SEMINAR REPORT

ON

SEDENTARY 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

UGC-SEMINAR COMMITTEE

DATE: 26, 11, 2019

# # # # # # # # # # # # # # # # # # #	TITLE OF SEMINAR: SEDEN PARY ZIFESTYLE and PHYLLEAL FITHELL

STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

SL. NO.	NAMES OF REGISTERED STUDENTS	STREAM	SEMESTER	SIGNATURE OF STUDENT
1	RIGDHA ROY	SOCIOLOGY	SEM I	R186tha Roy
2	RINKI PANDIT	SOCIOLOGY	SEM I	Rinki Panhit
3	RUPSA BAIRAGYA	SOCIOLOGY	SEM I	Rupso Bairagya
4	SHRABONI CHAKRABORTTY	SOCIOLOGY	SEM I	Shraboni Chaknabontty
5.	SHYAMA CHARAN PAUL	SOCIOLOGY	SEM III	Shy awa chausan
6	MANDIRA DAS	SOCIOLOGY	SEM III	mounding Das
7	FARHA YASMIN	SOCIOLOGY	SEM III	Forche Fogmin
8	KALI CHARAN MAJHI	SOCIOLOGY	SEM III	kali Charan Madhi
9	SAHELI DUTTA	SOCIOLOGY	SEM III	Saholi Datta
10	SANCHITA DUTTA	SOCIOLOGY	SEM III	Sanchita Scutta
11	NASRIN SULTANA	SOCIOLOGY	SEM V	Nassin Sulfano
12	NOORHUMA KHATUN	SOCIOLOGY	SEM V	Hoorhuma
13	SOUMI DUTTA	SOCIOLOGY	SEM V	Souri dutta
14	SUBARNA MAJHI	ENGLISH	SEM I	Subarna Mazhi
15	SUJIT TUDU	ENGLISH	SEM I	SWID THU
16	SUMA MONDAL	ENGLISH	SEM I	SUMA MONDAL
17	IPSITA SEN SARMA	ENGLISH	SEM III	Alshita Senhama
18	SHANTANU GHOSH	ENGLISH	SEM V	Shantanu Thosh
19	SOURENDRA NATH GHOSH	ENGLISH	SEM V	Sourondna Nath
20	SAMPAD GHOSH	HISTORY	SEM III	Sampad Chush
21	SHILPA MAJHI	HISTORY	SEM III	ShidPa Majni
22	ROBINA KHATUN	HISTORY	SEM V	pebina Klatun

Sulismita Das:

CONVENER UGC-SEMINAR COMMITTEE GGDC, MANGALKOTE

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



23	SAMPA KUNDU	HISTORY	SEM V	sampa kundu
24	SUBRATA DAS	HISTORY	SEM V	subrata Pas
25	AMRITA NANDY	BENGALI	SEM I	Amenta Nandy
26	ANIRUDDHA	BENGALI	SEM I	Ameridatia Dutte
	DUTTA			7
27	SOUROV DEY	BENGALI	SEM III	Souror Dey
28	NABANITA GHOSH	POL. SC.	SEM I	Wabanita 61 Wosh
29	NARGIS JOHA	POL. SC.	SEM I	Norgh Joha
30	ABIDA SULTANA	POL. SC.	SEM V	Abdasultana
31	AMIN SK	POL. SC.	SEM V	Amin Sk
32	SAMPAD MONDAL	ZOOLOGY	SEM I	sampad Inondel
33	SUCHISMITA DEY	ZOOLOGY	SEM I	& Suchismita Rey
34	ANIMESH GHOSH	ZOOLOGY	SEM III	Animesh Ghosh
35	AYAN MUKHERJEE	ZOOLOGY	SEM III	Ayan Mukhaowee.
36	NAHID NAZIA	ZOOLOGY	SEM V	Nahio Nazia
37	SAMIMA AFROJ	BA GEN.	SEM I	Samina Afroj
38	SHRABANI MAJHI	BA GEN.	SEM I	Shorabani Maj w
39	RITU DAS	BA GEN.	SEM I	RHU SA
40	TANMAY BAG	BA GEN.	SEM V	Tannay bag

CONVENER
HIGG SEMINAR COMMITTEE

UGC-SEMINAR COMMITTEE GGDC, 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

OFFICER-IN-CHARGE GGDC, MANGALKOTE

CONVENER
UGC-SEMINAR COMMITTEE

Sulismita Das:

GGDC, MANGALKOTE

GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE UGC SEMINAR COMMITTEE

Invites you to join the

SEMINAR

on

SEDENTARY LIFESTYLE AND PHYSICAL FITNESS

ACTIVELITY

WEIGHT CONTROL

SPEAKER:

PROF. DEBADITYA DUTTA

ASSISTANT PROFESSOR, DEPARTMENT OF SOCIOLOGY, GGDC, MANGALKOTE

RY HABI

AND TREATMENT

on 26.11.2019 AT: 02.00 P.M.

Venue: Seminar Hall, 2nd Floor

LIFE EXPECTANCY



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

LIFE EXPECTANCY







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: ggdcmangalkote@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 inhouse 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 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: 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





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





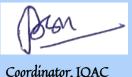


CERTIFICATE OF PARTICIPATION

This is to certify that <u>RIGDHA ROY</u> of Semester <u>I</u>, Dept. of <u>SOCIOLOGY</u>, 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









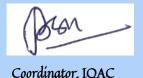


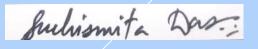
CERTIFICATE OF PARTICIPATION

This is to certify that <u>RINKI PANDIT</u> of Semester <u>I</u>, Dept. of <u>SOCIOLOGY</u>, 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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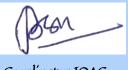


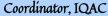
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This is to certify that <u>RUPSA BAIRAGYA</u> of Semester <u>I</u>, Dept. of <u>SOCIOLOGY</u>, GGDC, Mangalkote has successfully participated in the Seminar on 'Sedentary Lifestyle and Physical Fitness' held on 26.11.2019 at Government General Degree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











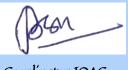


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This is to certify that <u>SHRABONI CHAKRABORTTY</u> of Semester <u>I</u>, Dept. of <u>SOCIOLOGY</u>, GGDC, Mangalkote has successfully participated in the Seminar on 'Sedentary Lifestyle and Physical Fitness' held on 26.11.2019 at Government General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



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Coordinator, IQAC



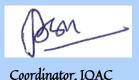


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This is to certify that <u>SHYAMA CHARAN PAUL</u> of Semester <u>III</u>, Dept. of <u>SOCIOLOGY</u>, GGDC, Mangalkote has successfully participated in the Seminar on 'Sedentary Lifestyle and Physical Fitness' held on 26.11.2019 at Government General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



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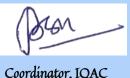


CERTIFICATE OF PARTICIPATION

This is to certify that <u>MANDIRA DAS</u> of Semester <u>III</u>, Dept. of <u>SOCIOLOGY</u>, 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







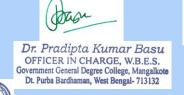


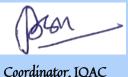


CERTIFICATE OF PARTICIPATION

This is to certify that <u>FARHA YASMIN</u> of Semester <u>III</u>, Dept. of <u>SOCIOLOGY</u>, 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









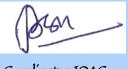


CERTIFICATE OF PARTICIPATION

This is to certify that <u>KALI CHARAN MAJHI</u> of Semester <u>III</u>, Dept. of <u>SOCIOLOGY</u>, 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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Coordinator, IQAC





CERTIFICATE OF PARTICIPATION

This is to certify that <u>SAHELI DUTTA</u> of Semester <u>III</u>, Dept. of <u>SOCIOLOGY</u>, 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









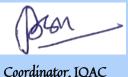


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SANCHITA DUTTA</u> of Semester <u>III</u>, Dept. of <u>SOCIOLOGY</u>, 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









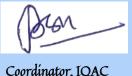


CERTIFICATE OF PARTICIPATION

This is to certify that <u>NASRIN SULTANA</u> of Semester <u>V</u>, Dept. of <u>SOCIOLOGY</u>, 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









Convener, UGC-Seminar Committee

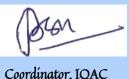


CERTIFICATE OF PARTICIPATION

This is to certify that <u>NOORHUMA KHATUN</u> of Semester <u>V</u>, Dept. of <u>SOCIOLOGY</u>, 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









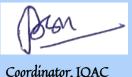


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This is to certify that <u>SOUMI DUTTA</u> of Semester <u>V</u>, Dept. of <u>SOCIOLOGY</u>, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree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









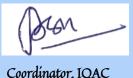


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SUBARNA MAJHI</u> of Semester I, Dept. of <u>ENGLISH</u>, 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









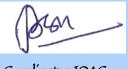


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SUJIT TUDU</u> of Semester I, Dept. of <u>ENGLISH</u>, 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
Dt. Purba Bardhaman, West Bengal-713132



Coordinator, IQAC





CERTIFICATE OF PARTICIPATION

This is to certify that <u>SUMA MONDAL</u> of Semester <u>I</u>, Dept. of <u>ENGLISH</u>, 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 <u>IPSITA SEN SARMA</u> of Semester <u>III</u>, Dept. of <u>ENGLISH</u>, 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









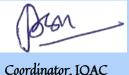


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SHANTANU GHOSH</u> of Semester <u>V</u>, Dept. of <u>ENGLISH</u>, 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









UGC-Seminar Committee

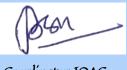


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SOURENDRA NATH GHOSH</u> of Semester \underline{V} , Dept. of <u>ENGLISH</u>, 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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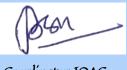


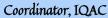
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This is to certify that <u>SAMPAD GHOSH</u> of Semester <u>III</u>, Dept. of <u>HISTORY</u>, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree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











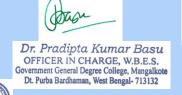
Convener, UGC-Seminar Committee

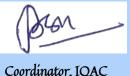


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This is to certify that <u>SHILPA MAJHI</u> of Semester <u>III</u>, Dept. of <u>HISTORY</u>, GGDC, Mangalkote has successfully participated in the Seminar on '**Sedentary Lifestyle and Physical Fitness**' held on 26.11.2019 at Government General Degree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









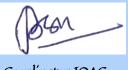


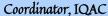
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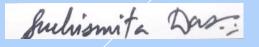
This is to certify that <u>ROBINA KHATUN</u> of Semester \underline{V} , Dept. of <u>HISTORY</u>, GGDC, Mangalkote has successfully participated in the Seminar on 'Sedentary Lifestyle and Physical Fitness' held on 26.11.2019 at Government General Degree College, Mangalkote, West Bengal



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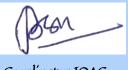


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SAMPA KUNDU</u> of Semester <u>V</u>, Dept. of <u>HISTORY</u>, 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









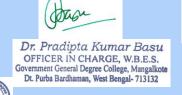


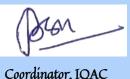


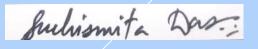
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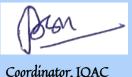


CERTIFICATE OF PARTICIPATION

This is to certify that <u>AMRITA NANDY</u> of Semester <u>I</u>, Dept. of <u>BENGALI</u>, 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









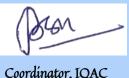


CERTIFICATE OF PARTICIPATION

This is to certify that <u>ANIRUDDHA DUTTA</u> of Semester <u>I</u>, Dept. of <u>BENGALI</u>, 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









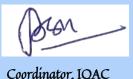


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SOUROV DEY</u> of Semester <u>III</u>, Dept. of <u>BENGALI</u>, 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









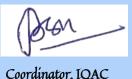


CERTIFICATE OF PARTICIPATION

This is to certify that <u>NABANITA GHOSH</u> of Semester <u>I</u>, Dept. of <u>POLITICAL SCIENCE</u>, 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









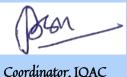


CERTIFICATE OF PARTICIPATION

This is to certify that <u>NARGIS JOHA</u> of Semester <u>I</u>, Dept. of <u>POLITICAL SCIENCE</u>, 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







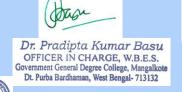


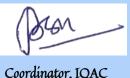


CERTIFICATE OF PARTICIPATION

This is to certify that <u>ABIDA SULTANA</u> of Semester <u>V</u>, Dept. of <u>POLITICAL SCIENCE</u>, 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







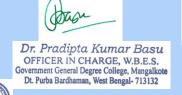


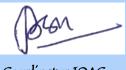


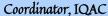
CERTIFICATE OF PARTICIPATION

This is to certify that <u>AMIN SK</u> of Semester \underline{V} , Dept. of <u>POLITICAL SCIENCE</u>, 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











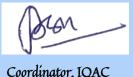


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SAMPAD MONDAL</u> of Semester <u>I</u>, Dept. of <u>ZOOLOGY</u>, 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









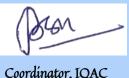


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SUCHISMITA DEY</u> of Semester <u>I</u>, Dept. of <u>ZOOLOGY</u>, 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











CERTIFICATE OF PARTICIPATION

This is to certify that <u>ANIMESH GHOSH</u> of Semester <u>III</u>, Dept. of <u>ZOOLOGY</u>, 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



Dr. Pradipta Kumar Basu
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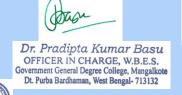


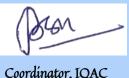


CERTIFICATE OF PARTICIPATION

This is to certify that <u>AYAN MUKHERJEE</u> of Semester <u>III</u>, Dept. of <u>ZOOLOGY</u>, 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









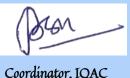


CERTIFICATE OF PARTICIPATION

This is to certify that <u>NAHID NAZIA</u> of Semester \underline{V} , Dept. of $\underline{ZOOLOGY}$, 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









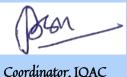


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SAMIMA AFROJ</u> of Semester <u>I</u>, Dept. of <u>B.A.</u> (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









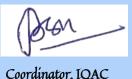


CERTIFICATE OF PARTICIPATION

This is to certify that <u>SHRABANI MAJHI</u> of Semester <u>I</u>, Dept. of <u>B.A.</u> (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









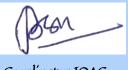


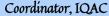
CERTIFICATE OF PARTICIPATION

This is to certify that <u>RITU DAS</u> of Semester <u>I</u>, Dept. of <u>B.A.</u> (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













CERTIFICATE OF PARTICIPATION

This is to certify that $\underline{TANMAY\ BAG}$ of Semester \underline{V} , Dept. of $\underline{B.A.}$ (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





