



RAJA PEARY MOHAN COLLEGE

ESTD: 1887

UTTARPARA, HOOGHLY, WEST BENGAL PIN- 712 258

ISO 21001:2018

Website: www.rpmcollege.edu.in , e-mail: rajapearymohancollege@gmail.com

5.1.2

Capacity Development and Skill Enhancement Activities

Life Skill: Physical Fitness

5.1.2.3: Physical Fitness

Raja Peary Mohan College has taken up several initiatives to develop Life Skills among the students of the College. The College has a Gymnasium where students regularly use the fitness instruments for staying fit. Regular workshops, camps and awareness programs are organized by the different sub-units of the College to help the students and staff to stay healthy and strong both physically and mentally. There are permanent trainer hired by the college for both male and female students.

Raja Peary Mohan College Gymnasium Rules and Regulations

Valid gym membership:

1. Fill in the form to become a valid member of Raja Peary Mohan College Gymnasium.(available in college website: www.rpmcollege.org)
2. Fitness certificate for using equipments of the gym from a Doctor required for becoming a member.
3. 2 passport size photograph required
4. Get your membership card from Gym authority after you become a member.

Who can use the Gym?

The gym is available solely for use by Raja Peary Mohan College Students and Staff. Students from other Colleges may not use the gym. Any individual who uses the gym does so voluntarily and at the individual's own risk. Raja Peary Mohan College will not be liable for any injury sustained by any person as a result of using the gym equipment. No Student, or Member of Staff is permitted to use the gym unless they have attended a safety induction and the instructor has verified that you may use the equipment.

The gym consists of the following equipment:

- 2 Indoor Exercise Bike
- 1 Treadmill
- Chest press machine
- Bench Press Machine
- Adjustable Bench Machine
- Lat Pull Down Machine
- Abdominal BenchMachine
- Leg Raise Tower/Dip Tower
- AB Roller
- Leg Curl and Leg Extension Machine
- Weights (Set of 2.5 kg, 5 kg, 7.5 kg, 10 kg, 15 kg, 20 kg)
- Dumbbells (Set of 2.5 kg(2 set), 5 kg, 7.5 kg, 10 kg, 15 kg 17.5 kg)
- Butterfly Machine



[Handwritten Signature]
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOORHATA

Opening Hours:

Male:

Slot 1: 9:00 am –1:00 pm

Slot 2: 3:00 pm -5:30 pm

Female:

Slot 1: 1:00 pm -3:00 pm

Before using the Gym Facility

The College advises that before participating in an exercise programme all users should have a thorough physical examination from a medical practitioner.

- Any person with a history of heart disease, hypertension, diabetes or any degenerative joint or muscular disease should first obtain permission from their doctor.
- Do not eat a large meal or drink alcohol for at least 2 hours before exercise.
- Seek medical advice before using the equipment if you have a medical problem.
- Always ensure that your clothing and footwear are suitable and properly fitting.
- Avoid training alone. For your own safety, try to ensure there is someone else present.
- Always warm up prior to exercise and cool down afterwards.
- Always warm up and stretch before exercise particularly before weight training. Gentle cardio work with a bike and stretching is excellent before starting on a weight training session or heavy lifting.

General Rules and Regulations:

1. The maximum number of people who can be in the gym is 12
2. The gym should be kept clean and tidy at all times
3. Bring your membership card with you
4. Please follow the equipments carefully
5. Please use equipments if only you are in proper health condition to do so.
6. Do not drop the weights and keep them back in place after use
7. Bring and use a towel for hygiene and to keep yourself and the equipment dry.
8. All users should wear appropriate apparel and footwear to comply with the requirements of the Gymnasium
9. Bring your own water bottle
10. Smoking, eating and drinking (except water) is prohibited in the Gymnasium at all times
11. For the benefit of all, it is requested that you return equipment to the corresponding place when finished.
12. Please do not speak loudly inside the Gym
13. Please handle the equipment in the Gymnasium with care. Users are responsible for any damages to the facilities or equipment
14. The College reserves the right to amend these rules and regulations without prior notice.
15. Users are responsible for their own property and safety
16. Management is not responsible for any injuries or accidents.
17. Inspect equipment before each use for loose, worn or frayed parts
18. Report any problems with the equipment to the Duty Staff
19. Inform other gym users by placing one of the 'Out of order' signs provided on any equipment that is out of action.
20. Work with weight you can manage/handle.
21. Do not continue training if you feel dizzy or unwell. Remember to breathe properly during exercise particularly when lifting weights
22. Take the help of Gym staff when required.
23. Failure to comply with the above rules may result in loss of gym privileges.



[Handwritten Signature]
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARAKHAND, INDIA

Emergency Contact Nos: Gym Incharge: 94 33379385 Dr PallabGayen, Associate Professor in Chemistry

Year	Name of the capacity development and skills enhancement program	"Period (from date - to date)"	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2018-2019	Gymnasium, RPMC	March 2018 to June 2019	Female: 5 Male:8	Souvik Bose(Mob No: 8240098053)&.....
2019-2020	Gymnasium, RPMC	July 2019 to June 2020	Female: 16 Male:21	Souvik Bose (Mob No: 8240098053)& Puja Shaw (Mob No: 9875438053)
2020-2021	Gymnasium, RPMC	Pandemic Period		
2021-2022	Gymnasium, RPMC	November 2021to June 2022	Female: 9 Male: 16	Souvik Bose (Mob No: 8240098053) & Puja Shaw (Mob No: 9875438053)
2021-2022	Workshop titled "Fitness in the post Covid era" on	15 th March, 2022	126	Mr Arup Biswas, Consultant Physiotherapist, Howrah District Hospital
2022-2023	Gymnasium, RPMC	July 2022 to June 2022	Female: 10 Male: 27	Souvik Bose (Mob No: 8240098053) & Puja Shaw (Mob No: 9875438053)



Bench Press Machine, Chest press machine, Leg Curl and Leg Extension Machine



Rajaji Peary Mohan
PRINCIPAL
RAJAJI PEARY MOHAN COLLEGE
WYTHARA, HOOGHLY



Dumbbells (Set of 2.5 kg (2 set), 5 kg, 7.5 kg, 10 kg, 15 kg 17.5 kg), Butterfly Machine, Chest press machine



Indoor Exercise Bike & Treadmill

Lady Instructor



Men Instructor





RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

1, ACHARYA DHRUBA PAL ROAD, UTTARPARA, HOOGHLY, WEST BENGAL, PIN - 712 258

TEL NO. : 033-2663-0881/2663-0191, FAX NO. : 033-2663-4155

১, আচার্য্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,

দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Sample copy of Enrolment form and Attendance Register

Girls

Admission Form for Raja Peary Mohan College Gymnasium

Name: PIYA BAILEY

Class: 5th SC

Student ID/Roll No: 08/1/0212

Age: 18

Sex: F

Height: 5

Physically Fit: Yes/No

Slot: 3 PM / 3 PM
(Only one Hour will be available for Training/Practice)

Address: CHANDRANATH BARUA, P.O. CHANDRANATHA, PIN 712206

Contact No: _____

Contact No for Emergency Purpose: _____

Fitness certificate for using equipments of the gym from a Doctor required for becoming a member. Two passport/stamp size photos required. Get your membership card from Gym authority after Admission. All members must follow and abide by the Rules of the Gymnasium.

Opening Hours:
Male: Slot 1: 9:00 am - 1:00 pm
Slot 2: 3:00 pm - 5:30 pm
Female: Slot 1: 1:00 pm - 3:00 pm

Admission and Membership Fees:
• Students: Admission fees: Rs. 50 for & Membership fees: Rs. 100-Quarterly (for 3 Months)
• Staff: Admission fees: Rs. 100 for & Membership fees: Rs. 200-Quarterly (for 3 Months)

Admission Form for Raja Peary Mohan College Gymnasium

Name: MAYA DATTA

Class: 2nd SEM

Student ID/Roll No: B.com/18/0022

Age: 18

Sex: F

Height: 5.00

Physically Fit: Yes/No

Slot: 1.00 pm - 3.00 pm
(Only one Hour will be available for Training/Practice)

Address: 7 Hazratnally P.O. Hazratnally, Hooghly - 712233

Contact No: 9748350122

Contact No for Emergency Purpose: _____

Fitness certificate for using equipments of the gym from a Doctor required for becoming a member. Two passport/stamp size photos required. Get your membership card from Gym authority after Admission. All members must follow and abide by the Rules of the Gymnasium.

Opening Hours:
Male: Slot 1: 9:00 am - 1:00 pm
Slot 2: 3:00 pm - 5:30 pm
Female: Slot 1: 1:00 pm - 3:00 pm

Admission and Membership Fees:
• Students: Admission fees: Rs. 50 for & Membership fees: Rs. 100-Quarterly (for 3 Months)
• Staff: Admission fees: Rs. 100 for & Membership fees: Rs. 200-Quarterly (for 3 Months)

22.04.19

Name	Date	Student ID	Time	Slot
Maya Datta	22.04.19	B.com/18/0022	1:30 PM	2:20 PM
Uga Sarkar	22.04.19	B.com/18/0022	1:30 pm	2:20 pm
Aditi Das	24.4.19	B.N/18/0187	1:10 pm	2:10 pm
Sonia Ghosh	24.4.19	B.A/18/0028	1:30 PM	2:20 PM
Priya Koley	24.4.19	B.N/18/0182	1:30 pm	2:20 pm
Swarna Maji	24.4.19	B.A/18/0184	1:30 PM	2:00 PM
	25.04.19			
Sonia Ghosh	25.04.19	B.A/18/0028	1:10 PM	2:20 pm
Maya Datta	25.04.19	B.com/18/0022	1:15 pm	2:20 pm
Kaya Sarkar	25.04.19	B.com/18/0022	1:20 pm	2:35 pm
Swarna Maji	25.04.19	B.A/18/0184	1:30 PM	2:10 PM
Priya Koley	25.04.19	B.N/18/0182	1:40 pm	2:50 pm

Admission Form for Raja Peary Mohan College Gymnasium

Name: Prityanka Talukder

Class: 3rd Sem

Student ID/Roll No: B.com/18/0178

Age: 20+

Sex: Female

Height: 4'9"

Physically Fit: Yes/No

Slot: 1 PM - 3 PM
(Only one Hour will be available for Training/Practice)

Address: 132 Bhurik Jangal Road, Bhadrakali, Hooghly - 712232

Contact No: _____

Contact No for Emergency Purpose: _____

Fitness certificate for using equipments of the gym from a Doctor required for becoming a member. Two passport/stamp size photos required. Get your membership card from Gym authority after Admission. All members must follow and abide by the Rules of the Gymnasium.

Opening Hours:
Male: Slot 1: 9:00 am - 1:00 pm
Slot 2: 3:00 pm - 5:30 pm
Female: Slot 1: 1:00 pm - 3:00 pm

Admission and Membership Fees:
• Students: Admission fees: Rs. 50 for & Membership fees: Rs. 100-Quarterly (for 3 Months)
• Staff: Admission fees: Rs. 100 for & Membership fees: Rs. 200-Quarterly (for 3 Months)

Admission Form for Raja Peary Mohan College Gymnasium

Name: PRITY PAUL

Class: 1ST SEM

Student ID/Roll No: B.A/19/0325

Age: 19

Sex: F

Height: 5 FT 2"

Physically Fit: Yes/No

Slot: 1 P.M TO 3 P.M
(Only one Hour will be available for Training/Practice)

Address: UTTAR PARA BARA NATH PURE ROAD TENTULTALA 712232

Contact No: _____

Contact No for Emergency Purpose: _____

Fitness certificate for using equipments of the gym from a Doctor required for becoming a member. Two passport/stamp size photos required. Get your membership card from Gym authority after Admission. All members must follow and abide by the Rules of the Gymnasium.

Opening Hours:
Male: Slot 1: 9:00 am - 1:00 pm
Slot 2: 3:00 pm - 5:30 pm
Female: Slot 1: 1:00 pm - 3:00 pm

Admission and Membership Fees:
• Students: Admission fees: Rs. 50 for & Membership fees: Rs. 100-Quarterly (for 3 Months)
• Staff: Admission fees: Rs. 100 for & Membership fees: Rs. 200-Quarterly (for 3 Months)



প্রিন্সিপাল
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY



RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

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দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

NAME	SAM	IN-time	OUT	Date
109) Chandika Nayak	B.A	11:30	1:30	8/12/2022
109) Tammy Das	B.A	12:30 PM	1:30 PM	8/12/2022
110) Akash Jyotsnawi	B.Com	3:00	4:15	8/12/2022
111) Rohan Islam	B.A	3:00	4:15	8/12/2022
112) Dipankar Das	B.A	3:30	4:15	8/12/2022
113) Anshika Nayak	B.A	11:00	1:00	9/12/22
114) Anshika Nayak	B.Com	12:00	1:30	9/12/22
115) Dipankar Das	B.A	11:00	1:00	9/12/22
116) Tammy Das	B.A	12:00 PM	1:30 PM	9/12/22
117) Chandika Nayak	B.A	11:30	1:15	10/12/22
118) Tammy Das	B.A	11:50 AM	1:10 PM	10/12/22
119) Kavishka Baskali	B.A	12:00	1:15	10/12/22
120) Subhadip Mallick	B.A	2:30	4:00	10/12/22
121) Akash Jyotsnawi	B.Com	2:30	4:00	10/12/22
122) Kazi Jafan Balaman	B.A	2:30	4:00	10/12/22
123) Rohan Islam	B.A	2:30	4:00	10/12/22
124) Sayan Ojha	B.A	2:30	4:00	10/12/22
125) Anshika Nayak	B.Com	2:00	4:00	10/12/22
126) Anshika Nayak	B.Com	2:30	4:00	10/12/22
127) Tammy Das	B.A	11:40 AM	12:45 PM	12/12/22
128) Anshika Nayak	B.Com	2:30	4:00	12/12/22
129) Subhadip Mallick	B.A	2:30	4:00	12/12/22
130) Dipankar Das	B.A	2:30	4:00	12/12/22
131) Subhadip Mallick	B.A	2:30	4:00	12/12/22
132) Anshika Nayak	B.Com	2:30	4:00	12/12/22
133) Rohan Islam	B.A	2:30	4:00	12/12/22
134) Sayan Ojha	B.A	2:30	4:00	12/12/22
135) Kavishka Baskali	B.A	12:30	1:30	14/12/22
136) Anshika Nayak	B.A	12:30	1:30	14/12/22
137) Dipankar Das	B.A	12:30	1:30	14/12/22
138) Rohan Islam	B.A	3:00	4:30	14/12/22

Sl. No.	Name with Year	Year	In	Out
1	Sayak Datta	2nd Sem	11:40	12:45 PM
2	Suryagan Das	2nd Sem	11:40 AM	12:40 PM
3	Abdul Moqam Haldar	2nd Sem	12:00 PM	1:00 PM
4	Kavishka Bera	2nd Sem	12:08 PM	1:00 PM
5	Abdul Moqam Haldar	2nd Sem	11:50 AM	12:30 PM
6	Kavishka Bera	2nd Sem	11:50 AM	12:30 PM
7	Abdul Moqam Haldar	2nd Sem	11:50 AM	12:30 PM
8	Kavishka Bera	2nd Sem	11:50 AM	12:30 PM
28.08.19				
9	Sayak Datta	1st Sem	11:35 AM	12:10 PM
10	Abdul Moqam Haldar	1st Sem	11:40 AM	12:30 PM
11	Kavishka Bera	2nd Sem	11:45 AM	12:30 PM
12	Sayak Datta	2nd Sem	12:15 PM	1:10 PM
13	Mogam Haldar	1st Sem	11:00 AM	12:00 PM
9.04.19				
14	Sayak Datta	1st Sem	12:00 PM	1:00 PM
15	Abdul Moqam Haldar	2nd Sem	4:30	5:30
16	Subhadip Bera	2nd Sem	11:10	12:30
17	Topas Maitty	2nd Sem	11:10	12:30
18	Kavishka Bera	2nd Sem	11:30	12:30
19	Sayak Datta	2nd Sem	11:00 AM	12:00 PM
20	Subhadip Bera	2nd Sem	11:10 AM	12:00 PM
21	Topas Maitty	2nd Sem	11:40 AM	12:40 PM
12/4/10				
1	Rebarban Chatterjee	2nd Sem	12:00 PM	1 PM
2	Subhadip Bera	2nd Sem	4:10 PM	5:10 PM
16/04/19				
1	Subhadip Bera	2nd Sem	11:10 AM	12:20 PM
2	Rebarban Chatterjee	B.Sc. 2nd Sem	11:15 AM	12:20 PM
17/04/19				
1	Topas Maitty	B.Sc. 2nd Sem	11:45 AM	1:00 PM

Name	Date	Studied in	In	Out
Paayanka Talukder	10.08.19	B.Com/14/19	2:00 PM	3:00 PM
manisha Saha	10.08.19	B.A/16/19	2:04 PM	3:00 PM
Dipti Koley	10.08.19	B.A/18/19	2:30 PM	3:00 PM
13.08.2019				
Subrita Bala	13.08.19	B.Com/14/19	1:15 PM	2:30 PM
Dipti Koley	13.08.19	B.A/18/19	1:20 PM	2:30 PM
manisha Saha	10.08.19	B.A/16/19	2:00 PM	3:00 PM
16.08.19				
Sukanya Pal	B.A/17/19	16.08.19	1:10 PM	2:10 PM
Subrita Bala	B.Com/14/19	16.08.19	1:20 PM	2:25 PM
Paayanka Talukder	B.Com/14/19	16.08.19	2:00 PM	3:00 PM
19.08.19				
Dipti Paul	19.08.19	B.A/19/19	1:30 PM	2:20 PM
Sukanya Pal	19.08.19	B.A/19/19	1:40 PM	2:30 PM
Dipti Koley	19.08.19	B.A/18/19	1:55 PM	3:00 PM



Principal
RAJA PEARY MOHAN COLLEGE
UTTARPARA, HOOGHLY

Programme name: Workshop titled “Fitness in the post Covid era” on 15th March, 2022

Objective:

1. To raise awareness about fitness among students, faculties and non teaching staffs
2. To address different work related problems faced by the participants

About the Programme: A workshop titled “Fitness in the post Covid era” was held on 15th March, 2022 at 12 noon at the Centenary Hall of Raja Peary Mohan College. About two hundred students and faculties participated in this programme jointly organized by Health Unit and IQAC. In his welcome address Principal DrSudip Kumar Chakrabarty stressed the importance of physical activity along with the mental activity in the ultimate growth and prosperity of students. DrSanjukta Bhattacharya, IQAC Coordinator, RPMC appreciated the efforts of the unit in conceptualizing such a workshop and encouraged the students to wholeheartedly participate in the programme. The resource person Mr Arup Biswas, Consultant Physiotherapist, Howrah District Hospital was introduced to the audience by DrLabonyaMandal, Convenor, Health Unit.

In an hour long captivating presentation, the speaker Mr Arup Biswas, explained the meaning of the term fitness and how it has been affected by our changed lifestyle during the lockdown due to Covid 19. He showed with illustrations the impact of use of devices like mobile phone or laptops for long hours on the normal curvature of the spine in the pathogenesis of various diseases. He also explained how lack of outdoor activities has affected the health of people especially in academics and IT sector. He pointed out the precautions to be adopted to ward off the ill effects of postures on health. He shared his observation of rising number of teachers among patients seeking his consultation during this time. The lecture was followed by an interactive session with teachers and students. This was a very successful session during which many teachers and students shared their problems and received valuable advices from the resource person. The workshop ended after nearly two hour thirty minutes from commencement with vote of thanks delivered by DrSanjukta Bhattacharya, IQAC Coordinator, RPMC and DrLabonyaMandal, Convenor, Health Unit, Raja Peary Mohan College, Uttarpada Pal.



Sudip Kumar Chakrabarty
PRINCIPAL
RAJA PEARY MOHAN COLLEGE
UTTARPADA, HOOGHLY



Snapshot of the workshop



RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

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১, আচার্য্য ধন পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,
দুরত্বসং : ০৩৩ ২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Ref. No./সূচক সংখ্যা

Date/তারিখ

A workshop on Fitness in the post Covid era

3rd level

Name	Semester	Department
1) Anamoly Mandal	4th	Bengali
2) Nabomita Mondal	4th	Bengali
3) Niga Ambal	4th	Bengali
4) Lisa Day	4th	Bengali
5) Shrabani Datta	4th	Bengali
6) P. Dal Das	4th	General
7) Seabdo Roychowdhury	2nd	H: Physiology Honours
8) Samanay Mukerjee	6th	Political Science
9) Soumoditya Bhattacharya	6th	"
10) Nuru Mondal	6th	"
11) Swastika Banerjee	4th	"
12) Shrabanti Ploy	4th	"
13) Raydeep Sahana	4th	"
14) Anika Das	4th	"
15) Moudeep Sahana	4th	"
16) Aban An	4th	"
17) Riina Datta	6th	" (H)
18) Priyanka Manna	6th	"
19) Piyasa Palit	6th	" (H)
20) Seva Mond.	6th	Bengali (H)
21) Sangita Naskar	6th	Bengali (H)
22) Anuska Datta	6th	Bengali (H)
23) Pramila Kundu	6th	Bengali (H)
24) Priyanka Roy	6th	Bengali (H)
25) Rysel Sadhukhan	6th	Bengali (H)
26) Pritymha Dom	4th	General
27) Suehandra Ghosh	4th	General
28) Sebadita Das	2nd	English (H)
29) Anika Hori	2nd	English (H)
30) Babana Vermin	1th	General
31) Anukta Singha	4th	Honours
32) Kushi Guin	4th	General
33) Arunika Ghosh	4th	General
34) Deeka Das	2nd	General
35) Anika Dhali	2nd	General

Principal

Raja Peary Mohan College
Uttarpara, Hooghly



RAJA PEARY MOHAN COLLEGE

রাজা প্যারীমোহন কলেজ

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TEL NO : 033-2663 0881/2663 0191, FAX NO : 033-2663-4155

১. আচার্য্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,
দূরভাষ : ০৩৩-২৬৬৩ ০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Ref. No./সচক সংখ্যা

A workshop on fitness in the post Covid era

Date/তারিখ

DECEMBER 14

NAME	S.E.M	
23. Agni Das	4th Sem	B.com (Gen)
24. Abhijit Das	4th Sem	B.com (Gen)
25. Abhijit Majumdar	4th Sem	B.com (Gen)
26. SK Akhmal Hossain	7th Sem	B.Com (Gen)
27. Koushik Mondal	4th Sem	B.com (Gen)
28. Koushik Mondal	4th Sem	B.com (Gen)
29. Ananyo Mondal	2nd Sem	B.Sc (Honours)
30. Sourabi Mukherjee	2nd Sem	B.Sc (Honours)
31. Shreya Acharyya	2nd Sem	B.Sc (Honours)
32. Trishita Das	2nd Sem	B.Sc (Honours)
33. Purnim Phoumick	2nd Sem	B.Sc (Honours)
34. Priyanka Chakraborty	2nd Sem	B.Sc (Honours)
35.		
36. Jeet Roy	4th Sem	B.Com (A)
37. Suman Das	" "	" (A)
38. Somic Roy	" "	B.Com (A)
39. Paushali Dutta	2nd Sem	B.A BEN (HONOURS)
40. Souravit Roy	2nd Sem	B.A BEN (HONOURS)
41. Akash Biswas	2nd Sem	B.A BEN (HONOURS)
42. Riya Saha	6th Sem	B.A.G
43. Shilpa Sharma	6th Sem	B.A.G
44. Smta Biswas	6th sem	B.Sc (H) Physiology
45. Amantya Roy	6th sem	B.Sc (H) Physiology
46. Archita Ghosh	6th sem	B.Sc (H) Physiology
47. Aditya Paul	6th sem	B.Sc (H) Physiology
48. Bhaskar Paul	6th sem	B.Sc (H) Physiology
49. ADIT KR. PAUL	4th Sem	B.Sc (H) Physiology
50. Rakul Pal	2nd Sem	B.Sc (H) Mathematics
51. Debnath Ghosh	4th Sem	B.Sc (Bio) Genomic

স্বাক্ষর

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১, আচার্য ধরন পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৫,

দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

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Date /তারিখ _____

A workshop on fitness in the post Covid era

DEPARTMENT

NAME	SEM	DEPARTMENT
62. Raj Sarkar	2nd	B.A (General)
63. Chitra Kon	2nd	B.Com (General)
64. Kabi Majumdar	2nd	B.Com (General)
65. Anam Mithaljee	4th	B.Com (General)
66. Sanjay Paul	4th Sem	B.Com (Hons)
67. Anush Malik	4th Sem	B.Com (Gen)
68. Anam Das	6th Sem	B.A (General)
69. Anam Paul	6th Sem	B.A (General)
70. Anam Das	6th Sem	B.Com (Hons)
71. Anam Banerjee	6th Sem	B.Com (Hons)
72. Anam Paul	6th Sem	B.A (General)
73. Anam Paul	4th Sem	B.Com (Hons)
74. Anam Paul	4th Sem	B.Com (Hons)
75. Anam Das	4th	B.Com (Gen)
76. Anam Banerjee	2nd Sem	B.A (Gen)
77. Anam Laha	2nd Sem	B.A (Hons)
78. Anam Sarkar	2nd Sem	B.A (Gen)
79. Anam Banerjee	2nd Sem	B.A (Gen) -
80. Anam Paul	4th Sem	B.Com (Gen)
81. Anam Ghosh	4th Sem	B.Com (Gen)
82. Anam Kumar Bhattacharya	4th Sem	B.A (Hons)
83. Anam Laha	2nd Sem	B.A (Gen)
84. Anam Banerjee	2nd	B.A (")
85. Anam Naskar		B.Com (Gen)
86. Anam Dasgupta	4th Sem	B.A (Gen)
87. Anam Das	4th Sem	B.A (Gen)
88. Anam Das	2nd Sem	B.Com (Gen)
89. Anam Das	2nd Sem	B.Com (")
90. Anam Das	2nd Sem	B.Com (Gen)
91. Anam Dasgupta	2nd Sem	B.A (Gen)
92. Anam Das	2nd Sem	B.A (Gen)
93. Anam Das	2nd Sem	B.A (Gen)
94. Anam Das	2nd Sem	B.A (Gen)
95. Anam Das	2nd Sem	B.A (Gen)
96. Anam Das	2nd Sem	B.A (Gen)
97. Anam Das	4th Sem	B.Com (Gen)


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১. আচার্য্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮.
দূরভাষ : ০৩৩ ২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Ref. No./সূচক সংখ্যা _____

Date/তারিখ _____

A workshop on Fitness in the past Covid era

	Name	Sem	Department
98.	Tanasa Ghosh		General
99.	Silabi Mondal		Political Science
100.	Tanay Mondal		Physiology
101.	Tanya Das		Commerce
102.	Tanya Kundu		Commerce
103.	Muntaha Parve		Commerce
104.	Tanuj Chatterjee		Science
105.	Shiban Choudhury		Science
106.	Saheli Das		AMS
107.	Riya Dasgupta		AMS
108.	Saheli Das		BNG Honours
109.	Sujata Das		BNGA
110.	Sujata Malik		BNGA
111.			
112.	Alina Chatterjee		1st Sem
113.	Aiyonka Bhattacharya		BNGA 1st Sem
114.	Rayel Mondal		BA (General) 4th Sem
115.	Arpita Dutta	4th	4th B.A (G)
116.	Manasini Maity		B.A (G) 2nd Sem
117.	Amrita Choudhury		B.A (G) 2nd Sem
118.	Saheli Som		B.A (G) 2nd Sem
119.	Paheli Pal		B.A (G) 2nd Sem
120.	Suparna Mondal		B.A (H) 2nd Sem
121.	Soumi Mukherjee	4th	BA-General
122.	Tanama Nandi	4th	B.A General
123.	Shreya Nandi	2nd	B.Com General
124.	Kankana Ghosh	"	B.A General
125.	Royal Dutta	2nd	B.A General
126.	Aditi Ray	4th	B.Com (Gen)

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