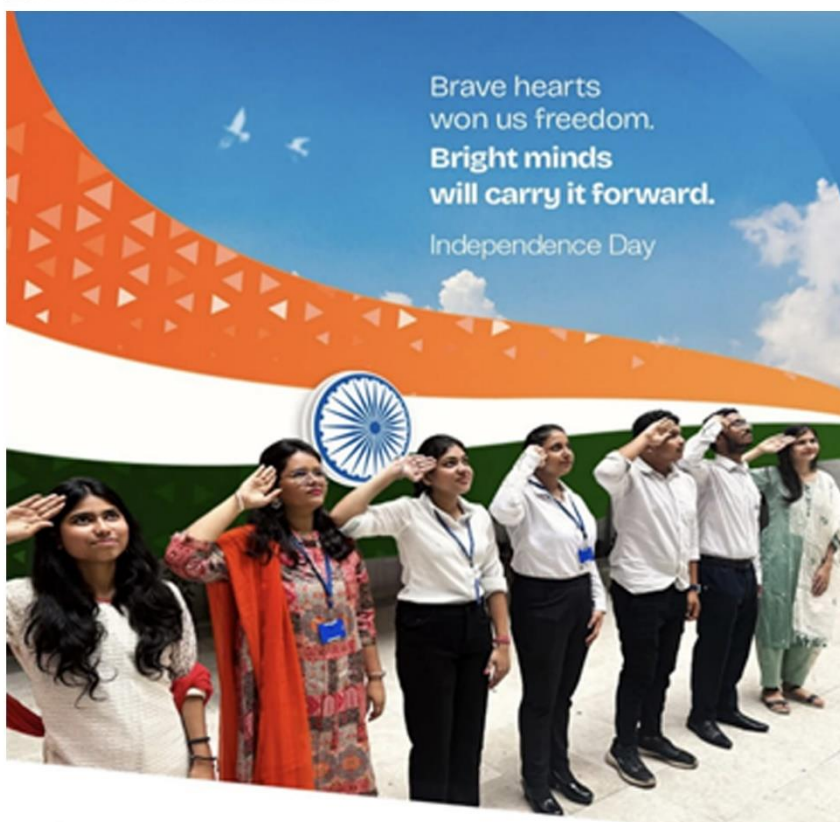


PHOTO GALLERY- NI

*Book Exhibition organized at the Communis on
11.04.2025*

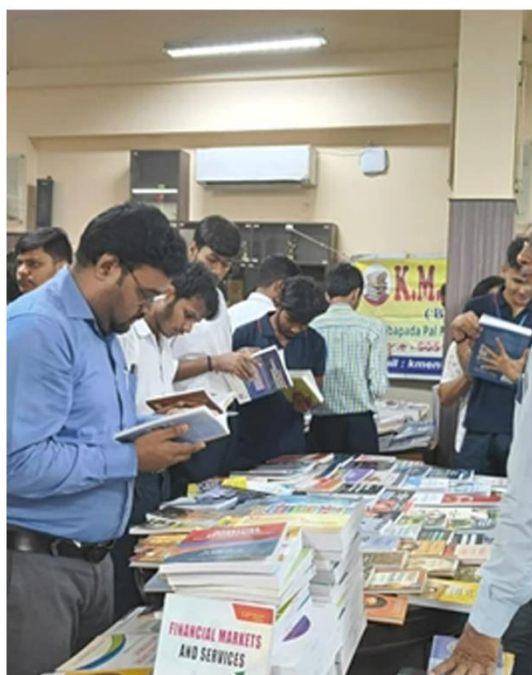


PHOTO GALLERY- NI

Republic Day Celebration on 26.01.2025



PHOTO GALLERY- NI

4th Saraswati Puja Celebration on 02.02.2025



PHOTO GALLERY- NI

*'Accelerate Action: Empowering Women, Empowering Change'
International Women's Day at Communis on 08.03.25*



PHOTO GALLERY- NIHS

*‘Mock Interview Session for 4th Year BPT Students
at Studies Room on 23.06.25*

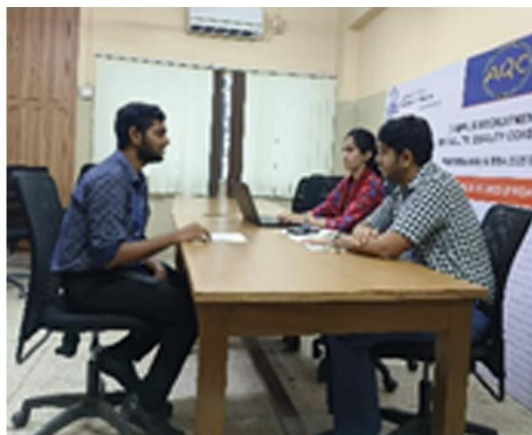


PHOTO GALLERY- NIHS

*Workshop on Vestibulo Rehabilitation at Communis on
10.05.2025*



PHOTO GALLERY- NIHS

*Exhibition of Human Physiology by (BPT 1st year)
on 21.05.2025*



PHOTO GALLERY- NIHS

*Free Physiotherapy & Medical Camp at Sandeshkhali on
09.11.2025*



PHOTO GALLERY- NIHS

*Assess before you treat (BPT - 3rd Year) at Communis on
10.03.2025*



PHOTO GALLERY- NIHS

NIHS-Annual Picnic, 18.12.2024



PHOTO GALLERY- NIHS

Received Award from TV9 Bangla, 30.06.25



PHOTO GALLERY- NIHS

*Convocation Day Programme at Kala Kunj Auditorium on
14.05.2025*

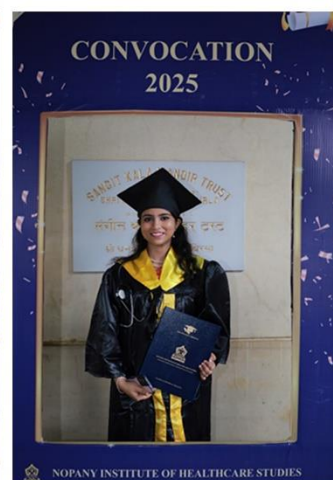


PHOTO GALLERY- NIMS

*Foundation Day Celebration on
28.08.2025 & 29.08.2025*



PHOTO GALLERY- NIMS

*Various Workshops and Seminars organized by NIMS
Group Discussion Session for Students
at Studies Room on 12.11.2025*



PHOTO GALLERY- NIMS

*Seminar on Sustainable Supply Chain Management,
to celebrate World Creativity and Innovation Day
by Dr. Devanjali Nandi Das.*



*An insightful seminar on “Dynamic Web Development:
Mastering PHP with MySQL” conducted
by Mr. Jyotirmoy Saha- 01.09.2025*



PHOTO GALLERY- NIMS

*Campus to Corporate Program led
by Dr. Shreya Bagchi- 07.04.2025*



Advance Excel Workshop led by Mr. Anirban Ghosh



*Video CV Workshop led
by Dr. Shreya Bagchi- 19.11.2025*



PHOTO GALLERY- NIMS

A Seminar on “The Digital Dilemma: Ethics and Best Practices” for BCA Department led by Mr. Kaustav Sinha and Ms. Annapurna Sinha Roy, the session shed light on ethical challenges in the digital space and the importance of responsible digital behavior- 18.03.2025



PHOTO GALLERY- NIMS

Students and faculty members form BBA and BCA department attend an insightful online podcast session called Rashtra Pratham, hosted by Dr. Abhay Jere, Vice Chairman of AICTE and chief innovation officer at the Ministry of Educations Innovative cell- 30.04.2025



Proud moment . Sarada Chatterjee and Dr.Shreya Bagchi received the best paper presenter award- 15.02.2025



PHOTO GALLERY- NIMS

Various Workshops and Seminars organized by NIMS



PHOTO GALLERY- NIMS

*Annual Picnic at Unique Garden, Madhyamgram
on 12.12.2025*



PHOTO GALLERY- NIMS

*Academic Celebration: World Skills Development Day
- 15.07.2025*



PHOTO GALLERY- NIMS

Glimpses of some club activities conducted by NIMS



*‘Sharad Agamani – Kumartuli
Photo Walk organized by Montage
Club on 13.09.2025*



*‘Baluka Shilpa – Sand Painting
Workshop’ organised by
Kalpanikkam Club on 25.04.2025*



*‘Environment Day Celebration at
Maheshwari Girls’ High School’
organized by Vasudha Club
on 11.07.2025*



*‘World Photography Day
Celebration – Photo Walk’
organised by Montage Club
on 19.08.2025*

PHOTO GALLERY- NIMS

Glimpses of some club activities conducted by NIMS



*Visit to Alipore Jail Museum
06.12.2024*



*'Vasudha -- World Earth Day
22.04.2025*



*Montage -- Sharad Agomoni
13.09.2025*

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Bridging Academia and Industry: Experts' Insight Through Interactive Seminar



*Seminar on Internships and Career Insights on 22.01.2025, BBA
By Sandipan Dutta (Senior Sales Executive of ITC Limited)*



*Seminar on Talent Acquisition Strategies in India on 25.04.2025, BBA
By Subhasree Rana Roy (HR Manager at InterraIT)*

PHOTO GALLERY- NIMS

Bridging Academia and Industry: Experts' Insight Through Interactive Seminar



*Seminar on Generative AI and Prompt Engineering Innovations on 18.03.2025, BCA
By Dr. Sabyasachi Saha (Founder, Director & CEO of Techno Exponent)*



*BHM Placement Drive Empowering Future Healthcare Professionals
on 12.03.2025, BBA(HM)*

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Academic Industry Visit



Amul Factory visit by students of BBA Department on 01.08.2025



Kothari Hospital visit by students of BBA(HM) Department on 30.07.2025

CELEBRATING ACADEMIC EXCELLENCE

Nopany Institute of Healthcare Studies



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MPT 2021 BATCH



Ms. RUNKINI DAS
BPT 2021 BATCH



Ms. DEBIKA SAMANTA
BPT 2022 BATCH



Ms. SUNANDA DAS
BPT 2023 BATCH



Mr. RASIDUL ISLAM
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THE TEAMS THAT CONNECT



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Dr. Ujjwal Banerjee	Pathology
Dr. Shibendu Biswas	Microbiology
Ms. Tanurima Basak	Psychology
Dr. Pinaki Dutta	Medicine
Ms. Subhra Ganguly	Biostatistics
Dr. Asim Kumar Ghosh	Pharmacology
Dr. Santanu Sen Roy	Sociology
Dr. Ramesh Bhattacharya	Neurology
Dr. Aritra Roy	Orthopedics
Mr. Prakas Sahoo	Prosthetics and Orthotics
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