

Seva Bharati Mahavidyalaya
Bengali Department
Kapgarl, Jhargram, West Bengal
Certificate Course 2022-23

Course Name: Certificate course on Kitchen Medicine

Scope:

Indian kitchen is store house of spices and food items. Spices are those substances which give elegance, flavour and taste to the food. India is the largest producer of spices due to the presence of various climatic conditions. The spices which are available in kitchen have medicinal importance in alternate systems of medicine, particularly in Ayurveda. They serve as simple home remedies for the management of various disorders and diseases. This work has aimed to make a review on Indian kitchen ingredients, their nutritional values and medicinal uses.

- * **Course duration: 16 days (32 hours)**
- * **Course registration fees : Free registration**
- * **Necessary Qualification : H.S.**
- * **Written exam and certificate at the end of the course**
- * **Course starting date – 03.06.2023 to 05.08.2023**
Saturday and Sunday (2 P.M to 4 P.M)



Coordinator
Dr.Sujata Paria
Course Faculty Members
Dr. Partha Pratim Nanda (HOD)
Dr. Prasanta Kumar Das
Mr. Saroj Kumar Pani
Mr. Alok Patra
Mr. Arup kumar Pal

Syllabus

- 1) Ajwain – Uses, Nutritional Value, Health Benefits.**
- 2) Asafoetida – Uses, Nutritional Value, Health Benefits.**
- 3) Bay leaves – Uses, Nutritional Value, Health Benefits.**
- 4) Cardamon – Uses, Nutritional Value, Health Benefits.**
- 5) Chilli – Uses, Nutritional Value, Health Benefits.**
- 6) Cinnamon – Uses, Nutritional Value, Health Benefits.**
- 7) Cloves – Uses, Nutritional Value, Health Benefits.**
- 8) Coriander leaves – Uses, Nutritional Value, Health Benefits.**

- 9) Coriander seeds – Uses, Nutritional Value, Health Benefits.
- 10) Cumin – Uses, Nutritional Value, Health Benefits.
- 11) Curry leaves – Uses, Nutritional Value, Health Benefits.
- 12) Fennel – Uses, Nutritional Value, Health Benefits.
- 13) Fenugreek – Uses, Nutritional Value, Health Benefits.
- 14) Garlic – Uses, Nutritional Value, Health Benefits.
- 15) Ginger – Uses, Nutritional Value, Health Benefits.
- 16) Honey – Uses, Nutritional Value, Health Benefits.
- 17) Jaggery – Uses, Nutritional Value, Health Benefits.
- 18) Kapok buds – Uses, Nutritional Value, Health Benefits.
- 19) Mints – Uses, Nutritional Value, Health Benefits.
- 20) Mustard seeds – Uses, Nutritional Value, Health Benefits.
- 21) Onion – Uses, Nutritional Value, Health Benefits.
- 22) Papper – Uses, Nutritional Value, Health Benefits.
- 23) Sesame – Uses, Nutritional Value, Health Benefits.
- 24) Turmeric – Uses, Nutritional Value, Health Benefits.
- 25) Tamarind – Uses, Nutritional Value, Health Benefits.

Sujata Paria

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kappari, Jhargram



A handwritten signature in black ink, appearing to be "Sujata Paria", written over a horizontal line.

Principal
Seva Bharati Mahavidyalaya
Kappari, Jhargram

SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

Vill. & P.O.-Kaggari: P.S.-Jamboni: Dist.-Jhargram (W.B.): Pin.-721505

Email: principal.sbm.dps@gmail.com / iqac.sbm@gmail.com

Website: sbmahavidyalaya.ac.in

**Certificate Course
On
Kitchen Medicine
Organized by
Department of Bengali
Seva Bharati Mahavidyalaya
Academic Session –2023**

Syllabus and course structure:

Total credit : 4 (32 Hrs)

1 Credit = 8 Hours

Unit – 1

Module	Syllabus	Marks	Hours	Credit
1	Ajwan – Uses, Nutritional value, Health benefits	10	08	1
2	Asafoetida - Uses, Nutritional value, Health benefits			
3	Bay Leaves - Uses, Nutritional value, Health benefits			
4	Cardamon - Uses, Nutritional value, Health benefits			
5	Chilli - Uses, Nutritional value, Health benefits			
6	Cinnamon - Uses, Nutritional value, Health benefits			
Unit – 2				
7	Cloves - Uses, Nutritional value, Health benefits	10	08	1
8	Coriander Leaves - Uses, Nutritional value, Health benefits			
9	Coriander Seeds - Uses, Nutritional value, Health benefits			
10	Cumin - Uses, Nutritional value, Health benefits			
11	Curry Leaves - Uses, Nutritional value, Health benefits			
12	Fennel - Uses, Nutritional value, Health benefits			

Assessment of Certificate course:

Written test : 40 Marks

Viva – Voce : 10 Marks

Sijata Paria

Signature

Course Coordinator

Course Co-ordinator

Seva Bharati Mahavidyalaya

Kaggari, Jhargram



[Signature]

Signature

Principal
Principal

Seva Bharati Mahavidyalaya
Kaggari, Jhargram

Unit - 3

Module	Syllabus	Marks	Hours	Credit
13	Fenugreek - Uses, Nutritional value, Health benefits	10	08	1
14	Garlic - Uses, Nutritional value, Health benefits			
15	Ginger - Uses, Nutritional value, Health benefits			
16	Honey - Uses, Nutritional value, Health benefits			
17	Jaggery - Uses, Nutritional value, Health benefits			
18	Kapok buds - Uses, Nutritional value, Health benefits			
Unit - 4				
19	Mints - Uses, Nutritional value, Health benefits	10	08	1
20	Mustard seeds - Uses, Nutritional value, Health benefits			
21	Onion - Uses, Nutritional value, Health benefits			
22	Papper - Uses, Nutritional value, Health benefits			
23	Sesame - Uses, Nutritional value, Health benefits			
24	Turmeric - Uses, Nutritional value, Health benefits			
25	Tamarind - Uses, Nutritional value, Health benefits			

Assessment of Certificate course:

Written test : 40 Marks

Viva – Voce : 10 Marks

Sujata Paria

Signature
Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



[Handwritten Signature]

Signature
Principal

Principal
Seva Bharati Mahavidyalaya
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Certificate Course
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Academic Session – 2023
Syllabus Distribution :

Module	Syllabus	Name of the Faculty
Unit -1		
1	Ajwan – Uses, Nutritional value, Health benefits	Dr. Sujata Paria
2	Asafoetida - Uses, Nutritional value, Health benefits	Dr. Sujata Paria
3	Bay Leaves - Uses, Nutritional value, Health benefits	Dr. Parth Pratim Nanda
4	Cardamon - Uses, Nutritional value, Health benefits	Dr. Parth Pratim Nanda
5	Chilli - Uses, Nutritional value, Health benefits	Dr. Prasanta Kumar Das
6	Cinnmon - Uses, Nutritional value, Health benefits	Mr. Saroj Kumar Pani
Unit – 2		
7	Cloves - Uses, Nutritional value, Health benefits	Mr. Alok Patra
8	Coriander Leaves - Uses, Nutritional value, Health benefits	Mr. Arup Kumar Pal
9	Coriander Seeds - Uses, Nutritional value, Health benefits	Dr. Sujata Paria
10	Cumin - Uses, Nutritional value, Health benefits	Dr. Prasanta Kumar Das
11	Curry Leaves - Uses, Nutritional value, Health benefits	Mr. Saroj Kumar Pani
12	Fellel - Uses, Nutritional value, Health benefits	Mr. Alok Patra
Unit – 3		
13	Fenugreek - Uses, Nutritional value, Health benefits	Dr. Sujata Paria
14	Garlic - Uses, Nutritional value, Health benefits	Dr. Prasanta Kumar Das
15	Ginger - Uses, Nutritional value, Health benefits	Dr. Partha Pratim Nanda
16	Honey - Uses, Nutritional value, Health benefits	Mr. Saroj Kumar Pani
17	Jaggery - Uses, Nutritional value, Health benefits	Mr. Alok Patra
18	Kapok Buds - Uses, Nutritional value, Health benefits	Mr. Arup Kumar Pal
Unit – 4		
19	Mints - Uses, Nutritional value, Health benefits	Dr. Sujata Paria
20	Mustered Seeds - Uses, Nutritional value, Health benefits	Dr. Partha Pratim Nanda
21	Onion - Uses, Nutritional value, Health benefits	Mr. Saroj Kumar Pani
22	Papper - Uses, Nutritional value, Health benefits	Mr. Arup Kumar Pal
23	Sesame - Uses, Nutritional value, Health benefits	Mr. Arup Kumar Pal
24	Turmeric - Uses, Nutritional value, Health benefits	Mr. Alok Patra
25	Tamarind - Uses, Nutritional value, Health benefits	Dr. Prasanta Kumar Das

Sujata Paria

Dr. Sujata Paria
Course Co-ordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kappari, Jhargram



Dr. Deba Prasad Sahu
Dr. Deba Prasad Sahu
Principal
Principal
Seva Bharati Mahavidyalaya
Kappari, Jhargram

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Website: sbmahavidyalaya.ac.in

Class Routine (Tentative)

Value Added Course / Certificate Course

On

Kitchen Medicine

Organized by

Department of Bengali

Seva Bharati Mahavidyalaya

Academic Session : 2023

Time : 2 P.M to 4 P.M

Sl. No.	Name of the Teacher	Date & Time	L/T/P/A	Mode of Teaching
				Online/Offline
1.	Dr. Sujata Paria	03.06.2023	L	Offline
2.	Dr. Sujata Paria	04.06.2023	L	Online
3.	Dr. Partha Pratim Nanda	10.06.2023	L	Offline
4.	Dr. Prasanta Kumar Das	11.06.2023	L	Online
5.	Mr.. Alok Patra	17.06.2023	L	Offline
6.	Mr. Saroj Kumar Pani	18.06.2023	L	Online
7.	Mr.. Arup Kumar Pal	24.06.2024	L	Offline
8.	Dr. Partha Pratim Nanda	25.06.2023	L	Online
9.	Mr. Saroj Kumar Pani	01.07.2023	L	Offline
10.	Mr.. Alok Patra	02.07.2023	L	Online
11.	Dr. Prasanta Kumar Das	08.07.2023	L	Offline
12.	Mr.. Arup Kumar Pal	09.07.2023	L	Online
13.	Dr. Sujata Paria	15.07.2023	L	Offline
14.	Dr. Partha Pratim Nanda	16.07.2023	L	Online
15.	Dr. Prasanta Kumar Das	22.07.2023	L	Offline
16.	Mr. Saroj Kumar Pani	23.07.2023	L	Online

[L=Lecture; T=Tutorial; P=Practical; & A=Assessment]

Date of Assessment : 05.08.2023

Time : 2 P.M

Sujata Paria

Signature

Course Coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram



[Signature]

Signature

Principal

Principal
Seva Bharati Mahavidyalaya
Kaggari, Jhargram

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Student Enrollment Form

Value-Added Course / Certificate Course

On

KITCHEN MEDICINE

Organized by

Department of Bengali

Academic Session: 2022-2023

Name (Block Letters):..... ARITRA BID

Department:..... BENGALI (Hons.)

Category (Hons./Gen.):..... Hons.

Semester:..... 4th

University Registration No. with Year:..... VU211034967 of 2021-22

Address:..... Vill-Hatiasuli, P.O-Kaggari, P.S-Jamboni, Dist-Jhargram.

Contact No.:..... 7679598171

Email Id:..... aritrobid99@gmail.com

Aritra Bis
Signature of the Applicant

For Department Use Only

Approved/Not Approved

Sujata Paria

Signature of the Course Coordinator

SEVA BHARATI MAHAVIDYALAYA


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Email: principal.sbm.dps@gmail.com / sevabharati.mahavidyalaya@sbmahavidyalaya.in
Contact:9433122259/9883059582 :: Website: sbmahavidyalaya.ac.in

Department of Bengali Certificate Course on: Kitchen Medicine Students' Attendance Sheet

Sl. No.	Name of the Student	Registration Number	Signature
1	Jaba Mahapatra	VU221460088 of 2022-23	Jaba Mahapatra
2	Sonali Das	VU221460251 of 2022-23	Sonali Das
3	Sumana Pal	VU221460273 of 2022-23	Sumana Pal
4	Kakali Das	VU221460103 of 2022-23	Kakali Das
5	Hemolini Mahata	VU221460083 of 2022-23	Hemolini Mahata
6	Sabita Pal	VU221460201 of 2022-23	Sabita Pal
7	Arpita Dandapat	VU221460017 of 2022-23	Arpita Dandapat
8	Rachana Rana	VU221460180 of 2022-23	Rachana Rana
9	Priyanka Mahata	VU221460173 of 2022-23	Priyanka Mahata
10	Haripriya Mahata	VU221460081 of 2022-2023	Haripriya Mahata
11	Sutapa Mahata	VU221460282 of 2022-2023	Sutapa Mahata
12	Anima Muemu	VU221460009 of 2022-23	Anima Muemu
13	Boby Rani Mahata	VU221460048 of 2022-23	Boby Rani Mahata
14	Mallika Majhi	VU221460130 of 2022-23	Mallika Majhi
15	Sonali Nayek	VU221460253 of 2022-23	Sonali Nayek
16	Chumki Geeci	VU221460056 of 2022-23	Chumki Geeci
17	Amita Mahata	VU221460008 of 2022-23	Amita Mahata
18	Bharati Saren	VU221460034 of 2022-23	Bharati Saren
19	Arpita Mahata	VU221460018 of 2022-23	Arpita Mahata
20	Kasam Chand Sardar	VU221460108 of 2022-2023	Kasam Chand Sardar
21.	Sandit Tudu	VU221460214 of 2022-23	Sandit Tudu

Sujata Paria
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kappari, Jhargram



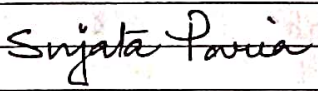

Principal
Seva Bharati Mahavidyalaya
Kappari, Jhargram

REGISTER OF ATTEND.

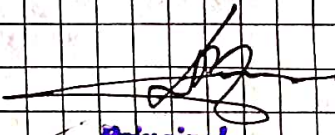
For the month

Sl. No.	Roll No.	NAME OF STUDENTS	Sl. No. & dt. of Adm. Reg. in the Adm. Reg.	ATTEND.																	
				03.06.23	04.06.23	05.06.23	06.06.23	07.06.23	08.06.23	09.06.23	10.06.23	11.06.23	12.06.23	13.06.23	14.06.23	15.06.23	16.06.23	17.06.23	18.06.23	19.06.23	
01		Jaba Mahapatra		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
02		Sonali Das		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
03		Sumana Pal		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
04		Kakali Das		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
05		Hemalini Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
06		Sabita Pal		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
07		Arpita Vandapat		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
08		Rachana Rana		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
09		Priyanka Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
10		Harpriya Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
11		Sutapa Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
12		Anima Murmu		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
13		Boby Rani Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
14		Mallika Majhi		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
15		Sonali Nayek		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
16		Chumki Giri		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
17		Anita Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
18		Bharati Saren		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
19		Arpita Mahata		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
20		Karam Chand Sardar		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
21		Sanat Tudu		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
22		Bhaktipada Dutta		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
23		Swarup Nayek		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
24		Somnath Pal		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
25		Prasenjit Kumar		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
26		Jogen Hansda		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
27		Sochin Pal		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
28		Sourik Pal		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
29		Indrajit Pal		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
30		Aritra Bid		A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		

Assessment ←


Course Co-ordinator
Seva Bharati Mahavidyalaya
Kapganj, Jhargram




Principal
Seva Bharati Mahavidyalaya
Kapganj, Jhargram

No. Present Daily
 No. Absent Daily
 TOTAL:

Signature of the Invigilator

Roll. No.....



Serial No. L 19 /

651 680

Seva Bharati Mahavidyalaya

Certificate Course = 2022-23

Course Name - Kitchen Medicine

Name - Anitna Bid

Reg. No - VU211034967 of 2021-22

Written - 40

Viva-Voce - 09

49

- 4) The scientific name of Ajwain is *Trachyspermum ammi* L. ✓
- 6) The scientific name of cinnamon is *Cinnamomum Verum*. ✓
- 15) The scientific name of Coriander seed is *Coriandrum sativum*. ✓
- 18) The scientific name of Ginger is *Zingiber officinale*. ✓
- 23) The scientific name of Fennel is *Foeniculum vulgare*. ✓
- 3) Cloves are full of antioxidants. The antioxidants found in cloves can help lower your risk of developing heart disease, diabetes and certain cancers. ✓

- 1) Garlic is called the poor man's antibiotic.
- 2) Ginger, clove and cardamom are in kitchen have medical use.
- 3) Cinnamon is especially great for people who have high blood sugar. Cinnamon may also provides heart-healthy benefits, such as reducing high blood cholesterol and triglycerid levels.
- 4) Turmeric is thought to have many medical properties including strengthening the overall energy of the body, relieving gas, dispelling worms, improving digestion, regulating menstruation, dissolving gallstones, and relieving arthritis.
- 5) The use of cumin in kitchen is an essential spice for Indian curries and chutneys. The spice also works well in a variety of rich dishes, stews, soups, soups, breads, pickles, barbecue sauces, and chili con carne recipes.
- 6) Curry leaves can be used in flavours, aroma, and fragrance to curries, soups, fish, meat, and egg dishes. The fresh leaves juice can be taken with lime and sugar. ~~The~~ Leaves can also be used in the preparation of tonic.

17) The 3 health benefits of honey is -

- (i) Blood pressure management.
- (ii) Cholesterol management.
- (iii) Wound healing when used topically.
- (iv) Cough suspension.

14) The two health benefit of cumin is -

- (i) Promotes Digestion.
- (ii) It may help with diabetes.
- (iii) It may improve blood cholesterol.

12) The two health benefit of raw turmeric is -

- (i) Degenerative eye conditions.
- (ii) Muscle soreness after exercises
- (iii) Hyperlipidemia (cholesterol in the blood)

24) Jaggery is rich in important minerals like calcium, magnesium, potassium, phosphorus, sodium, iron, manganese etc. and vitamins like A, B₁, B₂, B₅, B₆, C, D₂, E, nicotinic acid.

11) Yes, turmeric is good for skin. Turmeric may also revive your skin by bringing out its natural glow.

20) The benefits of eating ~~sa~~ sesama is -

- (i) It may help lower blood pressure.
- (ii) It may support healthy bones.
- (iii) Good source of vitamins B.
- (iv) It also may AID Blood sugar control.

19) Onions are high in Vitamin 'C', which may help regulate your immune health, collagen production, and iron absorption. Onions are rich in 'B' vitamins, including folate and vitamin B6.

25) The health benefits of chilli is -

- (i) Boosts immune system, helping fight colds, flu, and fungal infections.
- (ii) Reduces risk of type 2 diabetes.
- (iii) Healthy hair and skin.
- (iv) Reduces cancer risk.

Sujata Parua

07.08.2023

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Certificate Course

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Kitchen Medicine

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Seva Bharati Mahavidyalaya

Academoc Session - 2023

Grade Sheet

Sl. No.	Name	Grade
1	Jaba Mahapatra	A+
2	Sonali Das	A
3	Sumana Pal	A
4	Kakali Das	A
5	Hemalini Mahata	A
6	Sabita Pal	A
7	Arpita Dandapat	A
8	Rachana Rana	A
9	Priyanka Mahata	A
10	Haripriya Mahata	A+
11	Sutapa Mahata	A
12	Anima murmu	A+
13	Boby Rani Mahata	A
14	Mallika Majhi	A
15	Sonali Nayek	A
16	Chumki Giri	A
17	Anita Mahata	A
18	Bharati Saren	A+
19	Arpita Mahata	A
20	Karam Chand Sadar	A
21	Sanat Tudu	C
22	Bhaktipada Dutta	A
23	Swarup Nayek	A
24	Somnath Pal	A
25	Prasenjit Kunar	A
26	Jogen Hansda	A
27	Sachin Pal	A+
28	Souvik Pal	A
29	Indrajit Pal	A+
30	Aritra Bid	A+

Grade	Grade Scale	Performance Indicator
A+	95-100%	Outstanding
A	80-90%	Excellent
B+	70-79%	Very Good
B	60-69%	Good
C	50-59%	Satisfactory
D	40-49%	Marginal

Sujata Paria

Signature

Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram



Signature
Principal
Seva Bharati Mahavidyalaya
Kaggari, Jhargram



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Email: principal.sbm.dps@gmail.com / iqac.sbm@gmail.com

Website: sbmahavidyalaya.ac.in



Certificate of Completion

This is to certify that Mr./Ms. *Aritra Bid*....., a student of Bengali Department (Hons.) with Registration No. *VU211034967* of 2021-²²....., has successfully completed the 32 hours duration Certificate Course in "Kitchen Medicine" organized by the Department of Bengali, Seva Bharati Mahavidyalaya from 03/06/2023 to 05/08/2023 with Grade...^{A+}.....

Sujata Paria

Dr. Sujata Paria

Course Co-ordinator

Dr. Deba Prasad Sahu

Principal

SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

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Summery Report of Kitchen Medicine

Add on Course in "Kitchen Medicine" conducted by the Dept. of Bengali under the coordination of Dr. Sujata Paria. Dr.Partha Patim Nanda, Dr. Prasanta Kumar Das, Prof.Saroj Kumar Pani, Prof Alok Patra, Prof Arup Kumar Pal were the teaching faculty for the course. There are 30 students in the "kitchen Medicine" Course, 2023. 30 students completed the course. The course duration was 32 hrs. The course was completed by blended mode. The course started on 03.06.2023 and was completed on 05.08.2023. Examination and viva were conducted and certificates were given to the students.

Outcome:

- The course was able to create awareness among the students about kitchen Medicine.
- They acquired the knowledge of spices which is really helped in finding the health benefits and its nutritional concerns.

Sujata Paria

Signature

Course coordinator

Course Co-ordinator
Seva Bharati Mahavidyalaya
Kaggari, Jhargram



[Handwritten Signature]

Signature

Principal

Principal
Seva Bharati Mahavidyalaya
Kaggari, Jhargram