



# Karimpur Pannadevi College

Estd.- 1968

**P.O.- Karimpur, Dist.- Nadia, Pin- 741152, W.B.**

E-mail ID : pannadevi\_college@rediffmail.com

Website : Karimpurpannadevicollege.ac.in

Ph.- (03471) 255 158, Fax- (03471) 255 158

Ref. No. ....

Date .....

*From, The Principal / Teacher in - Charge / Secretary*

## NOTICE

Date: 20/12/2019

It is notified for the Girls' students of all honours (1<sup>st</sup>, 3<sup>rd</sup> semester and 3<sup>rd</sup> year) that the Department of Physical Education of Karimpur Pannadevi College is going to organise a certificate Course in "Self Defence" on and from 9<sup>th</sup>, 10<sup>th</sup> January and 14<sup>th</sup>-18<sup>th</sup> January, 2020 in collaboration with Women Cell of this college. The interested Girls' students are requested to register for the course online by login the college website. Total seat for this course is 40 and only the first 40 register (following the First come first serve method) students will be allowed to participate in this certificate course. Certificate will be provided only those who will attend complete 7 days' schedule (attached on the brochure).

Registration is Free and students can register themselves from the college web page. Last of registration is 04/01/2020.

For any query or detail information kindly contact with Dr. Sujit Kumar Biswas(9733750080), Caretaker Officer, NCC , Karimpur Pannadevi College Unit.



*S. Pal*  
20/12/19  
Teacher-In-Charge  
Karimpur Pannadevi College  
P.O.Karimpur, Dist. Nadia





# Karimpur Pannadevi College

Estd.- 1968

**P.O.- Karimpur, Dist.- Nadia, Pin- 741152, W.B.**

E-mail ID : pannadevi\_college@rediffmail.com

Website : Karimpurpannadevicollege.ac.in

Ph.- (03471) 255 158, Fax- (03471) 255 158

Ref. No. 14/737.....

Date 20-12-2019

*From, The Principal / Teacher in - Charge / Secretary*

To

Mr. Madhobendu Mandal

Black Belt (Shodan)

Karimpur Karate Centre

Karimpur, Nadia, PIN-741152

**Subject: Invitation for acting as a Chief Resource Person in the certificate Course on Self Defence, organised by Department of Physical Education in collaboration with Women Cell, Karimpur Pannadevi College.**

Respected Sir,

Let me have the pleasure to inform you that the Department of Physical Education of our college is going to organise a Certificate Course on "Self Defence" for our Girls Student on and from 9<sup>th</sup>-10<sup>th</sup> January and 14<sup>th</sup>-18<sup>th</sup> January 2020 at college campus in collaboration with Women Cell of our college. Now to motivate our students and to familiar them about different physical techniques or defence mechanism on the said course we request you to be act as a resource person in this programme. We believe your valuable guidance, experience and practical classes will enrich them and enhance their skill to protect themselves.

Thanking you in anticipation with a favourable response, I remained.

*Pratima Das 21.12.19*  
Department of Physical Education  
Karimpur Pannadevi College  
P.O. Karimpur, Dist Nadia  
West Bengal. Pin:- 741152



*Pratima Das 21.12.19*  
Teacher in-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia

**ATTESTED**

*Shirish 20/12/2019*  
Teacher-In-Charge

Karimpur Pannadevi College



## CERTIFICATE COURSE ON SELF DEFENCE

Empowering the Girls  
9th-10th and 14th-18th January, 2020



To introduce a self defence mechanism for our Girls' student a certificate course is arranged for them of all Honours( regular). Total duration of the course is 35 hours (7days). Registration is free. Seat capacity 40. Last date of Registration is 04/01/2020.

To Register your name – log in college website

Organised by  
Physical Education Department  
in Collaboration with  
Women Cell Karimpur  
Pannadevi College, Karimpur,  
Nadia

Website:  
[karimpurpannadevicollege.ac.in](http://karimpurpannadevicollege.ac.in)

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*[Signature]* 04/01/2020

Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



### COURSE CONTENT

|                                                         |           |
|---------------------------------------------------------|-----------|
| 1. Easy self-defence safety tips and weakness           |           |
| 2. Points of body, How to defence yourself?             | Theory    |
| P.T., Hand Strike, palm strike                          | Practical |
| 3. Wrist grab defence & Nake grab defence               |           |
| A. Wrist looks for the street                           |           |
| B. How to escape a one and two hands grab easily        | Theory    |
| P.T., Hand Strike, Knife Hand strike                    | Practical |
| 4. Clothe grab & kidnaping defence                      |           |
| A. Defend against from shirt grab                       |           |
| B. Pressure points against grab                         |           |
| C. Defence against kidnap, kidnapping Attempt from bear | Theory    |
| P.T., kick, Hammer fists                                | Practical |
| 5. Hair grab defence                                    |           |
| A. Defend against back and side hair pull               |           |
| B. Against hair from side and front                     | Theory    |
| P.T., Hand Strike, kick                                 | Practical |
| 6. Bear hug defence                                     |           |
| A. Defend against front and rear                        |           |
| B. Bear hug from behind and from                        | Theory    |
| P.T., Hand Strike, kick                                 | Practical |
| 7. Choke defence                                        |           |
| A. Against choke from side, front and behind            |           |
| B. Against one handed choke                             |           |
| C. Defend against multiple attackers                    |           |
| D. Head lock defence, Knife and guns defence            | Theory    |
| P.T., Hand Strike, kick                                 | Practical |
| Examination (Field & viva)                              |           |

**Note: The classes will be distributed on the theory and practical basis. Please follow the schedule of classes mentioned bellow.**

**ATTESTED** 2020  
[Signature]



## Schedule of Classes

### Day-1 (09/01/2020, Thursday)

|                                                         |               |
|---------------------------------------------------------|---------------|
| Registration                                            | 10:00 - 10:30 |
| Welcome Address by Sri Kaustav Bhattacharyya (TIC)      | 10:30 - 10:45 |
| Relevance of the Certificate course by                  |               |
| Kakali Bandhyapadhyia (Convener, Women Cell)            | 10:45 - 11:00 |
| Felicitatation of Resource Person Sri Madhobendu Mondal | 11:00 - 11:15 |

| <u>Topic</u>                                           | <u>Theory/ Practical</u> | <u>Time</u>  |
|--------------------------------------------------------|--------------------------|--------------|
| Self defence (An Introductory note) by                 |                          |              |
| Purnima Pattandar, Guest teacher,                      |                          | 11:15-12:00  |
| Dept. Physical Education                               |                          |              |
| Introducing the course pattern and schedule of classes |                          | 12:00-12:30( |
| ( By Madhabendu Mondal, Bkack Belt, Shodan)            |                          |              |
| Easy self-defence safety tips and weakness             | Theory                   | 12:30-1:30   |
| Points of body, How to defence yourself?               |                          |              |
| P.T., Hand Strike, palm strike                         | Practical                | 2:00-4:00    |

### Day-2 (10/01/2020, Friday)

|                                                  |           |             |
|--------------------------------------------------|-----------|-------------|
| Wrist grab defence & Nake grab defence           |           |             |
| 1; Wrist looks for the street                    |           |             |
| 2; How to escape a one and two hands grab easily | Theory    | 10:30-12:30 |
| P.T., Hand Strike, Knife Hand strike             | Practical | 1:00-4:00   |

### Day-3(14/01/2020, Tuesday)

|                                       |           |             |
|---------------------------------------|-----------|-------------|
| Clothe grab & kidnaping defence       |           |             |
| 1; Defend against from shirt grab     |           |             |
| 2; Pressure points against grab       |           |             |
| 3; Defence against kidnap, kidnapping |           |             |
| Attempt from bear                     | Theory    | 10:30-12:30 |
| P.T., kick, Hammer fists              | Practical | 1:00-4:00   |

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 09/01/2020

**Day-4** (15/01/2020, Wednesday)

Hair grab defence

1; Defend against back and side hair pull

2; Against hair from side and front Theory 10:30-12:30

P.T., Hand Strike, kick Practical 1:00-4:00

**Day-5** (16/01/2020, Thursday)

Bear hug defence

1; Defend against front and rear

2; Bear hug from behind and from Theory 10:30-12:30

P.T., Hand Strike, kick Practical 1:00-4:00

**Day-6** (17/01/2020, Friday)

Choke defence

1; Against choke from side, front and behind

2; Against one handed choke

3; Defend against multiple attackers

4; Head lock defence, Knife and guns defence Theory 10:30-12:30

P.T., Hand Strike, kick Practical 1:00-4:00

**Day-7** (18/01/2020, Saturday)

Examination (Field & viva) 10:30-12:00

Closing address by Sri Kaustav Bhattacharyya (TIC) 12:00-12:15

Distribution of Certificate 12:15-12:45

Valedictory address by Kakali Bandhyapadhya ( Convener, Women Cell) 12:45-1:00

**ATTESTED**

  
**Teacher-In-Charge**  
**Karimpur Pannadevi College**  
**P.O. Karimpur, Dist. Nadia**



To

The Teacher-In-Charge

Karimpur Pannadevi College

Karimpur, Nadia

Sub: Application for permission for organizing a certificate course on 'Self defense'.

Sir,

We have decided to organize a certificate course on 'Self defense' on January, 9<sup>th</sup>, 10<sup>th</sup> and 14<sup>th</sup> to 18<sup>th</sup> 2020. The aforementioned course will be organized by Physical Education Department in association with Women Cell of Karimpur Pannadevi College.

Kindly give permission and oblige thereby.

Thanking you and waiting for your kind permission.

Yours faithfully,

*Kakali Bandyopadhyay*  
(Kakali Bandyopadhyay) 18/12/2019

*You are Allowed to proceed.  
Please conduct the course*  
*18/12/19*

Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia

✓  
**ATTÉSTED**

*[Signature]*  
Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



|    |                   |            |            |   |         |          |                                                                                  |            |            |
|----|-------------------|------------|------------|---|---------|----------|----------------------------------------------------------------------------------|------------|------------|
| 22 | Susmita Mondal    | 07/08/2001 | 19110214   | F | Bengali | 2nd      | <a href="mailto:mandalpoli123@gmail.com">mandalpoli123@gmail.com</a>             | 9593391810 | 03/01/2020 |
| 23 | Peu Dey           | 03/04/1999 | 1142201828 | F | History | 3rd Year | <a href="mailto:peudey888@gmail.com">peudey888@gmail.com</a>                     | 9382804139 | 03/01/2020 |
| 24 | Madhumita Halder  | 21/11/1998 | 1142201854 | F | History | 3rd Year | <a href="mailto:madhumitah20@gmail.com">madhumitah20@gmail.com</a>               | 8371026014 | 03/01/2020 |
| 25 | Sumita Biswas     | 06/03/2001 | 18110211   | F | Bengali | 3rd      | <a href="mailto:biswassumita363@gmail.com">biswassumita363@gmail.com</a>         | 9733202501 | 03/01/2020 |
| 26 | Sharmistha Biswas | 07/08/2000 | 18110207   | F | Bengali | 3rd      | <a href="mailto:biswassharistha2000@gmail.com">biswassharistha2000@gmail.com</a> | 9775653803 | 03/01/2020 |
| 27 | Sampa Pal         | 07/08/2001 | 19110160   | F | Bengali | 1st      | <a href="mailto:sampapal078@gmail.com">sampapal078@gmail.com</a>                 | 7074239511 | 03/01/2020 |
| 28 | Suparna Mondal    | 11/01/2002 | 19110208   | F | Bengali | 1st      | <a href="mailto:suparnamondal329@gmail.com">suparnamondal329@gmail.com</a>       | 6294645958 | 03/01/2020 |
| 29 | Priya Biswas      | 27/10/2001 | 19110109   | F | Bengali | 1st      | <a href="mailto:privabiswaspb2001@gmail.com">privabiswaspb2001@gmail.com</a>     | 8145183549 | 04/01/2020 |
| 30 | Sneha Baidya      | 11/01/2002 | 19110182   | F | Bengali | 1st      | <a href="mailto:snehabaidya4@gmail.com">snehabaidya4@gmail.com</a>               | 7047621312 | 04/01/2020 |
| 31 | Amrita Sarkar     | 30/07/1999 | 18110009   | F | Bengali | 3rd      | <a href="mailto:amritasarkar859@gmail.com">amritasarkar859@gmail.com</a>         | 8597932154 | 03/01/2020 |
| 32 | Puja Pal          | 04/02/2001 | 18110096   | F | Bengali | 3rd      | <a href="mailto:impujapal@gmail.com">impujapal@gmail.com</a>                     | 8967885405 | 03/01/2020 |
| 33 | Emi Karmakar      | 30/08/2001 | 18110041   | F | Bengali | 3rd      | <a href="mailto:ekarmakar01@gmail.com">ekarmakar01@gmail.com</a>                 | 9734607823 | 03/01/2020 |
| 34 | Mandira Ghosh     | 17/12/2000 | 18110065   | F | Bengali | 3rd      | <a href="mailto:mandiraghosh122000@gmail.com">mandiraghosh122000@gmail.com</a>   | 9083333479 | 04/01/2020 |
| 35 | Arpita Mondal     | 04/04/1999 | 111220182  | F | Bengali | 3rd      | <a href="mailto:mandalarpit1999@gmail.com">mandalarpit1999@gmail.com</a>         | 9679173927 | 03/01/2020 |
| 36 | Puja pal          | 01/10/2001 | 18120031   | F | English | 3rd      | <a href="mailto:lampujapal071@gmail.com">lampujapal071@gmail.com</a>             | 9609192135 | 03/01/2020 |
| 37 | Anindita Halder   | 17/08/2001 | 19110236   | F | Bengali | 1st      | <a href="mailto:hshilpa073@gmail.com">hshilpa073@gmail.com</a>                   | 8509398834 | 03/01/2020 |
| 38 | Arpita Majumder   | 31/01/2001 | 18140008   | F | History | 3rd      | <a href="mailto:arpitabanti8@gmail.com">arpitabanti8@gmail.com</a>               | 8436054611 | 03/01/2020 |
| 39 | Priya Ghosh       | 18/11/2000 | 18140068   | F | History | 3rd      | <a href="mailto:pg011275@gmail.com">pg011275@gmail.com</a>                       | 843679890  | 03/01/2020 |
| 40 | Purba Sanyal      | 30/05/2002 | 19110122   | F | Bengali | 1st      | <a href="mailto:purbasanyal17@gmail.com">purbasanyal17@gmail.com</a>             | 8436709909 | 03/01/2020 |
| 41 | Suparna Biswas    | 15/09/2001 | 19110207   | F | Bengali | 1st      |                                                                                  | 8640964522 | 03/01/2020 |
| 42 | Dipanwita Debnath | 08/01/2001 | 18110036   | F | Bengali | 3rd      | <a href="mailto:dipanwitadebnath54@gmail.com">dipanwitadebnath54@gmail.com</a>   | 8436388879 | 03/01/2020 |
| 43 | Priti Mandal      | 24/08/2000 | 18110091   | F | Bengali | 3rd      | <a href="mailto:mandalpriti248@gmail.com">mandalpriti248@gmail.com</a>           | 7384086601 | 03/01/2020 |
| 44 | Tabisha Pal       | 17/10/2000 | 18140137   | F | History | 3rd      | <a href="mailto:tabishapal006@gmail.com">tabishapal006@gmail.com</a>             | 8372087848 | 03/01/2020 |
| 45 | Riya Mandal       | 18/10/2001 | 19110136   | F | Bengali | 1st      | <a href="mailto:mriya1473@gmail.com">mriya1473@gmail.com</a>                     | 9641108300 | 03/01/2020 |
| 46 | Diya Mandal       | 30/09/2001 | 19110041   | F | Bengali | 1st      | <a href="mailto:cscbiswajitdas@gmail.com">cscbiswajitdas@gmail.com</a>           | 9564571390 | 03/01/2020 |
| 47 | Dishari Dutta     | 02/02/2001 | 18110039   | F | Bengali | 3rd      | <a href="mailto:dishari.dutta90@gmail.com">dishari.dutta90@gmail.com</a>         | 8327838585 | 03/01/2020 |
| 48 | Rumki Sarkar      | 19/08/2000 | 18110116   | F | Bengali | 3rd      | <a href="mailto:rumkisarkar0321@gmail.com">rumkisarkar0321@gmail.com</a>         | 8695493907 | 03/01/2020 |

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Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



|    |                 |            |          |   |            |     |                                                                                |            |            |
|----|-----------------|------------|----------|---|------------|-----|--------------------------------------------------------------------------------|------------|------------|
| 49 | Jhumki Sarkar   | 09/04/2002 | 19110054 | F | Bengali    | 1st | <a href="mailto:sarkarjhumki5@gmail.com">sarkarjhumki5@gmail.com</a>           | 9083424230 | 03/01/2020 |
| 50 | Shreya Roy      | 18/06/2001 | 18110209 | F | Bengali    | 3rd | <a href="mailto:roy.tuftuli18@gmail.com">roy.tuftuli18@gmail.com</a>           | 9382444788 | 03/01/2020 |
| 51 | Sanchita Sarkar | 02/12/2000 | 18110206 | F | Bengali    | 3rd | <a href="mailto:sanchitasarkar1123@gmail.com">sanchitasarkar1123@gmail.com</a> | 9735000370 | 03/01/2020 |
| 52 | Sampriti Biswas | 21/08/2001 | 19110162 | F | Bengali    | 1st | <a href="mailto:sampritiswas800@gmail.com">sampritiswas800@gmail.com</a>       | 8001549645 | 03/01/2020 |
| 53 | Sujeshna Biswas | 30/06/2001 | 19110202 | F | Bengali    | 1st | <a href="mailto:sujeshna4444@gmail.com">sujeshna4444@gmail.com</a>             | 7797298341 | 03/01/2020 |
| 54 | Dipika Nag      | 20/08/2002 | 19120019 | F | English    | 1st | <a href="mailto:nagdipika2002@gmail.com">nagdipika2002@gmail.com</a>           | 8945039911 | 04/01/2020 |
| 55 | Rasia Khatun    | 02/05/2000 | 81150015 | F | Philosophy | 4th | <a href="mailto:rasiakhatun969@gmail.com">rasiakhatun969@gmail.com</a>         | 8695496391 | 04/01/2020 |
| 56 | Taniya malitha  | 22/12/2000 | 1110178  | F | Bengali    | 3rd | <a href="mailto:taniyamalitha123@gmail.com">taniyamalitha123@gmail.com</a>     | 7718658681 | 04/01/2020 |
| 57 | mamoni Khatun   | 01/12/2000 | 18110063 | F | Bengali    | 3rd | <a href="mailto:iammamoni.khatun00@gmail.com">iammamoni.khatun00@gmail.com</a> | 8100981336 | 04/01/2020 |
| 58 | Priyanka Biswas | 07/01/2002 | 19110112 | F | Bengali    | 1st | <a href="mailto:mandalmp8@gmail.com">mandalmp8@gmail.com</a>                   | 8145644096 | 04/01/2020 |

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*[Signature]*

Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia





# Registration Sheet for Certificate Course on Self-Defence (9, 10, 14-18 January 2020)

| Sl No. | Full Name            | Date of Birth | College ID | Gen | Department | Semester | Email                                                                          | Contract ID | Date of Reg. |
|--------|----------------------|---------------|------------|-----|------------|----------|--------------------------------------------------------------------------------|-------------|--------------|
| 1      | Tania Halder         | 30/08/2001    | 19140169   | F   | History    | 1st      | <a href="mailto:htaniya233@gmail.com">htaniya233@gmail.com</a>                 | 9734036840  | 03/01/2020   |
| 2      | Rimpa Halder         | 24/08/2000    | 19140111   | F   | History    | 1st      | <a href="mailto:rrimpahalder@gmail.com">rrimpahalder@gmail.com</a>             | 8327305858  | 03/01/2020   |
| 3      | Sima Mandal          | 31/12/2000    | 19140145   | F   | History    | 1st      | <a href="mailto:1122slmamandal1122@gmail.com">1122slmamandal1122@gmail.com</a> | 9064196254  | 03/01/2020   |
| 4      | Mandira Sarkar       | 19/05/2002    | 19140057   | F   | History    | 1st      | <a href="mailto:sarkarmandira51@gmail.com">sarkarmandira51@gmail.com</a>       | 7863962608  | 03/01/2020   |
| 5      | Koyel Pramanik       | 09/06/2001    | 19140052   | F   | History    | 1st      |                                                                                | 8145071195  | 03/01/2020   |
| 6      | Anindita Ghosh       | 03/11/2001    | 19110010   | F   | Bengali    | 1st      | <a href="mailto:aninditaghosh407@gmail.com">aninditaghosh407@gmail.com</a>     | 8670483126  | 03/01/2020   |
| 7      | Poulami Ghosh        | 13/09/1999    | 19140083   | F   | History    | 1st      | <a href="mailto:poulami.g13@gmail.com">poulami.g13@gmail.com</a>               | 9732008131  | 03/01/2020   |
| 8      | Madhuchhanda Bhaumik | 17/11/1999    | 19140054   | F   | History    | 1st      | <a href="mailto:madhumalachhand31@gmail.com">madhumalachhand31@gmail.com</a>   | 9647114359  | 03/01/2020   |
| 9      | Beauty Pramanik      | 16/07/2002    | 19110029   | F   | Bengali    | 1st      | <a href="mailto:beauty.reply2002@gmail.com">beauty.reply2002@gmail.com</a>     | 8016424676  | 03/01/2020   |
| 10     | Anusree Pal          | 13/11/2000    | 18110012   | F   | Bengali    | 3rd      | <a href="mailto:anusreepal40@gmail.com">anusreepal40@gmail.com</a>             | 8372994518  | 03/01/2020   |
| 11     | Kanika Sarkar        | 01/11/2001    | 19110059   | F   | Bengali    | 1st      | <a href="mailto:kanikasarkar2019@gmail.com">kanikasarkar2019@gmail.com</a>     | 9734538041  | 03/01/2020   |
| 12     | Dipika Saha          | 24/08/2002    | 19110039   | F   | Bengali    | 1st      | <a href="mailto:koyelpramanik169@gmail.com">koyelpramanik169@gmail.com</a>     | 8170962713  | 03/01/2020   |
| 13     | Rushi Pramanik       | 03/01/2002    | 19140119   | F   | History    | 1st      | <a href="mailto:arpi.saha.540@gmail.com">arpi.saha.540@gmail.com</a>           | 9002346272  | 03/01/2020   |
| 14     | Esha Halder          | 24/05/2002    | 19140036   | F   | History    | 1st      | <a href="mailto:haldaresha4@gmail.com">haldaresha4@gmail.com</a>               | 9002502424  | 03/01/2020   |
| 15     | Suchitra Mondal      | 03/10/2000    | 18110151   | F   | Bengali    | 3rd      | <a href="mailto:suchitramondal0910@gmail.com">suchitramondal0910@gmail.com</a> | 9382114849  | 03/01/2020   |
| 16     | Dipika Pal           | 04/12/2000    | 18110037   | F   | Bengali    | 3rd      | <a href="mailto:dipikaown@gmail.com">dipikaown@gmail.com</a>                   | 6296242897  | 03/01/2020   |
| 17     | Sujata Mondal        | 24/04/2001    | 19110201   | F   | Bengali    | 1st      |                                                                                | 9064479196  | 03/01/2020   |
| 18     | Asima Dey            | 04/09/2001    | 19110238   | F   | Bengali    | 1st      |                                                                                | 7863906177  | 03/01/2020   |
| 19     | Shefali Mandal       | 23/03/2001    | 18110130   | F   | Bengali    | 3rd      | <a href="mailto:shefalimandal78@gmail.com">shefalimandal78@gmail.com</a>       | 7583983600  | 03/01/2020   |
| 20     | Poli Karmakar        | 28/08/1998    | 1112201887 | F   | Bengali    | 3rd Year | <a href="mailto:polikarmakar72@gmail.com">polikarmakar72@gmail.com</a>         | 8768224172  | 03/01/2020   |
| 21     | Mousumi Mondal       | 03/04/2001    | 19110078   | F   | Bengali    | 2nd      | <a href="mailto:mousumimondal7680@gmail.com">mousumimondal7680@gmail.com</a>   | 7718492811  | 03/01/2020   |

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20/01/20

Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 9th January, 2020

| Sl No. | Name                      | Department | Semester | College Id              | Arrival Time | Signature                 | Departure Time |
|--------|---------------------------|------------|----------|-------------------------|--------------|---------------------------|----------------|
| 25     | SUPARNABISWAS             | BANG       | 1st      | 19110207                | 9.44         | Suparna Biswas            | 3.45           |
| 26     | PRIYA DAS                 | BANG       | 1st      | 19110110                | 9.44         | Priya Das                 | n              |
| 27     | Beauty Pramanik           | BANA       | 1st      | 19110029                | 10.54        | Beauty Pramanik           | n              |
| 28     | Trishna Sarkar            | BANA       | 1st      | 19110225                | 10.54        | Trishna Sarkar            | n              |
| 29     | Anindita Ghosh            | BANG       | 1st      | 19110020                | 10.55        | Anindita Ghosh            | n              |
| 30     | Riya Mandal               | BANG       | 1st      | 19110136                | 10.55        | Riya Mandal               | n              |
| 31     | Purba Sanyal              | BANG       | 1st      | 19110122                | 10.58        | Purba Sanyal              | n              |
| 32     | Priyanka Biswas           | BANG       | 1st      | 19110112                | 10.58        | Priyanka Biswas           | n              |
| 33     | Dipika Saha               | BANG       | 1st      | 19110039                | 10.59        | Dipika Saha               | n              |
| 34     | Panna Sarkar              | BANG       | 1st      | 19110097                | 11.00        | Panna Sarkar              | n              |
| 35     | Konika Sarker             | BANG       | 1st      | 19110059                | 11.00        | Konika Sarker             | n              |
| 36     | Laxmi Das                 | BANG       | 1st      | 19110063                | 11.02        | Laxmi Das                 | n              |
| 37     | Ananya Sarkar             | BANG       | 1st      | 19110009                | 11.02        | Ananya Sarkar             | n              |
| 38     | Trish                     |            |          |                         |              |                           |                |
| 39     | Snigdha Saha              | BANG(H)    | 1st      | 191100182               | 11.03        | Snigdha Saha              | n              |
| 40     | Suparna Mondal            | BANG(H)    | 1st      | 19110208                | 11.04        | Suparna Mondal            | n              |
| 41     | Priya Halder              | BANG       | 1st      | 19110111                | 11.05        | Priya Halder              | n              |
| 42     | Anindita Halder           | BANG       | 1st      | 19110236                | 11.06        | Anindita Halder           | n              |
| 43     | Dipa Mondal               | Beng       | 1st      | 19110041                | 11.07        | Dipa Mondal               | n              |
| 44     | Madhuchhanda Bhattacharya | Hist       | 1st      | 19140054                | 11.08        | Madhuchhanda Bhattacharya | n              |
| 45     | Poulami Ghosh             | Hist(H)    | 1st      | 19140083                | 11.08        | Poulami Ghosh             | n              |
| 46     | Peu Dey                   | Hist(H)    | 3rd      | 938280439<br>1142201828 | 11:16        | Peu Dey                   | n              |
| 47     | POLI KARMAKAR             | BENG(H)    | 3rd      | 1112201887              | 11:16        | poli karmakar             | n              |
| 48     | Tantra Halder             | Hist       | 1st      | 19140169                | 11:17        | Tantra Halder             | n              |
| 49     | Rimpa Halder              | Hist       | 1st      | 19140111                | 11:18        | Rimpa Halder              | n              |



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
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Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 9th January, 2020

| Sl No. | Name              | Department | Semester | College Id | Arrival Time | Signature         | Departure Time |
|--------|-------------------|------------|----------|------------|--------------|-------------------|----------------|
| 49     | Rimpa Halder      | History(H) | 1st      | 19140111   | 11:18        | Rimpa Halder      | 3:45           |
| 50     | Puja Pal          | English(H) | 3rd      | 18120031   | 11:30        | Puja Pal          | "              |
| 51     | Madhumita Halder  | History(H) | 3rd year | 114220854  | 11:31        | Madhumita Halder  | "              |
| 52     | Sima Mandal       | " (H)      | 1st      | 19140145   | 11:32        | Sima Mandal       | "              |
| 53     | MANDIRA SARKAR    | " (H)      | 1st      | 19140057   | 11:40        | mandira sarkar    | "              |
| 54     | Anpita Majumder   | Hist(H)    | 3rd sem  | 18140008   | "            | Anpita Majumder   | "              |
| 55     | Arpita Mondal     | Beng(H)    | 3rd year | 111220182  | "            | Arpita Mondal     | "              |
| 56     | Jhumnxi Sarkar    | Beng(H)    | 1st      | 19110054   | "            | Jhumnxi Sarkar    | "              |
| 57     | Priya Ghosh       | HIS(H)     | 3rd      | 18140068   | 11:40        | Priya Ghosh       | 3:45           |
| 58     | Mandira Ghosh     | Beng(H)    | 3rd      | 18110065   | 11:00        | Mandira Ghosh     | "              |
| 59     | Dishari Dutta     | Beng(H)    | 3rd sem  | 18110039   | 11:00        | Dishari Dutta     | "              |
| 60     | Sumita Biswas     | Beng(H)    | 2nd      | 18110211   | 10:30        | Sumita Biswas     | "              |
| 61     | Sharmistha Biswas | Beng(H)    | 3rd      | 18110207   | 10:31        | Sharmistha Biswas | "              |
| 62     | Shreya Roy        | Beng(H)    | 3rd      | 18110209   | 10:31        | Shreya Roy        | "              |
| 63     | Sanehita Sarkar   | Beng(H)    | 3rd      | 18110206   | 10:31        | Sanehita Sarkar   | "              |
| 64     | Beautly Pramanik  | Beng(H)    | 1st      | 19110029   | 10:31        | Beautly Pramanik  | "              |
| 65     | Gusmita Mondal    | Beng(H)    | 2nd      | 19110214   | 10:31        | Gusmita Mondal    | "              |
| 66     | Sanchita Singha   | Beng(H)    | 2nd      | 19110167   | 10:31        | Sanchita Singha   | "              |
| 67     | Mousumi Mondal    | Beng(H)    | 2nd      | 19110078   | 10:3         | Mousumi Mondal    | "              |
| 68     | Rumki Sarkar      | Beng(H)    | 3rd      | 18110126   | 10:3         | Rumki Sarkar      | "              |
| 69     |                   |            |          |            |              |                   |                |
| 70     |                   |            |          |            |              |                   |                |
| 71     |                   |            |          |            |              |                   |                |
| 72     |                   |            |          |            |              |                   |                |

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N. S. Halder





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Certificate Course in Self Defence  
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In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 9th January, 2020

| Sl No. | Name              | Department | Semester | College Id | Arrival Time | Signature          | Departure Time |
|--------|-------------------|------------|----------|------------|--------------|--------------------|----------------|
| 1      | DIPANWITA DEBNATH | BENGALI    | 3RD      | 18110036   | 09:20        | Dipankanta Debnath | 3.45           |
| 2      | SIMPI PAL         | BENGALI    | 3RD      | 18110138   | 09:20        | Simpi Pal          | n              |
| 3      | Prati MANDAL      | BENGALI    | 3RD      | 18110091   | 09:20        | Prati mandal       | n              |
| 4      | Susmita DEBNATH   | BENGALI    | 3RD      | 18110169   | 09:21        | Susmita Debnath    | n              |
| 5      | Anusree PAL       | BENGALI    | 3RD      | 18110012   | 09:21        | Anusree Pal        | n              |
| 6      | DIPIKA PAL        | BENGALI    | 3RD      | 18110037   | 09:21        | Dipika Pal         | n              |
| 7      | PUJA PAL          | BENGALI    | 3RD      | 18110096   | 09:21        | Puja Pal           | n              |
| 8      | Suchitra Mondal   | BENGALI    | 3rd      | 18110151   | 09:21        | Suchitra Mondal    | n              |
| 9      | EMI KARMAKAR      | BENGALI    | 3rd      | 18110041   | 09:22        | Emi Karmakar       | n              |
| 10     | SHEFALI MANDAL    | BENGALI    | 3rd      | 18110130   | 09:22        | shfali Mandal      | n              |
| 11     | RITA PRAMANIK     | "          | 3rd      | 18110113   | 09:22        | Rita Pramanik      | n              |
| 12     | Priya Mandal      | "          | 3rd      | 18110092   | 09:22        | Priya Mandal       | n              |
| 13     | AMRITA SARKAR     | "          | 3rd      |            | 9:22         | Amrita Sarkar      | n              |
| 14     | TABISHA PAL       | HISTORY    | 3rd      | 18140137   | 09:22        | Tabisha Pal        | n              |
| 15     | SHAKHI PAL        | HISTORY    | 3rd      | 18140107   | 09:22        | Shakhi Pal         | n              |
| 16     | PRITYA BISWAS     | BENGALI    | 1st      | 19110109   | 9:23         | Priya Biswas       | n              |
| 17     | Dona Mondal       | Bengali    | 1st      | 19110043   | 9:24         | Dona Mondal        | n              |
| 18     | RUSHI PRAMANIK    | History    | 1st      | 19140119   | 9:25         | Rushi pramanik     | n              |
| 19     | Sanchita Sarkar   | Bengali    | 3rd      | 18110206   | 9:40         | Sanchita Sarkar    | n              |
| 20     | Tamiya Malitha    | Bengali    | 3rd      | 18110178   | 9:40         | Tamiya Malitha     | n              |
| 21     | Mamoni Khatun     | Bengali    | 3rd      | 18110063   | 9:40         | Mamoni Khatun      | n              |
| 22     | Samura Khatun     | Bengali    | 3rd      | 18110124   | 9:42         | Samura Khatun      | n              |
| 23     | ESHA HALDAR       | History    | 1st      | 19140036   | 9:43         | Esha Haldar        | n              |
| 24     | SAMPA PAL         | Bengali    | 1st      | 19110160   | 9:43         | Sampa Pal          | n              |

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Date : 10th January, 2020

| Sl No. | Name              | Department | Semester | College Id | Arrival Time | Signature         | Departure Time |
|--------|-------------------|------------|----------|------------|--------------|-------------------|----------------|
| 25     | Dipika Pal        | Bengali    | 3rd      | 18110037   | 10:40        | Dipika Pal        | 3:32           |
| 26     | PUJA Pal          | Bengali    | 3rd      | 18110096   | 10:41        | PUJA Pal          | 3:32           |
| 27     | Amrita Sarkar     | Bengali    | 3rd      | 18110009   | 10:41        | Amrita Sarkar     | 3:32           |
| 28     | Koyel Pramanik    | Hist(H)    | 1st      | 19140062   | 10:42        | Koyel Pramanik    | 3:32           |
| 29     | ASIMA DEY         | Beng(H)    | 2nd      | 19110232   | 10:45        | Asima Dey         | 3:40           |
| 30     | Sojata Mondal     | Beng(H)    | 2nd      | 19110201   | 10:46        | Sujata Mondal     | 3:42           |
| 31     | Sanchita Singha   | Beng(H)    | 2nd      | 19110167   | 11:46        | Sanchita Singha   | 3:42           |
| 32     | Roshni Saha       | Beng(H)    | 1st      | 19110142   | 11:46        | Roshni Saha       | 3:42           |
| 33     | Sabina Khanam     | Beng(H)    | 1st      | 19110149   | 11:47        | Sabina Khanam     | 3:43           |
| 34     | Jhumpi Sarkar     | Beng(H)    | 1st      | 19110054   | 11:47        | Jhumpi Sarkar     | 3:43           |
| 35     | Priya Ghosh       | Hist(H)    | 3rd se   | 18140068   | 11:47        | Priya Ghosh       | 3:43           |
| 36     | Preeti mandal     | Beng(H)    | 3rd se   | 18110091   | 11:48        | Preeti mandal     | 3:43           |
| 37     | Tabisha Pal       | Hist(H)    | 3rd se   | 18140137   | 11:49        | Tabisha Pal       | 3:43           |
| 38     | Dipankha Deb Nath | Beng(H)    | 3rd se   | 18110036   | 11:49        | Dipankha Deb Nath | 3:43           |
| 39     | Anpita Majumder   | Hist(H)    | 3rd se   | 18140008   | "            | Anpita Majumder   | 3:43           |
| 40     | Anpita Mondal     | Beng(H)    | 3rd year | 111220182  | "            | Anpita Mondal     | 3:43           |
| 41     | Simpi Pal         | Beng(H)    | 3RD      | 18110138   | 11:50        | Simpi Pal         | 3:43           |
| 42     | Puja Pal          | Eng(H)     | 3rd      | 18120031   | 11:50        | Puja Pal          | 3:45           |
| 43     | Rosia Khastun     | philo      | 3rd      | 18150015   | 11:50        | Rosia Khastun     | "              |
| 44     | Emi Karma Kar     | Beng(H)    | 3rd      | 18110041   | 10:30        | Emi Karma Kar     | "              |
| 45     | Suchitra Mondal   | Beng(H)    | 3rd      | 18110151   | 10:30        | Suchitra Mondal   | "              |
| 46     | Madhumita Halder  | History(H) | 3rd      | 1142201854 | 10:30        | Madhumita Halder  | "              |
| 47     | Peu Dey           | Hist(H)    | 3rd year | 1142201828 | 10:30        | Peu Dey           | 3:45           |
| 48     | Dipika Saha       | Beng(H)    | 1st      | 19110039   | 10:30        | Dipika Saha       | 3:45           |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
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Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 10th January, 2020

| Sl No. | Name                 | Department | Semester | College Id | Arrival Time | Signature            | Departure Time |
|--------|----------------------|------------|----------|------------|--------------|----------------------|----------------|
| 1      | MANDIRA SARKAR       | HIS(H)     | 1st      | 19140057   | 11.8         | mandira sarkar       |                |
| 2      | Tanice Haider        | HIS(H)     | 1st      | 19140169   | 11.9         | Tanice Haider        |                |
| 3      | Rimpa Halder         | HIS(H)     | 1st      | 19140111   | 11.10        | Rimpa Halder         |                |
| 4      | Madhuchhanda Bhaumik | HIS(H)     | 1st      | 19140059   | 11.11        | Madhuchhanda Bhaumik | 3:30           |
| 5      | Poulami Ghosh        | HIS(H)     | 1st      | 19140083   | 11.11        | Poulami Ghosh        | 3:30           |
| 6      | Sanchita Mondal      | Bengali(H) | 1st      | 19110163   | 11.11        | Sanchita Mondal      |                |
| 7      | Tojbina Khatun       | Bengali(H) | 1st      | 19110222   | 11.11        | Tojbina Khatun       | 3:30           |
| 8      | Aulia Khatun         | Bengali(H) | 1st      | 19110020   | 11.11        | Aulia Khatun         | 3:30           |
| 9      | Sima Mandal          | HIST(H)    | 1st      | 19140145   | 11.8         | Sima Mandal          |                |
| 10     | Rumki Sarkar         | Bengali(H) | 3rd      | 18110116   | 11.20        | Rumki Sarkar         | 3:30           |
| 11     | Mandira Ghosh        | Beng(H)    | 3rd      | 18110065   | 11.20        | Mandira Ghosh        | 3:30           |
| 12     | Sujeshna Biswas      | Beng(H)    | 1st      | 19110202   | 11.20        | Sujeshna Biswas      | 3:30           |
| 13     | Sneha Baidya         | Beng(H)    | 1st      | 19110182   | 11.21        | Sneha Baidya         | 3:30           |
| 14     | Priya Biswas         | Beng(H)    | 1st      | 19110109   | 11.22        | Priya Biswas         | 3:30           |
| 15     | Suparna Mondal       | Beng(H)    | 1st      | 19110208   | 11.23        | Suparna Mondal       | 3:30           |
| 16     | RUSHI PRAMANIK       | HIS(H)     | 1st      | 19140111   | 11.24        | Rushi Pramanik       | 3:30           |
| 17     | Esha Halder          | HIS(H)     | 1st      | 19140036   | 11.25        | Esha Halder          | 3:30           |
| 18     | Sampreeti Biswas     | Beng(H)    | 1st      | 19110162   | 11.25        | Sampreeti Biswas     | 3:30           |
| 19     | SHEFALI MANDAL       | Beng(H)    | 3rd      | 18110130   | 11.39        | Shitali Mandal       | 3:30           |
| 20     | Shakmista Biswas     | Beng(H)    | 3rd      | 18110207   | 11.39        | Shakmista Biswas     | 3:30           |
| 21     | Sumita Biswas        | Beng(H)    | 3rd      | 18110211   | 11.39        | Sumita Biswas        | 3:30           |
| 22     | Beauty Pramanik      | Beng(H)    | 1st      | 19110029   | 11.39        | Beauty Pramanik      |                |
| 23     | Mousumi Mondal       | Beng(H)    | 2nd      | 19110078   | 11.39        | Mousumi Mondal       |                |
| 24     | Susmita Mondal       | Beng(H)    | 2nd      | 19110214   | 11.39        | Susmita Mondal       |                |

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In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 14th January, 2020

| Sl No. | Name                 | Department | Semester | College Id | Arrival Time | Signature            | Departure Time |
|--------|----------------------|------------|----------|------------|--------------|----------------------|----------------|
| 25     | Shreya Roy           | Bengali(H) | 3rd      | 18110200   | 10:30        | Shreya Roy           |                |
| 26     | Sanchita Sarkar      | Bengali    | 3rd      | 18110206   | 10:30        | Sanchita Sarkar      |                |
| 27     | Anusree Pal          | Bengali    | 3rd      | 18110012   | 10:31        | Anusree Pal          |                |
| 28     | Dipika Pal           | Bengali    | 3rd      | 18110037   | 11:31        | Dipika Pal           |                |
| 29     | Puja Pal             | Bengali    | 3rd      | 18110096   | 11:32        | Puja Pal             |                |
| 30     | Amrita Sarkar        | Bengali    | 3rd      | 18110009   | 11:32        | Amrita Sarkar        |                |
| 31     | Rajia Khatun         | philosophy | 3rd      | 18150015   | 11           | Rajia Khatun         |                |
| 32     | Pen Dey              | Hist(H)    | 3rd Year | 1142201828 | 10:30        | Pen Dey              |                |
| 33     | Poli Karmakar        | Bengali    | 3rd      | 1112201887 | 10:30        | Poli Karmakar        |                |
| 34     | Madhumita Halder     | Hist(H)    | 3rd year | 1142201854 | 10:30        | Madhumita Halder     |                |
| 35     | Anpita Majumder      | Hist(H)    | 3rd sem  | 18140008   | 10:30        | Anpita Majumder      |                |
| 36     | Dipika Nag           | Eng(H)     | 1st sem  | 19120014   | 10:45        | Dipika Nag           |                |
| 37     | Boiya Ghosh          | Hist(H)    | 3rd      | 18140068   | 10:45        | Boiya Ghosh          |                |
| 38     | Suparna Mondal       | Beng(H)    | 1st      | 19110208   | 10:46        | Suparna Mondal       |                |
| 39     | Rimpa Halder         | Hist(H)    | 1st      | 19140111   | 10:47        | Rimpa Halder         |                |
| 40     | Tarica Halder        | Hist(H)    | 1st      | 19140169   | 10:47        | Tarica Halder        |                |
| 41     | Poulami Ghosh        | Hist(H)    | 1st      | 19140083   | 10:47        | Poulami Ghosh        |                |
| 42     | Madhuchhanda Bhavmik | Hist(H)    | 1st      | 19140054   | 11           | Madhuchhanda Bhavmik |                |
| 43     | Zhumki Sarkar        | Beng(H)    | 1st      | 19110054   | 11           | Zhumki Sarkar        |                |
| 44     | Rumki Sarkar         | Beng(H)    | 3rd      | 18110116   | 11           | Rumki Sarkar         |                |
| 45     | Mandira Ghosh        | Beng(H)    | 3rd      | 18110065   | 11           | Mandira Ghosh        |                |
| 46     | Tamiya Malisha       | Beng(H)    | 3rd      | 18110178   | 11           | Tamiya Malisha       |                |
| 47     | Mamoni Khatun        | Beng(H)    | 3rd      | 18110063   | 11           | Mamoni Khatun        |                |
| 48     | Mandira sarkar       | Hist(H)    | 1st      | 19140057   | 11           | mandira sarkar       |                |

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18 Jan-20



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
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In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 14th January, 2020

| Sl No. | Name              | Department | Semester | College Id | Arrival Time | Signature         | Departure Time |
|--------|-------------------|------------|----------|------------|--------------|-------------------|----------------|
| 49     | Sima Mandal       | Hist(H)    | 1st      | 19140145   | 10:41        | Sima Mandal       |                |
| 50     | Koyel Pramanik    | Hist(H)    | 1st      | 19140059   | 10:42        | Koyel Pramanik    |                |
| 51     | Shafali Mandal    | BENG(H)    | 3rd      | 18110130   | 10:42        | Shafali Mandal    |                |
| 52     | Sumita Biswas     | BENG(H)    | 3rd      | 18110211   | 10:43        | Sumita Biswas     |                |
| 53     | Sharmistha Biswas | Beng(H)    | 3rd      | 18110207   | 10:44        | Sharmistha Biswas |                |
| 54     | Rani Biswas       | History(H) | 1st      | 19140106   | 10:44        | Rani Biswas       |                |
| 55     | Susmita Mondal    | BENG(H)    | 2nd      | 19110214   |              | Susmita Mondal    |                |
| 56     | Mousumi Mondal    | Beng(H)    | 2nd      | 19110078   | 10:41        | Mousumi Mondal    |                |
| 57     | Sampriki Biswas   | Beng(H)    | 1st      | 19110162   | 10:41        | Sampriki Biswas   |                |
| 58     | Sujeshna Biswas   | Ben(H)     | 1st      | 19110202   | 10:42        | Sujeshna Biswas   |                |
| 59     | Sneha Baidya      | Ben(H)     | 1st      | 19110182   | 10:42        | Sneha Baidya      |                |
| 60     | RUSHI PRAMANIK    | Hist(H)    | 1st      | 19140120   | 10:43        | Rushi pramanik    |                |
| 61     | Esha Haldar       | Hist(H)    | 1st      | 19140036   | 10:41        | Esha Haldar       |                |
| 62     |                   |            |          |            |              |                   |                |
| 63     |                   |            |          |            |              |                   |                |
| 64     |                   |            |          |            |              |                   |                |
| 65     |                   |            |          |            |              |                   |                |
| 66     |                   |            |          |            |              |                   |                |
| 67     |                   |            |          |            |              |                   |                |
| 68     |                   |            |          |            |              |                   |                |
| 69     |                   |            |          |            |              |                   |                |
| 70     |                   |            |          |            |              |                   |                |
| 71     |                   |            |          |            |              |                   |                |
| 72     |                   |            |          |            |              |                   |                |

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Karimpur Pannadevi College  
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Date : 14th January, 2020

| Sl No. | Name              | Department | Semester | College Id | Arrival Time | Signature         | Departure Time |
|--------|-------------------|------------|----------|------------|--------------|-------------------|----------------|
| 1      | Karika Sarkar     | Beng(H)    | 1st      | 19110059   | 10.9         | Karika Sarkar     |                |
| 2      | Beauty Pramanik   | Beng(H)    | 1st      | 19110029   | 10.9         | Beauty Pramanik   |                |
| 3      | DiPika Saha       | Beng(H)    | 1st      | 19110039   | 10.9         | DiPika Saha       |                |
| 4      | Anindita Ghosh    | Beng(H)    | 1st      | 19110020   | 10.9         | Anindita Ghosh    |                |
| 5      | Riya Mandal       | Beng(H)    | 1st      | 19110136   | 10.9         | Riya Mandal       |                |
| 6      | Anindita Halder   | Beng(H)    | 1st      | 19110236   | 10.10        | Anindita Halder   |                |
| 7      | Priya Halder      | Beng(H)    | 1st      | 19110111   | 10.10        | Priya Halder      |                |
| 8      | Parna Sarkar      | Beng(H)    | 1st      | 19110097   | 10.11        | Parna Sarkar      |                |
| 9      | Diya Mondal       | Beng(H)    | 1st      | 19110041   | 10.12        | Diya Mondal       |                |
| 10     | Diponwita Debnath | Beng(H)    | 3RD      | 18110036   | 10.12        | Diponwita Debnath |                |
| 11     | Priti Mandal      | Beng(H)    | 3RD      | 18110091   | 10.14        | Priti Mandal      |                |
| 12     | Simpi Pal         | Beng(H)    | 3RD      | 18110138   | 10.14        | Simpi Pal         |                |
| 13     | Tabisha Pal       | History    | 3rd      | 18140137   | 10.14        | Tabisha Pal       |                |
| 14     | Puja Pal          | English    | 3rd      | 18120031   | 10.29        | Puja Pal          |                |
| 15     | Suchitra Mondal   | Bangali    | 3rd      | 18110151   | 10.30        | Suchitra Mondal   |                |
| 16     | Emi Karmakar      | Beng(H)    | 3rd      | 18110047   | 10.30        | Emi Karmakar      |                |
| 17     | Tishna Sarkar     | Beng(H)    | 1st      | 19110225   | 10.30        | Tishna Sarkar     |                |
| 18     | Ananya Sarkar     | Beng(H)    | 1st      | 19110009   | 10.31        | Ananya Sarkar     |                |
| 19     | Laxmi Das         | Beng(H)    | 1st      | 19110063   | 10.31        | Laxmi Das         |                |
| 20     | SUPARNA BISWAS    | Beng(H)    | 1st      | 19110207   | 10.31        | Suparna Biswas    |                |
| 21     | SAMPA PAL         | Beng(H)    | 1st      | 19110160   | 10.32        | Sampa Pal         |                |
| 22     | Purba Sanyal      | Beng(H)    | 1st      | 19110123   | 10.33        | Purba Sanyal      |                |
| 23     | Priyanka Biswas   | Beng(H)    | 1st      | 19110112   | 10.33        | Priyanka Biswas   |                |
| 24     | Dishani Dutta     | Beng(H)    | 3rd      | 18110039   | 10.34        | Dishani Dutta     |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 15th January, 2020

| Sl No. | Name            | Department | Semester | College Id | Arrival Time | Signature       | Departure Time |
|--------|-----------------|------------|----------|------------|--------------|-----------------|----------------|
| 25     | Priti Mandal    | Beng(H)    | 3rd      | 18110091   | 11:00        | Priti Mandal    | -              |
| 26     | Tabisha Pal     | Hist(H)    | 3rd      | 18140137   | 11:00        | Tabisha Pal     |                |
| 27     | Arpita Mondal   | Beng(H)    | 3rd Year | 111220182  | 11:00        | Arpita Mondal   |                |
| 28     | Suparna Mondal  | Beng(H)    | 1st      | 19110208   | 11:00        | Suparna Mondal  |                |
| 29     | Suparna Biswas  | Beng(H)    | 1st      | 19110207   | 11:00        | Suparna Biswas  |                |
| 30     | Sampa Pal       | Beng(H)    | 1st      | 19110160   | 11:00        | Sampa Pal       |                |
| 31     | Priya Mandal    | Beng(H)    | 1st      | 19110136   | 11:00        | Priya Mandal    |                |
| 32     | Diya Mondal     | Beng(H)    | 1st      | 19110041   | 11:00        | Diya Mondal     |                |
| 33     | Anindita Ghosh  | Beng(H)    | 1st      | 19110020   | 11:00        | Anindita Ghosh  |                |
| 34     | Priyanka Biswas | Beng(H)    | 1st      | 19110112   | 11:00        | Priyanka Biswas |                |
| 35     | Purba Sanyal    | Beng(H)    | 1st      | 19110122   | 11:00        | Purba Sanyal    |                |
| 36     | Beauty Pramanik | Beng(H)    | 1st      | 19110029   | 12:30        | Beauty Pramanik |                |
| 37     | Dipika Nag      | Eng(H)     | 1st      | 19120014   | 1:00         | Dipika Nag      |                |
| 38     | Dipika Saha     | Beng(H)    | 1st      | 19110039   | 11:00        | Dipika Saha     |                |
| 39     | Korika Sankar   | Beng(H)    | 1st      | 19110059   | 11:00        | Korika Sankar   |                |
| 40     | Anusree Pal     | Beng(H)    | 3rd      | 18110012   | 11:00        | Anusree Pal     |                |
| 41     | Sanchita Sarker | Beng(H)    | 3rd      | 18110206   | 11:00        | Sanchita Sarker |                |
| 42     | Sujeshna Biswas | Beng(H)    | 1st      | 19110202   | 11:00        | Sujeshna Biswas |                |
| 43     | Sampriki Biswas | Beng(H)    | 1st      | 190110162  | 11:00        | Sampriki Biswas |                |
| 44     | Snha Sanyal     | Beng(H)    | 1st      | 190110182  | 11:01        | Snha Sanyal     |                |
| 45     | Priya Biswas    | Beng(H)    | 1st      | 190110109  | 11:01        | Priya Biswas    |                |
| 46     | Rushi Pramanik  | Hist(H)    | 1st      | 19110119   | 11:01        | Rushi Pramanik  |                |
| 47     | Peu Dey         | Hist(H)    | 3rd Year | 142201828  | 10:30        | Peu Dey         |                |
| 48     | Arpita Majumder | Hist(H)    | 3rd Sem  | 18140008   | 11:00        | Arpita Majumder |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 16th January, 2020

| Sl No. | Name             | Department | Semester | College Id | Arrival Time | Signature        | Departure Time |
|--------|------------------|------------|----------|------------|--------------|------------------|----------------|
| 25     | Dipika Saha      | Beng(H)    | 1st      | 19110039   | 11:00        | Dipika Saha      |                |
| 26     | Kanika Sarkar    | Beng(H)    | 1st      | 19110059   | 11:00        | Kanika Sarkar    |                |
| 27     | Anindita Ghosh   | Beng(H)    | 1st      | 19110020   | 11:00        | Anindita Ghosh   |                |
| 28     | Emi Karmaakar    | Beng(H)    | 3rd      | 18110041   | 11:00        | Emi Karmaakar    |                |
| 29     | Suchitara Mondal | Beng(H)    | 3rd      | 18110151   | 11:00        | Suchitara Mondal |                |
| 30     | Amrita Sarkar    | Beng(H)    | 3rd      | 18110009   | 11:00        | Amrita Sarkar    |                |
| 31     | Dipika Pal       | Beng(H)    | 3rd      | 18110037   | 11:00        | Dipika Pal       |                |
| 32     | Mamoni Khatun    | Beng(H)    | 3rd      | 18110063   | 11:00        | Mamoni Khatun    |                |
| 33     | Tamiya Malitha   | Beng(H)    | 3rd      | 18110178   | 11:00        | Tamiya Malitha   |                |
| 34     | Sumita Biswas    | Beng(H)    | 3rd      | 18110211   | 11:00        | Sumita Biswas    |                |
| 35     | Shefali Mondal   | BENG(H)    | 3rd      | 18110130   | 11:00        | Shefali Mondal   |                |
| 36     | Shahmista Biswas | BENG(H)    | 3rd      | 18110207   | 11:01        | Shahmista Biswas |                |
| 37     | Rajia Khatun     | philosophy | 4th      | 18150015   | 11:01        | Rajia Khatun     |                |
| 38     | Dipika Nag       | Beng(H)    | 1st      | 19120014   | 11:32        | Dipika Nag       |                |
| 39     | RUSHI PRAMANIK   | Hist(H)    | 1st      | 19140119   | 11:00        | Rushi Pramanik   |                |
| 40     | Suparna Mondal   | Beng(H)    | 1st      | 19110208   | 11:00        | Suparna Mondal   |                |
| 41     | Sneha Baidya     | Beng(H)    | 1st      | 19110182   | 11:01        | Sneha Baidya     |                |
| 42     | Sampreeti Biswas | Beng(H)    | 1st      | 19110162   | 11:01        | Sampreeti Biswas |                |
| 43     | Priya Biswas     | Beng(H)    | 1st      | 19110109   | 11:01        | Priya Biswas     |                |
| 44     | Poli Karmaakar   | Beng(H)    | 3rd      | 1112201887 | 11:00        | Poli Karmaakar   |                |
| 45     | Madhumita Halder | Hist(H)    | 3rd year | 1142201854 | 11:00        | Madhumita Halder |                |
| 46     | Priya Ghosh      | Hist(H)    | 3rd sem  | 18140068   | 11:00        | Priya Ghosh      |                |
| 47     | Anpita Majumder  | "          | "        | 18140008   | "            | Anpita Majumder  |                |
| 48     | Pen Dey          | Hist(H)    | 3rd Year | 1142201828 |              |                  |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date :15th January,2020

| Sl No. | Name             | Department | Semester | College Id | Arrival Time | Signature        | Departure Time |
|--------|------------------|------------|----------|------------|--------------|------------------|----------------|
| 49     | Biya Ghosh       | Hist(H)    | 3rd Sem  | 18140068   | 11:00        | Biya Ghosh       |                |
| 50     | Madhumita Halder | Hist(H)    | 3rd Year | 1142201854 | 11:00        | Madhumita Halder |                |
| 51     | poli karmakar    | BENG(H)    | 3rd y    | 1112201887 | 11:00        | poli karmakar    |                |
| 52     | Rajia Khatun     | philoso    | 4th      | 18150015   | 11:00        | Rajia Khatun     |                |
| 53     | Suzafa Mondal    | Beng(H)    | 2nd      | 19421020   | 11:1         | Suzafa Mondal    |                |
| 54     | Jhumki Sarakar   | Beng(H)    | 1st      | 19110054   | 11:1         | Jhumki Sarakar   |                |
| 55     | Esha Haldar      | Hist(H)    | 1st      | 19140036   | 11:1         | Esha Haldar      |                |
| 56     |                  |            |          |            |              |                  |                |
| 57     |                  |            |          |            |              |                  |                |
| 58     |                  |            |          |            |              |                  |                |
| 59     |                  |            |          |            |              |                  |                |
| 60     |                  |            |          |            |              |                  |                |
| 61     |                  |            |          |            |              |                  |                |
| 62     |                  |            |          |            |              |                  |                |
| 63     |                  |            |          |            |              |                  |                |
| 64     |                  |            |          |            |              |                  |                |
| 65     |                  |            |          |            |              |                  |                |
| 66     |                  |            |          |            |              |                  |                |
| 67     |                  |            |          |            |              |                  |                |
| 68     |                  |            |          |            |              |                  |                |
| 69     |                  |            |          |            |              |                  |                |
| 70     |                  |            |          |            |              |                  |                |
| 71     |                  |            |          |            |              |                  |                |
| 72     |                  |            |          |            |              |                  |                |

**ATTESTED**

Teacher-In-Charge

Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 15th January, 2020

| Sl No. | Name                      | Department | Semester | College Id | Arrival Time | Signature                 | Departure Time |
|--------|---------------------------|------------|----------|------------|--------------|---------------------------|----------------|
| 1      | Koyel Pramanik            | Hist(H)    | 1st      | 191010052  | 11:45        | Koyel Pramanik            |                |
| 2      | Sujata Mondal             | Beng(H)    | 2nd      | 19110201   | 11:46        | Sujata Mondal             |                |
| 3      | Debjani Sasmakkar         | Beng(H)    | 2nd      | 19110035   | 11:47        | Debjani Sasmakkar         |                |
| 4      | Susmita Mondal            | Beng(H)    | 2nd      | 19110214   | 11:47        | Susmita Mondal            |                |
| 5      | Sanchita Singha           | Beng(H)    | 2nd      | 19110167   | 11:48        | Sanchita Singha           |                |
| 6      | Asima Dey                 | Beng(H)    | 2nd      | 19110238   | 11:50        | Asima Dey                 |                |
| 7      | Mousumi Mondal            | Beng(H)    | 2nd      | 19110078   | 11:50        | Mousumi Mondal            |                |
| 8      | Mandira Sarkar            | Hist(H)    | 1st      | 19140057   | 11:50        | Mandira Sarkar            |                |
| 9      | Sima Mandal               | Hist(H)    | 1st      | 19140145   | 11:50        | Sima Mandal               |                |
| 10     | Madhuchhanda Bhattacharya | Hist(H)    | 1st      | 19140054   | 11:50        | Madhuchhanda Bhattacharya |                |
| 11     | Rimpa Halder              | Hist(H)    | 1st      | 19140111   | 11:51        | Rimpa Halder              |                |
| 12     | Tarika Halder             | Hist(H)    | 1st      | 19140169   | 11:52        | Tarika Halder             |                |
| 13     | Sharmistha Biswas         | Beng(H)    | 3rd      | 18110207   | 12:32        | Sharmistha Biswas         |                |
| 14     | Sumita Biswas             | Beng(H)    | 3rd      | 18110211   | 12:33        | Sumita Biswas             |                |
| 15     | SHEFALI MANDAL            | BENG(H)    | 3rd      | 18110130   | 12:33        | Shafali Mandal            |                |
| 16     | Taniya Malitha            | Beng(H)    | 3rd      | 18110178   | 12:33        | Taniya Malitha            |                |
| 17     | Mamoni Khatun             | Beng(H)    | 3rd      | 18110063   | 12:33        | Mamoni Khatun             |                |
| 18     | Suchitra Mondal           | Beng(H)    | 3rd      | 18110151   | 12:33        | Suchitra Mondal           |                |
| 19     | Emi Karmakar              | Beng(H)    | 3rd      | 18110091   | 12:33        | Emi Karmakar              |                |
| 20     | PUJA Pal                  | BENG(H)    | 3rd      | 18110096   | 12:33        | PUJA Pal                  |                |
| 21     | Rumki Sarkar              | Beng(H)    | 3rd      | 18110116   | 12:33        | Rumki Sarkar              |                |
| 22     | Mandira Ghosh             | Beng(H)    | 3rd      | 18110065   | 11:00        | Mandira Ghosh             |                |
| 23     | Poulami Ghosh             | Hist(H)    | 1st      | 19140083   | 11:00        | Poulami Ghosh             |                |
| 24     | Dipannita Deb Nath        | Beng(H)    | 3rd      | 18110036   | 11:00        | Dipannita Deb Nath        |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
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Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 16th January, 2020

| Sl No. | Name             | Department | Semester | College Id | Arrival Time | Signature        | Departure Time |
|--------|------------------|------------|----------|------------|--------------|------------------|----------------|
| 25     | Dipika Saha      | Beng(H)    | 1st      | 19110039   | 11:00        | Dipika Saha      |                |
| 26     | Kanika Sarkar    | Beng(H)    | 1st      | 19110059   | 11:00        | Kanika Sarkar    |                |
| 27     | Anindita Ghosh   | Beng(H)    | 1st      | 19110020   | 11:00        | Anindita Ghosh   |                |
| 28     | Emi Karmaakar    | Beng(H)    | 3rd      | 18110041   | 11:00        | Emi Karmaakar    |                |
| 29     | Suchibera Mondal | Beng(H)    | 3rd      | 18110151   | 11:00        | Suchibera Mondal |                |
| 30     | Amrita Sarkar    | Beng(H)    | 3rd      | 18110009   | 11:00        | Amrita Sarkar    |                |
| 31     | Dipika Pal       | Beng(H)    | 3rd      | 18110037   | 11:00        | Dipika Pal       |                |
| 32     | Mamoni Khatun    | Beng(H)    | 3rd      | 18110063   | 11:00        | Mamoni Khatun    |                |
| 33     | Tamiya Malitha   | Beng(H)    | 3rd      | 18110178   | 11:00        | Tamiya Malitha   |                |
| 34     | Sumita Biswas    | Beng(H)    | 3rd      | 18110211   | 11:00        | Sumita Biswas    |                |
| 35     | Shefali Mondal   | BENG(H)    | 3rd      | 18110130   | 11:00        | Shefali Mondal   |                |
| 36     | Shahmista Biswas | BENG(H)    | 3rd      | 18110207   | 11:01        | Shahmista Biswas |                |
| 37     | Rajia Khatun     | philosophy | 4th      | 18150015   | 11:01        | Rajia Khatun     |                |
| 38     | Dipika Nag       | Beng(H)    | 1st      | 19120014   | 11:32        | Dipika Nag       |                |
| 39     | RUSHI PRAMANIK   | Hist(H)    | 1st      | 19140119   | 11:00        | Rushi Pramanik   |                |
| 40     | Suparna Mondal   | Beng(H)    | 1st      | 19110208   | 11:00        | Suparna Mondal   |                |
| 41     | Sneha Baidya     | Beng(H)    | 1st      | 19110182   | 11:01        | Sneha Baidya     |                |
| 42     | Sampreeti Biswas | Beng(H)    | 1st      | 19110162   | 11:01        | Sampreeti Biswas |                |
| 43     | Priya Biswas     | Beng(H)    | 1st      | 19110109   | 11:01        | Priya Biswas     |                |
| 44     | Poli Karmaakar   | Beng(H)    | 3rd      | 1112201887 | 11:00        | Poli Karmaakar   |                |
| 45     | Madhumita Halder | Hist(H)    | 3rd year | 1142201854 | 11:00        | Madhumita Halder |                |
| 46     | Priya Ghosh      | Hist(H)    | 3rd sem  | 18140068   | 11:00        | Priya Ghosh      |                |
| 47     | Anpita Majumder  | "          | "        | 18140008   | "            | Anpita Majumder  |                |
| 48     | Pen Dey          | Hist(H)    | 3rd Year | 1142201828 |              |                  |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date :16th January,2020

| Sl No. | Name           | Department | Semester | College Id | Arrival Time | Signature      | Departure Time |
|--------|----------------|------------|----------|------------|--------------|----------------|----------------|
| 49     | Shumki Sarakar | Beng(H)    | 1st      | 19110054   | 11.00        | Shumki Sarakar |                |
| 50     | Arpita Mondal  | Beng(H)    | 3rd Year | 111220182  | 11.00        | Arpita Mondal  |                |
| 51     | Puja Pal       | Engg(H)    | 3rd      | 18120031   | 11.00        | Puja Pal       |                |
| 52     |                |            |          |            |              |                |                |
| 53     |                |            |          |            |              |                |                |
| 54     |                |            |          |            |              |                |                |
| 55     |                |            |          |            |              |                |                |
| 56     |                |            |          |            |              |                |                |
| 57     |                |            |          |            |              |                |                |
| 58     |                |            |          |            |              |                |                |
| 59     |                |            |          |            |              |                |                |
| 60     |                |            |          |            |              |                |                |
| 61     |                |            |          |            |              |                |                |
| 62     |                |            |          |            |              |                |                |
| 63     |                |            |          |            |              |                |                |
| 64     |                |            |          |            |              |                |                |
| 65     |                |            |          |            |              |                |                |
| 66     |                |            |          |            |              |                |                |
| 67     |                |            |          |            |              |                |                |
| 68     |                |            |          |            |              |                |                |
| 69     |                |            |          |            |              |                |                |
| 70     |                |            |          |            |              |                |                |
| 71     |                |            |          |            |              |                |                |
| 72     |                |            |          |            |              |                |                |



Daily Attendent Sheet of the Participants  
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9th - 10th & 14th - 18th January, 2020

Date : 16th January, 2020

| Sl No. | Name                      | Department | Semester | College Id | Arrival Time | Signature                 | Departure Time |
|--------|---------------------------|------------|----------|------------|--------------|---------------------------|----------------|
| 1      | Rimpa Haldar              | Hist(H)    | 1st      | 19140111   | 11.00        | Rimpa Haldar              |                |
| 2      | Tantra Haldar             | Hist(H)    | 1st      | 19140169   | 11.00        | Tantra Haldar             |                |
| 3      | Madhuchhanda Bhattacharya | Hist(H)    | 1st      | 19140054   | 11.00        | Madhuchhanda Bhattacharya |                |
| 4      | Esha Haldar               | Hist(H)    | 1st      | 19140036   | 11.00        | Esha Haldar               |                |
| 5      | Sanchita Sarkar           | Beng(H)    | 3rd      | 18110206   | 11.00        | Sanchita Sarkar           |                |
| 6      | Anusree Pal               | Beng(H)    | 2nd      | 18110012   | 11.00        | Anusree Pal               |                |
| 7      | Mandira Sarkar            | Hist(H)    | 1st      | 19140057   | 11.00        | Mandira Sarkar            |                |
| 8      | Sima Mandal               | Hist(H)    | 1st      | 19140145   | 11.00        | Sima Mandal               |                |
| 9      | Koyel Pramanik            | Hist(H)    | 1st      | 19140052   | 11.00        | Koyel Pramanik            |                |
| 10     | Rumki Sarkar              | Beng(H)    | 3rd      | 18110116   | 11.00        | Rumki Sarkar              |                |
| 11     | Mandira Ghosh             | Beng(H)    | 3rd      | 18110065   | 11.00        | Mandira Ghosh             |                |
| 12     | Tabisha Pal               | Hist(H)    | 3rd      | 18140137   | 11.00        | Tabisha Pal               |                |
| 13     | Dipankrita Deb Nath       | Beng(H)    | 3rd      | 18110036   | 11.00        | Dipankrita Deb Nath       |                |
| 14     | Preeti Mandal             | Beng(H)    | 3rd      | 18110091   | 11.00        | Preeti Mandal             |                |
| 15     | Poulami Ghosh             | Hist(H)    | 1st      | 19140083   | 11.00        | Poulami Ghosh             |                |
| 16     | Sampa Pal                 | Beng(H)    | 2nd      | 19110160   | 11.00        | Sampa Pal                 |                |
| 17     | Suparna Biswas            | Beng(H)    | 1st      | 19110207   | 11.00        | Suparna Biswas            |                |
| 18     | Sujata Mondal             | Beng(H)    | 1st      | 19110301   | 11.00        | Sujata Mondal             |                |
| 19     | Priya Mandal              | Beng(H)    | 1st      | 19110136   | 11.00        | Priya Mandal              |                |
| 20     | Priyanka Biswas           | Beng(H)    | 1st      | 19110112   | 11.00        | Priyanka Biswas           |                |
| 21     | Purba Sanyal              | Beng(H)    | 1st      | 19110122   | 11.00        | Purba Sanyal              |                |
| 22     | Mousumi Mondal            | Beng(H)    | 2nd      | 19110078   | 11.00        | Mousumi Mondal            |                |
| 23     | Susmita Mondal            | Beng(H)    | 2nd      | 19110214   | 11.00        | Susmita Mondal            |                |
| 24     | Beauty Pramanik           | Beng(H)    | 1st      | 19110029   | 11.00        | Beauty Pramanik           |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
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Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 17th January, 2020

| Sl No. | Name               | Department | Semester | College Id | Arrival Time | Signature          | Departure Time |
|--------|--------------------|------------|----------|------------|--------------|--------------------|----------------|
| 25     | Anusree Pal        | Beng(H)    | 2nd      | 18110012   | 10:31        | Anusree Pal        |                |
| 26     | Sarehita Sarker    | Beng(H)    | 3rd      | 18110206   | 10:31        | Sarehita Sarker    |                |
| 27     | Mandira Ghosh      | Beng(H)    | 3rd      | 18110065   | 10:32        | Mandira Ghosh      |                |
| 28     | Puja Pal           | Eng(H)     | 3rd      | 18120031   | 10:30        | Puja Pal           |                |
| 29     | Esha Haldar        | Hist(H)    | 1st      | 19140036   | 10:39        | Esha Haldar        |                |
| 30     | Dipika Saha        | Beng(H)    | 1st      | 19110039   | 10:38        | Dipika Saha        |                |
| 31     | Beauty Pramanik    | Beng(H)    | 1st      | 19110029   | 10:34        | Beauty Pramanik    |                |
| 32     | Arpita Mondal      | Beng(H)    | 3rd Year | 111220182  | 10:39        | Arpita Mondal      |                |
| 33     | Priti mandal       | Beng(H)    | 3rd      | 18110091   | 10:39        | Priti mandal       |                |
| 34     | Dipankrita Debnath | Beng(H)    | 3rd      | 18110036   | 10:39        | Dipankrita Debnath |                |
| 35     | Dipika Nag         | Eng(H)     | 1st      | 19120019   | 10:39        | Dipika Nag         |                |
| 36     | Amrita Sarker      | Beng(H)    | 3rd      | 18110009   | 10:39        | Amrita Sarker.     |                |
| 37     | Dipika Pal         | Beng(H)    | 3rd      | 18110037   | 10:39        | Dipika Pal         |                |
| 38     | Tabisha Pal        | Hist(H)    | 3rd      | 18140137   | 10:40        | Tabisha Pal        |                |
| 39     | Puja Pal           | Beng(H)    | 3rd      | 18110096   | 10:40        | Puja Pal           |                |
| 40     | Diya Mondal.       | Beng(H)    | 1st      | 19110041   | 10:41        | Diya Mondal.       |                |
| 41     | Shefali Mandal     | Beng(H)    | 3rd      | 18110130   | 10:41        | Shefali Mandal     |                |
| 42     | Sharmistha Biswas  | Beng(H)    | 3rd      | 18110207   | 10:42        | Sharmistha Biswas  |                |
| 43     | Sumita Biswas      | Beng(H)    | 3rd      | 18110211   | 10:43        | Sumita Biswas      |                |
| 44     | Emi Karmakar       | Beng(H)    | 3rd      | 18110041   | 10:39        | Emi Karmakar.      |                |
| 45     | Suchitra Mondal    | Beng(H)    | 3rd      | 18110151   | 10:42        | Suchitra Mondal    |                |
| 46     | Rabia Khatun       | philosophy | 4th      | 18150015   | 10:42        | Rabia Khatun       |                |
| 47     | Pen Dey            | Hist(H)    | 3rd Year | 1142201828 | 10:30        | Pen Dey            |                |
| 48     | pali Karmakar      | Beng(H)    | 3rd      | 1112201887 | 10:30        | pali Karmakar      |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date :17th January,2020

| Sl No. | Name             | Department  | Semester | College Id | Arrival Time | Signature        | Departure Time |
|--------|------------------|-------------|----------|------------|--------------|------------------|----------------|
| 49     | Madhumita Halder | History (H) | 3rd year | 1142201854 | 10:30        | Madhumita Halder |                |
| 50     | Suparna Biswas   | Beng (H)    | 1st      | 19110207   | 10:30        | Suparna Biswas   |                |
| 51     | Sampa Pal        | Beng (H)    | 1st      | 19110160   | 10:30        | Sampa Pal        |                |
| 52     |                  |             |          |            |              |                  |                |
| 53     |                  |             |          |            |              |                  |                |
| 54     |                  |             |          |            |              |                  |                |
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| 67     |                  |             |          |            |              |                  |                |
| 68     |                  |             |          |            |              |                  |                |
| 69     |                  |             |          |            |              |                  |                |
| 70     |                  |             |          |            |              |                  |                |
| 71     |                  |             |          |            |              |                  |                |
| 72     |                  |             |          |            |              |                  |                |

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17/1/20

Teacher-In-Charge

Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 17th January, 2020

| Sl No. | Name                 | Department | Semester | College Id | Arrival Time | Signature            | Departure Time |
|--------|----------------------|------------|----------|------------|--------------|----------------------|----------------|
| 1      | Suparna Mondal       | Beng(H)    | 1st      | 19110208   | 10:30        | Suparna Mondal       |                |
| 2      | RUSHI PRAMANIK       | HIST(H)    | 1st      | 19140119   | 10:30        | Rushi pramanik       |                |
| 3      | Sampati Biswas       | Beng(H)    | 1st      | 19110162   | 10:30        | Sampati Biswas       |                |
| 4      | Sneha Saindy         | Beng(H)    | 1st      | 19110182   | 10:31        | Sneha Saindy         |                |
| 5      | Susmita Mondal       | Beng(H)    | 2nd      | 19110214   | 10:32        | Susmita Mondal       |                |
| 6      | Mousumi Mondal.      | Beng(H)    | 2nd      | 19110078   | 10:32        | Mousumi Mondal.      |                |
| 7      | Sujeshna Biswas      | Beng(H)    | 1st      | 19110202   | 10:30        | Sujeshna Biswas      |                |
| 8      | Tanra Haldar         | HIST(H)    | 1st      | 19140169   | 10:30        | Tanra Haldar         |                |
| 9      | Rimpa Haldar         | HIST(H)    | 1st      | 19140111   | 10:30        | Rimpa Haldar         |                |
| 10     | Madhuchhanda Bharmik | HIST(H)    | 1st      | 19140054   | 10:30        | Madhuchhanda Bharmik |                |
| 11     | Poulami Ghosh        | HIST(H)    | 1st      | 19140083   | 10:30        | Poulami Ghosh        |                |
| 12     | Riya Mandal          | Beng(H)    | 1st      | 19110136   | 10:30        | Riya Mandal          |                |
| 13     | Anindita Ghosh       | Beng(H)    | 1st      | 19110020   | 10:30        | Anindita Ghosh       |                |
| 14     | Priyanka Biswas      | Beng(H)    | 1st      | 19110112   | 10:30        | Priyanka Biswas      |                |
| 15     | Thumki Sarkar        | Beng(H)    | 1st      | 19110054   | 10:30        | Thumki Sarkar        |                |
| 16     | Arpita Majumder      | HIST(H)    | 3rd Sem  | 18140008   | "            | Arpita Majumder      |                |
| 17     | Priya Ghosh          | HIST(H)    | 3rd Sem  | 18140068   | 10:30        | Priya Ghosh          |                |
| 18     | Sima mandal          | HIST(H)    | 1st      | 19140145   | 10:30        | Sima mandal          |                |
| 19     | Mandira Sarkar       | HIST(H)    | 1st      | 19140057   | 10:30        | Mandira Sarkar       |                |
| 20     | Kanika Sarkar        | Beng(H)    | 1st      | 19110059   | 10:30        | Kanika Sarkar        |                |
| 21     | Mamoni Khatun        | Beng(H)    | 3rd      | 18110063   | 10:30        | Mamoni Khatun        |                |
| 22     | Taniya Malitha       | Beng(H)    | 3rd      | 18110178   | 10:30        | Taniya Malitha       |                |
| 23     | Suzata Mondal        | Beng(H)    | 2nd      | 19110201   | 10:32        | Suzata Mondal        |                |
| 24     | Rumki Sarkar         | Beng(H)    | 3rd      | 18110116   | 10:31        | Rumki Sarkar.        |                |

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17/1/20



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 18th January, 2020

| Sl No. | Name              | Department | Semester | College Id | Arrival Time | Signature         | Departure Time |
|--------|-------------------|------------|----------|------------|--------------|-------------------|----------------|
| 25     | Susmita Mondal    | Beng(H)    | 2nd      | 19110214   | 10:31        | Susmita Mondal    |                |
| 26     | Dipika Saha       | Beng(H)    | 1st      | 19110039   | 10:31        | Dipika Saha       |                |
| 27     | Anindita Ghosh    | Beng(H)    | 1st      | 19110010   | 10:30        | Anindita Ghosh    |                |
| 28     | Diya Mondal       | Beng(H)    | 1st      | 19110041   | 10:32        | Diya Mondal       |                |
| 29     | Anindita Halder   | Beng(H)    | 1st      | 19110236   | 10:30        | Anindita Halder   |                |
| 30     | Kanika Sankar     | Beng(H)    | 1st      | 19110059   | 10:30        | Kanika Sankar     |                |
| 31     | Priyanka Biswas   | Beng(H)    | 1st      | 19110112   | 10:30        | Priyanka Biswas   |                |
| 32     | Priya Mandal      | Beng(H)    | 1st      | 19110136   | 10:30        | Priya Mandal      |                |
| 33     | SHEFALI MANDAL    | Beng(H)    | 3rd      | 18110130   | 10:30        | Shofali Mandal    |                |
| 34     | Sumita Biswas     | Beng(H)    | 3rd      | 18110211   | 10:30        | Sumita Biswas     |                |
| 35     | Sharmistha Biswas | Beng(H)    | 3rd      | 18110204   | 10:30        | Sharmistha Biswas |                |
| 36     | Puja Pal          | Eng(H)     | 3rd      | 18120031   | 10:30        | Puja Pal          |                |
| 37     | Tabisha Pal       | Hist(H)    | 3rd      | 18140137   | 10:30        | Tabisha Pal       |                |
| 38     | Madhumita Halder  | Hist(H)    | 3rd year | 1142201854 | 10:30        | Madhumita Halder  |                |
| 39     | Sampuriti Biswas  | Beng(H)    | 1st      | 19110162   | 10:30        | Sampuriti Biswas  |                |
| 40     | Sncha Baidya      | Beng(H)    | 1st      | 19110182   | 10:31        | Sncha Baidya      |                |
| 41     | RUSHI PRAMANIK    | Hist(H)    | 1st      | 19140119   | 10:31        | Rushi Pramanik    |                |
| 42     | Priya Ghosh       | Hist(H)    | 3rd Sem  | 18140068   | 10:30        | Priya Ghosh       |                |
| 43     | Anpita Majumder   | Hist(H)    | n        | 18140008   | n            | Anpita Majumder   |                |
| 44     | Peu Dey           | Hist(H)    | 3rd Year | 1142201828 | 10:30        | Peu Dey           |                |
| 45     | Taniya Malitha    | Beng(H)    | 3rd      | 18110178   | 10:30        | Taniya Malitha    |                |
| 46     | Mamoni Khatun     | Beng(H)    | 3rd      | 18110063   | 10:31        | Mamoni Khatun     |                |
| 47     | Anpita Mondal     | Beng(H)    | 3rd Year | 111220182  | 10:30        | Anpita Mondal     |                |
| 48     | Dipika Nag        | Eng(H)     | 1st Sem  | 19120014   | 10:30        | Dipika Nag        |                |

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Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date :18th January,2020

| Sl No. | Name            | Department | Semester | College Id | Arrival Time | Signature       | Departure Time |
|--------|-----------------|------------|----------|------------|--------------|-----------------|----------------|
| 49     | Rosia Khatun    | philology  | 4th      | 18150015   | 10:30        | Rosia Khatun    |                |
| 50     | Suparna Mondal  | Beng(H)    | 1st sem  | 19110208   | 10:30        | Suparna Mondal  |                |
| 51     | Priya Biswas    | Beng(H)    | 1st sem  | 19110109   | 11:30        | Priya Biswas    |                |
| 52     | Sujeshna Biswas | Beng(H)    | 1st      | 19110202   | 10:30        | Sujeshna Biswas |                |
| 53     | pali karmakar   | Beng(H)    | 3rd y    | 1112201887 | 10:30        | pali karmakar   |                |
| 54     |                 |            |          |            |              |                 |                |
| 55     |                 |            |          |            |              |                 |                |
| 56     |                 |            |          |            |              |                 |                |
| 57     |                 |            |          |            |              |                 |                |
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Teacher-In-Charge

Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia



Daily Attendent Sheet of the Participants  
Certificate Course in Self Defence  
Organized by :- Department of Physical Education  
In Collaboration with : Women Cell  
Karimpur Pannadevi College  
9th - 10th & 14th - 18th January, 2020

Date : 18th January, 2020

| Sl No. | Name                      | Department | Semester | College Id | Arrival Time | Signature                 | Departure Time |
|--------|---------------------------|------------|----------|------------|--------------|---------------------------|----------------|
| 1      | Rimpa Halder              | Hist(H)    | 1st      | 19140111   | 10:30        | Rimpa Halder              |                |
| 2      | Tania Halder              | Hist(H)    | 1st      | 19140169   | 10:30        | Tania Halder              |                |
| 3      | Amurree Pal               | Beng(H)    | 3rd      | 18110012   | 10:30        | Amurree Pal               |                |
| 4      | Sarehita Sarkar           | Beng(H)    | 3rd      | 18110206   | 10:30        | Sarehita Sarkar           |                |
| 5      | Esha Haldar               | Hist(H)    | 1st      | 19140036   | 10:30        | Esha Haldar               |                |
| 6      | Koyel Pramanik            | Hist(H)    | 1st      | 19140052   | 10:30        | Koyel Pramanik            |                |
| 7      | Jhumki Samkar             | Beng(H)    | 1st      | 19110054   | 10:30        | Jhumki Samkar             |                |
| 8      | Rumki Samkar              | Beng(H)    | 3rd      | 18110116   | 10:30        | Rumki Samkar              |                |
| 9      | Mandira Ghosh             | Beng(H)    | 3rd      | 18110065   | 10:30        | Mandira Ghosh             |                |
| 10     | Puja Pal                  | Beng(H)    | 3rd      | 18110096   | 10:30        | Puja Pal                  |                |
| 11     | Dipika Pal                | Beng(H)    | 3rd      | 18110037   | 10:30        | Dipika Pal                |                |
| 12     | Amrita Sarkar             | Beng(H)    | 3rd      | 18110009   | 10:30        | Amrita Sarkar             |                |
| 13     | Emi Karmakar              | Beng(H)    | 3rd      | 18110041   | 10:30        | Emi Karmakar              |                |
| 14     | Suchitra Mondal           | Beng(H)    | 3rd      | 18110151   | 10:30        | Suchitra Mondal           |                |
| 15     | Mandira Sarkar            | Hist(H)    | 1st      | 19140057   | 10:30        | Mandira Sarkar            |                |
| 16     | Poulami Ghosh             | Hist(H)    | 1st      | 19140083   | 10:30        | Poulami Ghosh             |                |
| 17     | Madhuchhanda Bhattacharya | Hist(H)    | 1st      | 19140054   | 10:30        | Madhuchhanda Bhattacharya |                |
| 18     | Sima Mandal               | Hist(H)    | 1st      | 19140145   | 10:30        | Sima Mandal               |                |
| 19     | Dipamrita Deb Nath        | Beng(H)    | 3rd      | 18110036   | 10:30        | Dipamrita Deb Nath        |                |
| 20     | Priti Mandal              | Beng(H)    | 3rd      | 18110091   | 10:30        | Priti Mandal              |                |
| 21     | Beauty Pramanik           | Beng(H)    | 1st      | 19110029   | 10:30        | Beauty Pramanik           |                |
| 22     | Suparna Biswas            | Beng(H)    | 1st      | 19110207   | 10:30        | Suparna Biswas            |                |
| 23     | Sampa Pal                 | Beng(H)    | 1st      | 19110160   | 10:30        | Sampa Pal                 |                |
| 24     | Mousumi Mondal            | Beng(H)    | 2nd      | 19110078   | 10:30        | Mousumi Mondal            |                |

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18 Jan 2020



11. Which of the following is a vulnerable target when having to fight off an attacker?  
i) Eyes  
ii) Throat  
iii) Groin  
iv) All of the above.
12. Should you not walk around with your hands in your pocket?  
i) Yes  
ii) No  
iii) it depends on your surroundings.
13. If you are not out by yourself and do have a name on your clothes and someone call's your name do you trust them?  
i) Yes  
ii) No  
iii) go find out  
iv) your stupid for having a name on your clothes.
14. If approached from behind what do you do?  
i) Kick them and run.  
ii) Squirm and kick them  
iii) Throw them off balance after hitting one of the target points. (Sternum, instep) (None, Groin)  
iv) Assess their hold in balance them and run.
15. You should hold your keys between your middle finger's as a weapon when walking:  
i) True,  
ii) False
16. Which is an important Mantra which sets the attitude for self-defense?  
i) You are strong and wise  
ii) You deserve to live in peace  
iii) You have the right to protect your family and loved ones  
iv) None of the above.
17. Why should your left leg be formed in a basic guard position?  
i) To protect your liver  
ii) It is a more natural stance  
iii) For better control  
iv) None of the above
18. What are some primary objectives training for self-defense?  
i) Learn drills that improve your timing and skills  
ii) Learn exercises that make your body strong  
iii) Learn techniques that allow you to suppress your attacker.  
iv) All of the above.
19. Which of these is not one of the three critical areas you should look at to determine aggressive behaviour?  
i) Their Posture  
ii) Their behavior  
iii) Their hand positions  
iv) The colour of their eyes
20. What are some key attack points?  
i) Solar plexus  
ii) Elbows  
iii) Eyes  
iv) B and C both.

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*[Signature]*  
**Teacher-In-Charge**  
**Karimpur Pannadevi College**  
**P.O. Karimpur, Dist. Nadia**



Questions for the Certificate Course on "Self- defense"(9<sup>th</sup>-10<sup>th</sup> and 14<sup>th</sup>-18<sup>th</sup> January,2020)

Karimpur Pannadevi College

Date of Examination: 18/01/2020

Time: 30 minute

Name:.....

Department:.....

Student ID:.....

( Put a tick mark on the appropriate answer)

Full marks: 40

1. Self defense is important?
  - i) True
  - ii) False
2. Your elbows can be used as a weapon to break a choke hold.
  - i) True
  - ii) False
3. Which of these is not one of the three critical areas you should look at to determine aggressive behavior?
  - i) Their Posture
  - ii) Their behavior
  - iii) Their hand positions
  - iv) The Color of their eyes
4. You can use your knuckles or fingers to poke.
  - i) True
  - ii) False
5. When you park at night choose poorly lighted alleys so no one can see you.
  - i) True
  - ii) False
6. You can use the palm of your hand to what area of the body to throw some one off balance ?
  - i) Neck
  - ii) Groin
  - iii) Nose
  - iv) Eyes.
7. Which of the Following is not a vulnerable area on the human body ?
  - i) Shine bone
  - ii) Throat
  - iii) Thigh
  - iv) Solar Plexus
8. When you are home alone and a stranger knocks on the door you should tell them to come back later because your parent's are not home?
  - i) True
  - ii) False
9. Using you knee to some one's groin is an easy and fast way to distract your attacker ?
  - i) True
  - ii) False
10. What are some key attack points.?
  - i) Eyes
  - ii) Throat
  - iii) Groin
  - iv) All of the above

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*[Signature]*

Teacher-In-Charge  
Karimpur Pannadevi College  
P.O. Karimpur, Dist. Nadia