

SUNDARBAN HAZI DESARAT COLLEGE

ESTD - 1961

NAAC AARETIDED



website : hazidesaratcollege.org

P.O. - Pathankhali
Dist. : 24-Parganas (South)

PIN Code No : 743611

7584906541

email. : shdcollege1961@gmail.com

Ref. No :

Date : 13.09.2019

NOTICE

This is for information to all the Girls students (Except for Girls Hostel Students) of the college that Department of Physical Education in collaboration with IQAC of Sundarban Hazi Desarat and Higaonna Goju Ryu Karate-Do, India is going to organize a "ABHI"[BE FEARLESS]" programme in Muktamancha within college premises on 06.11.2019 from 2:30 PM.

All the interested students are requested to submit their name to Mr. Braja Mohan Samal on or before 5.11.2019

Tanus Mandal.

Principal
Sundarban Hazi Desarat College
Pathankhali, South 24 Parganas

Department of Physical Education.



**KARATE TRAINING PROGRAM
“ABHI”[BE FEARLESS]”**

ORGANISED BY

**DEPARTMENT OF PHYSICAL EDUCATION IN COLLABORATION WITH
IQAC OF SUNDARBAN HAZIDESARAT COLLEGE**

**RESOURCE PERSON
MANORANJAN SARDAR**

**VENUE
SUNDARBAN HAZIDESARAT COLLEGE**

DATE: 06-11-2019 – 10-01-2020



Karate Training Program
“ABHÚ” [BE FEARLESS]”

SL.NO	DATE	Theory Class Time (3:15-4:00 PM)	Practical Class Time (4:00-5:00 PM)
1	13/11/2019	Th 1	P 1
2	15/11/2019	Th 2	P 2
3	19/11/2019	Th 3	P 3
4	22/11/201-	P 4	P 5
5	26/11/2019	Th 4	P 6
6	29/11/2019	P 7	P 8
7	02/12/2019	Th 5	P 9
8	04/12/201-	Th 6	P 10
9	06/12/2019	P 11	P 12
10	10/12/2019	P 13	P 14
11	13/12/2019	Th 7	P 15
12	17/12/2019	P 16	P 17
13	20/12/2019	P 18	P 19
14	03/01/2020	Th 8	P 20
15	07/01/2020	P 21	P 22



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KARATE TRAINING PROGRAM

"ABH" [BE FEARLESS]"

ORGANISED BY

DEPARTMENT OF PHYSICAL EDUCATION IN COLLABORATION WITH

IQAC OF SUNDARBAN HAZI DESARAT COLLEGE

DATE: 06.11.2019 – 10.01.2020



Trainer is giving training to the students (Date:15.11.2019)

VILLAGE & P.O.- PATHANKHALI
P.S.- GOSABA
DIST.- 24 PARGANAS SOUTH
PIN.- 743611
PHONE - 8670414797
email - shdcollege1961@gmail.com
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Report: The Department of Physical Education at Sundarban Hazi Desarat College organized a Karate Training Programme specifically for women hostellers from November 6, 2019, to January 10, 2020. The training was led by Mr. Manoranjan Sardar, a seasoned martial artist and instructor, who provided expert guidance to the participants. Over the course of the programme, the students were taught self-defense techniques, fostering both physical fitness and confidence. This initiative aimed to empower the women hostellers with the skills necessary to protect themselves and enhance their overall well-being. The programme was well-received, with participants expressing appreciation for the valuable lessons learned.

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SUNDARBAN HAZI DESARAT COLLEGE

"ABHI" | BE FEARLESS|

Organized by Department of Physical education

Participants List:

SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
1	SHRABANTI MRIDHA	522-1212-0003-19	810707852	SHRABANTI MRIDHA
2	APARNA NASKAR	522-1212-0175-19	9749794260	APARNA NASKAR
3	DALI MISTRY	522-1212-0398-19	7431905171	DALI MISTRY
4	FALGUNI MANDAL	522-1242-0646-18	6296698487	FALGUNI MANDAL
5	RUMA GUPTA	522-1214-0268-18	9134425439	RUMA GUPTA
6	SHYAMALI MANDAL	522-1212-0647-18	8609182951	SHYAMALI MANDAL
7	SHYAMALI MANDAL	522-1211-0011-19	860478847	SHYAMALI MANDAL
8	SUSMITA MANDAL	522-1212-0276-18	7872720221	SUSMITA MANDAL
9	BARNALI GAYEN	522-1212-0277-18	9647176797	BARNALI GAYEN
10	SANGHITA MANDAL	522-1214-0320-18	9134455176	SANGHITA MANDAL
11	RUMPA MANDAL	522-1212-0324-18	9734553611	RUMPA MANDAL
12	TRISHNA KAYAL	522-1212-0273-18	9144585543	TRISHNA KAYAL
13	PAPIYA BARI	522-1212-0286-18	7897902122	PAPIYA BARI
14	JASMIN SARDAR	522-1211-0016-19	9733491630	JASMIN SARDAR
15	PARAMITA BHAKTA	522-1211-0287-18	8609297963	PARAMITA BHAKTA
16	RANITA MANDAL	522-1212-0300-18	8016969461	RANITA MANDAL
17	ARCHANA MANDAL	522-1212-0272-18	8116022452	ARCHANA MANDAL
18	APARNA SARKAR	522-1212-0150-18	9584125669	APARNA SARKAR
19	PIU BOB	522-1211-0183-19	8317874096	PIU BOB
20	TITHI BARMAN	522-1212-0313-18	9775484016	TITHI BARMAN
21	SUJATA NAYEK	522-1212-0334-18	9619779628	SUJATA NAYEK
22	JAYASHREE MAITY	522-1214-0304-18	9382313121	JAYASHREE MAITY
23	SARASWATI BAIDYA	522-1212-0301-19	8514059441	SARASWATI BAIDYA
24	BARNALI MANDAL	522-1212-0004-19	9515825619	BARNALI MANDAL
25	PURNIMA KAR	522-1214-0357-18	853602103	PURNIMA KAR
26	RUPA MANDAL	522-1212-0332-18	7557010535	RUPA MANDAL
27	SUPARNA MANDAL	522-1215-0302-18	9593044798	SUPARNA MANDAL
28	MOUSUMI MARI	522-1212-0298-18	8670594131	MOUSUMI MARI
29	SOMA MANDAL	522-1212-0282-18	8016943119	SOMA MANDAL
30	DIPIKA SARDAR	522-1212-0328-18	9564160408	DIPIKA SARDAR
31	SANCHITA MANDAL	522-1214-0093-19	8673750832	SANCHITA MANDAL
32	ANJALI MANDAL	522-1211-0005-19	7076070562	ANJALI MANDAL
33	RAJIBUL MISTRY	522-1215-0266-18	6295142064	RAJIBUL MISTRY
34	SASWATI DAS	522-1214-0645-18	7074410824	SASWATI DAS
35	LABANI HALDAR	522-1212-0033-19	8001382668	LABANI HALDAR

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Organized by Department of Physical education

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SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
36	LABANI HALDAR	522-1212-0035-19	8536327976	Labani Haldar
37	PRIYANKA BARMAN	522-1212-0358-19	8537916643	Priyanka Barman
38	ANJALI BAPTAN	522-1212-0026-19	97325001732	Anjali Baptan
39	JAYANTI DAS	522-1212-0113-19	9564241809	Jayanti Das
40	RIVA SARDAR	522-1211-0427-19	9167837411	Riya Sardar
41	AFRINA MISTRY	522-1211-0131-19	9134757896	Afrina Mistry
42	TUHINA SARDAR	522-1215-0105-19	9091082129	Tuhina Sardar
43	ARIJAN MISTRY	522-1211-0170-19	9144272739	Arijan Mistry
44	RIYA BHUNIA	522-1211-0124-19	9134438393	Riya Bhunia
45	MOUSUMI KAHAR	522-1212-0176-19	8514943057	Mousumi Kahar
46	CHANDA ROY	522-1212-0156-19	9763160278	Chanda Roy
47	ANKITA GAYEN	522-1212-0090-19	9723484016	Ankita Gayen
48	TAPU TALA	522-1114-0252-19	7478901572	Tapu Tala
49	TANUSHREE MONDAL	522-1211-0062-19	8967123703	Tanushree Mondal
50	KEYA MONDAL	522-1211-0052-19	9679397592	Keya Mondal
51	SUSAMA SINGH	522-1212-0030-19	8537910241	Susama Singh
52	SUSAMA MANDAL	522-1212-0255-19	9382761367	Susama Mandal
53	ISMITA NASKAR	522-1212-0115-19	973833611	Ismita Naskar
54	PALLABI MONDAL	522-1212-0055-19	909008127	Pallabi Mondal
55	SOMA DAS	522-1212-0044-19	8768892705	Soma Das
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