



# JIBANTALA ROKEYA MAHAVIDYALAYA

Affiliated to University of Calcutta | ESTD.: 2007

© P.O.- Mallickati, P.S.- Jibantala,  
Pin- 743502, Dist.- South 24 Parganas

© www.jibantalarokeyamahavidyalaya.in  
@ jmrokeya@gmail.com

President: Saokat Molla

Principal & Secretary: Dr. Anup Maji

Ref. No. JRM/NAAC/DVV/Cer-1144/24.

Date: 13/09/24

With reference to DVV query related to Criteria 1.2.1 of the SSR submitted by HEI, this is to state that the clarification is as follows:

1.2.1 Number of Certificate /Value added courses offered and online courses of MOOCS, SWAYAM, NPTEL etc (where the students of the institution have enrolled and successfully completed during the last five years)

## HEI Input

19

## DVV Suggested Input

13

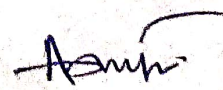
## DVV Remarks

1. HEI to provide approval letter for starting the value-added course.
2. HEI needs to provide circular, brochure, report, syllabus covered, time table, course completion certificate attendance sheet duly signed by attendees for the following value-added course: 1) Environmental values and Sustainable Practices (2019-20) 2) Self Defence -Karate, (2018-19) 3) Media Speaking and Presentation (2022-23) 4) Information Literacy and Digital Literacy (2022-23)

## HEI Response after DVV Input

1. HEI has provided approval letter for starting the value-added course.
2. As required by DVV partner, HEI has provided circular, brochure, report, syllabus covered, time table, course completion certificate attendance sheet duly signed by attendees for the following value added course: 1) Environmental values and Sustainable Practices (2019-20) 2) Self Defence - Karate,(2018-19) 3) Media Speaking and Presentation (2022-23) 4) Information Literacy and Digital Literacy(2022-23)

Note: The HEI has accepted the input suggested by the DVV partner and has updated the number likewise.

  
**Dr. Anup Maji**  
Principal  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24 Pgs. (S)





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✉ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

Ref. No. ....

Date: .....

To  
The TIC,  
Jibantala Rokeya Mahavidyalaya

Sub: Permission and approval for conducting Add- on course titled Information Literacy and Digital Literacy' from 10.04.2023 to 05.05.2023 (30 hours).

Respected Sir,

The Department of Education seeks your permission and approval for conducting an Add -On course Information Literacy and Digital Literacy' from 10.04.2023 to 05.05.2023.

Looking forward to your kind co-operation and thanking you in anticipation.

Yours sincerely,

*Baisakhi Das Nayak* 5/3/23

Head of the Department  
Department of Central Library



*Approved*  
*R. Pal*  
5/3/23

Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs.(S)

*Approved.*

*Shamima Sultan*

5/3/23

IQAC Co-ordinator  
Jibantala Rokeya Mahavidyalaya



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President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

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## A Report Add on Course Department of central Library “Information Literacy and Digital Literacy”



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President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

Ref. No. ....

Date: .....

## **A Report on Add-On Course**

### ***Department of Central Library***

**Topic: “Information Literacy and Digital Literacy”**

**Date:** 10.04.2023 to 05.05.2023

**Time:** 11.30am to 1.30pm

**Venue:** Seminar Room, Jibantala Rokeya Mahavidyalaya





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President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

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## Add-On Course

### Topic: “Information Literacy and Digital Literacy”

- ❖ **Course Co-Ordinator:** Baisakhi Das Kayal, Librarian, (HOD) Department of Library And Information Services
- ❖ **Importance of Information Literacy and Digital Literacy:** In today's digital age, the ability to find, evaluate, and use information effectively has become crucial. Information literacy is a fundamental skill that equips students with the tools they need to succeed academically and in their future endeavours. With the help of Information literacy students can find reliable and relevance information, evaluate information, learn the ethical use of information and effective research skill. Digital literacy is a combination of both technical and cognitive abilities in using information and communication technologies to create, evaluate, and share information. In this digital age it is one of our prime duties to literate our students digitally.
- ❖ **Objective of the Course:**
  - To develop the information literacy and Digital Literacy skills in learners.
  - To help to become independent learners.
  - To impart skill of Information Technology to common students.
  - World Wide Web has taken the new shape. Hence, there is need to promote information literacy and Digital Literacy.
  - To support the student who has lack of ability.
  - To help information professionals to develop, assess and improve their information literacy Programmes.
- ❖ **Number of Participants:** 25



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Ref. No. ....

Date: .....

## Value Added Course (VAC)

### Information Literacy & Digital Literacy

(10.04.2023 to 05.05.2023)

#### Program schedule

##### Topic

- Data, Information, Knowledge and Wisdom structure
- Sources of Information & their accessibility
- Artificial Intelligence
- Information literacy
- Information Need
- Basics of Internet
- Web based Search Technique
- Citation Style APA & MLA
- Copyright, Intellectual Property Right and Plagiarism
- Open Educational Resources
- SWAYAM, NLIST, WBCOLOR, NDLI
- Cyber Security

#### Programme Outcome

After attending the course the student will be able to know about Information literacy which is a building block for lifelong learning, it encourages and inform problem solving and critical thinking. They can locate, use and evaluate information to inform their decision making. Students use appropriate resources to produce high-quality assessments. Information Literacy and digital literacy empowers people in all walks of life to seek, evaluate, use and create information effectively to achieve their personal social, occupational and educational goal. Students are very much excited to attend the course and they are interested to participate programme like this.





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President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

Ref. No. ....

## Sample Certificate of Participation

Date: .....





# JIBANTALA ROKEYA MAHAVIDYALAYA

**JIBANTALA ROKEYA MAHAVIDYALAYA**  
Affiliated to Calcutta University & Enlisted Under Sec.2 (f) & 12 (B) of UGC. Act.)  
P.O. - Mallikati, Via - Bhangan, Block - Canning -II,  
Dist -South 24 Pgs, Pin - 743502.

Ref. No. ....

Date: 05.03.2023

## Dept. of Central Library Notice

It is notified to all the concerned that an Add- On course on "Information Literacy and Digital Literacy" is going to organise by **Department of Central Library, Jibantala Rokeya Mahavidyalaya** from 10.04.2023 to 05.05.2023 for the students

### **Details of the course**

- ❖ Duration: 30 hours
- ❖ Course Title : "Information Literacy and Digital Literacy"
- ❖ Schedule date: 10.04.2023 to 05.05.2023
- ❖ Venue: Seminar Room, Jibantala Rokeya Mahavidyalaya
- ❖ Last Date of Registration: 05.04.2023
- ❖ CourseCo-Ordinator: Baisakhi Das Kayal, Librarian, (HOD) Department of Library And Information Services
- ❖ Contact Person: Baisakhi Das Kayal 8910781088/ 9830893843

### **Notes**

1. Course fee is Rs. 20/- per student and successful candidates will be issued certificates.
2. Enrolment is on first cum first serve basis as number of seats are limited
3. For more information please communicate with our contact person.

*Baisakhi Das Kayal*  
Baisakhi Das Kayal 05/03/23  
Librarian

*Dr. Ramakrishna Mandal*  
5/03/2023  
Dr. Ramakrishna Mandal  
Teacher -In- Charge  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallikati, 24-Pgs. (S)





# JIBANTALA ROKEYA MAHAVIDYALAYA

Add- On course on "Information Literacy and Digital Literacy"

(Students' Attendance sheet)

Department of Central Library, Jibantala Rokeya Mahavidyalaya, Dated: 10.04.2023 to  
05.05.2023

D.: 2007

alaya.in

ip Maji

Ref. No. ....

SL. NO.	NAME	ROLL NO	SEM	SIGNATURE	DATE
1	Sakil Hosen Kayal	222524-21-0035	II	Sakil Hosen Kayal	10.04.23
2	Masud Sardar	107	II	Masud Sardar	10.4.23
3	Ananda goswami	0024	II	Ananda Goswami	10.04.23
4	Salim Sardar	35	II	Salim Sardar	10.04.2023
5	Ali Akbar Purkait	18	II	Ali Akbar Purkait	10/04
6	Amit Sardar	05	II	Amit Sardar	10/04/23
7	Kuddus Laskar	31	II	Kuddus Laskar	10/04
8	Manjur Alam Mir	74	II	Manjur Alam Mir	10/04/23
9	Rajesh Aguan	113	II	Rajesh Aguan	10.04.23
10	Sunita Sinha	36	II	Sunita Sinha	10.04.23
11	Diya Manna	15	II	Diya Manna	10.04.23
12	Taruran Sekh	16	II	Taruran Sekh	10.04.23
13	Minara molla	75	II	Minara Molla	10.04.2023
14	Tamim Syed Laskar	45	II	Tamim Syed Laskar	10.04.23
15	Mafgura Laskar	3	II	Mafgura Laskar	10.04.23
16	Irfan Iamil	34	II	Irfan Iamil	10.04.2023
17	Mostafijul Sekh	09	II	Mostafijul Sekh	10.04.23
18	Abdul Alim Sardar	99	II	Abdul Alim Sardar	10/04
19	Khalida Molla	60	II	Khalida Molla	10/04/23
20	Abubakkar Kayal	10	II	Abubakkar Kayal	10.04.23
21	Maaruiyam Sekh	202	II	Maaruiyam Sekh	10/04
22	Jahanara Molla	95	II	Jahanara Molla	10/04
23	Jahiruddin Gaji	26	II	Jahiruddin Gaji	10.04.23
24	Sahina Molla	68	II	Sahina Molla	10/04/23
25	Sarfaraz Nawaz Molla	36	II	Sarfaraz Nawaz Molla	10.04.23

Molla



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Ref. No. ....

Date: .....

## Lecture of the Course Co ordinator



Student Attending the Course







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Ref. No. ....

To  
The Principal  
Jibantala Rokeya Mahavidyalaya

Approved

Shattacharya  
6/8/2019

Date: .....

Principal  
Jibantala Rokeya Mahavidyalaya  
P.O. Mallickati, 24 Parganas

Sub: Permission and approval for conducting Add- on course Environmental Values and Sustainable Practices from 26.08.2019 to 25.09.2019 Duration -30 hours, (2019-2020)

Respected Sir,

The Department of English seeks your permission and approval for conducting an Add -On course (30 hours) titled Environmental Values and Sustainable Practices from 26.08.2019 to 25.09.2019 Duration -30 hours, (2019-2020)

Looking forward to your kind co-operation and thanking you in anticipation.

Yours sincerely,  
Department of Geography & History  
Jibantala Rokeya Mahavidyalaya

And Kar Prath 06.8.2019 -

Tina Basu

6.08.2019



Approved  
Sukanya Pal 6/8/19

IQAC Co-ordinator  
Jibantala Rokeya Mahavidyalaya  
Jibantala Rokeya Mahavidyalaya



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President: **Saokat Molla**

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Ref. No. ....

Date: .....

## Value Added Course on Environmental Values and Sustainable Practices

**Duration:** 30 hours (within 15 days) 26/08/2019 TO 25/09/2019

**Part-III (1+1+1)**

**Course Coordinators:** Amit Kumar Pandit and Tina Basu

### **Course Objectives:**

Understand the fundamental concepts of Environmental **Values and Sustainable Practices**. Learn about the importance of environmental conservation .Understand the impact of human activities on the environment Develop skills to mitigate environmental issues and promote sustainable practices.

### **Course Structure:**

#### **Day 1-2: Introduction to Environmental Values (4 hours)**

- Overview of environmental values and ethics
- Importance of environmental conservation
- Understanding ecological footprint

#### **Day 3-4: Sustainable Practices and Lifestyle Choices (4 hours)**

- Sustainable consumption and production
- Renewable energy and energy efficiency
- Eco friendly habits and lifestyle choices

#### **Day 5-6: Environmental Conservation and Community Engagement (4 hours)**

- Understanding environmental policy and governance
- Role of activism and community engagement
- Individual actions and collective impact.

#### **Day 7-8: Environmental Ethics and Values (4 hours)**

- Understanding environmental ethics and values
- Applying environmental values in daily life
- Environmental values and sustainable development





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## Day 9-10: Sustainable Resource Management (4 hours)

- Water conservation and efficient use
- Waste management and reduction strategies
- Sustainable agriculture and food systems

## Day 11-12: Climate Change and Global Warming (4 hours)

- Understanding climate change and its impacts
- Greenhouse gases and carbon footprint
- International agreements and responses

## Day 13-14: Case Studies and Group Work (4 hours)

- Real-life case studies of environmental conservation
- Group work and discussions on environmental issues
- Developing solutions and action plans

## Day 15: Conclusion and Action Planning (2 hours)

- Review of key concepts and takeaways
- Setting personal goals and action plans for sustainable practices.

### Course Out Comes:

Upon completing this 30-hour value-added course on **Environmental Values and Sustainable Practices**, participants will be able to:

1. Understand the fundamental concepts of environmental education and its importance.
2. Identify and explain the impact of human activities on the environment.
3. Develop skills to mitigate environmental issues and promote sustainable practices.
4. Design and implement simple environmental conservation projects
5. Communicate effectively on environmental issues and promote awareness.
6. Apply critical thinking and problem-solving skills to environmental challenges.
7. Understand the role of individual and community actions in environmental conservation.
8. Develop a personal commitment to environmental stewardship and sustainability.

### Specific Learning Outcomes:

#### Knowledge Outcomes:

1. Understand the importance of environmental values and ethics



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Date: .....

2. Learn about sustainable practices and lifestyle choices
3. Familiarity with environmental conservation and community engagement

## **Skill Outcomes:**

1. Ability to apply environmental values in daily life
2. Develop sustainable habits and practices
3. Basic skills for environmental conservation and community engagement

## **Attitude Outcomes:**

1. Appreciation for environmental values and ethics
2. Commitment to sustainable practices and lifestyle choices
3. Willingness to engage in environmental conservation and community activities

## **Behavioral Outcomes:**

1. Adopt sustainable practices and lifestyle choices
2. Participate in environmental conservation and community activities
3. Inspire others to adopt environmental values and sustainable practices

## **Action Plan:**

1. Develop a personal action plan for sustainable practices
2. Identify ways to contribute to environmental conservation and community engagement
3. Commit to ongoing learning and improvement in environmental values and sustainable practices.



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## Course Notice



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Ref. No. ....

Date: .....  
06/08/2019

#### Notice

Jibantala Rokeya Mahavidyalaya is conducting an **Value added course** on **"Environmental Values and Sustainable Practices"** from 26/08/2019 to 25/09/2019. Duration 30 Hours. Monday to Saturday on 2PM -4PM in our College Premises.

**Details Course:**

- Total duration of the course is 30 hours
- Duration of each class shall be for 2 hours
- Students from only final year students can register for this course
- Certificates will be given to students on successful completion of the course
- Contact Person: Amit Kumar Pandit, (9051509549)
- Course Co-ordinator: Amit Kumar Pandit, Assistant Professor. Tina Basu, Assistant Professor

Interested students are requested to register your name to the Co-ordinators within 20.08.2019

Tina Basu  
Amit Kumar Pandit  
06.08.2019

Bhattacharyya.  
Principal  
JIBANTALA ROKEYA MAHAVIDYALAYA





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Principal &amp; Secretary: Dr. Anup Maji

Date: .....

## Students Attendance

5







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President: Saokat Molla

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Ref. No. ....

Date: .....

## Environmental Values and Sustainable Practices

### Students Attendance

		Students' Attendance Register for															the month of... <u>Aug</u> ...20 <u>18</u>														
		CLASS							SEC								SUBJECT <u>Any to Sept</u>														
Roll No.	NAME OF STUDENTS	ATTENDANCE																													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
83	Apu Mondal	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P															
84	Nargis Parvin Garzi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
85	Kibyan Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
86	Tapan Das	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
87	Biswajit Sarder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
88	Bishnu Sarder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
89	Dipu Mandal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
90	Jamirul Molla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
91	Shonika Purkait	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
92	Chhatrar Tarabdar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
93	Chaitanya Nanna	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
94	Thumpa Mandal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
95	Majbar Rahman Khan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
96	Ayesha Khatun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
97	Jayashri Mondal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
98	Rubina Sekh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
99	Sanatan Nasir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
100	Gangunehar Laskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
101	Sanatan Sarder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
102	Salma Molla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
103	Priya Barui	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
104	Sabira Sarder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
105	Lakshmi Sarder	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
106	Sanatan Mali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
107	Purnima Dalui	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
108	Anwar Ali Laskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
109	Riyaz Laskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
110	Rajita Khatun	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
111	Bilki's Sheikh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
112	Priya Pramanik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
113	Susmita Patra	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
114	Kalpana Guha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
115	Masuma Piyada	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
116	Kalpana Senapati	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
117	Rina Naskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
118	Musshida Molla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
119	Anamika Molla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
120	Ruma Layla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
121	Saidul Molla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
122	Nasiruddin Molla	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															
123	Resida Laskar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P															

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# JIBANTALA ROKEYA MAHAVIDYALAYA

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🌐 [www.jibantalarokeyamahavidyalaya.in](http://www.jibantalarokeyamahavidyalaya.in)  
✉ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

Ref. No. ....

Date: .....

## Environmental Values and Sustainable Practices



Value Added Course –Participants (Final Year Students)



Value Added Course –Participants (Final Year Students)



# JIBANTALA ROKEYA MAHAVIDYALAYA

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## Certificates







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Ref. No. ....

## Certificates

Date: .....



### JIBANTALA ROKEYA MAHAVIDYALAYA

(Affiliated to University of Calcutta)

P.O.- Mallickati, P.S.-Jibantala, Pin-743502  
South 24 Parganas, West Bengal, India  
Regd. Under Section 2(f) & 12(B) of UGC Act 1956

Value Added Course (Session: 2019-2020)

#### Certificate of Completion

This is to certify that Sri/Smt. Sudipto Bardar has  
successfully Completed the 30 Hours Value Added Course Entitled  
"Environmental Values and Sustainable Practices" organized by  
Jibantala Rokeya Mahavidyalaya from 26<sup>th</sup> August, 2019 to 25<sup>th</sup>  
September 2019.

Tina Basu  
Course Co-ordinator  
Jibantala Rokeya Mahavidyalaya

Amit Kumar Pandit  
Course Co-ordinator  
Jibantala Rokeya Mahavidyalaya

Dr. Himadri Bhattacharyya  
Principal  
Jibantala Rokeya Mahavidyalaya



### JIBANTALA ROKEYA MAHAVIDYALAYA

(Affiliated to University of Calcutta)

P.O.- Mallickati, P.S.-Jibantala, Pin-743502  
South 24 Parganas, West Bengal, India  
Regd. Under Section 2(f) & 12(B) of UGC Act 1956

Value Added Course (Session: 2019-2020)

#### Certificate of Completion

This is to certify that Sri/Smt. Asura Laskar has  
successfully Completed the 30 Hours Value Added Course Entitled  
"Environmental Values and Sustainable Practices" organized by  
Jibantala Rokeya Mahavidyalaya from 26<sup>th</sup> August, 2019 to 25<sup>th</sup>  
September 2019.

Tina Basu  
Course Co-ordinator  
Jibantala Rokeya Mahavidyalaya

Amit Kumar Pandit  
Course Co-ordinator  
Jibantala Rokeya Mahavidyalaya

Dr. Himadri Bhattacharyya  
Principal  
Jibantala Rokeya Mahavidyalaya



# JIBANTALA ROKEYA MAHAVIDYALYA

Value Added Course, Duration:30 hours (within 15 days)26/08/2019 TO 25/09/2019		
Environmental Values and Sustainable Practices		
List of Students Successfully Completed Valu Added Course		
Roll No.	Name of Students	Signature
1	ASURA LASKAR	Asura Laskar 25/09/2019
2	RUBHANA KHATUN	Rudhana Khatun
3	NEHERUN GAZI	Nehrun Gazi
4	TAJMIRA KAYAL	Tajmira Kayal
5	FIROJA LASKAR	Firoja Laskar
6	MAJIDUR RAHAMAN SEKH	Majidur Rahman Sekh
7	ASADUL MOLLA	ASADUL MOLLA
8	ASIT DAS	ASIT DAS
9	TIYASHA MANDAL	Tiyasha Mandal
10	SUBHADRA MAITY	Subhadra Maity
11	JESMINA KHATUN	Jesmina Khatun
12	MAIMUNA MOLLA	Maimuna Molla
13	ALOK DAS	Alok Das.
14	RAKIBUL SARDAR	Rakibul Sardar
15	MOSABBAR MOLLA	Mosabbam Molla.
16	JASIMUDDIN SHAIKH	Jasimuddin Shaikh
17	MOJADDAT HOSEN MOLLA	MOJADDAT HOSEN MOLLA
18	NAJIMULHAQUE MOLLA	Absent
19	MAYA SARDAR	Maya Sardar
20	SHIPHALI MAJHI	Shiphali Majhi
21	PANCHANAN MAHATO	PANCHANAN MAHATO
22	RUNA LAYLA DHALI	Absent
23	JANAK MANDOL	Janak Mandal.
24	RAKESH MANDAL	Rakesh Mandal.
25	GOURANGO SARKAR	Gourango Sarkar.
26	SUDIPTO SARDAR	Sudipto Sardar
27	MOUSUMI DAS	MOUSUMI DAS
28	SAHARJAN LASKAR	Saharjan Laskar
29	AYESA LASKAR	AYESA Laskar
30	SAIFUDDIN MOLLA	Absent
31	JYOTSNA NASKAR	Jyotsna Naskar
32	MARUFA KHATUN	Marufa Khatun
33	SABINA YASMINE	Absent
34	CHHAMINA MOLLA	Chhamina Molla
35	SABANA PARVIN MOLLA	Sabana Parvin molla
36	RANU PARVIN SEKH	Absent
37	SONEKA PATRA	Soneka Patra
38	BALARAM DALUI	Balaram Dalui
39	ABID HOSEN LASKAR	Absent
40	ISMA SARDAR	Isma Sardar
41	MONOWARA GAIN	Monowara Gain

Attest 25.9.2019,

Yina Basu  
25.09.2019



# JIBANTALA ROKEYA MAHAVIDYALAYA

Value Added Course, Duration:30 hours (within 15 days)26/08/2019 TO 25/09/2019

Environmental Values and Sustainable Practices

List of Students Successfully Completed Valu Added Course

Roll No.	Name of Students	Signature
42	SAJIDA LASKAR	Sajida Laskar
43	MARJINA DHALI	Marjina Dhal
44	SOUVIK MONDAL	SOUVIK MONDAL
45	BIPLAB DAS	Biplab Das
46	SARIKA LASKAR	Absent
47	MOHAMMAD ALI MOLLA	Mohammad Ali Molla
48	IRAN ALI JAMADAR	IRAN ALI JAMADAR
49	SAIFU ISLAM MOLLA	Absent
50	RUBINA SARDAR	Rubina Sardar
51	JANNATUL FIRDOUSI KHAN	Jannatul Firdousi Khan
52	RABAIYA MOLLA	Rabaiya Molla
53	RUBINA SARDAR	Rubina Sardar
54	SABA NIAZ	Saba Niaz
55	SABINA MOLLA	Sabina Molla
56	RUMA MOLLA	Ruma Molla
57	RUPANA SAHAJI	Rupana Malla
58	RINKI KANDAR	Rinki Kandar
59	HARASIT SEN	Absent
60	MOUSUMI DAS	Mousumi das
61	BELAL HOSEN DHALI	Belal Hosen dhali
62	AMRITA MAJUMDAR	Amrita Majumdar
63	PARVENA MOLLA	Parvena Molla
64	PAPIYA HALDAR	PAPIYA HALDAR
65	NOJIRAN LASKAR	Absent
66	SADDAM HOSEN MOLLA	Saddam Hosen Molla.
67	MOJAFFAR DHALI	Absent
68	TUMPA SARDAR	Tumpa Sardar
69	ROJINA SHAIK	ROJINA SHAIK
70	RIVANA MOLLA	Absent
71	JANARA LASKAR	Janara Laskar
72	BABURALI PIYADA	Absent
73	ROJINA MOLLA	Rojina Molla
74	MANURA SEKH	Manura Sekh
75	MURSHIDA SARDAR	Absent
76	MINU MOLLA	Absent
77	AKRAM MOLLA	Absent
78	SAHAJAN SARDAR	Sahajan Sardar
79	FIRDAUS MOLLA	Absent
80	AMINA SAHAJI	Amina Sahaji
81	RESHMA MOLLA	Reshma Molla
82	SULEKHA MAHATO	Absent

Attest 25/9/2019

Yina Basu  
25.09.2009



# JIBANTALA ROKEYA MAHAVIDYALAYA

Value Added Course, Duration:30 hours (within 15 days)26/08/2019 TO 25/09/2019

Environmental Values and Sustainable Practices

List of Students Successfully Completed Valu Added Course

Roll No.	Name of Students	Signature
83	APU MONDAL	Apu Mondal
84	NARGIS PARVIN GAZI	Nargis Parvin Gazi
85	KALYAN DAS	Kalyan Das
86	TAPAS DAS	Tapas Das
87	BISWAJIT SARDAR	Biswajit Sardar
88	BICHITRA SARDAR	Bichitra Sardar
89	DIPU MANDAL	Dipu Mandal
90	JAMIRUL MOLLA	Jamirul Molla
91	SHARIFA PURKAIT	Sharifa Purkait
92	CHATTAR TARAFTAR	Chattar Tarafdar
93	CHAITANYA MANNA	Chaitanya Manna
94	JHUMPA MANDAL	Absent
95	MAJIBAR RAHAMAN KHAN	Majibar Rahman Khan
96	ONATAN NASKAR	Onatan Naskar
97	JAYASHRI MONDAL	Jayashri Mondal
98	RUBINA SEKH	Rubina Sekh
99	SONATAN NASKAR	Absent
100	SAMSUNNEHAR LASKAR	Sumsunnehar Laskar
101	ISMATARA SARDAR	Ismatara Sardar
102	SALMA MOLLA	Salma Molla
103	PRIYA BARUI	Absent
104	SABIRA SARDAR	Sabira Sardar
105	LAKHAI SARDAR	Lakhai Sardar
106	SANATAN MALI	Sanatan Mali
107	PURNIMA DALUI	Purnima Dalui
108	ANOWARA ALI LASKAR	Anowara Ali Laskar
109	RIYAJUL LASKAR	Absent
110	ROJINA KHATUN	Rojina Khatun
111	BILKISH SHAIKH	Absent
112	PRITI PRAMANIK	Priti Pramanik
113	SUSMITA PATHAK	Absent
114	KALPANA GURIA	Absent
115	MASURA PIYADA	Masura Piyada
116	KALOMANI SENAPATI	Kalomani Senapati
117	RINA NASKAR	Absent
118	MURSHIDA MOLLA	Murshida Molla
119	AMANUR MOLLA	Amanur Molla
120	RUNA LAYLA DHALI	Runa Layla Dhali
121	SAIDUL MOLLA	Saidul Molla
122	NASIRUDDIN MOLLA	Absent
123	RASIDA LASKAR	Rasida Laskar

At 25/9/2019

Yina Basu  
25.09.2009





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🌐 www.jibantalarokeyamahavidyalaya.in  
✉️ jmrokeya@gmail.com

Ref. No. ....

Date: .....

Date: 20.02.2023

To  
The Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya

Sub: Permission and approval for conducting Add- on course titled MEDIA, SPEAKING AND PRESENTATION' from 15.03.2023 to 31.03.2023 (30 hours)

Respected Sir,

The Department of English seeks your permission and approval for conducting an Add -On course (30 hours) titled MEDIA, SPEAKING AND PRESENTATION from 15.03.2023 to 31. 03.2023.

Looking forward to your kind co-operation and thanking you in anticipation.

Yours sincerely,

*Bukanya Pal 20/2/23*  
Head of the Department  
Department of English  
**HOD, Dept. of English**  
Jibantala Rokeya Mahavidyalaya

*Approved*  
*R. Pal*  
20/2/2023  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs.(S)

*Approved.*  
*Shamima Sultan*  
20/2/2023  
IQAC Co-ordinator  
Jibantala Rokeya Mahavidyalaya



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✉ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

Ref. No. ....

Date: .....

## JIBANTALAROKEYA MAHAVIDYALAYA DEPARTMENT OF ENGLISH



A report on Add-On-Course

Topic : ***MEDIA, SPEAKING AND PRESENTATION***

Date : 15.03.2023 to 31.03.2023

Time : 12:30pm to 2:30pm

Venue : Seminar Hall at Jibantala Rokeya Mahavidyalaya

Course co-ordinator: **Sukanya Pal, Assistant Professor & HOD,  
Department of English**

Other Faculty: **Dr. Shamima Sultana, Assistant Professor, Department of  
English**

**Nazrul Islam Mondal, SACT, Department of English**



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President: **Saokat Molla**

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Ref. No. ....

Date: .....

## NOTICE



### JIBANTALA ROKEYA MAHAVIDYALAYA

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✉ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

Ref. No. .... Date: .....

Date: 24.02.2023

### NOTICE

#### DEPARTMENT OF ENGLISH

The Department of English, Jibantala Rokeya Mahavidyalaya, Canning -II, South 24 Parganas is conducting an ADD- ON Course on 'MEDIA, SPEAKING AND PRESENTATION' from 15.03.2023 to 31.03.2023 to (30 hours)

Details of Course:

- Total duration of the course is 30 hours
- Duration of each class shall be for 2 hours
- The timings of the class will be communicated later to the respective students
- Students from any subject can register for this course
- Certificates will be given to students on successful completion of the course
- Admission is on first come first serve basis and number of seats is limited
- **Contact Person:** Nazrul Islam Mondal- 9732594843
- **Course co-ordinator:** Sukanya Pal

Interested bonafide students are requested to meet the Course co-ordinator Sukanya Pal in the Department of English or call the contact person Nazrul Islam Mondal for further details.

Note: Last date for registration to the course is 10.03. 2023

Sukanya Pal  
Sukanya Pal  
HOD  
Department of English  
**HOD, Dept. of English**  
Jibantala Rokeya Mahavidyalaya

Dr. Ramkrishna Mondal  
Dr. Ramkrishna Mondal  
Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
**Teacher-in-Charge**  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs. (S)





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Ref. No. ....

Date: .....

## ***WHY MEDIA, SPEAKING AND PRESENTATION?***

The media are the most widespread and influential system of communication in the contemporary world. They construct and circulate information and organize perception through sound, screen and print form, which help to shape our sense of self and our relationship with the society. Over the past few years, media in India have grown significantly. They, in fact, have become part of all areas of life. They are generating profit and employment, providing information on political process and events, motivating public debate, providing place for cultural expression and most importantly entertaining the public. Through the course on Media Studies students will be able to acquire some competency to gain a foothold in this industry.

### **COURSE OUTCOME:**

- Students will develop the ability to work in media related industries.
- Students will gain the competency to critically analyze the ways in which the media reflects, represents and influences the outside world.

### **MODULE:**

- **Preparing reports (4 hours)**
- **Preparing features (4 hours)**
- **Radio and TV media (4 hours)**
- **Effective communication (4 hours)**
- **Planning and structuring and preparing a presentation (4 hours)**



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President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

Ref. No. ....

Date: .....

## Certification:

The students will be given a certificate from Jibantala Rokeya Mahavidyalaya after successful completion of the classes and the assessment process.

ADD ON COURSE ON  
**MEDIA, SPEAKING AND PRESENTATION**

STUDENT'S ATTENDANCE SHEET

SL NO	NAME	CU REGISTRATION NUMBER	SEMESTER	SIGNATURE
1.	Ashrafal Halder	524-1111-0002-22	I	Ashrafal Halder
2.	Manchhura Sheikh	524-1211-0003-22	I	Manchhura Sheikh
3.	Tamaliika Ranjit	524-1211-0004-22	I	Tamaliika Ranjit
4.	Irfan Jamil	524-1115-0007-22	I	Irfan Jamil
5.	Ananda Gaswami	524-1111-0073-22	I	Ananda Gaswami
6.	Ali Akbar Purkait	524-1111-0055-22	I	Ali Akbar Purkait
7.	Sartaraj Nawaz Molla	524-1115-0061-22	I	Sartaraj Nawaz Molla
8.	Sarika Khatoon	524-1211-0077-21	III	Sarika Khatoon
9.	Sabera Sardar	524-1211-0076-21	3	Sabera Sardar
10.	Masud Sarif Gazi	524-1111-0105-21	III	Masud Sarif Gazi
11.	Tuhina Parvin	524-1211-0091-21	III	Tuhina Parvin
12.	Sahina Parvin	524-1211-0058-21	III	Sahina Parvin
13.	Nargis Parvin	524-1215-0108-21	3	Nargis Parvin
14.	Ayesha Khatun	524-1211-0024-21	III	Ayesha Khatun
15.	Ashrafal Molla	524-1111-0055-21	III	Ashrafal Molla
16.	Rabiul Kayal	524-1111-0025-21	3	Rabiul Kayal
17.	Sakil Shaikh	524-1115-0026-21	3	Sakil Shaikh
1				

ESTD. 2007  
P.O. MALICKATI  
P.S. JIBANTALA  
24 PGT (S)  
PIN-743502  
CALCUTTA

Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O. Mallickati, 24 Pgt (S)



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 [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

Principal &amp; Secretary: Dr. Anup Maji

Date: .....

# Attendance Sheet

[illegible]





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Date: .....



**Media, speaking and presentation Class in Progress**



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President: **Saokat Molla**

Principal & Secretary: **Dr. Anup Maji**

Ref. No. ....

Date: .....



**Media, speaking and presentation Assessment in Progress**



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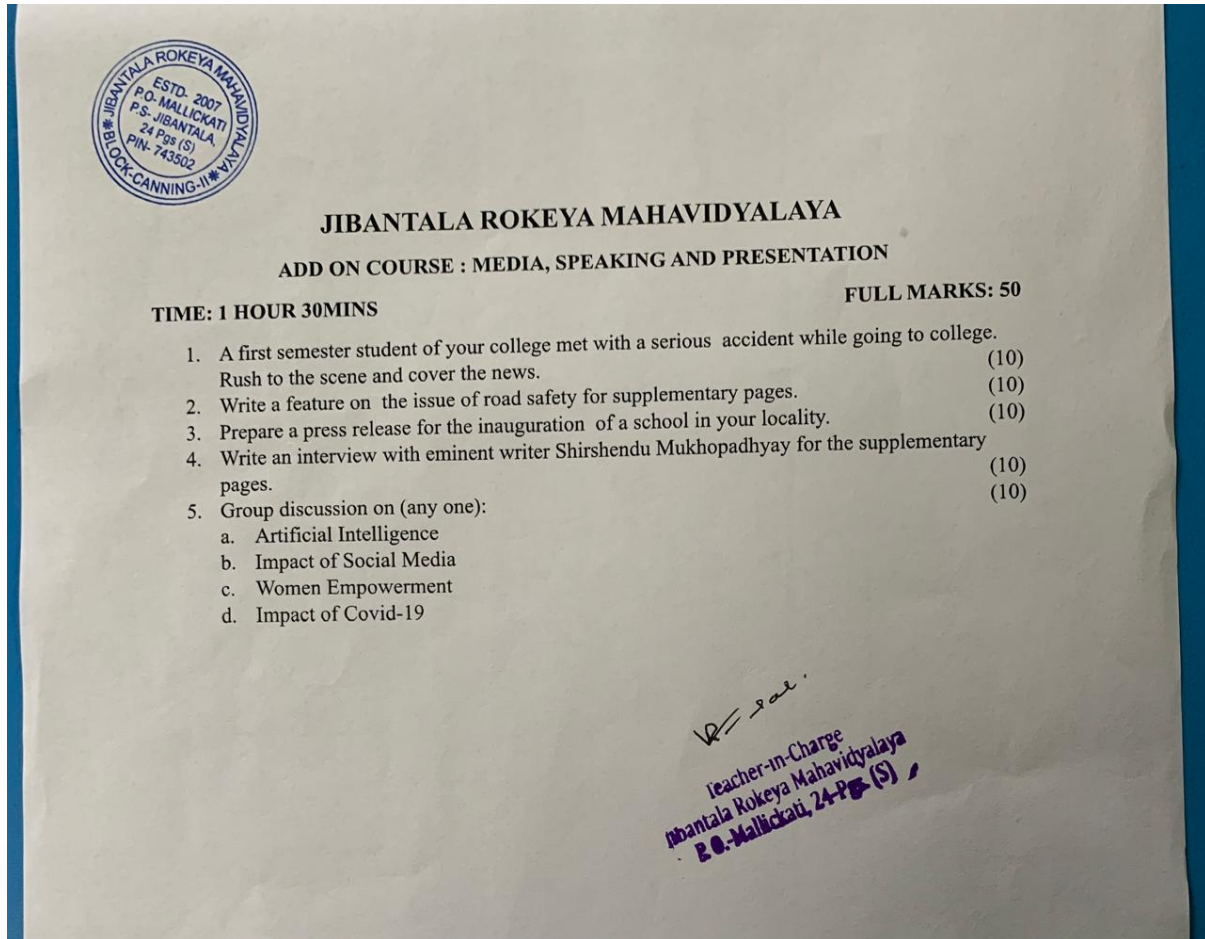
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President: **Saokat Molla**

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Ref. No. ....

Date: .....



## Sample Question Paper





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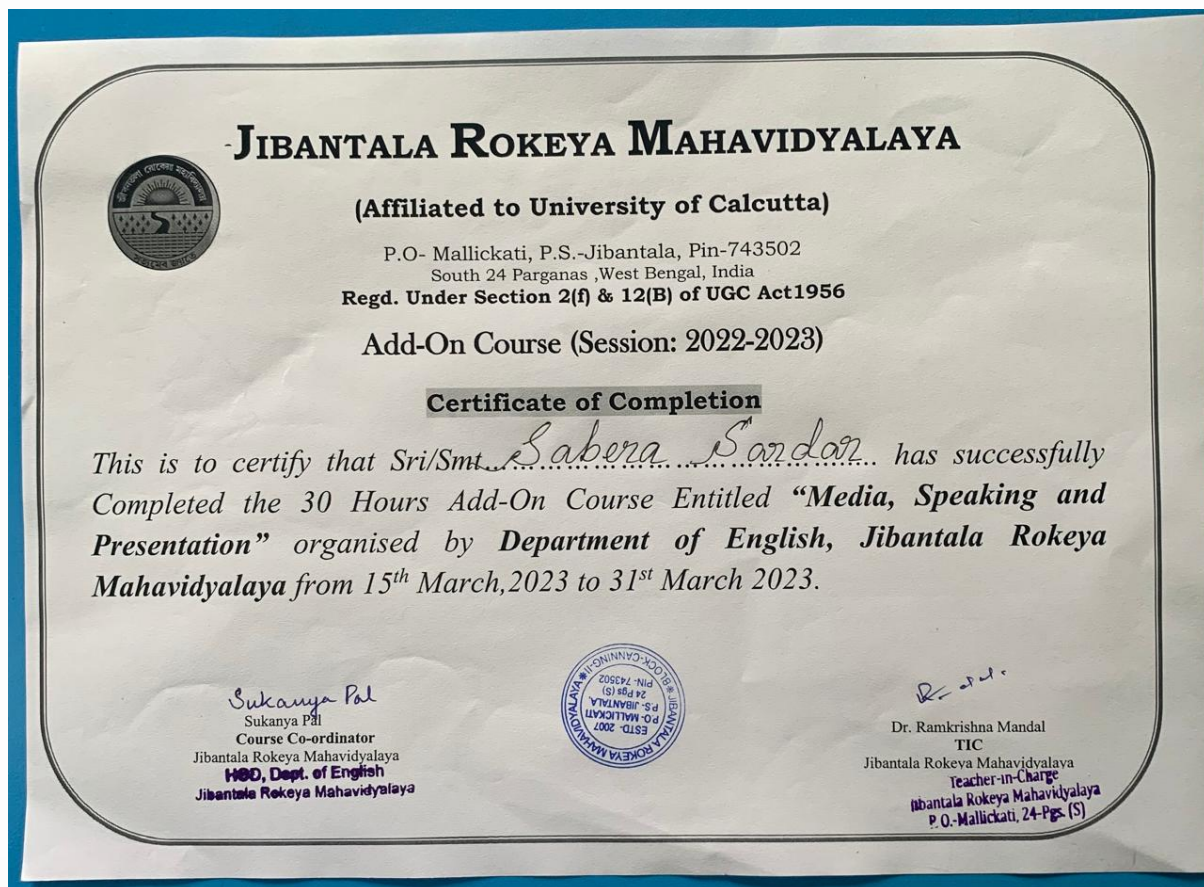
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✉ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

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**Certificate**



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✉ jmrokeya@gmail.com

Ref. No. ....

Date: .....

To  
The Principal/TIC  
Jibantala Rokeya Mahavidyalaya

Sub: Permission and approval for conducting Add- on course Self Defence Karate  
16.04.2019 to 21.08.2019 Duration -30 hours, (2018-2019).

Respected Sir,

The Department of English seeks your permission and approval for conducting an Add -On course  
Self Defence Karate 16.04.2019 to 21.08.2019 Duration -30 hours, (2018-2019).

Looking forward to your kind co-operation and thanking you in anticipation.

Yours sincerely,  
Course Coordinator

*Mahamudul Hasan Akhand*  
Mahamudul Hasan Akhand

Jibantala Rokeya Mahavidyalaya

*Approved*

*09.04.2019*

Teacher-in-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs.(S)

*Sushnita Roy*  
*2/4/19*

IQAC Co-ordinator  
Jibantala Rokeya Mahavidyalaya





# JIBANTALA ROKEYA MAHAVIDYALAYA

Affiliated to University of Calcutta | ESTD.: 2007

📍 P.O.- Mallickati, P.S.- Jibantala,  
Pin- 743502, Dist.- South 24 Parganas

🌐 [www.jibantalarokeyamahavidyalaya.in](http://www.jibantalarokeyamahavidyalaya.in)  
@ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

Ref. No. ....

Date: .....



## REPORT

ADD ON COURSE SESSION -2018- 2019

*Organize By JibantalaRokeya Mahadayalaya*

**TOPIC OF THE COURSE— Self Defence-Karate**

**DURATION OF THE COURSE— 16.04.2019 – 21.08.2019 (30Hours)**

**CLASS SCHEDULES:** Weekly one or two days for one or two hours at 4 p.m. to 5p.m.(The course contents is to be covered on 30 hours)

**MODE OF INSTRUCTION— Offline Classes**

**VENUE— College premises**

**EVALUATION— Internal Assessment consisting of one written/Practical examination at the end of the Programme.**

**TEACHERSNAME—Shihan Nur Mahammad Molla**

**COURSECO-ORDINATOR— Mahamudul Hasan Akhand**



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Date: 09/04/2019

### NOTICE

It is hereby notified to all the students of our college that our institution Jibantala Rokeya Mahavidyalaya will organise an ADD-ON course on the following topic:

**Topic of the Course – Self Defence-Karate**

**Duration of the Course – 16.04.2019 – 21.08.2019 (30 Hours)**

**Mode Of Instruction – Offline Classes**

**Venue - College premises**

**Evaluation – Internal Assessment consisting of one written/Practical examination at the end of the Programme.**

**Teachers Name – Shihan Nur Mohammad Molla**

The students who are interested in taking part in the above-mentioned course are asked to contact with Mahamudul Hasan Akhand Sir for enrolling their names.

**\*\*Certificate will be provided to all after the completion of the course.**

*Mahamudul Hasan Akhand.*  
Course Co-ordinator

*R. M.*

Teacher-In-Charge

Teacher-In-Charge  
Jibantala Rokeya Mahavidyalaya  
P.O.-Mallickati, 24-Pgs. (S)





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✉ [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)

Ref. No. ....

## Overview of Karate

Learning and training in Karate-Do at our academy help the child not only to be able to defend him/herself but also prepare the child to face the future with confidence. We teach from the basics to highly advanced Karate techniques thereby ensuring a complete physical, mental and moral development in the practicing Karateka (Karate student). We have been also teaching kids from the age of 3 years and they are successfully performing many stage shows in their schools or competitions. We concentrate on the development of every student because every student is precious to us. We have many parents confessing that their kids performing brilliantly in their academic as well as sports and general life with the help of Karate-Do training. We arrange regularly KATA & KUMITE competitions for kids to encourage them and we are proud to have kids Karate-Do Champions in our club. We have the youngest BLACKBELT in our club who has attained the rank at the age of 10 years and he has been a winner of many Karate-Do championships.

## The Purpose of Learning Karate

**DISCIPLINE:** To achieve success and to learn in anything in life one requires great discipline and consistency for without it, it's not possible to learn or progress in life or any art. Children's reaction to discipline, in the beginning, is a little difficult but if they are encouraged then later they start developing self-discipline. Being self-disciplined helps the child to develop an ability to focus their mind on a task given which results in improving concentration. Many of our student's parents can see an improvement in their children's power of concentration.

**PHYSICAL FITNESS:** With Japan Karate-Do Nobukawa-Ha Shito-Ryu Kai-India (Japan Karate-Do Shito-Ryu International Renshikan) your child can enjoy regular exercise in a friendly and encouraging environment. Karate can also help improve a child's coordination and flexibility. We are aware that a child's body is still growing, and therefore their training is tailored so that there are no exercises that would be dangerous to their physical development.

**SINCERITY AND DEDICATION:** If a child is not disciplined then it is very difficult for him/her to be sincere and consistent towards any task given which results in switching from one activity to another till he finds the most comfortable and easy-going things. Discipline is the link and the chain connecting to sincerity and dedication.



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jmrokeya@gmail.com

Ref. No. ....

Date: .....

## ATTENDANCE SHEET

**JIBANTALA ROKEYA MAHAVIDYALAYA**  
P.O. - Mallickati, P.S. - Jibantala, Pin - 743502 Dist. - South 24 Parganas  
Affiliated to University of Calcutta ESTD. - 2007  
Web: www.jibantalarokeyamahavidyalaya.in Email: jmrokeya@gmail.com

Ref. No.: ..... Date: .....

Attendance Sheet  
Session 2020-21  
Add On Course on Exercise

Sl. No.	Name of Students	CU Reg. No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
1	LOPITO AJAY	308-11-24081-17	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	ALBIRUDDIN NADIM	329-11-25024-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	AKSHU GHOSH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	ABHIRA BHAS	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	ANUJ HAVIRKAT	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	SATYUDDHIVADA	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	JAYUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Mr. Mohammad Molla  
SIGNATURE OF CLASS TEACHER

**JIBANTALA ROKEYA MAHAVIDYALAYA**  
P.O. - Mallickati, P.S. - Jibantala, Pin - 743502 Dist. - South 24 Parganas  
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Ref. No.: ..... Date: .....

Attendance Sheet  
Session 2020-21  
Add On Course on Exercise

Sl. No.	Name of Students	CU Reg. No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
1	SUDIPTO JAGUJA	308-11-24081-17	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	ANIRUDDH NADIM	329-11-25024-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	AKSHU GHOSH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	ABHIRA BHAS	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	ANUJ HAVIRKAT	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	SATYUDDHIVADA	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	JAYUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20	ANIRUDDH	329-11-11000-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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SIGNATURE OF CLASS TEACHER





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Pin- 743502, Dist.- South 24 Parganas

www.jibantalarokeyamahavidyalaya.in  
@ jmrokeya@gmail.com

Ref. No. ....

Date: .....

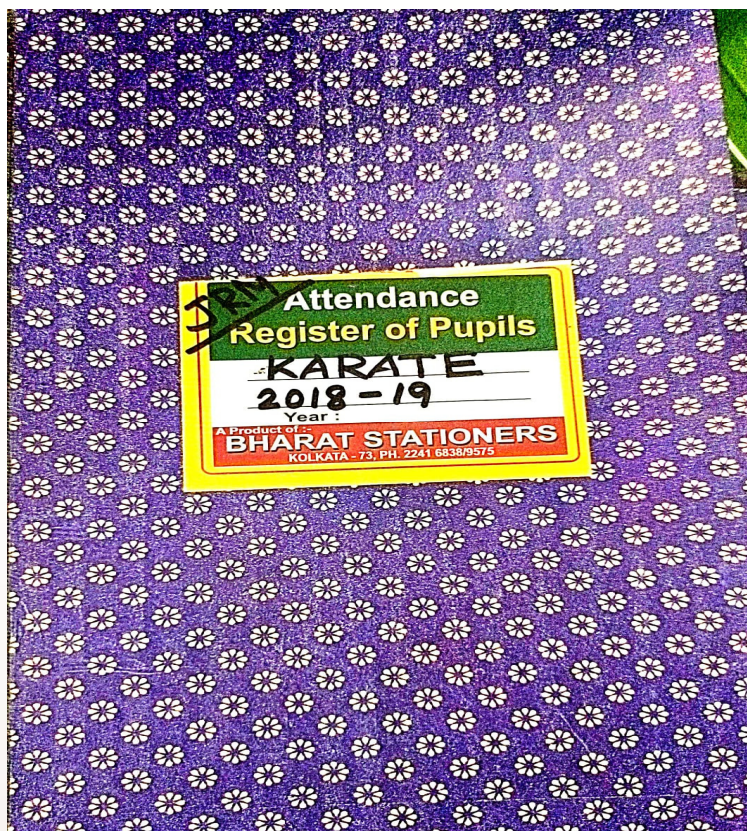
**JIBANTALA ROKEYA MAHAVIDYALAYA**  
P.O. - Mallickati, P.S. - Jibantala, Pin - 743502 Dist. - South 24 Parganas  
Affiliated to University of Calcutta ESTD.: 2007  
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Ref. No. .... Date: .....

Attendance Sheet  
Session 2018-19  
Add On Course in Karate

Sl. No.	Name of Students	CU Reg. No.	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
1	SUBMITO JAGHUPA	524-1112-0049-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	KLIRUPUSAD VANDAL	524-1112-0050-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3	ANISH G-ADHIAL	524-1113-0051-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4	ADARUL LEWAS	524-1113-0052-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	SAHAJE P. JAH SARTUR	524-1113-0053-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
6	SANJIBAN K. P. JAH	524-1113-0054-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
7	SAURAB MAHANT	524-1113-0055-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	JOYTIMA MONDAL	524-1113-0056-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
9	RAHMAN MONDAL	524-1113-0057-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10	ROD K. JAH	524-1113-0058-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11	DIPAN MONDAL	524-1113-0059-18	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12												
13												
14												

Nan Mohammad Molla  
SIGNATURE OF CLASS TEACHER



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 [jmrokeya@gmail.com](mailto:jmrokeya@gmail.com)



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## PICTURE







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## PROGRAMME OUTCOMES

**Here is a possible Programme Outcome for the add-on course:**

However, it's worth noting that, life everything else in life, there is no such a thing a free lunch in karate either. Despite the many potential benefits that karate may offer, the extent to which you gain from it is directly proportional to the effort you dedicate to your training.

In today's fast-paced society, we all seem to be short on time and people tend to look for shortcuts to master karate and achieve those benefits quickly. But it doesn't work that way. As the saying goes, no pain, no gain. True progress demands commitment and perseverance. Hopefully, exploring the benefits below will ignite your passion for karate, inspiring you to embark on this enriching journey and unlock its full potential.

### 1. Self Defense Techniques

Self-defense is usually the first thing people think of when they decide to start karate, and yes, karate is a complete martial art that can teach you effective techniques and strategies to defend yourself.

Karate will teach you techniques such as blocks, strikes, joint locks, throws, grappling, pressure points, situational awareness and evasion as well as fighting strategies. Some karate styles also incorporate traditional weapon training and defenses against common weapons, such as knives, sticks and guns, focusing on disarming techniques and creating opportunities to escape.

### 2. Character Building

Like most people train in karate today, you will rarely have the opportunities to use karate techniques in real life situations. Nevertheless, you still can benefit from it tremendously because karate training can help improve your character and make you a better person.

Through consistent and rigorous training, while adhering to the ethical principles embedded in the art, karate shapes not only your physique but also your heart and mind.

Each block and kick forged with discipline builds perseverance, each bow strengthens respect, and every hard-earned, sweat-soaked triumph fuels confidence. This delicate interplay between physicality and philosophy molds a character defined by resilience, humility, and self-mastery, ready to face any challenge, on or off the mat.



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## 3. Improved Mental Toughness

Mental toughness refers to an individual's ability to perform consistently under pressure and overcome challenges with unwavering determination and resilience and karate can definitely enhance your mental toughness through a combination of rigorous training, discipline, and facing challenges.

Karate training is physically demanding, pushing you beyond your comfort zone. Whether it's enduring grueling drills, holding stances until they burn, or facing the sting of contact during sparring, karate teaches you to embrace discomfort and push through challenges, building mental resilience.

Facing an opponent in sparring demands mental fortitude. You learn to read your opponent's movements, adjust your strategy, and stay calm under pressure. This translates to stronger emotional regulation and the ability to maintain composure in challenging situations outside the dojo.

In summary, karate training offers a myriad of benefits, encompassing physical, mental, and personal development. Physically, it enhances cardiovascular fitness, strength, flexibility, and coordination. The rigorous practice of techniques contributes to weight management and improved overall health. Mentally, karate cultivates discipline, focus, and mental resilience, promoting a balanced mind-body connection. The emphasis on respect, humility, and perseverance instills positive character traits, contributing to personal development. Additionally, karate provides practical self-defense skills, fostering a sense of security and self-reliance and boosting confidence. The camaraderie within the dojo builds a supportive community, enhancing social connections.

Overall, karate training is a holistic pursuit that not only enhances physical fitness but also contributes to mental well-being, character development, and a sense of community.





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@ jmrokeya@gmail.com

Ref. No. ....

Date: .....

## CERTIFICATE



### JIBANTALA ROKEYA MAHAVIDYALAYA

(Affiliated to University of Calcutta)

P.O.- Mallickati, P.S.-Jibantala, Pin-743502  
South 24 Parganas, West Bengal, India  
Regd. Under Section 2(f) & 12(B) of UGC Act 1956

Add-On Course- Self Defence Karate  
(Session: 2018-2019)

#### Certificate of Completion

*This is to certify that Sri/Smt AKLIMA MOLLA has successfully Completed the 30 Hours Add-On Course Entitled "karate" organised by Jibantala Rokeya Mahavidyalaya from 16th April 2019 to 21st August, 2019 at College premises.*

Mahamudul Hasan Akhand  
Course Co-ordinator  
JibantalaRokeyaMahavidyalaya

Dr. Ramkrishna Mandal  
TIC  
JibantalaRokeyaMahavidyalaya