

PURBASTHALI COLLEGE

WOMEN'S CELL

Instructor

Sensai Aakash Hazra

Chief Instructor, JKA
INDIA, West Bengal

Convener

Dr. Lipika Ghoshal

Duration of the Programme

January 23, 2023 to
February 22, 2023

Last Date for Apply

January 20, 2023



TRAINING PROGRAMME

EMPOWER HER : A COMPREHENSIVE SELF – DEFENSE TRAINING PROGRAMME

ORGANIZED BY

WOMEN'S CELL OF PURBATHALI COLLEGE
IN COLLABORATION WITH
JKA INDIA, WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. Saha
Principal
Purbasthali College
Parulla, Purba Bardhaman

About the Course

At Purbasthali College, we believe in empowering our students with the skills and confidence they need to navigate the world safely. That is why we are excited to introduce this programme, a specialized self-defense training program designed exclusively for women.

This programme is not just about physical techniques; it is about building strength, resilience, and awareness. Our program combines practical self-defense tactics, equipping participants with the tools they need to protect themselves in any situation.

What You Will Learn

- **Self-Defense Techniques:** Master practical, effective self-defense moves tailored to real-life scenarios.
- **Situational Awareness:** Develop the ability to assess and respond to potential threats.
- **Verbal De-escalation:** Learn communication strategies to defuse tense situations before they escalate.
- **Confidence Building:** Boost your self-confidence and assertiveness both on and off the mat.

Duration

The course is designed for 30 hours starting from January 23, 2023 and it will be completed on February 22, 2023.

Eligibility

Female students of Purbasthali College are eligible to apply.

Intake Capacity

40

Admission Process

Female students are encouraged to contact the Convener of the programme and enroll their names. Seats will be filled on a first-come, first-served basis.

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
Parulia, Purba Bardhaman

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Enrolment List

SI No	Name of Students	Registration No	Signature
1.	KRISHNA MONDAL	202201019439	Krishna Mondal
2.	SHREYASHREE DAS	202201019609	shreyashree Das
3.	CHANDRIMA SAHA	202101022597	Chandrima Saha
4.	PRITI DEBNATH	202201019504	Priti Debnath
5.	SHRABANI MONDAL	202101023008	Shrabani Mondal
6.	SULATA MONDAL	202201019642	Sulata Mondal.
7.	LAXMI SOREN	202101022709	Laxmi Soren
8.	SUMANA PAL	202201019643	Sumana Pal
9.	SHRABANI GHOSH	202201019304	Shrabani Ghosh.
10.	SOUDA PARVIN	202201019307	Souda Parvin
11.	PAROMITA HALDER	202201019286	Paromita Halder
12.	RANI HALDER	202201019292	Rani Halder
13.	MOUSUMI GHOSH	202201019284	mousumi Ghosh
14.	Riya Ghosh	202201019294	Riya Ghosh
15.	Nandita Hazra	202201019285	Nandita Hazra
16.	SAHANAJ KHATUN	202201019296	Sahanaj khatun.
17.	KABERI DAS	202101022685	Kaberi Das
18.	HADIJA KHATUN	202101022639	Hadija khatun
19.	Poulami Pal	202201019287	Poulami Pal
20.	Disha Sarkar	202101022428	Anima Disha Sarkar
21.	Anima Roy	202201019346	Anima Roy
22.	Soumika Dutta	202201019308	Soumika Dutta
23.	Kaberi Basu	202201019275	Kaberi Basu

L. Ghosh
Convener
Women's Cell
Purbasthali College

Basu
Principal
Purbasthali College
Vill. & P.O.-Parulia, Dt.-Burdwan

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 23.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	sahanaj khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 23.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 24.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 24.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra

Chief Instructor-

JKIA INDIA WEST BENGAL

L. Ghoshal

Convener

Women's Cell

Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 28.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 28.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra

Chief Instructor-

JKA INDIA WEST BENGAL

L. Ghoshal

Convener

Women's Cell

Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 30.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 30.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 31.01.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 31.01.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 01.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulumi Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 01.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Gheshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 02.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 02.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Saemika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 03.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakshita Halder
Signature of the trainer
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 03.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 06.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal

Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 06.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 07.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 07.02.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-

L. Ghoshal
Convener
Women's Cell
College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 08.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra

Chief Instructor-

JKA INDIA WEST BENGAL

L. Ghoshal

Convener

Women's Cell

Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 08.02.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 13.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyastoree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 13.02.2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 14.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 14.02.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the Trainer
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 20.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 20.02.2023

SI No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMAYEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra
Signature of the trainer
Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail .com, Visit us: www.purbasthalicollege.com

Empower Her: A Comprehensive Self-defence Training Programme

Attendance sheet

Date: 22.02.2023

Sl No	Name of the Student	Signature of the Student
1	KRISHNA MONDAL	Krishna Mondal
2	SHREYASHREE DAS	Shreyashree Das
3	CHANDRIMA SAHA	Chandrima Saha
4	PRITI DEBNATH	Priti Debnath
5	SHRABANI MONDAL	Shrabani Mondal
6	SULATA MONDAL	Sulata Mondal
7	LAXMI SOREN	Laxmi Soren
8	SUMANA PAL	Sumana Pal
9	SHRABANI GHOSH	Shrabani Ghosh
10	SOUDA PARVIN	Souda Parvin
11	PAROMITA HALDER	Paromita Halder
12	RANI HALDER	Rani Halder
13	MOUSUMI GHOSH	Mousumi Ghosh
14	RIYA GHOSH	Riya Ghosh
15	NANDITA HAZRA	Nandita Hazra
16	SAHANAJ KHATUN	Sahanaj Khatun.
17	KABERI DAS	Kaberi Das
18	HADIJA KHATUN	Hadija Khatun
19	POULUMI PAL	Poulami Pal
20	DISHA SARKAR	Disha Sarkar

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist: - Purba Bardhaman, PIN 713513

Contact No 8617647363/03454 -264666

Email: purbasthalicollege@gmail.com, Visit us: www.purbasthalicollege.com

Empower Her: A comprehensive Self-defence Training Programme

Attendance sheet

Date: 22-02-2023

Sl No	Name of the Student	Signature
21	ANIMA ROY	Anima Roy
22	SOUMIKA DUTTA	Soumika Dutta
23	KABERI BASU	Kaberi Basu
24	KHADIJA KHATUN	Khadija Khatun
25	LABANI MONDAL	Labani Mondal
26	DEBASMITA DAS	Debasmita Das
27	TAFSIRA KHARUN	Tafsira Khatun
28	PRIYANKA DAS	Priyanka Das
29	JYOTIRMA YEE MONDAL	Jyotirmayee Mondal
30	RIMI MUNDARI	Rimi Mundari
31	ANUPAMA DAS	Anupama Das
32	SHILPI DAS	Shilpi Das
33	RIMPA ROY	Rimpa Roy
34	SAMAPIKA NATH	Samapika Nath
35		
36		
37		
38		
39		
40		

Aakash Hazra

Signature of the trainer

Aakash Hazra
Chief Instructor-
JKA INDIA WEST BENGAL

L. Ghoshal
Convener
Women's Cell
Purbasthali College



PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist:- Burdwan, Pin No-713513

Contact No. 8617647363 / 03454-264666

Email :- purbasthalicollege@gmail.com, Visit us : www.purbasthalicollege.com

Report of the Training Programme

1. Name of the Program: Training Programme
2. Topic: "Empower her: A Comprehensive Self-defense Training Programme for Women"
3. Organizer: Women's Cell, Purbasthali College
4. Duration: 30 hours from January 23, 2023 -February 22, 2023
5. Number of participants: 34
6. Venue: Swami Vivekananda Seminar Hall
7. Name of resource person: Sensai Aakash Hazra, Chief Instructor, JKA India, West Bengal
8. Summary of the Event:

The training programme on "Empower her: A Comprehensive Self-defense Training Programme for Women" was designed to equip women with essential skills and knowledge to enhance their safety, confidence, and empowerment in various situations. Through a combination of practical self-defense techniques, awareness strategies, and empowerment exercises, the programme aimed to empower participants to assert their rights and protect themselves from potential threats.

9. Key Components:

Self-defense Techniques: The programme provided hands-on training in basic self-defense techniques tailored to real-life scenarios, including verbal assertiveness, physical strikes, blocks, and evasion maneuvers. Experienced instructors led demonstrations and supervised participants as they practiced these techniques in a safe and supportive environment.

Situational Awareness: Participants learned how to assess and respond to potentially dangerous situations through heightened situational awareness. Training sessions emphasized the importance of recognizing warning signs, trusting intuition, and de-escalating confrontations whenever possible.

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
Parulia, Purba Bardhaman

Empowerment Mindset: Workshops and discussions focused on fostering an empowerment mindset among participants, encouraging self-confidence, assertiveness, and resilience. Participants engaged in activities aimed at challenging limiting beliefs, building self-esteem, and setting boundaries in personal and professional relationships.

Risk Reduction Strategies: The programme addressed practical strategies for reducing the risk of violence and harassment in various settings, such as public spaces, workplaces, and social gatherings. Participants learned about safety precautions, assertive communication techniques, and the importance of creating support networks.

10. Outcomes and Impact:

- **Enhanced Self-confidence:** Participants reported feeling more confident and empowered to navigate challenging situations and assert their boundaries effectively.
- **Improved Safety Awareness:** Attendees gained a better understanding of potential threats and learned practical strategies for minimizing risks and protecting themselves from harm.
- **Sense of Community:** The training programme fostered a sense of solidarity and support among participants, who shared experiences, resources, and strategies for promoting safety and empowerment within their communities.
- **Long-term Empowerment:** Participants expressed a commitment to continuing their self-defense training and advocating for gender equality and women's rights in their personal and professional lives.

The training programme on "Empower her: A Comprehensive Self-defense Training Programme for Women" proved to be a valuable opportunity for women to acquire essential skills, build confidence, and connect with like-minded individuals.

L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. S. S.
Principal
Purbasthali College
Panulia, Purba Bardhaman



L. Ghoshal
Convener
Women's Cell
Purbasthali College

Principar
Principar
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



L. Gohashal
Convener
Women's Cell
Purbasthali College

Prasanna
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



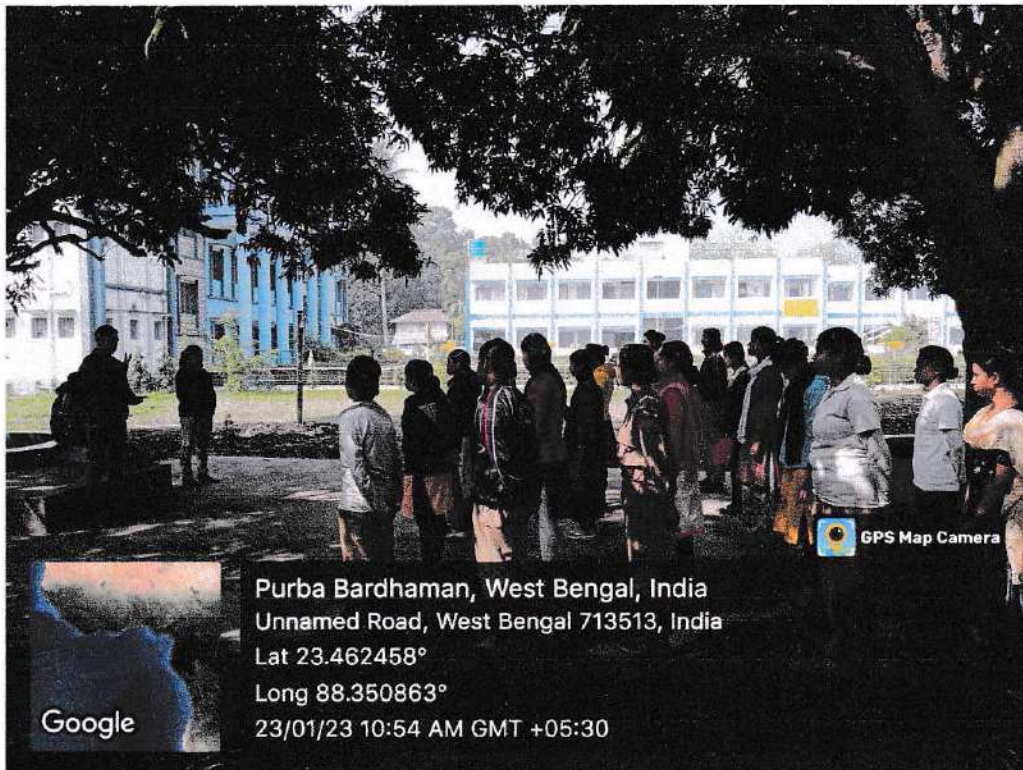
L. Ghoshal
Convener
Women's Cell
Purbasthali College

P. Saha
Principal
Purbasthali College
M.I. & P.O.-Parulia, Dt.-Burdwan



L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. Sere
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



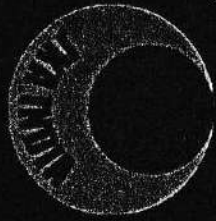
L. Ghoshal
Convener
Women's Cell
Purbasthali College

P. Saha
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



L. Ghoshal
Convener
Women's Cell
Purbasthali College

B. Saha
Principal
Purbasthali College
VII. & P.O.-Parulia, Dt.-Burdwan



PURBASTHALI COLLEGE

(Affiliated to The University of Burdwan)

WOMEN'S CELL

in collaboration with

JKA INDIA, WEST BENGAL



Certificate of Participation

This is to certify that Ms. Krishna Mandal, Roll No. 129, student of Semester I, Purbasthali College, Parulia, West Bengal participated in the Programme on “Empower Her: a Comprehensive Self-defense Training Programme for Women” organized by the Women’s Cell, Purbasthali College, in collaboration with JKA India, West Bengal from January 23, 2023 to February 22, 2023.

L. Ghoshal

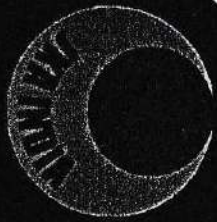
Dr. Lipika Ghoshal
Convener, Women’s Cell
Purbasthali College

Aakash Hazra

Sensai Aakash Hazra
Chief Instructor
JKA India, West Bengal

Biswajit

Dr. Bibhas Chandra Saha
Principal
Purbasthali College



PURBASTHALI COLLEGE

(Affiliated to The University of Burdwan)

WOMEN'S CELL

in collaboration with

JKA INDIA, WEST BENGAL



Certificate of Participation

This is to certify that Ms. Shreyashree Das, Roll No. 141, student of Semester I, Purbasthali College, Parulia, West Bengal participated in the Programme on “Empower Her: a Comprehensive Self-defense Training Programme for Women” organized by the Women’s Cell, Purbasthali College, in collaboration with JKA India, West Bengal from January 23, 2023 to February 22, 2023.

L. Ghoshal

Dr. Lipika Ghoshal
Convener, Women’s Cell
Purbasthali College

Aakash Hazra

Sensai Aakash Hazra
Chief Instructor
JKA India, West Bengal

Besha

Dr. Bibhas Chandra Saha
Principal
Purbasthali College



PURBASTHALI COLLEGE

DEPARTMENT OF PHILOSOPHY

Vill + P.O:-Parulia, Dist:- Purba Burdwan, Pin No-713513
Visit us : www.purbasthalicollege.com

Date: 01/03/2023

NOTICE

This is to inform all the students of Purbasthali College that the Department of Philosophy is offering an Add-on Course on "Yoga Philosophy: Theory and Practice" from March 13, 2023. This course has been designed to enhance your exercises physical and mental state and to improve your overall lifestyle. Through yoga students will get a peaceful state of mind and also a good health and it will help them to fulfil their duty towards society and our society will move towards a positive direction. The course will be taught by experienced faculty members of the department, who will use a combination of lectures, discussions, and practical exercises to help you develop your personality.

Seats for the course are limited to twenty and candidates will be selected based on the marks (best of four) in 10+2 examination. The admission fee for the course is Rupees Fifty (50) only, and the duration of the course will be thirty (30) hours which will be completed within three months. On successful completion of the course certificates will be provided. To enroll, please fill out the application form attached to this notice and submit it along with 1 PP size recent colored photograph, photocopies of 10+2 mark sheet and last semester admission receipt to the college office by March 11, 2023.

For further details, please download the Brochure of the Course from the college website, and feel free to contact the departmental faculty members.

(Dr. Suchandra Neogi) 01/03/2023
Head & Course Coordinator
Department of Philosophy
Purbasthali College
Parulia, Purba Burdwan

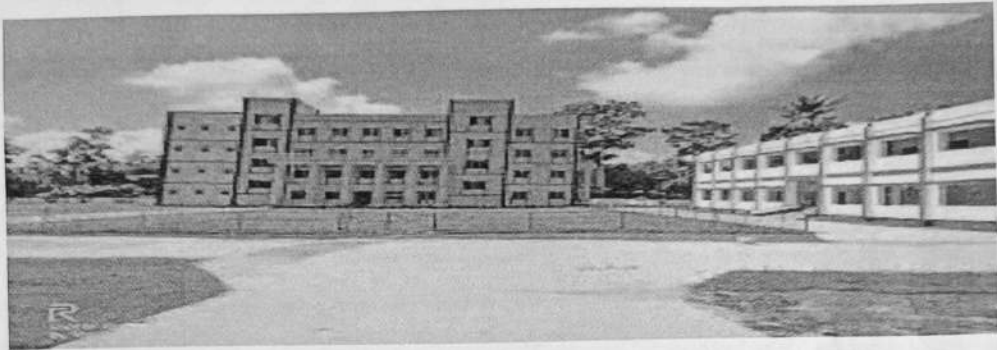
B. Saha
Principal
Purbasthali College
Parulia, Burdwan

PURBASTHALI COLLEGE

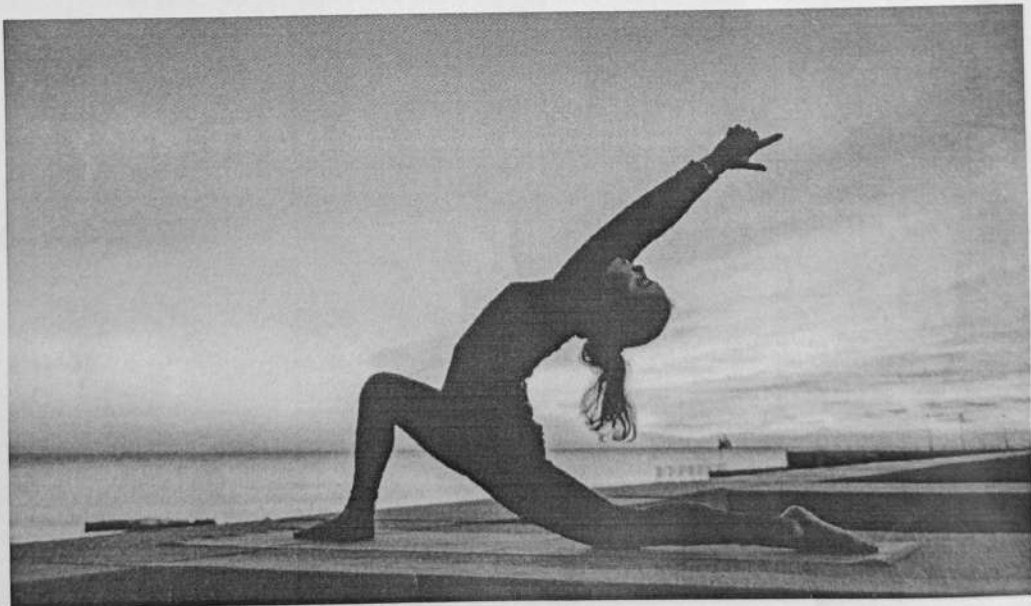
ESTD : 2009

Vill. + po. Parulia, DistPurbaBardhman, Pin- 713513

DEPARTMENT OF PHILOSOPHY
PURBASTHALI COLLEGE
Website:www.purbasthali College.com



**ADD- ON COURSE NAME: COURSE NAME: YOGA
PHILOSOPHY: THEORY AND PRACTICE (30 Hours.)**



Course Objective:

Yoga brings harmony between humans and nature and is a holistic approach to a healthy lifestyle. The objective of this course is to introduce the students with the different notions of Yoga in Indian philosophy like Basic concept of Yoga, *Jñāna* Yoga, *Bhakti* Yoga, *Rāj* Yoga and *Karma* Yoga, Yoga in Jainism, Yoga in Buddhism (*Vipassana*), *Yoga* in *Bhagavadgītā*. Students will practice exercises physically and mentally. Just as the word yoga means to connect, the students will also have loyalty and engagement towards their duty towards society and our society will move towards a positive direction.

Course Outcome:

The course will be beneficial for the students because students will be benefited through practising Yoga. They will get a peaceful state of mind and also a good health. If the students pursue these different programmes so that they can help them how to maintain a healthy lifestyle through yoga.

DURATION:

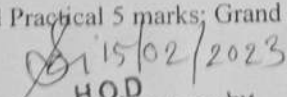
This course is designed for 30 hours. From 13/03/2023 to 24/05/2023. It will be rounded off within 3 months.


INTAKE CAPACITY:

Maximum Twenty (20) students can be accommodated at a time. Students who meet the admission requirements and submit their applications first will be given priority over those who apply later.

MODE OF EVALUATION: At the end of this course examination of 15 (fifteen) marks [theory 10 (ten) marks and practical 05 (five) marks]. Students are required to attempt ten MCQ type questions containing two marks each. It is also informed that the condition of getting certificate Students is required to minimum pass marks eight (minimum) and attendance should be minimum 75%.

PATTERN OF EVALUATION IN END EXAMINATION: Among (ten) questions students are required to attempt five short type questions/MCQ containing two marks each, students are required to attempt five marks in practical or viva-voce. (2x5=10, and Practical 5 marks; Grand total: 15 marks.)


15/02/2023
H.O.D
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman


Principal
Purbasthali College
Parulia, Burdwan

Syllabus

UNIT I: (Theory) (18 Hours)

1. The Definition and Essence of *Yoga*, concept of *Yama Niyama, Āsana and Prānāyāma* (06 Hours)
2. Basic Concept of four *Yoga, Jñana Yoga, Bhakti Yoga, Raj Yoga and Karma Yoga*. (06 Hours)
3. *Yoga in Jainism, Yoga in Buddhism (Vipassana), Yoga in Bhagavadgita*. (06 Hours)

UNIT II: (Practical): To be conducted at home Centers: (12 Hours)

1. Practice and Benefits of *Āsana-s*.

Detailed Course Structure

Sub. Unit-I	1. The Definition and Essence of <i>Yoga</i> , 2. concept of <i>Yama Niyama, Āsana and Prānāyāma</i>
Sub Unit-II	1. Basic Concept of four <i>Yoga</i> , 2. <i>Jñana Yoga, Bhakti Yoga</i> , 3. <i>Raj Yoga and Karma Yoga</i> .
Sub Unit-III	1. <i>Yoga in Jainism, Yoga in Buddhism (Vipassana)</i> , 2. <i>Yoga in Bhagavadgita</i> . (06 Hours)

B. S. D.

Principal
Purbasthali College
Parulia, Purba Bardhaman

15/02/2023
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Sub Unit-IV	Practice And Benefits of <i>Āsana-s.</i>
-------------	--

COURSE COORDINATOR

Dr. Suchandra Neogi, Assistant Professor and Head of the department of Philosophy,
purbasthali College, Parulia, Purba Burdwan

ADVISORY COMMITTEE

Chairperson – Dr. Bibhas Chandra Saha, Principal in Charge

Members

Dr. Sukla Bhattacharya, Assistant Professor in Education

Prof. Anupam Das, Assistant Professor in History

Dr. Soumya Mohan Ghosh, Assistant Professor in English

Prof. Ashes Dutta, Librarian

Prof. Manik Das, Permanent Part-time Teacher, Department of Philosophy,

Prof. Sujal Pramanick, Permanent Part-time Teacher, Department of Philosophy,

References:

- Abhishiktananda, Swami: (1974) *Guru and Disciple*, London: Society for the Promotion of Christian Knowledge,
- Aranya, H.: (1983) *Yoga Philosophy of Patanjali*, rev. ed. Trans. by P. N. Mukherji, Albany, New York: Suny Press,
- Dasgupta, S. N. (1930) *Yoga Philosophy in Relation to Other Systems of Indian Thought*, Calcutta: University of Calcutta.
- Gopalan S. (1974) *Outlines of Jainism*, John Wiley & Sons (Asia) Pte Ltd.
- D.M. Dutta and S.C. Chatterjee, *An Introduction to Indian Philosophy*, Calcutta, 1939.
- Swami Muktibodhananda, *Hathayoga Pradipika*, (4th ed., 2012), Yoga Publications Trust, Munger, Bihar.
- Srimad Hariharananda Aranya, *Pātañjala Yogdarśan*, University of Calcutta, 1967.

B. Saha
Principal
Purbasthali College
Parulia, Dt.-Burdwan
Pin, & P.O.-Parulia,

Dr. Suchandra Neogi
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman



PURBASTHALI COLLEGE

DEPARTMENT OF PHILOSOPHY

Vill + P.O:-Parulia, Dist:- Purba Bardwan, Pin No-713513

Visit us :- www.purbasthalicollege.com

Date: 07/03/2023

NOTICE

It is hereby notified That all the students of Purbasthali College that the Department of Philosophy is going to start the class for Add-on Course on "Yoga Philosophy: Theory and Practice" from March 13, 2023 at 9.15 A.M (room no.1). So, all the concern students whoever join this course are requested to attend the class.

For further details, please download the Brochure of the Course from the college website, and feel free to contact the departmental faculty members.

[Signature] 07/03/23
(Dr. Suchandra Neogi)

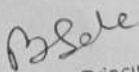
Head & Course Coordinator

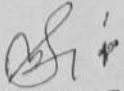
H.O.D
Department of Philosophy
Purbasthali College
Parulia, Dist. Bardhaman

[Signature]
Principal
Purbasthali College
Parulia, Bardwan

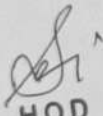
Course Routine

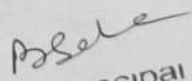
Sl. No.	Date	Day	Time	Teachers Name
1	13/03/2023	Mon.	09:15am to 11:45am	S.P&SN
2	17/03/2023	Fri.	09:15am to 10:15am	S.N
3	20/03/2023	Mon.	09:15am to 10:15am	S.P
4	22/03/2023	Wed.	09:15am to 10:15am	M.D
5	24/03/2023	Fri.	09:15am to 10:15am	S.N
6	27/03/2023	Mon.	09:15am to 10:15am	S.P
7	29/03/2023	Wed.	09:15am to 10:15am	M.D
8	31/03/2023	Fri.	09:15am to 10:15am	S.N
9	03/04/2023	Mon.	09:15am to 10:15am	S.P
10	05/04/2023	Wed.	09:15am to 10:15am	M.D
11	10/04/2023	Mon.	09:15am to 10:15am	S.P
12	12/04/2023	Wed.	09:15am to 10:15am	M.D
13	17/04/2023	Mon.	09:15am to 10:15am	S.P
14	19/04/2023	Wed.	09:15am to 10:15am	M.D
15	21/04/2023	Fri.	09:15am to 10:15am	S.N
16	24/04/2023	Mon.	09:15am to 10:15am	S.P
17	26/04/2023	Wed.	09:15am to 10:15am	M.D
18	28/04/2023	Fri.	09:15am to 10:15am	S.N
19	03/05/2023	Wed.	09:15am to 10:15am	M.D
20	05/05/2023	Fri.	09:15am to 10:15am	S.N
21	08/05/2023	Mon.	09:15am to 10:15am	S.P
22	10/05/2023	Wed.	09:15am to 10:15am	M.D
23	12/05/2023	Fri.	09:15am to 10:15am	S.N
24	15/05/2023	Mon.	09:15am to 10:15am	S.P
25	17/05/2023	Wed.	09:15am to 10:15am	M.D
26	19/05/2023	Fri.	09:15am to 11:15am	S.N
27	20/05/2023	Sat	09:15am to 11:15am	S.N
28	22/05/2023	Mon.	09:15am to 10:15am	S.P
29	24/05/2023	Wed.	11:15am to 12:45am(exam)	M.D& S.N


Principal
Purbasthali College
Vil. & P.O.-Parulia, Dt.-Burdwan


ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Sl. No.	Name	Role No	Registration No.
1	AYAN ROY	200113000014	202001018392
2	SOUVIK GHOSH	200113000072	202001018449
3	RIYA Pal	200113000056	202001018433
4	PARTHA DAS	200113000038	202001018415
5	NURUNNESA KHATUN	210113000034	202101022446
6	KHUSHI GHOSH	210113000022	202101022434
7	KOUSHIKI BISWAS	210113000023	202101022435
8	PALLABI CHOWDHURY	210113000035	202101022447
9	MAMANI GHOSH	210113000027	202101022439
10	LAXMI BISWAS	210113000025	202101022437
11	RIYA GHOSH	220113000039	202201019294
12	SHRABANI GHOSH	220113000048	202201019304
13	TITHI BISWAS	220113000061	202201019317


H.O.D
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman


Principal
Purbasthali College
Parulia, Burdwan

PURBASTHALI COLLEGE

ESTD: 2009

Vill + P.O:-Parulia, Dist:- Burdwan, Pin No-713513

Mob. No. 03454-264666

Email :- purbasthalicollege@gmail.com



Date- 18/05/2023

Department of Philosophy

This is to inform all the students of Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of Philosophy, Purbasthali College that final examination (both theory and practice) of the course is scheduled to be held on May 24, 2023 at 11.15 am. All the students are instructed to attend the examination.

18/05/2023

Dr. Suchandra Neogi

Course Co-ordinator & H.O.D. Head of the Dept.

Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

B. Sale

Principal
Purbasthali College
Parulia, Burdwan

PURBASTHALI COLLEGE

Department of Philosophy

ADD- ON COURSE IN YOGA PHILOSOPHY : THEORY AND PRACTICE

Final Marks Details

Sl. No.	Name	University Roll No.	Full Marks		Marks obtained		Total
			Theory	practical	Theory	practical	
1	AYAN ROY	200113000014	10	5	10	05	15
2	SOUVIK GHOSH	200113000072	10	5	10	05	15
3	RIYA Pal	200113000056	10	5	10	04	14
4	PARTHA DAS	200113000038	10	5	10 -	-	-
5	NURUNNESA KHATUN	210113000034	10	5	10	03	13
6	KHUSHI GHOSH	210113000022	10	5	10	05	15
7	KOUSHIKI BISWAS	210113000023	10	5	10	05	15
8	PALLABI CHOWDHURY	210113000035	10	5	10	05	15
9	MAMANI GHOSH	210113000027	10	5	10	05	15
10	LAXMI BISWAS	210113000025	10	5	10	05	15
11	RIYA GHOSH	220113000039	10	5	10	04	14
12	SHRABANI GHOSH	220113000048	10	5	10	04	14
13	TITHI BISWAS	220113000061	10	5	10	05	15

Asude
- Principal
Purbasthali College
Parulia, Bardwan

24/05/2023

24/5/2023
Course Co-ordinator

ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

REPORT OF ADD ON COURSE

on

YOGA PHILOSOPHY: THEORY AND PRACTICE

Department of Philosophy, Purbasthali College, organized an Add on Course on

COURSE NAME: YOGA PHILOSOPHY: THEORY AND PRACTICE

Duration of the course: 30 Hours(13.03.2023-24.05.2023)

No. of students enrolled: 13

No. of students certified: 12

Course Coordinator: Dr. Suchandra Neogi


Recourses persons Attended: 3(Dr. Suchandra Neogi , Mr. Manik Das and Mr. Sujal Pramanick)

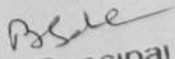
Objectives of the course: Yoga brings harmony between humans and nature and is a holistic approach to a healthy lifestyle. The objective of this course is to introduce the students with the different notions of Yoga in Indian philosophy like Basic concept of Yoga, *Jñāna* Yoga, *Bhakti* Yoga, *Rāj* Yoga and *Karma* Yoga, Yoga in Jainism, Yoga in Buddhism (*Vipassana*), Yoga in *Bhagavadgītā*. Students will practice exercises physically and mentally. Just as the word yoga means to connect, the students will also have loyalty and engagement towards their duty towards society and our society will move towards a positive direction.

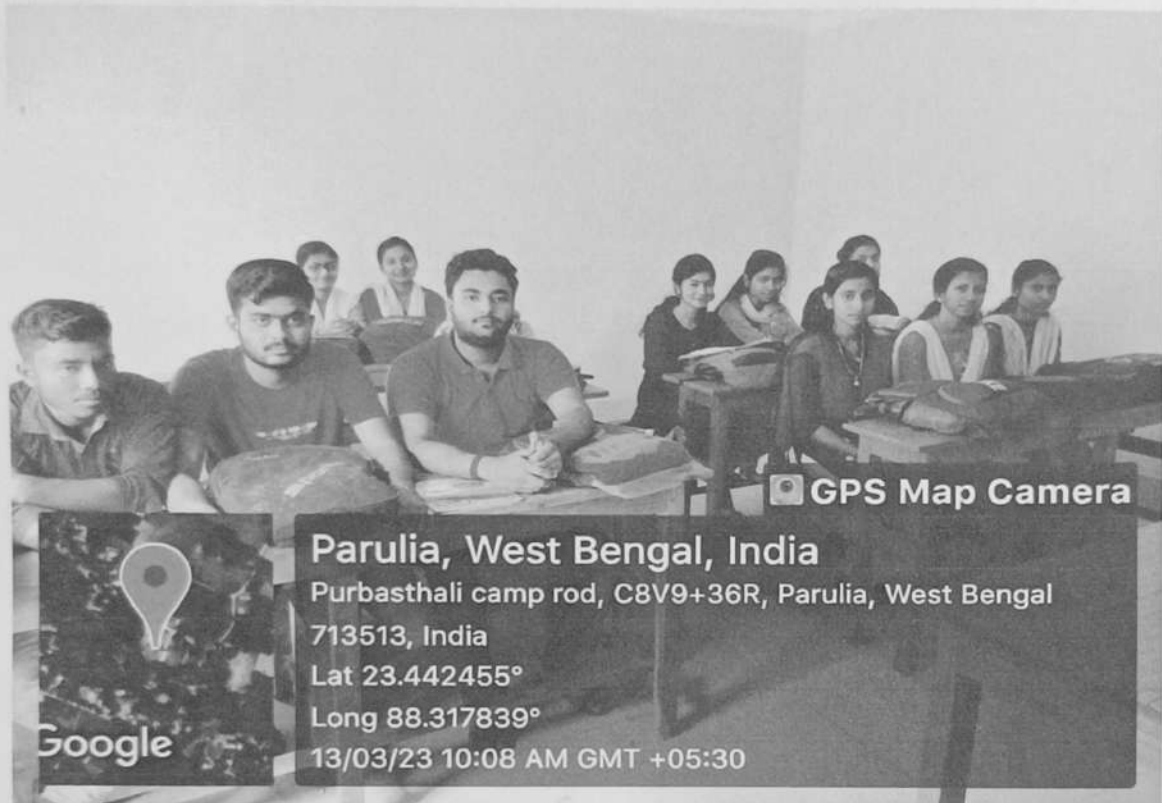
Outcome of The course: It Was beneficial for the students because students are benefited through practising Yoga. They are get a peaceful state of mind and also a good health. The students who pursue and join these different programmes so that they can help them how to maintain a healthy lifestyle through this course.

Mode of Evaluation: at the end of this course examination of 15 (fifteen) marks [theory 10(ten) marks and practical 05 (five) marks] and eleven students are given the certificate who gave the both exam and attend at least 75% class.

List of the enrolled students given bellow:


H.O.D
21/06/23
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman


Principal
Purbasthali College
Parulia, Burdwan



GPS Map Camera

Parulia, West Bengal, India

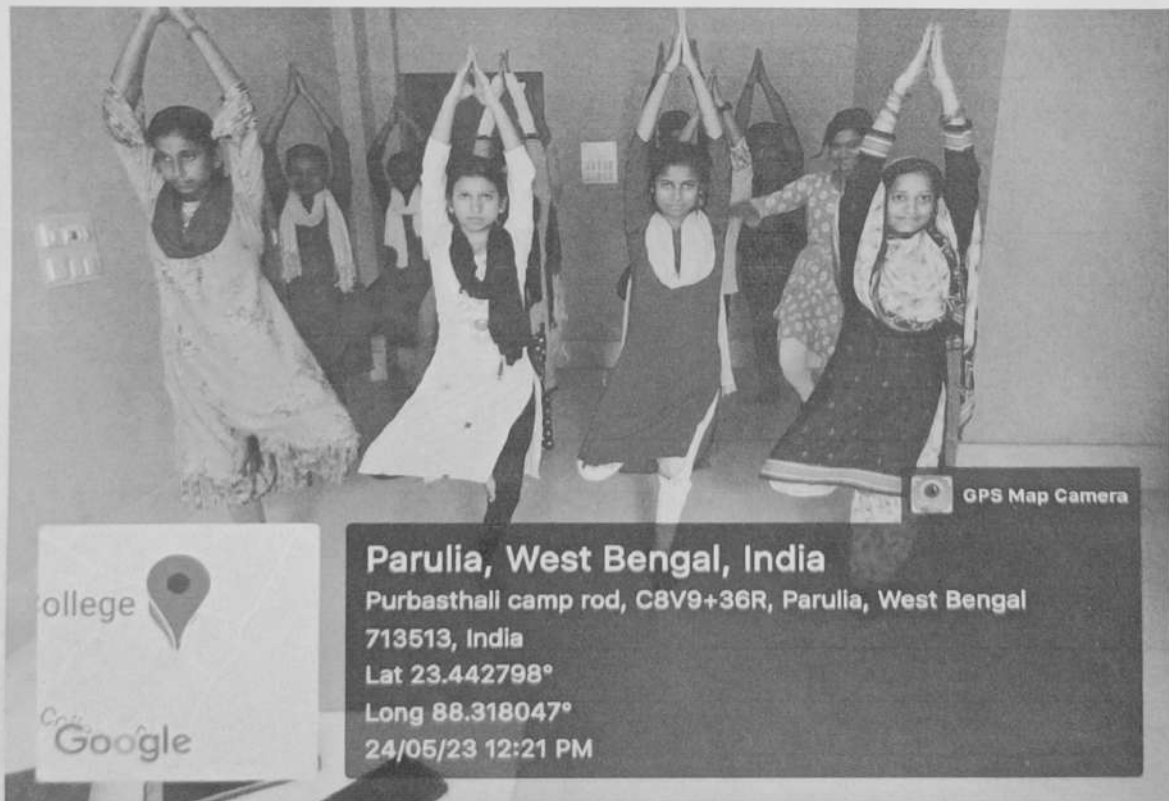
Purbasthali camp rod, C8V9+36R, Parulia, West Bengal

713513, India

Lat 23.442455°

Long 88.317839°

13/03/23 10:08 AM GMT +05:30



GPS Map Camera

Parulia, West Bengal, India

Purbasthali camp rod, C8V9+36R, Parulia, West Bengal

713513, India

Lat 23.442798°

Long 88.318047°

24/05/23 12:21 PM



B. S. S. S.
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **TITHI BISWAS**, Registration no. **220113000061** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi

ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha

Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **SHRABANI GHOSH**, Registration no. **220113000048** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **RIYA GHOSH**, Registration no. **202201019294** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi

Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha

Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **LAXMI BISWAS**, Registration no. **210113000025** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. MAMANI GHOSH, Registration no. 210113000027 participated and successfully completed Add-on Course in “YOGA PHILOSOPHY: THEORY AND PRACTICE” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **PALLABI CHOWDHURY**, Registration no. 202001018635 participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **KOUSHIKI BISWAS**, Registration no. **210113000023** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **KHUSHI GHOSH**, Registration no. **210113000022** participated and successfully completed Add-on Course in **“YOGA PHILOSOPHY: THEORY AND PRACTICE”** organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
Parulia, Purbasthali College
Department of Philosophy
ADD-ON COURSE COORDINATOR

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **NURUNNESA KHATUN**, Registration no. 200113000034 participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purbasthali, Burdwan

Dr. Bibhas Chandra Saha
Principal
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **RIYA Pal**, Registration no. **200113000056** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **AYAN ROY**, Registration no. **202001018392** participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
Course Coordinator
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Principal
Purbasthali College
Parulia, Burdwan



Purbasthali College

(Affiliated to University of Burdwan)



DEPARTMENT OF PHILOSOPHY

Certificate of Appreciation

This is to certify that Mr./ Ms. **SOUVIK GHOSH**, Registration no. 200113000072 participated and successfully completed Add-on Course in “**YOGA PHILOSOPHY: THEORY AND PRACTICE**” organized by the Department of *Philosophy*, Purbasthali College in the session 2022-23.

Dr. Suchandra Neogi
ADD-ON COURSE COORDINATOR
Department of Philosophy
Purbasthali College
Parulia, Purba Bardhaman

Dr. Bibhas Chandra Saha
Principal
Purbasthali College
Parulia, Burdwan