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Criterion 5-Student Support and Progression Key Indicator- 5.1 Student Support

5.1.2. Capacity Development and Skills Enhancement Activities 3. Life Skills (Yoga, Physical Fitness, Health and Hygiene, Self-Employment and Entrepreneurial Skills):

List of Life Skills activities, organized by the Barrackpore Rastraguru Surendranath College with supporting documents are given below-

SL NO	Name of the capapcity development and skill enhancement programmes	Period (from date to date)	Number of students enrolled	Name of the agencies/experts involves with contact details(if any)
1.	Fitness Training programmeme	2018- 2019 2019- 2020	As per classes	 Mr. Ashok Kr. Mukherjee (Athletic coach) Mob-8334822354 Mr.Anup Chatterjee(Multigymnasium coach) Mob-9903849920
2.	Skill enhancement programme on Yoga	26-02- 2019 to 29- 02- 2019	25students from different departme nts	Dr. Kallol Chatterjee, Assistant Professor, Visva-Bharati University. Mob-9474010044
		2023to 29-04- 2023	from different departme nts	
3.	Health Camp for Students	29-08- 2019	99	Health Sub Committee & IQAC of Barrackpore Rastraguru Surendranath College .
		03-01- 2022	33	Conege .
		03-01- 2023 to 04-01- 2023	124	
4.	Work shop on "Antibiotic Resistance on Fisheries and Aquaculture"	25.11.2 019	181studen ts from different departme nts	Dr. A.K Das, Pricipal Scientist & In-Charge, extension programmes, ICAR-CIFRI, Dr. A.K.Bera, Principal Scientist, ICAR-CIFRI.

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				mail: <u>brsc1953@gmail.co</u> website: www.brsn,
5.	UGC-CPE Funded Three Days State Level Workshop On "Healthy Food Habits"	29.01.2 019 to 31.01. 2019		Prof. Debnath Chaudhuri, Ex-Professor & head, All India Innstitute of Hygiene & Public Health, Dr. dipta Kanti Mukhopadhyay, Deptt. Of Community Medicine, Sagar Dutta Hospital, Dr. nilkanta Chakraborti, Prof. in Physiology, Univeersity of Calcutta, Prof. Shankar Kr. Achariya, Bidhan Chandra Krishi Viswavidyalaya, Nadia,Smt. Kalpana Roy, Chief Dietician, Park Clinic hospital, Kolkata.
6.	Capacity Development on " Prevention of Mosquito Borne Diseases"	04-04- 2023 to 12-04- 2023	93 students of History & Political Science dept.	Course coordinator: Dr. Debratna Mukhopadhyay, Department of Zoology & IQAC, Barrackpore Rastraguru Surendranath College. Mob-9002020711
7.	Campaign for Prevention of Thalassaemia	08-05- 2023	76	Barrackpore Municipality
8.	Programme on "Malaria Prevention"	25-04- 2023	60	Titagarh Municipality
9.	Programme on "Healthy Life"	07-04- 2023	35	Barrackpore Municipality
10.	Programme to prevent Tuberculosis	24-03- 2023	63	Barrackpore Municipality
11.	Hands on Workshop on Relief From Examination Stress	10-03- 2023 to 11-03- 2023	319	MoumitaBasak, Assistant Professor & certified counselor & expert in Psychology and stress management . Mob- 9674563987
12.	Skill Enhancement programme in Self Defence technique for women	03-01- 2023 to 13-01- 2023	96 students from different departme nts	Sensei Sandip Kaur. 5 th DAN black Belt
13.	AIDS Awareness Programme	01-12- 2022	39	Barrackpore Municipality
14.	Rally on " Say no to Tobaco"	23-05- 2022	19	48, Bengal Battalion
15.	Yoga: The Ancient Indian Practice for Serenity of Mind	19-05- 2022	28	48, Bengal Battalion
16.	Re-initiation of Thalassemia carrier detection Programme	02-09- 2019 onwards	116	Health Sub Committee of Barrackpore Rastraguru Surendranath College .

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NAAC Re-accredited in 3rd Cycle, DST-FIST Funded, DBT BOOST and Colleges with Potential for Excellence (CPE)

No. 2018-19/32 A Date: 01/09/2018

This is to notify the students of B.Sc – General who have opted for Language Lab Training regarding communication Skills Enhancement that the Classes of the said programme will be held on every Saturday (2:00 PM to 3:00PM) at Language Lab of 85, Middle Road Campus.

For more queries students may contact Dr. Ankur Sengupta (Trainer) at Language Lab at 85, Middle Road Campus of the college.

Dr. Monojit Ray

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Enrollment of the Students. Session 2018-19

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B) Payel Fremde	B. Com (6)	Papel Kunde
7) Susmita Mondel 8) Framola Sikider	Bin.Co)	Sund Mondel
2) Noheshek Saha	B.sc.	1 Kamelee Sixder
10) Sarleareil Ghosh	B.Sc.	Ashigher Saha
11) Decharth Porasad	Broom	Sarkerpik Cholh
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13) Mirjeit-Seingh 14) Saswata Dutta	B161(6)	Alkyit Stryh
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Sample Attendance of the Students for the session 2018-19

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No. 2018-19/32 A Date: 01/09/2018

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For more queries students may contact Dr. Ankur Sengupta (Trainer) at Language Lab at 85, Middle Road Campus of the college.

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Enrollment of the Students. Session 2019-20

		2019	3-20	Significant Page 1
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34. Agan Beswas 35. Semson Chowdhary	B. Sc. 1,	Myan Briswy.
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Sample Attendance of the Students for the session 2019-20

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	Breig Mondal		A	p	A	P	A	P	P	P	A	A	A	A
	Belli Ghosh		A	P	A	A	A	P	P	P	P	A	P	A
	Isha vadale		P	A	P	P	P	14	P	A	P	A	P	A
	Mohil Brasal		P	A	P	A	P	P	A	A	P	A	P	P
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(With Autonomous Post Graduate Courses)

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Report/Outcome of the Program

This program has got tremendous response from the students. Because many of them are potential talents. The main objective of the programme is to improve the physical fitness among the young generations, so that they will face the stress and load in their future profession and as well as leading their daily life. Weekly our instructors train them in various ways to develop their muscular structure as well as other components of fitness. The instructors find suitable students for different games and sports who can compete in University/State/National & International level. The College authority is very much eager to run this programme periodically over the years in coming sessions also.



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30 hours Certificate course of Yoga



Barrackpore Rastraguru Surendranath College

(With Autonomous Post Graduate Courses)
85 Middle Rood & 6. Riverside Road Earrackpore, Karkets (2017)
NAAC Re-accredited in 4° Cycla: DST-F ST Funded, DST BOOST and Colleges with Potential for Excellence (CPE)

Notice No: 2019-2020/203A

Date:03.02.2020

This is to notify all students that a thirty hours course on "Yoga" will be conducted during 26.02.2020 to 29.02.2020 from 10am-6pm every day at 6, Riverside Road campus. For enrolment, interested students are requested to contact Dr. Joystnasis Ghosh, Assistant Professor in Physical Education within 7 (seven) working days. There is no course fee.

BRS College
Principal
BARRACKPORE
Rastraguru Surendranath College

85, Middle Road and 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata, West Bengal, Pin - 700120 NAAC Re-accredited (4th Cycle), DST-FIST Funded, DBT BOOST and Colleges with Potential for Excellence (CPE) awarded College

A RIVERSIDE ROAD A RE LITTOUR RANGE H COLLEGE	website: ww
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MEZHING NOTICE Mexico of Physical C. A	· · · · · · · · · · · · · · · · · · ·
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Mombers of the Commence / Department are requested to arrend the meeting to discuss the following agends 1. To read and confirm the proceedings of the last meeting. 2. Syllabus, Dishibition. 3. Discoveries Augurating Protectings * YOGA COLOTIFICATE COURSE*. 4. Mile . Approximation. 4. Hill Department of the last meeting. 5. Suctions Augurating Protectings * YOGA COLOTIFICATE COURSE*. HEAD Department of the Comments of the last meeting. 5. Suctions On the proceedings of the last meeting. Consists of the Comments of the last meeting. The proceedings	The probable date for the "Youn CERTIFICATE 26th, 23th & 2eth Ces, 2020. The your Schedule will be published on College welfsite.
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Barrackpore Rastraguru Surendranath College

Course Objective

The body and mind are made healthy and are trained in such a way that a necessary equilibrium is established in overall functions. One is able to sit for hours together in a meditative asana without any discomfort or internal disturbances. It is a sort of reconditioning of psychophysiological mechanisms of the body as a whole. Asanas are expected to counteract instability due to disturbances in the tonic rhythm of the body. This tonic imbalance in muscles is removed by practicing asanas. They tackle the root causes of the imbalance e.g. tremors, emotional conflicts, stress, tension, etc. Asanas also overcome fickleness or instability in various functions of the body e.g. endocrinal secretions. Asanas, thus mould our body and mind, making them stable and healthy in order to bear the spiritual forces arising in higher yogic practices. Asanas bring about stability, health and suppleness, which are necessary to advance on the path of yoga. Asanas overcome internal disturbances like angamejayatva and thus prepare one for the higher aspects of yoga e.g. dhyana. Asana brings about equilibrium in overall functions including ego, emotions, behaviour, and perception

Course Content

- **Course Coordinators** · Theoretical approach: basics of yoga & it's type Dr Jyostnasis Ghosh
- · Asanas demo & practice
- · Asanas: practice Advance asanas Breathing practice
- · Asanas & Pranayama practice
- · Pranayama Bandhas Trataka
- · Guided meditation:Question & Answer Session
- · Yoga nidra



Course Duration: 30 Hours



Department of Physical Education



(With Autonomous Post Graduate Courses)

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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

Syllabus for 30 hours Yoga certificate course.

2019-2020

1. Introduction to Yoga

Meaning and initiation, History of development of yoga, Astanga or Raja yoga, Hatha yoga.

2. Yoga and Health

- Need of yoga for positive health
- Healing and Disease yogic perspectives
- Stress management through yoga
- Yogic Dietary

3. Yogic practices

- Surya Namaskar
- Asana
- Pranayama
- Kriya
- Mudra

Report of the Program

In this program **Dr. Kallol Chatteerjee**, Assistant Professor, department of Physical Education and Sports, Visva-Bharati and two experts in the field of yoga, Explained, demonstrated and observed the skill of the participants very carefully. The main aim of this program is to **enhance the skill** of Yoga among students of the College. In this program the expert team firstly made the students understand the meaning and the importance of History of development of yoga, Astanga or Raja yoga, Hatha yoga.

After that they gradually move forward towards the necessity of Yoga in healthful living and benefit of yogic practices.

Lastly they demonstrated various forms of yogic exercises, i.e- Surya namaskar, Yogasanas, pranayama, Mudra etc.

This program took place from 26th February 2019 to 29th February 2019. A group of 25 students of different stream participated in this program successfully.

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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE 85, MIDDLE ROAD & 6, RIVERSIDE ROAD, BARRACKPORE, KOL-700120

30 hrs. CERTIFICATE COURSE IN YOGA FOR STUDENTS

ATTENDENCE SHEET FOR STUDENTS

SLNO	NAME	ROLLNO	26.02.2020	27.02.2020	28 02 2020	20.00.000
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	PRIYANKA DAS	1891F6A0965	Biyanka Dag.	Prijanka Das	Priyanta Dag.	Priyanka Day
	AJMIRA KHAJOON	1801F4A1201	Agmira lehabou		Ajrmina Whatoon	
	ROHIT MITRA	1961MGA0525	Rober Milsa	Robit Milsta	Polit Milse	Folio-Milora
	NIRMAL MANDAL	1051MGA0557	pirmal mandal.		Nimal mandal	
	NEHA PRAMIANIK	1951FGA0968	Nelser Preemanik	the state of the s	Noha Presmanit	MANAGEMENT OF THE PARTY OF THE
	PAYEL KUNDU	1861F6A0886	Payel Kurdu.	Payel Kender	Payel Kinda.	Payel Kende
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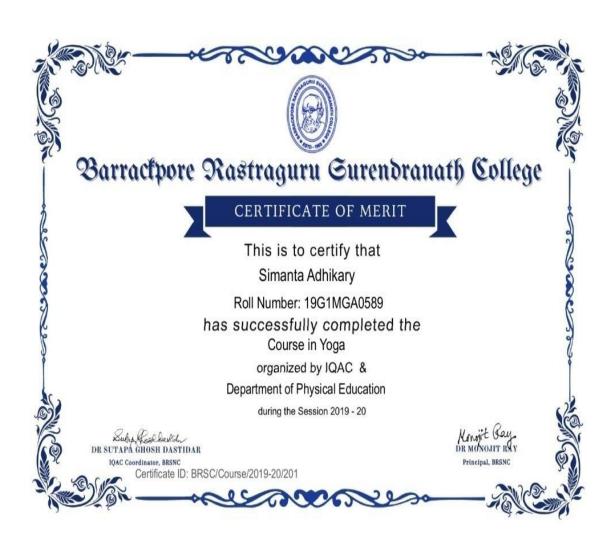


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website: www.brsn.in

30 hours Certificate course of Yoga

	BARRACKPORE KASTRAGURU SEMENDRANATA COLLEGE 6. RIVERSSIDE ROAD 4.85. MIDDLE ROAD, EMERICAPORE NORTHEN PARAGAMS, PESTERBAGL, PRATROLEO MEETING NOTICE DES: 21 / 03 / 53	ni -
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Typhan chat 18.323 DR. JYOSTNASU GHORT

HEAD
Department of Physical Education
Barrackpore Rastraguru Surendranath College

(With Autonomous Post Graduate Courses)

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BarrackporeRastraguruSurendranath College

85, Middle Road & 6, Riverside Road, Barrackpore – 700120

Notice No. 2022-23/175

Date 11.04.2023

Certificate Course in yoga

The Department of Physical Education is going to organize a 30 Hours certificate course in Yoga (Session 2022-23) from April 25, 2023 - April 29, 2023. The course is specially designed for the wholesome enrichment of the students.

The students are advised to contact their departmental Head / Mentor for enrolment and further details.

Head(s) / Mentors are also requested to encourage the students for their, enrichment.

Rastraguru Surendranath College

(With Autonomous Post Graduate Courses)

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Barrackpore Rastraguru Surendranath College

Course Coordinators

Dr Jyostnasis Ghosh

Course Objective

The body and mind are made healthy and are trained in such a way that a necessary equilibrium is established in overall functions. One is able to sit for hours together in a meditative asana without any discomfort or internal disturbances. It is a sort of reconditioning of psychophysiological mechanisms of the body as a whole. Asanas are expected to counteract instability due to disturbances in the tonic rhythm of the body. This tonic imbalance in muscles is removed by practicing asanas. They tackle the root causes of the imbalance e.g. tremors, emotional conflicts, stress, tension, etc. Asanas also overcome fickleness or instability in various functions of the body e.g. endocrinal secretions. Asanas, thus mould our body and mind, making them stable and healthy in order to bear the spiritual forces arising in higher yogic practices. Asanas bring about stability, health and suppleness, which are necessary to advance on the path of yoga. Asanas overcome internal disturbances like angamejayatva and thus prepare one for the higher aspects of yoga e.g. dhyana. Asana brings about equilibrium in overall functions including ego, emotions, behaviour, and perception

Course Content

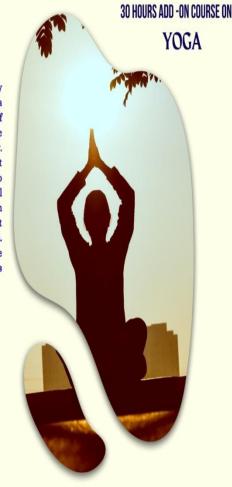
- Theoretical approach: basics of yoga & it's type
- · Asanas demo & practice
- Asanas: practice Advance asanas Breathing practice
- · Asanas & Pranayama practice
- Pranayama Bandhas Trataka
- Guided meditation:Question & Answer Session
- · Yoga nidra



Course Duration: 30 Hours



Department of Physical Education



(With Autonomous Post Graduate Courses)

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mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

30 HOURS YOGA ADD-ON COURSE FOR STUDENTS

Session-2022-23 25th April – 29th April

Registration Sheet

SL No	Name	Student ID	Whatsapp No.	Signature
- 1	AWANTIKA DAS	2000174	8910421035	Awantike De
2	SHUVASREE ROY CHOWDHUR	2000228	8697829271	Shavasau Poycho
3	Tithi Chaucrabonty	2201354	7439718130	Tithi Chauncebon
4	Tishel seth	220 1871	629125333	Tishel seth.
5	SOUVIN Das	220 1087	1291720725	South Me Dos
6	Arnob Kumar Pal	2100897	7003073046	Annob Kumur
7	Shriestha Rox	2200340	9093232094	Sweetha Rox
8.	Retarre Challacherice.	2001949	7439525963	Betterhoije.
03.	1 1 4 1	201646	9051726652	Deshvorichekula
10.	Sanhita Bansijee	2102088	8584097191	Suntita Banenje
11 .		2102012	7439240220	Scomistha Day
12,	Pophi Bhottochof jee	2001857	7450860087	Paphi Bhottochas
13,	Mehuli Mukherjee.	2001569	704473659	Hehali Mukherjee
14	Khushbu shaw	2100421	8100597282	Khushbu Sho
15.	Brisa Mondal	2001759	8240179871	PriyaMord
16	Kamal Singh Damai	2002102	子003588865	Kamal Singh Damai
17.	Srute Less.	2201113	7044421014	Soute Ders.
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19.	Yneha Basu	2201102	8420525821	Incha Ba
20.	Punam Yadav	2002621	6289043998	Ponom Yadar
21.		2001792	9051743718	Some choudhy
	Jorria Cristalia	2200493	8017306352	Tiche Kalnik
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SL No	Name	Student ID	Whatsapp No.	Signature
24	Pirali Sixdep	2004836	7980652068	Pitalisikder
25	Ormdoma Riday	2001636		Bondina Ridge
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27	Rim Day	2001891	333038497	
28	Shipa Paswon	2001983	6290377145	
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30.	Somak Ghosh	2002217	7908038399	
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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

Syllabus for 30 hours Yoga certificate course.

2022-2023

1. Introduction to Yoga

Meaning and initiation, History of development of yoga, Astanga or Raja yoga, Hatha yoga.

2. Yoga and Health

- Need of yoga for positive health
- Healing and Disease yogic perspectives
- Stress management through yoga
- Yogic Dietary

3. Yogic practices

- Surya Namaskar
- Asana
- Pranayama
- Kriya
- Mudra

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mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

Report of the Program

In this program **Dr. Kallol Chatteerjee**, Assistant Professor, Department of Physical Education and Sports, Visva-Bharati University and two experts in the field of yoga, Explained, demonstrated and observed the skill of the participants very carefully. The main aim of this program is to **enhance the skill** of Yoga among students of the College. In this program the expert team firstly made the students understand the meaning and the importance of History of development of yoga, Astanga or Raja yoga, Hatha yoga.

After that they gradually move forward towards the necessity of Yoga in healthful living and benefit of yogic practices.

Lastly they demonstrated various forms of yogic exercises, i.e- Surya namaskar, Yogasanas, pranayama, Mudra etc.

This program took place from 25th April 2023 to 29th April 2023. A group of 25 students of different stream participated in this program successfully.

(With Autonomous Post Graduate Courses)

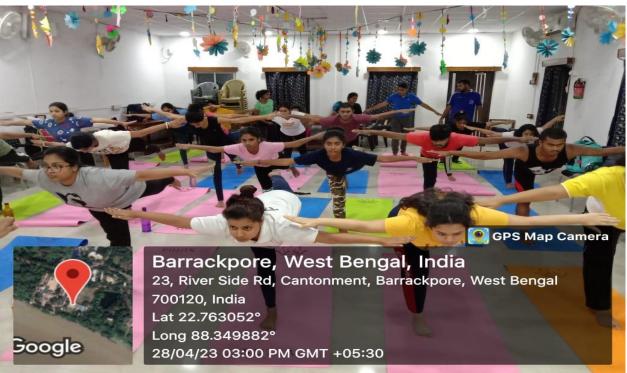
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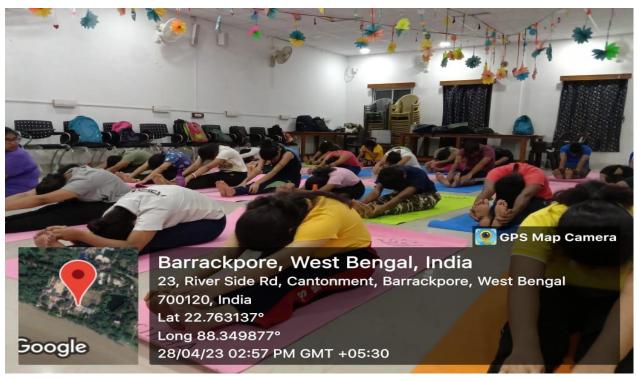


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website: www.brsn.in

Health Camp for Students

Organized by

Health Sub Committee, BRSC

in collaboration with

Apollo Clinic

Date: 29.8.2019

Time: 12:00

Venue: Room No. 127, 85, Middle Road Campus

(With Autonomous Post Graduate Courses)

85, Middle Road and 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata, West Bengal, Pin - 700120

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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

(Autonomous Post Graduate Departments) College with Potential for Excellence; Re-accredited by NAAC in 4th Cycle 85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata–700120, website: brsnc.in

Health Camp for Students in Collaboration with **Apollo Clinic**

August 29, 2019, 12.00 noon

Organized by

Health Sub-Committe

in collaboration with

Internal Quality Assurance Cell

Room No. 127 of 85, Middle Road Campus

Programme Schedule

Registration	11.00 A.M.	Registration desk by members of Sub Committee for allotting Coupon to Students
Inauguration Programme	12:00 P.M.	Introductory Speech by Dr.Monojit Roy, Principal, BRSNC
Setting instruments	12:15 P.M.	Student-Volunteers and Assistants setting up tools for Days Programme
Clinic Start	12:30 P.M.	Monitoring Students for various parameters
Lunch Break	2:00 P.M.	
		Clinic restart after Lunch session
Clinic restart	2:30-4:00 P.M.	

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website: www.brsn.in

Valedictory Session	4:00-4:15 P.M.	Submission of Report of Programme	day's

BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata- 700120

Health Sub-Committee

Notice No.: 2019 - 20/310A

Date: 20/08/2019

This is to notify all concerned that the Health Sub-Committee is going to organize a Health Check-up Camp for the Students of the college, in collaboration with Apollo Clinic, on 29/08/2019 from 12:00 p.m. onwards.

Students are requested to register their names prior to the camp at college offices of both the campuses.

All the members of the Health Sub-Committee are requested to be present on the aforesaid programme.

Venue: Room No: 127 (85, Middle Road Campus)

Time: 12:00 p.m.

Dr. Monojit Ray Principal Principal

BARRACKPORE Rastraguru Surendranath College

Short Report: Total 99 Students were checked for general health. Their Blood Pressure, Height, Weight, BMI and Vulnerability towards Obstructive Airway disease were measured and were prescribed accordingly.

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Health Camp for students

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Health Camp by Apollo	DEPT.	
1 Manisha Kumari Ram	BBA	College Roll Signature with date 1800662 Navisha Kemen Ram
2 Bandita Singh	ВВА	In the second care
3 Ishani Chowdhury	GEOA	10 00:01
4 Rimpi Halder	GEOA	1920 Parcent Chowing
5 Mausumi Bag	GEOA	19000
6 Riya Roy	GEOA	18Res d
7 Prativa Paul	GEOA	19 5020
8 Sneha Dutta	GEOA	1900387 Snot Dutte
9 Sushmita Debnath	GEOA	1900Hes Gul 1 Dhnath
10 Sneha Das	GEOA	1900862 Sneta Dae
11 Anupama Oran 12 Subham Sutradhar	GEOA	1900A67 Mufama Over.
13 Debangi Dey	GEOA	1900503 Susham Sutradhar
14 Akash Sarkar	GEOA	1900711 Debargi Dey
15 Rahul Kumar	BBA	1901013 Akash Sarkar
16 Alapan Banerjee	BBA	1301489 Rahul Llumar.
17 Deepan Bairagi	BBA	1901003 Alapan Banenyee.
18 Sidharth Sharma	BBA	1900442 Seepan Bairagi
9 Kalpana Burman	BBA	1901488 Sintanth Charman
0 Rima Das	BBA	1101712 Kulpana Barman.
1 Suraj Kr. Ray	BBA	1300312 Dina Das
2 Md. Mirhasen	BBA	1901251 Suraj Kr. Ray
3 Susmita Roy	BBA	- MITHASEN
Privasit Biswas	BBA	190147 Privasit Biswas.
Priangshu Samanta	GEOA	1 2 3 3 4 5
Debapriya Chatterjee	GEOA	100000 1 Cyamania
Abhishek Kumar	GEOA	1,000
BAISAKHI MONDAL	GEOA	- Luinas
SUBARNA GHOSH	GEOA	1900698 Baisakhi Mondal
SABIK HOSSAIN	GEOA	1901183 Satik Hossain
		1 2 2 1 1 2
ANIKET DAS	GEOA	1900829 Hniket Das
ABHISHEK KUMAR SHARMA	GEOA	
SOUMIK MAKHAL	GEOA	1900577 Sournik Malcharl
NARGIS PARVIN	GEOA	1901194 Nargis Parvin
ANKITA MALLICK	GEOA	1753 FH 50008 Ankita Malvick

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	Health Camp by Apollo	Clinic 29	0.08.2019
36	KAKOLI DEY	GEOA	17/25450000 /11
37	ARKAPRAVO CHAKRABORTY	GEOA	1901343 AVII - Dey
38	ROUNAK BOSE	GEOA	1000 00 Chekyaogsty
39	SAYAN GHOSH	FNTA	100, 150, 8
	SOURAV PAUL	GEOA	17/19 my ca 1911 O 2000 Sm
	SUNANDA SANTRA	GEOA	TOTAL POUL
	BINITA RANA	FNTA	1763FH5001Sunanda Santra
	SOUBHIK PAUL	GEOA	Binita Rana
	ANISHA BHATTACHARYA	FNTA	1703MHS0236 Soubhik Paul
=	NIRMALYA SAHA	GEOA	1902236 Asnisha BhattacharyA
	ANUSHREE CHANDA	FNTA	190 1885 Normalya Saha
	DEBASISH GUPTA	GEOA	mushare Chamle
1000	SARIKA YASMIN	FNTA	1902069 Parius Marin
	SAYANI PAUL		1902069 darika Jasmin.
392	ANKITA SEN SHARMA	GEOA BBA	1753FHMOOD Arevita Im 81
	SIMRAN CHOWDHURI	BBA	17 a could be with the control of the country
-	NABANITA CHATTERJEE	FNTA	1763FHM Simpan (howohuri
	PRITI SHAW		There ma myeste
	KAJAL GHOSH	GEOA	1801587 Priti Shaw
	SAYANTI BOSE	FNTA	1763FH 503B8 Rayouti Base
56	AINDRI CHAKRABORTY	FNTA	1902177 Aundri chakzaborty
	SAMAYITA NANDI	GEOA	1763FH50257 Samayita Nandi
_	ANUSHREE MAITY	GEOA	1900637 Anushree Maity 1
9	APURBA ROY	FNTA	1902096 Sourbon Rion
=	SONIA MAHATO	GEOA	1900704 Somia Mahatol
=	SHRABANI KUMBHAKAR	FNTA	1902264 Sheabarri Kumphakar
_	PRIYA KUMARI YADAV	GEOA	1900607 Priya Kumasi Jadar
3	PUJA DUTTA	PHILOSOPHY	1801360 Treja Jutta
4	RAJASHREE CHOWDHURY	PHILOSOPHY	1900619 Rayashna Chandry
5	SOURAV MANDAL	CHEMISTRY	1802368 Solizar Mandal
5	INDRANI BHATTACHARYYA	FNTA	1901460 Indrani Bhattachary
7	ANANYA CHAKRABORTY	FNTA	1865 Forsolzo Amanga Chakzaborty
3 1	NAMRATA HAZRA	FNTA	1902241 Namiala Hazra.
3	SUSHMITA SAHA	МСВА	1901061 Lusinita Sha
1	ARPITA GHOW	FNTA	1804 Amsoc38 As Pata Gahoto
	ARPITA MANNA	FNTA	1864 FMS OOT Lopita Muma

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	Health Camp by Apollo	Clinic 29	0.08.2019		1
	AMRITA GHOSH	ENTA	1902205	Amorita Blo	&h.
	PRAGYA CHAKRABORTY	ZOOA	1801565	Pragya chakrabo	
-		FNTA	102208	Riva Das.	,
		FNTA	1902204	Amoreta Harra	
5 1		ВВА	1901035	Prazthana chak	habort
_		FNTA	1002049	Poulani Ghosh	_
_		FNTA	1902048	Shaguffa Nas	oun
-		FNTA	1902077	Chaitee Das	
		FNTA	1902275	Ipsita Mazun	rder
20 10		ZOOLOGY	1902049	Poulami ohissh.	
-	SAYARI BAISHYA	ZOOLOGY	17G3FHS0271	Sayari Baish	
	SAYAN PRAMANICK	GEOA	1902143	Sayan Pramas	1 1
	SABINA KHATUN	ZOOLOGY	1763 FHS 0240	00	uun
	RAJRITA KUNDU	ZOOLOGY		- 1	ndu
	RANIT DAS	GEOA	17 03 FHS 0016	Rajvita Ku	nous
	ANCHAL SHAW		1902046	Auchal Shar	~
		ZOOLOGY	1763AS0459	Mrinal Barman	~
	MRINAL BARMAN	GEOA		1 11 11	-
	SUMAN MANDAL	GEOA	190243	Suman Mandal	-
	SUMIT JANA	GEOA	1902304 1763FHS 0219	Sumit Jana Ketaki Moha	
_	KETAKI MISHRA ANANYA SADHUKHAN	ZOOLOGY		Ananya Sandhukhan	
	SHRESTHA ROY CHOWDHURY			135 Shrestha Roy Chon	Shury
2000	ANANYA MUKHERJEE	FNTA		0089 Ananya Mukha	
-	RAJASHREE DAS	FNTA		8 Rejashru Das	
	ANESHA MUKHERJEE	FNTA		50061 Anesha Minch	viju
-	DEBOLINA DAS	GEOA		Debolina Das	
200	ANAMIKA SARKAR	GEOA	190207		
19	RAMESH MANDAL	GEOA	190228	8 Romes Mar	da.
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website: www.brsn.in







Date: 29 /08/20 19

Name: PRATTIVA PAUZ , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
158	44.9	117 / 73 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
150	160	150	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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mail: brsc1953@gmail.com

website: www.brsn.in







Date: 29/08/2019

Name: RIN A ROY Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
162	72.8	89 / 65 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
150 200	De 210	210	

INTERPRETATION:-

 Peak Flow value is Normal
Peak Flow value is below Normal and suggestive of obstructive airway disease
Needs to be confirmed by PFT with reversibility testing.

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Creography



Date: 29/08/20 19

Name: MAUSUMI- BAG Age: 18 Yrs., Sex: M/F

Medical Examination Report

Weight (Kgs.)	Blood Pressure	CBG
65'2	109/ #6 mmHg	
	Weight (Kgs.)	(F. 9

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
220	230	240	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Geography



Date: 29 / 8/20 19

Name: RIMPI HALDER , Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
157	46.5	123/8/ mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
250	260	270	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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website: www.brsn.in



GEOA.



Date: 29 / 8 /20 19

Name: ISHANI CHOW DHURY Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
163	84	121 / 71 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
250	260	280	_

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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mail: brsc1953@gmail.com

website: www.brsn.in



BBA



Date: 29/08/20 19

Name: BANDITA SINGH , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
155	50.4	130 / 59 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
200	220	240	

Day	ak Flow	volue is	Norma	al .	
Pea	IK FIOW	value is	INOTHIC	11	

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

Licensee: PRG HEALTHCARE LLP

INTERPRETATION:-

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Barrackpore, Kolkata - 700 122

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mail: brsc1953@gmail.com

website: www.brsn.in







Date: 29 / 08/20 19

Name: MANISHA KUMARI RAM , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
154	58-7×	124 / 85 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
_		-	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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mail: brsc1953@gmail.com

website: www.brsn.in







Date: 29/8/2019

Name:	SNEHA	DUTTA	
140			

Medical Examination Report

leight (CM)	Weight (Kgs.)	Blood Pressure	CBG
168	81.2	136 / 79 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
160	180	170	

INTE	RPRETATION:-
	Peak Flow value is Normal
-	Peak Flow value is below Normal and suggestive of obstructive airway disease.
	Needs to be confirmed by PFT with reversibility testing.

Licensee: PRG HEALTHCARE LLP
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website: www.brsn.in







Date: 29/8/2019

.44	Anach	SARKAR	10	-
Name:	[AKB2H	2 MICKIAIC	Age:Yrs., Sex:	M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
161	44.3	126 / FF mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	400	410	

NTE	RPRETATION:-	
	Peak Flow value is Normal	
	Peak Flow value is below Normal and suggestive of obstructive airway	disease.
	Needs to be confirmed by PFT with reversibility testing.	

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mail: brsc1953@gmail.com

website: www.brsn.in







Date: 29 /8 /20 19

Name: DEBANGI DE	, Age:Yrs., Sex: M/F	
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Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
148	54.5	120 / 84 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	300	310	

	INT	ERF	RE	TAT	ION:-
--	-----	-----	----	-----	-------

Peak Flow value is Normal	(e)
Peak Flow value is below Normal and suggestive of obstruc-	tive airway disease.
Needs to be confirmed by PFT with reversibility testing.	

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Date: 29 /8 /20 19

DEBANGI

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
148	54.5	120 / 84 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	300	310	

Peak Flow value is Normal Peak Flow value is below Normal and suggestive of obstructive airway disease. Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /08/2019

Name: SUBHAM SUTRADHAR, Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
158	47.5	104 / 70 mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	310	
	0	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /8 /20 19

AMOPAMA ORAK Name:

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
153	40	106 / 61 mmHg	_

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
160	120	160	

INTERI	PRETATION:-
P	eak Flow value is Normal
P	eak Flow value is below Normal and suggestive of obstructive airway disease.
N	Jeeds to be confirmed by PFT with reversibility testing.

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website: www.brsn.in







Date: 29/8/2019

Name: SNEHA DAS Age: 17 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
160	59.7	115 / 55 mmHg	
200			

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
220	220	
		Peak flow (2 nd Reading) Peak flow (3 rd Reading)

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29/08/2019

Name: SUSHMITH DEBNATH Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
148	37.5	96 /64 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
250	260	260	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29/8/2019

Name: AKASH SARKAR , Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
161	77.3	126 / FF mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	400	410	

INT	ERPRETATION:-
	Peak Flow value is Normal
	Peak Flow value is below Normal and suggestive of obstructive airway disease.
	Needs to be confirmed by PFT with reversibility testing.

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	C > 2.1=	1212, 12A	AT .	10	
Name:	SUICHS	KIC, JCH	,	Age:Yrs., Sex:	M/F
				1 100 7 100	

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
182	34	134 / 73mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	400	390	

INTERPRETATION:-

-	Peak Flow value is Normal
	Peak Flow value is below Normal and suggestive of obstructive airway disease.
	Needs to be confirmed by PFT with reversibility testing.

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Date: 29/8/2019

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	BIMA	DAS.	Age:Yrs., Sex: M / F
Name:			500 S C C C C C C C C C C C C C C C C C C

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
160	56.4	137 /88 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
920	220	210	

NTE	RPRETATION:-
	Peak Flow value is Normal
	Peak Flow value is below Normal and suggestive of obstructive airway disease.
20	Needs to be confirmed by PFT with reversibility testing.

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	12 As DALLA	Burnon	17	
	KALTHUM	BURMAN	Age: Yrs., Sex:	M / F
Name:				

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
162	24,5	119 / 62 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
180	190	190	

INTE	RPRETATION:-
	Peak Flow value is Normal
	Peak Flow value is below Normal and suggestive of obstructive airway disease.
	Needs to be confirmed by PFT with reversibility testing.

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Date: 29/8/2019

Name: SIDDHARTH SHARMA , Age: 19 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
163	64.7	138 / 94 mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
410	400	
	Peak flow (2 nd Reading)	Peak flow (2 nd Reading) Peak flow (3'd Reading)

NTERPRETATION:-	
Peak Flow value is Normal	
Peak Flow value is below Normal and suggestive of obstructive	airway disease.
Needs to be confirmed by PFT with reversibility testing.	

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Date: 29/8/20 19

Name: DEEPAN BAIRAGI , Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
141	5	107/61 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
- 400	420	410	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /8/2019

BANER JEE Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
144	72.7	126 / 86 mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	290	
	Peak flow (2 nd Reading)	Peak flow (2 nd Reading) Peak flow (3 rd Reading) 3 00 2 90

INTE	RPR	ETAT	TION:
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Peak Flow value is Normal Peak Flow value is below Normal and suggestive of obstructive airway disease. Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /8/20 19

Name: RAHUL KUMAR , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
164	69.9	139/85 mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
200	210	
		21.

INTE	RPRETATION:-
	Peak Flow value is Normal
	Peak Flow value is below Normal and suggestive of obstructive airway disease.
	Needs to be confirmed by PFT with reversibility testing.

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Date: 29 / 2 / 20 1 9

Name: AHTASHAM Age: 22 Yrs., Sex: M/

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
169	76	146 / 87 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	400	410	

INTERPRETATION:-	
------------------	--

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Geography



Date: 29 / 9 /2019

Name: SOUMIK MAKHAL	Age:
---------------------	------

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
140	88	144 / 72 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
450	910	920	

NTE	RPRETATION:-
	Peak Flow value is Normal
	Peak Flow value is below Normal and suggestive of obstructive airway disease.
	Needs to be confirmed by PFT with reversibility testing.

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Date: 29/04/20 19

Name: ABHISHER H KUMAR SHARAH, Age: 19 Yrs., Sex: M/F

Medical Examination Report

ight (Kgs.)	Blood Pressure	CBG
3.4	123 / 85 mmHg	
	J. A	123 05

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	300	310	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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website: www.brsn.in







Date: 29 /08/2019

Name: ANIKET DAS Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
146	92	150 / 83 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	400	410	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /8/2019

Name: ABNIK HOSSAIK , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
144	74.2	155/ 88 _{mmHg}	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	410	400	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Geography





Date: 24 / 8/20 19

Name: SUBARNA GHOSH , Age: 17 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
167	50.5	14 / 58 mmHg	

al Value	Norma	eak flow (3 rd Reading)	Peak flow (2 nd Reading)	Peak flow (1st Reading)
		400	410	410
		400	410	410

INTE	RPRETATION:-	
	Peak Flow value is Norm	al

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /08/20 19

Name:	BAISAI	ZHI	SARKA	72	Age: 18 Yr	s., Sex:	M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
165	43	102/63 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	310	300	

INI	EKP	KE.	IAI	ION:-

Peak Flow value is Normal	
Peak Flow value is below Normal and suggestive of obstructive	airway disease.
Needs to be confirmed by PET with reversibility testing.	

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website: www.brsn.in





Date: 29/08/20 19

Name: PRIANGSHU SAMANTA Age: 18 Yrs., Sex: M/F

Medical Examination Report

eight (CM)	Weight (Kgs.)	Blood Pressure	CBG
164	An. T	136 / 75 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
200	220	210	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29/8/20 19

Name: NARGIS PARVIERS , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
158	65	138 / 101 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
250	250	260	

INTERPRETATION:-

Peak Flow value is Normal
Peak Flow value is below Normal and suggestive of obstructive airway disease.
Needs to be confirmed by PFT with reversibility testing.

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website: www.brsn.in







Date: 24 /8 /2019

SUNANDA SANTRA Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
163	56.2	105 / 81 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
200	210	220	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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website: www.brsn.in





Date: 29 / 8/20 19

Name: SAURAW PAUL , Age: 19 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
182	59.3	125/ 79 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	400	410	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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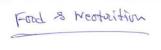
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Date: 29 /8 /2019

Name:	SAYAM	GHOSH	, Age: 20 Yrs., Sex: M/F
	and the		

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
166 -	59'2	124 / 70 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
300	300	310	

INTERPRETATION:	
-----------------	--

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /68/20 19

Name: ROUNAR BOSE , Age: 19 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
169	101.7	127/91 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	Glo	410	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29/8/2019

Name: ARKA PRAVO CHALLABORTY, Age: 19 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
146	44	122/8/ mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
400	410	
	1	Peak flow (2 nd Reading) Peak flow (3 rd Reading) 4000 410

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Name: KAKOL	I	DEY	,	Age: 20	Yrs., Sex: M / F
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	Medi	cal Exami	nation Repo	ort	
	111001				
	1. (1/)	Disad	Duessins	CBG	
Height (CM) Wei	ght (Kgs.)		Pressure	CBG	
		109 /	69 mmHg		
ALL					
	•••				
Peak flow (1st Reading)	Peak flo	w (2 nd Reading	Peak flow (3'9	Reading)	Normal Val
Peak flow (1st Reading)		w (2 nd Reading	Peak flow (3°	[†] Reading)	Normal Val
				Reading)	Normal Val
250	Ç			Reading)	Normal Val
2 50 INTERPRETATION:	Ç	240		Reading)	Normal Val
250	Ç	240		Reading)	Normal Val
2 50 INTERPRETATION: Peak Flow value	e is Normal	240			
2 50 INTERPRETATION: Peak Flow value	e is Normal	QUO	250		

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Date: 29/8/2019

Name: ANKITA MALLICK Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
152	58:3	123/8 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
250	250	240	

INTERPRETATION:-

Peak Flow value is Normal	
Peak Flow value is below Normal and suggestive of obstructive airway disease.	
Needs to be confirmed by PFT with reversibility testing.	

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Date: 24/8/2019

Name: BINTH BINITH RANA, Age: 21 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
153	63.8	14 / 76 mmHg	*

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
180	180	170	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 / 8/2019

Name: SAYANTI PAUL Age: 20 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
163	49'2	105 / 76 mmHg	
			100

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
250	2 50	260	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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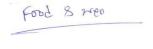
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Date: 29 / 8/20 19

Name: SARIKA YASMIN , Age: 21 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
156	56'2	112 / 82 mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
120	100	
	Peak flow (2 nd Reading)	Peak flow (2 nd Reading) Peak flow (3 rd Reading)

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Geo



Date: 29 / 8/20 19

Name: DEBASISH GUPTA , Age: 20 Yrs., Sex: M/I

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
160	42.8	149 / 98 mmHg	

Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
200	210	
	Peak flow (2 nd Reading)	Peak flow (2 nd Reading) Peak flow (3 rd Reading)

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 / 8/20 19

Name: ANUSHREE CHANDA , Age: 20 Yrs., Sex: M/F

Medical Examination Report

Veight (Kgs.)	Blood Pressure	CBG
44.6	105 /68 mmHg	
	44'6	1111

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
200	210	200	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29/8/20 19

Name: NIRMALYA SAHA , Age: 18 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
157	56.9	108 / 68 mmHg	

ak flow (3 rd Reading)	
250	
	250

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /8/20 19

Name: ANISHA BHATTACHARYA, Age: 21 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
144	513	124 / 73 mmHg	363

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
230	220	200	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 /9/20 19

Name: SOUBHIK PAVL Age: 21 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
164	59.6	114 / 73 mmHg	

Peak flow (1st Reading)	Peak flow (2 nd Reading)	Peak flow (3 rd Reading)	Normal Value
900	210	200	

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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Date: 29 / 08/20 19

Name: ANKITA SEN SHARMA , Age: 21 Yrs., Sex: M/F

Medical Examination Report

Height (CM)	Weight (Kgs.)	Blood Pressure	CBG
140	64'5	176 / \$6 mmHg	

(2" Reading) Peak	flow (3.5 Reading)	Normal Value
00	310	
	(2 th Reading) Peak	(2 nd Reading) Peak flow (3 rd Reading)

INTERPRETATION:-

Peak Flow value is Normal

Peak Flow value is below Normal and suggestive of obstructive airway disease.

Needs to be confirmed by PFT with reversibility testing.

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X-Ray (Digital) • Ultrasonography • Echocardiography

Dental • EEG • EMG & NCV • Color Doppier Study • TMT (Cardiac Stress Tast) • Pulmonary Function Test • Holter Monitoring • ECG

Pathology (Biochemistry, Haematology, Serology, Clinical Pathology, Microbiology, Biopsy, Hormones, Immunology) • Physiotherapy • Consultation • Health Check

(With Autonomous Post Graduate Courses)

85, Middle Road and 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata, West Bengal, Pin - 700120

NAAC Re-accredited (4th Cycle), DST-FIST Funded, DBT BOOST and Colleges with Potential for Excellence (CPE) awarded College

033-2594-5270

mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

Health Camp for Students

Date: 3rd January, 2022

Venue: Library, 6, Riverside Road Campus.



BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

(Autonomous Post Graduate Departments)

College with Potential for Exact conx: Resax redated by NAAC in 4th Cycle

43. Midde Road & 6, Riverede Road, Barrackborg & Jama—700126, website bornen

HEALTH CAMP FOR STUDENTS

Celebration of

STUDENTS OBSERVANCE WEEK 2022

3rd JAN, 2022, 12.00 noon

Organized by

Health Sub-Committe

in collaboration with

Internal Quality Assurance Cell

Room No. 303 of 85, Middle Road Campus

(With Autonomous Post Graduate Courses)

85, Middle Road and 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata, West Bengal, Pin - 700120 NAAC Re-accredited (4th Cycle), DST-FIST Funded, DBT BOOST and Colleges with Potential for Excellence (CPE) awarded College

033-2594-5270

mail: brsc1953@gmail.com

website: www.brsn.in

Programme Schedule

Registration	11.00 A.M.	Registration desk by members of Sub Committee for allotting Coupon to Students
Inauguration Programme	11:30 A.M.	Introductory Speech by Dr. Monojit Roy, Principal, BRSNC
Setting instruments	11:45 P.M.	Student-Volunteers and Assistants setting up tools for Days Programme
Clinic Start	12:00 P.M.	Monitoring Students for various parameters
Lunch Break	2:00 P.M.	
		Clinic restart after Lunch session
Clinic restart	2:30-4:00 P.M.	
Valedictory Session	4:00-4:15 P.M.	Submission of Report of day's Programme

(With Autonomous Post Graduate Courses)

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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata- 700120

Health Sub-Committee

Notice No.: 2021-22/37A

Date: 21/12/2021

This is to notify all concerned that in the prevailing pandemic situation of COVID-19. the Health Sub-Committee is going to organize a Health Check-up Camp along with Random RT-PCR Test for the Students of the college on 03/01/2022 from 12:00 p.m. onwards. This is part of the observance of 'Students Week - 2022'.

Students are requested to register their names prior to the camp at college offices of both the campuses.

All the members of the Health Sub-Committee are requested to be present on the aforesaid programme.

Venue: Room No: 127 (85, Middle Road Campus)

Time: 12:00 p.m.

Dr. Monojit Ray Principal

Principal BARRACKPORE Rastraguru Surendranath College

Short Report: 33Students were checked up for BP, Pulse rate, Weight, BMI and Over all nutritional status was reported to observe the general health of the students of the College.

(With Autonomous Post Graduate Courses)

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2	eight BP	BARRACKPC		T HEALTH JANUARY 2		COLLEGE		
	NAME	SEMESTER	ROLL NUMBER	WEIGHT (KG)	BLOOD PRESSURE	BLOOD GROUP	BLOOD SUGAR	REMARKS
1/	Subhadeep Qas	PGI Sem-3	2002604	69	169/100 PR - 91	Atre		
2/	Rupok Saha	Ph Sem-3	2002686	64	148/91 PR-86	Bave		
3/	Lovely kumavii	5th Sem	1961FHSD	55	104/67 PR-73	Atre		
1	Moitnyee Majumdan		1961FH50177	54.5	103/H PR - 88	A+		
5	Vitasa Merity	5th sen UG	19 G1 FHSO	60	PR - 96	13+		
6/	Souti Shaw	5th sem UG	19618450171	74.5	132/84 PR-91	B+		
1	Sayak Chath	5 th Sem Uh	19 GIMHSOIG	56	125/73 PR - 86	13+		
	Rina Bhowmick	5 th bem va	19 GIFHS017	o 56 ng	11/- 10	B+		
	Sayantan Marik	5th Sem OG	1991M450165	69 kg	1A6/90 PR-83	AB+		

BARRACKPORE RARTAGURU SUREDRANATH COLLEGE STUDENT HEALTH CAMP 3RD JANUARY 2022

NAME	SEMESTER	ROLL Y	WEIGHT (KG)	BLOOD PRESSURE	BLOOD GROUP	SUGAR	REMARK
Mounita Nandy		2100130	43	114/77 PR-83	A+		
	fzt	2100133	52	124/100 PR-87	B†		
Paloumi Das Debkumoor Saha		2000020	72	148/73 pr-76	AB+		
0-4-01	3 nol	2000029	75	142/82 PR - 112	0+		
Sougata Chasal	3rd	2000032	57	114/66 PR- 98	B+		
Somton Das	3nal	2000033	56	134/94 PR-138	0+		
Supriyo Debueth	154	2102487	85	127/86 PR-73	0+		
Souvic Achikary	(st	2100683	57	128/99	B+		
· Jayani Dutta	1St (M.Sc)		53	116/74 PR-87	BH		
q. Nayana Das	5th	1901FH 5017	9 54	107/74	0+		

(With Autonomous Post Graduate Courses)

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BARRACKPORE RARTAGURU SUREDRANATH COLLEGE STUDENT HEALTH CAMP 3RD JANUARY 2022

3-2594-5270 <u>@gmail.com</u> www.brsn.in

	NAME	SEMESTER	ROLL NUMBER	WEIGHT (KG)	BLOOD PRESSURE	BLOOD GROUP	BLOOD SUGAR	REMARKS
1. 1	Youmita Chatterjee	PGY ST SEM		53	019/79 PR - 123	Abeve		
	Sustocita Paul	Ph 1st sem IFNTM)	210 2605	81	118/79 PR-112	A4 ve		
0.	Koushik Jana	Pa-1st sem (FNTM)	2102452	79	148/86 PR-105	13+		
31.	1 202	UCe - 1t Sem	2100719	45	9760 PR-120	0+		
9 9	Dipika Mondal	3 rod sem	200044	8 52	146/76 PR-122	A+		
33.	DONKANA SOPRIYA	ua - 1st sem	2100920	57	PR-92	3+		

		BARRACKPOI	STUDEN	T HEALTH ANUARY 2	REDRANATH (H CAMP 2022			
Г	NAME	SEMESTER	ROLL NUMBER	WEIGHT (KG)	BLOOD PRESSURE	BLOOD GROUP	BLOOD SUGAR	REMARK
	Ankita Basu	354	2000:034	54	137/94	At		
		302	2000036	57	129/77 PR-100	Ot		
	Subham katomakano	319	2000019	65	PR- 105	AB+		
22.	Abanita Nandi	131.	2102601	1.0	127/80 PR - 91	B+.		
23	Navami fa Gnosh		2102337	15	154/97 PR-123	B+		
24	. Olivia Santra	1st (PG)			100/74 PR-95	- A+		
25	s. Priya fal	1st (P(11)	1900559		127/80	A+		
26	5. Priya Fal 5. Songan Bramaniek 7. Subendra Roy	5th sem 5th sem	- 1 C. 1 A		PR-75 137176 PR-78	Bt		

(With Autonomous Post Graduate Courses)

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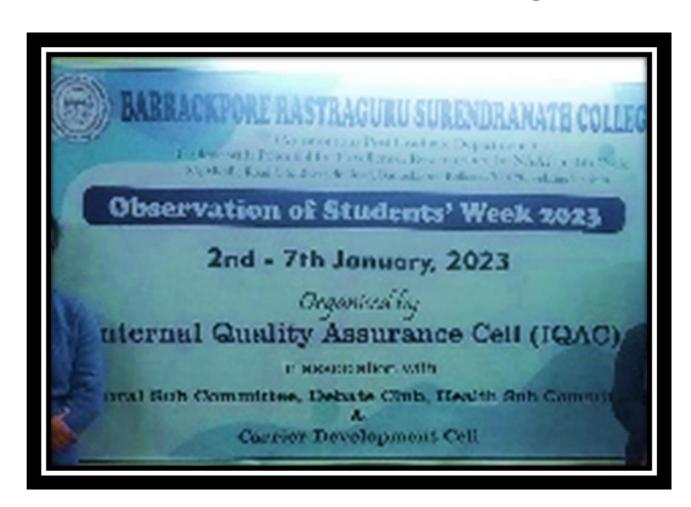
mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

Health Camp for Students

Date: 3rd& 4th January, 2023

Venue: Room No. 127, 85, Middle Road

Bibhutibhusan Hall, 6, Riverside Road Campus.



(With Autonomous Post Graduate Courses)

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Programme Schedule

Registration	11.00 A.M.	Registration desk by members of Sub Committee for allotting Coupon to Students
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Lunch Break	2:00 P.M.	
		Clinic restart after Lunch session
Clinic restart	2:30-4:00 P.M.	
Valedictory Session	4:00-4:15 P.M.	Submission of Report of day's Programme

(With Autonomous Post Graduate Courses)

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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata-700120

Health Sub-Committee

Notice No.: 2022-28/78 A.

This is to notify all concerned that the Health Sub-Committee is going to organize a Health Check-up Camp for the Students of the college on 03/01/2023 at 85. Middle Road campus and 04/01/2023 at 6, Riverside Road Campus, from 12:00 p.m. onwards. This is part of the observance of 'Students Week – 2023'.

Students are requested to register their names prior to the camp at college offices of both the campuses.

All the members of the Health Sub-Committee are requested to be present on the aforesaid programme.

Venue:

03/01/2023- Room No: 127 (85, Middle Road Campus)

04/01/2023- Bibhuti Bhushan Hall (6, Riverside Road Campus)

Time: 12:00 p.m.

Dr. Monoji Ray Principal

Date: 22/12/2022

Principal

BARRACKPORE

Rastraguru Surendranath College

REDMI NOTE 5 PRO MI DUAL CAMERA

Short Report: Post Graduate Students of both campuses. Total 124 (Day1: 90 & Day2:34) PG students were checked up for BP, Pulse rate, Weight, BMI and Over all nutritional status was reported to observe the general health of the students of the College.

(With Autonomous Post Graduate Courses)

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Health Camp Programme at Day1 (03.01.2023)





Health Camp Programme at Day2 (04.01.2023)



(With Autonomous Post Graduate Courses)

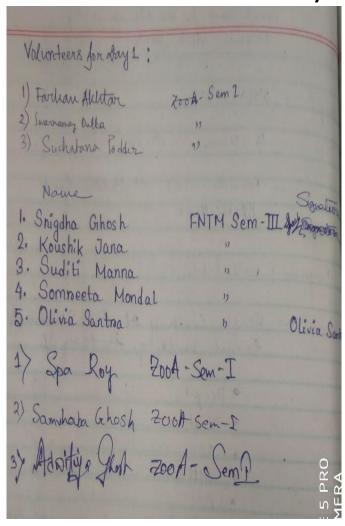
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List of Teachers and Student-Volunteers in Day 1 on 3rd Jan



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Students Benefitted by the Camp Day 1 on 3.1.2023

			HE	HEALTH CAMP					Date: 09/01/2023		
S/L NO.	STUDENT NAME	STUDENT	SUBJECT	SEX	BMI	REMARK	BP(mm/Hg)	REMARK	STUDENTS STEENATURE		
1	Syede Wariga	2102448	FNTM	F	2+3	ovenweight	138/72	Normal	Jude Wariga		
2	Biyas Majumders	2102451	FNTH	F	21.1	N	122 82	Nopmal	Blyon Najamde		
3	Tousha Banarjee	2102519	FNTM	F	22.8	N	119176	Normal	Irisha Banerlee.		
4	Noumita Chaffenjee	2102604		F	20.3	N	102 90	LOW BP	Noumitachattered		
5	Soveyashi Saha	2102395	The contract	F	23.6	N	1081,87	Normal	Skeyashi Saha.		
6	soupaona sikdan	2102449		F	28.4	OW	128 183	Normal	Snipovma sitida		
7	Tousha Mondal	2102569		f	20	N	128/74	Normal	Toisha Mondal		
9.	Suchpita Paul	2102605		F	35.4	082	161 (78	Normal	Sustrator Paul		
a.	sneha Biswas	2102623		F	23.2	N	96179	Normal	Grela Phismas		
10.	Shagada Nandi	2102518	-	F	17.6	UW	102/58	LOW BP	Swagata Nandi		
11.	Saheli Ball	220210		F	26.2	OM	115/70	N	Rachaita Chatteriee		
12.	Rachaita Chatterjee	2102335		F	28.6	OM	119/90	Normal	Abinath show		
13.	Abinash show		MEBM	M	21.3	N	127/80	N			
	Buyanka Poddro	2202101			24.2	N	112/67	N	Poliyanka Toddorg Soyah Nandym Baney		
19.	Sayan Narayan Baranja	e 22014	MEBM	M	17.2	1W	125/81	N	Baichali Shah		
	Baishall Ohan	220203	8 MCBM	F	37.1	062	117/71	N	Pampy Ghosh		
16	Pampy Ghash	2202101		1 F	24.3	N	124/80	N	I yali all		
17.	Piyali Paul	2202115	MCB		19.8	N	117/83	N	Prajent Bishor		
	Brakeriti Bishas	21028	12 FNIM	1	16.7	04	123/60	Low	kanika karunaka		
19:	Kanika Kasimakas	40720	9 FN71	0	25.7	N	147 97		Mustana Rod.		
21.	The state of	210235		0	24.4	N	120/70	1	Satrunita lind		
22	11 4200 10	210232	6 GEO		20-7	N	102/65	The second second	Ariya Chakrabor		
23	II at last had	, 220209	H MCBM	F	20-2	N	109/6		Angita Saha		
24		220010	HCBI	N. I	1,2,1	1111		TENE			

(With Autonomous Post Graduate Courses)

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			LIE	ALT	11.044				
			HE	ALI	H CAM	<u>P</u>		Ţ	Date: 03.01.23
S/L NO.	STUDENT NAME	STUDENT	SUBJECT	ZEX	BMI	REMARK	BP(mm/Hg)	REMARK	STUDENT'S SIGNATURE
aq.	Be Deepanwita Sankar	2202129	GEOM	F	22.8	N	142/83	N	elepanina salan
50.	Shoreya Bajdya	2202153			19	N	105/57	LOW	Shriya Baidya
51.	Jayeeta Dey	2202152	GEOM	f	32	6	125/88	N	Jayreta Dey.
52.	Dunga Roy	2202135	GEOM	F	26	OW	131/86	N	Durga Roy
53	Dunga Roy Mounij Kapmakar	2202136	GFOM		18.3	N	115/77	N	Moumi Karimakan
54	Riya Mad	2202063			16.8	UW	123/80	N	Priya Mal
55.	Bidushi Mandal	2202134			32.4	067	18/701	N	Bidyshi Mandal
56.	Sukanya Samanta	2202140		100	15.3	UW	141/34	N	Sukaya Samanta
57.	Sohini San Ram	2202174			30 .	067	127/80	N	Solini Sardkour
58.	Koyel Biswas	2202158		(f	22.3	N	122/82	N	Koyd Biswan
59.	Apinab Bose	2202172	UFOM	M	22.7	N	140/81	N	Korthner & petra
60.	Krishnendu Patora	2202143		LM	23.4	N.	116/71	N	Kryhner w purm
61.	Nipmalya Saha	2202129	GEON	1 M	22.9	N	116/68	LOW	Normalya Saha
62.	Ruma Mykhan jee	2202126	GEON	1 F	28.6	ow	151/99	#	Ruma Mucherijee Shawati Banetiee.
63.	Shaswati Banerjee	2202175		IF	36.5	199	125/80	7	Subje Bisalos
64	Sudib Biswas	2202150			15.6	UW	124/75		Andul Gust
65.	Agribal Insti	2202145	GEOV	4 M	17.6	UM	124/76	N	Eldish Kebnath
66	Diptesh Debnath Subhasish Chowdh	2202137	GEON	1 14	18.7	N	136/84	N	Sabhaish choudhe
67.	Subhasish Chowdh	My 220214	8 GEON	4 M	17.9	UW	125/74	N	Source Manna
69	Sourgen Manna	2202130	1 UED	1 1	16.9	NM	127/70	N	Ritwik Rey
69.	Ritwik Roy	220215		4 M	16.6	UW	127/81	A STATE OF THE PARTY OF THE PAR	Anisha Majunder
	Anisha Majumden	226209	I MTM		28.9		129/90	1	Anisha Marjunder
70.	Soumili Pal	220215	M M TM	YF	28.7	OW Ob2	120/78	2 11	Souhadie Das

(With Autonomous Post Graduate Courses)

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Students Benefitted by the Camp Day 1 on 3.1.2023

	Da	Date: 03.01.23				
13. Anusmita Dey 18. Sayani Mukherjee 15. Aditya Tanti 15. Hamidup Rahaman Non 15. Perasenjit Das 18. Puja Mondal 17. Nishat Maulick 18. Makima Cilosh 18. Makima Cilosh 18. Marashi Das 18. Aparna Sey 18. Sulgaha Ghosh 18. Sulgaha Ghosh 18. Shilina Santra 18. Shilina Santra 18. Sherup Basquptu 18. Somoreda Mondal 18. Sulih Manna	2202074 FNTM F 2202094 MIPMM	= 27. U 27.8 M 21.9 1 20.2	NEW AGAR OW ON N N N N NEW AGAR OW OW ON N N N	156/94 133/83 123/81 134/84 127/91 105/68 116/67 122/76 116/67 137/83 136/87 137/83 139/84 109/68 113/71 132/95 142/84	7 7 4	Anus with Day Soyoni Mulhey Joe. Adity a tanti Hamily Alganin Marida Brossnjit Jas Rufo Mondal Ni Shat Mullick Mahima ahash Mansili Loss Afann Ray. Ulnigdha Ghush Olivia Santrac Rohit Ghash otherup Reguptu Somoralta Mone Souni mandal Sudili Maune Koushin Jana

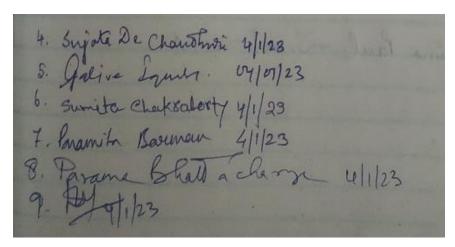
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List of Teachers and Student-Volunteers in Day 2 on 4th Jan, 2023



Students Benefitted by the Camp Day 2 on 4th Jan, 2023

			HE		Date: 04-01-2023				
		STUDENT	SUBJECT	SEX	ВМІ	REMARK	BP(mm/Hg	REMARK	STUDENT'S SIGNATURE
S/L	STUDENT NAME	ID					112/76	Normal	Shilpa Samadoro
NO.	Shilba Samadder	2102719	EDCH	F	23.7	Normal	127/74	Nermal	Sada Dug.
1		2102484	EDCH	M	21.7	Normal	164/86	stightly tigh	Swarnali Der
2.	Sudip Dey Swarnati Dey	2102340	MRMM	E	28.0	Overweight	116 /75	Normal	Kousheni Koly
8.	Swamali Kley	2102670	HRMM	F	27-8	overwight	342 /87	Slightly High	Nisha snivastava
4.	Kaushani Koley	2102442	MRHH	F	29.2	overweight	181 177	Normal	Rashmi Kundu
5.	Nisha Brivashiva	2102345	MEMM	£	25.8	Overweight	123/78	Normal	Cower Der
6.	Rashni Kundu	2102338	MEMM	H	28.4	Normal	143/79	Normal	Santalp Daying
Ħ.	Source Dey	2102341	MRMM	M	24.9	Normal	148/89	High	Proncy (howethany Balegue no wool h
8.	Sankalp Jaiswal	9102441	MRMM	M	26.8	Quewelght	181/79	Nermal	Bidagh Hir Mon. &
9.	Pronog Chowdrung	2102454	MRHM	H	18-4	Underweight	111173	Normal	Paja Grupte
10.	Bidesh Malik	2102244	AFCM	£	24.2	Normal	103163	Low	Sarbari kar.
11.	Puja Jupta	2102578	AFCH	£	22-8	Normal	130/83	blightly High	, Snigolha Bisaxas
12.	Sanbani Kan	2102235	AFCM	Ł	29.2	Overweight	123/79	Normal	Promyo Ghish. Animalta sahan
13.	brigdha Bissas	2102588	AFCM	F	30.0	overweight	121/70	Normal	Animalta sohor
14.	Prilya ghosh	2102674	JORM	F	27.1	Normal	104/72	Normal	the maniet
15.	Amindita She Sahoo	2102222	AFCM	t	19-1		103/70	Low	Samuel dalu
16.	Shiwani giri	2102456	AFCM	t	14-7	Under weight	162/82	slightly flig	a MD Davie MUSSOUL
17	Sonsiddhi Bhattachasuyy	2102228	AFCM	M	24.2	Normal Overweight	136/99	stightly Hig	
18-	Md. R Arif Hussain	2102248	AFCM	M	27.5			slightly los	o Bernaum Zinan
17.	Aman Ram	2202025	AFCM	M	25.8	over weight	136/88	Normal	Mindling waw
26.	Siddhouth Lingh	2202021	AFCM	M	22.4	Normal	136/70		Athorek Shay
	Hrithik Shaw	2202030	APCM	M	21.8	Normal	125/77	Low	Rabim Jaha
22.	Abhishok Shaw Rabin Str Saha	2202024	AFCM	M	37.1	Normal 8bese - 11	144/80	-	

(With Autonomous Post Graduate Courses)

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website: www.brsn.in

SIL	STUDENTNAME	STUDENT	SUBJECT	SEX	BMI	REMARK	BP(mm/Hq)		STUDENT'S SIGNATI
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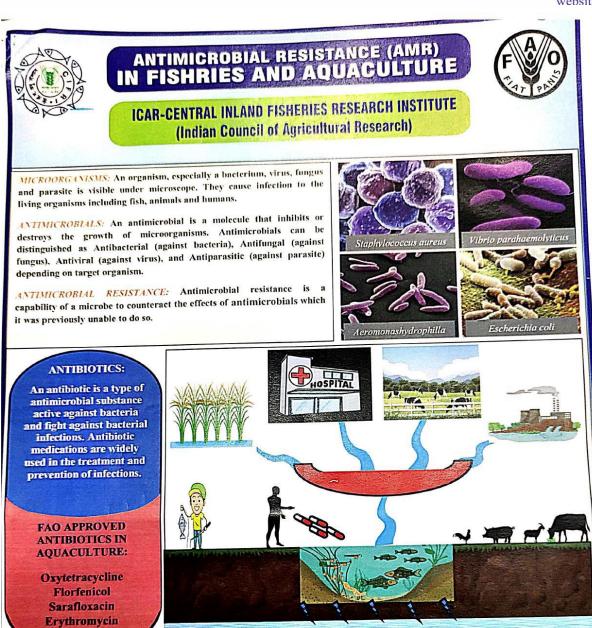
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Not To Do X To Do Do not use antimicrobials before knowing the Consult with an expert about what antimicrobial should be used against that disease

Use prescribed antimicrobials at a prescribed dose

Sulphonamides

- Complete the prescribed course for any antimicrobials
- Wash hand thoroughly after use of antimicrobials
- Do not overuse or underuse the antimicrobials
- Do not use sewage water
- Do not use antibiotics as growth promoter or as immunostimulant

Publisher: The Director, ICAR-Central Inland Fisheries Research Institute, Barrackpore, 700120 Contributors: Dr. A.K. Sahoo, D. Mohanty, S. Dey, Dr. A.K. Bera, D. K. Menna, Dr. B.K. Das Acknowledgements: ICAR- New Delhi, INFAAR (FAO)

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Student Seminar on 'World Antibiotic Awareness Week' 2019

Organised By: Indian Council of Agricultural Research Central Inland Fisheries Research Institute Barrackpore, Kolkata: 700120

Venue: A.J.C. Bose Hall, Barrackpore Rastraguru Surendranath College, 85, Middle Road, Barrackpore, Kolkata-700120

Date: 25th November, 2019

Theme: 'Antibiotic Resistance in Fisheries and Aquaculture'

Speakers:

Dr. A.K. Das, Principal Scientist & In-charge, Extension Programmes, ICAR-CIFRI Dr. A.K. Bera, Principal Scientist, ICAR-CIFRI

Participating Students:

PG & UG Students of Department of Microbiology UG Students of Department of Zoology

Total Number of Students Present: 181

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29. Sudrani Blathacharyga 086 2019 FNTM J.B. 25. 11.19
30. Arpita Ghaw 038 2019 FNTM A.G. 28. 11.19
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http://cifri.res.in/art259.html



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Barrackpore Rastraguru Surendranath College

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata-700120

Registration Form

UGC- CPE FUNDED WORKSHOP ON "HEALTHY FOOD HABITS" ORGANISED BY

DEPARTMENT OF FOOD AND NUTRITION

& IQAC, BRSN COLLEGE

Date: 29-31 January, 2019

Name: Dr/Mr/ Ms
(In capital letters)
Designation
(In capital letters)
Organization
(In capital letters)
Address for Communication
Contact No Email Id
Food Habit (please tick)
Registration Fees Rs. 350/- (To be paid in cash only)

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UGC CPE FUNDED THREE DAYS STATE LEVEL WORK SHOP ON"HEALTHY FOOD HABITS" 29th to31st JANUARY 2019

ORGANIZEDBY

Department of Food & Nutrition in association with Internal Quality
AssuranceCell(IQAC)

Advisory committee:

President, Governing Body, BRSN college & Chief Patron-Sri Deb Roy Chowdhury

Principal, BRSN college & Chairman: Prof. (Dr.) Monojit Ray

Coordinator, IQAC, BRSN college: Dr. Sutapa Ghosh Dastidar

Speaker-Prof.(Dr.)SankarKumarAcharya,BCKV

Working committee:

Joint Convenor: Smt. Rama Das, Smt. Parama Bhattacharya

Members: Allteachers, Department of Food & Nutrition

Reception-Smt.InaMukherjee,Smt.AyanaDas

Stage and hall management-Dr.SutriptaSarkar,Dr.DebasreeGhosh

Registration desk- Smt. ParamaBhattacharya, Dr. Susmita Roy

Venue: Roomno. 226,85 Middleroad, BRSN College.

Time:12.00noononwards

(With Autonomous Post Graduate Courses)

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mail: brsc1953@gmail.com

website: www.brsn.in

BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE UGC-CPE FUNDED THREE DAY STATE LEVEL WORKSHOP

ON

"HEALTHY FOOD HABITS"

29th -31st JANUARY, 2019

Organiised by

Dept of Food and Nutrition

& IQAC, Barrackpore Rastraguru Surendranath College

Programme schedule

Date: 29/01/2019

10.00 am-11.00am

: Registration

11.00am-11-30am

: Inauguration and Lamp Lighting

: Welcome address- Dr. Monojit Ray, Principal

11.30 am

:Tea break

12.00am-1.00 pm

: Dietary Habits and Food Myths & Taboos

Professor Debnath Chaudhuri

Ex-Professor and Head, Dept. of Biochemistry and Nutrition,

All India Institute of Hygiene and Public Health

1.00pm-1.30pm

: Tiffin Break

1.30pm-4:00pm

: Maternal & Child Health and Malnutrition

Dr. Diptakanti Mukhopadhyay Dept. of Community Medicine,

College of Medicine & Sagore Dutta Hospital

Date: 30/01/2019

11.00am-1.30 pm

: Nutritional Status and Mental Stress

Professor Nilkanta Chakrabarti

Dept. of Physiology,

Director, S. N. Pradhan Centre for Neurosciences,

University of Calcutta

1.30pm-2.00pm

: Tiffin Break

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2.00pm-4.00pm

: Operating Research Methodology for Health and Nutrition Research

Professor Sankar Kumar Acharya,

Dept. of Agricultural Extension,

Bidhan Chandra Krishi Viswavidyalaya, Nadia

Date: 31/01/2019

11.00am-1:00 noon

: Lifestyle Management and Diabetes

Smt. Kalpana Roy

Chief Dietitian, Park Clinic Hospital, Kolkata

1.00pm-1.30pm

: Tiffin Break

1.30pm-3.30pm

: Exercise and Sports Nutrition

Dr Shankarashis Mukhopadhyay

Dept. of Food & Nutrition,

West Bengal State University

3:30pm - 4:00pm

: Valediction, Vote of Thanks

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REPORT:

The UGC-CPE FUNDED THREE DAYS STATE LEVEL WORKSHOP ON "HEALTHY FOOD HABBITS" was organized by Internal Quality Assurance Cell(IQAC) and Department of Food & Nutrition, Barrackpore Rastraguru Surendranath College at 85, Middle Road Campus on 29th to 31st JANUARY 2019.

The programme was inaugurated by Sri Deb Roy Choudhury, **President**, **GB**.Dr. Monojit Ray, **Principal** & Dr.Sutapa Ghosh Dastidar, **IQAC Coordinator.** After a short inaugural session, the 1st scientific session of day one was taking place by respected Prof. Debnath Chaudhuri Ex-Prof. And Head, Dept. of Biochemistry and Nutrition, AIIH & PH. The topic was Dietary Habits and Food Myths and Taboos. In the 2nd Scientific Session Day1 the invited speaker was Dr.Dipta kanti Mukhopadhyay Dept.of Community Medicine, College of Medicine & Sagore Dutta Hospital who delivered his lecture and enlightened us on about Maternal and Child Health and Malnutrition.

In Day 2 the speakers were Prof.Nilkanta Chakrabarti Dept.of Physiology, Director, S.N. Pradhan Centre for Neurosciences, University of Calcutta and Prof. Sankar Kumar Acharya, Dept. of Agriculture Extension Bidhan Chandra Krishi Viswvidyalaya, Nadia and they delivered lectures on Nutritional status on Mental Stress and Operating research Methodology for Health and Nutrition Research respectively.

Day 3- Scientific session was initiated by Smt.Kalpana Roy Chie fDietitian, Park Clinic Hospital, Kolkata and she gave some hands-on training on Lifestyle management and Diabetes. In 2nd half of that day Dr.Shankarashis Mukherjee Dept.of Food& Nutrition WBSU enlightened us on about Exercise and Sport Nutrition.

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(ISO 9001:2015 & ISO 14001:2015 Certified Institution)

85, Middle Road & 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata- 700 120

UGC- CPE Funded Workshop on "HEALTHY FOOD HABITS"

Organized by

Internal Quality Assurance Cell (IQAC) & Department of Food & Nutrition

This is to certify that Prof/Dr/Mr/Ms Jna Mukheriee of OBarrackpore OR. S. N. College/ Mahavidyalaya/ University participated in the three day workshop on 'Healthy Food habits' Organized by IQAC & Dept. of Food and Kutrition held on 29th to 31st January, 2019.

Sulf Short Dertide Sutapa Ghosh Dastidar IQAC Coordinator & Convener

Dr. Monojit Principal

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2 2

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BARRACKPORERASTRAGURU SURENDRANATH COLLEGE

Report on Add-On Course

in

Prevention Of Mosquito Borne Diseases

Organized by

Department of Zoology

(4th April - 12th April, 2023)

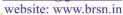
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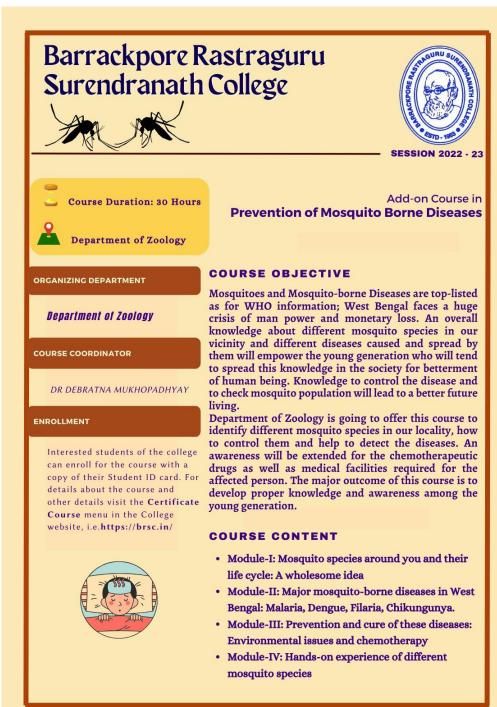
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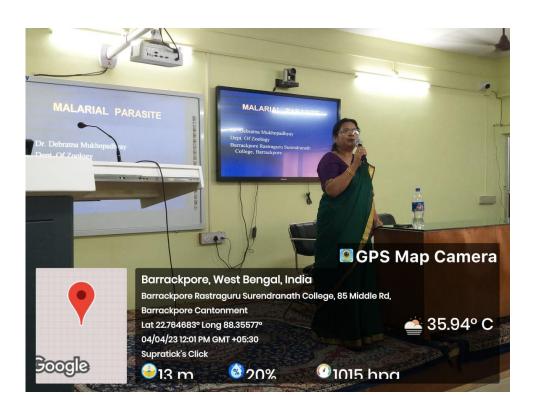
	website
PRGRAMME SCHEDULE	
04.04.2023 (Tuesday) 05.04.2023 (Wednesday) 06.04.2023 (Thursday)	 ✓ Class duration: 5 hours/day (30 hours total) ✓ Module I: Growing a wholesome idea about the mosquito species around ourselves and their life cycle
10.04.2023 (Monday) 11.04.2023 (Tuesday)	✓ Module II: Knowing about the Major mosquito-borne diseases in West Bengal such as Malaria, Dengue, Filaria, Chikungunya
12.04.2023 (Wednesday)	 ✓ Module III: Prevention and cure of these diseases. Understanding the Environmental issues and chemotherapy ✓ Module IV: Hands-on experience of different mosquito species

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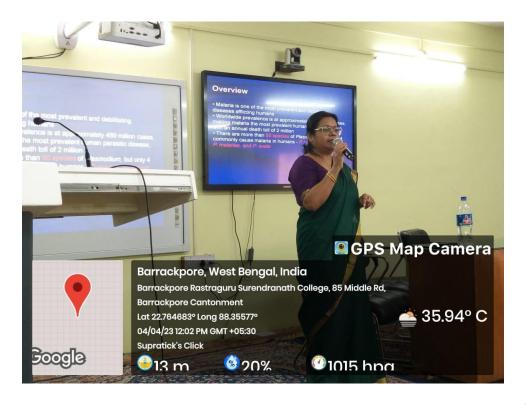
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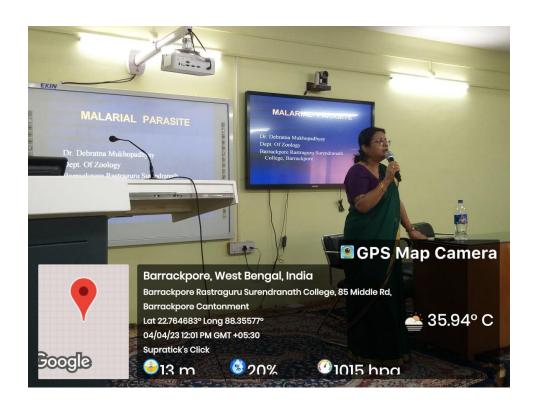


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website: www.brsn.in

Attendance

Date: 4/4/2	3 Attendance Sheet	Venue: Room No. 202
Student ID	Name	Signature
2100873	ARPITA BISWAS	Asspiter Bisowers 4/4/2
	SOUMI MALIK	Soumi Malik (4/4/23)
2100851	SHRISTI HALDER	Springi Halder (4.4.23
2000062	Bennika faul	Bknut 4.4.23
2000055	Pooja Debrath	
2000045	Sipanwita Sulta	Dipanuita Dutte 4.4.23
2000047	Sagrita Passe	3Basu 4.4 23
2000052	Arounima Saha	Aleka 4.4.23
2000050	Ankito Chahocabory.	Photy, 4.4.23
2000464	Sama Parweed	Soma Parween 9.4.
2000350	& Kusum Seth	Kusum Seth. 4.4.23
2000340	ARYAMIK SAALD	Aryanik Shaw 4.4.23
2100870	Chistu Shaw	chenta show 4.4.23
2000345	Anup Halder	Amp Haden 4.4. 23
2100880	STOB SUMIT RAD	B Sumit Raw 4.4. 23
2001003	Nandini Roj	Nandini Rey 4.4.23
2000220	Manasi Patra	Manasi Patra 4.4.23
2000365	Khushi Shaw	
2001682	Megna Biswas	Minosti Ortube
2001705	Riya Biswas	Megna Biswood 4.4
	Tina Rujbanshi	RIJO BISWas 4.4
0 0 0		Tima Ray banghi 4.4.
0100001 0	Tigasha Dy Sorkar	Tigashe Dey Satkon 4
	nindita Saha.	Arrivaleta Saha 4.
2100837	Rahina Jusmin	01
102313 T	ina mistri	Sahina yasanin 4. 4.
100820 R	iyanka Sarkale	Tima Mistri 4.4.29
144-4		Riyanha Saykary
U	ma choudhuri	Uma choudhuri 4.4.2
, 10	My Beswas	Brily Berwas 4.4.23
10	Emita Das	Bromita Das 4. 4.
2100877 T	isha chak rooboroty	Tropa of 15
	1.1000001000	Trsha chakrooboroth q
De Debrah	a Mukimahyay	

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Date: 84 84	23 Attendance Sheet	Venue: Room No. 201
Student ID	Name	Signature
2101781	Risita Dhan	Risita Dian 4/4/23
2100867	Shoe on Mukherjee	Shape Muthejee 4/4/23
2100890	Sayani Riswas.	Sayani Biswas, 4/4/23
2000341	Shija Saha	Shija saha. 4141
2000102	Debalina Ghosh	Debalinar Ghosh 4/4/
2000356	Tandura sen	Tandora Sen
2001265	Rupali singh	Rupale Singh 4/41
2000352	Moumita Chowdhurry	Moumita Chowdhung
2000 329	Manashe Routh	Manashi Kouth 1.4/2
2000307	Shreyasi Sarkar	Strugasi Soukar 4/4
2000363	Afreen Parveen	Afreen Parveen 4/0
2000309	Rosna Hossain	Rosna Hossain 4/04/
2000334	Ritika Ghesh	Ritiko alost 4/04/23
2100889	Skash Kumar Rom	Akash Kennat few 04/04/20
2100854	ANKIT YADAU	Bisnayit singh 4/4)
2100884	Bisnofit singh	Bisnagit singh 4/4)
2000056	Tanushrue Das	Tanger 4/4/23
2000053	Dinya Debnath	Diya Debrath 4/4/2
2002650	Madho kumavi	Madho kumari 4/4/1:
2000046	Sounk Saha.	Soun'k Sha. 9/4/48.
2000354	Surrita Sadhukhar.	Surnita Sothukhay 4 4 3
2000346	Saptapanua Kunder	Saptaparnon Kunder 9 9
2000359	Lüpüka Das	Lupika Das
2000364	Houmita Gehosh	Houmita Chosh 4)
2000367	Projuanka Ghoch	Promanka Ghoch A
2 0004509	Projyanka Gihosh Susmeta Nandi	Susmita Nandi4-423
2000466	Joyeta Roy	Joyeta Roy
2100812	Poramiya Khatun	D 1 1d 1 1 1
2000319	Ambrabha Duy	Amprabha Dey
2103542	Tamoghori hundi (To hunder 1 4

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Date: 04/04/2	Attendance Sheet	Venue: Room No. 2
Student ID	Name	Signature
2100869	Oishi Singh.	@\$ 4/04/23
2100879	Tumpe Majumder	Tumpa Majumder
2100868	Bappaditya Kuonder	Bappadity a 4/04/23
2100874	Arman Ali	Annan Ali (4.4.23)
2102317	Bishal Debrouth	Bishal Delmathan
2100849	Ayan Kuman Sadhukkon	A. Sadh J.Khan 44.23
2100859	Gioupar Das	Gourar Das 4.4.23
2100839	Sowray Bismay	Sourar Bisway 4.4.23
2102319	Sahil Paul	Sahil Paul 4/4/23
2100848	Subham Petikam	Sublam Polikan 4/4/23
2100892	Tathagata Das	Jadlogada Das 04/04/23
2000 468	Proitan Swannakan	Proitom Scannekan 04/4/
2000338	Papper Mondal	
2000348		8 04/4/2023.
2001708	Soungak Bain, Halder	04/4/23
2000469	Anand Prasad	Acron 4/4/23
2000 465	Ahwesh Kuy	Ampy 4/04/23
2000369	Sonali Kundo	sonali kundu 4/04/23
2000336	Solija Pal.	Stija Pal. 4/04/23
2000366	Soveta Mckat	Setukon 414/23
2000358	Beiholan Das	Beilvan Def 4/4/2023
2000304	SOURAV BHUIYA	Sourau Bhuira 4/4/2
2100833	Kel Garguly	Noch Conejuly 04/04/202
2100844	Ankita Kumarii Sharma	Kakita K. Shaving 4/4
2100865	Laxoni Kumazi	Laxoni Kuman 14/41
2100831	Simsan Gubta	Simran Gustail
2100814	Shiwani Kumari	Shiwani Kumari 4/0
2000335	Beauty Mondal	Beauty Mondal of
2000337	Anisa Khaten	Andsa Khatun 4/4,
2000461	Pitali Das	Pijali Dan 4/4/2
	ebsalus bulehpuhyay	111000

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Date: 54 23	Attendance Sheet	Venue: Room No.
Student ID	Name	Signature
2100 869	Oishi Singh.	(a,s)
2100879	- Pa Mumaer	Tumpa Majumde
2100868	Bappadity a Kunda	Bappaditya
2100874	Ahman Ali	Annan Ali
2102317	Bishal Deborath	BishalDebnoth
2100860	Afain Kuman Sadhukhus	Afan Sadhukhar
2100859	Groupar Das	Gowar Das
2100839	Sourcar Basuray	Source Bismay
2102319	Sahil Paul	Salito-l
2100848	Subham Petikan	Solhon Petika
2100 802	Tothagata Does	Tothegata Dos
2000468	Pritam Swamnakan	Porton Swanakan
2000888	Poppu monded	tappe 1 vondas
2000348	Soungak Bown	
2001708	Akash Hader	10/2 3
2000469	Snand Brasool	And March
2000 465	Anand Brasage	Amesally was
2000369	Sonali Kundu	sonali Kurad.
2000336	Solija Pal.	Snija Pal.
2000366	Sougata molakat	Smolakath
2000358	Bikocam Das	Berker Dast
2000304	SOURAN BHUIYA	SOUTHOU BHUYOU
2100833	doel Garguly	Hoel Gungerly
2100844	Antita Kumari Sharma	Shakida K Sharma
2100865	Laxmi Kymari	Losmy Kuman
2100831	Simran Gupta	Simran Gulta
2100814	Shiwani Kumari	Shiwani Kumari
2000 335	Beauty Mondal	Beauty Mondal
2000 337	Anisa Khatin	Anisa Khatin
2000461	Piyali Das.	Piyali Das.
		ata De Chambroire 5/4/23

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Date. 5 4 23	ertificate Course in Mosquito Bor Attendance Sheet	Venue: Room No.
24008 12	Name	Signature
	Bramiya Khatan	Bramisa Khatun
2100877	Tisha charmaboraty	Tishor chaking about y
2/0178/	Risita Dhato	Risita Dharo
2100867	Shreyo Mutherfee	Sireyo Mikherjee
2100890	Soyani Biswas.	Sayani Biswas.
2000341	Shija Saha	Shija Saha.
Q000105	DeBalina Ghosh	Debolinov Ghosh.
2000356	Tandura Sen	Tandoca Sen
2001265	Rupali singh	Rupali Singh
2000329	Manashi Routh	Leanogly Routh
2000352	Moumita Chowdhury	Moumita Chou
2000307	Shueyani Sarkan	Shrieyari Sankar
2000363	Afreen Paroveen	Afreen Parveen
2000 30 9	Rosna Hossain	Rosna Hossain
2000 334	Ritiko Ghosh	Ritika Ghosh
2100854	ANKIT YADAU	Anket Jadavi
2100889	Ska3h Kumal Rom	skesh kem ken
2100884	Bisnafit singh	Bisnopil- singh
2001003	Mandini Rg	Handini By
2000220	Manasi Patra	Mamass Patra
200 0365	Khushi Show	thush Shaw
2100880	B SUMIT RAO	B Sumil Row
2000066	Tanushree 12as	Taldes
2000053	Dirus Delmath	Diya Debnoth
2002650	Madhe kumari	Madho kun
2000046	souvik Saha	Camk Gabe.
	Burnida Sadhukhan.	Surmida Sadhukhan
2000354.	Saptapanner Kunder	Saptaparua Kundi
2000346	Lispika Das	Lupuka Das
2000364	Moumita Chesh	Moumita Crhost
1000301	Juliana Circoss	Sujata De Chanchori \$ 4/13

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Date: 5423	ertificate Course in Mosquito Bo Attendance Sheet	Venue: Room No. 202
Student ID	Name	Signature ,
2100873	ARPITA BISWAS	Abipita Biswas
2101779	SOUMI MALIK	Soumi Malik
2100851	SHRISTI HALDER	Showsty Halder
2000062	Bornika Paul	Paul
2000055	Paga Debrath	telbroth
2000047	Sagata Baser	grasu.
2000045	Sipancoita Sutta	2 cotta
2000052	Arounima Saha	Plane
2000050	Ankita Chaknaborty	Obelg.
2000464	Sama Paron cen	Soma Pariween
2000350	Kysum Seth	Kusum Seth.
2000340	ARVAMIK SHAW	Agania Shaw
2100 870	Chintu Show	Vehintershow
2000345	Anup Halder	Amp Halder
2001682	Megna Bisway	Magna Biswoy
2001705	Riya Biswas	Riya Biswas
2000362	TINA RAJBANSHI	Tina Ray banghi
2000357	TIYASHA DEY SARKAR	Tiyasha Dysarkor
2102596	ANINDITA SAHA	Arindeta Salu.
2100837	SAHINA YASMIN	Sahina yasmin
2102313	TINA MISTRI	Tima nuistre
2100820	Riyanka Sackar	Riyanka Sarkar
2100853	Uma choudhuri	Uma choudhwri
2100824	Paily Bersons	Pouly Besides
2102517	Promita Das	Priomita Das
2000319	Anyprabla Dey	Any rapha Dey
2000367	Projetanka Gihach	Projetanka Gikos
2000459	Susmita Nande	Susmita Mandi
2000466	Joyeta Roy	Joyeta Roy
210 2542	Tamoshon Kumbu.	Tamoshori Kundi.

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06 9 7	ertificate Course in Mosquito Bor Attendance Sheet	Venue: Room No. 20
Student ID	Name	Signature
2100812	Poramiya Khatun	Pozamija Khatun
2100877	Tisha chakaaharatu	73ha char roaboroty
2101781	Misita Dhara	Richta Dham
2100 867	Shreyer Musherjee	Shory Miklestee
2100890	Sayani Biswas.	Sayani Biswas.
2000341	Shija Saha	Shija Saha.
2000105	Debalina Ghosh	Debalina Ghosh.
2000356	Tandura sen	Tandura sen
2001265	RUPALI SINGH	Rupali Lingh
2000352	Moumita Chow dhury	Moumita Chondh
2000329	Manashi Routh	Movemita Chondh
2000307	Shreyasi Sarkar	Smeyasi Sarkan
2000363	Afreen Panyeen	Afreen Parveen.
2000309	Rosna Hossain	Rosna Hossain
2000334	Ritika Ghosh	Ritika Glosh.
2100854	ANKIT VANAV	Anket yadav.
2100889	Ska3h Kumai Rom	
	Bisnalit singh	Bisnogit singh
2100884		Mandin Ray
2001003	Mandin Roy Manas i Patra.	Manasi Potra
2000220		
2000365	Khushi Shaw	Khushi Shaw
2000369	sonali Kundu	sonali Kundu
2000465	Atmesa ry	Anunty
2000336	Saijo Pal.	Snijo Fal.
2102517	Promite Das	Biomita Das
2100824	Porty Biscoas	faily Busevers
2100 893	Uma choudhuri	Uma choudhuri
2100820	Riganka Saukar	Biyanka say
2102313	Tima Mistrii	Timanisthie
2100837		
2100837	Sahina yasmin	Sahina yasmin
		P
		Papui

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Date: Student ID	Certificate Course in Mosquito Bor	Venue: Room No
2100869	Name	Signature
2100879	Pishi qsingh	(2.5)
2150868	- Jum don	Tumpa Majumde
2100874	Rappaditya Kundu	Bappaditya
210-2102642	Ahman All	Apmon All
	iamosisi punane	Tamosini Kundu.
2102317	- 2100 Jeen 100 1	Bishal Debratt
2100840	Ayan Kuman Gadhukhan	hear Kuman Sadnukt
2100859	Goupar Das	Gourar Das
2100839	Sourar Bismay	Sourcar Bismay
2102313	Salil Paul	Solo Par
2100848	Subham Petikam	Svolk Plt
210080 2	Tathogada Dog	Extended De
2000408	Pritem Swannek an	Pro tam Swannako
2000338	I wontel Poppu Mondal	Poppu Mondel
2000348	Sourgely Boin	8
2001708	Akash Halden	Pu
2006469	A 1	Ng-
210853	Bound Bassag	- ALLEN TO THE STATE OF THE STA
2000 465		1
	Anwesa Kuy	Anwen Yly
2000369	sonali kundu	Sonali kundu.
2000336	Sorga Pal.	Stilatal.
2000366	Sougata molekat	3. melokon
2000358	Bikocam Das	Biewcan Dass
2000304	SOURAV BHUIYA	Souhou Bhuita
2100833	ploel Granguly	Keel Georgely
2100844	Ankata Kumasi Shazima	Strikita K. Thorma
2100865	Laxmi Kumari	Similara M. Sharima
2100831	S:	Lammi Kumary'
	Simran Gubta	Bimran Gubta
2100814	Shiwani Kumari	Shiwani Kumar
100 838	Pija Haw	Rija Maw

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Date: 06 0	Certificate Course in Mosquit	o Borne Diseases
Student ID	Attendance Sheet	Venue: Room No.
2100 873	Name	
2101779		Ampita Biswas
2100851	1300MI MALIK	S MIN
	SHRISTT UNINER	Soumi Malik
2000062	Bornika Paul	Showsti Halder.
20000 55	legia Debrath	Ray
2000045	Dipanwita Dutta	Lebroth
2000047	Sagata Basu	@ utto
2000052	Arounima Saha	Spece.
2000050	Asket ai	Sala
2000464	Ankita Chakreaboraty	(Barbs
200350	Sama Parween	Samo Parwaczo
2000340	KUSUMI SETH	Twin Sett.
2100877	ARYAMIK SHAW	Anyamik Shaw
02000345	Chintu Shaw	Chimbre 8 haw
-5100880	Amp Halder	Anup Halder
200000	B SUMIT RAO	B Sumit Raw
2000365	Knushi Shaw	Khushi Shaw
2000 220	Manasi Patora	
2001003	Nandani Roy	Manasi Patora.
2000369	Sonali Kundu	Nandari Roy
2000 465	Anucea My	Sonali kundu
2100336	Sojija Pal.	Amer My
2000319		Solija Paul.
DIANCO	Anyfrablia Dry	Amprabha Du
2000459	Busmita Nandi	Anindita Salar.
	Civilia Nande	Susmita Nandé
	oiyanka Ghosh	Promat
1 10	Cumila (7/201)	Projyanka Ghoch
7000330) Z	ů Půka Das	I tourning a
2000396 Sc	uptapanner Krunder	Janeka Das
		Saplapanna kundi.
0000001.	smita Sadhukhan.	Surila & maria
1 30	uyik Saha.	Sample Sanhukhan.
		Sourik Saha
		0
		Papei Sal 6.4.2
		Je Sal

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033-2594-5270

Date: 10 04 23	ertificate Course in Mosquito B	Venue: Room No
Student ID	Name	Signature
2100889	Akash Kumall Rom	Akash Kumel Rum
2100870	Chiatu Shaw	Chimbe Show
2100880	B SUMIT RAU	B Sumit Row
2000062	Bornika Paul	Bland
2000055	losia Debrath	Lebrath
2000045	Dipanceita Sutta	Quitta
2000097	Sagata Basec	SPEase.
2000049	Avishak Podderl	Apoddw
2001174	Simonan Sonkarı	Sonkor.
2000052	Arounima Saha	Holo
2000050	Ankito Chakrabothy.	Chorly.
2000046	Souvik Saha.	2000 1
2000056	Tanushrue Das	Tanylog
2002650	Madho kumari	Madhir
2000053	Diya Debnath	Diya Dobnath
2100884	Bismalit singh	Bisnoyi + singh
2100854	BNKIT VADAU	Ankit Hadav.
2000054	Prantika Ghosh	Rantia Gloch.
2000899	Tiasa Dutta.	T. Dutta.
	Sebratua Muliputnya	

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mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

2000054 Prantika 200054 Prantika 2000046 Souvik Sa 2000056 Tamushae 2002650 Madhu 2000053 Diga Debno 2100884 Bismafit 2100854 ANKIT 1 2100870 Chintu 84	ha. Dal kumasü tts	Signature Nambia Shosh. Jahlas IYad W Diya Debrata Bisnafit singhi
2000054 Prantika 200054 Prantika 2000046 Souvik Sa 2000056 Tamushae 2002650 Madhu 2000053 Diga Debno 2100884 Bismafit 2100854 ANKIT 1 2100870 Chintu 84	Ghosh ha. Dal Kumasů th	Mantiaghosh. Talifas Mad no Diya Debrata Bisnafit singhi
2000046 Souvik Sa 2000046 Souvik Sa 2000056 Tamushae 2002650 Madhu 2000053 Diya Debno 2100884 Bismajit 2100884 ANKIT 1 2100889 Akash Kumo	ha. Dal Kumasů ths	Takefas IYad NU Diya Debrath Bisnafit singhi
2000046 Souvik So 2000056 Tanushre 2002650 Madhu 2000053 Diya Debno 2100884 Bisnajit 2100854 ANKIT 1 2100870 Chintu 8+	ha. Dal Kumasü th	Takepas 14 ad hu Diga Debrath Bismalit singhi
2000056 Tamushare 2002650 Madhw 2000053 Diya Debno 2100884 Bismajit 2100854 ANKIT 2100870 Chintu 81	Low asi	Diga Debrath Bismalit singh
2002650 Madher 2000053 Diya Debrio 2100884 Bismajit 2100854 ANKIT 1 2100870 Chintu 8+ 2160889 Akash Kumo	kumasii	Diga Debrath Bismalit singh
2100884 Bismajit 2100854 ANKIT & 2100870 Chintu 81 2100889 Akash Kumo	Singh,	Bismafit singh
2100884 Bismayit 2100854 ANKIT 1 2100870 Chintu 84 2100889 Akash Kumo	Singh,	
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	or Roma	Akesto Kernoto Kern
2100880 B SUMIT	RAO	B Sunsit ROW
2000062 Barnika	Paul	Breek
2000055 Pooja Deb		Jebrath Quite
2000045 Sipanwita	Suttr	
2000019	Basu	Sheer.
2000049 Avishak Po		prodan/
2001174 Simonan S		Sonkar.
2000050 Ankita C	holoeobooky.	Abosty.
2000052 Anunima	Soha	Sahan

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033-2594-5270

mail: brsc1953@gmail.com

website: www.brsn.in

Date: 12/04/23	Attendance Sheet	Venue: Room No. 20
Student ID	Name	Signature
2000052	Arounima Saha	Krine.
2000050	Ankita Chalwobody.	Db orly.
2001174	Sinvian Sonkari	Ronkar.
2000049	Avisnak Podder	poolding
2000047	Sagata Basu	Sparu.
2000045	Sipanoita sutte	Quet ?
2000055	Paoja Debrath	tebrath
2000062	Bornika Pacel	Rul
2100880	B SUMIT RAD	B Surnit Raw
2100889	Akash Kumari Rom	Alap Kem Kenn
2100870	Chintee Shall	Chinter 8 haw
2100854	ANKIT VADAV	Ankit yadan
2100884	Bismail singh.	Bismafit sind.
2000053	Diya Debnath	Diya Debnath
200 2 6 50	Madhe Kumori	Madhe
2000046	Souvik Soha.	Sankerson -
2000056	Tanushree Das	Thepes
2000054	Prantika Ghosh.	Danka Erlingh.
2000891	Masa Dutta	T. Dutta.
2000 0 17	THE DATE OF THE PARTY OF THE PA	
	Debuaha Mullmy Whyen 12/04	

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mail: brsc1953@gmail.com

Date: 08.05.2023

website: www.brsn.in

Campaign for Prevention of Thalassaemia

Barrackpore Rastraguru Surendranath College

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata-700120

NOTICE

Date: 02.05.2023

This is for notification to all concerned that NSS Unit- I and Unit-II of Barrackpore Rastraguru Surendranath College is going to organize a campaign for Prevention of Thalassaemia on 08.05.2023 in collaboration with Barrackpore Municipality in Ward No-18 of it. NSS volunteers are requested to participate in the program.

NSS Programme Officer
Unit-I/Unit-II
Barrackpore Rastraguru
Surendranath College
WESU

NSS Programme Officer Unit-I/Unit-II Barrackpore Rastraguru

Angshuman Chakutal

Surendranath College

(Dr. Monojit Ray)

Rastraguru Surendranath College

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website: www.brsn.in

Atte	ndance Sheet:		Date: 08/0:	5/2023		
Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
17	RANKITA DAS	6 th	Gen	2000071	6290595324	Rankita Das
2)	ALOKA SARKAR	6th	Genaral	2000065	9330386868	Alaka Sonka.
3)	RAJDEEP KAY	2n1	SL	2200029	8100302892	Propuety
4)	AAKANSHA DEY	2nd	sceneral	2200009	\$584975074	Aakansh Da
5)	ARKABARNA DAS	2nd	General	2200015	7687072125	Ankabahna Da
6)	DOETA DAS	2nd	General	2200017	9831241356	Doeta Das
7	SOMITA PANDIT		General	22000 18	8910755476	Somita dit
8>	SOUMITA ROY	6thgam	General	2000067	7595024315	Samita Bay
9>	MONTCA PAUL		burneral	200006	8420365050	MarcaBal
10%	ARPA PAUL	4th sem	General	2100069	(289844)51	Arepa paul
117	SHUBHRA BHOWMICK	4th sem	General	8 F 00012	3062655630	Shubhra Bhownick
12)		4th som	5C	2100069	7439619058	Inough Halder
137	RAJARSHI CHATTERJER	2hd sem	General	22000 2	\$250339232	Anjarshi chafferje
14)	SMRITI GHOSH	2nd Sem	OBC-B	22.00004	7439467177	Smiti Chash
15)	SAN DIPDAS	2md Sem	General	2202853		

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			Date: 0	8/05/2023		
Atte	ndance Sheet:					
Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
16.	RAKHI ADHIKARY	4th	Gen	2100004	7439699364	Rakhi Adlikary
17.	ATANU DAS	Ath	Se	2100062	8509869118	Afome ala
18.	, DD000	9th_	Gen	2100064	9330104607	Majwini Biswas
19.	NABAMITA ROY CHOWDHURY	2nd	Gen	2201854	861T19369	Nobamila ReyChoudhury
20,	SREYASI BISWAS	2nd	SC	2202162	102990EPEF	Sneyas' Biswas
IJ.	RANITA DEY	2nd	Gen	2201856	7584091571	Rarita Dey
22.	SNEHA CHOWOHUR	2nd	Gren	2201859	7439300398	Sneha Chonbla
2.3.	SOMITA PANDIT	and	Gen	5500018	8910755476	Samila Rondit
24.	TUSHI GHOSH	and	gen	22000 24	3674770304	Tushi Ghosh
25.	SHIBAM DEY	444	Gen	260095	8910171923	Shitam Day.
26.	SANCHITA DEGNATH	2nd	Gren	2200772	8100122480	Sauchita Debrath
27.	VANIAR DAG	2 nd sem	SC	2200201		Kanan Das
28.	ARIJIT MUKHERJEE	240	even	2201653	9088755036	Arijit Mukherjee
29	RIYA PARVEEN	2nd	OBC	2200170	74338870	Riya Panveen
30.	RAHUL DAS	2NO	SC	2200768	933255(240	clahul das

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Date: 08/05/2023 Attendance Sheet:									
Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature			
31.	SUDIPTA MONDAL	4th SEM	Gen	2100092	8017076681	Sudiptamonda			
32	ATABUL ROY	240	SC	220078-0	629018-5588	Ulashi Koy			
33.	BANER SEE	44 Sem	Gen	2100085	7044357921	Kotestiki Bonoger			
34	MANASIDAS	2md Som	'Sc	22000530	8777023473	Manasims			
35.	SAPRATTV DAS	229	Gren	2200782	6291732263	Soprativas.			
36.	SOMASHREE SADHUKHAN	2nd Sem	Gen	2200547	8017271656	Somashhee Sadhukkan			
37.	ANKITA DEBNATH	and sem	Gen	2201644	7439449912	A- 14h I			

			Date: 08/05	5/2023		
Atte	ndance Sheet:					
Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
1	SUPRAVA MAHATO	411	General	2102388	9163849998	Hatero.
2	SOUMA SADHYA	4th	General	2102385	74073 85051	Sadhefor
3	SUMANA NAHA	4th	General	2102401	7596844556	Saha
4	POUSHALI HAJUNDER	4th	General	2100266	7788950542	Coushali
5	MADHURIMA GHOSH	4th	OBC-B	2100259	9330306192	Achash
6	SANJANA BRAHMA	4th	brenoral	2100270	6291836204	Sephaborhan .
7	Brechowing Softi	4龙	General	2108275	743989(366	B.
8,	SURAJIT JHA	2nd	General	2200264	8392038025	Sha
9.	SUBHAM SHAH	2nd	GENERAL	2201654	84819(9300	Sublian Hal
10.	BARNALI SEN	2 md	General	2200275	8697449407	Barneli Ser.
11.	SHUBHAHITA DAS	25-2nd	4 5C	2200254	8334883(38	Shubhamital
12.	RITAM BISWAS		General	2200253	9073239677	Ritan Bisna
13.	SAHIDA KHATOON	2nd	овс	2701783	6291949391	Salide Khelbon
14.	The second of the second of	and	9C	2200250	8584935167	Sucety Shay
15	Md. AMEN ARSOP	22001	0BC	2200272	9641892591	Harra
ъ.	MD MUGHFIQUE	and	General	200271	6294950968	Mr. I

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Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
t	ATRAYET DASGUPTA	444	General	2101233	9007634777	A. Dasgupta
2.	SAMAN TAK GHOSH	4th	General	2100217	9836089301	Bhr.
3.	DEBDIYA MAJUMDA	r 4th	General	2101228	743986957	5 20
4	TRISH ITA SAHA	44	S.C.	2100203	9748616640	J. Sala
5	HIRANN BANERJER	484	General	2101212	7980357567	450
ь.		2nd	08C-8	2200416	2302414135	An Das. Atnima Das.
7.	SAMVHABA CottosH	2nd	General	2201612	8585876644	Samuhouba Gehosh
8.	SPA ROY	2nd	Sc	2200404	7439453037	Spa Roy.
9.	DEBOTREYO DANAST	2 ml	St	2200447	6290422191	Diagrage Blaket
10,	MANISHA MANDAL	2nd	Sc	2200424	9123369720	Manisha Manda
11.	TARHAN AKHTAR	2nd	OBCA	2200400	744947088	Farthan Aktot
12.	SUPARNA PAL	2 nd	GENERAL	2201760	9123652884	Suparna Pal
3.	ADWITIYA GIHOSH	2nd	SC	2200407	6291375518	Achoring a Gloss
4,	MADHURIHA PAUL	2nd	GENERAL	2200440	7044805631	Madhunine B
15.	RAYANA BISWAS		GENERAL	2200438	8017254865	Rayana.

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Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
17	Nikita Gihosh	2rd	BISC	2200268	7278146152	Nikita Gebosh
18	Koustani Sarkar	Ind	aneral	2200448	8240770432	Krosla W. Sulari
19	Ornbula Sen	2nd	General	2200402	57787830	Oindula
20	Manikanetan Des	2nd	General	2200423	98755933	Man hard
21	SUCHATANA	2-nd	General	2200274	648936 3865	Suchalan
12	Swarnemay.	2nd	General	2200909	81418239	Swarnemay

Anitra Day 2nd General 2200393

743959238 Anitra Das

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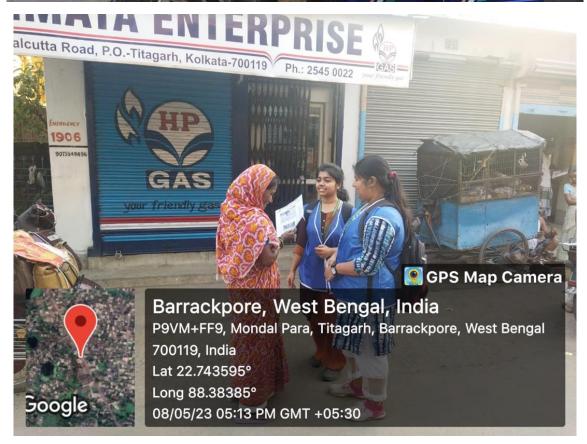
85, Middle Road and 6, Riverside Road, Barrackpore, North 24 Parganas, Kolkata, West Bengal, Pin - 700120

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Date: 25.04.2023

website: www.brsn.in

Awareness on Malaria Prevention

Barrackpore Rastraguru Surendranath College

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata- 700120

NOTICE

Date: 18.04.2023

This is for notification to all concerned that NSS Unit- I and Unit-II of Barrackpore Rastraguru Surendranath College is going to organize an Awareness Programme on Malaria Prevention on 25.04.2023 in collaboration with Titagarh Municipality in Ward No-12 of it. NSS volunteers are requested to participate in the program.

Anophuman Cheknolog

NSS Programme Officer Unit-I/Unit-II Barrackpore Rastraguru Surendranath College WBSU Swajsk Officer (1

lege Restrapina Sprending 2011

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website: www.brsn.in

		ľ	Date: 25/04	4/2023		Web
SI. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
1	PRAT HAM SHARMA	(V)	GENEVAL	20000000	9007892400	PhylanClary
2.	ANKITA DATTA	VI	GENERAL	2000719	816 7793550	Ankita Datta
3.	SATE ALT KHOW	V	GENERAL	2000 984	9123615708	Sof Ouglan.
4.	MONICA PAUL	VI	LENERAL	2000066	9123725059	Monica fond
5.	SOUMITA ROY	VI	GENERAL	2000067	7595024315	Touritapay,
6.	YASHNEELCHAUHAN	VI	GENERAL	2000059		Yashreethanhan
7.	Rankita Das	VI	heneral	TE000027		Rankita Das
8.	SOUMILI DAS	A	OBC	2000043	9051043865	Saumeli Daz
9.	SHEELA EKKA	AT	GENERAL	2000090	704484179	Sheela Ekka.
10.	ALOKA GARKAR	VI.	GENERAL		9330386868	Alaka Sankon
11.	ANGINA CARKAR	VI	sc	2000063	8766450375	Augane Sankar
12.	AMISA DASGUPTA	21	GENERAL	2000060	9674545496	Amisa Dasaupt
13	Anivelita Bisson	VI	SC	2001092	\$210406359	AninditoBeix
14	Megha Ram	ν <u>Ī</u>	SC	2000058	706367297	s Megha kam
15	ARPA PAUL	30	GENERAL	2100060	6289840055	Aripa Paul

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mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

		7	Date: 2:	5/04/2023	ı	website: www
Atte	ndance Sheet:					
SI. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id, No.	Contact No.	Signature
16.	SHUBHRA BHOWMICK	N	Gen	2100078	9062655630	Shubhra Brownick
17.	RAKHI ADHIKARY	<u>IV</u>	Gien	2100004	7439699364	Rachi
18.	SMRITI CHOSH	2ndsem	OBC-B	2200004	7439467177	The state of the s
19.	SREYASI BISWAS	2nd	Sc	2202162	779706501	Sugas Biswas
20.	RANITA DEY	2nd	Gren	2201856	7584091531	Ranita Pfy
2).	NABAMITA ROY CHOWDHURY	2nd	Gien	220185A	8617793608	Racita Pey Nobornila Roy Crawdhary
22.	DOETA DAS	2nd	Gen	22 00017	9831241356	Docta Das.
23.	AAKANSHA DEY	2nd	Gren	2200009	858497504	Aakansha Doy
24.	SNEHA CHOWDHURY	2nd	Gun	2201859	7439300398	Sneta Choudhury
25.	ARKABARNA DAS	2nd	Gien	2200015	7687072125	Arkabanna Das
26.	RAJARSHICHATTERJE	249	Gen	22000 12	8250337232	hajarshi shalfeajee
27.	Toshi Ghosh	and	gen .	22000 24	SEFLITER	Tish? ahosh
28.	Samita Pandit	2nd	Gien	2200018	891075547	The second secon
29.	ATANO DAS	and	Se	2100062	8519869118	The state of the s
30.	Maywari Biswar	2nd	Gen	2100064	933010460	Mayuningisway

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			Date: 25/04	4/2023		
SI. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
١,	PRATITI SANTRA	1st your	General	2200265	8670692857	BratiliSantra
2.	RITAMBISHAS	1st year	Grenexal	2200253	9073239077	Ditan Bisway.
3,	SURAJIT JHA	1St Hu	General	2200264	8392038023	suratil Tra
4.	SOUMA SADHYA	2nd ywn	General.	2102385	740738509	Radhys
50	MADHURIMA GHOSH	2nd your	OBC-B	2100259	9330306192	Phosp
6.	POUSHALI MASUNDER	2nd Year	General	2100266	7-188960542	Coushali
7.	BINITH GISWAS	and year	5.0	2100265	7439184613	Birita Bisu
B.	SUBHAM SHAH	sa year	beneval	2201654	8481959300	Subhanshoh.
9.	ANIKET SAHA	2nd Year	General	2101800	7439135868	disketSohs
10.	SANJANA BRAHMA	2nd year	brenoval	2100270	6291 836204	Sayampalue.
11-	TRISHITA SAHA	4th year	S.C	2100203	9748616640	J. Saha
12	HIRANYO DANERIA	44	heneral	2101222	7480837567	HR
13.	DEBDIYA	uth	General	2101228	7439869575	Star 8
14	ATRAYEE DASGUPTA	4th	General	2 101233	900 7634 742	A-Dasgupte
15.	SAMANTAK GINOSH	4th	Croweral	2100217	0836099301	Bhat

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Date: 25/04/2023

SI. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
١,	MANISHA MANGAL	2nd	Sc	2200424	9123369720	Manisha Mardd
2.	SPA ROY	2nd	Sc	2200404	7439453037	Spa Roy.
3.	SAMVHABA GLHOSH	2nd	Greneral	2201612	8585876644	Samuharba Gehesh
4.	DEBOPREYO Bhakat	27	G SE	2200447	8290422 M1	Debegrije Blaket
5,	Suparna Pal	2nd	General	2201760	9113652884	Suparna Pal
6.	Konslan Bukar	2nd	hereral	2200448	8240770432	Konsland Sukar
7.	FARHAN AKHTAR	2nd	OBCA	200400	74494708	<u> </u>
8.	ADWITTYA GHOSA	2nd	Se	2200 40 7		Adusty . ghosh
۹.	ADMADHURTHA PAUL	2nd	GENERAL	2200440	7044805631	Modhum Pau
10.	RAYANA BISWAS	2nd	GENERAL	2200438	8017254865	Rayana
110	Oindrila Sun	and	Greneral	2200402	877787839	o Findula
12	NIKITA GHOSH	2nd	General	2200268	727814519	Nikita ghosh
13	Manikanchan	2nd	beneral	2200423	28755033	Wani pantho
14	SUCHATANA PODDER	2200	General	2200274	3865	Suchadona
15	Swarnomay	2nd	heneral	2200409	82748239	Swarnemas

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website: www.brsn.in

Awareness Program on Healthy Life

WBSU

Barrackpore Rastraguru Surendranath College 85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata-700120 NOTICE

Date: 31.03.2023

An outreach Awareness Program on Healthy Life will be organized by NSS Unit-I and Unit-II of the college in collaboration with Barrackpore Municipality on 07.04.2023 at 11 am in ward no-18 of Barrackpore Municipality. NSS volunteers are informed to be present in the program in time.

Angshumen Charlabut

NSS Programme Officer Unit-I/Unit-H Barrackpore Rastraguru Surendranath College WBSU

Surai JK NSS Programme Officer Unit-I/Unit-II Barrackpore Rastraguru Surendranath College WBSU

Rastraguru Surendranath College

Date: 07.04.2023

Attendance Sheet:						
SI. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
١.	YASHNEEL CHAUHAN	SEM (SOCA)	GENERAL	2000059	8910166264	Yoshvael Chastan
2.	MD-SATE ALI KHAN	6th (SOCA)	GENERAL	2000984	9123615108	Mir Saig Ali Klan
3.	DIXALI PEX	1st Sem (ENCA)	LITENERAL	2200186	6290413800	Riyali Dey.
4.	RIYA PARVEEN	1st sem (EDCA)	OBC-A	2200170	7439887082	Riya Parween
5.	SALMA KHATUN	(EDCA)	GENERAL	2201868	62890621	Salona Khallen
€.	PRATHAMSHAZMA	thesen (Soco)	GIENERIOL	200020	9002892400	4-1-2004
Į,	Sheibhra Bhownick	4th Sem (Soan)	30	2100048	9007493070	Shubmaick
8.	ARPA PAUL	(SOCA)	GENERAL	2100069	62898409	Arcra pany
9.	ATANU DAS	Ath Sem (SOCA)	Se	2100062	8509869118	Hanre bas
10	Promi Dutta.	4th Sen 1 SOCA)	General	2100071	8503635558	Pramis Dutte.
11-	ESHASARKAR	cth sem (soca)	3C	2000061	8420887667	EshaSoukeuz
12.	SOUMILI DAS	(SOCA)	OBC	2000043	905/043865	Sounders
13.	SHEELAEKKA	6th Sem (SOCA)	General	2000090	7044804196	sheelaek
4.	Monies Paul	GATISEM (SOCA)	Crenaral	2000066	9123725059	Morice par
5.	Soumita Roy	Gth Sem	Crenoval	2500067	7595024315	Samita Ray

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033-2594-5270

mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

Date: 07/04/2023						
Atte	ndance Sheet:		Ļ			
Sl. No.	Name (In Block Letters)	Year/ Semester	Category	College Roll/Id. No.	Contact No.	Signature
1.	BUDHADITYA SETHI	(BOTA)	General	2108275	7439875360	8
2.	ANIKET SAHA	Ath SEM (MCBA)	Gieneral	2101800	7059204333	dicket Sola
3.	MADHURIMA GLHOSH	(BOTA)	OBC-B	2100259	9330306192	Phosp
4.	LOCAMAN INJUNDER	4th sem (BOTA)	General	2100266	4488950542	-
5.	PALLABI SHUNDO	4th sem (ELTA)	general.	2100033	70 59905922	Pallahi Samont
6.	SACHIN KR SINGH	(ELTA)	beneal	2101797	629078472	follow purely
7.	SUPERVA MAHATO	4th Sem (BOTA)	General	2102388	916384999	Charle
8.	SANJANA BRAHMA	4th SEM (BOTA)	General	2100270	6291836204	Senforde
9,	Olivia Santra	Sem IV	Bieners al	2102337	8240058426	- Sulling
0.	Sneyashi Saha,	Sen (V (FNTH)	Greveral		7980729305	Skeyashi Saha,
, 1	KoushixJana	semly [ENTM]	3.C		7044948715	(Ram-jama
2.	Snigdher Ghosh	Sem IL (FNTM)	general	2102524	8420811510	ghote.
	Socifavora Sikolo	1	genoral	2102449	404433343	Socifarma.
4.	Prakaiti Bioan	DEM	breneral	2102342	898130832	phisuan
	Rachaila Chatterjee		Jeneral	2102335		
6.	Shuvastie Roy chowdhury	LNTA CNTA	General	2000228	8910421035	1 (6-4)
8.	Awantika Das Joydip Addya 1	FNTA SEN	OBC.	2000174	9641566876	1011
19.	Dipika Naskan F	NTA Semj	A SC	2000176	759609050	and a street

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Awareness Program to Prevent Tuberculosis

Barrackpore Rastraguru Surendranath College 85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata- 700120 NOTICE

Date: 17.03.2023

This is for notification to all concerned that NSS Unit- I and Unit-II of Barrackpore Rastraguru Surendranath College is going to undertake an Awareness Programme on Prevention of Tuberculosis on 24.03.2023 in collaboration with Barrackpore Municipality in the Brick Fields of Monirampore, Barrackpore. NSS volunteers are requested to participate in the program.

Angshuman Chekratorts

NSS Programme Officer Unit-1/Unit-II Barrackpore Rastraguru Surendranath College

NSS Programme Officer Unit-I/Unit-II Barrackpore Rastraguru Surendranath College WBSU (Dr. Monojit Ray)

Principal

BARRACKPORE

Restraguru Suzendravath College

Date: 24.03.2023

No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
1.	YASHNEEL CHAUHA	ofh N SEM	SOCA	2000059	8910166264	yashheal Chaulaun
2.	SUBHADEEPGHOSK	4TH SEM	ARTS B.AGENERAL	2101453	7595894088	Subhadeep Ghosh
3.	PALLABI SAMADDER.	4TH SEM	Et Hons.)	2100033	7059105922.	Rulahi Samadder
4.	SACHEN KUMAR STNUK	4TH SEM	ELTA (House)	2101797	6290784292	Sachi bura
5.	WAH2 TIVOHE	44N SEM	ELTA (HONS.)	2100034	7044686060	Shortwo
6.	SOURAMITA CHAKRABORTY	HAS MY	ELTA (HONS)	2101796	7439561036	Couranita chakrabert
Ŧ,	ATANU DAS	4th Jem		2100062	8509869118	Afanu Dass
8.	SUDIPTA MONDAL	4th SEM	ENGIA (HONS)	2108119	9886339712	Sudipla
9.	Soumita Roy	5th Sem	SOCA (Hong	F 300000	7895024315	Sanda Roy
١٥,	Monica Paul	6th Sem	Sora (Fors)	2000066	9123725059	monie en Rou
It.	ANIKET SAHA	Ath SEM	MCBA(HONS)	2101800	7439135868	Sullet Soha
12.	SANJANA BRAHMA	4th SEM	BOTANY(H)	2100770	6291836204	Sonfam Brown.
13.	SUPRAYA MAHATO	4th Sem	BOTANY(H)	2102388	9163849998	totato
14	HADHURIMA GHOSH	4th Som	BOTANY (H	2100 259	9330306192	Madhyama Glos
15	"Budhaditys Sethi	ett Coa	D. Ordon (111	2100276	7439875360	85

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Date: 24/03/2023

Attendance Sheet:

SI. No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
19.	RAKHI ADHIKAR	,4th	SOCA (Hons)	2100004	743969936	Raxhi
20.	SHUBHRA BHOWMER	e Lyth	SOCA (Hons)	2100078	9061655630	Shubma (Brownick
21.	ARPA PAUL	gu	SOCA (Hons)	2100069	62898469	Arcpa paul
22	NIRUPM GHOSH	44	ENGA	2102113	\$7439699946	Niryan Ghoth
23	SREYASI BISWAS	1s+	SOCA (H)	2202162	7797066501	Sneyasi Biswas
24	RANITA DEY	151	Spcp (H)	2201951	758409154	Rraita Day
25	AAKANSHA DEY	15+	SOCA (+1)	2200009		Aakansha Dey
26	DOETA DAS	124	SOCA (H)	2200017	9831241356	Doeta Das
27	NABAMITA ROY CHOWDHURY	131	SOCA(H)	7201854	861779368	Nabounita Rof Chard Luk
-	SNEHA CHOW DAYURY	1st	SOCA (H)	2201859	7439300398	Sneha
29	SMRITI GHASH	lst	Soca (A)	2200084	7439467177	
30	PAJAASHI CHATTERJEE	25+	SOCA	2260012	\$25033923L	Kajarshichalterjee
71	SHIBAM DEY	444	SOCA (H)	2100095	89/0171923	Shiban bey.
32	ARKABARNA DAS	1st	SOCA	2200015	7687072125	Ankabarna Das
33	TUSHI GHOSH	1st	SOCA(H)	2200024	967477094	TUSLIP BLOSH

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SI. No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature	
34	SOMITA PANDIT	18£	SOCA(H)	2200018	8910755476	Somito Fordi	
	ATANU DAS	144	50CA(4)	2100062	2501869# 8	Afonu OD	
35	MAYURINI	4th	SOCA(H)	2 1000 64	9330104607	maywin Biss	
76		44	SOCA(H)	2100059	7439619050		
34	ATAGHI ROY	184	ENGA CH)	2200780	6290185588	Utashi Roy	
38	SANCHITA	15+	ENMA(H)	2100772	810015548b	Sunchita	

SL No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
39	SOHAM PERA	412	Botony H.	2100264	8170067017	S.Bella
40	RACHNA JHA	446	Botany(H)	2102390	8420762853	Rochus The
42	Subhailt Ghosh	4th	Botany (H)	2102397	6291586289	S
42	SAYAN RAY	446	Botany (H)	2100278	9433760652	8
43	ABHIJIT DUTTA	486	Botany (1)	2102399	9007843064	Abhijit Dutte
44	KRISHNENDU DER	2nd	Microbiology	2201490	8420256234	Krishmendu Deb
45	and faque Razi	2nd	Microbiologyfil	2200132	9 825646 273	Ayofue Rasi
48	SHREYOSI DAS	bythd	а	2200461	8920484444	Shryssi Day
47	TIYASA PETO	and	п	2200462	7003698638	Tiyan Peto
48	PRODIP KIRTANIA	4th	tt.	2100891	85140 59896	Bulipkinfania
49	RIYA PAUL	2nd	U	2201878	8981141800	Riya Pary
50	TANAYA DAS	2nd	n	2200516	7439435645	Tanaya jan.
	SUMIT HALDER		- 17	2200517	9123 (50251	Smit Halder
52	ANAMIKACHAKE	2nd	tų	2200135	6289068973	Anamika chahorabo
53		2nd	ts.	2200117	82402044	Soumi Sarkar.

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Sl. No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
54	RAJA BERA	2nd	Grendwhit.	2206495	7439744093	RaiaBega
55	TANMOY DEBNATH	2nd	ti,	2200073	7-31677682	PovenoySohn
56	ARWARABHA SARKAR	2nd	Geography	2200008	OFTSPFP0 DP	Antobeatha Suchos
57	SAYAK BISWAS	200	(1	0200001	905/609495	Sayall
58	KOHII KOY	2nd	tt	3200070	4330862053	Rohit Rox
59	AMINA KHATOO	2nd	ti	22000 64	89102818	Ammaklate
60	PRIYANKA	200	11	2060488	74392461	Priyonka p
81	SHRUTI GUHA	2nd	tt	2201799	7042531436	Struti Crotu.
62	ISHAN ALI	2 nd	41	2200086	8017393843	Ishan Ali
63	ARKA BANENSEE	2nd	tı	2200121	3143428523	ARanades



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Barrackpore Rastraguru Surendranath College
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Notice No 2022-23/120

This is to notify that hands-on Workshop on Relief from Examination Stress will be held on 10 & 11 March, 2023 at Room no. 226 of 85 Middle Road Campus of the college for following Students as per schedule:

Participants	Date	Time
B.A. General SEM – I Boys	10.03.2023	11.30 am to 12.30 pm
B.A. General SEM – I Girls	10.03.2023	1.30 pm to 2.30 pm
SEM I - B.Com. General & B.Sc. General	11.03.2023	11.30 am to 12.30 pm

Dated: 25.02.2023

BARRACKPORE Rastraguru Surendranath College

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BARRACKPORE RASTRAGURU SURENDRANATH COLLEGE

Internal Quality Assurance Cell



Organizes

Hands on Workshop on



Relief from Examination Stress





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website: www.brsn.in

Workshop Report: Managing Examination Stress Workshop

Date:

10th - 11th, March 2023

Organized by: Internal Quality Assurance Cell (IQAC)

Barrackpore Rastraguru Surendranath College

The Internal Quality Assurance Cell (IQAC) of Barrackpore Rastraguru Surendranath College arranged

a hands-on workshop focused on relieving examination stress on the 10th of March 2023. The

primary objective of the workshop was to provide students with practical techniques to handle and

reduce the stress related to exams.

Assistant Professor MoumitaBasak, an expert in psychology and stress management, led the

workshop. Professor Basak utilized interactive sessions and activities to help attendees comprehend

the underlying causes of exam stress and equip them with effective coping strategies.

Throughout the workshop, students were introduced to various relaxation methods, including deep

breathing exercises, progressive muscle relaxation, and mindfulness meditation. Additionally,

Professor Basak highlighted the significance of leading a healthy lifestyle, encompassing regular

physical activity, balanced nutrition, and sufficient rest, to combat stress effectively.

Moreover, the workshop encouraged open communication among students, enabling them to voice

their concerns and seek advice from both Professor Basak and their peers. This collaborative

approach fostered a supportive atmosphere where students felt comfortable sharing their worries

and receiving encouragement from others.

To conclude, the "Managing Examination Stress" workshop organized by IQAC at Barrackpore

Rastraguru Surendranath College proved to be highly successful. Participants left the workshop

feeling equipped with practical strategies to manage their stress levels efficiently, ultimately

enhancing their overall well-being and academic performance.

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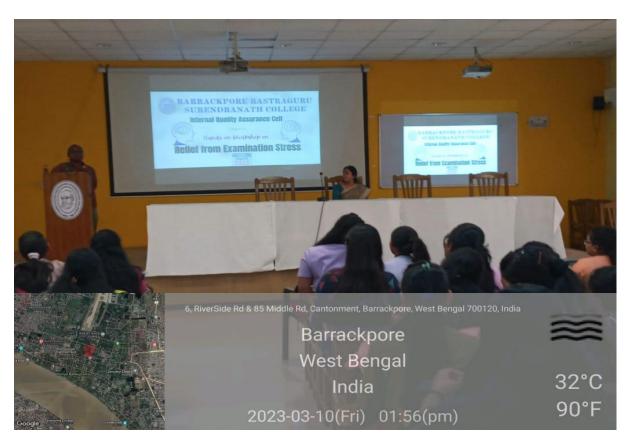
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Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress

Room No. 226

Student ID	Name (In BLOCK Letters)	
2200984	SKREJUAN ALI	Signature SKReswan Ani
2200949	SK MIR HASAN	Sk MinhoSan
2201399	Bijoy Biswas	Bijoy Biswas
2200742	ABHISHEK SHAW	Ablisher Shaw.
2201365	Sk. Shaif uddin	3k. Shaif uddin
2200981	SOURAV SHAW	Cowar Shaw
2200803	Mishtu Shu	Mishtu Shee.
2201814	Manisher Chowdhwy	Manisha Chowdhorg
2200943	PRERNA KUMARI PRASAD	Reang Kurrawi Prasad.
2202178	Mohona Dhan	Moliona Dhar
2201828	Puja Saha.	Puja Jahan
2200 867	Karya Baby Rao	Karra Baby Race
2201 808	Merpoma Neba	Muppoma Keha.

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Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress

Room No. 226

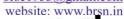
Student ID	Name (In BLOCK Letters)	Signature
2201271	SANA PARVEEN	Sana Patrycen
2201312	SNEHA HALDER	Sneha Halder
2201364	SELINA PARVEEN	Selma Porveen
2201367	SABINA KHATUN	Sabina Khatun.
22013 48	SUHANA MONDAL	Suhagnamondal
2201018	SNEHA DAS	Snaha Das.
2201323	BABLE KUMARY THA	Bablikimory. The
2201330	SK SANIA	sk sania
	The state of the s	
2201325	TINA KHATUN	Tima khartun
2201559	Hastan Mondon J- MUSKAM	Ausk
2201559	MUSKAN MONDAL	Muskan Monderl.
1201560	RUNA KHATUN	Runa Rhadun
2201402	SIMARJIT KAUR	Bimarjit Kaur.

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Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress Room No. 226 10th March 2023

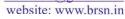
Student ID	Name (In BLOCK Letters)	Signature
2201545	BIBIKA KUMARI	Bibika kumari
2201450	BHUMIKA YAOAV	Bhuméta Yadal
2201206	LOMAL THAKUR	Lomal thakun
220 1168	NEHA SANTRA	Deha sanda
2201101	ANJALI PRASAD	Anjali Brasad
2201099	PAYEL RAJAK	Payel Rajak
2201125	MAMPI SHAW	Mampi Shaw.
2201959	Diya Diy.	Siya Diy.
2201965	SONALI SUTRA DHAR	Sanali Sutradhar.
2201538	SAYANA AICH	Seyana Aich.
2201561	Payor Dey	Poyal Dey
2.201299	milan Patwo	Milan Patwa
QQ0 1Q 84	Bedesha Sashukhan	Bodisha Sadhukhara
2201434	Ramita Achaeyya	Ramita Achaugga
2201563	Sathi Paul	Sathin Paul
2201564	Nilanjana Sandar	Nilanjana Sardar
2201695	FALGUNI DAS	Falguri >03~
2201551	PRIYANKA PODDER	Poriganka Rodder.
		J
	i.	

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Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress Room No. 226

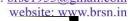
Student ID	Name (In BLOCK Letters)	Signature
2201497	SUMITA GHOSH	Sunde Host.
2201253	Sneha Shaw	Smeha Shaw
2201436	Kumari Bhobna	Kumari Bhabna.
2201250	Shrreya Shi Dulta	SHREYASHIDUTT
2201192	Chandano Mandal	Chambano Mandal
2201910	SAMIA PARVEEN	Samia Panveen
220/202	SUNANDA MONDAL	Sumanda Mondal
2201283	SNIGHA TALAPATRA	Snigdha Talapatora
2301027	SUPARNA, DEY	Suparna Dey
2201072	Priya Ghosh	Priya Ghowsh
2201907	Manisa Routh	Manisa Routh
2201601	MONALISA CAHATOI	Monaliza chhatoi
2201979	Aafsin Pasvæn.	Aafsin Pasveen.
2201533	Tasneem Khan	Tasneem Khan
2201957	Jaxashoree Nayak	Jayashoree Nayak
2202034	Reshma Khatun	Reshmakhatun
2201553	Standan Show	Stamman Show
2201529	AMISHA DEBNATH	Dail Dun
2201482	ALISHA NESHA	Misha Nesha
2201137	Chayanile a Ghosh	Chayanika Ghosh
2201324	TISHA PRAMANIK	Tisha Bramanik.
2201050	Poneto whosh	Saiya Chogh.

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033-2594-5270

mail: brsc1953@gmail.com





Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress Room No. 226 10th March 2023

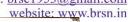
Student ID	Name (In BLOCK Letters)	Signature
2201010	JYOTI SHIL	Jyoti Shil
2201070	SUPARNA MAHATO	Superina Maharto
5507552	MEGHA MONDAL.	Megha Mondal.
2201581	ARUNIMA DEY	Arunima Dey
2201412	NANDINI SAHA	Dandini Saha
2201153	MIKITA LENKA	nivita Lemba
2201151	SRIJA GLHOSH	Srija Ghosh
2201540	NANDINI BEHARA	Nandin Behara
2201992	IVE BASAK	Ive Basak.
2201939	PRACHI SINUH	Perachi Singh.
2201259	IDUAN ATICIAS	Smijita Noondi
2201216	KANKANA PAIN	Kankana Pain
2 20 1427	SARASWATT ROY	Smaswort: Pox
2201544	LIJA RANT SAHOO	Lija rani Sahoo.
2201453	RIYA PATI	Riya Pordi
2201998	BARSHA RANIL BEHARA	Barsha reni Behara.
2201326	NAWSIN PARVEEN	Nawsin Parveen
2201122	SUDIPTA KARMAKAR	
2201040	PRIYA SHAW	Prija Shaw
2201535	BARNIKA GHOSH	Barcheka Ghosh
2201012	ANKITA SAH	Ankita Sah
2201428	JHARANA PANDIT	Thareana Panolit

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Student ID	Name (In BLOCK Letters)	Signature
2201010	JYOTI SHIL	Jyoti Shil
2201070	SUPARNA MAHATO	Superina Maharto
5507552	MEGHA MONDAL.	Megha Mondal.
220 58	ARUNIMA DEY	Downima Dey
2201412	NANDINI SAHA	Dandini Saha
2201153	MIKITA LENKA	nivita Lenka
2201151	SRIJA GHOSH	Srija Grhosh
2201590	NANDINI BEHARA	Nandini Behara
2201992	IVE BASAK	Ive Basak.
2201939	PRACHI SINGH	Perachi Singh.
2201259	IDNAN ATICIAS	Smijita Nondi
2201216	KANKANA PAIN	Kankana Pain
2201427	SARASWATT ROY	Smaswort: Pox
2201544	LIJA RANT SAHOO	Lija rani Sahoo.
2201453	RIYA PATI	Riya Pordi
2201995	BARSHA RANT BEHARA	Baraha reni Behara.
2201326	NAWSIN PARVEEN	Nawsin Parveen
2201122	SUDIPTA KARMAKAR	Sudipta kanmaka
2201040	PRIYA SHAW	Prija Shaw
2201535	BARNIKA GHOSH	Barchika Ghoss
2201012	ANKITA SAH	Ankita Sah
2201428	JHARANA PANDIT	Thareana Panalit

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Barrackpore Rastraguru Surendranath College

Student ID	Name (In BLOCK Letters)	Signature
2201156	SAYANI BHATTACHARJEE.	Sayani Bhadacharju.
2201261	SULTANA KHATUN	sulfana khatun,
2201288	SAYANI SUR	Sayari Sur
2201203	Koyena Cruha	koyeno:
2201241	RUPANWITA BANIK.	Rupanwita Banik
2201178	BINITA KUMARI	Brunnoi.
2201328	KHUSHBU KHATOON	Krudiba Khaloon
2201351	RUKSAR	RILKSOT.
2201358	SNEHA SPNGH	Sneha Singh.
2201479	RIYA KARMAKAR	Riyakonnekar.
2200995	SOUMILI SINGH	Soumeli Singh
2200L588	SONALI SIKDER	Somali Sikdeon
2201100	ANNAYA BISWAS	Annaya Biswas
2201055	RANI DAS	Rani Oas
2201229	SUKANYA CHAKRABORTY	Sukanya chaboraborly
2201162	RUPALI CHOWHAN	Rupali chowhan
2201185	SHILPA DAS	Shilpa Dod
2201546	DIYA GIHOSTI	Diya Crhosh
2201205	Sahanana Mistory	saharara mistr
2201580	SWASTIKA ACHARJYA	swastika Acharofya.
2200999	TUHINA KHATUN	Tuhina Khalun
2201350	AND THE RESERVE THE PROPERTY OF THE PROPERTY O	ASPINA Parveen

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Student ID	Name (In BLOCK Letters)	Signature
2201407	SYEDA SAMIA YASMIN	Syeda Samia Yarmin
2201410	NAFISA YASMIN	Nofisa Josmin
2201217	SANJIDA ARA	Sanjide Are.
2201486	SUMPL PARVAGEN	Sween provesor
2201438	SHAMA PARBIN	Shama Parabin
2201562	Musummad Tuhina Pauvren	Musummad Tuhina Parverer
220 256	Sadya Khatoon.	Sadya Khaloon
2201161	MOSARAT JAHAN	Mosaraf Jahan Nisha Parveer.
2200994	NISHA PARVEEN	Nisha Parveer.
2201236	Sufeya Anewar	Sufeya Amwar
2201600	SABINA KHATUN	Sabina Lhazun
2201342	FIR DOUSI KHATUN	Firdousi khatun
2201149	TITLI KUNDU	Tetli kunolu
2201417	BHRAMAR SAHA	Bhowmar Saka.
2201114	TITHI DEY	Tithi Dey
2201025	TANUSREE CHAKRABORTY.	Tanussiee Charsiabostly.
2201599	Trusha Paul.	Tousha Saul.
2201267	PAYEL GeHOSH.	Payel Ochosh.
2201243	SANCHITA PAUL	Sanchita Pacel
2200232	Auf Rymouni Singh	John Lumeri Mingh
2201180	Somea, Singh	Sonea Serigh
2200259	Marmta Shaw	Mamta Show

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Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress

Room No. 226

	Name (In BLOCK Letters)	Signature
Student ID	TITHI CHAKRABURTY	Tilhi Chaunabanty.
2201354		
2201189	SANDIPA DAS	Sandipa Das.
2201034	TRINA KARMAKAR	Frina Parmatas.
2201353	Riddka Salu.	900
2201113	SRUTI DAS	Souti Ders.
2201102	Incha Basu	Ineha Basu
2201218	SONALI DAS	Sonali Das
220 1154	Riya Ghosh	Lyn lihosh
2201187	MoSovat Parveen	Mosowrat Parvelu
2201207	RUKSHAR KHATOON	Rufes Lavi. Nisher Kri Rem
2201616	NISHA KUMARI RAM	4
2200008	Sany SANIYA KHATUN	Saniya Khatun
2201547	SOUMILI SANTRA	Soumili Santra
2201067	JASMIN KHATUN	Jasmin Khatun
2201079	SANJIRA KHATUN	Sanjera khatun.
2201242	TUHINA PARVEEN	Tuhina Panveen
2201249	SURAIYA KHATUN	Swraya Hatzin
2201262	SADIA KHATUN	Sala khoten
2201058	ANUSHREE BISWAS	Anushree Biswas
2201281	APARNA MONDAL	Aparna Mondal
2201439	SUSMITA SEN	Susmita Sen.
2201548	COTHELL CHOLDING	Briganka Chowdhary

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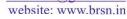
Student ID	Name (In BLOCK Letters)	Signature
2201270	RAJANI SINGH	Ragani Singh
2201133	SUNAYANA SHAW	Sunayana Shaw
2201403	SNEHA KUMARI PRASAD	Sheha Kurati Prasad
2201778	SAHILI MONDAL	Salé Cé Mandal
2201356	Ishika Chakoraboochy.	Jshika Chakocaboutt.
2201062	INDRANT DASGUPTA	Indorani Das Meta
2201148	ANJALI SARKAR	Arjali Sankon
2201420	TIYASA ROY	Tyana Ray
22 01260	RUPSONA KHATOON.	Rupsona Khatoon
2201335	SUHANA PARVIN.	Suhana Pozvin.
2201211	TULLING TALLAMAN.	Tuhina Rahaman
2201780	TABASSUM KHATOON	Tabassum Khatson
2201319	JESMINA PARVIN	Jasmina parvier.
2201105	ANKITA DUTTA	Andralta
2201157	N. 7. 300 N. 7. 100 P. 100 P. 7. 100 P. 7. 100 P. 7. 100 P. 7. 100	Tania ahosh.
2201087	4.11	Neha Chosh
2201543	SWEET SEN	Succeti Son
2201542	SUMARYA KHATUN	Sumaiya khatun
2201029	RAKHI DUTTA	Rachi Dutto
2201578	Palika Bamanik	Balika Bamarik
2201301	MAMTA KUMARI SONI	momto kumani soni
2201422	PRIYA GHOSH	Priya ahash

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Barrackpore Rastraguru Surendranath College

Hands on Workshop on Relief from Examination Stress Room No. 226 10th March 2023

Student ID	Name (In BLOCK Letters)	Signature
2201423	SUKANTA HALDAR	MA-
2201038	ABHIRUP BASU.	D.
2202165	Deb Ornon	Deb orner
2201042	SK. SAMOWAR ALI	Sk. Sanowa Ay'
2201041	Sk. sahidudd in	3k Sahid uddin
2201068	Sanjit Das	Sanjit Das
2201167	ABHOY SINGH	Abhoy Singh
2201181	Jit Dhali	Jij Bhuli
2200 99 6	Raj Biswos	NO THISAUS
æ1220/006	Dipak porway	Dipak paswon
2201336	DeeP Das GuPta	Deer Dasgurson.
2201285	Clauragope Adhikary	Crourcageja Adhitany
2201286	Linkon Mondal	Linkon Mondal

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Student ID	Name (In BLOCK Letters)	Signature
2201317	Sayon Das SAYAN DAS	Sayan allas
2201138	TUSHAR KUMAR SIM	T.K. Sing
2200 947	Ankan Aef	Ankn Dey
220/023	Avitera Chosh	A. Ghoxh
220 1145	Priateep Kre Eroch	P. Va Chosh
2201425	Prabhat kn Mahanny	Challet Maherity
2201135	Kanha Biswal	Kanha Biswal
2201032	Krishna Shaw	Krishna Shaw
2201991	MD ABUZAR	Md Abuzor.
220/606	MD ARRE	ML Arif
2201980	MD. ARMAN	Md. Asman
2201905	MD. TAJ	MD. Toj
220 14/8	RUPAM BISWAS RUPAM BISWAS	A
2201941		Longsom Lamadder.
220118	ARYAN CHOUDHARY GANGRAM SAMADDER	Longram Samadder,
2201044	ALEKHYA DAS	Alekhya Dos,
2201814	JOY BARUI	Hoy Barus

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Barrackpore Rastraguru Surendranath College

Student ID	Name (In BLOCK Letters)	Signature
2201307	SIDDHARTHA PAUL	Sildhartly Paul
2201871	JISHAL SETH	Fishel Seth.
2201207	ASHIK ALI	Ashik Ali Rahul sabduh
220 3 5	RAHUL SAR DAR	RONUL SWEDWA
2201109	SUBHANKAR ORAON	Subhankon oras
2201209	AKASH DUTTA	Akash Dutta.
2001815	Aniket Show	Aniket Show.
2201048	MOMIN ALI	Mamin All
220 1063	AMIROL ALI MONDAL	Amiron Ri mondal.
220 1973	SAMIUL ISLAM	somice tsom
2200987	SOHAM MALLICK	Soham Medlich
2200992	Surrasit DOS	Sarrowsk- Das
2201214	Instan Atzal Amson;	Infan At 3 al Ansan"
2201604	FAISAL ALAM ANSARI	fois al flow from
2201609	AKash Hussain	AKash Hussain
2201004	Sayan Bala	Saljan Bala
2201352	Hann Dey	Atoma Deg
2201119	Monorick Ghosh	Monarick Ghash
2201094	Buboi Soukou	Bubai Sarkati
220/046	Rahol show	Rahul Show

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Barrackpore Rastraguru Surendranath College

Student ID	Name (In BLOCK Letters)	Signature
220/028	SUBARMA DAS	Subarna Oas
201080	DEEPANJAN ACHARJEE	Deepanjan Acharijee.
2201268	PIYUSH JAISWARA	Rigush Jaibwara.
2201049	SURAJIT DAS	Senajuit Das,
2201073	AMIT GHOSH	Amit anosh.
2201015	AMIT PRAMANIK	Amit Pramarik,
22.01.060	BIKRAM SARKAR	Rikham Satokato.
2201278	SHADAB SHAMIM	Shadab Shanim
220/988	KATF FATYAZ HUSSATN	Kaib Caiyaz Hussain
2201191	Sanglat Chaknaboonty	Sanglap chiknabogit
2201300	PREM KUMAR MAJHI	Bren Vina Majhi
2201306	Mitish Barri MITISH BAR	I Nitish Boomi
2201310	RAJSHAW	Raj Shaw
2201996.	Abhijit Chouseasiya	Abnigit Chouseasiya.
2201539	SON 627 SALA HUDDIN.	Salber Salgards
2201274	SATYAM JAIS WAL	Sotyam Paiswol
220/293	AYUB KHAN	A/Ub Kharl
2201173	DAYTKET ADHIKART	Aniket Adhikari
2201286	Kauston Sono	Koustern Sana
220 1313	Nilay Kormakar	Nilay Kormerkan
2201139	Suman Singha Roy	Sumain Singha Rox

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Student ID	Name (In BLOCK Letters)	Signature
2201919	PRASENJIT GHOSH	Prosentit Cynosh
2201246	TAMALIGHOSH	Tamal knishora Ghoth
2201970	Bisdotifaho8h.	Bisdatif Ghosh,
220/266	BIDHAN SARKAR	Bidhan Salkar
2201244	Artan Banerjee	Arpan Baneriee
2201566	SUDHAN NEPTI	Sudhan Mepti
220/331	Sourar saha	Geohan
3301433	Prosenget Guha	Posedavia
2201333	JEET BAURI	Jeet Blun?
2201160	Robul Chosh	Perhat Chlosh
2201170	SURAJIT SAHA	swajit saha
2201078	SHITAL DAS	Shital Dos
2201076	RUPAM PAL	Rupam Pal
2201549	NABENDU STROER	Nabendu Sikder
220 1362	GISWAJIT SAHA	gofal Kundu Biswaile saha
2200853	BISWAJIT SAHA	Biswailt saka
2201237	SOURAN BHAFTACHARJEE	soviav Bhorttachalitee
226/200	Santanu Paul	Santann Paul
2201275	Rohit Dos	Robit Day
2201920	Birmajit Pomday	Birwajit Panday
2201914	Anirban Baller	Animbon Bolov

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Student ID	Name (In BLOCK Letters)	Signature
2201584	SURYAKANT CHOWDHURY	Sugakon Chaudhay
2201263	Guddu Ghosh	Guddu Ghosh
2201592	Peraanshu Singh	Devaanshy Singh
2201053	Samia Paul	Samit Paul
2201608	Printeen CahoSh	Pridam ChoSh
2201036	Saikat, Ghosh	saixed Ghosh.
2201075	Sumit allaon	Sumit oblacon
2201011	Abdul Rezwan	Abdul Rezwan
220 1557	Tantir Vusus Uchchwos monaal	Tarbit Yusud. Uchehros monsul
2201050	Webebwos mondal	Uchehood mondal
2201314	S.K.ROKY	5.KROKY
2201115	Sk Swar Aci	Sh Swart i
220 1419	Piyer Samadder SAMADDER	Pizerh Sanadden
2201303	SKRAFIGE	Sk Rafige
2201302	ROHIT KUMAR RAJAK	Rohit Kumar Rojak
2001232	PRITAM SAHA	Prettorm Sana.
2201558	Somanih Dhan	Sourasish Blan
2201287	Subhankan Khanna	5. Khanna
2201143	HRIDOY HOSSIN	Hroof Hassin
2201126	SK SAHIL ISLAM	SK. Satil gslam
2201431	Deep Das.	Deep Das
2201030	Sounyadir Das	Soumyadir Das.

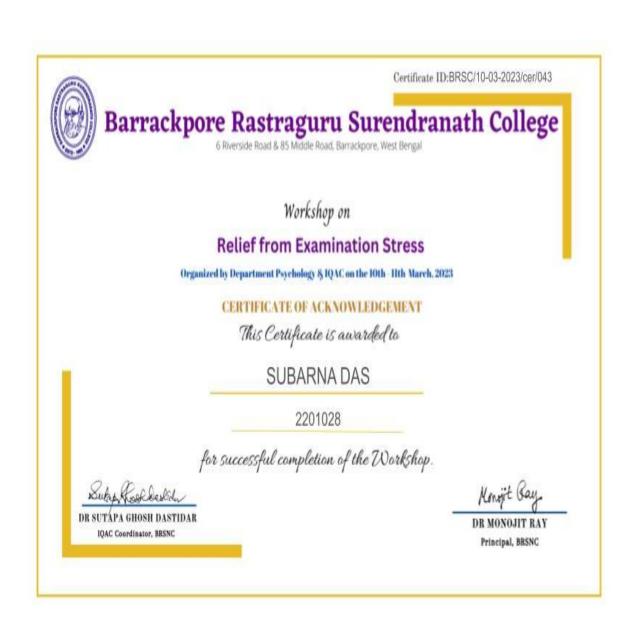
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SELF DEFENCE COURSE FOR WOMEN 2023

BARRACEPORE RASTRAGURU SURENDRANATH COLLEGE 6, RIVERSIDE ROAD & SS. MIDDLE ROAD, BARRACEPORE NORTH 24 PARAGANAS, WESTREMENT, DIN-700120
MEETING NOTICE Date 8) 12/22
Meeting of Physical Ednishen (mmittee/Department
Meeting of : 1212 2 9 Time : 1 Pw .
1 Jan - angli and a land a l
(andry)
Members of the Committee / Department are requested to attend the meeting to discuss the following agenda
AGENDA
2. To read and confirm the proceedings of the last meeting. 2. in troduce "Self defence crusse for women".
- CANCOLLON
separtment of Physical Education
epus_C:Wy Dotemestaling_assessalationice\MESTING NOTICE.doc
J4- Jyozhalis Ghosh.
BS-Briswajit Sashoud.
Dicision
O- It has been unanimously noto resolved
that department will infroduce a 30 hours
certificate course on "self defence for woner".
in the month of January '7623. All the
the motion of standing coes, and the
necessary arrengements will taken by the department
with the help of college authority.
Dr. Ty athan Ghoch will art as course load
natur svi sismajit Sasmal will awrit or.
Ghot in this regard.
synder 8hot.
- Surchain 8"

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Barrackpore Rastraguru Surendranath College

30 HOURS ADD -ON COURSE ON SELF DEFENCE TECHNIQUE FOR WOMEN

Course Objective

- Learning Martial Arts in various forms.
- Improvement of Physical Fitness.
- ☐ Improvement of Concentration Ability
- ☐ Improvement of Mental Sharpness.
- ☐ Gaining belief to protect Self-Respect
 ☐ Building a Firm Personality.
- Learn basic techniques and tactics to defend themselves from attackers in a sudden situation.
- Moral boost up for the whole gender.
- Provide some basic exercise to practice these techniques at home to stay fit and healthy as well as confident.

Course Content

Basics of Boxing:

- jan
- Cross
- Hook
- Uppercut

Basics of Muay Thai: • Punching (Chok)

- Elbow (Sok)
- Kicking (Te)
- Knee (Ti Khao)
- Foot-thrust (Teep)
 Clinch and neck wrestling (Chap kho)
- Defence against attacks

Basics of Kick-Boxing:

- Strikes- Jab, Cross, Lead Hook, Rear Hook, Lead Uppercut, Lead Bodyshot, Rear Uppercut, Rear Bodyshot.
- Kicks-Lead Kick (LK Side Kick), Rear Kick (RK Round house Kick), Hook Kick (FK Snap Kick)
- Defence- Lead Slip (LS), Rear Slip (RS), Lead Roll (LR), Rear Roll (RR)

Basics of Kray Maga:

 Neutral Stance, Guard Stance, Punches, Groin Kick, Palm Strike, Bearhug Defence Basics of MMA: Punches, Kicks, Choke, Clinch, Ground Striking

Enrollment:

Interested students of the college can enroll for the course with a copy of their Student ID card. For details about the course and other details visit the Certificate Course menu in the College website, i.e. https://brsc.in/

Course Coordinator DR. JYOSTNASIS GHOSH







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Barrackpore RastraguruSurendranath College

Syllabus for certificate course on "Self-Defence Technique for Women"

Module 1 (6 Hours)

Basics of Boxing: Jab, Cross, Hook, Uppercut

Module 2 (6 Hours)

Basics of **Muay Thai:** Punching (Chok), Elbow (Sok), Kicking (Te), Knee (Ti Khao), Foot-thrust (Teep), Clinch and neck wrestling (Chap kho), Defence against attacks.

Module 3 (6 Hours)

Basics of Kick-Boxing:

Strikes- Jab (1), Cross (2), Lead Hook (3), Rear Hook (4), Lead Uppercut (5), Lead Bodyshot (5B), Rear Uppercut (6), Rear Bodyshot (6B)

Kicks- Lead Kick (LK - Side Kick), Rear Kick (RK - Roundhouse Kick), Hook Kick (FK - Snap Kick)

Defence- Lead Slip (LS), Rear Slip (RS), Lead Roll (LR), Rear Roll (RR)

Module 4 (6 Hours)

Basics of Krav Maga:Neutral Stance, Guard Stance, Punches, Groin Kick, Palm Strike, Bearhug Defence

Module 5 (6 Hours)

Basics of MMA:

Punches, Kicks, Choke, Clinch, Ground Striking

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BarrackporeRastraguruSurendranath College

Self-Defence Technique for Women 2022-23

SUMMERY REPORT

Learning Martial Arts has become an essential part of today's life. The study of Martial Arts is not only restricted to self-defence only, rather it provides physical fitness, concentration, discipline, self-respect and mental sharpness that allow one to concentrate and coordinate the mind with the body instantaneously. A student of martial arts develops morally in addition to developing his technique. It is a physical, mental and moral culture; it is a religion in itself, a means of molding personality.

In 30 hours Self-defence course, the female students of our college have learned basic techniques and tactics to defend themselves from attackers in a sudden situation. They learned the essential of when and how to apply these techniques. The students learned different forms of martial arts techniques and application in real life.

Guest Instructor was Sensei Sandip Kaur, who is 5th DAN black Belt. She trained our students along with Miss. Sanchita Roy, Faculty of our college and 1st DAN black belt.

Students enjoyed a lot in this entire 30 hours programme and gained a lot of confidence on themselves.

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SI No	Name	Student	Signature	03.01.23	3 04.01.23	3 05.01.23	3 06.01.	23 07.01.2	2 00.01.0	0 1 40 01 01			
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69.	Shampa Dhahi		Shampa Dhali	S. Dhali	Sa Dhali	S. Dhali	S. Dhali	S. Dhali	S. Dhalj	Shali	Shah	Shali	Shali
70.	Oendrila Mukhenzee	2100368	Oendrijla Mukhen jee	100000	Mukhin	-							
71.	Sayanti Saha		Sayanti Saha.	-	S. Saha	- Children	- Control	32	-	- Antonio		8 2 1	-5
72.	Simnan Shaw	2100487	Simpan shaw.	S. Shaw	s. s haw	s.skaw	S. Shau	S. Shaw	SiShau	3. Shaw	3.Shaw	.S.Shau	3.Shaw.
73.	Short Verma	2100659	Shrihi Verma.	S. Vem	s. Ven	Siverna	Sivem	S. Verma	S-Werne	2.2	Sivern	S. Ven	S. Vern
74.	Sheha shaw	2100640	Sreha shaw	3, shaw	S. Shaw	s.shaw	e, show	e.shaw	S Shau	s. chaw	1. shaw	2.shaw	3. show
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76.	Swarnali Dey	210234		S. Dey	S. Dey	S. Dey	-S-Dey	S.Dey	S. Jey	S:Dey	S. Dey	5 Dey	S. Dey
77.	Sneha Rajak	2000815	Sneha Rajak	S. Raja	k S. Raja	S-Rajak	S-Raja	S. Rajal	S-Raja	s-Raja	k S.Raja	S. Raja	S. Raja
78.	Tany Rajal	2000799	Tamy Rasak	T. Piniak	T. Rough	T. Raja	T. Royal	T. Rajak	T. Raja	T. Raja	T. Roja	T. Rob	T. Rajak
79.	Anita Mishaa	2000759	Anota Mishora	A.Mish	A. Hishi	A. High	Author	A Nicho	A. Mido	A. Nich	na A. Micho	A. Mish	a A. Michog
80.	Taniya Singh	200079	Taniya Singh	T. Singh	T. Singh	T. Singh	Singt	T. Singl	Sing	Singh	Singh	Fingh	T. Singh
81.	Shriya Singh		Shriya Singh								V		4 5.5 rgh
82.	Sakihi Sharma.	2000791	Sakehi Sharma.	Sharmo	Sharm	Shanm	Shann	Sharm	aShevim	aSharm	ra Shour	ng Share	m Sharmu
83.	Noth Kimari	90009	Nidhi Kumasi	2	1	1	4	1	*	-9	-	4	-4
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033-2594-5270

mail: brsc1953@gmail.com

website: www.brsn.in

AIDS Awareness ProgramDate: 01.12.2022

Barrackpore Rastraguru Surendranath College

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata- 700120 NOTICE

Date: 25.11.2022

This is for information that NSS Unit- I & Unit- II of the college is going to observe the World AIDS Day on 01.12.2022 in collaboration with Barrackpore Municipality by organizing an awareness campaign in the street in front of the 85, Middle Road campus and tying red ribbon among the passerby. NSS volunteers of both the Units are requested to attend the programme.

Principal NSS Programme Officer

NSS Programme Officer

NSS Programme Officer

Unit-I/Unit-II

Barrackpore Rastraguru

Surendranath College

WBSU

Ahrshiman Chokulas NSS Programme Offices Unit- Unit-II Barrickpole Rastra Surendrana

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mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

Date: 01/12/2022

List of the NSS Student Volunteers Attended:

Sl. No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
16	MADHURI MA GHOS	3R)	Bolony	2100259	9396306192	Hadhwima Ghosh
pØ.	Shreeparina Khamaa	340	Botany	2102394	628946893	6 sloveeparma
8	MD. AMAN ARDOO	154	Botany	2100272	9641892591	Md. Aman -Abjoo
g	MD MUSHFIQUE ALAN	1st	Bolony	2200271	6294950968	Ma Mushfique
26	Poushali Majumbe	. Brd	Botany	2100266	7786950542	Rushali Majumder
21	Supatit Tha	1st	Botany	2200264	8392038013	supposit on
22	Kiron Majumder	Ht	Botany	2200265	7718 758667	Kiran Najum

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mail: brsc1953@gmail.com

website: www.brsn.in

			Date: 01/12	2/2022		website:
List	of the NSS Student Volu	nteers Atten	ded:			
Sl. No.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
1	SUPRAYA MAHATO	3nd sem	Botany Hos	2102388	9163849998	Joshulo_
2.	SAYAN RAY	3rd sem	Botany Hons	2100278	9 433980652	OB
3.	Bubhastiya Selli	and sum	Botany How	400275	7439875368	Bi
4.	BARNALISEN	1 sen	Botany Hons	2200275	8697449407	Barnali Sar
5.	SWEETY SHAW Sweety Shaw	1 sem	Botany	2200250	8584935107	Sweety Show
6.	ANANYA BANKURA	I den.	Botany	2200266	8515053 T 93	Ananya Bankina
7	ANKUNDEN	120m	A 10.001	2200270	71439504401	A
8	Sachin tex fine	3ª Sen	Electronics	2101797	8290784291	Salve
9	Pallabi Samadder.	3rd Sem.	Electronics	2100033	70 59 90 5922	Pallabisemadler,
10	Rahul Paul	3nd Sem	Electronics	2101799	9679398162	Rahul Paul
11	Shout Shaw	3 ord Sem	Electronis		7044686060	Sur In
12	So warnith Chakraberty	3nd Sem	Atectronics	2101796	7439561036	Socramiton Sug.
13	Sumana Naha	3rd sem	Botany Hons.	2102401	7596819556	Swana ward
14	Shubhamita Das	1st sem	Botany Hons	2200254	8336883638	Shubhamita Dag
15.	Ayendrela Sarker	1st sem	Bota (Horu)	2202 <i>0</i> 43	628140159	Ayendrela sardar

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website: www.brsn.in

List	of the NSS Student Volu	nteers Attend	Date: 01/12 ded:	2/2022		
SI.	Name (In Block Letters)	Year/ Semester	Stream/ Department	College Roll/Id. No.	Contact No.	Signature
1.	PRATHAMSHARMA	5th sem	Societray	200070	107892400	Progla Sorn
١,	MD-Saig Ali Khan	5th sam	Sociology	2000984	9123615108	MD Saif Ali Klan
3.	Rhit Alli Koneci	5th Sem	Ant-s	2002467	7594892486	Rhit Allivorei
(.	Morrica Paul	5th seroz	sociology	2000066	9123725059	MonicaPaul
â.	Soumita Roy	5th Sem	Sociology	2000067	7696024316	Saunita Poy
6.	Subhadeep Ghosh	3 hd Sem	Abts	2101453	7595894%8	Subhadecegng
7.	Arepa pawl	3nd sem	Sociology	2100069	9674712840	Апра Раш
€.	Shubhra Bhowmiel	k 3rd Sem	Sociology	2100078		Shubhanick.
7.	Atomu bas	3nd Jam	Sociology	\$100062	8509869118	Atamu Das
ð	Snowy Halden	3rd sem	Sociology	2100059	74396190SP	Snowy Haloka
1	Ankabanha Das	1st Sem	Sociology	2200015	7687072125	Arhabarha Das
2.	RaxhiAdhikary	3rd Sem	Socialogy	2100004	7439699364	RaxhiAdlikary
3.	Sudipla Mondal	3rd Sem	English	2102119	9836339712	Sudipla Monday
4.	monisha Banerjee	Ghsem	Sociology	2001051	6289614471	Monisha Bane Te
5.	Shapeyor Porkasey	ist sem	8001010gy	2200007	6290781664	Shaeya pakaey
G. 7.	Ankila Walla UTSAY DAS	5th Sem 5th Seu	Bociology Sociolog	2000719	8167793550	Substallatta 3 Vifsav Da

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mail: brsc1953@gmail.com

website: www.brsn.ir
Date: 23.05.2022

Rally on 'Say no to Tobacco'

Barrackpore Rastraguru Surendranath College

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata-700120

Notice

Date: 23.05.2022

Barrackpore Rastraguru Surendranath College NCC Unit will organize a rally on 'Say no to tobacco' in collaboration with 48, Bengal Bn. Barrackpore on 31.05.2022 from 85, Middle Road campus of the college to Barrackpore Chiriamore at 11:00 am. NCC cadets are informed to participate.

Maj G. Iquebal

COY No. 1, 48 Bengal Bn, NCC

211

Pastraguru Surendranath College

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mail: <u>brsc1953@gmail.com</u> website: www.brsn.in

ATTENDANCE SHHET OF NCC CADETS

SI No	Name	Regiment Number	Signature
	RAKESH KUMAR RAJAK RAHMN HUSSAIN	WB/19/3DA/156780	Pabest Kumor Pojak
	NZAZZUH NMHAR	WB/19/SDA/156772	Rahu- Ja-
	NALMA PARVEEN	MB/19/SWA/158707	Nagma Jooveen
	DEEPAK RAY	WB/1913DA/156784	Dupak Ray
	RAHUL PASMAN	MB /19/SDA/156735	Rahul Parwa
	WAHE MATTU	MB/19/SDA/156756	offen show
	ROHIT MITRA	WB/20/SDA/156725	Pohit mitra
	JOY BARUA	WB/9/SDA/156782	The second secon
	NIRMAL MANDAL	WB/19/SDA/156775	Nikomet grandal
	BABITA CHOUBEY	WB/19/SWA/156709	Babita Chousey
	NEHA SHUKLA	WB/20/SWA/156705	Neho Shuplo
	RIYA ROY	MB/19/SWA/156711	Byaly.
	TANU PANDEY	WB /20/SWA/156712	tonu londer
	JOY MALAKAR	WB/19/SDA/156749	Loy Moloko
	BONE BAKSHI	WB/19/SDA/156753	Bori polici
	VINAY YADAV	MB/20/SDA/156724	Vinay Yader
	POOJA YADAV	WB/19/SWA/1567-16	Proja Yada

ATTENDANCE SHHET OF NCC CADETS

SI No	Name	Regiment Number	Signature
	SNIGHA BIWAS	WB/19/2WA/156712	Snigdhazina
	ANJALT STNGH	NB/19/SWA/156719	Arjoli Sigh

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mail: brsc1953@gmail.com

Date: 19.05.2022

website: www.brsn.in

Yoga: The Ancient Indian Practice for Serenity of Mind

Barrackpore Rastraguru Surendranath College

85, Middle Road & 6, Riverside Road, Barrackpore, Kolkata- 700120

Notice

Date: 02.05.2022

Barrackpore Rastraguru Surendranath College NCC Unit, in collaboration with 48 Bengal Bn, Barrackpore, will organize a program 'Yoga: The Ancient Indian Practice for Serenity of Mind' to celebrate 'International Yoga Day' on 19.05.2022, NCC cadets and other interested students are informed to participate in the program.

Maj G. Iquebal
COY No. 1, 48 Bengal Bn, NCC
Barrackpore R.G.S.N College

BARRACKPORE
Rastruguru Surendranath College

l No	Name	Regiment Number	Signature
	NI RMAL MANDAL	WB /19/SDA /156775	Niormal mandal
	SNIGDHA WISWAS	WB/19/SWA/156712	Snigdha Bishos
	BABITA CHOUBEY		Boota Charbey
	RAHMAN HUSSAIN	WB/19 KDA/156772	
	ARNAY CHATTERJEE	WB/18/SDA 156730	Arnov Chatteriee
	MANI CHOUDHARY	W3/19/SWA/156720	Mani chowdhay
	VTTAM SHAW	WB/10/SDA/156756	Vittam Shows
	NAGMA PARVEEN	WB/18/SWA /156707	Nagma Daroveon
	JOY MALAKAR	WB / 19/5DA / 156748	
	ANJALI SINGH	WB/19 /SWA / 156719	A
	DEEPAK RAY	WB/19/SDA/156784	Decook Bou
	HARDIT SINGH	WB/19/SDA/156727	
	WAVITA CHOUDHAR		
	BONI BAKSHI	WB/19/SDA/156753	
	SAJJAD ALT	WB/19/SDA/156740	
	POOJA YADAV	WB/19/SWA/156716	Paoja Judas

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SI No	Name	Regiment Number	Signature
	SURATYA PARVIN	WB/19/SWA/156702	Surasiya P.
	RANI KUMARI	WB/19 SWA/156708	
	SURAJ SINGH	WB/10/SDA/156722	
	SIDDHI SINGH	MB/20/SWA/156711	
-	NISHIKALA DAS	WB/19/SWA/156766	
	VINAY YADAY	WB/20/SDA/156724	Vinay Yoda
	BISHAL LENKA	WB/20/SDA/156721	Bishel Lenk
	GOVIND RAY	WB/18/SDA/156729	A second
	NISHAT WAAZ	WB/ 19/SWA/156706	Wishat Noo
	RIYA ROY	WB/ 10/9WA/156711	Riva Roy
	RAHUL PASHAN	WB/19/SDA 156735	119 110

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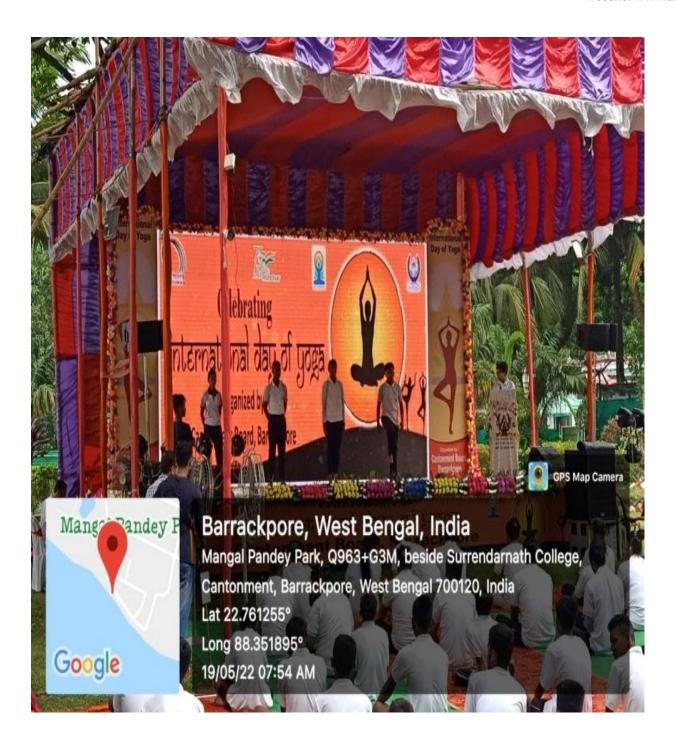
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Re-initiation of Thalassemia Carrier Detection Programme with of BRSNC (New Technique D-10)

Date: 2nd September, 2019 onwards

Venue: Room no 242, Thalassemia Carrier Detection Centre

Introduction of New D-10 Machine for Carrier Detection of Thalassemia



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Collection After Lock Down



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Participation of Thalassemia Carrier Detection Programme on 2.9.2019

Date	SAMPLE		Age	AO	110	F		Hb1
Do	NO.		IGIM	84.6	3.3	10.8	-	17.5
Date	001	Ashish Jaisual		83.0	3.4	1.2		10.4
02/9	002	Rimpa paul	1010	62.8	28.3	10.8	- 8	10-7
	003	Bidisha Das		83.8	3.0	20.8	-	11.8
	004	Rahel Saha	-	63 6		10.8	-	11-5
	006	Isha pal,	1914			10.8	-	13 4
	006	Ritwik Hansda	-	-		20.8	-	7.3
	007	saheli Das	-	84.8		10.8	-	13-2
	008	Debojyati Samaddan	19/M	84.3		10.8	_	13.3
	009	Aashish kumaz		95-1	Annual Control			14-9
	010	Ashish Kumar Shaw	19/14			10-8		-
	011	Sumeet Sajjan	18/14	-		20.8		14.1
	012	Swarnali Sala	18/F	85.2	-	10.8	-	12.2
	013	Sagorika Malik	120/F	85.1	2-7		-	13.1
	014	Mamata Debnath	181F	85.3	20	108	-	82
	016	Soumita Swannakar	191F	86.3	3.4	1 10.8		11-2
	016	Subham Supredhar	19/14	84.8	3	3 LO.8	-	13.8
	017	Sanfanu Masumdar	19/1		32	108	-	13-1
	014	Animesh Roy	1911		1000			136
		Anizana Mondal	30F	~	3.3	09	-	10-2
	020	Driyanka Das	33/F	-	100			120

Participation of Thalassemia Carrier Detection Programme on 9.9.2019

09/9 021	Sohini Bhattaeharrjee	17/F	83.5	3.0	To.8	-	10.6
	Shoreya pal Majumdar	1815	82.2	5.1	LO.8	-	10.5
023	Debanshi Baghi	17/5	85 6	3.4	TO-8	-	12.6
	Sukana Bhataehanjee		85.8		20.8	-	13.5
	Meghamala thity	19/5	856	2.8	20.8	-	11-3
	Sungatam Bala	17/M	83.4	3.2	10.8	-	14.9
027	Md. Farhan	17/H	84.9	3-1	10.8	-	14.5
	Sandipan Bhownik	1874	856	2.8	10.8	-	13.4
	Chandrachur tevani	187M	84-2	3.4	10.8	-	14.6
	Syed Riaz Mostofa	100000000000000000000000000000000000000	82.7	1	LO.8	-	12-1
	N.R. SOUVIK Sarkar	181M	82.5	3.2	120.8	2 -	174
	proma Halik	1815	848	32	- 10-8		14.0
033	Nikki Hishma					HUB	The state of the s
034	Diksha Bhakti	1710	84.8	3-0	100		117
035	Ambika Sch	2016	28	20	LAR	-	11.0
		1	-	-	700	1	11-2

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Participation of Thalassemia Carrier Detection Programme on 3.2.2020, 10.2.2020 & 17.2.2020

			Age	Sex	AO	A2 .	F
		T	20	mi	85.9	3-5	10.8
42	036	Samles Po Bismos	20	m	84.2	34	70.8
1/	037	Anybhav Auta	20	F	86.3	30	<0-8
11	038	Langita Bhax		F	860	2.7	408
11	039	Shrayashichakaborty	19	F	85.4	29	408
11	040	Kirtika Day	19		85.2	32	60.8
11	041	Moupriyalufra	18	F	8-5.2	3-0	(0.8
11	042	Debamita Aug	19	F	84-6	3.2	70.8
u	043	Riju Sati	20	m	851	30	(08
11	044	Suchetan Cupta	18		85.4	2.3	(08
· ·	042	Danjukla Barryce	20	F	-		10.8
11200	046	Pallabi Kumari	20	F	86.2	3.0	10.8
	400	Tamalika Ass	18	F	84.9	2.4	40.8
	048	Shiray Kumar	18	M	81.5	55	
	049	swarnava pal	20	14	84.5	3.3	10.8
	050	Tama Auta	18	F	86.5	3.1	70.8
	051	Soumik Baneyes	19	M	819	5.6	170.8
	025	Swanker Sutradia		m	86.5	3.1	TO-8
	073	Layontan by	19	M	85.8	3.3	10.8
	054	Arpan bend	20	M	79.8	2.8	20.8
	022	Subham Aiswas	20	M	84.3	3.4	LO.8
	056	DR Malini Basu	54F	F	85.3	2.7	10.8
1	057	Bipul Sarkar	26	M	85.3	3.5	10.
	058	DR. Samiran Halder	39	M	85.3	3.1	10.8
	059	DR. Tamal Mondal		M	85.2	2.8	10.8
	060	Munmun Rundy	33	F	85.7	2.9	20.
17.2.35		Nixita Ahosh	18	F	86.2	-	10.
	062	Nidhi Kermanisi		F	87.1	3.4	10.
	063	Swarnadeep Banerja	0		86.		60
	064	Ayan arifna	18	M			10.
	065	Soham chatterijee	STATE OF THE OWNER, WHEN	M	85.8		Street, Square or
28.2.250	066	trisha Halder		- The state of the	85.7		10
	067	SK. Samin Harrain	18	F	96.0		10.
N. S.	068		18	M	82.0	-	
	069	Dabanga Kn. saekor	19tm	M	85.1		
	040	Anandita Grupta	18	F	85.9	2 3.1	10
	1 \$1'	Mahima Ghosh	19	F	84.1	2 3.5	- 10.
	1 +1	Prativa Groswami	187	F	.84.8	A STATE OF THE PARTY OF THE PAR	10

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Participation of Thalassemia Carrier Detection Programme [After Lock Down] 9.2.2023, 13.2.2023

	•			-	•	Defici la Maria
-	Thalas	saemia	Car	ower Detection	Program	Date : 2/4/2
IDn	1 6 50		100	mobile No		Signature and date
001	Ashish Joiswal (1)	18)	Aga . 19	9875551245	B.Com(H)	2/9/19
002	Rhanpa paul (7		17+	6290143502	Psychology Bisc (H)	Rimpa paul
003	Bidisha Das (3		18+	97348104090	Course Tes	Bidisha Dax
004	Rahul Saha (672		19	8777050350	Commerce B. con (G1)	80/9/19 Roll & Sala
250	Isha Pal		184	7890958627	commerce B. Com (H)	Isha Paul
006	Rithir Hausda		19	8426210468	Bommeree B. Com(H)	RitarikHann
007	saheli pas		19	6296366678	commerce B-60m(61)	2/9/19 Schol: Acc 2/9/19
00 (Dobofon Sawado	lav	19	9836765770	Commerce B. Com (41)	Debusedi similal
009	aashish Kumar		19	8877463917	Commerce Bicon (41)	Ms hish keenan
010	Ashish Kumar Sh	2W	19	19477818592	Cottineree B.com(A)	shish temas
CII	Summer saypan		18	9874619503	B. Gen (H)	Sured Solar 2/9/19
012	swarnar saka		18	8296362655	BA (General)	Swahmalisaha.
013	sagarika Malik		18	8017847718	Ba(General)	Sagarika medile
014	Namata Debrat	h	19	9674476792	B. A (General)	Mounta netra
015	Social Enformance	W.	20	8583906789	BA (Heneral) (29147)	Sounda Gourna
016	Subham Schrad he	W	18	8777318586	Bise (H)	Subject Saturdie
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T	0.00	Ampata Saha Mabonty	10	F	85.5	2.8	60.8	11.7	8
- 1	072	Anpita Saha Sanchita chaknabonty Shneyansh Gupta Debjit Phamanik		M	85.5	3-1	20.8	14.6	8
	D+0	Chargeansh Gupta	198	M	84.7	3.2	10.8	16.1	9
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	079			F					
	080	Shreya hodh	204	F					
	081	Dona Mukhenjee	19						
	082	Sagar Shaw	19	M					
	083	Ossamita Nath	19	F					
	084	Moumita Dutta	18	F					
	nor	Quitto Chosh	20	F			- 1		
	086	Gropal Vos. Shaw	191M	H	84.7	3.2	20.8	13.9	9
9/3	97	Anishu Depeksingh pari	19/19	M	The same of the sa		10.8	13.8	1
	88	Avishee Singh	191	M	-		10.8		1
	89	assanith Anarad Serigh	19	M	84.3		-		1-3
	90	Dinabandhu Gadare Knishnendu Deb	18	M	81.7	3.0	20.8	15.1	10
	91	Knishnendu Deb	19	m	63.1	31.9	20.8	15.6	1
	92	Soumyadeep Singh	19	M	-	3.2	20.8	-	
	93	Rupam Halder	18	M	85.1	3.2	20.8		
	94	Natasha Squebul	19	F	852	2.9		13.9	-
	95	pronoyeeta Biswas	18	F	83.9	3.4	10.8	12.6	
	96	Dishance Mitra	20	F	85.9	3.2	20.8	12.3	
13/2	3 97	Moureusi Roy	20	F	87.0	-		Section of the latest	
	98	Moupriya Baneryer	19	F	86.0	100000000000000000000000000000000000000	10.8	12.1	
	99	Risha Ghosh	20	F	82.2	3.0	10.8	12.1	
	100		19	M	83.8	2.9	60.8	15.8	
	101	anachi a al	20	F	85.8	1.6	10.8	13.6	
	102		20	M	83.7	3.3	401	3 16.7	
	102		18	F	76.2	2.9	10.8		
		1 Sneha modar	19		STATE OF THE PERSON NAMED IN	3.0			
	10	5 Reyanka Shil	20	F	83.0				
	10	Trushita Saha	20	F	83.0	The same of the same of	The state of the s		
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		20	M	80:4	3.4	20.8	15
108	Dalaid Sazkaz	21	H	878.5	3.3	60.8	15
109	Hiranyo Banerjee	19	ay	81.8	3.2	20.8	14
110	Sajal Mondol	19	M	80.6	3.2	60.8	10
111	Biswaclip Saha	19	M	80.0	3.3	20.8	1
112	Debjit Adak	19	F	82.7	3.2	10.8	1
113	Sudipa Ghosh	18	F	83.0		20.8	110
114	Sneha pal Chaudhuri		C	81.6	3.5	L0.8	1
115	Savastrika Biscelas Sachismita Ghosh	19	1			10.8	+

Our College has a dedicated Centre for Carrier detection Programme of Thalassemia.

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Report of the Proram

Initiation of Carrier detection Programme of Thalassemia was started again by pilot study with 18 students and one teaching and one Non-Teaching staffsas cases and report will be given afterwards.

After Lock-down period, Thalassemia Centre was re-initiated. However, due to long period of inactivity the machine was acting properly.

Till date 116 candidates were checked for detection of Carrier for Thalassemia and Reports have given.

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website: www.brsn.in

CENTRE FOR THALASSAEMIA ERADICATION

85, Middle Road, Barrackpore, Pin - 700120 Telephone - 2594-5270 / 2592-0603 Fax - 2594-5270, E.Mail-brscl@vsnl.net

Patient Name: NTWIK Hansda

ID Number Referred by

Received on Reported on :

REPORT

HEMOGRAM

(Done by Automated Hematology Analyzer SYSMEX KX-21)

Hb: 13-4 MCV: 90.0 MCH: 28.4 MCHC: 31-5PCV: 42-4

RDW - CV : 12-9

HPLC OF HAEMOGLOBIN

(Variant Beta Thalassaemia Short Programme, BIO-RAD)

Hb F Hb A0 Hb A2 Hb S Hb D Unknown 1

COMMENT :

Consistant with Normal Pattern

Remarks:

- 1. Normal sample Hb A2 Cut off is 3.5% and Hb F is < 1.0.
- 2. Normal Value of Hb. MCV. MCH. MCHC. PCV. RDW-CV are 11.5-16.5 g/dl, 80-96 fl, 27-31 pg, 32-36%, 37-49%, 12-15%.
- 3. Laboratories additionally need to check for red cell indices and do tests that determine the iron status to rule out iron deficiency anaemia and confirm the thalassaemia status, Iron deficiency tends to reduce 11b A2 and sometimes gives Hb A2 values on the borderline.

Signature of the Doctor

(With Autonomous Post Graduate Courses)

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033-2594-5270

mail: brsc1953@gmail.com

website: www.brsn.in

CENTRE FOR THALASSAEMIA ERADICATION

85, Middle Road, Barrackpore, Pin - 700120 Telephone - 2594-5270 / 2592-0603 Fax - 2594-5270, E.Mail-brsc1@vsnl.net

Patient Name: iD Number

Referred by

Samples Biswas

036

Received on : 03.02.202.0

Reported on Age / Sex 27/M

REPORT

HEMOGRAM

(Done by Automated Hematology Analyzer SYSMEX KX-21)

Hb : 18:3 MCV : 9751 MCH : 40.1 MCHC : 413 PCV : 44.3

RDW - CV : 12-11,

HPLC OF HAEMOGLOBIN

(Variant Beta Thalassaemia Short Programme, BIO-RAD)

Hb F Hb A0 Hb A2 Hb S Hb D Unknown 1

COMMENT :

Consistant with Normal Pattern.

Remarks :

- 1. Normal sample Hb A2 Cut off is 3.5% and Hb F is < 1.0.
- 2. Normal Value of Hb. MCV. MCH. MCHC, PCV, RDW-CV are 11.5-16.5 g/dl. 80 96 fl. 27-31 pg. 32-36%, 37-49%, 12-15%.
- 3. Laboratories additionally need to check for red cell indices and do tests that determine the iron status to rule out iron deficiency anaemia and confirm the thalassaemia status. Iron deficiency tends to reduce Hb A2 and sometimes gives Hb A2 values on the borderline.

Signature of the Doctor

(With Autonomous Post Graduate Courses)

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mail: brsc1953@gmail.com

website: www.brsn.in

CENTRE FOR THALASSAEMIA ERADICATION

Middle Road, Barrackpore, Pin - 700120
 Telephone - 2594-5270 / 2592-0603
 Fax - 2594-5270, E.Mail-brsc1@vsnl.net

Patient Name :

Sukana Bhalachartee

ID Number Referred by 824

Received on : 9/9/19

Reported on Age / Sex 16/11/1

REPORT

HEMOGRAM

(Done by Automated Hematology Analyzer SYSMEX KX-21)

Hb: 13.5 MCV: 92.2 MCH: 309 MCHC: 33.12CV: 46.7

RDW - CV : 12-1

HPLC OF HAEMOGLOBIN
(Variant Beta Thalassaemia Short Programme, BIO-RAD)

COMMENT: Consistant with Normal Pattern.

Remarks :

- 1. Normal sample Hb A2 Cut off is 3.5% and Hb F is < 1.0.
- Normal Value of Hb, MCV, MCH, MCHC, PCV, RDW-CV are 11.5-16.5 g/dl. 80-96 fl. 27-31 pg. 32-36%, 37-49%, 12-15%.
- Laboratories additionally need to check for red cell indices and do tests that
 determine the iron status to rule out iron deficiency anaemia and confirm
 the thalassaemia status. Iron deficiency tends to reduce Hb A2 and sometimes
 gives Hb A2 values on the borderline.

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Signature of the Doctor

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85. Middle Road, Barrackpore, Pin - 700120 Telephone - 2594-5270 / 2592-0603 Fax - 2594-5270. E.Mail-brsc1@vsnl.net

ID Number Referred by

Patient Name: Pallabi Kumari

046

Received on Reported on

10-02-2020 11-02-2020

Age / Sex 2-of F

REPORT

HEMOGRAM

(Done by Automated Hematology Analyzer SYSMEX KX 21)

Hb : 11.5 MCV : 84.8 MCH : 2-9.6 MCHC 349 PCV 350

RDW - CV : 12.3

HPLC OF HAEMOGLOBIN (Variant Beta Thalassaemia Short Programme, BIO-RAD)

> 8.07 Hb F 86.2-Hb A0 Hb A2 300 Hb S Hb D Unknown 1

ensistant with Normal Pattern

Remarks :

- 1. Normal sample Hb A2 Cut off is 3.5% and Hb F is < 1.0.
- Normal Value of Hb. MCV. MCH. MCHC. PCV. RDW-CV are 11.5-16.5 g/dl. 80-96 fl. 27-31 pg. 32-36%, 37-49%, 12-15%,
- Laboratories additionally need to check for red cell indices and do tests that determine the iron status to rule out iron deficiency anaemia and confirm the thalassaemia status, Iron deficiency tends to reduce Hb A2 and sometimes gives Hb A2 values on the borderline.

DR. (CAPT) S. K. GOPE FC G.P. HIAGE Signature of the Doctor

(With Autonomous Post Graduate Courses)

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mail: brsc1953@gmail.com

website: www.brsn.in

CENTRE FOR THALASSAEMIA ERADICATION

 Middle Road, Barrackpore, Pin - 700120 Telephone - 2594-5270 / 2592-0603 Fax - 2594-5270, E.Mail-brsc1@vsnl.net

Patient Name: Nikita. Ghosh

1D Number : 061

Referred by

Received on : 17-2-2020

Reported on : 18-2-2020 Age / Sex : 18/6

REPORT

HEMOGRAM

(Done by Automated Hematology Analyzer SYSMEX KX-21)

Hb : 13.3 MCV :85-6 MCH : 294 MCHC : 34 7 PCV : 38-2

RDW - CV : 11.9

HPLC OF HAEMOGLOBIN

(Variant Beta Thalassaemia Short Programme, BIO-RAD)

8.07 Hb F НЬ АО Нь А2 Hb S Hh D Unknown 1

COMMENT :

Remarks:

Consistant with Hormal Pattern.

- 1. Normal sample Hb A2 Cut off is 3.5% and Hb F is < 1.0.
- Normal Value of Hb, MCV, MCH, MCHC, PCV, RDW-CV are 11.5-16.5 g/dl, 80-96 fl, 27-31 pg, 32-36%, 37-49%, 12-15%.
- 3. Laboratories additionally need to check for red cell indices and do tests that determine the iron status to rule out iron deficiency anaemia and confirm the thalassaemia status. Iron deficiency tends to reduce Hb A2 and sometimes gives Hb A2 values on the borderline.

Signature of the Doctor DR. (CAPT) S. K. GOPE BSC MORS

(With Autonomous Post Graduate Courses)

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033-2594-5270

mail: brsc1953@gmail.com

website: www.brsn.in

CENTRE FOR THALASSAEMIA ERADICATION

85. Middle Road, Barrackpore, Pin - 700120 Telephone - 2594-5270 / 2592-0603 Fax - 2594-5270, E.Mail-brsc1@vsnl.net

Patient Name: DR. Malini Basu

ID Number : 056 Referred by

Received on : 11-2-2020

Reported on : 18.2. 2020 Age / Sex : 51.5

511F

REPORT

HEMOGRAM

(Done by Automated Hematology Analyzer SYSMEX KX-21)

Hb : 13.8 MCV :85.9 MCH :31.9 MCHC :37.1PCV : 37.2

RDW - CV : 13-8

HPLC OF HAEMOGLOBIN (Variant Beta Thalassaemia Short Programme, BIO-RAD)

> Hb F Hb A0 Hb A2 Hb S Hb D Unknown I

COMMENT :

Remarks :

Consistant with Hormal Pattern.

- Normal sample Hb A2 Cut off is 3.5% and Hb F is < 1.0.
- Normal Value of Hb. MCV. MCH, MCHC, PCV, RDW CV are 11.5-16.5 g/dl, 80-96 fl. 27-31 pg. 32-36%. 37-49%. 12-15%.
- Laboratories additionally need to check for red cell indices and do tests that determine the iron status to rule out iron deficiency anaemia and confirm the thalassaemia status, from deficiency tends to reduce Hb A2 and sometimes gives Hb A2 values on the borderline.

Signature of the Doctor DR. (CAPT) S. K. GOPE FC G.P FIAGE