

# **SALTORA NETAJI CENTENARY COLLEGE**

## **Department of Physical Education**

**Add on Course Name: - Bratachari**

**Date: 28/08/2022 to 13/09/2022**

**Venue: Saltora Netaji Centenary College**

**Session: 2022-23**



### **Organized By**

**Dept. of Physical Education**

**SAltora Netaji Centenary College**

**Assistance of**

**Bengal Bratachari Society**

**Regd. Under Certificate of W.B. Societies Registration**

**Act. 1961**

# Saltora Netaji Centenary College

Department of Physical Education

Add-on Course: - Bratachari

## Course Particulars: -

**Introduction:** "Bratchari" made its debut in 1932 as a public educational institution founded by Guruji Gurusaday Dutta, the father of "Bratchari". "Bratchari" can be called a social movement in the context of British rule. The "Bratchari" movement was developed with great enthusiasm in the country. In 1940, "Bratchari" was established in Joka area of Thakurpukur in South-24-Parganas in Bengal, which is named Bratchari village. The main aim of this movement was to create spiritual and social development, patriotism, national consciousness.

**Objects:** A "Bratchari" is not confined to any particular category. The way to achieve fulfillment in the life of all people irrespective of caste, religion. It contains elements of collective joy and unity through various activities. "Bratchari" wants to give the people of every country full freedom, strength, solidarity, peace, progress, consciousness and joy inside and outside.

**Outcomes:** The Bratacharis undertake to perform good deeds, strengthen fellowship and develop the mind and body through dance. The camp aimed to raise the self-esteem, national awareness and physical-mental health of the students.

**Description of activities:** The Department of Physical education, Saltora Netaji Centenary College, Saltora organized a Bratachari Camp in collaboration with Bengal Bratachari Samiti. This fifteen days Bratachari Camp is designed by the "Bengal Bratachari Samiti". Dr. Kishore Kumar Biswal, Principal, inaugurated the camp. Dr. Avijeet Mondal, Head of the Department of Physical Education was the organizing secretary of this programme. Sri Ashim Rajak, a member of the Banglar Bratachari Society, served as the instructor for this camp.

**Course Fee:** Rs: 200/- only (Trainer remuneration by college)

**Eligibility:** Students of SALTora Netaji Centenary College are eligible for this course.

**Registration:** Direct contact the department before 20<sup>th</sup> November 2022.

**Certification:** A certificate is going to be issued to qualified students of the department upon the satisfactory completion of the course.

  
Teacher-in-Charge  
Saltora Netaji Centenary College  
P.O.-Saltora, Dist.-Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist.-Bankura



**SALTORA NETAJI CENTENARY COLLEGE**  
**SALTORA, BANKURA**  
**DEPARTMENT OF PHYSICAL EDUCATION**

E-mail: [sncc.phy.edu@gmail.com](mailto:sncc.phy.edu@gmail.com)

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Letter No .....

Date: 02/08/2022

To  
The Principal  
Saltora Netaji Centenary College

Subject: Permission for conducting Bratachari Training Camp.


Respected Sir,

I am writing this letter on behalf of the Physical Education Department of Saltora Netaji Centenary College to seek your permission for conducting Bratachari Training Camp from 28<sup>th</sup> August, 2022 at Saltora Netaji Centenary College. After completion of this training camp each student will be given a certificate of Bratachari Training Camp. 200 rupees will be taken from each student for this training camp. One hundred rupees is being taken from each student for this training camp, and I request the college authority to give the remaining rupees 100 (Each Student) for this training camp.

Thanking you.

Truly yours,  
Dr. Avijeet Mondal

  
Teacher-in-Charge  
Saltora Netaji Centenary College  
P.O.-Saltora, Dist.-Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist.-Bankura



**SALTORA NETAJI CENTENARY COLLEGE**  
**SALTORA, BANKURA**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: [sccc.phy.edu@gmail.com](mailto:sccc.phy.edu@gmail.com)**

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**Letter No .....**

**Date: 03/08/2022**

To  
The Secretary  
Training & Camp  
Bengal Bratachary Society  
19/1, BB Ganguly Street  
Kolkata - 700012

Respected Sir,

I am writing this letter on behalf of the students of the Physical Education Department of Saltora Netaji Centenary College to request you for arrangement of Bratachari Training Camp from 28<sup>th</sup> September, 2022 at Saltora Netaji Centenary College.

We need your support to carry on such initiative.

Thanking you.

Truly yours,


Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist. Bankura

Teacher-in-Charge  
Saltora Netaji Centenary College  
P.O. Saltora, Dist. Bankura

### List of Participants


SL-NO	নাম	Sem	Roll-NO
১.	সুখিতা অরেন	3rd	733
২.	অঞ্জনা সুব্রহ্ম	III Sem	359
৩.	প্রতিমা হেপ্রম	3rd sem	512
৪.	চাঁদমানি সুব্রহ্ম	III sem	313
৫.	পূনিতা অরেন	III Sem	545
৬.	পূনিতা সুব্রহ্ম	III sem	544
৭.	প্রতিমা সুব্রহ্ম	III sem	515
৮.	বন্দনা শংকর	III Sem	269
৯.	বাসন্তী স্মৃতি	Grad	276
১০.	জিহ্নমানি সুব্রহ্ম	3rd	370
১১.	স্বপ্নলী বাক্সে	3rd	430
১২.	স্মৃতি সুব্রহ্ম	3rd	628
১৩.	জয়েন্তী হেমপ্রম	III Sem	314
১৪.	রুসালী অরেন	III	602
১৫.	সুদীপা হুহু	III sem	710
১৬.	বর্নালী অরেন	III sem	275
১৭.	শ্যামলী হুহু	III sem	650
১৮.	সুখিতা সুব্রহ্ম	III Sem	750
১৯.	সৌভাগ্যী বার্তা	3rd	453
২০.	সুখিতা বার্তা	3rd	626
২১.	লীলা সুব্রহ্ম	3rd sem	394
২২.	বিত্ত্ব কিস্কু	3rd sem	585
২৩.	সুখিতা হুহু	3rd Sem	734
২৪.	পদ্মা বার্তা	3rd	477
২৫.	অর্চনা প্রামাণিক	3rd	245
২৬.	অর্চনা হুহু	3rd	253
২৭.	সুখিতা অরেন সুব্রহ্ম	3rd	743
২৮.	স্বপ্নলী হুহু	3rd	324
২৯.	বসিতা হেমপ্রম	3rd	260
৩০.	বিজিটি স্মৃতি	3rd	279
৩১.	স্বপ্নলী হুহু	3rd	411

  
 Teacher-in-Charge  
 Saltora Netaji Chatterjee College  
 P.O.-Saltora, Dist.-Bankura


  
 Department of Physical Education  
 Saltora Netaji Chatterjee College  
 P.O. Saltora, Dist. Bankura


SL.No	নাম	Sem	Roll.No
৩২.	অনিয়া প্রাথমিক	3rd	231
৩৬.	যশা ক্যান্সার	3rd	274
৩৪.	লৌহিত্য হৃদিকোড়া	3rd	451
৩৫.	শাওনা মুহুর	3rd	648
৩৬.	মুখিতা মাদি	3rd	731
৩৭.	দিল্লী আল	3rd	328
৩৮.	সায়েল মডল	3rd	491
৩৯.	মাল্য মডল	3rd	408
৪০.	রিয়া মাদী	3rd	588
৪১.	মুখিতা মাদী	3rd	537
৪২.	অনিয়া মডল	3rd	248
৪৩.	মুখিতা মডল	3rd	706
৪৪.	লৌহিত্য মুখিতা	3rd	347
৪৫.	প্রীতিবন্দনা দাড়া	3rd	521
৪৬.	মোহনা মডল	3rd	680
৪৭.	অন্যান্য মুখ	5th	507
৪৮.	মুখিতা মডল	5th	388
৪৯.	মুখিতা মুখ	5th	395
৫০.	প্রিয়াঙ্কা কুমার	5th	585
৫১.	মুখিতা অর্জন	5th	857
৫২.	মুখিতা অর্জন	5th	616
৫৩.	মুখিতা ব্রহ্ম	5th	501
৫৪.	মুখিতা প্রোগ্রাম	5th	232
৫৫.	অনিয়া আশু	5th	353
৫৬.	অনিয়া মাদি	5th	336
৫৭.	রিয়া ঘোষ	5th	376
৫৮.	যশিতা হৃদিকা	5th	435
৫৯.	মুখিতা হেমা	5th	513
৬০.	অনিয়া মুখ	5th	446
৬১.	সাভারি মাদি	5th	333
৬২.	মুখিতা মাদি	5th	591

  
 Teacher in Charge  
 Saltora Net, Primary College  
 P.O. Saltora, Dist. Bankura

  
 Department of Physical Education  
 Saltora Net, Saltora College  
 P.O. Saltora, Dist. Bankura


Sl.No	নাম	sem	Roll.No
৬৬.	বাসুদেবী কিশোরী	5th	345
৬৮.	স্বাধীনী সারথী	5th	239
৬৯.	স্বাধীনী সারথী	5th	392
৬৬.	প্রতিমা বারুই	5th	636
৬৭.	মুহুলা সীতার	5th	252
৬৬.	স্বাধীনী বারুই	5th	265
৬২.	স্বাধীনী সারথী	5th	424
৭০.	অনন্য মন্ডল	5th	526
৭২.	অনন্য কাম্বার	5th	350
৭২.	বিষ্ণু পরামিতিক	5th	495
৭৩.	সুব্রত মন্ডল	5th	573
৭৪.	কুমার গাঙ্গুলী	5th	415
৭৫.	স্বাধীনী সারথী	5th	620
৭৬.	অনন্য পরামিতিক	5th	418
৭৭.	বিষ্ণু সীতার	5th	565
৭৬.	স্বাধীনী কাম্বার	5th	370
৭২.	সমুদ্রা মন্ডল	5th	584
৬০.	পরিষদ মুন্ডল	5th	348
৬০.	স্বাধীনী সারথী	5th	411
৬২.	অনন্য মন্ডল	3rd	421
৬৬.	বিষ্ণু মুন্ডল	3rd	498
৬৪.	অনন্য সারথী	3rd	642
৬৫.	অনন্য কাম্বার সীতার	5th	464
৬৬.	স্বাধীনী সারথী	5th	701
৬৭.	বিষ্ণু মুন্ডল	5th	673
৬৬.	অনন্য মন্ডল	5th	696
৬২.	অনন্য কিশোরী	5th	576
২০.	অনন্য মন্ডল	5th	429
২১.	বিষ্ণু মুন্ডল	5th	659
২২.	বিষ্ণু মুন্ডল	5th	339
২৩.	স্বাধীনী সারথী	5th	645

  
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 P.O.-Saltora, Dist.-Bankura

  
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Sl. No	নাম	Sem	Roll-No
৯৪.	সুব্রত কোচা	3rd	704
৯৫.	অমীর শাঁসাদ	3rd	617
৯৬.	প্রিয়ামা মন্ডল	3rd	398
৯৭.	বিদ্যালয় দাস	3rd	593
৯৮.	সুখিত দাস	3rd	728
৯৯.	তপন সাক্ষ	3rd	758
১০০.	মঞ্জল সুরমা	3rd	428
১০১.	প্রবিন্দ কিশোর	3rd	344
১০২.	শিবম মাণী	3rd	652
১০৩.	সুভেন্দু শাঁসাদ	3rd	753
১০৪.	মনিকোষ সুরমা	3rd	445
১০৫.	দেবজিৎ দাস	3rd	323
১০৬.	ব্রজেন সুরমা	3rd	559
১০৭.	রবিয়া শাঁসাদ	3rd	596
১০৮.	সুমন মাণী	3rd	723
১০৯.	সুমনিল সুরমা	3rd	748
১১০.	সুনন নন্দন সুরমা	3rd	459
১১১.	প্রদীপ হেমব্রম	5th	625
১১২.	বিজয় মাণী	3rd	300
১১৬.	শিবপ্রসাদ হেমব্রম	3rd	663
১১৮.	সুভেন্দু সুরমা	3rd	362
১১৯.	সুভেন্দু সুরমা	3rd	770
১২০.	আপার বাড়ী	3rd	608
১১৭.	বিশ্বজিৎ সুরমা	3rd	306
১১৬.	ব্রজেন শাঁসাদ	3rd	270
১১১.	প্রিয়ামা মন্ডল	3rd	292
১২০.	অমিত বাড়ী	3rd	213
১২১.	প্রদীপ শাঁসাদ	3rd	504
১২২.	অমিত গোস্বামী	3rd	235
১২৩.	অমিত মাণী	3rd	216

  
 Teacher-in-Charge  
 Saitora Netaji Centenary College  
 P.O. Saitora, Dist. Bankura

  
 Department of Physical Education  
 Saitora Netaji Centenary College  
 P.O. Saitora, Dist. Bankura



## Photo Gallery





Netaji  
College



Google

**Bankura, West Bengal, India**


GWCR+MQM, Saltora - Mejia Rd, West Bengal

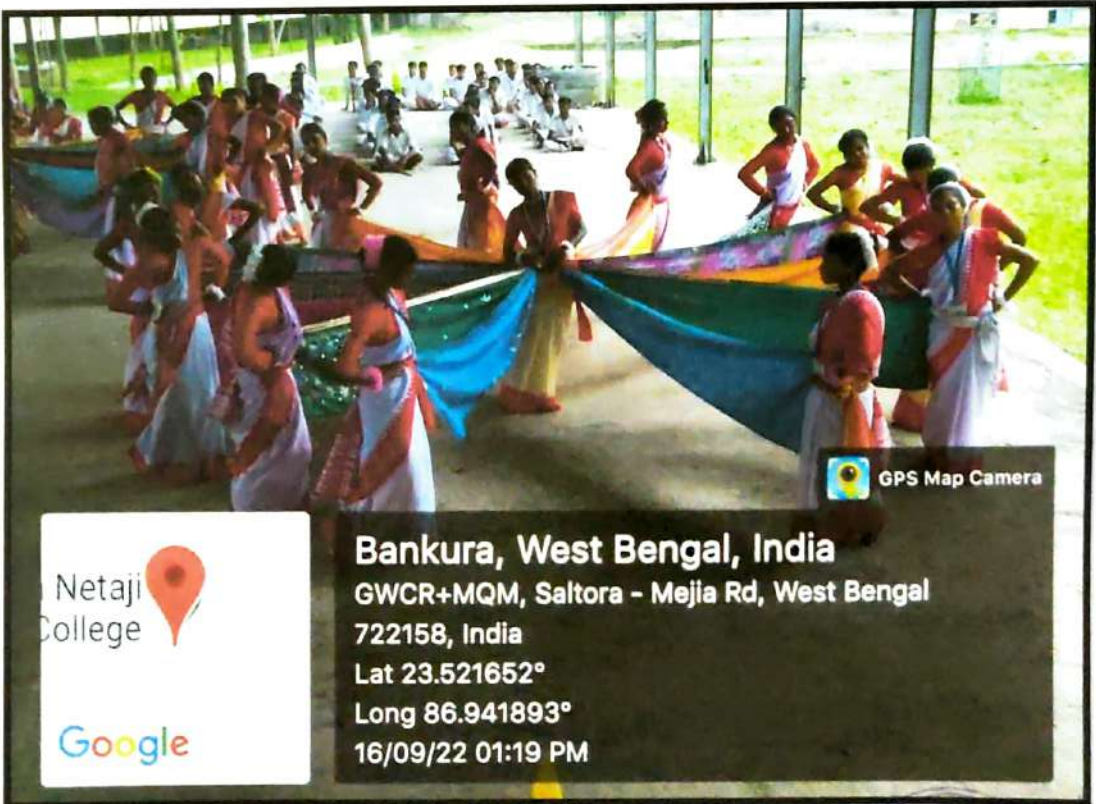
722158, India

Lat 23.521644°

Long 86.941951°

16/09/22 12:50 PM GMT +05:30

 GPS Map Camera



Netaji  
College



Google

**Bankura, West Bengal, India**


GWCR+MQM, Saltora - Mejia Rd, West Bengal

722158, India

Lat 23.521652°

Long 86.941893°

16/09/22 01:19 PM

 GPS Map Camera





## Certificate

তালিকা সংখ্যা / সি / 228234/x-2022 নিবন্ধীকরণ সংখ্যা 22/00720



### বাংলার ব্রতচারী সমিতি

নিমন্ত্রণ পত্র  
সর্বকল্প ব্রতচারী অনুশীলন

শ্রী অনুপম অন্ডল পিতা অনুপ অন্ডল  
 ২৩.০৬.২০২২ তারিখ হইতে ২৩.০৬.২০২২ তারিখ পর্যন্ত  
আনন্দোদা নেতাজী সেটিংসারী কলেজ, বাঁকুড়া  
 ব্রতচারী উপশীলন শ্রেণীতে উৎকর্ষ পর্যায়ে শিল্পক শিল্প গ্রহণ করিয়া  
 সার্থক পঠন ও পরিচালনার লক্ষ্যে অর্জন করিলেন। অতীত দিনেই শিল্পকর্ম পরিচালনার পর পরবর্তী পর্যায়ে আনন্দোদা শ্রেণীতে যোগদানের যোগ্যতা  
 অর্জন করিলেন।  
 (\*ক-৪০%, খ-৪০%, গ-৪০%)

সাধারণ পারদর্শিতা

কলাশিল্প } ক শ্রেণী    কীর্তি, কীর্তি } ক শ্রেণী    নিয়মিত, সেরাশি } ক শ্রেণী    ব্রতচারী নিয়ম } ক শ্রেণী  
 কীর্তি    কীর্তি    কীর্তি    কীর্তি

**ব্রতচারী কেন্দ্রভবন**  
 ১১১/১, বিন্দু বিহারী কল্লী ষ্ট্রাট  
 কোলকাতা - ৭০০ ০১১  
 ফোন : ২২৪১-১৩৫০



*(Signature)*  
 অপর সচিব  
 (শিবির ও শিল্প)

*(Signature)*  
 প্রধান সচিব

তারিখ: ২৩.০৬.২০২২

তালিকা সংখ্যা / সি / 228246/x-2022 নিবন্ধীকরণ সংখ্যা 22/00732



### বাংলার ব্রতচারী সমিতি

নিমন্ত্রণ পত্র  
সর্বকল্প ব্রতচারী অনুশীলন

শ্রী আনন্দোদা অন্ডল পিতা অনুপ অন্ডল  
 ২৩.০৬.২০২২ তারিখ হইতে ২৩.০৬.২০২২ তারিখ পর্যন্ত  
আনন্দোদা নেতাজী সেটিংসারী কলেজ, বাঁকুড়া  
 ব্রতচারী উপশীলন শ্রেণীতে উৎকর্ষ পর্যায়ে শিল্পক শিল্প গ্রহণ করিয়া  
 সার্থক পঠন ও পরিচালনার লক্ষ্যে অর্জন করিলেন। অতীত দিনেই শিল্পকর্ম পরিচালনার পর পরবর্তী পর্যায়ে আনন্দোদা শ্রেণীতে যোগদানের যোগ্যতা  
 অর্জন করিলেন।  
 (\*ক-৪০%, খ-৪০%, গ-৪০%)

সাধারণ পারদর্শিতা

কলাশিল্প } ক শ্রেণী    কীর্তি, কীর্তি } ক শ্রেণী    নিয়মিত, সেরাশি } ক শ্রেণী    ব্রতচারী নিয়ম } ক শ্রেণী  
 কীর্তি    কীর্তি    কীর্তি    কীর্তি

**ব্রতচারী কেন্দ্রভবন**  
 ১১১/১, বিন্দু বিহারী কল্লী ষ্ট্রাট  
 কোলকাতা - ৭০০ ০১১  
 ফোন : ২২৪১-১৩৫০



*(Signature)*  
 অপর সচিব  
 (শিবির ও শিল্প)


*(Signature)*  
 প্রধান সচিব

তারিখ: ২৩.০৬.২০২২

### Link of "Bratachari camp" videos on Facebook:

[https://m.facebook.com/story.php?story\\_fbid=pfbid02Pxvzv6i8zCdv7kAPKwFA6YrLnuDkcKimgbkNiQrwUfWZJ7QpyZ17VH9xvAe5fEZvhl&id=145621115555726&mibextid=Nif5oz](https://m.facebook.com/story.php?story_fbid=pfbid02Pxvzv6i8zCdv7kAPKwFA6YrLnuDkcKimgbkNiQrwUfWZJ7QpyZ17VH9xvAe5fEZvhl&id=145621115555726&mibextid=Nif5oz)

  
 Teacher-in-Charge  
 Saltora Netaji Centenary College  
 P.O.-Saltora, Dist.-Bankura

  
 Department of Physical Education  
 Saltora Netaji Centenary College  
 P.O. Saltora, Dist. Bankura

# SALTORA NETAJI CENTENARY COLLEGE

## Department of Physical Education

**Add on Course Name: - Certificate Course on First-Aid**

**Date: 22/05/2023 to 28/05/2023**

**Venue: Saltora Netaji Centenary College**

**Session: 2022-23**



### **Name of the Course Co-ordinator**

**Dr. Avijeet Mondal**

**Assistant Professor, Dept. of Physical Education**

**Assistance of**

**Swasthya Community Health Care Society**

**Recognized by Government of West Bengal under W.B. Society Act. XXVI of 1961**

**Registration No. S/IL/49794**

**Saltora Netaji Centenary College**  
**Department of Physical Education**  
**Add-on Course: - Certificate Course on First-Aid**

Department of Physical Education, Saltora Netaji Centenary College caters to the development of the students for every competitive step in their life. The department understands the need to equip every student for the modern challenge. Thus, the department stepped ahead to organize add on course on First-Aid.

**Objectives:** First-Aid Training is a valuable, life-saving course. Its main objective is not to treat people but to provide immediate attention to a sick or injured person at the scene.

The five main aims of first-aid are to:

1. Preserve life
2. Prevent the escalation of illness or injury
3. Promote recovery
4. Provide pain relief
5. Protect the unconscious

**Course Fee:** Rs: 50/- only (Trainer remuneration by college)

**Eligibility:** Only UG students of Physical Education are eligible for this course.

**Registration:** Direct contact the department before 15<sup>th</sup> May 2023.

**Certification:** A certificate is going to be issued to qualified students of the department upon the satisfactory completion of the course.

  
Principal  
Saltora Netaji Centenary College  
O. Saltora, Dist.-Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora Dist.-Bankura



**SALTORA NETAJI CENTENARY COLLEGE**  
**SALTORA, BANKURA**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: [sncc.phy.edu@gmail.com](mailto:sncec.phy.edu@gmail.com)**

---

*Date*

To  
The Principal  
Saltora Netaji Centenary College

Subject: Permission for conducting First-Aid Training Camp.

Respected Sir,

I am writing this letter on behalf of the students of the Physical Education Department of Saltora Netaji Centenary College to seek your permission for conducting a First-Aid Training Camp for the students of the Physical Education Department, The First-Aid Training Camp will be held at the Room No. 16 on May 22<sup>nd</sup> to 28<sup>th</sup>, 2023.

We need your support to carry on such initiative.

Thanking you.

Truly yours,

Dr. Avijeet Mondal

Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist.-Bankura

Principal  
Saltora Netaji Centenary College  
P.O. -Saltora, Dist.-Bankura

## Course Syllabus

Part I (Theory) Introduction of First-Aid, Haemorrhage, Asphyxia, (Hanging Drowning) Anatomy & Physiology.

Part II (Practical) Fracture, Dressing, Bandage (Roller, Triangular, Crape)

Part III Wounds carriage, General Diseases, Health Care, T.B., Thalassemia, Covid-19.

  
Principal  
Saltora Netaji Centenary College  
O - Saltora, Dist. - Bankura


  
Department of Physical Education  
Saltora Netaji Centenary College  
PO - Saltora, Dist. - Bankura



## List of Participants


SL. NO	NAME	ROLL-NO	SEM	EMAIL
1	MITA MAJI	489	4 <sup>th</sup>	barshamaji650@gmail.com
2	RITU KISKU	585	4 <sup>th</sup>	ritukisku953@gmail.com
3	SUDIPA TUDU	710	4 <sup>th</sup>	sudipatudu4@gmail.com
4	BASANTI MANDI	276	4 <sup>th</sup>	mandib392@gmail.com
5	PRATIMA HEMBRAM	512	4 <sup>th</sup>	pratimahembram@gmail.com
6	BEAUTY MONDAL	279	4 <sup>th</sup>	mondalbeauty257@gmail.com
7	SUMITRA SAREN	733	4 <sup>th</sup>	527926139@gmail.com
8	RUPALI SAREN	602	4 <sup>th</sup>	sarenrupali541@gmail.com
9	MOUMITA MUDIKORA	451	4 <sup>th</sup>	moumitamudikora757@gmail.com
10	PURNIMA SAREN	545	4 <sup>th</sup>	purnimasaren296@gmail.com
11	LALITA MURMU	394	4 <sup>th</sup>	lalamurmu292001@gmail.com
12	SUMITRA TUDU	734	4 <sup>th</sup>	studustudu68@gmail.com
13	SARMILA TUDU	650	4 <sup>th</sup>	sarmilatudu44@gmail.com
14	BARNALI SAREN	273	4 <sup>th</sup>	barnalisaren158@gmail.com
15	JAMUNA MURMU	359	4 <sup>th</sup>	murmujamuna88@gmail.com
16	PRATIMA MURMU	515	4 <sup>th</sup>	sarmilamurmu1280@gmail.com
17	JIHUMONI MURMU	370	4 <sup>th</sup>	jihumonimurmi@gmail.com
18	ARPITA MONDAL	248	4 <sup>th</sup>	arpitamondal2912003@gmail.com
19	PADMA BAURI	477	4 <sup>th</sup>	bishnathbauri065@gmail.com
20	SUCHITRA MONDAL	706	4 <sup>th</sup>	manojmouchuria@gmail.com
21	SANCHITA MURMU	628	4 <sup>th</sup>	sanchitamurmu8669980@gmail.com
22	SUMITRA MAJI	731	4 <sup>th</sup>	sumitramaji512@gmail.com
23	RIYA MAJI	588	4 <sup>th</sup>	majir287@gmail.com
24	SHANTANA MURMU	648	4 <sup>th</sup>	shantanamurmu8@gmail.com
25	BARSHA ACHARJEE	708	4 <sup>th</sup>	barshaacharjee@gmail.com
26	SATHI BAURI	637	4 <sup>th</sup>	baurisathi2@gmail.com
27	SUMITRA MONDAL	732	4 <sup>th</sup>	sumitramondal2222@gmail.com

  
 Principal  
 Saltora Netaji Centenary College  
 Saltora, Dist.-Bankura

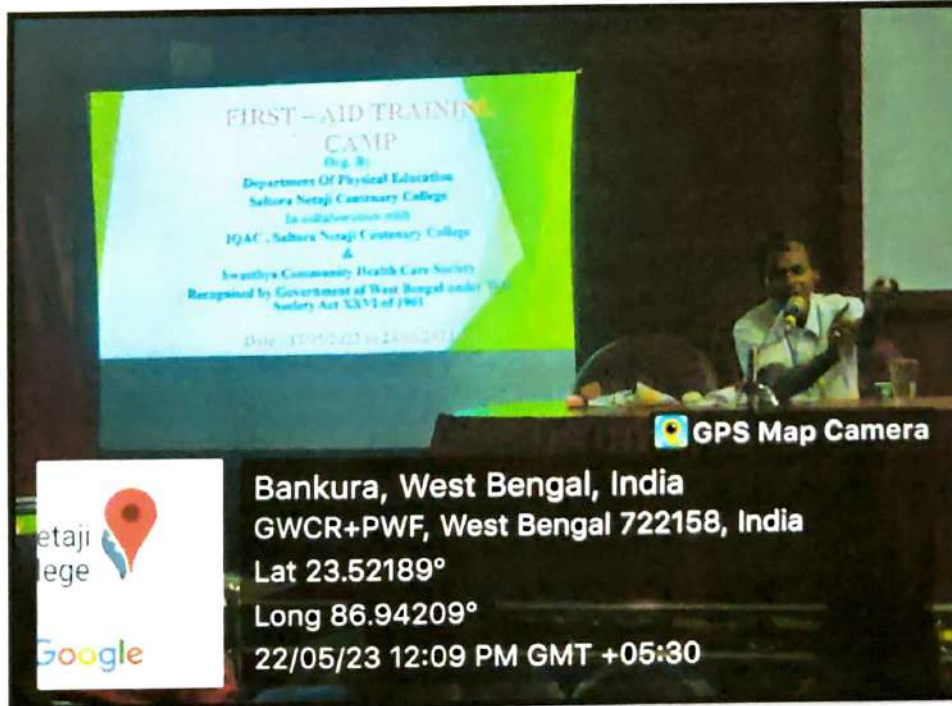
  
 Department of Physical Education  
 Saltora Netaji Centenary College  
 Saltora, Dist.-Bankura

SL. NO	NAME	ROLL-NO	SEM	EMAIL
28	SUMAN MANDI	723	4 <sup>th</sup>	sumanmandi897@gmail.com
29	SUBRATA KORA	704	4 <sup>th</sup>	subrtakora924@gmail.com
30	MONBODH MURMU	445	4 <sup>th</sup>	murmumonobodh@gmail.com
31	JAYANTA TUDU	362	4 <sup>th</sup>	jayantatudu80@gmail.com
32	SANKHADEEP MAJI	631	4 <sup>th</sup>	sankhadeep285@gmail.com
33	JOYDEEP MAJI	377	4 <sup>th</sup>	joydeepmaji555@gmail.com
34	DEBASHIS DAS	320	4 <sup>th</sup>	dasdebashis061@gmail.com
35	BIKASH MONDAL	292	4 <sup>th</sup>	mondalbikash579@gmail.com
36	MANABENDRA MANDAL	421	4 <sup>th</sup>	manabendramandal07@gmail.com
37	GOBINDA KISKU	344	4 <sup>th</sup>	kiskug022@gmail.com
38	AJOY MANDI	216	4 <sup>th</sup>	ajaymandi53@gmail.com
39	BIDYUT SAREN	289	4 <sup>th</sup>	bidyutsaren558@gmail.com
40	SUKANTA HEMBRAM	717	4 <sup>th</sup>	hembramsukanta64@gmail.com
41	BIRENDRA MANDI	300	4 <sup>th</sup>	mandibirendra287@gmail.com
42	NAGEN SAREN	459	4 <sup>th</sup>	saewnnagen4@gmail.com
43	BANESWAR HASDA	270	4 <sup>th</sup>	baneswarhansda393@gmail.com
44	SAMIR HASDA	617	4 <sup>th</sup>	samirhansda722133@gmail.com
45	PRADIP HASDA	504	4 <sup>th</sup>	pradiphansada3042001@gmail.com
46	PRAKASH MONDAL	398	4 <sup>th</sup>	prakashmondalsearbedi@gmail.com
47	ANKUR GOSWAMI	235	4 <sup>th</sup>	goswamiankur09092001@gmail.com
48	UTTAM ROY	770	4 <sup>th</sup>	uttamroyroy36@gmail.com
49	RUBIA HANSDA	596	4 <sup>th</sup>	rubiahansda807@gmail.com
50	SURAJMONI MURMU	743	4 <sup>th</sup>	hasadhanhembram11@gmail.com
51	SANJANA BAURI	626	4 <sup>th</sup>	sanjanabauri@gmail.com

  
 Principal  
 Saltora Netaji Centenary College  
 P.O. - Saltora, Dist. - Bankura

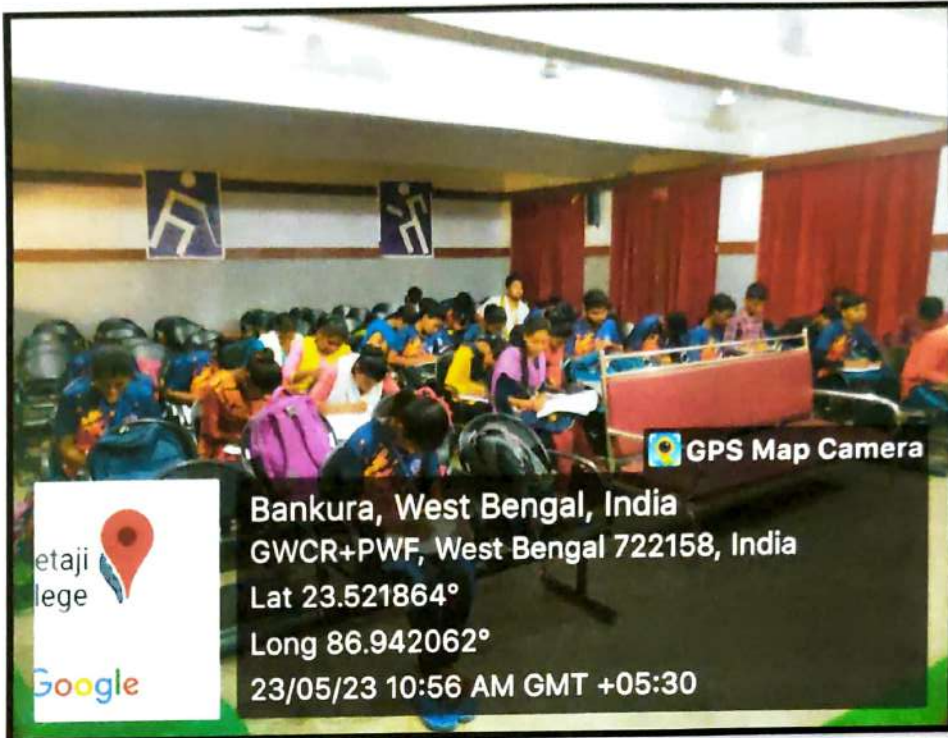
  
 Department of Physical Education  
 Saltora Netaji Centenary College  
 P.O. Saltora, Dist. - Bankura

## Photo Gallery



  
Principal  
Saltora Netaji Centenary College  
O - Saltora, Dist - Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist - Bankura





**FIRST AID TRAINING**  
CERTIFICATE

Department of P.W.F. & Education  
Saltora Neta, Bankura College

1983 - Saltora Neta, Bankura College  
&  
Department of P.W.F. & Education  
Managed by Government of West Bengal under P.W.  
Scheme No. 100/1/1983

GPS Map Camera

Bankura, West Bengal, India  
GWCR+PWF, West Bengal 722158, India  
Lat 23.521792°  
Long 86.942115°  
22/05/23 12:07 PM GMT +05:30



# Certificate

**Swasthya Community Health Care Society**  
(Recognised by Government of West Bengal under W.B. Society Act XXVI of 1961  
Registration No. S / IL / 49794  
**AUTHORISED BY FIRST AID INSTRUCTOR**  
**INDIAN RED CROSS SOCIETY**  
W.B. STATE BRANCH : 148, Jessore Road, Aditya Apartment, Kolkata - 700074  
Branch Office : Bankura Rampur Hazra Lane, Pirtola Indus, Bankura.  
Connection to District School Sports Association, **BANKURA.**

**CERTIFICATE** 49

This is to certify that Sri / Srimati .....  
of .....  
P.O. .... has attended a course of training  
on **FIRST AID** during the period from ..... to ..... and has only  
passed the Examination held at end of the course.

**SECRETARY**  
Dr. Arjun Banerjee  
B.U.M.S (PH) (GD) D.M.R.C. (GD)  
Swasthya Community Health Care Society  
Award of Honour  
FIRST AID INSTRUCTOR  
+ INDIAN RED CROSS SOCIETY +  
WEST BENGAL STATE BRANCH

**VICE - PRESIDENT**  
Pr. J. K. Chatterjee  
In-charge, P.O. Indus, Bankura  
Swasthya Community Health Care Society  
Govt of West Bengal

**PRESIDENT**  
K. R. S. Das  
B.A. APED  
Ex-Secretary, DSSA Bankura  
Swasthya Community Health Care Society  
Govt of West Bengal



**Swasthya Community Health Care Society**  
(Recognised by Government of West Bengal under W.B. Society Act XXVI of 1961  
Registration No. S / IL / 49794  
**AUTHORISED BY FIRST AID INSTRUCTOR**  
**INDIAN RED CROSS SOCIETY**  
W.B. STATE BRANCH : 148, Jessore Road, Aditya Apartment, Kolkata - 700074  
Branch Office : Bankura Rampur Hazra Lane, Pirtola Indus, Bankura.  
Connection to District School Sports Association, **BANKURA.**

**CERTIFICATE** 50

This is to certify that Sri / Srimati .....  
of .....  
P.O. .... has attended a course of training  
on **FIRST AID** during the period from ..... to ..... and has only  
passed the Examination held at end of the course.

**SECRETARY**  
Dr. Arjun Banerjee  
B.U.M.S (PH) (GD) D.M.R.C. (GD)  
Swasthya Community Health Care Society  
Award of Honour  
FIRST AID INSTRUCTOR  
+ INDIAN RED CROSS SOCIETY +  
WEST BENGAL STATE BRANCH

**VICE - PRESIDENT**  
Pr. J. K. Chatterjee  
In-charge, P.O. Indus, Bankura  
Swasthya Community Health Care Society  
Govt of West Bengal

**PRESIDENT**  
K. R. S. Das  
B.A. APED  
Ex-Secretary, DSSA Bankura  
Swasthya Community Health Care Society  
Govt of West Bengal



  
Principal  
Saltora Netaji Centenary College  
O - Saltora, Dist. - Bankura

  
In-charge  
Department of Physical Education  
Saltora Netaji Centenary College  
O - Saltora, Dist. - Bankura

# SALTORA NETAJI CENTENARY COLLEGE



**CELEBRATION OF**  
**INTERNATIONAL**  
**YOGA**  
**Day** 21st June, 2023

**ORGANIZED BY**  
Department of Physical Education in  
Collaboration with NSS Unit III, Saltora Netaji Centenary College  
Saltora, Bankura

Yoga for Harmony & Peace

### Introduction:

Yoga is a physical, mental and spiritual practice which originated in ancient India. Yoga embodies unity of mind and body through an action restraint and fulfilment, harmony between man and nature, a holistic approach to health and well-being. On 21<sup>st</sup> June 2022 <sup>2023</sup> the International Yoga Day has been organized by Department of Physical Education and NSS Unit III at the college.

### Objectives:

The main objectives of celebrating the Yoga Day are-

1. To encourage the participants to grow the habit of doing yoga daily.
2. To teach them how yoga keeps us physically, mentally and spiritually



Principal  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist. - Bankura



Department of Physical Education  
& Sports  
Saltora Netaji Centenary College







**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: sncc.phy.edu@gmail.com**

---

**Letter No .....**

**Date .....**

To  
The Principal  
Saltora Netaji Centenary College

**Subject: Permission for Celebration of International Yoga Day**

Respected Sir,

I am writing this letter on behalf of the students of the Saltora Netaji Centenary College to seek your permission for Celebration of International Yoga Day will be held at the open hall on June 21<sup>st</sup>, 2023.

We need your support to carry on such initiative.

Thanking you.

Truly yours,

Dr. Avijeet Mondal

Department of Physical Education  
& Sports  
Saltora Netaji Centenary College

Saltora Netaji Centenary College  
O - Saltora, Dist.-Bankura





**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: sncc.phy.edu@gmail.com**

---

**Letter No .....**

**Date .....**

**INVITATION**

*Dear Teachers/Students,*

*This is a great pleasure to inform you that the Department of Physical Education is going to Celebrate the International Yoga Day will be held at the open hall on June 21<sup>st</sup>, 2023.*

*All the students & staff members of our college are invited to attend the programme to make it a grand success.*

*(Dr. Avijeet Mondal)*

**Department of Physical Education  
& Sports  
Saltora Netaji Centenary College**

**Principal  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist - Bankura**





**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: [sncc.phy.edu@gmail.com](mailto:sncc.phy.edu@gmail.com)**

---

**CELEBRATION OF INTERNATIONAL YOGA DAY  
ORGANISED**

**BY**

**DEPARTMENT OF PHYSICAL EDUCATION**

**DATE: 21<sup>st</sup> JUNE, 2023**

**PROGRAMME SCHEDULE**

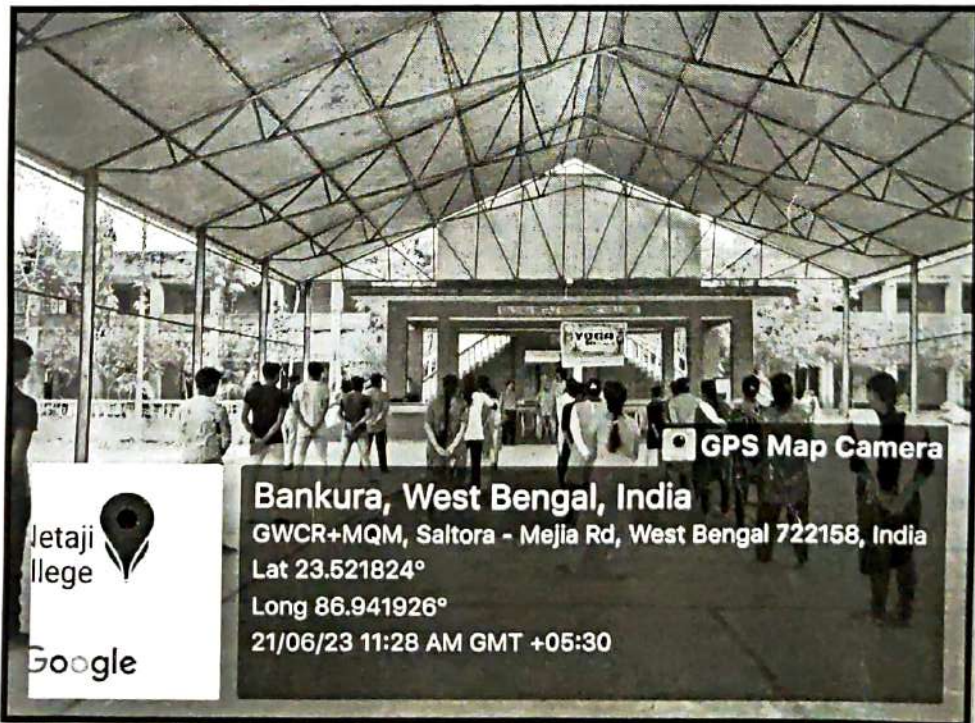
<b>11.00 a.m. to 11.10 a.m.</b>	<b>Felicitations of Guest</b>
<b>11.10 a.m. to 11.20 a.m.</b>	<b>Inaugural Song by the students of Physical Edu. Dept.</b>
<b>11.20 a.m. to 11.25a.m.</b>	<b>Welcome Address by Dr. Avijeet Mondal, HOD, Physical Education</b>
<b>11.25 a.m. to 11.35 a.m</b>	<b>Inaugural Speech by Dr. Kishore kumar Biswal, Principal, Saltora Netaji Centenary College</b>
<b>11.35 a.m. to 2.00 p.m</b>	<b>Technical session</b>
<b>2.00 p.m to 2.05 p.m</b>	<b>Vote of Thanks by Sri Pijush Kanti Chakraborty</b>

Principal  
Saltora Netaji Centenary College  
O -Saltora, Dist. -Bankura

Department of Physical Education  
& Sports  
Saltora Netaji Centenary College



## Photo Gallery



  
Principal  
Saltora Netaji Gerdinary College  
P.O. - Saltora, Dist. - Bankura





\*\*\*\*\*



Saltora Netaji Centenary College  
Department of Physical Education


Attendance Sheet

Name of the Programme: Celebration of International Yoga Day

Date: 21/06/2023

Sl. No.	Semester	Roll-No	Full Signature
1	4	537	Puja Maji
2	6	734	Sumitara Tudu
3	4	521	Pratikana Das
4	4	370	Sihuanoni Muromu
5	4	680	Soma Mondal
6	4	631	Sankhadeep Maji
7	6	464	Saofan Purna Ghoda
8	8	509	Arjit Bauri
9	8	350	Asim Karmakar
10	6	426	Nitai Bauri
11	4	421	Manabendra Mookherjee
12	6	435	Balita Ghoda
13	6	526	Sandip Mondal
14	6	339	Bikash Tudu
15	6	409	Prathash Mondal
16	4	585	Riku Kisku
17	6	355	Sanchita Ghosh
18	6	382	Pansathi Tudu
19	6	232	Puja Bhatlacharjee
20	4	430	Mangoo Baskof
21	4	758	Japan Baskerly
22	4	276	Basanti Mondal



  
Department of Physical Education  
Saltora Netaji Centenary College  
\*G. Sector, Saltora, Bankura

21-22


**Saltora Netaji Centenary College**  
**Department of Physical Education**  
**Attendance Sheet**

Name of the Programme:

Date:

Sl. No.	Semester	Roll-No	Full Signature
23	4	328	Dipali Pal
24	4	504	Pradip Homda
25	4	588	Priya Maji
26	4	394	Lalita Mummy
27	4	377	Jaydeep moxi
28	6	380	Soupar Haldan
29	6	429	Aran Mondal
30	6	507	Sanmoni Tudu
31	6	557	Sumita Saneh
32	6	348	Pabitra Mummy
33	4	710	Sudipa Tudu
34	4	362	Tonyanta Tudu
35	6	501	Sumittra Gosai
36	6	388	Mantu Mondal
37	6	239	Mamoni Mandi
38	6	336	Tanima Maji
39	6	370	Shanti Kan
40	6	446	Anima Mummy
41	4	491	Payel Mozdal
42	4	704	Subrata Kora
43	4	731	Sumittra Maji
44	6	536	Tinkhanaj Mandal



  
 Department of Physical Education  
 Saltora Netaji Centenary College  
 P.O. Saltora, Dist. Bankura

# **SALTORA NETAJI CENTENARY COLLEGE**



**CELEBRATION OF NATIONAL SPORTS DAY**

**&**

**PUBLICATION OF DEPARTMENTAL WALL MAGAZINE**

**ORGANISED**

**BY**

**DEPARTMENT OF PHYSICAL EDUCATION**

**DATE: 29<sup>th</sup> AUGUST, 2022**



## Objective

- The objective behind this activity is to encourage students to participate outside the classroom, identify, hone their potentialities.
- To engage in extra-curricular activities, which they go on to then display in these boards.
- To enable students to build a cooperative and collaborative learning situation.

## Outcome

Students by participating in this activity, constantly made to think 'out-of-the-box' and are encouraged to come up with new ideas. In addition to that, it contributes towards good mental health and wellbeing by being a non-academic activity that one can pursue at leisure without the strain associated with academics.



Principal  
Saltora Netaji Centenary College  
O -Saltora, Dist.-Bankura



Department of Physical Education  
& Sports  
Saltora Netaji Centenary College





**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: sncc.phy.edu@gmail.com**

**Letter No** .....

**Date** 21/8/22 .....

To  
The Principal  
Saltora Netaji Centenary College

**Subject:** Permission for Celebration of National Sports Day & Publication of Departmental Wall Magazine.

Respected Sir,

I am writing this letter on behalf of the students of the Physical Education Department of Saltora Netaji Centenary College to seek your permission for Celebration of National Sports Day & Publication of Departmental Wall Magazine will be held at the Department of Physical Education on August 29<sup>th</sup>, 2022 from 11:00 am to 1:00 pm.

We need your support to carry on such initiative.

Thanking you.



  
Principal  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist. - Bankura

Truly yours,



Dr. Avijeet Mondal  
Department of Physical Education  
& Sports  
Saltora Netaji Centenary College



**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: sncc.phy.edu@gmail.com**

**Letter No .....**

**Date 28/8/22 .....**

**INVITATION**

*Dear Teachers/Students,*

*This is a great pleasure to inform you that the Department of Physical Education is going to Celebrate the National Sports Day & to Publish the Departmental Wall Magazine at the college auditorium on August 29<sup>th</sup>, 2022 from 11:00 am to 1:00 pm.*

*All the students & staff members of our college are invited to attend the programme to make it a grand success.*

Principal  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist. - Bankura

(Dr. Avijeet Mondal)

Department of Physical Education  
& Sports  
Saltora Netaji Centenary College





**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: sncc.phy.edu@gmail.com**

**CELEBRATION OF NATIONAL SPORTS DAY  
&  
PUBLICATION OF DEPARTMENTAL WALL MAGAZINE  
ORGANISED  
BY  
DEPARTMENT OF PHYSICAL EDUCATION  
DATE: 29<sup>th</sup> AUGUST, 2022**

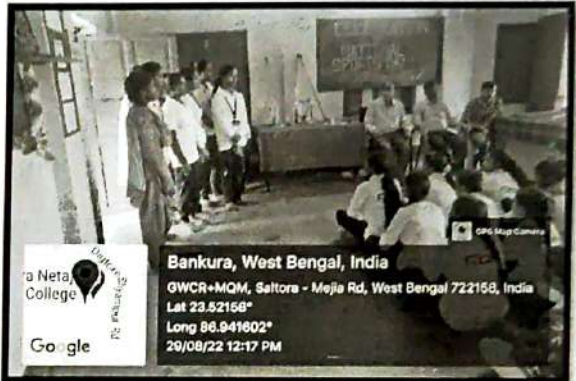
**PROGRAMME SCHEDULE**

<b>11.00 a.m. to 11.10 a.m.</b>	<b>Felicitations of Guest</b>
<b>11.10 a.m. to 11.20 a.m.</b>	<b>Inaugural Song by the students of Physical Edu. Dept.</b>
<b>11.20 a.m. to 11.25a.m.</b>	<b>Welcome Address by Dr. Avijeet Mondal, HOD, Physical Education</b>
<b>11.25 a.m. to 11.35 a.m</b>	<b>Inaugural Speech by Dr. Kishore kumar Biswal, Principal, Saltora Netaji Centenary College</b>
<b>11.35 a.m. to 12.00 p.m</b>	<b>Cultural Programme Presentation by the student's</b>
<b>12.00 p.m to 12.05 p.m</b>	<b>Publication of Wall Magazine</b>
<b>12.05 p.m. to 12.10 p.m.</b>	<b>Vote of Thanks by Sri Pijush Kanti Chakraborty</b>

  
Principal  
Saltora Netaji Centenary College  
P.O. Saltora, Dist.-Bankura

  
Department of Physical Education  
& Sports  
Saltora Netaji Centenary College

## PHOTO GALLERY



Salora Netaji College  
 P.O. - SALTORA

Bankura, West Bengal, India  
 GWCR+MQM, Saltora - Mejia Rd, West Bengal 722158, India  
 Lat 23.52156°  
 Long 86.941602°  
 29/08/22 12:17 PM



Salora Netaji College  
 P.O. - SALTORA

Bankura, West Bengal, India  
 GWCR+MQM, Saltora - Mejia Rd, West Bengal 722158, India  
 Lat 23.521724°  
 Long 86.941776°  
 29/08/22 12:01 PM



29th Aug. 2022

Saltora Netaji Centenary College  
Department of Physical Education  
Attendance Sheet

Name of the Programme: Celebration of National Sports day & Publication of  
Date: 29/08/2022 Departmental Hall magazine

Sl. No.	Semester	Roll-No	Full Signature
1	3rd	734	Gumitara Tudu
2	3rd	328	Dipali Pal
3	3rd	276	Basanti Mondal
4	3rd	710	Sudipa Tudu
5	3rd	704	Subrata Kora
6	3rd	427	Manabendra Mondal
7	3rd	758	Japan Baskey
8	3rd	504	Pradip Homder
9	3rd	491	Poyel Mondal
10	3rd	521	Bhikara Das
11	3rd	680	Soma Mondal
12	1st	211	mahindramath Harsda
13	1st	208	Maheswar Hembrom
14	1st	54	Asima Tudu
15	1st	738	Ritamala Tudu
16	1st	254	Pabitra Tudu
17	1st	212	Malika Baskey
18	1st	409	Shandana Kayek
19	3rd	362	Jyanta Tudu
20	3rd	370	Jihmoni Murnee
21	1st	189	Lakshmoni Tudu
22	1st	221	Mangali Hembrom



  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saccra, Balu-Bankura

**Saltora Netaji Centenary College**  
**Department of Physical Education**  
**Attendance Sheet**

Name of the Programme:  
 Date:

Sl. No.	Semester	Roll-No	Full Signature
23	3 <sup>rd</sup>	585	Ritu Kishku
24	3 <sup>rd</sup>	597	Puja Maji
25	3 <sup>rd</sup>	731	Bunetra Maji
26	3 <sup>rd</sup>	588	Priya Maji
27	1 <sup>st</sup>	455	Subhadip Mondal
28	3 <sup>rd</sup>	480	Mangali Baskey
29	3 <sup>rd</sup>	394	Lalita Mupmu
30	1 <sup>st</sup>	125	Dharmadas Mohdas
31	1 <sup>st</sup>	423	Shyamal Mashi
32	3 <sup>rd</sup>	631	SankhadEEP Maji

*AM*

Department of Physical Education  
 Saltora Netaji Centenary College  
 P.O. Saltora, Dist. Bankura

Tea Principal  
 Saltora Netaji Centenary College  
 P.O. Saltora, Dist. Bankura



# SALTORA NETAJI CENTENARY COLLEGE

## Department of Physical Education

**Add on Course Name:- Certificate Course on Leadership  
Training, Adventure & Rock Climbing**

**Date: 29/11/2022 to 02/12/2022**

**Venue: Susunia Hills, Bankura**

**Session: 2022-23**



### **Name of the Course Co-ordinator**

**Dr. Avijeet Mondal**

**Assistant Professor, Dept. of Physical Education**

**Assistance of**

**Susunia Adventure Academy**

**Reg. No.- S/12/2847 of 2012-13 WB Act XXVI of 1961**

**affiliated to Indian Mountaineering Foundation,**

**New Delhi & West Bengal**



# Saltora Netaji Centenary College

Department of Physical Education

Add-on Course:- Leadership Training, Adventure and Rock Climbing Course

2022-2023

## Course Particulars: -

**Introduction:** Rock climbing is a full-body workout that revolves around socializing and problem-solving, and it's so fun that you won't even realize you're getting ripped in the process. Get in shape and learn the ropes with these outdoor (and indoor) rock climbing sessions. The main motive of this course is to inculcate leadership qualities in students. They have been promoting trekking, mountain climbing, and other adventure sports. They hold rock climbing courses at susunia Pahar in the Purulia district where you will be trained in rappelling, rigging, traversing, and more.

## Objectives:

1. To give knowledge about nature to the students.
2. To inform students about the Adventure Sports and educational program.
3. To prepare students for higher adventure programs.
4. To use training and educational facilities in specific cases for a limited period.
5. To all-around development of the students and inculcate leadership qualities in students.

**Course Fee:** Rs: 1250/- only (Trainer remuneration by college)

**Eligibility:** Only UG students of Physical Education (Semesters VI) are eligible for this course.

**Registration:** Direct contact the department before 20<sup>th</sup> November 2022.

**Course Structure:** The course will be practical.

**Certification:** A certificate is going to be issued to qualified students of the department upon the satisfactory completion of the course.

  
Principal  
Saltora Netaji Centenary College  
P.O. Saltora, Dist.-Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist.-Bankura

### Notice

A Rock-Climbing camp will be held on 29/11/2022 to 02/12/2022 at Susunia pahar, bankura. The students (Semester-V) of the Physical Education Department are asked to enrolment their name on and before 20<sup>th</sup> November 2022 in the Physical Education Department.

  
Principal  
Saltora Netaji Centenary College  
O -Saltora, Dist.-Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
O -Saltora, Dist.-Bankura

## Program Schedule

Date:- 29/11/2022

Time	Activity
07.00 am	Reporting
07.30 am	Break
08.00 am	Flag Hosting
09.00 am	Move to the Rock Face
01.00 pm	Lunch Break
02.30 pm	Class on Rope and Rope knots
03.30 pm	Equipment Demonstration
05.00 pm	Tea and Snacks
06.30 pm	Introduction
07.30 pm	Class on Mountain manner and custom
08.30 pm	Dinner
09.30 pm	Light off



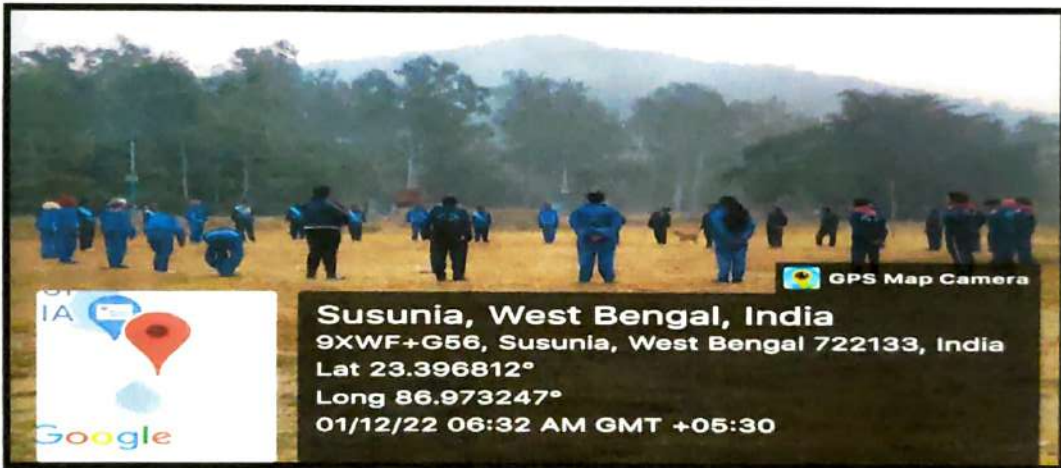
Principal  
Saltora Netaji Secondary College  
B.O. Saltora, Dist. Bankura

Department of Physical Education  
Saltora Netaji Secondary College  
B.O. Saltora, Dist. Bankura

## Program Schedule

Date:- 30/11/2022

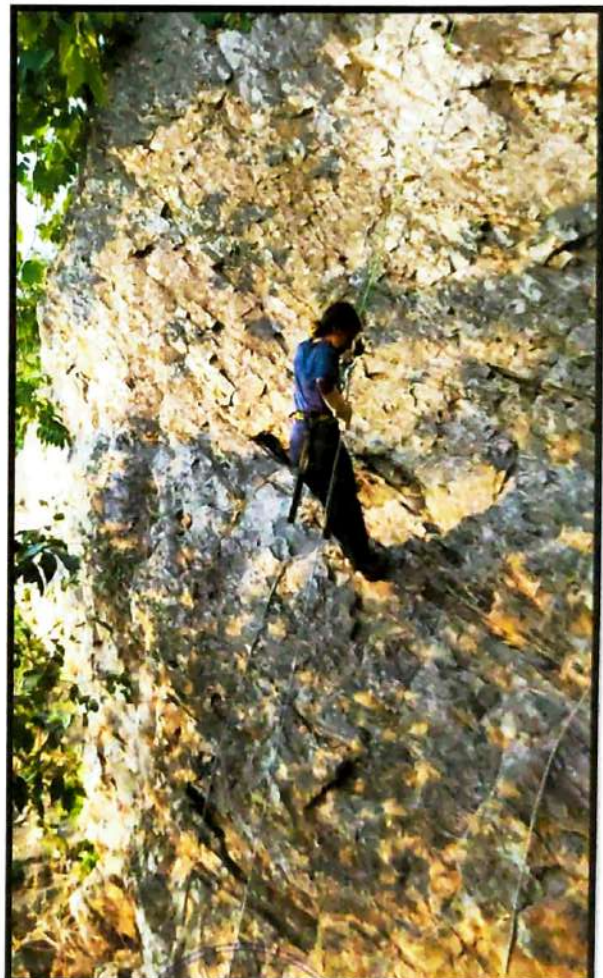
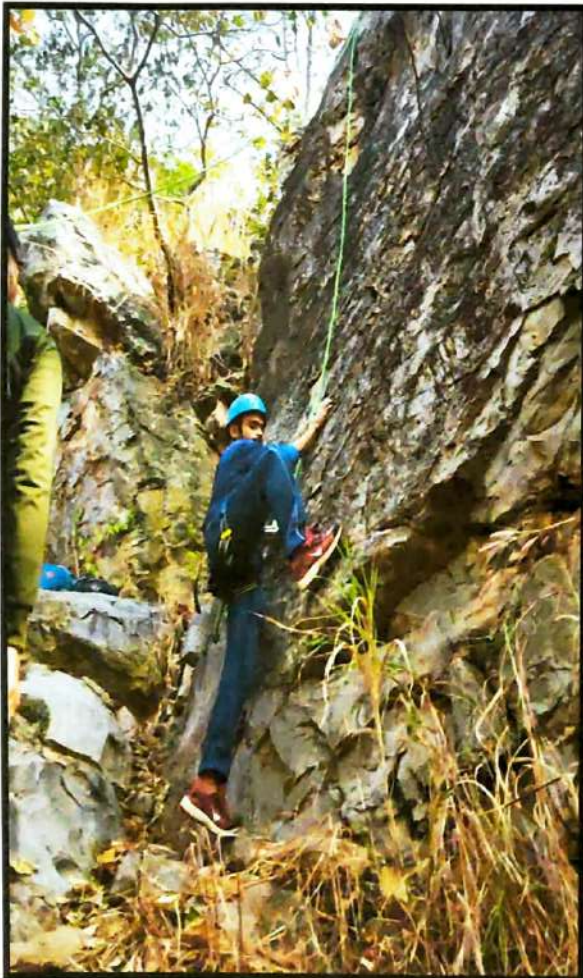
Time	Activity
05.00 am	Bed Tea
05.40 am	Physical Training
07.30 am	Breakfast
08.00 am	Move to the Rock Face
01.00 pm	Lunch Break
02.00 pm	Practice in Rock Face
03.30 pm	Equipment Demonstration
04.00 pm	Move to the campsite
05.00 pm	Tea and Snacks
06.30 pm	Class on mountain terminology
07.30 pm	Class on Mountaining Hazards
08.30 pm	Dinner
09.30 pm	Light off



## Program Schedule

Date:- 01/12/2022

Time	Activity
05.00 am	Bed Tea
05.40 am	Physical Training
07.30 am	Breakfast
08.00 am	Move to the Rock Face
01.00 pm	Lunch Break
02.00 pm	Practice in Rock Face
03.00 pm	Move to the campsite
05.00 pm	Tea and Snacks
07.00 pm	Cultural Program
09.00 pm	Dinner
10.00 pm	Light off



## Program Schedule

Date:- 02/12/2022

Time	Activity
05.00 am	Bed Tea
05.40 am	Physical Training
07.30 am	Breakfast
08.00 am	Move to the Rock Face
12.00 pm	Move to the campsite
01.00 pm	Lunch Break
02.00 pm	Written Examination
04.00 pm	Camp Closing Programme and Flag down
06.00 pm	Tea and Snacks
07.00 pm	Camp Fire and Close the Camp



# Photo Gallery









### List of The Students

SL.No.	Name	Roll No
1	Urmila Baski (F)	265
2	Tanima Maji (F)	336
3	Rina Ghosh (F)	376
4	Babita Hansda (F)	435
5	Anima Murmu (F)	446
6	Sumitra Gorai (F)	501
7	Sumita Saren (F)	557
8	Ruma Tudu (F)	661
9	Bikash Tudu (M)	339
10	Krishna Roy (M)	415
11	Amal Paramanik (M)	418
12	Sourav Maji (M)	424
13	Avay Mondal (M)	429
14	Swapan Kumar Hansda (M)	464
15	Chiranjit Paramanik (M)	495
16	Subrata Mondal (M)	573
17	Prasanjit Roy (M)	575
18	Shambhunath Mondal (M)	584
19	Durgadas Mandi (M)	645
20	Bijoy Sutradhar (M)	659
21	Souvik Mondal (M)	674
22	Susanta Saren (M)	696
23	Sandip Mandal (M)	526

  
Principal  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist. - Bankura

  
Department of Physical Education  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist. - Bankura

# Susunia Adventure Academy

Reg. No.- S/12/2847 of 2012-13 WB Act XXVI of 1961  
affiliated to Indian Mountaineering Foundation, New Delhi & West Bengal

## Syllabus

### Course Name:

1. Introduction , Do's & Don'ts .
2. Rock Climbing Principle
3. Rock and Mountain Terms
4. Types of Rock Character : i) Sedimentary Rock ii) Metamorphic Rock  
iii) Igneous Rock
5. Types of Rock Faces : i) Glacis ii) Slab iii) Wall iv) Overhang  
v) Ceiling or Roof
6. Types of Holds : i) Hand Holds ii) Foot Hold
7. Jam Holds : i) Fingers ii) Wrist iii) Hand iv) Shoulder v) Foot vi) Heel  
vi) Knee vii) leg
8. Climbing Down : i) Facing inward ii) Facing Outward
9. Types of Climbing : i) Natural Climbing ii) Artificial Sport Climbing
10. Rope, Knot and Hitch : Safety Knot ii) Climbing knot iii) Joining knot  
iv) Anchor knot v) Rope testing vi) Descending vii) Universal knot and Hitch
11. Types of Cracks Climbing : i) Just Cracks ii) Lay Back iii) Under Cut  
iv) Chimney v) Backing-up vi) Bridging
12. Care and Maintenance of Rope
13. Rope Coiling : i) Climbing Rope ii) Rappelling Rope
14. Belay : i) Direct Belay ii) In-Direct Belay
15. Rope-up for Climbing : i) 'I' ii) 'V' iii) 'N' iv) 'W/M'
16. Anchor Base : i) Natural Anchor Base ii) Artificial Anchor Base
17. Climbing Call and Belay
18. Rappelling : i) Side ii) Shoulder iii) Long Sling with Aids iv) Stomach



Principal

Saltora Netaji Centenary College  
P.O. Saltora, Dist. -Bankura



Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist. -Bankura


## Trainers Name

1. Rajesh Malakar
2. Anup Bauri
3. Lakshmi Tudu
4. Shipra mahato



# Certificates



  
Course Coordinator  
Dr. Avijeet Mondal  
Dept. of Physical Education  
Saltora Netaji Centenary College  
Bankura Netaji Centenary College  
P.O. Saltora, Dist. - Bankura

  
Principal  
Saltora Netaji Centenary College  
Principal  
Saltora Netaji Centenary College  
P.O. Saltora, Dist. - Bankura

*SALTORA NETAJI CENTENARY COLLEGE*



STUDENT'S SEMINAR  
ON  
"HEALTH AWARENESS"

On The Occasion Of  
WORLD HEALTH DAY

Organized By  
Department Of Physical Education  
Saltora Netaji Centenary College

Saltora, Bankura

DATE: 07/04/2023

## Objective of Students Seminar

Conducting of students seminars has numerous benefits. By participating in a seminar, the students improve their communication skills, it helps in gaining expert knowledge of subject. Students are able to know, how to say and speak in an appropriate manner. Through appropriate questions, students will demonstrate the understanding of discussions. Seminar helps in gaining better insight into the subject.

## Outcome

Students by participating in seminars developed their communication skills and came to know the presentation of information in well-structured manner. Seminar developed the ability of students to evaluate and reflect the information.

**No of students participated : 127**

**No of students presented paper : 29**

  
Principal  
Saltora Netaji Centenary College  
P.O.-Saltora, Dist.-Bankura

  
Department of Physical Education  
& Sports  
Saltora Netaji Centenary College





**SALTORA NETAJI CENTENARY COLLEGE**

**SALTORA, BANKURA**

**DEPARTMENT OF PHYSICAL EDUCATION**

**E-mail: sncc.phy.edu@gmail.com**

**Letter No** .....

**Date** ... 5/04/23 .....

To  
The Principal  
Saltora Netaji Centenary College

**Subject:** Permission for conducting student's seminar on the occasion of World Health Day.

Respected Sir,

I am writing this letter on behalf of the students of the Physical Education Department of Saltora Netaji Centenary College to seek your permission for conducting a student's seminar on "Health Awareness," on the occasion of "World Health Day" The seminar will be held at the Room No. 16 on April 7<sup>th</sup>, 2023 from 11:00 am.

We need your support to carry on such initiative.

Thanking you.

*may be permitted*  
*K.K.K.*  
Dr. K. K. Biswal  
Principal  
Saltora Netaji Centenary College  
Saltora, Bankura

Truly yours,

*Avijeet Mondal*  
Dr. Avijeet Mondal

Copy to:

1. IQAC, Saltora Netaji Centenary College

Department of Physical Education  
Saltora Netaji Centenary College  
Saltora, Bankura







SALTORA NETAJI CENTENARY COLLEGE

SALTORA, BANKURA

DEPARTMENT OF PHYSICAL EDUCATION

E-mail: sncc.phy.edu@gmail.com

Letter No .....

Date 06/04/23

INVITATION

Dear Teachers/Students,

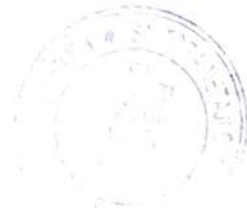
This is my pleasure to inform you that the Department of Physical Education is going to organize a student's seminar on "Health Awareness," on the occasion of "World Health Day" The seminar will be held at the Room No. 16 on April 7<sup>th</sup>, 2023 from 11:00 am .

All the students & staff members of our college are invited to attend the seminar to make it a grand success.

  
(Dr. Avijeet Mondal)

Department of Physical Education  
Saltora Netaji Centenary College  
P.O. Saltora, Dist. Bankura

  
Dr. K. P. Sanyal  
Principal  
Saltora Netaji Centenary College  
P.O. Saltora, Dist. Bankura



**Student's Seminar On "Health Awareness "**  
**On The Occasion Of World Health Day**

Organized By  
Department Of Physical Education  
Saltora Netaji Centenary College

Date: 07/04/2023  
Time: 11.00 a.m.  
Venue: Conference hall (Room no - 16)

**PROGRAMME SCHEDULE**

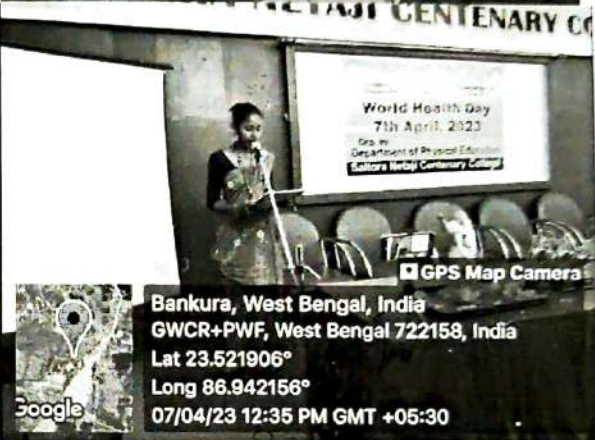
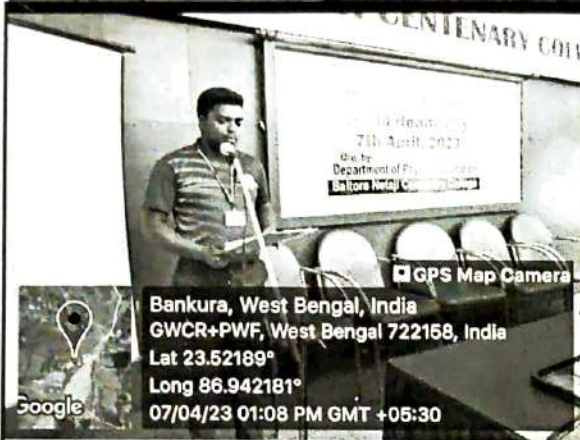
11.30 a.m. to 11.35 a.m.	<b>Felicitations of Guest</b>
11.35 a.m. to 11.40 a.m.	<b>Inaugural Song by the students of Physical Edu. Dept.</b>
11.40 a.m. to 11.50 a.m.	<b>Welcome Address by Dr. Avijeet Mondal, HOD, Department of Physical Education</b>
11.50 a.m. to 12.00	<b>Inaugural Speech by Dr. Kishore kumar Biswal, Principal, Saltora Netaji Centenary College</b>
12.00 p.m. to 12:10 p.m.	<b>Speech by Dr. Tushar Mondal, IQAC Co-ordinator, Saltora Netaji Centenary College</b>
12:10 p.m onwards	<b>Paper presentation by the participants</b>
2.30 p.m. to 2:40 p.m.	<b>Dance performance by Tulsi Baski &amp; Group</b>
2.40 p.m. to 2:45 p.m.	<b>Vote of Thanks , Sri Pijush Kanti Chakraborty, Department of Physical Education</b>

  
Principal  
Saltora Netaji Centenary College  
Q - Saltora, Dist -Bankura

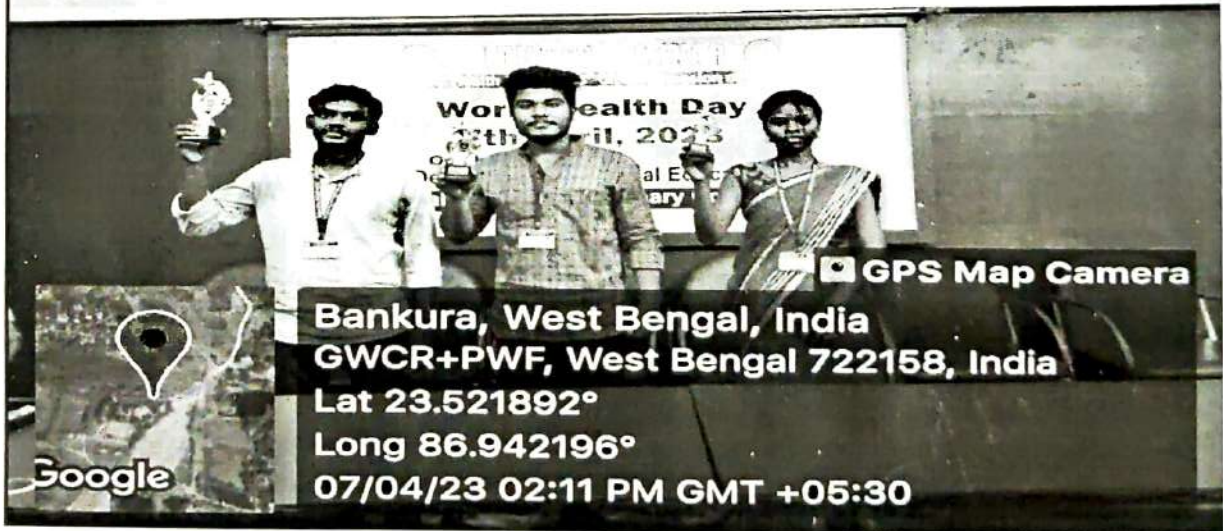
  
Department of Physical Education  
& Sports  
Saltora Netaji Centenary College



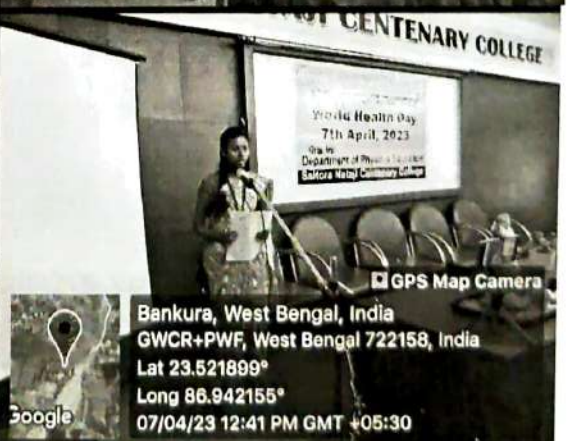
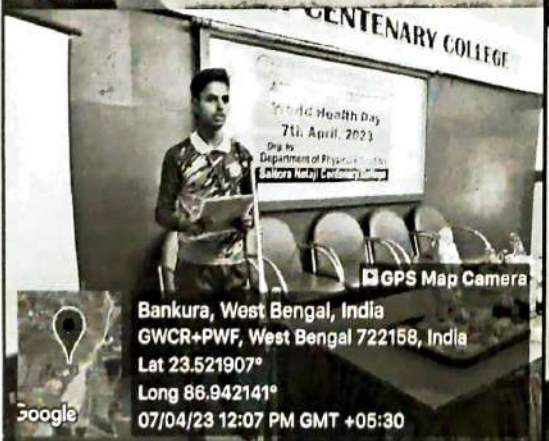
## PHOTO GALLERY



## **SALTORA NETAJI CENTENARY COLLEGE**



## PHOTO GALLERY



## List of Paper Presentation

Sl.No	Name	Title of the paper
1	অনিমা মুর্মু	স্বাস্থ্যকর পরিবেশ
2	সার্দীমা কিস্কু	ব্যক্তিগত স্বাস্থ্যবিধি ও পরিচ্ছন্ন
3	সুদীপা টুডু	স্বাস্থ্য সচেতনতার উদ্দেশ্য ও কর্তব্য
4	মানবেন্দ্র মন্ডল	AIDS
5	প্রকাশ মণ্ডল	যক্ষ্মা রোগ
6	ববিতা হাঁসদা	ডেঙ্গু রোগ
7	সুমিত্রা গঁরাই	কুষ্ঠ রোগ
8	সরোজমনি মান্ডি	আমাশয় রোগ
9	প্রতিমা বান্ধি	ইনফলুয়েঞ্জা রোগ
10	সুমিতা কিস্কু	কলেরা রোগ
11	প্রিয়া বাউরি	ম্যালেরিয়া রোগ
12	আশা রজক	ধনুস্তংকার রোগ
13	সবিতা হেমব্রম	খোস ও পাঁচড়া রোগ
14	তুলসী বান্ধি	ডিপথেরিয়া রোগ
15	সুমিতা সরেন	প্রাথমিক চিকিৎসা
16	সুব্রত কোড়া	খাদ্য ও পুষ্টি
17	সরোজমনি মুর্মু	জল দূষণ
18	প্রদীপ হাঁসদা	মৃত্তিকা দূষণ
19	প্রদীপ হেমব্রম	শব্দ দূষণ
20	সঞ্জনা বাউরি	বায়ু দূষণ
21	দুর্গা দাস টুডু	চোখের যত্ন ও প্রয়োজনীয়তা
22	পূজা সরেন	দাঁতের প্রয়োজনীয়তা
23	কৃষ্ণ রায়	কানের যত্ন ও প্রয়োজনীয়তা
24	বিজয় সূত্রধর	নাকের যত্ন ও প্রয়োজনীয়তা
25	অসীমা টুডু	ত্বক ও নকের যত্ন
26	উর্মিলা মান্ডি	চুলের যত্ন
27	তনুশ্রী মুর্মু	পায়ের-পাতার যত্ন
28	শর্মিলা টুডু	শারীরিক শিক্ষায় স্বাস্থ্য শিক্ষার ভূমিকা
29	অজয় মান্ডি	স্বাস্থ্য শিক্ষার আধুনিক চিন্তাভাবনা

  
 Principal  
 Saltora Netaji Centenary College  
 P.O. - Saltora, Dist. - Bankura

  
 Department of Physical Education  
 Saltora Netaji Centenary College

**STUDENT'S SEMINAR ON "HEALTH AWARENESS" On the occasion of  
WORLD HEALTH DAY  
ORGANISED**

**BY  
DEPARTMENT OF PHYSICAL EDUCATION  
DATE: 07<sup>th</sup> April, 2023**

SL.NO	NAME	ROLL- NO	SIGNATURE
1.	Sonehita Akhuli	355	Sonehita Akhuli
2.	TANIMA MAJI	336	Tanima Maji
3.	Anima MURMU	446	Anima murmu
4.	Urmila BASKI	265	Urmila Baski
5.	Mridula Hansda	252	Mridula Hansda
6.	Sumitza Gorozi	501	Sumitza Gorozi
7.	Sumita Kisku	395	Sumita kisku
8.	SUMITA SAREN	557	Sumita Saren
9.	Babita Hansda	435	Babita Hansda
10.	Padma Bauri	477	Padma Bauri
11.	Arpita Mondal	248	Arpita Mondal
12.	Suchitra Mondal	706	Suchitra Mondal
13.	Basanti Mondal	276	Basanti Mondal
14.	Mamata Ruidas	411	Mamata Ruidas
15.	Beauty Mondal	279	Beauty Mondal
16.	Urmila Mandi	529	Urmila Mandi
17.	Sabita Hembroam	357	Sabita Hembroam
18.	Samaka Hansda	377	Samaka Hansda
19.	Mangali Hembroam	221	Mangali Hembroam
20.	Puja Saren	295	Puja Saren
21.	Surasmoni Mandi	591	Surasmoni Mandi
22.	Pratima Basky	636	Pratima Basky
23.	ASHA RAJAK		Asha Rajak



*Handwritten signature in green ink.*

Principal  
Saltora Netaji Centenary College  
P.O. - Saltora, Dist. - Bankura

*Handwritten signature in blue ink.*

Department of Physical Education  
& Sports  
Saltora Netaji Centenary College

STUDENT'S SEMINAR ON "HEALTH AWARENESS" On the occasion of  
WORLD HEALTH DAY  
ORGANISED

BY  
DEPARTMENT OF PHYSICAL EDUCATION

DATE: 07<sup>th</sup> April, 2023

SL.NO	NAME	ROLL-NO	SIGNATURE
24	Mangali Hembram	222	Mangali Hembram
25	chaima Santikany	101	chaima Santikany
26	Pabitra Tudu	254	Pabitra Tudu
27	Lakshinarayan Hembram	184	Lakshinarayan Hembram
28	Geobinda Muromu	725	Geobinda Muromu
29	Mallika Babti	212	Mallika Babti
30	Durgadas Mandi	645	Durgadas Mandi
31	Subhadip Mondal	4070	Subhadip Mondal
32	Subham Hembram	571	Subham Hembram
33	Pradip Hembram	625	Pradip Hembram
34	Priya Bose	733	Priya Bose
35	Sumita Baskey	492	Sumita Baskey
36	Shamita Tudu	410	Shamita Tudu
37	Asima Tudu	54	Asima Tudu
38	Biman Bhandari	86	Biman Bhandari
39	Suomita Sanen	505	Suomita Sanen
40	Ritamata Tudu	738	Ritamata Tudu
41	Barmari Tudu	70	Barmari Tudu
42	Namita Harada	240	Namita Harada
43	Sukha Baskey	742	Sukha Baskey
44	Chandana Tudu	109	Chandana Tudu
45	Plarata Muromu	217	Plarata Muromu
46	Lalita Hembram	191	Lalita Hembram
47	Puspa Tudu	299	Puspa Tudu
48	Kabita Kisku	726	Kabita Kisku

  
Principal  
Saltora Netaji Centenary College  
O-Saltora, Dist-Bankura



  
Department of Physical Education  
& Sports  
Saltora Netaji Centenary College

STUDENT'S SEMINAR ON "HEALTH AWARENESS" On the occasion of  
WORLD HEALTH DAY  
ORGANISED

BY  
DEPARTMENT OF PHYSICAL EDUCATION  
DATE: 07<sup>th</sup> April, 2023

SL.NO	NAME	ROLL- NO	SIGNATURE
49	Ashok Soren	51	Ashok Soren
50	Sujit Murmu	715	Sujit Murmu
51	Rabindranath Basker	301	Rabindranath Basker
52	Jaydeb Basker	156	Jaydeb Basker
53	Sumanta Hembram	428	Sumanta Hembram
54	Jaydeb Harada	158	Jaydeb Harada
55	Maheswar Hembram	208	Maheswar Hembram
56	Biswajoy Kisku	97	Biswajoy Kisku
57	Saratmoni Murmu	743	Saratmoni Murmu
58	Babita Hembram	260	Babita Hembram
59	Ritu Kisku	585	Ritu Kisku
60	Sumitra Tudu	734	Sumitra Tudu
61	Puja Maji	537	Puja Maji
62	Sumitra Maji	731	Sumitra Maji
63	Soma Mondal	680	Soma Mondal
64	Pratiksha Das	521	Pratiksha Das
65	Bisoy Surpradhan	659	Bisoy Surpradhan
66	Shambhunath Mandal	584	Shambhunath Mandal
67	Sandip Mandal	526	Sandip Mandal
68	Shankamu Layek	409	Shankamu Layek
69	Somnath Chakraborty	480	Somnath Chakraborty
70	Somnath Paramanik.	440	Somnath Paramanik.
71	Srijamal Mandi	483	Srijamal Mandi
72	Srimati Mandi	453	Srimati Mandi
73	Thakurmani Murmu	517	Thakurmani Murmu

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**STUDENT'S SEMINAR ON "HEALTH AWARENESS" On the occasion of  
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BY  
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SL.NO	NAME	ROLL-NO	SIGNATURE
74	Krishna Rao	415	Krishna Rao
75	Dharmadas Mondal	125	Dharmadas Mondal
76	Kishan Bhatti	172	Kishan Bhatti
77	Lakshikanth Tudu	188	Lakshikanth Tudu
78	Ranjam Bawal	331	Ranjam Bawal
79	A-Ranjit Hembaram	332	Ranjit Hembaram
80	Rajesh Sater	319	Rajesh Sater
81	Marshal Hembaram	225	Marshal Hembaram
82	Ashok Bomanik	57	Ashok Bomanik
83	Uday Mondal	523	Uday Mondal
84	Sudhakar Chandra Bera	465	Sudhakar Chandra Bera
85	Mangal Muzum	428	Mangal Muzum
86	Jayanta Tudu	362	Jayanta Tudu
87	Ajay Mandi	216	Ajay Mandi
88	Pradip Honsda	504	Pradip Honsda
89	SUMAN MANDI	723	Suman Mandi
90	Monbodu Muzum	495	Monbodu Muzum
91	Gobinda Kisku	344	Gobinda Kisku
92	Suman Mudi Kom	486	Suman Mudi Kom
93	Bikram Honsda	565	Bikram Honsda
94	Susanta Soren	696	Susanta Soren
95	Pabitra Muzum	348	Pabitra Muzum
96	Subodh Muzum	465	Subodh Muzum
97	Bimal Muzum	85	Bimal Muzum
98	malinkaranth Honsda	211	malinkaranth Honsda

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SL.NO	NAME	ROLL-NO	SIGNATURE
99	Atul Hembram	58	Atul Hembram
100	Bannali Sane	273	Bannali Sane
101	Sharmila Tudu	650	Sharmila Tudu
102	Parabi Hembram	513	Parabi Hembram
103	Bansaxi Tudu	382	Bansaxi Tudu
104	Mamoni Mandi	239	Mamoni Mandi
105	Sudipa Tudu	710	Sudipa Tudu
106	Sakima Kisku	396	Sakima Kisku
107	Tulusi Baski	520	Tulusi Baski
108	Sumana Chattaraj	377	Sumana Chattaraj
109	Mantu Mondal	388	Mantu Mondal
110	Riyanka Kumbhakar	585	Riyanka Kumbhakar
111	Ruma Tudu	661	Ruma Tudu
112	Sathi Bauri	637	Sathi Bauri
113	Sanjana Bauri	626	Sanjana Bauri
114	Mousumi Bauri	453	Mousumi Bauri
115	Jihumoni Murmu	370	Jihumoni Murmu
116	Shantana Murmu	648	Shantana Murmu
117	Subrata Kora	704	Subrata Kora
118	Mandaranta Mondal	421	Mandaranta Mondal
119	Prakash Mondal	398	Prakash Mondal

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