

Serampore Girls' College

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

NAAC Criteria 5.1.2



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 5.1.2



NOTICE OF THE WORKSHOP

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

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~~ 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 Shaban
Coordinator
4/5/23

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 5.1.2



ATTENDANCE OF THE STUDENTS ATTENDING THE WORKSHOP

Date: 30/05/2020 Total P = 53
Total A = 11

Roll No.	NAME OF PUPILS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	Anamika Saha	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	
2	Kusum Kulkarni	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	
3	Sanya Parveen	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	
4	Pooja Parveen	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	
5	Pooja Parveen	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	
6	Soma Kumar Ghosh	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	
7	Pallabi Talwar	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	
8	Tamkenat Akhtar	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	
9	Narayan Talwar	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	
10	Nidhi Kumari Mishra	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	
11	Debashwanti Bhattacharya	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	
12	Sumanika Banerjee	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	
13	Sumita Mukherjee	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	
14	Arati Halder	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	
15	Sakshi Das	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	
16	Isrita Majumdar	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	
17	Nirina Bose	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	
18	Arati Ghosh	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	
19	Nikki Kumari Pandey	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	
20	Sneha Talwar	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	
21	Roni Karmakar	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	
22	Moumita Das	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	
23	Priyanka Das	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	
24	Priyanka Mahanta	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	
25	Priyanka Upadhyay	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	
26	Shreyas Ghoshal	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	
27	Neha Kumar Karar	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	
28	Mou Debanta	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	
29	Barsha Ghara	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	
30	Tanushree Dutta	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	
31	Mousumi Sinha	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	
32	Trisha Sarkar	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	
33	Kokali Bera	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	
34	Lizdona Naik	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	
35	Sunama Kumari Sharma	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	
36	Jyoti Kumari	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	
37	Deeba Kumari Kajak	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	
38	Sundhika Kumari Basu	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	
39	Deeba Kumari Ghosh	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	
40	Mou Mondal	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	
41	Barishika Das	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	

No. Present daily ...
No. Absent daily ...
TOTAL ...

GREENA TRADERS, 42 Santol Lane, Kolkata 4, Ph-2711300

Hindus - Muslims - Others -

No. of working Average Daily At Percentage of Absent

Date: 30/05/2020 Total P = 53
Total A = 10

No. of Free Students -
Date: 15/05/20
Total P = 56
Total A = 8

REGISTER OF ATTENDANCE OF PUPILS FOR THE MONTH

Roll No.	NAME OF PUPILS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
237	Anamika Saha	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	
238	Sana Barai	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
239	Jayasree Debanta	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
240	Prabati Datta	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
241	Neha Jaiswal	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
242	Shweta Patra	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	Tanuja Singh	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
244	Kavita Pandey	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
245	Rumpa Das	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
246	Jeba Seetha Khatun	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
247	Juha Khatun	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
248	Archana Mahanta	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
249	Adwaita Ghosh	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
250	Arpita Mukherjee	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
251	Shobhani Karmakar	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
252	Sonal Singh	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
253	Shobha Deb Roy	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
254	Mousumi Patra	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
255	Sabnam Khowana	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
256	Ashika Kumari Kowar	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
257	Nivedita Das	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
258	Susmita Ghosh	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
259	Asmin Barua	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
260	Saheli Sarkar	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

No. Present daily ...
No. Absent daily ...
TOTAL ...

Hindus - Muslims - Others -

No. of working Average Daily At Percentage of Absent

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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

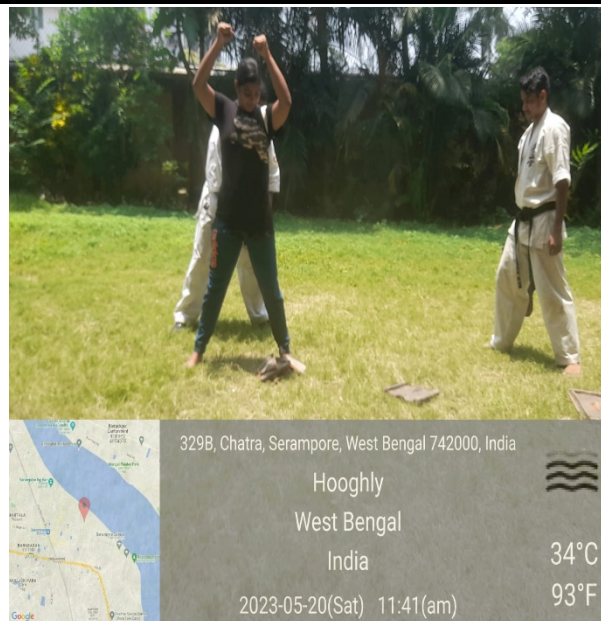
NAAC Criteria 5.1.2



CERTIFICATE OF PARTICIPATION IN THE WORKSHOP



GLIMPSES OF SOME OF THE TECHNIQUES OF SELF-DEFENCE



BODY BREAKING TECHNIQUE

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 5.1.2



Fighting Skills

Distribution of Certificates



Soma Roy
Principal
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 (2nd 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) 24th 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 yoga center
- iii. Placement in various reputed companies

Page 1 of 2

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

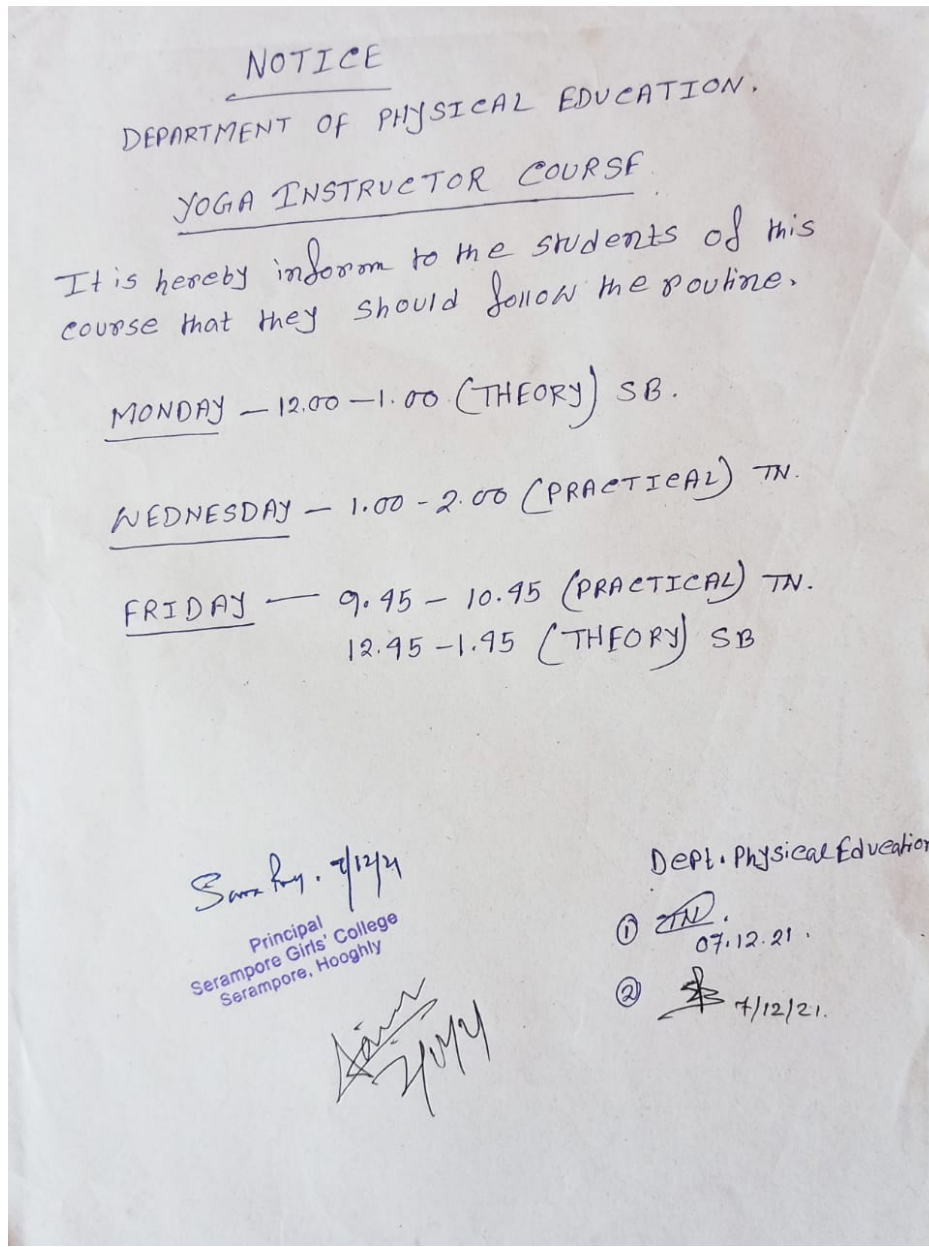
Serampore Girls' College

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Notice



Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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NAAC Criteria 5.1.2



ATTENDANCE SHEET OF THE STUDENTS

Roll No	NAME OF STUDENTS	Students' Attendance Register for														
		CLASS _____ SEC _____														
		ATTEND -														
Roll No	NAME OF STUDENTS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
X	SUSMITA KHAN	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
1	TANJUMA AKHTAR	26	27	28	29	30	31	32	.	33	34	35				
2	SANGITA DAS	26	27	28	29	30	31	32	.	33	34	35				
3	POLI PATRA	25	.	26	27	28	29	30	.	31	32	33	34	35		
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
12	MOUMITA SEN
13	PAJEL DAS	.	12	13	.	.	14	15	16	16	17
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

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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Certificate of Participation



Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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Glimpses of the course



Soma Roy
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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

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

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FLYER OF THE TWO DAYS WORKSHOP ON THE PRESENT SCENARIO OF YOGA- DATED 28TH AND 29TH OF April 2023



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>

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



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

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

NAAC Criteria 5.1.2



NOTICE OF THE WORKSHOP

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

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 25/4/2023

Notice

For Yoga Workshop to be held on 28th-29th April, 2023

Organized by Dept. of Physical Education

This is notified that a yoga workshop will be held in college during 28th-29th 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
Principal
Principal
Serampore Girls' College
Serampore, Hooghly

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Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

Serampore Girls' College

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

NAAC Criteria 5.1.2



ATTENDANCE SHEET OF THE STUDENTS

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
1.	Sunami Dey	22799	2nd sem	Physical Education	998520091	
2.	Samrat Baul	22659	2nd Sem	Physical Education	79806724	
3.	Kera Bhomick	22492	2nd Sem	Physical Education	807232	
4.	Sardika Koi. Ram	22665	2nd sem	Physical Education	97505	
5.	Shreya Kumari	22691	2nd sem	Physical Education	7930098	
6.	Shruti Baul	22481	2nd sem	Physical Education	997045	
7.	Arpita Biswas	22427	2nd sem	Physical Edu.	882	
8.	Lipika Masahi	22508	2nd Sem	Physical Edu.	8100500	
9.	Hanifa Nazam	22599	2nd sem	Physical Edu.	9487	
10.	Pritha Das	22570	2nd Sem	Physical Edu.	84977	
11.	Pritha Ghosh	22571	2nd Sem	Physical Edu.	8208	
12.	Sonja Kumar/yeelan	22672	2nd sem	Physical Edu.	853625	
13.	Anchal Kumari Dha	22700	2nd sem	Physical Education	70887	
14.	Royal Shau	22561	2nd sem	Physical Education	995197	
15.	Sharmista Saha	22684	2nd Sem	Physical Education	78001463	
16.	Ipsita Dey	22473	2nd Sem	Physical Education	903025	
17.	Rajani Gupta	22596	2nd Sem	Physical Education	01634	
18.	Moumita Das	22526	2nd Sem	Physical Education	85578	
19.	Himati Karmakar	22511	2nd Sem	Physical Edu	995197	
20.	Khooshbu Tiwari	22497	2nd Sem	Physical Edu	78001463	
21.	Sneha Kumari	22744	2nd Sem	Physical Edu	82123	
22.	Matabika Nair	22508	2nd Sem	Physical Edu	943274024	
23.	Talima Khatun	22755	2nd Sem	Physical Edu	743988740	
24.	Nilupa Khatun	22510	2nd sem	Physical Edu	743067	
25.	Priya Baidya	22573	2nd sem	Physical Education	82123	
26.	Swarnali Das	22743	2nd sem	Physical Edu	62986	
27.	Mosammat Sahana	22518	2nd Sem	Physical Education	82123	

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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

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	Supriti Halder	22734	2nd	Physical Education	60026	
29	Priya Bag	22577	2nd	Physical Education	2100	
30	Sweta Kumari	22748	2nd	Physical Education	26015	
31	Briti Sharmma	22575	2nd	Physical Education	21563	
32	Dakshina Das	22474	2nd	Physical Education	21579	
33	Sweta gupta	22747	2nd	Physical Education	21579	
34	Janya mal.	22473	2nd	Physical Education	21579	
35	Sarmista Malik	21758	4th	Physical Education	21579	
36	Nabamita Das.	21512	4th	Physical Education	21579	
37	Puja Shaw	21576	4th	Physical Education	21579	
38	Mayuri Mallick	21495	4th	Physical Education	21579	
39	Saheli Sarkar	22698	2nd	Physical Education	21579	
40	Puja Manma	21722	4th	Physical Education	21579	
41	Isha Debroy	21455	4th	Physical Education	21579	
42	Tithilekha Das	21711	4th	Physical Education	21579	
43	Sudipa Ghosh	21694	4th	Physical Education	21579	
44	Swarna Das	21567	4th	Physical Education	21579	
45	Moumita Debnath	21760	4th	Physical Education	21579	
46	Ritu Shaw	21593	4th	Physical Education	21579	
47	Suvarna Das	21686	4th	Physical Education	21579	
48	Madhusree Dutta	21480	4th	Physical Education	21579	
49	Susmita Kundu	20686	6th	Physical Education	21579	
50	Tina Adak	20687	6th	Physical Education	21579	
51	Ruma Maity	20683	6th	Physical Education	21579	
52	Neha Sarkar	21856	6th	Physical Education	21579	
53	Fallavi Tiwari	21867	4th	Bio-Sci Dept	21579	
54	Sonal Singh	21867	4th	Bio-Sci Dept	21579	

DAY - 2

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

Date: 29.04.23

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.	Maupriya Das	22526	2nd Sem.	Physical Education	800279110	
2.	Priya Bag	22577	2nd Sem.	Physical Education	46027	
3.	Janya mal.	22479	2nd Sem.	Physical Education	64476	
4.	Supriti Halder	22734	2nd Sem.	Physical Education	403356	
5.	Sweta Kumari	22665	2nd Sem.	Physical Education	55	
6.	Shreya Kumari	22591	2nd Sem.	P. Education	2100	
7.	Anchal Ojha	22799	2nd Sem.	P. Education	21098	
8.	Tithilekha Das	21711	4th Sem.	Physical Education	21579	
9.	Swarna Das	21567	4th Sem.	Physical Education	21579	
10.	Ritu Shaw	21593	4th Sem.	Physical Education	21579	
11.	Puja Shaw	21576	4th Sem.	Physical Education	21579	
12.	Isha Debroy	21455	4th Sem.	Physical Education	21579	
13.	Puja Manma	21722	4th Sem.	Physical Education	21579	
14.	Moumita Debnath	21760	4th Sem.	Physical Education	21579	
15.	Mayuri Mallick	21495	4th Sem.	Physical Education	21579	
16.	Fallavi Tiwari	21856	4th Sem.	Bio-science	21579	
17.	Sonal Singh	21867	4th Sem.	Bio-Sci Dept	21579	
18.	Ruma Maity	20683	6th Sem.	Physical Education	1201	
19.	Neha Sarkar	20682	6th Sem.	Physical Education	1007123	
20.	Tina Adak	20687	6th Sem.	Physical Education	21579	
21.	Susmita Kundu	20686	6th Sem.	Physical Education	21579	
22.	Suvarna Das	21686	4th Sem.	Physical Education	21579	
23.	Madhusree Dutta	21480	4th Sem.	PEDIT	21579	
24.	Sarmista Malik	21758	4th Sem.	Physical Education	21579	

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Signature of Principal

Serampore Girls' College

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NAAC Criteria 5.1.2



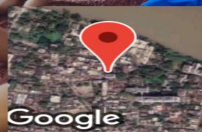
DAY - 2

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.	Malabika Naru	22508	2nd sem	Physical Education	94927	
2.	Trishita Das	22474	2nd sem	Physical Education	94927	
3.	Masamud Sahana	22518	2nd Sem	Physical Education	810068	
4.	Kona Bharnick	22402	2nd sem	Physical Education	80153	
5.	Nymoli Karmakara	22514	2nd Sem	Physical Education	80305	
6.	Ujjwala Baul	22481	2nd sem	Physical Education	80050	
7.	Ipsita Dey	22473	2nd sem	Physical Education	620184	
8.	Samapti Baul	22659	2nd. Sem	Physical Education	73057	
9.	Sunami DEY	22732	2nd sem	Physical Education	900820	
10.	Lipika Maahi	22506	2nd sem	Physical Education	80196	
11.	Rishi Bahadur	22573	2nd sem	Physical Education	620186	
12.	Ampita Biswas.	22427	2nd Sem	Physical Education	80394	
13.	Pritha Ghosh	22571	2nd Sem	Physical Education	900821	
14.	Pritha Das	22570	2nd Sem	Physical Education	85305	
15.	Ranita Karap	22599	2nd sem	Physical Education	620177	
16.	Sweeta Kuyson	22748	2nd sem	Physical Education	620163	
17.	Roiti Shasima	22575	2nd Sem	Physical Education	900825	
18.	Sharmista Santia	22684	2nd Sem	Physical Education	900829	
19.	Soumali Das	22743	2nd Sem	Physical Education	80393	
20.	Sutapa Ghosh	21694	4th sem	PEDG	900096	
21.	Nabanita Das.	21512	4th sem	PEDG	740193	
22.	Fayal Shaul	20561	2nd sem	PEDG	700278	
23.	Taslima Khatun	22755	2nd sem	PEDG	743088	
24.	Nilufa Khatun	22549	2nd sem	PEDG	711306	

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

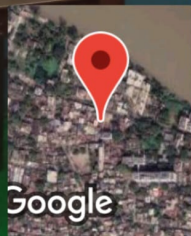
Soma Roy
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13, T.C. Goswami Street Serampore Hooghly - 712201 West Bengal

NAAC Criteria 5.1.2



Hooghly, West Bengal, India

354E, Chatra, Serampore, West Bengal 742000, India

Lat 22.755856°

Long 88.345549°

29/04/23 10:07 AM GMT +05:30

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

Signature of Principal

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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.

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NAAC Criteria 5.1.2



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 5.1.2



SELECTED STUDENT DETAILS

Timestamp	Name	Gender	Mobile Number	Date of Birth	Email Id	Marital Status	Educational Qualification	Skills	Aadhar Card Number	State Name	District Name	Block Name/MC/Municipality/Village Name/ Ward No.	Home Address	
214/2022/13/07/24	Madhusree Malik	Female	7439673280	11/07/2002	madhusremalik@gmail.com	Unmarried	H S PASS	Dance, Drawing, Sports	549120E+11	West Bengal	Hooghly	Chinsurah-Hooghly	Chinsurah	
214/2022/13/09/18	Quarina Bano	Female	9231559570	20/09/2000	quarinabano25@gmail.com		H. S. Pass	Singing	8.81424E+11	West Bengal	Hooghly	Bhadreswar	1203 B. B street. P. C	
214/2022/13/09/17	Simaran Shaw	Female	877455863	17.02.2000	simaranshaw108@gmail.com	Unmarried	12th pass	Art & drawing, dance, sin	9.91818E+11	West Bengal	Howrah	Bally Jagajha	Sapupara Anandanga, B. Ed	
214/2022/13/11/57	Dona Koley	Female	6297841051	9/8/2002	donakoley2@gmail.com	Unmarried	H.S pass	Yoga, yoga dance, drawin	8.67207E+11	West Bengal	Hooghly	Singur	Gopalnagar	Copanogor sahana
214/2022/13/13/12	Sulagna Dey	Female	9674977486	05/02/2001	sulagnadey@gmail.com	Unmarried	H.S Pass	Singing Drawing Yoga	3.97888E+11	West Bengal	Hooghly	Serampore municipality	Serampore 3 number world	A.Raha I.J.goswa
214/2022/13/17/36	Mamta Santra	Female	9674040776	23/11/2002	mampsantra2002@gmail.com	Unmarried	H.S Pass	Yoga	5.70791E+11	West Bengal	Hooghly	Singur	Singherbheri	Vill.p.o-Singer bheri
214/2022/13/17/36	Sanchita Ghosh	Female	824999139	21/08/2001	sanchitaghosh2758@gmail.com	Unmarried	H.s	Dance	6.80023E+11	West Bengal	Hooghly	Serampore	Serampore	48/a Mukherjee para
214/2022/13/17/36	ANANNYA KHAN	Female	7384897747	14/8/2001	anannyakhan7@gmail.com	Unmarried	B. A		6.70975E+11	West Bengal	Hooghly	Pandua	Matapur, Pandua, F	
214/2022/13/22/14	Neha Mal	Female	9475595323	19/11/2002	malheha22@gmail.com	Unmarried	H.S pass	Drawing	7.77445E+11	West Bengal	Hooghly	Singur	Dewan bheri	Dewan bheri
214/2022/13/23/02	Soumi Biswas	Female	08902250625	22.09.2003	biswasoumi17@gmail.com	Unmarried	1st year	Bharatnatyam dancer	8.25323E+11	West Bengal	Hooghly	Uttarpara municipality		19/108.S.Verma Road
214/2022/13/23/49	Sumita Pandey	Female	9073855440	26/4/2002	sumitariya346@gmail.com	Unmarried	H.s	Dance	2.93845E+11	West Bengal	Hooghly	Uttarpara	Serampur	Chotobu belumli
214/2022/13/24/14	Snehashree Samanta	Female	8584805176	25/11/2002	snehashreesamanta@gmail.com	Unmarried	Higher secondary	Drawing	8238 9297 9433	West Bengal	Hooghly	Singur	Anandanagar	Anandanagar
214/2022/13/25/06	Neha kumari	Female	8910315312	18/12/2000	nishayada3171@gmail.com	Unmarried	12th pass	Drawing, dancing	7.54002E+11	West Bengal	Howrah	Liluah	Liluah	15/4/5 Nutan para no
214/2022/13/35/34	Anamika Saha	Female	6289203453	10.11.2002	suni.saha2002@gmail.com	Unmarried	Higher secondary pass	Dance		West Bengal	Hooghly	Serampore		11/29B Airabali lane S
214/2022/13/38/00	Sajda parveen	Female	6289203453	10.11.2002	suni.saha2002@gmail.com	Unmarried	HS pass	Dance, Sports	5509 8663 1353	West Bengal	Hooghly	Chandparti Municipality		21/157Aastadanga suk
214/2022/13/38/59	Arpta mondal	Female	7679410556	27/5/2002	mondalrpta160@gmail.com	Unmarried	3rd semester passed			West Bengal	Hooghly	Rohra municipality	Rohra, ward no 24	11/16 P.K.Das Lane F
214/2022/13/40/18	Ansha Ghosh	Female	7450883293	1/8/2000	ghoshanarsa88@gmail.com	Unmarried	H.S pass	Drawing	7.42014E+11	West Bengal	Hooghly	Anarabag	Anandi ararabag, ho	
214/2022/13/40/33	Apila Mukherjee	Female	8636657639	03/10/2001	apilamukherjee513@gmail.com	Unmarried	6th semester	Computer	6398 5423 5889	West Bengal	Hooghly	Serampur Municipality	Ward No.5	39B Mallikpara Ser
214/2022/13/41/36	Asma khatun	Female	6291787594	30.10.2001	ik168288@gmail.com	Muslim	3rd year 6 sem BAHONS	Computer	9000 9642 6236	WEST BENGAL	HOOGLY	Serampore uttarpara bloc	Serampore colony 5 no	Serampore colony w
214/2022/13/42/24	Konika Arash	Female	8777346419	28.02.2004	konikarash@gmail.com	Unmarried	BA 2nd sem (g)	Computer	9773 3186 1585	West Bengal	Hooghly	Singur	Nanda	Nanda, Singur, Hoog
214/2022/13/43/23	Apila Mandal	Female	7439594395	25/5/2002	apilamondal66@gmail.com	Unmarried	Higher secondary	Drawing, Dancing	8697 8542 7244	West Bengal	Hooghly	Serampore		26/1M Ralind Circular
214/2022/13/45/16	Moumita Das	Female	6289731584	26/03/2001	dasmoumita@gmail.com	Unmarried	H.S pass	B.A General	7.58702E+11	West Bengal	Hooghly	Chandranagar		27 GOURRATI E.S.I.H
214/2022/13/49/08	Kiran Singh	Female	7439639547	25/08/2002	singhkirans25802@gmail.com	Unmarried	BSC (physics, chemistry)	Reading, drawing and yc	6.30435E+11	Kolkata	HOOGLY	RISHRA municipality	RISHRA	4111/CT ROAD Ri
214/2022/13/54/33	Kusum Kushwaha	Female	9163584871	5.1.2003	kusumkushwaha163@gmail.com	Unmarried	H.S pass		6.45106E+11	West Bengal	Hooghly	Shrirampur	Bamanur	Bamanur Mondolpa
214/2022/14/00/27	Pritya Shama	Female	9477198793	10/05/2002	prityashama28907@gmail.com	Unmarried	B.A 2nd year history hon	Dance, singing	6.86958E+11	West Bengal	Hooghly	Serampore	Sukantipally	34B/17 B.B.Ghosh,
214/2022/14/03/11	Sujata Barik	Female	07044702248	05/10/2001	suatabarik44@gmail.com		B.A. 6th sem		9.24371E+11	West Bengal	Hooghly	Bhadreswar	Bhadreswar-ward no-07	5 N jete mill line no.
214/2022/14/04/22	Tanusree Biswas	Female	743950473	29/05/2003	tanusreebiswas2905@gmail.com	Unmarried	H.S	Player	5449 2888 8532	West Bengal	Hooghly	TANUSREE BISWAS	Charabagan, 20 no word	78407 sheoraphi ch
214/2022/14/06/19	Sampreety Barik	Female	704874686	13/07/2002	sampreetybarik@gmail.com	Unmarried	Higher secondary	4th sem	8527 4828 4406	West Bengal	Hooghly	Singur	Biramnagar	Biramnagar; pallaga
214/2022/14/13/58	Arijal Sharma	Female	9163614088	4/10/2000	as212331@gmail.com	Unmarried	H. S. pass	Drawing	7.56278E+11	West Bengal	Hooghly	Uttarpara		5 Tk/Chatterjee para
214/2022/14/14/27	Hritika Malakar	Female	7596996157	15.09.2001	hritika7596@gmail.com		B.A		4.23195E+11	West Bengal	Hooghly	Serampore		27 65A/14 West jernag
214/2022/14/16/13	Anushree chakraborty	Female	8420155637	04.04.2001	anushreechakraborty991		B.A	Dance, drawing, calligrp	5.88048E+11	West Bengal	North 24 parganas	North barrackpore	No.3	Sadar bazar, barrack
214/2022/14/23/59	Anisha Pal	Female	7044243757	25-08-2001	anishapal0118@gmail.com	Unmarried	Higher secondary	4 th sem	6.70291E+11	West Bengal	Hooghly	Baidyabati	Baidyabati 22 No ward	110/602/4 Mirpara h
214/2022/14/24/52	Sharmila Sarkar	Female	7890949419	21/08/2001	sharmilasarkar20@gmail.com	Unmarried	HS pass			West Bengal	Hooghly	Mollickpara		28 12/11 rajayapurur g
214/2022/14/27/29	Priya Santra	Female	7048075338	23.08.2002	priyasanta87@gmail.com	Unmarried	Higher secondary	4 sem		West Bengal	Hooghly	Singur	Biramnagar	Biramnagar; pallaga
214/2022/14/27/32	Anisha Ghosh	Female	8017803121	8/6/2002	sahar9020@gmail.com	Unmarried	B.A honours 6 th sem	Computer		West bengal	Hooghly	Baidyabati	Baidyabati 16 no	79/21 baidyabati ch
214/2022/14/29/01	Anushree Roy	Female	743942647	11/08/2001	royanushree08@gmail.com	Unmarried	History honours	Nss		West Bengal	Hooghly		13	13/25 Jen Gupta lane,
214/2022/14/29/21	JAYASHREE DAS	Female	7439575572	16/7/2001	jayashree08@gmail.com	Unmarried	B.A HONS 6th SEM	COMPUTER		WEST BENGAL	HOOGLY	SINGUR	VILL-TELPURUR	TELPURUR, SINGU
214/2022/14/30/10	Shreya Das	Female	7804060163	03/11/2002	SC0898957@gmail.com	Unmarried	HS	4th sem	9614 2584 8467	West Bengal	Hooghly	Singur	Bora-Nizampur	Nizampur
214/2022/14/31/40	Apila Khan	Female	883424807	24/03/2003	apilakhan6078@gmail.com	Unmarried	History honours	Nss		West Bengal	Hooghly		13	24 sib tala Lane baid
214/2022/14/34/20	Madhumita shaw	Female	8272991943	5/3/2002	madhumitashaw577@gmail.com	Unmarried	H.S pass	Drawing, sports	8.79002E+11	West Bengal	Hooghly	Chandparti, Baidyabati	Chandparti . 5 no.	57 L.N.Ala Road ch
214/2022/14/35/41	Payel Chatterjee	Female	8074317493	19/03/2003	payelchatterjee@gmail.com	Unmarried	B.A 2 nd year history hon	Dance, singing		West Bengal	Hooghly	Harpal	Bandpur	Bandpur Acharya p
214/2022/14/40/40	Prityanka Das	Female	8420456322	06/03/2003	prityankadas060303@gmail.com	Unmarried	H.S Pass	4th semester	6.83599E+11	West Bengal	Hooghly	Singur	Bora Ghochipally	Bora Ghochipally
214/2022/14/42/26	Priy Ganguly	Female	9163591800	27/02/2001	priyganguly27@gmail.com	Unmarried	HS pass	Semester -4	9003 2591 0072	West Bengal	Hooghly	Singur	Bora Bishnupara	Bora Bishnupara

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 5.1.2




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..... to25-11-2022.....



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 5.1.2



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

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

REPORT on SELF DEFENCE COURSE 2018-2019

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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

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Ms. Reboti , Staff, Serampore Girls College

Number of attendees: 134

Outcome:

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- Gained self-confidence and mental peace.
- Developed interest in such self-defence programs.

Curriculum, Examination and Certification

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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 st position) in the Hooghly District	Team	District	Sports	NA



Karate classes are going on in the playground of the college

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly



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

Soma Roy
Principal
Serampore Girls' College
Serampore, Hooghly

2018-19

Students' Attendance Register for

the month of Aug, Sept, 2018
 SUBJECT KARATE Oct, Nov, Dec 2018

CL.

CLASS _____ SEC _____

ATTEND - ANCE

Roll No.	NAME OF STUDENTS
SECTION - A	
GENA 370	SOUMI DAS
432 (III)	PUJA ADOK
GENA 323	RENU KUMARI SHAW
GENA 334	RINA DAS
746 (II)	BANASREE DAS
530 (III)	PINKI MALIK
HISA 47	SETU KUMARI SHA
671 (III)	TANWISHA GUIN
ENGA 66	SUBHOMITA BOSE
820 (II)	KHUSHI KHUSHI KUMAR
	MOUMITA MITRA
122 (II)	SOUMI ROY
ENGA 06	SUDESHNA KUNDU
ENGA 43	ARPITA SHAW
279 (II)	SRESTHA SARKAR
247 (II)	SOMA CHATTERJEE
573 (II)	RIMPA KHAN
PHIA 49	ANJU GOSWAMI
PHIA 30	REFIKA BEGAM I A
GENA 192	ARCHANA CHOUDHUR
ENGA 47	MUNMUN MONDOL
338 (II)	ADITI DE (867)
264	KHUSHBOG KUMARI SINGH
133	PUSPANJALI KUMARI THAKU
GENA 361	BIJOLI ROY
815	CHANDA SHAW
054	Antara Das
055	Aparna Mondal
058	Shreya Mukherjee
062	Anushka Ghosh
063	SK. Shalnam Choudhry
064	Suparna Samanta
067	Swika Kumari Rai
006	Ipsita Hazra
010	Tania Khatun
011	Snabani Riedas
015	Samraa Khatun
020	Jesmin Yeasmin
021	Trisa Kuumkar
024	Chitra Sankha

Roll No.	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
11/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31/10	P	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
11/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31/10	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Soma Roy
 Principal
 Serampore Girls' College
 Serampore, Hooghly

B.A. / B.Sc. 1ST YEAR

(2018-19)

CLA

Students' Attendance Register for
CLASS _____ SEC _____

ATTEND -

SERIAL NO	College Roll No.	NAME OF STUDENTS
SECTION-B		
1	17/PLSA/05	PUJA PAUL
2	17/PLSA/55	SANCHITA ROY
3	17/ENGA/32	ADITI PANJA
4	17/ENGA/33	SOUMELEE LAHA
5	17/SANA/72	GARNALI CHATTERJEE
6	17/EDCA/01	RUPA KHATUN
7	PHIA/06	SRINJOYEE GHOSH
8	PHIA/07	PRIYANKA DAS
9	CMSA/06	HENA BAG
10	CMSA/09	SHREYANKA SAHA
11	CMSA/12	PUNAM SONI
12	CMSA/23	SHRIYA CHAKRABORTY
13	GENA/138	ARPITA BISWAS
14	GENA/385	RANI KUMARI MONDAL
15	GENS/003	RIMA PANJA
16	GENA/207	LOVELY SINGH
17	PLSA/13	OINDRILA GOSWAMI
18	PLSA/51	DEBOSMITA DHAR
19	GENA/356	JADA MONDAL (2ND YEAR)
20	GENA/354	Chitra Santra
21	034	Aditi Pal
22	17/036	Debopriya Pal
23	037	Simple Das
24	17/NECA/38	Dipti Pal
25	041	Priyansree Sit
26	17/MSA/05	Saraswati Parhi
27	07	Nasrin Khatun
28	08	Soumi Shaw
29	009	Anshree Pal
30	019	Mapasa Choin
31	023	Thinkle Khan
32	032	Krishna Samanta
33	033	Mousumi Naskar
34	034	Sagarika Dutta
35	040	Lily Mallick
36	050	Pratima Debnath
37	052	Lipika Sarkar
38	17/PHIA/01	Swaineli Saha
39	002	Sarada Chatterjee
40	005	Raima Mukherjee

Roll No.	S.A. 1	S.A. 2	S.A. 3	S.A. 4	S.A. 5	S.A. 6	S.A. 7	S.A. 8	S.A. 9	10	11	12	13	14	15
1	P	P	P	P	P	.	.	P	.						
2	P	P	P	P	P	P	.	P	.						
3	.	.	P	P	.	.	P	.	P						
4	.	.	P	P	P	.	P	P	.						
5	P	P	.	P	P	.	P	P	.						
6	P	P	.	P	.	P	.	P	.						
7	.	.	P	.	P	.	P	.	P						
8	P	P	.	P	P	.	.	P	.						
9	.	.	P	.	P	.	P	.	P						
10	.	.	P	.	P	P	.	P	P						
11	P	.	P	P	.	P	.	P	.						
12	.	P	P	P	.	P	P	.	.						
13	P	P	P	P	.	.	.	P	.						
14	P	.	P	P	P	.	P	P	P						
15	.	.	P	.	P	.	P	P	P						
16	P	.	P	P	.	P	P	P	.						
17	.	P	P	.	.	P	.	.	.						
18	.	.	P	P	P	.	P	P	.						
19	P	.	P	P	P	.	P	P	P						
20	.	P	.	P	P	.	.	P	.						
21	.	P	P	.	P	P	.	P	.						
22	P	.	P	.	P	.	P	.	P						
23	.	P	.	P	P	.	P	.	P						
24	.	P	P	.	P	P	.	P	.						
25	.	P	P	.	P	P	.	P	.						
26	P	.	P	P	.	P	.	P	.						
27	P	.	P	P	.	P	.	P	.						
28	P	.	P	P	.	P	P	.	P						
29	P	P	.	P	.	P	.	P	P						
30	P	P	.	P	.	.	.	P	P						
31	.	P	P	.	P	P	.	.	.						
32	.	.	P	.	P	.	P	.	.						
33	P	.	.	P	P	.	P	.	P						
34	P	.	P	.	P	P	.	P	P						
35	P	P	.	P	.	P	.	P	.						
36	P	P	.	P	.	P	.	P	.						
37	.	.	P	.	P	.	P	.	P						
38	.	.	P	.	P	P	.	P	.						
39	P	P	.	P	.	P	.	P	.						
40	P	P	.	P	.	P	.	P	.						

Soma
Princip
Serampore Girl
Serampore,

