

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE

SEMINAR REPORT

ON

**SEDDENTARY LIFESTYLE AND PHYSICAL
FITNESS**

ORGANISED BY: UGC-SEMINAR COMMITTEE

DATE: 26.11.19

TIME: 02.00 pm - 3.30 pm

VENUE: Seminar Hall, 2nd Floor

OBJECTIVE OF THE SEMINAR:

The main objective of the seminar was to discuss about the current lifestyle patterns which has largely turned into sedentary type that has been cited as the most common cause of diseases rising among the younger generation. Engagement in physical activity has been suggested as the most effective remedial measure of such health issues over medication.

SPEAKER:

Mr. Debaditya Dutta, Assistant Professor, Department of Sociology, GGDC, Mangalkote

PROCEEDINGS OF THE SEMINAR:

The speaker began his deliberation by stating that the modern world, the mode of work and lifestyle has become increasingly sedentary, posing significant challenges to public health. He described the roles of technology, urbanisation and changing societal norms that have been the major aiding factors in promoting sedentary behaviours. His lecture explored the intricate relationship between sedentary behaviour and physical fitness, shedding light on the detrimental effects that arise due to the lack of physical activity. It delved into the various mental and physical consequences of sedentarism and how it could contribute to numerous health issues, such as obesity, cardiovascular diseases and mental health disorders. His lecture also highlighted the transformative power of incorporating physical activity into daily routines, emphasizing its benefits to the overall well-being of the individual. Drawing on real-world examples and methodologies, it explored various effective strategies that can be implemented to break a sedentary lifestyle and promote a more active lifestyle. These range from simple lifestyle modifications to regimented exercise programmes, that can help enhance physical fitness and overall mental health. His lecture tried to inspire individuals and communities to prioritize physical activity and make it a part of their daily lifestyle. He stressed that by understanding the implications of sedentary behaviour and embracing the values of physical fitness, we can help empower ourselves to lead an active and vibrant life.

PARTICIPANT DETAILS:

NO. OF STUDENTS REGISTERED FOR THE PROGRAMME: 40

NO. OF STUDENTS ATTENDED THE PROGRAMME: 40

OUTCOME OF THE PROGRAMME:

The seminar successfully discussed about the emerging lifestyle changes and the reasons behind them. It also stressed on the importance of inclusion of physical activity in ones daily routine to avoid some health complications.

GLIMPSES FROM THE SEMINAR



PIC.1: THE SPEAKER WITH HIS PRESENTATION ON 26.11.19



PIC.2: THE SPEAKER DELIVERING HIS LECTURE ON 26.11.19

GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

DATE: 26. 11. 2019

TITLE OF SEMINAR: SEDENTARY LIFESTYLE and
PHYSICAL FITNESS

STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

| SL. NO. | NAMES OF REGISTERED STUDENTS | STREAM | SEMESTER | SIGNATURE OF STUDENT |
|---------|------------------------------|-----------|----------|----------------------|
| 1 | RIGDHA ROY | SOCIOLOGY | SEM I | Rigdha Roy |
| 2 | RINKI PANDIT | SOCIOLOGY | SEM I | Rinki Pandit |
| 3 | RUPSA BAIKAGYA | SOCIOLOGY | SEM I | Rupsa Baikagya |
| 4 | SHRABONI CHAKRABORTTY | SOCIOLOGY | SEM I | Shraboni Chakraborty |
| 5 | SHYAMA CHARAN PAUL | SOCIOLOGY | SEM III | Shyama Charan Paul |
| 6 | MANDIRA DAS | SOCIOLOGY | SEM III | Mandira Das |
| 7 | FARHA YASMIN | SOCIOLOGY | SEM III | Farhe Yasmin |
| 8 | KALI CHARAN MAJHI | SOCIOLOGY | SEM III | Kali Charan Majhi |
| 9 | SAHELI DUTTA | SOCIOLOGY | SEM III | Saheli Dutta |
| 10 | SANCHITA DUTTA | SOCIOLOGY | SEM III | Sanchita Dutta |
| 11 | NASRIN SULTANA | SOCIOLOGY | SEM V | Nasrin Sultana |
| 12 | NOORHUMA KHATUN | SOCIOLOGY | SEM V | Noorhuma Khatun |
| 13 | SOUMI DUTTA | SOCIOLOGY | SEM V | Soumi dutta |
| 14 | SUBARNA MAJHI | ENGLISH | SEM I | Subarna Majhi |
| 15 | SUJIT TUDU | ENGLISH | SEM I | Sujit Tudu |
| 16 | SUMA MONDAL | ENGLISH | SEM I | Suma Mondal |
| 17 | IPSITA SEN SARMA | ENGLISH | SEM III | Ipsita Sen Sarma |
| 18 | SHANTANU GHOSH | ENGLISH | SEM V | Shantanu Ghosh |
| 19 | SOURENDRA NATH GHOSH | ENGLISH | SEM V | Sourendra Nath Ghosh |
| 20 | SAMPAD GHOSH | HISTORY | SEM III | Sampad Ghosh |
| 21 | SHILPA MAJHI | HISTORY | SEM III | Shilpa Majhi |
| 22 | ROBINA KHATUN | HISTORY | SEM V | Robina Khatun |

Suchismita Das

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| | | | | |
|----|-----------------|----------|---------|-----------------|
| 23 | SAMPA KUNDU | HISTORY | SEM V | Sampa Kundu |
| 24 | SUBRATA DAS | HISTORY | SEM V | Subrata Das |
| 25 | AMRITA NANDY | BENGALI | SEM I | Amrita Nandy |
| 26 | ANIRUDDHA DUTTA | BENGALI | SEM I | Aniruddha Dutta |
| 27 | SOUROV DEY | BENGALI | SEM III | Sourav Dey |
| 28 | NABANITA GHOSH | POL. SC. | SEM I | Nabanita Ghosh |
| 29 | NARGIS JOHA | POL. SC. | SEM I | Nargis Joha |
| 30 | ABIDA SULTANA | POL. SC. | SEM V | Abida Sultana |
| 31 | AMIN SK | POL. SC. | SEM V | Amin SK |
| 32 | SAMPAD MONDAL | ZOOLOGY | SEM I | Sampad Mondal |
| 33 | SUCHISMITA DEY | ZOOLOGY | SEM I | Suchismita Dey |
| 34 | ANIMESH GHOSH | ZOOLOGY | SEM III | Animesh Ghosh |
| 35 | AYAN MUKHERJEE | ZOOLOGY | SEM III | Ayan Mukherjee |
| 36 | NAHID NAZIA | ZOOLOGY | SEM V | Nahid Nazia |
| 37 | SAMIMA AFROJ | BA GEN. | SEM I | Samina Afroj |
| 38 | SHRABANI MAJHI | BA GEN. | SEM I | Shrabani Majhi |
| 39 | RITU DAS | BA GEN. | SEM I | Ritu SK |
| 40 | TANMAY BAG | BA GEN. | SEM V | Tanmay bag |

Suchismita Dey

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GGDC, MANGALKOTE

Basu

Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132



GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

UGC-SEMINAR COMMITTEE

DATE: 21.11.19

NOTICE

All concerned are hereby notified that a Seminar on “**SEDENTARY LIFESTYLE AND PHYSICAL FITNESS**” has been scheduled to be organised by the UGC-Seminar Committee, GGDC, Mangalkote on 26.11.19 from 02.00 pm – 3.30 pm (venue – Seminar Hall, 2nd Floor). The programme aims to present the current condition of the society in terms of their lifestyle and how it has given rise to various diseases in the young generation. The importance of physical fitness in this regard will be discussed by our in-house speaker, Mr. Debaditya Dutta, Assistant Professor, Department of Sociology, GGDC, Mangalkote.

Accordingly, all the departments are requested to encourage their students for maximum participation in the programme and to register for the same at the earliest. The brochure will be shared shortly.

COUNTERSIGNED



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**GOVERNMENT GENERAL DEGREE COLLEGE,
MANGALKOTE**

UGC SEMINAR COMMITTEE

Invites you to join the
SEMINAR

on

**SEDENTARY LIFESTYLE AND PHYSICAL
FITNESS**

SPEAKER:

PROF. DEBADITYA DUTTA
ASSISTANT PROFESSOR,
DEPARTMENT OF SOCIOLOGY,
GGDC, MANGALKOTE

on 26.11.2019
AT: 02.00 P.M.

Venue: Seminar Hall, 2nd Floor

ABOUT THE PROGRAMME:

The current lifestyle is largely associated with technological advancements which has brought many things under the control of one's finger. Like, its said, "*Everything is just a click away.*" This has resulted in unhealthy lifestyle in the young population. Reduced open spaces like gardens, park, etc. are also important reasons for these sedentary lifestyle habits. As such, there has been increasing reports of lifestyle-related diseases recently. Here lies the importance of physical fitness which also determines mental fitness. The current seminar aims to make the students aware of these issues and their probable solutions.

TARGET AUDIENCE:

U.G. Students of GGDC, Mangalkote





Government of West Bengal
Office of the Principal
GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA
DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA
Email: ggdc Mangalkote@gmail.com; Website: <https://mangalkotegovtcollege.org>

To,
Mr. Debaditya Dutta
Assistant Professor
Department of Sociology
GGDC, Mangalkote, Burdwan

Sub: Invitation to deliver a Special Lecture titled “*Sedentary Lifestyle and Physical Fitness*” in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 26.11.2019 at 02:00 PM.

Sir,

It is our honour to invite you as a speaker to deliver a Special Lecture titled “*Sedentary Lifestyle and Physical Fitness*” in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 26.11.2019 at 02:00 PM. We sincerely hope that it will be an enriching experience for the students to listen to your thought provoking and pertinent deliberation.

We shall be highly obliged if you kindly accept our invitation.

Officer-In-Charge
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Email: ggdcmangalkote@gmail.com; Website: <https://mangalkotegovtcollege.org>

Certificate of Appreciation

This certificate is awarded to:

Mr. Debaditya Dutta
Assistant Professor, Department of Sociology
GGDC, Mangalkote

In recognition of his valuable contribution as an in-house speaker in the seminar entitled “*Sedentary Lifestyle and Physical Fitness*” on 26.11.2019, organized by the UGC-Seminar Committee, GGDC, Mangalkote.

Officer-In-Charge
GGDC, Mangalkote



Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dist. Purba Bardhaman, West Bengal-713132

**CERTIFICATES OF THE
PARTICIPATING
STUDENTS HAVE BEEN
ATTACHED BELOW**



Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.,
Government General Degree College, Mangalkhata
Dt. Purba Bardhaman, West Bengal-713132



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CERTIFICATE OF PARTICIPATION

This is to certify that RIGDHA ROY of Semester I, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that RINKI PANDIT of Semester I, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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Government General Degree College, Mangalkote
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This is to certify that SHRABONI CHAKRABORTTY of Semester I, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that SHYAMA CHARAN PAUL of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that MANDIRA DAS of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that FARHA YASMIN of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that KALI CHARAN MAJHI of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that SAHELI DUTTA of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that SANCHITA DUTTA of Semester III, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
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Government General Degree College, Mangalkote
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This is to certify that NASRIN SULTANA of Semester V, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that NOORHUMA KHATUN of Semester V, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that SOUMI DUTTA of Semester V, Dept. of SOCIOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that SUBARNA MAJHI of Semester I, Dept. of ENGLISH, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that SUMA MONDAL of Semester I, Dept. of ENGLISH, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that IPSITA SEN SARMA of Semester III, Dept. of ENGLISH, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that ROBINA KHATUN of Semester V, Dept. of HISTORY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that SAMPA KUNDU of Semester V, Dept. of HISTORY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Government General Degree College, Mangalkote
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This is to certify that AMRITA NANDY of Semester I, Dept. of BENGALI, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that ANIRUDDHA DUTTA of Semester I, Dept. of BENGALI, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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This is to certify that SOUROV DEY of Semester III, Dept. of BENGALI, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

Officer in Charge

Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that NABANITA GHOSH of Semester I, Dept. of POLITICAL SCIENCE, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that NARGIS JOHA of Semester I, Dept. of POLITICAL SCIENCE, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that ABIDA SULTANA of Semester V, Dept. of POLITICAL SCIENCE, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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*This is to certify that AMIN SK of Semester V, Dept. of POLITICAL SCIENCE, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal*

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that SAMPAD MONDAL of Semester I, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that SUCHISMITA DEY of Semester I, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that ANIMESH GHOSH of Semester III, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that AYAN MUKHERJEE of Semester III, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that NAHID NAZIA of Semester V, Dept. of ZOOLOGY, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that SAMIMA AFROJ of Semester I, Dept. of B.A. (GENERAL), GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

Officer in Charge

Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that SHRABANI MAJHI of Semester I, Dept. of B.A. (GENERAL), GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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This is to certify that TANMAY BAG of Semester V, Dept. of B.A. (GENERAL), GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal

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Dr. Pradipta Kumar Basu
OFFICER IN CHARGE, W.B.E.S.
Government General Degree College, Mangalkote
Dt. Purba Bardhaman, West Bengal- 713132

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