



(033) 2350-9210, 2360-7586, 6501-6584

BANGABASI MORNING COLLEGE

19, RAJKUMAR CHAKRABORTY SARANI
KOLKATA- 700 009

RE - ACCREDITED WITH GRADE 'A' BY NAAC

website: <http://www.bangabasimorning.edu.in>, Email ID: bangabasimorning@gmail.com

Certificate Course on Stress Management

IQAC, Bangabasi Morning College has conducted a 30 hours certificate course on "Stress Management" on and from 12th February, 2019 to 23rd February, 2019. Courses were designed in such a manner so as to improve the overall personality development, mental, physical and social health of the students. These courses cover a range of topics such as stress management, techniques to overcome exam fear, meditation etc. 553 students in total registered and completed the course successfully.

Resource Person:

Dr. Ronita Roy
Smt. Malabika Bhowmick
Dr. Tulika Chakraborty
Sri Arup Debnath

Syllabus

Module-I (6 Hours)

Introduction: Stress

- Causes of physical and mental Stress
- After effect of stress
- Need for stress management

Module-II (10 Hours)

Different methods for stress management

- Basic concepts
- Yoga and Meditation
- Positive Thinking

Module -III (7 Hours)

Preparation to exam hall

- Causes of fear
- Techniques to overcome exam fear
- Techniques for effective memorisation, association etc.

Module-IV (3 hours)

Tips for daily Life

- Daily yoga time
- Exercise
- Relaxation techniques
- Time management
- Self-motivation
- Concentration and observation

Assessment and Issue of certificates (4 hours)



Anurita Das

Principal / Secretary G.B.
Bangabasi Morning College
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Flyer



BANGABASI MORNING COLLEGE

CERTIFICATE COURSE

on

"STRESS MANAGEMENT"

organised by

IQAC,

BANGABASI MORNING COLLEGE

Date: 12th to 23rd February, 2019

Duration: 30 hours

Resource Person:

DR. RONITA ROY

DR. MALABIKA BHOWMICK

DR. TULIKA CHAKRABORTY

SRI ARUP DEBNATH

Venue: Room 222

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Date: 02-01-2019

NOTICE

IQAC, Bangabasi Morning College is going to organize an online 30 hours Certificate Course on "Stress Management" on and from 12th February, 2019 to 23rd February, 2019 for the session 2018-2019 in the college premises.

All Interested students are requested to register their names for the same.

Teacher-in-charge

Bangabasi Morning College



Principal / Secretary G.B.
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List of Students

BANGABASI MORNING COLLEGE

Certificate Course on "Stress Management"

Attendance sheet on 12.02.2019

Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
			12/2/19	12/02/19	12/2/19
1	144-1111-0001-18	AMLAN PATRA	P	P	P
2	144-1211-0003-18	BABITA KUMARI SHAW	P	P	P
3	144-1211-1868-18	JYOTI SINGH	P	P	P
4	144-1111-0011-18	DIVAKAR KUMAR SINHA	P	P	P
5	144-1111-1493-18	MD SAIF ALAM	P	P	P
6	144-1211-0017-18	TASMIA PARVEEN	P	P	P
7	144-1114-0021-18	SUVAJIT SADHUKHAN	P	P	P
8	144-1111-0025-18	MD ASHADUDDIN	P	P	P
9	144-1211-1576-18	AMNA KHATOON	P	P	P
10	144-1111-0026-18	RANJIT KR SHAW	P	P	P
11	144-1111-0030-18	SAYAN SAHA	P	P	P
12	144-1111-1663-18	ATIB QAMAR	P	P	P
13	144-1111-0034-18	SK MUSTAKIM	P	P	P
14	144-1111-0037-18	ROHIT RAJAK	P	P	P
15	144-1111-1494-18	RAJU KUMAR GUPTA	P	P	P
16	144-1112-0041-18	GOSTO DALAI	P	P	P
17	144-1111-1495-18	KARABI CHAKRABORTY	P	P	P
18	144-1211-0048-18	LAXMI BISWAS	P	P	P
19	144-1211-0052-18	ABHISIKTA BANERJEE	P	P	P
20	144-1211-1906-18	SRISHTI	P	P	P
21	144-1211-0055-18	DEBALINA DAS	P	P	P
22	144-1211-0094-18	RIYA SAHA	P	P	P
23	144-1112-1577-18	RAHIT DAS	P	P	P
24	144-1211-0095-18	SNEHA JAISWAL	P	P	P
25	144-1112-0117-18	ARNAB BAR	P	P	P
26	144-1112-1837-18	RAHUL MONDAL	P	P	P
27	144-1111-0126-18	BIKKY SINGH	P	P	P
28	144-1111-1579-18	PRADIPTA NASKAR	P	P	P
29	144-1111-0236-18	JAYRAM SHAW	P	P	P
30	144-1111-0285-18	ABTESHAM ALAM	P	P	P
31	144-1111-1581-18	ABHISHEK SHAW	P	P	P
32	144-1111-0286-18	SANDEEP SAH	P	P	P
33	144-1211-0303-18	MEGHA DAS	P	P	P
34	144-1211-0327-18	ISHITA SAHA	P	P	P
35	144-1212-1758-18	SANDIPA DAS	P	P	P
36	144-1111-0424-18	SUDIPTA SARKAR	P	P	P
37	144-1111-1893-18	MD SHAHADAT ALI	P	P	P
38	144-1242-1816-18	MONIKA DAS	P	P	P
39	144-1111-0574-18	ANISH KUMAR PANDEY	P	P	P
40	144-1114-1823-18	PINTU KUMAR	P	P	P
41	144-1115-0578-18	MD WASIM AKARAM	P	P	P
42	144-1111-1535-18	FAIZAN NESAR	P	P	P



Anwita Das
Principal / Secretary G.B.
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Certificate Course on "Stress Management"

Attendance sheet on 12.02.2019

Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date 14/2/19	Date 12/2/19	Date 12/2/19
43	144-1111-0601-18	MD NAYMUL ISLAM	P	P	P
44	144-1111-0603-18	JEET GHOSH	P	P	P
45	144-1115-0628-18	MD SHAMSHAD ALAM	P	P	P
46	144-1211-1503-18	AFRAIN BANO	P	P	P
47	144-1211-0635-18	SAYANHI GHOSH	P	P	P
48	144-1115-1538-18	MD RAWANNAQUE REZA	P	P	P
49	144-1111-0638-18	DEBRAJ DOLAI	P	P	P
50	144-1112-1504-18	HIMADRI MONDAL	P	P	P
51	144-1211-0650-18	MANSI SACHDEVA	P	P	P
52	144-1211-1752-18	PRIYANKA KUMARI SHAW	P	P	P
53	144-1111-0714-18	BIKASH SHAW	P	P	P
54	144-1115-1540-18	ABDUS SALAM	P	P	P
55	144-1115-0721-18	SK NUR ALAM	P	P	P
56	144-1111-1820-18	AKASH PANDEY	P	P	P
57	144-1111-0725-18	PRABHAT BAIRAGI	P	P	P
58	144-1115-1541-18	ABDUS SALAM	P	P	P
59	144-1211-0737-18	HUMAIRA KHATUN	P	P	P
60	144-1111-1589-18	AMAN RAI	P	P	P
61	144-1111-0738-18	SUDIPTA BANERJEE	P	P	P
62	144-1111-0739-18	SOVAN SAU	P	P	P
63	144-1111-1725-18	ARYA BANERJEE	P	P	P
64	144-1115-0740-18	ASHIDUL MONDAL	P	P	P
65	144-1111-1590-18	PURNANDU SEKHAR AICH	P	P	P
66	144-1114-1542-18	SANTANU ALU	P	P	P
67	144-1115-0753-18	ASIF REZA	P	P	P
68	144-1211-0806-18	AMEYA	P	P	P
69	144-1111-1666-18	RAHUL CHATURVEDI	P	P	P
70	144-1111-0812-18	RONIT GIRI	P	P	P
71	144-1211-1896-18	RICHA KUMARI YADAV	P	P	P
72	144-1112-0827-18	SAMIR DAS	P	P	P
73	144-1111-1667-18	ROHIT KUMAR PRASAD	P	P	P
74	144-1111-1543-18	MD FAIZAN AKHTAR	P	P	P
75	144-1111-0843-18	PARTHA SARATHI DAS	P	P	P
76	144-1111-1882-18	SURAJ MONDAL	P	P	P
77	144-1111-0853-18	VISHAL SINGH	P	P	P
78	144-1112-0867-18	SONU RAM	P	P	P
79	144-1111-1544-18	SOURAJIT NAG	P	P	P
80	144-1111-0880-18	SANJU DEBNATH	P	P	P
81	144-1111-1668-18	SHAHJAD ALAM	P	P	P
82	144-1112-0883-18	RAJIB CHOWDHURY	P	P	P
83	144-1111-0891-18	SURAJ GUPTA	P	P	P
84	144-1112-1546-18	RAHUL DAS	P	P	P



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Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
85	144-1111-0893-18	VISHAL KUMAR MANDAL	P	P	P
86	144-1111-0899-18	BIKRAM MONDAL	P	P	P
87	144-1111-0910-18	ASHUTOSH KUMAR GUPTA	P	P	P
88	144-1211-1547-18	ANSHIKA SHAW	P	P	P
89	144-1211-0924-18	PUJA RAM	P	P	P
90	144-1111-1548-18	SOHAN KUMAR RAM	P	P	P
91	144-1111-1018-18	SOUMITRA JANA	P	P	P
92	144-1111-1669-18	MD SHARIQUE IQBAL	P	P	P
93	144-1112-1019-18	SUMAN BAIDYA	P	P	P
94	144-1111-1870-18	PARIMAL BALO	P	P	P
95	144-1111-1551-18	PIYUSH AGARWAL	P	P	P
96	144-1111-1069-18	MD AZHARUDDIN	P	P	P
97	144-1211-1727-18	RAUNAQUE FIRDOS	P	P	P
98	144-1211-1741-18	PUJA KUMARI RAM	P	P	P
99	144-1211-1090-18	DURGESWARI GUPTA	P	P	P
100	144-1115-1553-18	MD NADIM ANSARI	P	P	P
101	144-1212-1099-18	PRIYANKA MONDAL	P	P	P
102	144-1111-1100-18	BIKRAM KUNDU	P	P	P
103	144-1115-1554-18	MD SHAMIM ANSARI	P	P	P
104	144-1211-1101-18	REKHA BHUIYA	P	P	P
105	144-1211-1670-18	MITU GHOSH	P	P	P
106	144-1212-1103-18	ANTARA HAZRA	P	P	P
107	144-1111-1728-18	CHOWDHURY JAHRUL ISLAM	P	P	P
108	144-1111-1105-18	SAYAN DUTTA	P	P	P
109	144-1212-1197-18	SOMA MONDAL	P	P	P
110	144-1212-1739-18	PUNAM SARDAR	P	P	P
111	144-1112-1198-18	AKASH DAS	P	P	P
112	144-1211-1209-18	PUJA HALDER	P	P	P
113	144-1211-1222-18	RITU DAS	P	P	P
114	144-1211-1750-18	KAKALI DAS	P	P	P
115	144-1211-1240-18	MEDHA RANA	P	P	P
116	144-1211-1250-18	ASHIFA KHATUN	P	P	P
117	144-1212-1715-18	TUMPA DAS	P	P	P
118	144-1112-1745-18	SUBHENDU MONDAL	P	P	P
119	144-1212-1267-18	SHYAMOLI ROY	P	P	P
120	144-1212-1268-18	NEHA SARDAR	P	P	P
121	144-1111-1317-18	AYAN LAHA	P	P	P
122	144-1211-1594-18	MAMPI ROY	P	P	P
123	144-1111-1338-18	SUJIT BAIRAGI	P	P	P
124	144-1111-1557-18	MD TARIQUE ANWER	P	P	P
125	144-1111-1401-18	BIPROJIT BISWAS	P	P	P
126	144-1111-1671-18	BABAI RAHA	P	P	P



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Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
127	144-1111-1405-18	MD MIZAN ALI	P	P	P
128	144-1111-1406-18	GHUFRAN MUSHTAQUE	P	P	P
129	144-1111-1672-18	AKASH DAS	P	P	P
130	144-1215-1600-18	SAHIN SULTANA	P	P	P
131	144-1212-1416-18	MOUTRISA BISWAS	P	P	P
132	144-1111-1558-18	SAMARJEET PRASAD	P	P	P
133	144-1111-1559-18	SATYAM YADAV	P	P	P
134	144-1111-1770-18	SANNIDHYA SARKAR	P	P	P
135	144-1211-1417-18	NASRA ANSARI	P	P	P
136	144-1111-1560-18	ARINDAM CHOWDHURY	P	P	P
137	144-1111-1425-18	AKASH GIRI	P	P	P
138	144-1215-1716-18	SHAILA PARVEEN	P	P	P
139	144-1211-1673-18	SNEHA CHATTERJEE	P	P	P
140	144-1211-1674-18	RITTIKA DAS	P	P	P
141	144-1112-1771-18	SUPRIYA HAZRA	P	P	P
142	144-1111-1746-18	TANJIR HOSSAIN BULBUL	P	P	P
143	144-1111-1601-18	HRITICK BAURI	P	P	P
144	144-1111-1602-18	SAYAN ROY	P	P	P
145	144-1211-1719-18	DIPTI PURKAIT	P	P	P
146	144-1211-1772-18	POOJA KUMARI	P	P	P
147	144-1211-1839-18	AMRITA KUMARI	P	P	P
148	144-1111-1740-18	SAMBHU NATH PURKAIT	P	P	P
149	144-1111-1603-18	ABU SUFIAN	P	P	P
150	144-1111-1426-18	MD JAHANGIR KOBIR	P	P	P
151	144-1111-1751-18	ARKYA JYOTI BISWAS	P	P	P
152	144-1112-1435-18	SAPTARSHI MAJUMDER	P	P	P
153	144-1112-1730-18	DEBOJYOTI SAHA	P	P	P
154	144-1112-1436-18	RANAJIT BISWAS	P	P	P
155	144-1211-1440-18	KAJAL SINGH	P	P	P
156	144-1214-1773-18	MOUSUMI PAUL	P	P	P
157	144-1112-1774-18	PABITRA KHILARY	P	P	P
158	144-1111-1445-18	MD MAMUN	P	P	P
159	144-1211-1677-18	GOSHIA FATMA	P	P	P
160	144-1111-1777-18	MUKESH KUMAR SHAW	P	P	P
161	144-1111-1859-18	RAHUL KUMAR TIWARI	P	P	P
162	144-1111-1678-18	SATYAM DUBEY	P	P	P
163	144-1111-1446-18	KUMAR NAIK	P	P	P
164	144-1111-1679-18	TAHA UL HAQUE	P	P	P
165	144-1111-1860-18	AVIJIT RAY	P	P	P
166	144-1111-1884-18	SHASHIKANT RAY	P	P	P
167	144-1111-1681-18	SHIVANSH MISHRA	P	P	P
168	144-1111-1682-18	SK SAMIR	P	P	P

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			Date	Date	Date
169	144-1111-1918-18	SOURAV SUR	P	P	P
170	144-1211-1845-18	RIYA KUMARI GUPTA	P	P	P
171	144-1114-1908-18	DHARMENDAR KUMAR MAHATO	P	P	P
172	144-1111-1840-18	SUDIP KUMAR SHAW	P	P	P
173	144-1111-1915-18	SMRITI RUDRA PAUL	P	P	P
174	144-1111-1615-18	MD TAUSIF	P	P	P
175	144-1111-1852-18	KRISHANU SINGH	P	P	P
176	144-1211-1779-18	ANJALI SINGH	P	P	P
177	144-1211-1731-18	JAYA KUMARI SHAW	P	P	P
178	144-1111-1683-18	MUSTAQUE ALAM	P	P	P
179	144-1211-1732-18	KANAK PURKAIT	P	P	P
180	144-1111-1846-18	SONU SHAW	P	P	P
181	144-1212-1733-18	MADHUMITA DAS	P	P	P
182	144-1211-1562-18	RIMPA DAS	P	P	P
183	144-1111-1515-18	MD MASUD HASSAN	P	P	P
184	144-1211-1516-18	PRIYA DAS	P	P	P
185	144-1211-1685-18	TUMPA DAS	P	P	P
186	144-1211-1705-18	SIDRAH SHARIF	P	P	P
187	144-1212-1900-18	TAPASI BARMAN	P	P	P
188	144-1111-1780-18	INDRAJIT BOSE	P	P	P
189	144-1211-1781-18	JYOTI SINGH	P	P	P
190	144-1111-1517-18	ARPAN DAS	P	P	P
191	144-1111-1754-18	TIRTHANKAR ADHIKARY	P	P	P
192	144-1211-1686-18	ISHIKA SAHA	P	P	P
193	144-1111-1619-18	ISHTAYAQUE AHMED	P	P	P
194	144-1115-1863-18	ATHAR ZAMIRI	P	P	P
195	144-1115-1518-18	HEDAITULLA SK	P	P	P
196	144-1115-1620-18	MASREQUL JAMAL	P	P	P
197	144-1112-1621-18	CHIRANJIT MANDAL	P	P	P
198	144-1111-1565-18	SK NAFIS ALI	P	P	P
199	144-1111-1622-18	MD AFRIDI	P	P	P
200	144-1211-1783-18	RUKSANA DAR	P	P	P
201	144-1211-1623-18	RUCHIKA KHAWAS	P	P	P
202	144-1211-1448-18	KAJAL KUMARI	P	P	P
203	144-1111-1624-18	NAJIB AHMED	P	P	P
204	144-1111-1734-18	MOSTAK SARKAR	P	P	P
205	144-1111-1735-18	MASUDUL ALAM	P	P	P
206	144-1214-1717-18	STALI MONDAL	P	P	P
207	144-1111-1784-18	MD AMINUL ISLAM	P	P	P
208	144-1111-1449-18	RAHUL KUMAR	P	P	P
209	144-1111-1625-18	MERAJ ALAM	P	P	P
210	144-1211-1626-18	APSANA KHATOON	P	P	P



Amirul Karim

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			Date <i>12/2/19</i>	Date <i>12/02/19</i>	Date <i>12/02/19</i>
211	144-1115-1566-18	IFTESAM HYDAR HOQUE	P	P	P
212	144-1211-1567-18	TANISHA SHARMA	P	P	P
213	144-1211-1451-18	MANSI	P	P	P
214	144-1111-1853-18	NILESH DUBEY	P	P	P
215	144-1111-1634-18	AMAR JAISWAL	P	P	P
216	144-1111-1519-18	SUBHAM JAISWAL	P	P	P
217	144-1111-1635-18	SUBHAM PRASAD	P	P	P
218	144-1211-1841-18	SHALU KUMARI RAY	P	P	P
219	144-1111-1636-18	ABHISHEK SHAW	P	P	P
220	144-1211-1842-18	ANNU JAISWAL	P	P	P
221	144-1211-1454-18	NEHA BAJAJ	P	P	P
222	144-1211-1895-18	ANKITA SINGH	P	P	P
223	144-1111-1568-18	RAJESH THAKUR	P	P	P
224	144-1111-1569-18	VICKY ROY	P	P	P
225	144-1211-1886-18	KHUSBOO RAY	P	P	P
226	144-1211-1887-18	SABITA SAH	P	P	P
227	144-1211-1637-18	AANCHAL SINGH	P	P	P
228	144-1211-1907-18	AYESHA KHATOON	P	P	P
229	144-1111-1455-18	SAHID HUSSAIN	P	P	P
230	144-1211-1520-18	DEBLINA MITRA	P	P	P
231	144-1111-1851-18	MD MOBASHIR	P	P	P
232	144-1111-1690-18	SHIRSENDU DAS	P	P	P
233	144-1111-1456-18	MD RIZWAN HAYAT	P	P	P
234	144-1111-1872-18	SATYAM JAISWAL	P	P	P
235	144-1211-1922-18	MANISHA SANTRA	P	P	P
236	144-1111-1879-18	JAYANTA DAS	P	P	P
237	144-1111-1691-18	SAYAN CHAKRABORTY	P	P	P
238	144-1112-1692-18	JAHAIRAL SHIT	P	P	P
239	144-1211-1866-18	RINI BONU	P	P	P
240	144-1111-1638-18	UJIT KUMAR MAJHI	P	P	P
241	144-1111-1570-18	SACHIN PANDIT	P	P	P
242	144-1111-1891-18	ANAND SINGH	P	P	P
243	144-1111-1902-18	SAURAV KUNDU	P	P	P
244	144-1111-1867-18	DEBABRATA SADHUKHA	P	P	P
245	144-1111-1521-18	VIVEK JHUNJHUNWALA	P	P	P
246	144-1111-1522-18	ASHISH KUMAR CHOWDHARY	P	P	P
247	144-1111-1639-18	SUMAN MAITY	P	P	P
248	144-1111-1523-18	INZEMAM ALI	P	P	P
249	144-1111-1693-18	ARBIND KERKETTA	P	P	P
250	144-1211-1873-18	REKHA KORI	P	P	P
251	144-1111-1457-18	NEERAJ KUMAR BIRJUKA	P	P	P
252	144-1111-1892-18	SACHIN SETHIA	P	P	P



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BANGABASI MORNING COLLEGE

Certificate Course on "Stress Management"

Attendance sheet on 12.02.2019

Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
253	144-1211-1640-18	SOMDUTI ROY	P	P	P
254	144-1211-1855-18	RITU JAISWAL	P	P	P
255	144-1211-1910-18	SUDHA KUMARI SHAW	P	P	P
256	144-1111-1905-18	SAIKAT MAITY	P	P	P
257	144-1111-1641-18	RAHUL KUMAR	P	P	P
258	144-1111-1694-18	MD ISHAQUE SIDDIQUE	P	P	P
259	144-1111-1865-18	SANTOSH KUMAR PRAJAPATI	P	P	P
260	144-1211-1524-18	RITU SHAW	P	P	P
261	144-1211-1748-18	JAYSHREE SINGH	P	P	P
262	144-1211-1785-18	SRISHTI RAI	P	P	P
263	144-1111-1461-18	ROHIT KUMAR	P	P	P
264	144-1111-1462-18	MD RAJ	P	P	P
265	144-1111-1916-18	ATMADEEP SARKAR	P	P	P
266	144-1111-1657-18	SOUMYAJIT ROY	P	P	P
267	144-1211-1658-18	NAUSHABA KHATOON	P	P	P
268	144-1111-1575-18	HRITHIK SHARMA	P	P	P
269	144-1211-1888-18	NIKITA THAKUR	P	P	P
270	144-1212-1659-18	RITU NASKAR	P	P	P
271	144-1111-1919-18	GOURAV GUTGUTIA	P	P	P
272	144-1211-1660-18	PRIYA PORE	P	P	P
273	144-1112-1479-18	DIPANKAR DAS	P	P	P
274	144-1111-1480-18	SAJJAD ALI	P	P	P
275	144-1111-1487-18	ANUJ KUMAR	P	P	P
276	144-1211-1794-18	SAGARIKA JHA	P	P	P
277	144-1111-1795-18	BITTU KUMAR SHARMA	P	P	P
278	144-1211-1800-18	PAYEL MAJUMDER	P	P	P
279	144-1111-1814-18	JITESH KUMAR JAISWAL	P	P	P
280	144-1211-1815-18	KAJAL SINGH	P	P	P
281	144-1211-0596-17	DISHARI MAJUMDER	P	P	P
282	144-1211-0598-17	DURGA RANI BALA	P	P	P
283	144-1211-0632-17	HAIMANTI PAL	P	P	P
284	144-1211-0682-17	JYOTI NASKAR	P	P	P
285	144-1221-0578-16	SAJDA KHATOON	P	P	P
286	144-1221-0751-16	SHAGUFTA ANJUM	P	P	P
287	144-1111-0932-17	RINIKA DAS	P	P	P
288	144-1221-0775-16	FIRDAUSI ALAM	P	P	P
289	144-1111-0549-17	ARPAN SARKAR	P	P	P
290	144-1111-0575-17	DEBANJAN CHAKRABORTY	P	P	P
291	144-1111-0647-17	JISHAN ALI MONDAL	P	P	P
292	144-1111-0666-17	JOYDEEP NATH	P	P	P
293	144-1111-0683-17	KAMAL GHARAMI	P	P	P
294	144-1111-0695-17	KOUSHIK DHAR	P	P	P



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Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
295	144-1111-0763-17	MD. SHAHRUKH KHAN	P	P	P
296	144-1111-0792-17	MEHRAZ ALAM	P	P	P
297	144-1111-0801-17	MOHAR DAS	P	P	P
298	144-1111-0808-17	MOSAMMAT IMMISHA KHATUN	P	P	P
299	144-1111-0901-17	PRITAM DAS	P	P	P
300	144-1214-0970-17	SARAUWAT HUMA NOORI	P	P	P
301	144-1224-0448-16	NAAZ BANO	P	P	P
302	144-1212-0563-17	B SNEHA RAO	P	P	P
303	144-1212-0594-17	DISHA GHOSH	P	P	P
304	144-1112-0617-17	ETI BISWAS	P	P	P
305	144-1212-1255-17	SUNNY DUTTA	P	P	P
306	144-1111-1108-17	SUDIPTA SARDAR	P	P	P
307	144-1111-1112-17	SUMAN KHATUA	P	P	P
308	144-1111-0533-17	SAMIM AHAMED	P	P	P
309	144-1111-0534-17	KOUSTAV GHOSH	P	P	P
310	144-1111-1711-17	SUBHOJIT PAUL	P	P	P
311	144-1111-0586-17	RAKIBUL SANPUI	P	P	P
312	144-1111-0597-17	SUJIT PANDAY	P	P	P
313	144-1111-0603-17	DEBRAJ SETT	P	P	P
314	144-1111-0719-17	ASHIS DEBNATH	P	P	P
315	144-1111-1326-17	SUMAN KARMAKAR	P	P	P
316	144-1111-1377-17	SOUVIK SINGHA	P	P	P
317	144-1111-0001-17	SHIBAM SEN	P	P	P
318	144-1111-0006-17	AMARJEET CHOWBEY	P	P	P
319	144-1111-0013-17	SABYASACHI DE	P	P	P
320	144-1211-0807-17	MOHUYA SARKAR	P	P	P
321	144-1211-0830-17	PRIYA DEY	P	P	P
322	144-1211-0839-17	RITA DAS	P	P	P
323	144-1211-0907-17	MOUMITA DEY	P	P	P
324	144-1211-0929-17	SATYABATI BARAI	P	P	P
325	144-1212-1003-17	PRIYANKA DAS	P	P	P
326	144-1112-0560-17	PARTHA MONDAL	P	P	P
327	144-1112-0635-17	AMIT BAL	P	P	P
328	144-1115-0578-17	MUKLESUR RAHAMAN	P	P	P
329	144-1115-0619-17	ABDUL HAMID	P	P	P
330	144-1214-0948-17	DISHANI HALDER	P	P	P
331	144-1111-0543-17	MANJIT SHAW	P	P	P
332	144-1111-0555-17	VIKASH KUMAR SAHANI	P	P	P
333	144-1111-0570-17	RANJAN KUMAR JHA	P	P	P
334	144-1111-0940-17	MD. KISMAT	P	P	P
335	144-1111-0962-17	NIKHIL KUMAR GUPTA	P	P	P
336	144-1111-1070-17	MINTU KUMAR	P	P	P



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Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
337	144-1211-0674-17	KHUSHBOO SHAW	P	P	P
338	144-1211-0679-17	SUMAN KUMARI	P	P	P
339	144-1211-1591-17	SULEKHA SAHANI	P	P	P
340	144-1214-0936-17	NANDINI KUMARI MEHTA	P	P	P
341	144-1111-0616-17	KOUNIK DUTTA	P	P	P
342	144-1111-0744-17	SUVENDU CHATTERJEE	P	P	P
343	144-1111-0878-17	ABUL HASAN	P	P	P
344	144-1211-0532-17	IPSITA SEN	P	P	P
345	144-1211-0539-17	SUPRIYA DAS	P	P	P
346	144-1211-0541-17	SNEHA SHAW	P	P	P
347	144-1211-0669-17	MAMPI GHOSH	P	P	P
348	144-1211-0746-17	CHAMPA HALDER	P	P	P
349	144-1212-1118-17	RIYA DAS	P	P	P
350	144-1115-0884-17	T S AMAN	P	P	P
351	144-1121-0942-16	MD RAHMAN	P	P	P
352	144-1211-0965-17	SWEETY SARKAR	P	P	P
353	144-1211-1033-17	RUKSHAR PARVEEN	P	P	P
354	144-1211-1058-17	MARYAM WAJID	P	P	P
355	144-1211-1089-17	SHAGUFA KHATOON	P	P	P
356	144-1211-1111-17	NAILA PARVEEN	P	P	P
357	144-1221-0675-16	MONI SINGH	P	P	P
358	144-1212-0880-17	BARNALI SARKAR	P	P	P
359	144-1115-0877-17	MAMUN HASSAN	P	P	P
360	144-1221-0474-16	MONIKA DUTTA	P	P	P
361	144-1211-1731-17	MAHJABEEN PARVEEN	P	P	P
362	144-1111-0547-17	SATISH KUMAR RAM	P	P	P
363	144-1111-0558-17	MD. SHARIQ	P	P	P
364	144-1111-0677-17	SOUMYAJIT MUKHERJEE	P	P	P
365	144-1111-0688-17	BISWAJIT MONDAL	P	P	P
366	144-1111-0708-17	INDRASHISH DAS	P	P	P
367	144-1111-0710-17	AYAN ADHIKARY	P	P	P
368	144-1111-0735-17	SUSANTA BAZGA	P	P	P
369	144-1121-0441-16	GAUTAM KUMAR YADAV	P	P	P
370	144-1111-0793-17	BISWAJIT KARMAKAR	P	P	P
371	144-1111-0800-17	ARUN KUMAR RAY	P	P	P
372	144-1122-0443-16	BISWAJIT DAS	P	P	P
373	144-1111-0814-17	VISHAL SETHI	P	P	P
374	144-1121-0456-16	SOUVIK BAG	P	P	P
375	144-1121-1458-16	SAIKAT SEN	P	P	P
376	144-1221-0009-16	AFREEN KHATOON	P	P	P
377	144-1221-1410-16	SHAGUFTA ASHRAF	P	P	P
378	144-1112-0611-17	DIPANKAR HALDER	P	P	P



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Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
379	144-1112-0732-17	SOURAV NASKAR	P	P	P
380	144-1112-0780-17	SOURAV SARKAR	P	P	P
381	144-1112-0832-17	SHIBAJI MONDAL	P	P	P
382	144-1212-0608-17	KAJAL KUMARI	P	P	P
383	144-1212-0628-17	MOUSUMI GHUGHU	P	P	P
384	144-1212-0656-17	MADHUMITA DAS	P	P	P
385	144-1212-0743-17	DOLON MONDAL	P	P	P
386	144-1225-0030-16	SABNAM SULTANA	P	P	P
387	144-1111-1018-17	SAYANTAN CHATTERJEE	P	P	P
388	144-1111-1048-17	SHARIF MAHAMMAD	P	P	P
389	144-1111-1093-17	SIDRATUL MUNTAHAR SHAIKH	P	P	P
390	144-1111-1122-17	MD. MAHFUZ ALAM	P	P	P
391	144-1111-1133-17	MD GOLAM HASAN	P	P	P
392	144-1121-0933-16	DHEERAJ GUPTA	P	P	P
393	144-1111-1355-17	ABHIJIT BHARTI	P	P	P
394	144-1211-1031-17	SHREYA BANERJEE	P	P	P
395	144-1211-1081-17	SANGETA PODDAR	P	P	P
396	144-1211-1217-17	ANUDIPA DAS	P	P	P
397	144-1225-1009-16	AFSANA PARVIN	P	P	P
398	144-1211-1287-17	NASIHA PARVEEN	P	P	P
399	144-1112-1136-17	MONOHAR SARDAR	P	P	P
400	144-1212-1020-17	MAUBANI MRIDHA	P	P	P
401	144-1212-1066-17	REBA HALDER	P	P	P
402	144-1212-1274-17	PURBA MANDAL	P	P	P
403	144-1114-1068-17	MOFASSEL GAZI	P	P	P
404	144-1115-1123-17	ANIKET MONDAL	P	P	P
405	144-1215-1034-17	TANJIL ARA BEGAM	P	P	P
406	144-1111-1120-17	SAMERUL HOQUE	P	P	P
407	144-1111-1191-17	MD IRFAN ALAM	P	P	P
408	144-1111-1714-17	SUBHANKAR RANA	P	P	P
409	144-1111-1276-17	PURUSOTTAM DEY	P	P	P
410	144-1121-0920-16	SHAKIR AHMAD	P	P	P
411	144-1111-1300-17	MASUM REJA	P	P	P
412	144-1211-1127-17	SUPARNA HALDER	P	P	P
413	144-1211-1161-17	SOUMYANETRA NANDY	P	P	P
414	144-1212-1042-17	NAMITA BISWAS	P	P	P
415	144-1115-1214-17	ABDUR RAHAMAN	P	P	P
416	144-1121-0956-16	MOHIT PAUL	P	P	P
417	144-1121-0999-16	AYAN SAHA	P	P	P
418	144-1111-1039-17	KAUSHIK MAHES	P	P	P
419	144-1111-1056-17	SUDIPTA PAUL	P	P	P
420	144-1111-1171-17	GOLAM RABBANI	P	P	P



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Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
421	144-1111-1193-17	NESARUL HOQUE	P	P	P
422	144-1111-1198-17	MD ZAFARYAAB ALAM	P	P	P
423	144-1111-1219-17	RUPAM MAHATO	P	P	P
424	144-1111-1694-17	AYUSH SHAW	P	P	P
425	144-1111-1275-17	NANDAN MISHRA	P	P	P
426	144-1111-1305-17	BIKRAM KUNDU	P	P	P
427	144-1211-1207-17	PRANGA PRAVA MANDAL	P	P	P
428	144-1211-1210-17	RAJASREE DAS	P	P	P
429	144-1211-1321-17	RUHI SAMAR	P	P	P
430	144-1211-1336-17	SIZA SAHA	P	P	P
431	144-1211-1637-17	PUJA SAHA	P	P	P
432	144-1221-1172-16	SUSMITA GHOSH	P	P	P
433	144-1211-1674-17	PRANITA PAUL	P	P	P
434	144-1115-1167-17	AKIB JAVED	P	P	P
435	144-1221-0981-16	SUDIPTA GHOSH	P	P	P
436	144-1215-1302-17	INSHRAH AKHTAR	P	P	P
437	144-1111-1017-17	SAIKAT DEY	P	P	P
438	144-1111-1019-17	DURGA DAS AGARWALA	P	P	P
439	144-1111-1157-17	MD. RAJESH LASKAR	P	P	P
440	144-1111-1159-17	ADITYA SHAW	P	P	P
441	144-1111-1162-17	NIRMALYA DEB	P	P	P
442	144-1111-1308-17	SAYAN DEY	P	P	P
443	144-1121-1006-16	ARKOJYOTI KAYAL	P	P	P
444	144-1111-1324-17	SHAWON BISWAS	P	P	P
445	144-1211-1095-17	SONA SAHA	P	P	P
446	144-1211-1096-17	SANCHAITA DUTTA	P	P	P
447	144-1211-1160-17	ANKITA GHOSH	P	P	P
448	144-1211-1187-17	SHREYA MUKHERJEE	P	P	P
449	144-1211-1245-17	RUCHIRA BOSE	P	P	P
450	144-1211-1278-17	SANCHITA CHAKRABORTY	P	P	P
451	144-1111-1440-17	MD INTEKHAB ALAM	P	P	P
452	144-1111-1464-17	MD. ABUBAKAR	P	P	P
453	144-1111-1479-17	SUMAN PAUL	P	P	P
454	144-1111-1483-17	SHUVO JANA	P	P	P
455	144-1111-1491-17	ASIF ALI	P	P	P
456	144-1111-1493-17	ALI ASGAR	P	P	P
457	144-1111-1500-17	ANGSHU DEY	P	P	P
458	144-1111-1501-17	RATUL CHATTERJEE	P	P	P
459	144-1111-1502-17	SK SHOAIBALI	P	P	P
460	144-1111-1504-17	ARIJIT PAUL	P	P	P
461	144-1111-1506-17	SUPRATIP MANDAL	P	P	P
462	144-1211-1405-17	WAHIDA RAHAMAN	P	P	P



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			14/1/19	12/02/19	12/02/19
463	144-1211-1414-17	NASHIMA FARHAD	P	P	P
464	144-1115-1419-17	ABDUL RAJJAK SK	P	P	P
465	144-1124-1208-16	KRISHNENDU MALAKAR	P	P	P
466	144-1215-1512-17	AFREEN JAHAN	P	P	P
467	144-1215-1537-17	TAIBA ZAREEN	P	P	P
468	144-1221-1013-16	PAYAL ROY	P	P	P
469	144-1221-1079-16	SOMASHRI PAL	P	P	P
470	144-1211-1571-17	RISHA HATI	P	P	P
471	144-1221-1239-16	AMRITA SARKAR	P	P	P
472	144-1112-1470-17	SUBHADIP ROY	P	P	P
473	144-1112-1520-17	SUMAN KALYAN MANDAL	P	P	P
474	144-1212-1370-17	ARPITA SARKAR	P	P	P
475	144-1111-1182-17	BIKRAM GHOSH	P	P	P
476	144-1111-1204-17	MANOJ GHOSH	P	P	P
477	144-1111-1429-17	SAMRIDDHA LASKAR	P	P	P
478	144-1111-1431-17	MD. SAMSER	P	P	P
479	144-1121-0029-16	SAGAR DAS	P	P	P
480	144-1111-1561-17	RAHUL KUMAR SINGH	P	P	P
481	144-1111-1562-17	RITTICK DUTTA	P	P	P
482	144-1111-1567-17	SUCHAYAN BAIRAGYA	P	P	P
483	144-1111-1568-17	DEBAN GAYEN	P	P	P
484	144-1121-0050-16	SUJEET SINGH	P	P	P
485	144-1111-1632-17	PRATIK GIRI	P	P	P
486	144-1111-1707-17	MD RAMIJ RAJA KHAN	P	P	P
487	144-1211-1016-17	LISA BISWAS	P	P	P
488	144-1211-1197-17	JYOTI SHAW	P	P	P
489	144-1211-1234-17	SUSHILA SINKU	P	P	P
490	144-1211-1459-17	LAKSHMI RANI DUTTA	P	P	P
491	144-1211-1463-17	TANUSREE GURIA	P	P	P
492	144-1211-1481-17	PAYAL PAUL	P	P	P
493	144-1112-1190-17	JAYADRATA BARMAN	P	P	P
494	144-1114-1372-17	MEHAMUD HASAN KHAN	P	P	P
495	144-1114-1391-17	DHARAM KR. VERMA	P	P	P
496	144-1124-0937-16	ASHIT GHOSH	P	P	P
497	144-1221-1355-16	TRIDIPA SAHA	P	P	P
498	144-1111-0009-17	RAJA RAJAK	P	P	P
499	144-1111-0010-17	MOHAMMAD HOSSAIN	P	P	P
500	144-1111-0011-17	SK. SHAKIR	P	P	P
501	144-1111-0014-17	ANIRUDH JAISWAL	P	P	P
502	144-1111-0073-17	ANIL KUMAR PRASAD	P	P	P
503	144-1111-0094-17	ARNAB SAHA	P	P	P
504	144-1111-0102-17	SNIGDHANIL BISWAS	P	P	P



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BANGABASI MORNING COLLEGE

Certificate Course on "Stress Management"

Attendance sheet on 12.02.2019

Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			<i>Bu</i> Date 14/2/19	<i>Adm</i> Date 12/2/19	<i>Q</i> Date 12/2/19
505	144-1111-0115-17	ROHON DAS	P	P	P
506	144-1111-0121-17	SAHIL AHMED	P	P	P
507	144-1111-0129-17	SUMIT AGARWAL	P	P	P
508	144-1111-0131-17	HIMANGSHU DAS	P	P	P
509	144-1111-0178-17	DIPAK KR PATWA	P	P	P
510	144-1111-0179-17	MD ZUNAID	P	P	P
511	144-1111-1680-17	KUNDAN KUMAR THAKUR	P	P	P
512	144-1111-0186-17	PRABIR BANERJEE	P	P	P
513	144-1111-0189-17	DINO BONDHU JANA	P	P	P
514	144-1111-0199-17	HARSH SHARMA	P	P	P
515	144-1111-0214-17	DIPTESH PAUL	P	P	P
516	144-1111-0219-17	ANKIT KESHRI	P	P	P
517	144-1111-0220-17	VISHAL KUMAR KESHRI	P	P	P
518	144-1111-0236-17	NILADRI PAUL	P	P	P
519	144-1111-0286-17	SANJAY SHAW	P	P	P
520	144-1111-0290-17	VIVEK KUMAR SAH	P	P	P
521	144-1111-0302-17	SURAJ PRADHAN	P	P	P
522	144-1111-0308-17	CHANDRIKA RAJBHAR	P	P	P
523	144-1111-0314-17	BINIT SINGH	P	P	P
524	144-1111-0320-17	PRIYABROTO DAS	P	P	P
525	144-1111-0329-17	JEET SAHA	P	P	P
526	144-1111-0346-17	RAJ KUMAR YADAV	P	P	P
527	144-1111-0351-17	ANKIT SADHUKHAN	P	P	P
528	144-1111-0352-17	MD GHAYAS KHAN	P	P	P
529	144-1111-0355-17	RAJIB CHAKROBORTY	P	P	P
530	144-1111-0363-17	TRIDIB MAHAPATRA	P	P	P
531	144-1111-0367-17	PALTU MAJUMDER	P	P	P
532	144-1111-0372-17	AMARJEET KUMAR SINGH	P	P	P
533	144-1111-1709-17	DEEP BHATTACHARYA	P	P	P
534	144-1111-0379-17	SAGAR BHOWMICK	P	P	P
535	144-1111-0523-17	ASIF RAHAMAN	P	P	P
536	144-1111-0526-17	DANISH IQBAL	P	P	P
537	144-1121-0101-16	RAHMAT ALI	P	P	P
538	144-1111-0530-17	MD. FARHAN AHMED	P	P	P
539	144-1121-0106-16	AMIR ALI	P	P	P
540	144-1121-0198-16	MD SHAHJAHAN	P	P	P
541	144-1121-0206-16	MOHD SAFIULLAH	P	P	P
542	144-1211-0030-17	SWARNALI DAS	P	P	P
543	144-1211-0035-17	MANISHA SHAW	P	P	P
544	144-1211-0045-17	KHUSBU SAHAY	P	P	P
545	144-1211-0068-17	IBTISHAM TABASSUM	P	P	P
546	144-1211-1719-17	SUBHASHREE MULLICK	P	P	P



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BANGABASI MORNING COLLEGE

Certificate Course on "Stress Management"

Attendance sheet on 12.02.2019

Sl. No.	Student Enrollment No.	Students Name	Initials	Initials	Initials
			Date	Date	Date
547	144-1211-0074-17	PRIYANKA DAS	P	P	P
548	144-1211-0086-17	PARMITA CHATTOPADHYAY	P	P	P
549	144-1211-0092-17	PRAGYA SAMANTA	P	P	P
550	144-1211-0100-17	ARPITA SAHA	P	P	P
551	144-1211-0108-17	ALIVA GUIN	P	P	P
552	144-1211-0110-17	ANCHAL KUMARI JAISWAL	P	P	P
553	144-1211-0114-17	AYONIKA GHOSH	P	P	P



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BANGABASI MORNING COLLEGE

CERTIFICATE

OF ACHIEVEMENT

This is to certify that Ms. / Mr. Dinobandhu Jana a student of Bangabasi Morning College has successfully completed the Certificate Course in "Stress Management" conducted by the IQAC, Bangabasi Morning College for 30 hours on and from 12th February, 2019 to 23rd February, 2019

Teacher in Charge
Signature



BANGABASI MORNING COLLEGE

CERTIFICATE

OF ACHIEVEMENT

This is to certify that Ms. / Mr. Amna Khatoon a student of Bangabasi Morning College has successfully completed the Certificate Course in "Stress Management" conducted by the IQAC, Bangabasi Morning College for 30 hours on and from 12th February, 2019 to 23rd February, 2019

Teacher in Charge
Signature



Principal / Secretary G.B.
Bangabasi Morning College
Kolkata - 700 009