

Government of West Bengal
Department of Science & Technology and Biotechnology (DSTBT)
Vigyan Chetana Bhavan, Block-DD, Plot-26/B,
Sector-I Salt Lake, Kolkata-700064

Application Format for Science Popularization Programme

1.	Programme Type (ref SN 11 of the Memorandum)	2
2.	Title of the proposed Programme	POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRSENT ERA
3.	Target Group (Faculty, Teacher, Research Scholar, School/College/ University Student, Community)	UG and PG students, Research Scholars, Faculty members and observers, School Science Club invites
4.	Duration (days); Tentative Dates of the proposed Programme	02; March 2026
5.	Aims, Objectives and Details of the Programme (attach separate sheet, if necessary)	<ul style="list-style-type: none"> • To raise awareness about PCOS among the students • To conduct a health survey based on google forms • To conduct health camp involving clinical practitioners • To enlighten students about the role of yoga and meditation in the management of PCOS • To direct the students to proper food in managing PCOS
6.	Name, Designation, Postal Address, mobile no. and e-mail id of the (only one) Programme Co-ordinator (PC) (attach separate sheet, if necessary):	Dr. Suchandra Chowdhury, Assistant Professor, Post graduate Department of Zoology, Bethune College, 181, Bidhan Sarani, Kolkata 700006; Mobile: 9830436774 e-mail id: suchandra79@gmail.com
7.	Legal status of the Institute (School/College/ University/ Institute/ Polytechnic/ ITI/ Autonomous body/ registered NGO/ Trust etc.):	Government College
8.	Date wise detail Programme Schedule (attach separate sheet, if necessary):	Separate sheet attached
9.	Collaborating Institutions/ Organizations, if any, with their specific contribution	NO
10.	Expected number of participants and list of Resource Persons/ Invited Speakers	50 participants; 6-8 resource persons
11.	Give details of the grant received from DSTBT in last three Financial Years, if any along with the date of submission of UC, Audited SoE, Report etc.:	NONE
12.	Name and address of the authority to whom the allotted amount is to be	Dr. Rajyasri Roy, Principal Bethune College, 181, Bidhan Sarani, Kolkata

	credited (if sanctioned) who will also be responsible for submitting the UC, audited SoE, Programme Completion Report, Feedback, Still and Video photographs etc. of the grant:	700006
13.	Total Estimated Expenditure (A)/ Organisation's contribution (B)/ Contribution from any other sources (C) / Grant expected from DSTBT(D):	D : ₹ 1,50,000/- = (A: ₹1,50,000/- – B: ₹ 0 – C: ₹ 0) (provide detail Budget break-up as per Annexure-I and Bank details as per Annexure-II):

Check List (put tick) of attachments to be submitted with the application

- Proposed Total Budget with break-up (Annexure-I) and Bank Details (Annexure-II) in Institute/ Organization's letter head: YES/NO
- For registered NGO/ Trust, filled in Application Format recommended by the appropriate Recommending Authority, viz., Jt.BDO/ BDO/ SDO/ DM/ Executive Officer- Municipality/ Commissioner-Municipal Corporation as the case may be (where the programme is actually going to be held): YES/NO
- For registered NGO/ Trust, attested copies of the registration certificate, latest renewal certificate, Memorandum and Rules & Regulations of the Organization, last three years Audited Statement of Accounts, Annual Reports etc., List of recommended beneficiaries: YES/NO

DECLARATION

Certified that the details furnished in the filled in format are correct to the best of our knowledge & belief and that the amount of financial assistance, if sanctioned, will be utilized for the purpose for which it is granted within the time as prescribed by DSTBT. We also undertake to abide by the General Guidelines and Terms & Condition prescribed by DSTBT and provide due coverage to DSTBT during the Programme and publications/ print and electronic media made from the Programme in future. We also declare that within one month after completion of the Programme we shall submit the Utilisation Certificate (UC), Audited Statement of Expenditure (Audited-SoE), Programme Completion Report, Feedbacks from the Participants, still and video photographs etc.

Signature: Suchandra Chowdhury

Date: 12.12.2025

Name of Programme Coordinator:

Designation: Assistant Professor

Address: Department of Zoology
Bethune College, Kolkata

(Office Seal)

Signature: 

Date: 12.12.2025

Name of Head of the Institution: Dr. RAJYASRI Roy

Designation: Principal

Address: Bethune College, Kolkata



RECOMMENDATION
(only for registered NGO/ Trust)

Certified that the said Organisation is reputed in this field and I/ we recommend the said proposal for getting grant-in-aid from DSTBT, Govt of West Bengal for the benefit of the local College/ University Students/ Community etc.

Signature:

Date:

Name of Recommending Authority:

Designation:

(Office Seal)

Address:



BETHUNE COLLEGE

181 BIDHAN SARANI, KOLKATA - 700 006



Email: principal@bethunecollege.ac.in

Website: www.bethunecollege.ac.in

Annexure-1

Proposed Total Budget with break-ups

A. Total Estimated Expenditure

Sl. No.	Items required with justification and rate	Total Expenditure (A) (₹)
1.	Honorarium to Resource Persons/ Experts	30,000
2.	Study materials, Consumables expenses	20,000
3.	Hall rent, if any	0
4.	Publicity materials	5000
5.	Travel expenses	0
6.	T.A. to the external Resource Persons/ Experts	10000
7.	Documentation expenses including audio-visual	5000
8.	Light refreshments	30000
9.	Auditors' fee	10000
10.	Other expenses, if any (please specify)	40,000 (for health camp)
Grand Total Expenditure (₹):		₹1,50,000 (within DSTBT limit)

Please mention:

B. Institution/ Organization Contribution * in ₹ 0

C. Contribution from any other sources (with name & Address) in ₹ 0

D. Grant expected from DSTBT (₹) = (A-B-C) = ₹1,50,000 (within DSTBT limit)

Signature of Authorised Personnel with seal

Bethune College, Kolkata
Govt. of West Bengal



Signature of Authorised Personnel with seal

Principal

Bethune College, Kolkata
Govt. of West Bengal



* At least 10% of the total budget contribution from the Institute/ Organization is desirable

If C= 0

Undertaking: This organization/ institution is not receiving any kind of financial assistance from any other sources



BETHUNE COLLEGE

181 BIDHAN SARANI, KOLKATA – 700 006

Email: principal@bethunecollege.ac.in

Website: www.bethunecollege.ac.in

Annexure-II

Bank details of the Applicant Organisation

Name of the Organization	BETHUNE COLLEGE, KOLKATA
Bank Account number & name of the Account holder/ Organization	10288098582/ BETHUNE COLLEGE
Type of Account (Savings or Current A/c)	SAVINGS
Name of the Bank	STATE BANK OF INDIA
Name of the Branch with Branch address	VIVEKANANDA ROAD BRANCH, 83/1A VIVEKANANDA ROAD, KOLKATA- 700006
IFSC of the Branch	SBIN0001651
Mobile Number of the Programme Coordinator/ Head of the Organization	9830436774/
PAN / TAN of the Account holder/ Organization	9830163165


Principal
Bethune College, Kolkata
West Bengal
Signature of Authorised Personnel with Seal

8. Date wise detail Programme Schedule (attach separate sheet, if necessary):

Day	Session	Details
Day 1 (Forenoon)	Inauguration + Keynote	A brief idea of female health
	Technical Session 1	Introduction to Polycystic Ovarian Syndrome
Day 1 (Afternoon)	Technical Session 2	Women Health and Hygiene- From the clinician's desk
	Workshop	Socio-demographic & PCOS related data collection using Google form
	Interaction	Expert-Student Q&A
Day 2 (Forenoon)	Technical Session 3	Managing PCOS through diet, yoga and meditation
	Workshop	Yoga and Meditation
Day 2 (Afternoon)	Health Camp	Anthropometric data collection to predict the risk and 1:1 Nutritionist consultation
	Valedictory Session	Certificate distribution & feedback

ADDITIONAL DOCUMENTS

PROPOSAL FOR SCIENCE POPULARISATION PROGRAMME (2025-26)

Title of Programme: "POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRESENT ERA"

Submitted To:

The Department of Science & Technology and Biotechnology
Government of West Bengal

(Under the call for proposals vide Memo No. 1402/BS/O/Estt/1M-38/2025 dated 14.11.2025)

Organised By:

BETHUNE COLLEGE, 181 BIDHAN SARANI, KOLKATA – 700 006

(Category: Colleges, eligible for maximum sanction: ₹1,50,000)

(As per Funding Pattern Clause 11: 2-day programme, minimum 50 participants)

1. Programme Overview

Polycystic Ovarian Syndrome (PCOS) is one of the most common yet underdiagnosed endocrine disorders affecting adolescent girls and women of reproductive age globally, including a significant proportion within West Bengal. Rapid lifestyle transitions, increasing stress levels, hormonal imbalance, irregular diet patterns, and lack of awareness have contributed to rising cases of PCOS among young women, especially students. Despite its high prevalence, misconceptions, delayed diagnosis, stigma, and inadequate health literacy continue to limit effective prevention and management.

The proposed two-day programme titled "POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRESENT ERA" aims to popularize scientific understanding of PCOS through medical perspectives, lifestyle science, preventive strategies, mental health awareness, and evidence-based management approaches. The programme will bring together experts from Obstetrics & Gynaecology, Endocrinology, Nutrition Science, Psychology, and Yoga/Wellness to address PCOS as a multidimensional health condition rather than merely a reproductive disorder.

Through interactive lectures, medical demonstrations, diagnostic awareness sessions, dietary counselling workshops, and fitness-oriented modules, the event will empower participants—particularly young students—to recognize symptoms early, seek appropriate medical guidance, and adopt healthier long-term lifestyle habits. The programme additionally focuses on destigmatising menstrual and hormonal health conversations, thus promoting a culture of scientific openness and self-awareness among the youth.

The initiative aligns with the broader national priorities of improving women's health, reproductive literacy, preventive health education, and holistic wellness, as highlighted under the National Education Policy (NEP-2020), Fit India Movement, and Sustainable Development Goal (SDG-3:

Good Health and Well-being). By providing accurate, research-based, and culturally contextualized knowledge, the programme aims to equip young women, educators, and community stakeholders with the tools necessary to manage and prevent PCOS effectively in contemporary society.

This two-day programme aims to **popularise awareness about PCOS** by combining:

- Expert lectures
- Workshop related to health survey
- Health camp
- Exercise and Meditation
- Advice from nutritionist

2. Objectives of the Programme

- To raise awareness about PCOS among the students
- To conduct a health survey based on google forms
- To conduct health camp involving clinical practitioners
- To enlighten students about the role of yoga and meditation in the management of PCOS
- To direct the students to proper food in managing PCOS

3. Target Group

Category	Expected Number
UG and PG Students	100–150
Research Scholars	10–15
School Science Club Invitees (optional)	10–20
Faculty Members and Observers	10–20

Minimum participants ensured: ≥ 50 (DSTBT requirement met)

4. Duration and Tentative Schedule

Total Duration: 2 Days (As per DSTBT requirement)

Day	Session	Details
Day 1 (Forenoon)	Inauguration + Keynote	A brief idea of female health
	Technical Session 1	Introduction to Polycystic Ovarian Syndrome
Day 1 (Afternoon)	Technical Session 2	Women Health and Hygiene- From the clinician's desk
	Workshop	Socio-demographic & PCOS related data collection using Google form
	Interaction	Expert–Student Q&A
Day 2 (Forenoon)	Technical Session 3	Managing PCOS through diet, yoga and meditation

	Workshop	Yoga and Mediation
Day 2 (Afternoon)	Health Camp	Anthropometric data collection to predict the risk and 1:1 Nutritionist consultation
	Valedictory Session	Certificate distribution & feedback

5. Expected Outcomes

- Improved awareness on PCOS
- Elimination of stigma associated with PCOS
- Enhanced scientific attitude and research interest.
- Exposure to health workers in the field.
- Improved management of PCOS

6. Resource Persons

Experts will be invited from:

- Scientists in the field
- Clinicians/ Gynaecologists
- Physical Instructor
- Dietician

(Consent and final list will be submitted before release of funds.)

7. Budget Estimate (Tentative as per DSTBT Norms)

Expenditure Head	Estimated Amount (₹)
Honorarium to Resource Persons (Sessions + Demonstrations)	50,000
Travel and Accommodation for Experts	20,000
Workshop Materials	30,000
Printing (Posters, Certificates, Brochures, IDs, Reports)	10,000
Food & Refreshments for Participants	30,000
Contingency (technical support, logistics)	10,000
Total Estimated Cost	₹1,50,000 (within DSTBT limit)

(Funding will be revised proportionally if the competent authority suggests modification.)

8. Institutional Support

The host institution will provide:

- Venue and ICT facilities

- Laboratory access for workshop support
- Administrative and documentation support

A post-event report, UC, bills, photographs, participant database, and media links will be submitted as per DSTBT norms.

9. Declaration

We hereby declare that all information furnished in this proposal is true and submitted in accordance with the advertisement issued by the Department of Science and Technology and Biotechnology, Government of West Bengal.

Programme Coordinator

Name: DR. SUCHANDRA CHOWDHURY

Suchandra Chowdhury 08-12-2025

Signature with Date and Seal

27/12/2025

Asstt. Professor

Bethune College, Kol-8

Govt. of W. B.

Principal / Head of Institution

Name: DR. RAJYASRI ROY

Principal

Bethune College, Kolkata
Govt. of West Bengal

Signature with Date and Seal



From: Principal

Bethune College

181 Bidhan Sarani, Kolkata - 700 006

To: The Secretary

Department of Science & Technology and Biotechnology

Government of West Bengal

Kolkata - 700 091

Subject: *Institutional Approval for Organising the Programme titled "POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRESENT ERA"*

Dear Sir/Madam,

This is to certify that **Bethune College**, Kolkata, grants formal approval for the organisation of a two-day Science Popularisation Programme titled: "**POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRESENT ERA**" proposed to be held during January–March 2026, in accordance with the notification issued by the **Department of Science & Technology and Biotechnology, Government of West Bengal** inviting proposals for Science Popularisation Activities for the year 2025–26.

The programme is institutionally endorsed and will be conducted within the college premises with full administrative and infrastructural support. The College assures that:

1. Adequate venue, ICT facilities, and organisational arrangements will be provided.
2. The programme will be supervised by the designated **Programme Coordinator** and the Organising Committee constituted for the purpose.
3. All financial norms, documentation requirements, and reporting guidelines of DSTBT will be duly adhered to.
4. A minimum of **50 participants**, as required under DSTBT guidelines, will be ensured.

The college is committed to facilitating this important initiative aimed at enhancing awareness, scientific understanding, and health literacy among students and the wider academic community.

We request you to kindly consider and approve the proposal submitted through the **Vigyansathi** portal.

Sincerely,

Principal

Bethune College, Kolkata

Principal

Bethune College, Kolkata

Govt. of West Bengal





BETHUNE COLLEGE

181 BIDHAN SARANI, KOLKATA – 700 006

Email:

Website:



No. BC / _____

Date: 11.12.2025

NOTICE

This is to inform all concerned that in continuation of the Institutional approval for the Science Popularisation Programme titled: "**POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRESENT ERA**" proposed to be organised during **January–March 2026**, an **Organising Committee** is hereby constituted to plan, supervise, and execute all academic and administrative activities related to the programme.

1. Programme Coordinator

- **Dr. Suchandra Chowdhury**

Assistant Professor, Department of Zoology (UG & PG)
Bethune College.

2. Advisory Committee

1. **Dr. Rajyasri Roy**, Principal, Bethune College – *Chairperson*
2. **Dr. Sudeshna Mitra**, Associate Professor in Philosophy & IQAC Coordinator – *Member*

The committee is entrusted to:

- Prepare the detailed programme schedule
- Communicate with invited speakers and experts
- Manage participant registration and logistics
- Prepare budget estimates and reports
- Maintain documentation as required by **DSTBT**
- Submit post-programme reports, utilisation certificate, and supporting documents

This order comes into effect immediately.

11.12.2025

Principal
Bethune College
Principal
Bethune College, Kolkata
Govt. of West Bengal





BETHUNE COLLEGE

181 BIDHAN SARANI, KOLKATA – 700 006

Email:

Website:

COLLEGE PROFILE IN BRIEF

1. Name of the Institution: Bethune College, 181 Bidhan Sarani, Kolkata – 700 006

2. Year of Establishment: 1879

(Bethune College is the first women's college in Asia and a pioneering institution in women's education.)

3. Affiliation and Accreditation Status:

- Affiliated to: University of Calcutta
- Accreditation:
 - NAAC Grade "A+" (Cycle III)
 - Recognised by UGC, Government of West Bengal

4. Type of Institution: Government College for Women, Govt. of West Bengal

4. Institutional Vision: Bethune College is committed to fostering academic excellence, scientific temperament, gender empowerment, and holistic development of students through value-based education and progressive learning environments.

5. Available Academic & Infrastructural Facilities:

- Auditorium & Seminar Halls
 - Well-equipped auditorium for conferences and workshops
 - Multiple smart classrooms for ICT-enabled teaching
- Laboratory Facilities
 - Advanced laboratories in Botany, Zoology, Chemistry, Physics, Psychology, Computer Science, and Geography
 - Departmental research labs supporting undergraduate and postgraduate research
- ICT Support
 - High-speed Wi-Fi-enabled campus
 - Smart classrooms with LCD projectors
 - Computer laboratories with updated software
 - Online learning management system and digital library access
- Library Facilities
 - Central Library with extensive print & digital resources

- Departmental libraries for subject-specific learning
- Health & Wellness Facilities
 - Counselling Cell
 - Medical Unit for basic health support
 - Active NSS and Women's Development Cell organising health awareness programmes
- Additional Infrastructure
 - Spacious campus with eco-friendly environment
 - Common rooms, recreation areas, and student support centres

6. Notable Academic and Research Activities

Bethune College consistently organises and participates in:

- National and International Seminars, Workshops, Invited Lectures
- Science Popularisation Programmes and Outreach Activities
- Research Projects funded by UGC, DST, DBT, and State Government
- Publications in high-impact journals by faculty members
- Annual academic sessions such as conferences, exhibitions, and research colloquia
- Student-centric research and innovation under various departments
- Awareness programmes on women's health, mental health, and social issues
- Collaborative academic initiatives with research institutions and universities

The institution encourages a strong culture of research, innovation, scientific awareness, and community engagement.

7. Contact Information

- Office of the Principal, Bethune College, 181 Bidhan Sarani, Kolkata – 700006, WB
- Website:



BETHUNE COLLEGE

181 BIDHAN SARANI, KOLKATA – 700 006

Email: principal@bethunecollege.ac.in
Website: www.bethunecollege.ac.in



PARTICIPANT ELIGIBILITY AND MOBILISATION PLAN

In accordance with the guidelines of the Department of Science & Technology and Biotechnology, Government of West Bengal, the organising institution confirms that a minimum of 50 participants will attend the two-day Science Popularisation Programme titled: **“POLYCYSTIC OVARIAN SYNDROME: AWARENESS, PREVENTION AND MANAGEMENT IN THE PRESENT ERA.”**

This attendance requirement will be fully met through the following mobilisation strategy and eligibility framework:

1. Participant Eligibility

Eligible participants include:

- Undergraduate Students (All semesters)
- Postgraduate Students
- Research Scholars
- Members of NSS, Women's Development Cell, and Health & Wellness Units
- Students from Biology, Psychology, and related disciplines
- Teachers, Counsellors, and Health Educators

Priority will be given to students and young women for whom PCOS awareness is essential for reproductive and hormonal health.

2. Expected Participant Groups / Departments

The following departments of Bethune College are expected to participate actively:

- Department of Zoology
- Department of Botany
- Department of Psychology
- Department of Chemistry (for biochemical aspects)
- NSS and WDC Units

Additional participation is anticipated from:

- Science Clubs
- Health Awareness Groups
- Student Union Representatives

Total expected number of participants: 80–120
(Minimum 50 will be strictly ensured as per DSTBT guidelines.)

3. Mobilisation Plan

To ensure wide participation and awareness, the following mobilisation strategies will be used:

a. Departmental Circulation

- Official notices circulated across all departments
- Classroom announcements by faculty

- notice board dissemination

b. Digital Outreach

- WhatsApp groups for students
- Website notifications
- Social media posts (if permitted)

c. Collaboration with Student Units

- NSS
- Women's Development Cell
- Health & Wellness Cell
- IQAC Student Members

d. Targeted Awareness Drive

- Short orientation sessions in classrooms
- Posters and standees placed in college corridors

4. Registration Structure

A simple and inclusive registration process will be followed:

- **Mode:** Online Google Form registration
- **Details to be collected:** Name, Department, Semester, College Roll Number, Contact details, Consent form (if required)
- **Registration Fee:** No fee will be charged (free participation as per DSTBT norms)
- **Certificates:** Participants attending both days will receive DSTBT-approved certificates.

5. Commitment Statement

The Organising Committee of Bethune College hereby certifies that: "At least 50 eligible participants will attend the programme, fulfilling the attendance criteria specified by the Department of Science & Technology and Biotechnology, Government of West Bengal." We further ensure that comprehensive attendance records, participant lists, and photographs will be maintained and submitted in the final report.



Principal
Bethune College
Principal
Bethune College, Kolkata
Govt. of West Bengal

✓ 11/12/2015



BETHUNE COLLEGE

181 BIDHAN SARANI, KOLKATA - 700 006

Email: principal@bethunecollege.ac.in

Website: www.bethunecollege.ac.in

TO WHOM IT MAY CONCERN

This is to certify that the following bank account details pertain to **Bethune College**, and the account may be used for receiving funds/grants under the Science Popularisation Programme sanctioned by the **Department of Science & Technology and Biotechnology (DSTBT), Government of West Bengal**.

The bank account is maintained exclusively for official college transactions.

Bank Account Details for Fund Transfer

Name of the Institution: **BETHUNE COLLEGE, 181 BIDHAN SARANI, KOLKATA - 700 006**

Name of Bank: **State Bank of India**

Branch: **Vivekananda Road, Kolkata**

Type of Account: **Savings**

Savings Account / Current Account (choose as applicable)

Account Number: **10288098582**

IFSC Code: **SBIN0001651**

MICR Code: **700002107**

PAN of Institution (if required): **AAAAGB1395L**

A self-attested cancelled cheque of the above-mentioned account is enclosed herewith for verification and processing of the grant.

Certified By

Principal
Bethune College

Principal
Bethune College, Kolkata
Govt. of West Bengal

Enclosure:

- Cancelled Cheque (Self-attested)





प्रारंभिक स्टेट बैंक
State Bank Of India

(01651) - VIVEKANANDA ROAD (CALCUTTA)
83/1A, VIVEKANANDA ROAD, CALCUTTA
WEST BENGAL 700006
Tel: 33-22416885 IFS Code : SBIN0001651

क्रमांक 3 माही के लिए वैध / VALID FOR 3 MONTHS ONLY
D D M M Y Y Y Y Y
85BEYL

PAY

100 RUPEES

Cancelled

अदा करें

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VALID UPTO ₹ 10 LACS AT NON-HOME BRANCH FOR NON-CASH TRANSACTION ONLY

28589088201

ATTESTED

10288098582

SB ACCOUNT

PREFIX:
0523700295

NON REFLECTIVE CHEQUE Payable at Par at All Branches of SBI

PRINCIPAL - BETHUNE COLLEGE

Please sign above

Principal
Bethune College, Kolkata
Dist. of West Bengal

616643 7000021071 000184 31