

**Serampore Girls' College**

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

**NAAC Criteria 7.3.1**



# LIFE SKILLS

WOMEN'S CELL

REPORT 2022-2023 (SELF DEFENCE)

**Title of the activity:** 10 day workshop on Self Defence

**Trainer:** Mr. Bimal Pal, Bengal Kyokushin Karate Organization

**Objective of the activity:**

- Self Defence for Women
- Physical fitness and mental health improvement.

**Type of Activity:** Karate Workshop

**Organizing Department:** Women's Cell

**Place of activity:** Playground, Old Building, Serampore Girls' College Campus

**Date and time of the activity:** 10th May 2023 to 20th May 2023 ( Time: 8 am to 10 am)

**Number of attendees:** 64

**Outcome:**

- Students learned basics of self-defence and Kyokushin Karate
- Gained self-confidence and mental peace.
- Developed interest in such self defence programs.

*Soma Roy*  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

## NAAC Criteria 7.3.1



### Flyer of Workshop on Self Defense



**10-Day Workshop on Self Defence**  
*organized by: Women's Cell,  
Serampore Girls' College*

Workshop Duration: 10<sup>th</sup> - 20<sup>th</sup> May, 2023  
Time : 8:00 am to 10 am

Trainer : Bimal Pal,  
Bengal kyokushin Karate Organization

Participation in the workshop is free of cost

Patron : Dr. Soma Roy, Principal,  
Serampore Girls' College



Coordinator : Dr. Farzana Shaheen

Registration Link :  
<https://www.wcs.org/india/>

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

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### NOTICE OF THE WORKSHOP

PH. : (033) 26627723 (Office)  
(033) 26627723 (Office)  
PH. : (033) 26627723 (Office)  
(033) 26627723 (Office)

**Serampore Girls' College**  
(Estd.: 1981)  
Re-Accredited by NAAC : Grade B (2nd Cycle)  
13, T. C. GOSWAMI STREET, SERAMPORE, HOOGHLY, PIN-712 201, WEST BENGAL.  
E-mail : serampore\_girls\_college@yahoo.co.in  
Website : www.seramporegirlscollege.org

Ref. No. \_\_\_\_\_

Date 4/5/23

**NOTICE**  
*Self Defence Workshop*

All the students of Serampore Girls' College are informed that a 10 days' workshop on ~~self defence~~ *self defence* is going to be held from 10th May 2023. Those who enrolled for that are requested to be present on 8th May 2023 for orientation program at 2 pm and venue will be in front of Principal's room.

*Soma Roy*  
Principal  
Principal  
Serampore Girls' College  
Serampore, Hooghly

*Farzana Staben*  
Coordinator  
4/5/23

*Soma Roy*  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal



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### CERTIFICATE OF PARTICIPATION IN THE WORKSHOP



### GLIMPSES OF SOME OF THE TECHNIQUES OF SELF-DEFENCE



### BODY BREAKING TECHNIQUE

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## NAAC Criteria 7.3.1



### Fighting Skills

### Distribution of Certificates



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Serampore Girls' College  
Serampore, Hooghly

Signature of Principal



### REPORT ON CERTIFICATE COURSE- OF YOGA INSTRUCTOR

#### ACADEMIC SESSION 2021-2022

#### Serampore Girls' College

13, T.C. Goswami Street, Serampore, Hooghly – 712201, West Bengal

Re- Accredited by NAAC : Grade B (2<sup>nd</sup> Cycle)

Email: Serampore\_girls\_college@yahoo.co.in

www.seramporegirlscollege.org

#### REPORT ON CERTIFICATE COURSE OF YOGA INSTRUCTOR

##### Academic Session: 2021-2022

Certificate Course of Yoga Instructor conducted by Beauty and wellness sector skill council (B & WSSC), Government of India, National skill development corporation (NSDC) under Skill India Program and Serampore Girls College

Name of Course: Yoga instructor (Level 4) National Skill Qualification Framework

##### Course Objective:

Students will learn

- i. Students will learn basic idea of Yoga
- ii. Basics of disease curing through Yoga
- iii. Better personal health and mental hygiene, emotional stability, integrated moral values

Admission fees: 500.00

Date: Oct 2021- March 2022

Duration: 6 months

Enrolled number of students: 25

No of students passed: 11

Date of exam: (online exam and video calling) 24<sup>th</sup> May 2022.

##### Name of Teachers:

- i. Sayanti Banerjee ( Teacher, Dept of Physical Education, Serampore Girls' College)
- ii. Tania Nag (Teacher, Dept of Physical Education, Serampore Girls' College)

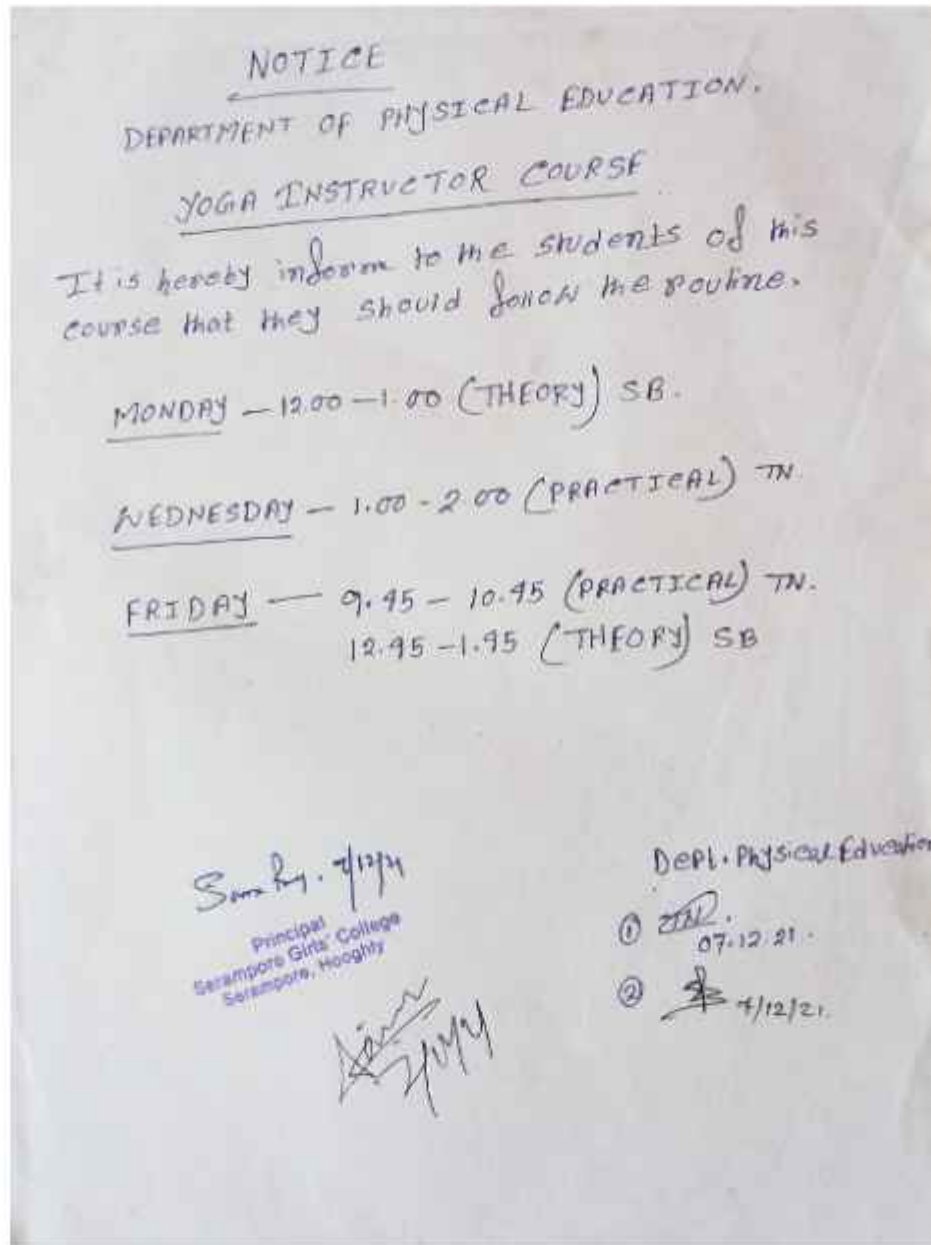
(Both the Teachers are certified trainers by NSDC)

##### Course Outcome:

- i. Students will be able get jobs in Health clubs, yoga and Pilate studio, in school as Yoga instructor,
- ii. Self-employment by running own toga center
- iii. Placement in various reputed companies



### Notice



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Signature of Principal

# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

## NAAC Criteria 7.3.1



### ATTENDANCE SHEET OF THE STUDENTS

Roll No	NAME OF STUDENTS	Students' Attendance Register for														
		CLASS SEC ATTEND -														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
x	SUSMITA KHAN	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
1	TANJUMA AKHAR	26	27	28	29	30	31	32	.	33	34	35	.	.	.	.
2	SANGITA DAS	26	27	.	28	.	29	.	.	21	22	.	.	.	.	.
3	POLI PATRA	25	.	.	26	.	27	28	.	.	29	.	.	.	.	.
4	TANUSHA KOLEY	.	13	.	14	.	.	.	.	.	.	.	.	.	.	.
5	MOULI KOLEY	.	.	.	.	13	.	.	.	.	14	.	.	.	.	.
6	LUZI DEY	.	.	.	9	10	.	.	.	.	.	.	.	.	.	.
7	SRESTHA GHOSAL	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
8	MOUSUMI ADHIKARY	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
9x	RITU KUMARI GUPTA	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
10	TRITISHA GANGULY	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
11	MITALI SANTRA	.	.	.	.	.	.	.	.	.	.	.	16	.	.	.
12	MOUMITA SEN	.	12	13	.	.	14	15	16	16	17	.	.	.	.	.
13	PAJEL DAS	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
14	SONALI MALIK	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
15	SANKARI BARMAN	31	32	33	.	34	35	.	36	.	.	.	.	.	.	.
16	MAMPI SAHA	.	.	.	.	.	.	.	.	.	.	.	.	.	.	.
17	SUSMITA NATH	22	23	24	25	26	.	27	28	29	30	31	.	.	.	.
18	TANUSHREE DAS	.	22	23	.	24	.	25	26	27	28	29	.	.	.	.
19	PUSPITA CHAKRABORTY	23	24	25	.	.	26	27	28	29	30	31	.	.	.	.
20	ALIYA APTAB	.	.	11	.	.	.	.	.	.	12	.	.	.	.	.
21	SUBHASHREE GHOSH	18	19	20	21	.	.	22	.	.	23	.	.	.	.	.
22	NEHA BARMA	.	13	14	.	15	16	17	18	19	20	.	.	.	.	.

Sone Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal



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### Certificate of Participation



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## NAAC Criteria 7.3.1



### Glimpses of the course



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Serampore Girls' College  
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## NAAC Criteria 7.3.1



### REPORT ON:- Two-days Yoga workshops

**Title of the Activity\_** Report on two-days **Yoga workshops** dated - 28.04.2023 & 29.04.2023

**Speaker:-** Dr Malay Kumar Mukhopadhyay, Assistant Professor, Post graduate institute of Physical Education, North 24 Parganas.

**Objective of the Programme:-** 1. Keep your body healthy & fit.

2. Increase mental stability, promote good health and hygiene etc

**Plan of Activity:-** The activity was conducted by the Department of Physical Education within the college premise.

**Date and Time of the activity:-** 28.04.2023 & 29.04.2023 from 8:30 a.m.

**Number of Attendee-** 54 students and 2 teachers of the department of physical education

**Outcome:-** 1. Through this yoga workshop participants know the scope of placement, job opportunities in this field.

2. Participants can learn various asanas and kriyas which helps to cure various disease

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# Serampore Girls' College

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## NAAC Criteria 7.3.1






### FLYER OF THE TWO DAYS WORKSHOP ON THE PRESENT SCENARIO OF YOGA- DATED 28<sup>TH</sup> AND 29<sup>TH</sup> OF April 2023



## Two days workshop on : The Present Scenario of Yoga

Organized by  
Serampore Girls' College  
(Department of Physical Education)  
Date - 28/04/2023 & 29/04/2023  
Time : 7:30 am to 10:00am





**Resource person :**  
**Dr. Malay Kumar Mukhopadhyay**  
Assistant Professor of Post Graduate  
Institute for Physical Education, Banipur,  
North 24 parganas & Officer on special  
duty Education directorate, Bikas Bhavan,  
saltlake, Kolkata.

Registration Link : <https://forms.gle/tvv4m7J2euDe8aVMA>

**Patron:**  
**Dr. Soma Roy Jana**  
Principal, Serampore Girls' College

Demonstrator :Sangita Das & Susmita Nath

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

# Serampore Girls' College

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## NAAC Criteria 7.3.1



### NOTICE OF THE WORKSHOP

Ph. : (033) 26623723 (Office)  
(033) 26527850 (Principal)

**Serampore Girls' College**  
(Estd.: 1981)  
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13, T. C. GOSWAMI STREET, SERAMPORE, HOOGHLY, PIN-712 201, WEST BENGAL.  
E-mail : serampore\_girls\_college@yahoo.co.in  
Website : www.seramporegirlscollege.org

Ref. No. .... Date 25/4/2023

**Notice**  
**For Yoga Workshop to be held on 28<sup>th</sup>-29<sup>th</sup> April, 2023**  
**Organized by Dept. of Physical Education**

This is notified that a yoga workshop will be held in college during **28<sup>th</sup>-29<sup>th</sup> April, 2023**. Willing students of the college may enroll their name in workshop through google link given in flyer. Enrolled students are asked to be physically present in administrative block within 7.30 a.m on 28.4.23. Students who will participate in both days will receive certificate. Programme schedule is given in flyer.

*Soma Roy*  
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Serampore, Hooghly

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### ATTENDANCE SHEET OF THE STUDENTS

003-1

SERAMPORE GIRLS' COLLEGE  
13, T.C. Goswami Street, Serampore, Hooghly, Pin 712201  
Department of Physical Education  
Attendance sheet

Date: 28.04.2023

Two Days Workshop on 'THE PRESENT SCENERIO OF YOGA'  
Resource Person: Dr. Malay kr. Mukhopadhyay

Sl. no.	Name	College roll	Semester	Department	Ph.no	Remark
1.	Sunami dey	225190	2nd Sem	Physical Education	98555642	
2.	Samrat Baul	225574	2nd Sem	Physical Education	98555642	
3.	Kanika Ghosh	224924	2nd Sem	Physical Education	98555642	
4.	Saralika Kri. Das	225665	2nd Sem	Physical Education	98555642	
5.	Shreya Ghoshal	226911	2nd Sem	Physical Education	98555642	
6.	Shreya Ghoshal	224811	2nd Sem	Physical Education	98555642	
7.	Arpita Biswas	224924	2nd Sem	Physical Edu.	98555642	
8.	Lipika Maiti	225004	2nd Sem	Physical Edu.	98555642	
9.	Kanika Ghosh	225994	2nd Sem	Physical Edu.	98555642	
10.	Bidita Das	225720	2nd Sem	Physical Edu.	98555642	
11.	Pritha Ghosh	225711	2nd Sem	Physical Edu.	98555642	
12.	Kanika Ghosh	226712	2nd Sem	Physical Edu.	98555642	
13.	Anika Ghosh	224003	2nd Sem	Physical Edu.	98555642	
14.	Rishika Ghosh	225611	2nd Sem	Physical Edu.	98555642	
15.	Shamika Ghosh	226811	2nd Sem	Physical Edu.	98555642	
16.	Trisha Ghosh	224713	2nd Sem	Physical Edu.	98555642	
17.	Rajani Ghosh	22596	2nd Sem	Physical Edu.	98555642	
18.	Shreya Ghosh	22526	2nd Sem	Physical Edu.	98555642	
19.	Shreya Ghosh	22514	2nd Sem	Physical Edu.	98555642	
20.	Shreya Ghosh	22497	2nd Sem	Physical Edu.	98555642	
21.	Shreya Ghosh	22414	2nd Sem	Physical Edu.	98555642	
22.	Shreya Ghosh	22508	2nd Sem	Physical Edu.	98555642	
23.	Shreya Ghosh	22755	2nd Sem	Physical Edu.	98555642	
24.	Shreya Ghosh	22540	2nd Sem	Physical Edu.	98555642	
25.	Shreya Ghosh	22577	2nd Sem	Physical Edu.	98555642	
26.	Shreya Ghosh	22443	2nd Sem	Physical Edu.	98555642	
27.	Shreya Ghosh	22618	2nd Sem	Physical Edu.	98555642	

Soma Roy  
Principal  
Serampore Girls' College  
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Signature of Principal

# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

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DAY - 1

SERAMPORE GIRLS' COLLEGE  
13, T.C. Goswami Street, Serampore, Hooghly, Pin 712201  
Department of Physical Education  
Date: 28.04.2023

Attendance sheet  
Two Days Workshop on 'THE PRESENT SCENERIO OF YOGA'  
Resource Person: Dr. Malay Kr. Mukhopadhyay

Sl. no.	Name	College roll	Semester	Department	Ph.no	Remark
28	Supriya Halder	22724	2nd	Physical Education	98722	
29	Riya Das	22524	2nd	Physical Education	98722	
30	Sudha Banerjee	22748	2nd	Physical Education	98722	
31	Swati Chatterjee	22525	2nd	Physical Education	98722	
32	Dakshina Das	22773	2nd	Physical Education	98722	
33	Sweta Gupta	22747	2nd	Physical Education	98722	
34	Sanya Das	22743	2nd	Physical Education	98722	
35	Somnanda Malik	21752	4th	Physical Education	98722	
36	Nabanita Das	21512	4th	Physical Education	98722	
37	Pooja Das	21576	4th	Physical Education	98722	
38	Mayuri Mukherjee	21495	4th	Physical Education	98722	
39	Saheli Das	22528	2nd	Physical Education	98722	
40	Tiya Das	21729	4th	Physical Education	98722	
41	Isha Das	21455	4th	Physical Education	98722	
42	Rita Das	21711	4th	Physical Education	98722	
43	Sudipta Ghosh	21624	4th	Physical Education	98722	
44	Debnanda Das	21563	4th	Physical Education	98722	
45	Moumita Das	21760	4th	Physical Education	98722	
46	Rita Das	21523	4th	Physical Education	98722	
47	Soumya Das	21686	4th	Physical Education	98722	
48	Debnanda Das	21480	4th	Physical Education	98722	
49	Susmita Das	20686	6th	Physical Education	98722	
50	Tiya Das	22527	2nd	Physical Education	98722	
51	Ruma Das	22687	6th	Physical Education	98722	
52	Naba Sarban	21356	4th	Physical Education	98722	
53	Nalini Das	21567	4th	Physical Education	98722	
54	Suman Das			Physical Education		

DAY - 2

SERAMPORE GIRLS' COLLEGE  
13, T.C. Goswami Street, Serampore, Hooghly, Pin 712201  
Department of Physical Education  
Date: 29.04.23

Attendance sheet  
Two Days Workshop on 'THE PRESENT SCENERIO OF YOGA'  
Resource Person: Dr. Malay Kr. Mukhopadhyay

Sl. no.	Name	College roll	Semester	Department	Ph.no	Remark
1	Manjira Das	21526	2nd Sem	Physical Education	98722	
2	Riya Das	22524	2nd Sem	Physical Education	98722	
3	Sanya Das	22479	2nd Sem	Physical Education	98722	
4	Supriya Halder	22730	2nd Sem	Physical Education	98722	
5	Sanya Das	22665	2nd Sem	Physical Education	98722	
6	Sanya Das	21597	2nd Sem	Physical Education	98722	
7	Archi Das	22528	2nd Sem	Physical Education	98722	
8	Tanisha Das	21711	4th Sem	Physical Education	98722	
9	Rita Das	21564	4th Sem	Physical Education	98722	
10	Rita Das	21395	4th Sem	Physical Education	98722	
11	Pooja Das	21576	4th Sem	Physical Education	98722	
12	Isha Das	21455	4th Sem	Physical Education	98722	
13	Tiya Das	21729	4th Sem	Physical Education	98722	
14	Moumita Das	21760	4th Sem	Physical Education	98722	
15	Mayuri Mukherjee	21495	4th Sem	Physical Education	98722	
16	Rakhi Das	21556	4th Sem	Physical Education	98722	
17	Sonal Das	21567	4th Sem	Physical Education	98722	
18	Ruma Das	22687	6th Sem	Physical Education	98722	
19	Naba Sarban	20682	6th Sem	Physical Education	98722	
20	Tiya Das	20687	6th Sem	Physical Education	98722	
21	Susmita Das	20686	6th Sem	Physical Education	98722	
22	Sudipta Das	21686	4th Sem	Physical Education	98722	
23	Debnanda Das	21480	4th Sem	Physical Education	98722	
24	Somnanda Malik	21752	4th Sem	Physical Education	98722	

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

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DAY - 2

**SERAMPORE GIRLS' COLLEGE**  
13, T.C. Goswami Street, Serampore, Hooghly, Pin - 712201  
Department of Physical Education

Date: 09.06.23

Two Days Workshop on 'THE PRESENT SCENARIO OF YOGA'  
Resource Person: Dr. Malay Kr. Mukhopadhyay

Attendance sheet

Sl. No.	Name	College roll	Semester	Department	Photo	Remark
1.	Malabika Banerjee	224507	2nd Sem	Physical Education		
2.	Indira Das	224508	2nd Sem	Physical Education		
3.	Prasanna Ghosh	224509	2nd Sem	Physical Education		
4.	Riya Ghosh	224510	2nd Sem	Physical Education		
5.	Myrati Mahapatra	224511	2nd Sem	Physical Education		
6.	Chiranjeev Das	224512	2nd Sem	Physical Education		
7.	Aparna Das	224513	2nd Sem	Physical Education		
8.	Sunayni Das	224514	2nd Sem	Physical Education		
9.	Simami Das	224515	2nd Sem	Physical Education		
10.	Ujjwal Das	224516	2nd Sem	Physical Education		
11.	Indira Das	224517	2nd Sem	Physical Education		
12.	Prasanna Ghosh	224518	2nd Sem	Physical Education		
13.	Riya Ghosh	224519	2nd Sem	Physical Education		
14.	Indira Das	224520	2nd Sem	Physical Education		
15.	Riya Ghosh	224521	2nd Sem	Physical Education		
16.	Prasanna Ghosh	224522	2nd Sem	Physical Education		
17.	Ujjwal Das	224523	2nd Sem	Physical Education		
18.	Sharmista Sanyal	224524	2nd Sem	Physical Education		
19.	Sunayni Das	224525	2nd Sem	Physical Education		
20.	Sudipa Ghosh	224526	2nd Sem	Physical Education		
21.	Myrati Das	224527	2nd Sem	Physical Education		
22.	Indira Das	224528	2nd Sem	Physical Education		
23.	Prasanna Ghosh	224529	2nd Sem	Physical Education		
24.	Riya Ghosh	224530	2nd Sem	Physical Education		

### SOME OF THE GLIMPSES OF THE WORKSHOP



Hooghly, West Bengal, India  
23, Parsi lane., Serampore, West Bengal 712201, India  
Lat 22.755713°  
Long 88.345625°  
29/04/23 08:57 AM GMT +05:30

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

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Sandhya Das  
Principal  
Serampore Girls' College  
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# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

## NAAC Criteria 7.3.1



### REPORT ON Training for Up-Scaling of Aapada Mitra Scheme

Academic Session: 2022-2023

Certificate in Training for Up-Scaling of Aapada Mitra Scheme in collaboration with Government of West Bengal, Office of Sub-Divisional Officer, Serampore at Serampore Danish Government House.

a. Name of Course: Training for Up-Scaling of Aapada Mitra Scheme

b. Venue: Danish Government House, Serampore SDO office Campus

b. Course Objective:

Students will learn

- The objective of the course is to train candidates in Community service.
- The students are trained for Disaster management and Search and rescue operations.

c. Admission fees: Nil

d. Date: 11/11/2022 TO 25/11/2022

e. Duration: 12 Day

f. Selected number of students: 44

j. Course Outcome:

- The students are trained for Disaster management and Search and rescue operations.
- NCC and NSS cadets are trained to volunteer for any untoward disasters in the community.

*Soma Roy*  
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Serampore, Hooghly

Signature of Principal

# Serampore Girls' College

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## NAAC Criteria 7.3.1



### Letter of Training

**GOVERNMENT OF WEST BENGAL  
OFFICE OF THE SUB-DIVISIONAL OFFICER  
SERAMPORE :: HOOGHLY  
[ DISASTER MANAGEMENT SECTION ]**

Memo No.139 (92) /SDDM/Srp.

Date: 10/20/2022

From: The Sub-Divisional Officer,  
Serampore, Hooghly.

To: **Name:- SULAGHNA DEY , D/O GOUTAM DEY**

**Address :-**

**20. A RAJA K.L GOSWAMI STREET, PO-SERAMPORE, PS-SERAMPORE,  
Municipality/Block:-SERAMPORE, District:-HOOGHLY, Pin- 712201**

**Mobile No :- 9674977486**

**Sub : Training for Up-scaling of Aapada Mitra Scheme.**

Sir / Madam

The training of volunteers for Up-scaling of Aapada Mitra Scheme for Serampore Sub Division will be held from **11/11/2022 to 25/11/2022** [except 13/11/2022, 15/11/2022 & 20/11/2022] at the Danish Government House in the Serampore SDO office Campus. The Training shall be commenced at **10-30 A.M every day**. This is to mention that on the **first day** of training, you will have to produce your **CDV Basic training / NCC / NSS Certificate & one ID proof in original** along with Xerox self-attested copies.

You are requested to report at the training venue well in advance on the mentioned dates.

No TA/DA will be admissible for attending the training by this end.

Yours faithfully,

Sub-Divisional Officer &  
Deputy Controller of Civil Defence  
Serampore, Hooghly

*Soma Roy*  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

## NAAC Criteria 7.3.1



### SELECTED STUDENT DETAILS

Sl. No.	Name	Gender	Roll Number	Date of Birth	Class	Home Address	Qualification	Grade	Author's Name	Class	Grade	Book Name	Author's Name	Class	Grade	Remarks
24322	14031 Mahanta Nil	Female	144759	10/10/20	11	144759	11	11	11	11	11	11	11	11	11	11
24322	14032 Gupta Nil	Female	144760	10/10/20	11	144760	11	11	11	11	11	11	11	11	11	11
24322	14033 Gupta Nil	Female	144761	10/10/20	11	144761	11	11	11	11	11	11	11	11	11	11
24322	14034 Das Nil	Female	144762	10/10/20	11	144762	11	11	11	11	11	11	11	11	11	11
24322	14035 Das Nil	Female	144763	10/10/20	11	144763	11	11	11	11	11	11	11	11	11	11
24322	14036 Das Nil	Female	144764	10/10/20	11	144764	11	11	11	11	11	11	11	11	11	11
24322	14037 Das Nil	Female	144765	10/10/20	11	144765	11	11	11	11	11	11	11	11	11	11
24322	14038 Das Nil	Female	144766	10/10/20	11	144766	11	11	11	11	11	11	11	11	11	11
24322	14039 Das Nil	Female	144767	10/10/20	11	144767	11	11	11	11	11	11	11	11	11	11
24322	14040 Das Nil	Female	144768	10/10/20	11	144768	11	11	11	11	11	11	11	11	11	11
24322	14041 Das Nil	Female	144769	10/10/20	11	144769	11	11	11	11	11	11	11	11	11	11
24322	14042 Das Nil	Female	144770	10/10/20	11	144770	11	11	11	11	11	11	11	11	11	11
24322	14043 Das Nil	Female	144771	10/10/20	11	144771	11	11	11	11	11	11	11	11	11	11
24322	14044 Das Nil	Female	144772	10/10/20	11	144772	11	11	11	11	11	11	11	11	11	11
24322	14045 Das Nil	Female	144773	10/10/20	11	144773	11	11	11	11	11	11	11	11	11	11
24322	14046 Das Nil	Female	144774	10/10/20	11	144774	11	11	11	11	11	11	11	11	11	11
24322	14047 Das Nil	Female	144775	10/10/20	11	144775	11	11	11	11	11	11	11	11	11	11
24322	14048 Das Nil	Female	144776	10/10/20	11	144776	11	11	11	11	11	11	11	11	11	11
24322	14049 Das Nil	Female	144777	10/10/20	11	144777	11	11	11	11	11	11	11	11	11	11
24322	14050 Das Nil	Female	144778	10/10/20	11	144778	11	11	11	11	11	11	11	11	11	11
24322	14051 Das Nil	Female	144779	10/10/20	11	144779	11	11	11	11	11	11	11	11	11	11
24322	14052 Das Nil	Female	144780	10/10/20	11	144780	11	11	11	11	11	11	11	11	11	11
24322	14053 Das Nil	Female	144781	10/10/20	11	144781	11	11	11	11	11	11	11	11	11	11
24322	14054 Das Nil	Female	144782	10/10/20	11	144782	11	11	11	11	11	11	11	11	11	11
24322	14055 Das Nil	Female	144783	10/10/20	11	144783	11	11	11	11	11	11	11	11	11	11
24322	14056 Das Nil	Female	144784	10/10/20	11	144784	11	11	11	11	11	11	11	11	11	11
24322	14057 Das Nil	Female	144785	10/10/20	11	144785	11	11	11	11	11	11	11	11	11	11
24322	14058 Das Nil	Female	144786	10/10/20	11	144786	11	11	11	11	11	11	11	11	11	11
24322	14059 Das Nil	Female	144787	10/10/20	11	144787	11	11	11	11	11	11	11	11	11	11
24322	14060 Das Nil	Female	144788	10/10/20	11	144788	11	11	11	11	11	11	11	11	11	11
24322	14061 Das Nil	Female	144789	10/10/20	11	144789	11	11	11	11	11	11	11	11	11	11
24322	14062 Das Nil	Female	144790	10/10/20	11	144790	11	11	11	11	11	11	11	11	11	11
24322	14063 Das Nil	Female	144791	10/10/20	11	144791	11	11	11	11	11	11	11	11	11	11
24322	14064 Das Nil	Female	144792	10/10/20	11	144792	11	11	11	11	11	11	11	11	11	11
24322	14065 Das Nil	Female	144793	10/10/20	11	144793	11	11	11	11	11	11	11	11	11	11
24322	14066 Das Nil	Female	144794	10/10/20	11	144794	11	11	11	11	11	11	11	11	11	11
24322	14067 Das Nil	Female	144795	10/10/20	11	144795	11	11	11	11	11	11	11	11	11	11
24322	14068 Das Nil	Female	144796	10/10/20	11	144796	11	11	11	11	11	11	11	11	11	11
24322	14069 Das Nil	Female	144797	10/10/20	11	144797	11	11	11	11	11	11	11	11	11	11
24322	14070 Das Nil	Female	144798	10/10/20	11	144798	11	11	11	11	11	11	11	11	11	11
24322	14071 Das Nil	Female	144799	10/10/20	11	144799	11	11	11	11	11	11	11	11	11	11
24322	14072 Das Nil	Female	144800	10/10/20	11	144800	11	11	11	11	11	11	11	11	11	11

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal



# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

## NAAC Criteria 7.3.1





### Certificate of Training

 **Government of West Bengal**  
Department of Disaster Management & Civil Defence 

**CERTIFICATE**

Certified that Mr. / Mrs. / Ms..... *Sulaghna Dey*.....  
has successfully completed **12 days residential training of**  
**Community Volunteers on Disaster Management and Search**  
**& Rescue under "Up-Scaling Aapda Mitra" Scheme from**  
..... *11-11-2022* ..... to ..... *25-11-2022* .....

  
\_\_\_\_\_  
Training Coordinator  
(District Disaster Management Officer )  
Hooghly

  
\_\_\_\_\_  
District Nodal Officer &  
Additional District Magistrate ( L & LR )  
Aapda Mitra Scheme  
Hooghly

*Soma Roy*  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

# Serampore Girls' College

13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

## NAAC Criteria 7.3.1



### Republic Day Participation



*Soma Roy*  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Signature of Principal

## **REPORT on SELF DEFENCE COURSE 2019-2020**

### **Title of the activity: COURSE in KARATE TRAINING**

In Collaboration with **TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL** which is affiliated to **ITF TANG SOO DO SPORTS FEDERATION OF INDIA.**

Programme Coordinator : Dr. Saswati Chanda, Dept. of Sociology

Korean karate (TANG SOO DO) training classes have been started from the year 2016. Now in the year 2019-20, students are also continuously taking the benefits of this training programme. However, the college has to stop the course due to Covid.

#### **Objective of the activity:**

- Self Defence for Women
- Physical fitness and mental health improvement.

**Type of Activity:** Karate Certificate Course

**Organizing Department:** Women's Cell

**Place of activity:** Play ground, Old Building, Serampore Girls' College Campus

**Date and time of the activity:** Every Wednesday and Friday of the week ( Time: 8 am to 10 am)

**Programme Supervisors :** Dr. Shilpi Adhikary , Teacher, Deptt. Of Sanskrit

Ms. Reboti , Staff, Serampore Girls College

**Number of attendees:** 139

#### **Outcome:**

- Students learned the basics of self-defence and Kyokushin Karate
- Gained self-confidence and mental peace.
- Developed interest in such self-defence programs.

### **Curriculum, Examination and Certification**

The curriculum is as prescribed by **TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL** which is affiliated to **ITF TANG SOO DO SPORTS FEDERATION OF INDIA.**

Interested students may enroll in this training free of cost. However, regular attendance and strict discipline are to be adhered to. While the training is strenuous, its benefits have made it very popular among students.

Based on the performance in the examination held, the students are awarded appropriate certificates ((Green Belt, Orange Belt, and Brown Belt. )

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly

### Students' Special Achievements

Year	Name of the Award/Medal	Team /Individual	University/State/National/International	Sports/Cultural	Name of the Student
January 2020	1st place in "6th Hooghly District Kick Boxing Championship"	Individual	District	Sports	SOMA CHATTERJEE
January 2020	2nd place in "6th Hooghly District Kick Boxing Championship"	Individual	District	Sports	PUSPITA CHAKRABORTY
February 2020	2nd Position in 6th State "Tang Soo Do Championship 2020"	Team	State	Sports	Serampore Girls' College Karate Team

### Some Photographs



Karate Training is going on in the college playground



Pushpita Chakraborty won the Silver Medal

11/11/19

### REGISTER OF ATTENDANCE FOR THE MONTH

### KARATE ATTENDANCE OF PUPILS

2019-2020

Serial No.	Roll No.	NAME OF PUPILS	S. No. & dt. of Adm. Reg. in the Adm. Reg.	ATTEND -																		
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
<b>SECTION - A</b>																						
I Ind Yr	1	Soma Chatterjee		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	2	Jyashree Ray		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	3	Prityanka Singh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
II Ind Yr	4	Payal Madak		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	5	Prasita Chakraborty		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	6	Sanchani Hazra		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	7	Shabem Palwan		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	8	Chandni Khatoon		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
III Ind Yr	9	Payal Karmakar		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	10	Debolina Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	11	Piyali Saha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	12	Prifa Mondal		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	13	Sulha Man		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	14	Ranuki Maji		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	15	Apurba Prasad		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	16	Kamni Kamni Jha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	17	Asia Parvin		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	18	Nikhat Farida		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	19	Nishat Anjum		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	20	Pallabi Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	21	Shreyasi Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	22	Sonia Roy Chowdhury		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	23	Sabitra Adhikary		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	24	Tanushree Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	25	Tithi Santra		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	26	Debolpna Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	27	Sanchita Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	28	Prityanka Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	29	Soumita Chakraborty		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	30	NEMAI SABA		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	31	Upasana Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	32	Prity Sheet		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	33	Manohira Dhara		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	34	Mouli Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	35	Ayat Pasveer		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	36	Pritya Paul		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	37	Siyah Malik		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	38	Mamoni Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		
	39	Tithi Mondal		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		

Serial No.	Roll No.	NAME OF PUPILS	S. No. & dt. of Adm. Reg. in the Adm. Reg.	ATTENDANCE																			No. of days				
				20	21	22	23	24	25	26	27	28	29	30	31	Present	Absent	Leave on	Absent without Leave								
<b>SECTION - A</b>																											
I Ind Yr	1	Soma Chatterjee		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	2	Jyashree Ray		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	3	Prityanka Singh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
II Ind Yr	4	Payal Madak		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	5	Prasita Chakraborty		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	6	Sanchani Hazra		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	7	Shabem Palwan		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	8	Chandni Khatoon		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
III Ind Yr	9	Payal Karmakar		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	10	Debolina Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	11	Piyali Saha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	12	Prifa Mondal		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	13	Sulha Man		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	14	Ranuki Maji		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	15	Apurba Prasad		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	16	Kamni Kamni Jha		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	17	Asia Parvin		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	18	Nikhat Farida		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	19	Nishat Anjum		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	20	Pallabi Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	21	Shreyasi Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	22	Sonia Roy Chowdhury		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	23	Sabitra Adhikary		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	24	Tanushree Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	25	Tithi Santra		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	26	Debolpna Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	27	Sanchita Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	28	Prityanka Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	29	Soumita Chakraborty		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	30	NEMAI SABA		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	31	Upasana Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	32	Prity Sheet		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	33	Manohira Dhara		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	34	Mouli Ghosh		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	35	Ayat Pasveer		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	36	Pritya Paul		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	37	Siyah Malik		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	38	Mamoni Das		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			
	39	Tithi Mondal		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	19	1	0	0			

No. of working days during the Month -  
Average Daily Attendance -  
Percentage of Attendance during the Month -







## **REPORT on SELF DEFENCE COURSE 2018-2019**

### **Title of the activity: COURSE in KARATE TRAINING**

In Collaboration with **TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL**  
**which is affiliated to ITF TANG SOO DO SPORTS FEDERATION OF INDIA.**

Programme Coordinator : Dr. Saswati Chanda, Dept. of Sociology

Korean karate (TANG SOO DO) training classes have been started from the year 2016. Now in the year 2018-19, students are also continuously taking the benefits of this training programme.

#### **Objective of the activity:**

- Self Defence for Women
- Physical fitness and mental health improvement.

**Type of Activity:** Karate Certificate Course

**Organizing Department:** Women's Cell

**Place of activity:** Play ground, Old Building, Serampore Girls' College Campus

**Date and time of the activity:** Every Wednesday and Friday of the week ( Time: 8 am to 10 am)

**Programme Supervisors :** Dr. Shilpi Adhikary , Teacher, Deptt. Of Sanskrit

Ms. Reboti , Staff, Serampore Girls College

**Number of attendees:** 134

#### **Outcome:**

- Students learned the basics of self-defence and Kyokushin Karate
- Gained self-confidence and mental peace.
- Developed interest in such self-defence programs.

### **Curriculum, Examination and Certification**

The curriculum is as prescribed by **TANG SOO DO SPORTS ASSOCIATION OF WEST BENGAL** which is affiliated to **ITF TANG SOO DO SPORTS FEDERATION OF INDIA.**

Interested students may enroll in this training free of cost. However, regular attendance and strict discipline are to be adhered to. While the training is strenuous, its benefits have made it very popular among students.

*Soma Roy*  
Principal  
Serampore Girls' College  
Serampore, Hooghly

Based on the performance in the examination held, the students are awarded appropriate certificates ((Green Belt, Orange Belt, and Brown Belt. )

**Students' Special Achievements**

Year	Name of the Award/Medal	Team /Individual	University/State/National/ International	Sports/Cultural	Name of the Student
January 2019	2nd Position in 5th State "Tang Soo Do Championship 2019"	Individual	State	Sports	PUSPITA CHAKRABORTY
January 2019	Best College(1 <sup>st</sup> position) in the Hooghly District	Team	District	Sports	NA



**Karate classes are going on in the playground of the college**



Certificate of a student



In Hooghly District Kick Boxing championship Serampore Girls' College was adjudged the Best College In Martial Arts in the district.

Soma Roy  
Principal  
Serampore Girls' College  
Serampore, Hooghly









B.A. ut yote (2018-19)

CL.

Students' Attendance Register for  
CLASS \_\_\_\_\_ SEC \_\_\_\_\_

the month of June 2019  
SUBJECT KARATE

ATTEND -

ANCE

Roll No.	NAME OF STUDENTS
<b>SECTION - B</b>	
328	Anjali Sharma
330	Sahibani Hansa
411	Rishika Gupta
302	Sakshi Biswal
680	Prasita Choudhary
211	Tejali Mali
179	Mehak Sen
358	Ashwini Ghosh
272	Madhuri Sarkar
657	Kamini Ray
	Radhika Jaisankar
243	Mia Kundu
327	Royal Anon
231	Royal Anon
630	Janasni Kango Banif
20	Swarnali Patra

Roll No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
328	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
330	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
411	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
302	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
680	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
211	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
179	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
358	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
272	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
657	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
243	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
327	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
231	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
630	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Roll No.	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
328	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
330	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
411	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
302	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
680	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
211	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
179	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
358	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
272	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
657	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
243	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
327	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
231	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
630	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Lectures delivered during : 20 - 20

June	July	August	September	October	November	December	January	February	March	April	May	TOTAL	Percentage

Soma Ray  
Principal  
Serampore Girls' College  
Serampore, Hooghly