



DHUPGURI GIRLS' COLLEGE

DHUPGURI * JALPAIGURI * PIN-735210

E-mail : dhupgurigirlscollege1@gmail.com * Website : www.dhupgurigirlscollege.ac.in

Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

REPORT ON SOFT SKILLS

Introduction: Soft skills is known as interpersonal skills that are very important for success in the workplace. Soft skills that characterize person's ability to communicate effectively to others person. While technical skills are essential for performing specific tasks, soft skills are necessary for effective communication, collaboration, and overall professional development. To enhance student's communication skills Dhupguri Girls' College has conducted different activities on soft skills to foster knowledge among the young students. The college has amalgamated various activities and programs focused an increasing soft skill such as team work, leadership, problem solving and inter-personal communication. The college has signed MoU with Anudip Foundation to develop various courses on soft skill to nurturing soft skills equips students. The dedicated faculty members and Anudip foundation for social Welfare, provide necessary guidance and mentorship, empowering students to develop multifaced personality. 59 students of Dhupguri Girls' College have been enrolled to enhance their language and communication skills. Many of the enrolled students have joined different job sector after completion of soft skill course.

List of Enrolled Students

To
The Principal,
Dhupguri Girls' College
Cooch Behar, West Bengal



Date: 02-11-2022

Subject: Enrolled Students Report

Dear Sir,

Greetings from Anudip Foundation for Social Welfare!

It's a great pleasure to inform you that, 59 No Students have been enrolled in our course.

The details of the students are as follows.

SL NO	STUDENT ID	STUDENT NAME	CONTACT NO
1	AF0302969	SHARMISTHA MODAK	9832882563
2	AF0302979	LABANYA ROY	7029248413
3	AF0302978	REZINA SULTANA	9832729679
4	AF0302947	PRIYANKA ROY	9883369819
5	AF0302937	SHEULIE ROY	7047698831
6	AF0302954	PRIYA ROY	9832129889
7	AF0302938	SUCHARITA DAS	9833108022
8	AF0302935	PAMPA BARMAN	8967172568
9	AF0302934	SUMITRA SARKAR	8597121959
10	AF0302952	PRIYANKA ROY	9883128995
11	AF0302992	KOWRABI ROY	8101481726
12	AF0302995	NAMITA BISWAS	9775432023
13	AF0302953	RASHMI ROY	8927895066
14	AF0302961	MUSKAN KHATUN	9883293595
15	AF0302973	SUSHMITA SARKAR	9641419216
16	AF0302966	NAMIKA THAPA	7029016587
17	AF0302983	CHAMPA ROY	7908929683
18	AF0302963	SUPIRYA BISWAS	7407513985
19	AF0302981	DEBASHREE ROY	7029987844
20	AF0302959	HEMA ROY	9832976020
21	AF0290162	PINKI GHOSH	7584850011
22	AF0302965	TAJMIRA YASMIN	7866820061
23	AF0302951	PRITIKA BISWAS	8116763822
24	AF0302958	JAYANTI BISWAS	8101793105
25	AF0302972	RIYA SARKAR	9647108903
26	AF0302933	TANUSHREE ROY	9144850394
27	AF0303023	JELI PARVIN	6294539223
28	AF0302975	SWAPNA BARMAN	9832485023
29	AF0302984	JESMINNARA PARVIN	7047735118
30	AF0303017	TANUSREE SARKAR	9339451446
31	AF0302932	MADHUBANTI ROY	9832306862
32	AF0302957	MANJU ADHIKARI	9046724361
33	AF0302993	RIMPA ROY	8617899700
34	AF0302962	PUJA ROY BASUNIA	9547648076
35	AF0302960	RATNA ROY	7076215867



SL NO	STUDENT ID	STUDENT NAME	CONTACT NO
36	AF0302955	CHAMPA MANDAL	7583973320
37	AF0302945	SAMPA ROY	7679657463
38	AF0302976	SHIPRA ADHIKARY	8597131144
39	AF0302980	PRITI SARKAR	9832999136
40	AF0302948	NIKITA KAR	9883371349
41	AF0302936	SAMARPITA DAS	9883298267
42	AF0302967	ARPITA ROY	9883719732
43	AF0302950	BHUMIKA ROY	8927246075
44	AF0302968	SOVARANI ROY	8391927957
45	AF0299719	RIPA PARVEEN	8016503806
46	AF0302986	MUNNI ROY	8016365874
47	AF0302991	SOUMITA GHOSH	9593757171
48	AF0302971	MITALI SARKAR	9339278073
49	AF0302977	SUNAM SARKAR	9382253945
50	AF0302949	SULTANA PARVIN	9564021426
51	AF0302974	CHAYANIKA ROY	7797010925
52	AF0303015	PRATIMA SEN	7477804655
53	AF0303095	SAMPA ROY	9832737092
54	AF0302946	SONALI ROY	9883575017
55	AF0302956	PUJA PAUL	9609161571
56	AF0302982	SAMPA BARMAN	9883380803
57	AF0302987	KAJAL MAJUMDER	6294737120
58	AF0302964	JAYA DAS	7866856205
59	AF0302989	PRIYANKA ADHIKARY	90025848765

We are very much thankful to you for participation on livelihood generation program and this auspicious opportunity to train your students. We are looking forward for your co-operation in near future also to create impact in society through livelihood.

Thanking you.

Yours sincerely,

Suman Nag

Marketing Executive
Cooch Behar Centre | Training Operation
Contact: +91 7044499078

Suman Nag
Principal
Dhupguri Girls' College
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Course Structure

Sl No	Course Name	Course Duration	Course Module	Eligibility	Placement Support
1.	Certificate in English Communication and IT	120 Hour	<ol style="list-style-type: none">1. Communicative English2. Self-Management3. Professional Development4. Workplace IT5. Mock Interview Soft Skill6. Mock Interview Technical7. I&ML	Minimum Class XII (Pass Out)	Yes


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- **List of placed students who have successfully completed soft skill course conducted by Dhupguri Girls' College in collaboration with Anudip Founation**

Link: [View Documents](#)

- **Appointment Letters of students who have joined as Customer Care Executive**

Link: [View Documents](#)


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NOTICE

12.09.22

IQAC, Dhupguri Girls' College in collaboration with Career Counselling Cell and Department of English is organising a capacity building soft skill workshop on **23.09.22**. The program will be conducted by the renowned trainer in soft skills, Ms. Mini Joseph, Senior Teacher in English, St Xavier's Collegiate School, Kolkata.

All Students of Hons and Program course are requested to kindly register their participation on the aforesaid date at the **Registration desk from 11 a.m and participate in the interactive program at Room 5.**


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Invitation Letter of Resource Person


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Ref. No.....

Date 12/09/2022

To
Ms Mini Joseph
Senior Teacher in English
St. Xavier's Collegiate School
12 A, Wood Street
Kolkata -16



Dear Madam

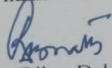
Sub: Invitation to conduct a soft skill enhancement building workshop at Dhupguri Girls' College

We take this opportunity, on behalf of IQAC, Dhupguri Girls' College to invite you for conducting a capacity building soft skill workshop on **23rd September, 2022 at Dhupguri Girls' College** for our Students. We are looking for your kind presence to train our girls in soft skills so that they are initiated and equipped to face various off campus placements and future job markets with some efficiency and confidence.

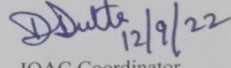
We will be thankful if you kindly accept our invitation and make it convenient for you to travel to our college to conduct the workshop. Some English Hons students of the neighbouring college will also register for the program.

Looking forward to your kind consent and valuable workshop in the coming days.

Thank You


Dr Bijoy Debnath 12/09/2022

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Principal
Dhupguri Girls' College
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IQAC Coordinator
Dhupguri Girls' College


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Program Report

The soft skill training program was organised by the Career Counselling along with IQAC and Department of English, Dhupguri Girls' College to achieve the following objectives:

Learning Objectives:

- I. To train the students on basics of communication and soft skills and enhance their proficiency in English language
- II. To initiate them in participative learning via workshop method and hands-on- training approach
- III. To boost their confidence and morale while facing various interview boards and campus placements agencies
- IV. To prepare them for facing the challenges of future job market.

Learning Outcomes:

- a. Students were highly motivated during the workshop and willingly participated in various activities initiated by the trainer
- b. Students enjoyed the approach of the workshop and gave positive feedback
- c. Students could connect with the basic objectives of the workshop and felt confident to engage in English communication too.

Number of participants: Approximately 150 students of the Program and Hons course from the entire college participated in the workshop.


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Student Attendance sheet at the registration desk

REGISTRATIN FOR THE PROGRAM
SOFTSKILL WORKSHOP
(IQAC IN COLLABORATION WITH CAREER COUNSELLING)
Date-23.09.2022

Sl/No	Name(Capital)	With Honours	Mail ID	College Name	Signature
1	ROYEL ROY	Eng (H)	royelroy2002@gmail.com	Girls'	[Signature]
2	MUNNI ROY	Eng (H)	munnirroy2002@gmail.com	Girls'	[Signature]
3	BANUSREE ROY	Eng (H)	banusree2002@gmail.com	Girls'	[Signature]
4	MAMUNITA ROY	Eng (H)	mamunita2002@gmail.com	Girls'	[Signature]
5	SYRANGI GHOSH	Eng (H)	syra2002@gmail.com	Girls'	[Signature]
6	PARAMITA ROY	Eng (H)	paramita2002@gmail.com	Girls'	[Signature]
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8	RESHMI KHATUN	Eng (H)	reshmi2002@gmail.com	Girls'	[Signature]
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13	SHRUTI ROY	Eng (H)	shruti2002@gmail.com	Girls'	[Signature]
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15	SUBHITA ROY	Eng (H)	subhita2002@gmail.com	Girls'	[Signature]
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17	NAMITA BISWAS	Eng (H)	namita2002@gmail.com	Girls'	[Signature]
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19	RIYA ROY	Eng (H)	riya2002@gmail.com	Girls'	[Signature]
20	APRITA BISWAS	Eng (H)	aprita2002@gmail.com	Girls'	[Signature]
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33	RIYA PARVEEN	Eng (H)	riya2002@gmail.com	Girls'	[Signature]
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35	JAYA CHRI ROY	Eng (H)	jaya2002@gmail.com	Girls'	[Signature]
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39	KUTUM BARMAN	Eng (H)	kutum2002@gmail.com	Girls'	[Signature]
40	MANOJARA KHATUN	Eng (H)	manojara2002@gmail.com	Girls'	[Signature]
41	ARDITA ROY	Eng (H)	ardita2002@gmail.com	Girls'	[Signature]

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PHOTOS OF SOFT SKILL TRAINING




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REPORT ON LANGUAGE AND COMMUNICATION

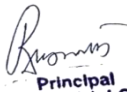
The college has organised numbers of seminar, special lecture, workshop to increase language and communication skill among its students, providing to their all-round development and employability. IQAC, Dhupguri girls' college collaboration with Career Counselling Cell, Dhupguri Girls' College has implemented various programs such as debate competition, public speaking to enhance proficiency in verbal and written expression. Dhupguri Girls' College actively focus on language and communication skills which has equipped students to improve their language skills. The faculty members of department of English have taken class on language and communication to develop efficiency to communicate with others.

NOTICE

12.09.22

IQAC, Dhupguri Girls' College in collaboration with Department of English is organising a special class on Skill Improvement on **12.03.22** at 2.30 pm. The special class will be conducted by Mr. Suvankar Jana, Assistant Professor of English, Dhupguri Girls' College

All Students of Hons and Program course are requested to kindly participate on the aforesaid special class.


Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri

Principal
Dhupguri Girls' College



DHUPGURI GIRLS' COLLEGE

DHUPGURI * JALPAIGURI * PIN-735210

E-mail : dhupgurigirlscollege1@gmail.com * Website : www.dhupgurigirlscollege.ac.in

Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

PARTICIPANTS LIST

SI no	NAME OF THE STUDENT	SEMESTER	SUBJECT	OTHERS
01	Kristika Barman	2 nd Sem	History (H)	
02	Nasiba Akter	2 nd Sem	English (H)	
03	Dipti Bhosmik	2 nd Sem	History (H)	
04	Swastika Adhikary	2 nd Sem	English (H)	
05	Sampra Roy	4 th Sem	Bengali (P)	
06	Alpana Roy	4 th Sem	Bengali (P)	
07	Madhubanti Roy	4 th Sem	Bengali (P)	
08	Madhumita Roy	2 nd Sem	English (H)	
09	Debashikha Tarafdar	2 nd Sem	English (H)	
10	Prija Mandal	6 th Sem	Geography (H)	
11	Rima Roy	6 th Sem	Geography (H)	
12	Sufala Chakraborty	6 th Sem	Geography (H)	
13	Rona Das	6 th Sem	Geography (H)	
14	Dhanita Roy	6 th Sem	Geography (H)	
15	Bithika Adhikary	6 th Sem	Geography (H)	
16	Bhupali Roy	6 th Sem	Geography (H)	
17	Sushmita Biswas	6 th Sem	Geography (H)	
18	Sharna Sankar	6 th Sem	Geography (H)	
19	Sapriya Roy	6 th Sem	Geography (H)	

D. Dutta 12/3/22
 JCS Coordinator
 Dhupguri Girls' College

S. Jana
 12.03.2022

Principal
 Dhupguri Girls' College
 Dhupguri, Jalpaiguri



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5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

LIFE SKILLS -YOGA

REPORT ON YOGA CLASSES AT DHUPGURI GIRLS COLLEGE

Introduction: The word 'Yoga' is derived from the Sanskrit root 'yuj' which means 'join' or 'unite'. This may be taken as the union of body, mind and soul, and is used in the literature both as an end as well as means. In the end, yoga signifies 'integration of personality' at the highest level. Yoga includes various practices and techniques which are employed to achieve the development of such integration.

Importance of Yoga

- Yoga is one of the most powerful drugless systems of treatment.
- It has its own concept of wellness which has been scientifically understood and presented by many.
- Yoga can be adopted as a lifestyle for promoting our physical and mental health.
- Yoga would help to inculcate healthy habits and lifestyle to achieve good health.
- Yoga encourages a positive and healthy lifestyle for physical, mental and emotional health of children.
- Yoga helps in the development of strength, stamina, endurance and high energy at physical level.
- It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony.

Yoga Classes: Dhupguri girls' College organizes regular yoga classes as a part of extracurricular activities. The yoga classes are conducted by experienced and certified yoga instructors who guide the students through various yoga postures, breathing techniques, and meditation practices. The faculty members of department of Education and Department of philosophy conducts yoga class for their students as well these classes are open for others student of this Institution. Beside regular yoga class NSS Unit of this college celebrates International Day of Yoga Day on 21 June every year.

Yoga Program: Beside regular classes, Dhupguri Girls' College organizes yoga program to provide a deeper understanding and practice of yoga. The department of Education and Department of Philosophy in collaboration with IQAC, Dhupguri Girls' College organizes different programs includes workshop and special lecture by yoga experts.


Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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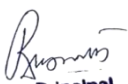
Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

PHOTOS OF YOGA CLASS




Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

PHOTOS OF YOGA WORKSHOP



Ruonm
 Principal
 Dhupguri Girls' College
 Dhupguri :: Jalpaiguri



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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.



PHOTOS OF YOGA CLASS CONDUCTED BY DEPT.OF EDUCATION

Ruonm
Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

LIFE SKILLS -KARATE

REPORT ON KARATE CLASSES AT DHUPGURI GIRLS COLLEGE

Karate training is a structured program designed to teach participants the principles and techniques of this traditional Japanese martial art. The course aims to develop physical fitness, self-discipline, and self-defense skills through systematic instruction and practice. This report provides an overview of the karate training course, including its curriculum, progress, and outcomes. Dhupguri Girls College introduces Karate training course for students to develop physical fitness and to equip self-defence techniques among students. Mr. Madhab Chandra Roy, an expert of Karate trainer is appointed to train the enrolled students. Total 33 students have enrolled in the karate training course and successfully completed the training course.

Objective of Karate:

- **Basic Techniques:** The course begins with the fundamentals of karate, including stances, punches, kicks, and blocks. Participants learn proper form, execution, and application of these techniques.
- **Self-Defense Techniques:** Practical self-defense techniques are taught, including escapes from grabs, holds, and common attack scenarios. Participants learn how to defend themselves effectively in real-life situations.
- **Physical Conditioning:** The course includes exercises to improve strength, flexibility, and endurance, essential for karate practitioners. Warm-up and cool-down routines are integrated to prevent injuries and enhance performance.

Learning Outcomes of the Training:

- Participants have shown consistent progress in mastering fundamental techniques, with increased proficiency observed over the duration of the course.
- Improved physical fitness and coordination have been noted among participants, indicating the effectiveness of the training program in enhancing overall athleticism.
- Enhanced self-discipline and focus are evident as participants adhere to the structured curriculum and demonstrate commitment to regular training sessions.



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Ref. No..... Date 11.05.2022



বিজ্ঞপ্তি

এতদ্বারা কলেজের দ্বিতীয় ও চতুর্থ সেমিস্টারের সমস্ত ছাত্রীদের অবগতির জন্য জানানো যাচ্ছে যে, কলেজ কর্তৃপক্ষের সিদ্ধান্ত অনুযায়ী আগামী **14/05/2022** শনিবার তারিখ বেলা **1.30** মিনিট থেকে কলেজের **Room No-23(৩য় তল)** এ ক্যারাটে ট্রেনিং এর ব্যবস্থা করা হয়েছে। উদ্যোগী ছাত্রীরা এখনও যারা ফর্ম সংগ্রহ করে জমা করেনি বা নির্দিষ্ট তারিখের আগে কলেজ অফিস থেকে ফর্ম সংগ্রহ করে **13/05/2022** এর মধ্যে ফর্মটি কলেজ অফিসে জমা করবে।

X. Anur
11/5/22

Zhosh

6th Sem (H)
8/5/22 11.5.22

4th Sem (Geo.)
11/5/22

6th Sem DSE
11.5.22

R. B. B. B.
11.5.22
2nd Sem DSE

অনুমত্যানুসারে

R. B. B. B.
11/05/2022
অধ্যক্ষ

ধূপগুড়ি গার্লস কলেজ
ধূপগুড়ি, জলপাইগুড়ি
Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

List of students enrolled in Karate Class

DHUPGURI GIRLS' COLLEGE											
KARATE LIST - 2022											
Sl. NO	Name	Semester	Mob.No	Home Town	APRIL	MAY	JUNE	JULY	AUG	SEP	Signature
01	Murshida parvin	2nd	7501607261	Dhupguri	50/-						M.Parvin
02	Krishna Roy	2nd	2697069147	Salbari	50/-						K. Roy
03	Sonali Roy	2nd	2318261077	Daukimari	50/-						S. Roy
4	Taniya parvin	2nd	8016720522	W.NO-15	50/-						T. Parvin
5	Dipa Majumdar	2nd	7063781793	Daukimari	50/-						D. Majumdar
6	Nirmala Roy	2nd	2229901853	Thakurpath	50/-						N. Roy
7	Prityanka Barman	1th	9732093103	Ungrava	50/-						P. Barman
8	Hasina Khatun	2nd	238895657	Rhampurpath	50/-						H. Khatun
9	Champa Mandal	1th	7523973320	Salbari	50/-						Champa Mandal
10	Monowara Khatun	2nd	9597613593	Ranishat	50/-						Monowara Khatun
11	Kankali Roy	2nd	7679725276	Gujarkata	50/-						Kankali Roy
12	Beauti Parvin	2nd	2973095126	Saptibari	50/-						Beauti Parvin
13	Samita Mallick	1th	9339070700	Kajipara	50/-						S. Mallick
14	Sampa Roy	1th	9329127510	Bagnibari	50/-						Sampa Roy
15	Angali Roy	2nd	979335131	Thakurpath	50/-						Angali Roy
16	Jayanti Roy	2nd	9677073167	Salbari	50/-						Jayanti Roy
17	Sanchita Barman	2nd	9729570652	Fulbari	50/-						Sanchita Barman
18	Manowara Begam	1th	909769299	Baraghatiya	50/-						Manowara Begam
19	Juthira Adhikari	2nd	7586917698	Khattimari	50/-						Juthira Adhikari
20	Madhumita Sarika	2nd	9329037718	Salbari	50/-						Madhumita Sarika
21	Priya Roy	1th	9322129889	Mononga	50/-						Priya Roy
22	Pitusha Roy	2nd	9328188642	Gradong	50/-						Pitusha Roy

DHUPGURI GIRLS' COLLEGE											
KARATE LIST - 2022											
Sl. NO	Name	Semester	Mob.No	Home Town	APRIL	MAY	JUNE	JULY	AUG	SEP	Signature
23	Parul parvin	1th	9593547881	Baraghatiya	50/-						Parul Parvin
24	Rama Roy	2nd	7863959019	Chandhipa	50/-						Rama Roy
25	Laxmi Roy	2nd	7679527892	Kalishat	50/-						Laxmi Roy
26	Dipika Roy	2nd	7718129445	Khattimari	50/-						Dipika Roy
27	Beauty Barman	1th	8137008770	Mononga	50/-						Beauty B
28	Sowli Basak	1th	9883169891	Walaigran	50/-						Sowli Basak
29	Misu Das	1th	9883648334	U. Boragari	50/-						Misu Das
30	Shamistha Modak	1th	982882563	Falavata	50/-						Shamistha Modak
31	Sampa Barman	1th	9828338089	"	50/-						Sampa Barman
32	Santana Roy	1th	7867873772	W. Danga para	50/-						Santana Roy
33	Geeta Oraon	1th	9832441658	Chomti murchi	50/-						Geeta Oraon

Total Collection :	28 x 50 =	1,400
less : College's share	(5 x 28)	140
Payment to be given to		1260
Udohyap Roy / karate instructor		
ADD: Travelling Allowance		1000
Total Payment to Udohyap Roy		2260
For the month of May 2022.		

Banmoy 20/07/2022 20/7/22 Banmoy 20/07/2022



Mobile : 7001775112

DHUPGURI GIRLS' COLLEGE

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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

SAMPLE COPY OF APPLICATION FORM FOR KARATE CLASS

Application form for Karate Class

Dhupguri Girls` College

Session - 2021-2022

(5)



1. Name Dipa majumdar
2. Semester(H/P) Second semester (H)
3. Address (Full) Vill - Bamarn daroi
P.O - Daukimaroi P.S - Dhup guri
District - Jalpai guri
4. Mobile No. 7063781749

Dipa majumdar

Signature of the student

(5115112) 21/05/2022

Signature of the Gurdian

Ruon
Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



Mobile : 7001775112

DHUPGURI GIRLS' COLLEGE

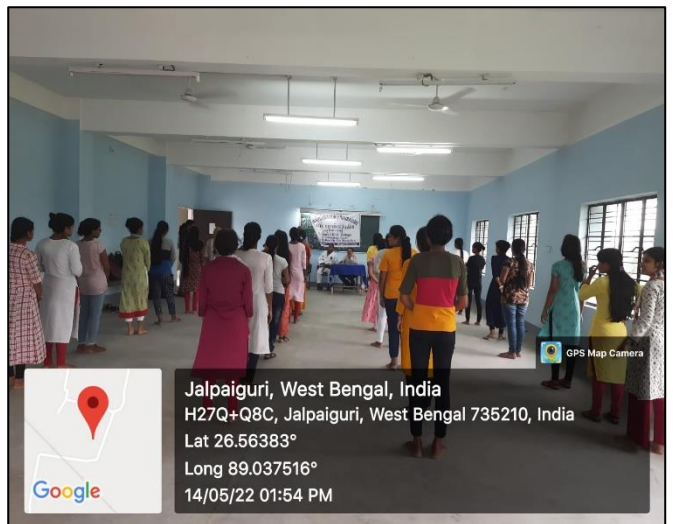
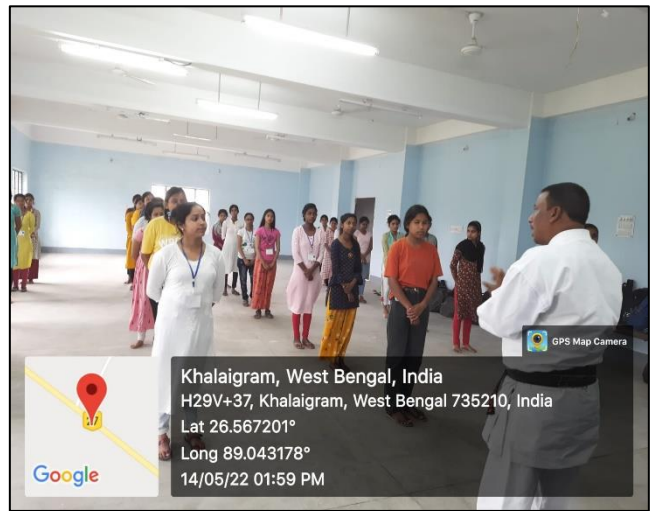
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Photos of Self Defence Class

Principal
Principal
Dhupguri Girls' College
Dhupguri - Jalpaiguri



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LIFE SKILLS -KARATE

REPORT ON KARATE CLASSES AT DHUPGURI GIRLS COLLEGE (SECOND CAMPUS)

Dhupguri Girls' College is pleased to announce the introduction of a Karate training course for its students at the new campus. This program is designed to promote physical fitness and equip students with essential self-defense techniques. The course will be conducted by Mr. Madhab Chandra Roy, a renowned Karate trainer.

Objectives of the Karate Training Course:

- **Basic Techniques:** The course begins with the fundamentals of karate, including stances, punches, kicks, and blocks. Participants learn proper form, execution, and application of these techniques.
- **Self-Defense Techniques:** Practical self-defense techniques are taught, including escapes from grabs, holds, and common attack scenarios. Participants learn how to defend themselves effectively in real-life situations.
- **Physical Conditioning:** The course includes exercises to improve strength, flexibility, and endurance, essential for karate practitioners. Warm-up and cool-down routines are integrated to prevent injuries and enhance performance.

Learning Outcomes of the Training:

- **Mastery of Fundamental Techniques:** Participants have shown consistent progress in mastering fundamental techniques, with increased proficiency observed over the duration of the course.
- **Improved Physical Fitness and Coordination:** Improved physical fitness and coordination have been noted among participants, indicating the effectiveness of the training program in enhancing overall athleticism.
- **Enhanced Self-Discipline and Focus:** Enhanced self-discipline and focus are evident as participants adhere to the structured curriculum and demonstrate commitment to regular training sessions.

The Karate training course at Dhupguri Girls' College (New Campus) aims to empower students by providing them with the skills and confidence to protect themselves and maintain physical fitness.


Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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DHUPGURI GIRLS' COLLEGE

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Ref. No.....

Date.....

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Notice for Karate Class (Second Campus)-2024



বিজ্ঞপ্তি
তারিখ - 29/02/2024

এতদ্বারা ধুপগুড়ি গার্লস কলেজের সকাল 2nd Semester ছাত্রীদের জানানো হচ্ছে যে, আগামী ইং - 1/03/2024 তারিখ শুক্রবার দুপুর ২ টার সময় থেকে "Karate Class" শুরু হবে। "Karate Class" এ যে সমস্ত ছাত্রী অংশ গ্রহন করবে, তাদের সত্রিক সময়ে ক্লাসে উপস্থিত থাকতে বলা হচ্ছে এবং অংশগ্রহনকারী ছাত্রীদের "Karate" Class Routine জে দিন দিয়ে দেওয়া হবে।

অনুমোদনস্বাক্ষরে,
Sdf
অধ্যক্ষ
ধুপগুড়ি গার্লস কলেজ
Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri

[Handwritten signatures and dates: 29-02-2024, 29/02/24, 29/02/24, 29/02/24, 29/02/24, 29/02/24, 29/02/24]


Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

List of students enrolled in Karate Class

KARATE - CLASS - 2024
2nd - Semester

Sl.No	Students Name	C.Roll	Semester	Address	Mobile-no
01	Anshana Barman	08	2nd	Jesulaha puvuri	8653641622
02	RINA ROY	178	"	Uttara kankhuliya Khatimari	8637543482
03	Priya Chanda	480	"	Khangen hat, Ghatigaon Sarvaagram	7679056621
04	Papiya Julia	43	"	Grossajit hat (B) Dhupguri	8348788045
05	Bibika Roy	154	"	Dakshin kankhulia (Dausimari)	7427068064
06	Arpita Roy Barji	232	"	Dakshin Khatimari, Barji Dhupguri	9339204820
07	Monika Roy	19	"	Dakshin Khoyra Bari (Dhupguri)	9004683617
08	Sulochana Roy	328	"	Fulbari, Bhandani	7407725362
09	Purni Roy	166	"	Grossajit hat Mallik Pirra	9907571671
10	Sangeeta Roy	180	"	Dakshin Sallakri, Purbo (Dhupguri)	9083909462
11	Pranila Roy	187	"	Jamara hat, Dakshin Dhorde Simla	8653750520
12	Dipiki Roy	76	"	Uttara Khatimari Dangra	7001359149
13	Monabika Roy	177	"	Athal Bari, Nara Singhapur	8967191781
14	Punam Sarkar	189	"	Matha, Bara Bari (Dhupguri)	6297925232
15	Radhika Roy	190	"	Dakshin Bara Bari, Purbo, Dhupguri	7872332104
16	Sangita Roy	23	"	Dakshin Kankhulia, Khatimari	0641140803
17	Samipa Barman	389	"	Dhuliya Mauli Bari	9907292998
18	Suparna Roy	383	"	Ranir hat (182) Sara hat	7866828021
19	Sonali Roy	515	"	Ranir hat (183) Solmari	7602055641
20	Anita Roy	27	"	Fulbari Bhandani	7778597811
21	Sudipta Adhikari	546	"	Uttara Gosa hat Saxoyathari	8167349343
22	Sejarika Roy	202	"	Jore Shimuli Matha Bhandani	8167835080
23	Grouni Roy	44	"	Purbo Khatimari Matha	7699399716
24	Rina Roy	423	"	Purbo Magurumari Dhupguri	98327170940
25	Susmita Sarkar	251	"	Bhandani	9907133650
26	Moumita Sarkar	304	"	Purbo Dausimari	8918435407
27	Joya Ghosh	470	"	Shari Magurumari	7601863679
28	Rubbarani Parvin	29	"	Khangen hat	8509368946
29	Khatija Khatun	173	"	Khatigaon	8509790292
30	Mousumi Roy	212	"	Khangen hat	7365891380
31	Rituj Barman	72	"	Fulbari	7001198922
32	Dipshikha Barman	449	"	Fulbari	8513908996
33	Rima Barman	104	"	Fulbari	8918330484
34	Jesphikha Roy	155	"	Shari Alta	7477662087



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Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

List of students enrolled in Karate Class

Sl. No	Students Name, Roll	Series	Address	Mobile no
35	Jasmin Parvin 378	2nd	Purba Mallik Parra	7811874099
36	Boby Khatun 498	"	Baragharaiya	8250977115
37	Serina Parvin 381	"	Purba Mallik Parra	7908101106
38	Rakhi Roy 57	"	Falakata (Gala Gundari)	747835012244
39	Kanika Roy 79	"	Khattimari	8649835754
40	Malbika Roy 77	"	Khattimari	8017562710
41	Barinani Roy 103	"	Dakshin Khattimari	9347320120
42	Ruma Sarkar 140	"	Uchal Pukurri	9382508903
43	Sumana Parvin 39	"	Patkidaha	8392075720
44	Amvalina Roy 215	"	Khagenhat	8848658190
45	Nabanita Roy 70	"	Kuttar Altagram	7063499019
46	Arpita Roy 11	"	Dakshin Khattimari (Gari)	7908243930
47	Arpita Roy Pramanik 12	"	Same	8653826676
48	Dipika Barman 522	"	Ful Bari	8509623656
49	Shikha Sarkar 755	"	Ful Bari	9474804307
50	Anamika Roy 122	"	183 Shaktimari Raxi hat	8927633989
51	Monisha Roy 107	"	Purba Durramari	9933158679
52	Shibani Roy 284	"	Purba Durramari	93399538224169
53	Rakhi Sarkar 503	"	Dakshin Khattimari	6294665267
54	Parthana Sarkar 403	"	Dakshin Khattimari	8170988186
55	Riti Roy 60	"	Dakshin Khattimari	6362506582
56	Sima Roy 34	"	Dakshin Khattimari	7029151446
57	Rina Barman 346	"	Ful Bari	891851875783
58	Rabeya Khatun 494	"	Pradhan Parra Anamika Dhupguri	8327042647
59	Supriya Das 145	"	Khagenhat	8293493841
60	Dipti Barman 137	"	Keshari Bari Manthashanga	7477492299
61	Joysree Barman 397	"	Ful Bari	8637553757
62	PUJA Barman 392	"	Ful Bari	8101925156
63	Sumana Parvin 39	"	Patkidaha	8392075720
64	Pankimari Roy 573	"	Purba Mallik Parra	9002659198


Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



Mobile : 7001775112

DHUPGURI GIRLS' COLLEGE

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E-mail : dhupgurirlscollege1@gmail.com * Website : www.dhupgurirlscollege.ac.in


Ref. No.....

Date.....

5.1.2: Report with photographs on Programmes /activities conducted to enhance soft skills, Language and communication skills, and Life skills.

SAMPLE REGISTRATION FORM

Application form for Karate Class
Dhupguri Girls' College



1. Name Anchana Barman

2. Semester 2nd Semester


3. Session 2023-2024

4. Address (Full) 165 Uchal Pukuri P.O. Uchal Pukuri
Dist- Cooch Behar P.S. Mekligam Pin-735309

5. Mobile No 8653641628, 9002090954

Anchana Barman
Signature of the student

[Handwritten Signature]
Signature of the Guardian


Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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ATTENDANCE REGISTER

		DHUPGURI		GIRLS' CO											
		STUDENT'S ATTENDANCE REGISTER		for the month of <u>Mar</u>											
		CLASS.....	SEC.....	SUBJECT <u>Karate</u>											
		Total No. of Class.....		Total No.....											
Sl. No.	Roll No.	NAME OF STUDENTS	ATTEN												D A R
			13/3	14/3	15/3	16/3	17/3	18/3	19/3	20/3	21/3	22/3	23/3	24/3	
41.	122.	ANAMIRA ROY
42.	303.	RAKHI SARKAR
43.	403.	PARTHANA SARKAR
*44.	145.	SUPRIYA DAS	✓	✓	✓	P.	.	P.	P.	P.	.	.	P.	P.	.
45.	346.	RINA BARMAN	✓	✓	P.	P.	P.	.	P.	.	P.
*46.	137.	DIPTI BARMAN	L	L
*47.	307.	JOYSREE BARMAN	.	.	.	P.	P.	.	P.
48.	302.	PUJA BARMAN	L	✓	.	P.	P.	.	.	P.	P.	P.	P.	.	P.
49.	57.	RAKHI ROY	P.	P.	.	P.	.	P.
50.	70.	NABANITA ROY	.	.	.	P.	P.	.	.
51.	30.	SUMANNA PARYIA	P.	.	.
52.	543	DANKIMA ROY	✓	✓	.	P.	P.	.	P.	P.	.	.	P.	.	P.
53.	78	DIPIKA ROY	.	.	✓	P.	P.	P.	.	P.	.	P.	P.	.	P.

R. Sanyal
Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri



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Photos of Karate Class

Ruonim
Principal
Dhupguri Girls' College
Dhupguri :: Jalpaiguri