



GOVERNMENT OF WEST BENGAL
GOVERNMENT GENERAL DEGREE COLLEGE LALGARH
LALGARH:: JHARGRAM::721516
Website: www.lalgargovtcollege.org :: Telephone No.: 03221-291715



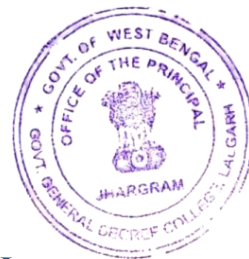
Date -28/12/2022

Notice

এতদ্বারা লালগড় সরকারি মহাবিদ্যালয়ের সকল ছাত্র-ছাত্রীদের উদ্দেশ্যে জানানো যাচ্ছে যে, আগামী ০৫/০১/২০২৩ তারিখ বৃহস্পতিবার দুপুর ১২টা থেকে “Nutritional & Physical Fitness Assessment of College Students” এর উপর একটি শিবিরের আয়োজন করা হয়েছে। শিবিরটি মহাবিদ্যালয়ের Physiology বিভাগের স্যারদের তত্ত্বাবধানে অনুষ্ঠিত হবে। উক্ত শিবিরে সকল ছাত্র-ছাত্রীকে অংশগ্রহণ করার জন্য আহ্বান জানানো হচ্ছে।

Biswamwar Chakraborty
Officer-in-Charge

Government General Degree College, Lalgarh
Lalgarh, Jhargram, 721516



GOVERNMENT OF WEST BENGAL
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Memo No/ Ref. No:

Date:


Report on the Nutritional & Physical fitness assessment of College Students

The Department of Physiology of Government General Degree College, Lalgarh successfully celebrated Students Week 2023 in collaboration with cultural sub-committee and take an initiative on health awareness' programme among students. They have organized a one-day programme titled as "Nutritional & Physical fitness assessment of College Students" on 5th Jan, 2023. The physiological status of lungs, and whether, there any discomfort in breathing among students were assessed by peak flow meter along with related questionnaires. The muscle strengths and nutritional status of students were also measured with handgrip dynamometry, and body mass index, respectively. The sample data are attached here.

GOVERNMENT GENERAL DEGREE COLLEGE, LALGARH



**Observation of
STUDENTS' WEEK 2023**



**NUTRITIONAL & PHYSICAL FITNESS
ASSESSMENT OF COLLEGE STUDENTS**

Organized by –
DEPARTMENT OF PHYSIOLOGY

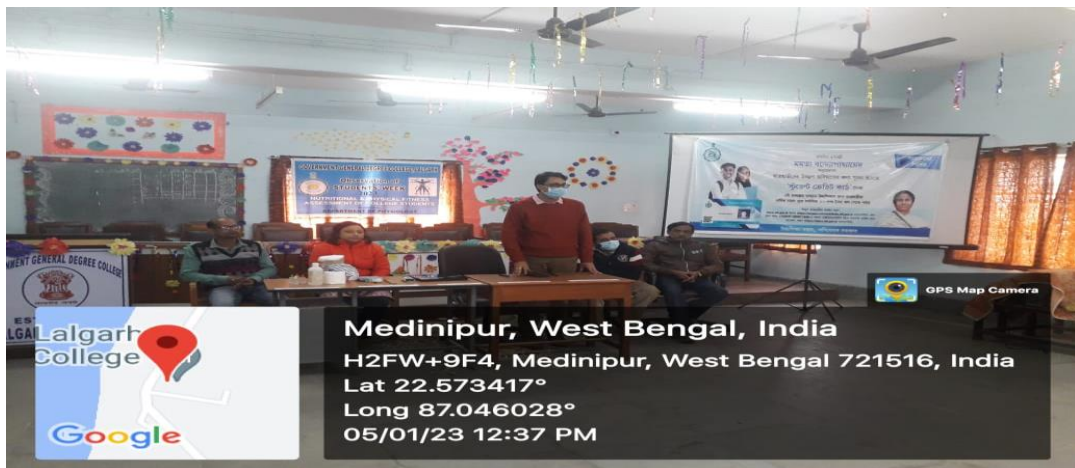
Pisunwar Chakraborty
Officer-in-Charge
Government General Degree College, Lalgarh
Lalgarh, Jhargram, 721516



Nutritional & Physical Fitness programme on 05.01.2023



Nutritional & Physical Fitness programme on 05.01.2023



Nutritional & Physical Fitness program mme on 05.01.2023

Biswanath Chakrabarty
 Officer-in-Charge
 Government General Degree College, Lalgarh
 Lalgarh, Jhargram, 721516



MUSCLE STENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2021/2022 Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Digital Handgrip Dynamometer's (Model No. _____) Level was set at _____ for male participants and _____ for female participants for the entire experiment.

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF.

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & / REMARKS by Expert
				Rt Hand	Li Hand		
1)	Molika Lohar	F	18	27.2 (w)	25.2 (w)	HW	Molika Lohar
2)	Puja senapati	F	18	26.3 (w)	23.0 (w)	S	Puja senapati
3)	Bhaskar Mahata	M	18	35.9 (w)	35.0 (w)	CF	Bhaskar Mahata
4)	Poshanta Das	M	18	23.9 (w)	26.0 (w)	S	Poshanta Das
5)	Manas Mahata Mahata	M	18	23.5 (w)	32.2 (w)	S	Manas Mahata
6)	Bikas palra	M	18	29.8 (w)	35.2 (w)	S	Bikash palra
7)	Gaurangko Chalak	M	18	30.7 (w)	31.6 (w)	CF	Gauranga Chalak
8)	Manas Mandal	M	18	54.6 (w)	45.9 (w)	R	Manas Mandal
9)	Krishanu Mandal	M	18	42.3 (w)	47.0 (w)	R	Krishanu Mandal
10)	Bikas Mudi	M	18	49.6 (w)	43.9 (w)	CF	Bikash mudi

Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/02/23

Signature of Head of the Institution:



NUTRITIONAL STATUS ASSESSMENT BY BMI

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Anthropometer used in this procedure –

Weighing Machine used in this procedure –

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

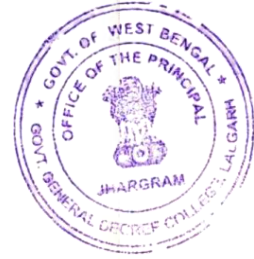
SL NO.	NAME OF STUDENT	M/ F	AGE (Y)	Height	Weight	BMI	Student's Sign. & / REMARKS by Expert
21	Manisha Pratihari	F	20	159	53.25	21.1	Manisha Pratihari
22	Anup Garnaai	M	20	165	47.25	17.4	Anup Garnaai
23	Subhojit Patra	M	20	164	49.95	18.6	Subhojit Patra
24	Jayanti Mahata.	F	18	150	54.95	24.4	Jayanti Mahata
25	Papiya Mahata.	F	19	149	55.20	24.9	Papiya Mahata
26	Bhaskar Mahata	M	19	160	45.60	17.8	Bhaskar Mahata
27	Simra Sing	F	18	145	32.85	15.6	Simra Sing
28	Rinku Mahata.	F	18	153	47.85	20.4	Rinku Mahata
29	Manas Mahata.	M	19	163	43.10	16.2	Manas Mahata
30	Marshal Baskey	M	21	167	57.70	20.7	Marshal Baskey

Place: GGDC, Lalgarh

Signature of Supervisor: Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:



NUTRITIONAL STATUS ASSESSMENT BY BMI

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Anthropometer used in this procedure –

Weighing Machine used in this procedure –

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

SL NO.	NAME OF STUDENT	M/ F	AGE (Y)	Height (cm)	Weight (Kg)	BMI	Student's Sign. & / REMARKS by Expert
11.	Sukanta Shit	M	21	171	52.80	18.1	Sukanta Shit
12.	Krishan Das	M	18	169	66.55	20.8	Krishan Das
13.	Payel Ghosh	F	18	149	36.70	16.5	Payel Ghosh
14.	Abhishek Rambah	M	20	176	53.55	17.3	Abhishek Rambah
15.	Sourav Pal	M	19	164	54.65	20.3	Sourav Pal
16.	Dipak Dandapat	M	18	163	44.85	16.9	Dipak Dandapat
17.	Suparna Das	F	18	155	42.90	17.9	Suparna Das
18.	Subrata Bej	M	18	167	48.70	17.5	Subrata Bej
19.	Bipasha Sing	F	18	154	44.35	18.7	Bipasha Sing
20.	Falguni Banerjee	F	20	158	51.75	23.5	Falguni Banerjee

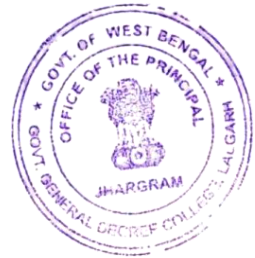
Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:



PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Peak Flow Meter used in this procedure -

Ethyl Alcohol, Cotton, Tissue Paper used in this process for cleaning & sanitization of the instrument during each use -

The process and implications of such experiments were clarified to all participants, and only after their spontaneous will they have been included for this assessment.

Notation: ASTHMA-A, SNEEZING-S, RESPIRATORY DISTRESS-RD, DUST ALLEGY-DA

SL NO	NAME OF STUDENT	M/F	AGE (Y)	VOLUME	A/S/RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & REMARKS by Expert
61.	Surajit Chakrabarti	M	23	440	-	Surajit Chakrabarti
62.	Shampa Patra	F	18	320	-	Shampa Patra
63.	Shreya Roy	F	20	350	Yes Yes	Shreya Roy
64.	Bidisha Khanna	F	18	160	-	Bidisha Khanna
65.	Bipasha Singha Roy	F	18	390	-	Bipasha Singha Roy
66.	Riya Singha Roy	F	19	390	-	Riya Singha Roy
67.	Barun Mahata	M	19	470	-	Barun Mahata
68.	Sonali Kar	F	20	340	-	Sonali Kar
69.	Mousumi Mandal	F	19	300	-	Mousumi Mandal
70.	Arifa Mahata	F	19	310	-	Arifa Mahata

Place: GGDC, Lalgarh

Signature of Supervisor:

Dr. Nandini

Date: 05/01/23

Signature of Head of the Institution:

[Signature]

PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Peak Flow Meter used in this procedure -

Ethyl Alcohol, Cotton, Tissue Paper used in this process for cleaning & sanitization of the instrument during each use -

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: ASTHMA=A, SNEEZING=S, RESPIRATORY DISTRESS=RD, DUST ALLEGY=DA

SL NO.	NAME OF STUDENT	M/F	AGE (Y)	VOLUME	A/S/RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & / REMARKS by Expert
51.	Puja sanapati	F	19	260	—	Puja sanapati
52.	Bhaskar Mahata	M	19	420	—	Bhaskar Mahata
53.	Prasanta Das	M	19	290	—	Prasanta Das
54.	Manash Mahata	M	19	330	—	Manash Mahata
55.	Bikash Patra	M	21	300	—	Bikash Patra
56.	Gouranga Chalak	M	19	390	—	Gouranga Chalak
57.	Manash Mandal	M	20	490	—	Manash Mandal
58.	Kishanu Mandal	M	19	440	—	Kishanu Mandal
59.	Bikash Mudi	M	21	510	—	Bikash Mudi
60.	Mangaldip Chalak	M	19	360	—	Mangaldip Chalak

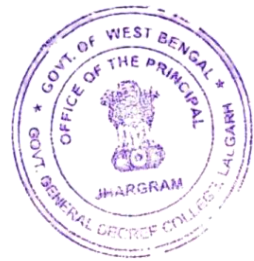
Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:



PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

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Notation: ASTHMA=A, SNEEZING=S, RESPIRATORY DISTRESS=RD, DUST ALLEGY=DA

SL NO.	NAME OF STUDENT	M/F	AGE (Y)	VOLUME	A/S/RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & REMARKS by Expert
41.	Shikha Dhal	F	18	230	-	Shikha Dhal
42.	Subhajit Patra	M	21	490	-	Subhajit Patra
43.	Bumbajit Dahi	M	22	430	-	Bumbajit Dahi
44.	Mangli Hembram	F	22	320	-	Mangli Hembram
45.	Manisha Hembram	F	19	260	-	Manisha Hembram
46.	Nayan Patra	M	20	320	DA	Nayan Patra
47.	Anup Patra	M	19	380	-	Anup Patra
48.	Marshall Baskey	M	21	260	-	Marshall Baskey
49.	Bubay Misra	M	24	450	-	Bubay Misra
50.	Mallika Lahar	F	19	270	-	Mallika Lahar

Place: GGDC, Lalgarh

Signature of Supervisor: *Pratima Nandi*

Date: 05/01/23

Signature of Head of the Institution: *[Signature]*



PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

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Notation: ASTHMA=A, SNEEZING=S, RESPIRATORY DISTRESS=RD, DUST ALLEGY=DA

SL NO.	NAME OF STUDENT	M/F	AGE (Y)	VOLUME	A/S RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & REMARKS by Expert
31.	Falguni benarje	F	20	310	—	Falguni Banerjee
32.	Manisha Pratihari	F	20	210	—	Manisha Pratihari
33.	Jayanta Ghorai	M	19	290	—	Jayanta Ghorai
34.	Arup Ghorai	M	19	290	DA	Arup Ghorai
35.	Shivamaraya Dube	M	18	340	—	Shivamaraya Dube
36.	Pama Saren	F	20	400	—	Pama Saren
37.	Moumita Singh	F	18	320	—	Moumita Singh
38.	Supriya Mandal	F	18	300	—	Supriya Mandal
39.	Indrajit Paul	M	20	330	—	Indrajit Paul
40.	Suparna Chakrabarti	F	18	320	—	Suparna Chakrabarti

Place: GGDC, Lalgarh

Signature of Supervisor:

Partha Nandi

Date: 05/01/23

Signature of Head of the Institution:



PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

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Notation: ASTHMA=A, SNEEZING=S, RESPIRATORY DISTRESS=RD, DUST ALLEGY=DA

SL NO.	NAME OF STUDENT	M/ F	AGE (Y)	VOLUME	A/S/RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & / REMARKS by Expert
21.	Amit Das	M	18	540	—	Amit Das
22.	Sandip pratra	M	18	330	—	Sandip Pratra
23.	Sudip pratra	M	19	440	—	Sudip Pratra
24.	Gourab pal	M	19	450	—	Gourab Pal
25.	Avijit Singh	M	22	510	—	Avijit Singh
26.	Bhobhasachi Das	M	18	260	—	Sarbhasachi Das
27.	Subil Lahar	M	21	590	—	Subil Lahar
28.	Sumir Geori	M	20	320	—	Sumir Geori
29.	Souvik Khan	M	19	410	—	Souvik Khan
30.	Sathi Dhibar	F	18	280	—	Sathi Dhibar

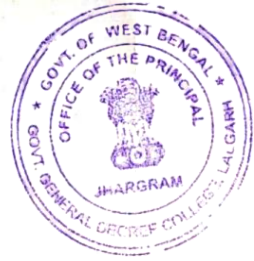
Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:



MUSCLE STENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Digital Handgrip Dynamometer's (Model No. - _____)

_____ for female participants for the entire experiment.

) Level was set at _____ for male participants and

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF.

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & / REMARKS by Expert
				Rt Hand	Lt Hand		
①	Mongldip chalak	M	18	31.3 (w)	32.2 (w)	CF	Mangal deep chalak
②	Surajit Chalak	M	18	34.3 (w)	35.1 (w)	R	Surajit chalak
④	Mousumi Mahdal	F	18	30.2 (w)	35.8 (w)	S	Mousumi. Mandel
⑤	Rita Mahata	F	18	29.3 (w)	24.2 (w)	R	Rita Mahata
⑥	.						

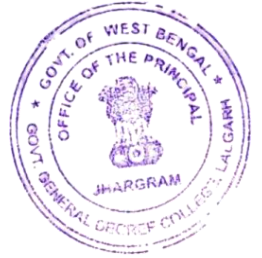
Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

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MUSCLE STENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Digital Handgrip Dynamometer's (Model No. _____) Level was set at _____ for male participants and _____ for female participants for the entire experiment.

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF,

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & / REMARKS by Expert
				Rt Hand	Li Hand		
1	Tarun Prasad	M	18	53.2 (N)	62.8 (N)	R	Tarun Prasad
2	Krishan Das	M	18	41.2 (N)	41.7 (N)	CF	Krishan Das
3	Ranjay Sngawan	M	18	37.5 (N)	35.6 (N)	CF	Ranjay Sngawan
4	Sumon Dhiban	M	18	47.9 (N)	43.8 (N)	R	Sumon Dhiban
5	Suprim Mana	M	18	53.2 (N)	46.8 (N)	CF	Suprim Mana
6	Dipok Dandapat	M	18	38.8 (N)	32.9 (N)	CF	Dipok Dandapat
7	Suproto Basu	M	18	34.0 (N)	33.3 (N)	R	Suproto Basu
8	Dasarath Pal	M	18	37.7 (N)	31.0 (N)	CF	Dasarath Pal
9	Sima Sing	F	18	24.4 (N)	20.1 (N)	S	Sima Sing
10	Rita Bayen	F	18	21.5 (N)	21.1 (N)	S	Rita Bayen

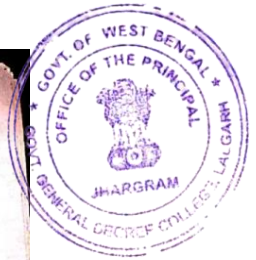
Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:



①

MUSCLE STRENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

INCO EH201 Electronic Hand Dynamometer

Digital Handgrip Dynamometer's (Model No.- 1) Level was set at 03 for male participants and 01 for female participants for the entire experiment.

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF,

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STRENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & REMARKS by Expert
				Rt Hand	Lt Hand		
1.	Amit Das Amit Das	M	18	31.9 (N)	25.7 (N)	HW	Amit Das Amit Das
2.	Jayanta Pal Jayanta Pal	M	18	33.1 (N)	34.6 (N)	R	Jayanta Pal Jayanta Pal
3.	Sourav Mahata	M	18	66.2 (N)	80.8 (N)	R	Sourav Mahata Sourav Mahata
4.	Borun Mahata	M	18	49.9 (N)	65.4 (N)	R	Borun Mahata
5.	Riya Singhariy	F	18	25.00 (N)	20.1 (N)	S	Riya Singhariy
6.	Supriti Jana	F	18	68.4 (N)	64.4 (N)	S	Supriti Jana
7.	Archana Dhauria	F	18	23.5 (N)	19.3 (N)	S	Archana Dhauria
8.	Jayanti Mahata	F	18	21.5 (N)	15.5 (N)	S	Jayanti Mahata
9.	Papiya Mahata	F	18	20.6 (N)	17.0 (N)	S	Papiya Mahata
10.	Avishkar Ranbar	M	18	107.2 (N)	107.0 (N)	R	Avishkar Ranbar

Place: GGDC, Lalgarh

Signature of Supervisor: Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution: [Signature]



MUSCLE STENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Digital Handgrip Dynamometer's (Model No. _____) Level was set at _____ for male participants and _____ for female participants for the entire experiment.

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF.

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & REMARKS by Expert
				Rt Hand	Lt Hand		
1	Rinku Mahata	F	18	22.9 (N)	19.1 (N)	S	Rinku Mahata
2	Payel ghosray	F	18	22.9 (N)	20.9 (N)	S	Payel Ghosray
3	Suparna Das	F	18	24.1 (N)	21.0 (N)	R	Suparna Das
4	Bipasha Sing	F	18	29.0 (N)	22.8 (N)	HW	Bipasha Sing
5	Sub Subin Lohan	M	18	41.8 (N)	47.7 (N)	R, CF	Subin Lohan
6	Saurav pal	M	18	31.4 (N)	30.8 (N)	S	Saurav Pal
7	Sudip patra	M	18	39.1 (N)	38.3 (N)	CF	Sudip Patra
8	Avijit sing	M	18	37.9 (N)	32.2 (N)	S	Avijit singh
9	Sabyasachi Das	M	18	41.5 (N)	33.2 (N)	R	Sabyasachi Das
10	Souvik Khan	M	18	42.9 (N)	32.2 (N)	S	Souvik Khan

Place: GGDC, Lalgarh

Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:



MUSCLE STENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Digital Handgrip Dynamometer's (Model No. -) Level was set at ___ for male participants and ___ for female participants for the entire experiment.

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF.

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & REMARKS by Expert
				Rt Hand	Lt Hand		
1	Jayanta gorai	M	18	41.9 (w)	34.2 (w)	HW	Jayanta Gorai
2	Sondip patra	M	18	42.7 (w)	38.7 (w)	S	Sandip Patra
3	Arup gorai	M	18	35.2 (w)	37.7 (w)	CF	Arup Gorai
4	Monisa potihar	F	18	15.2 (w)	12.6 (w)	S	Manisha Potihar
5	Falguni banerjee	F	18	23.5 (w)	22.4 (w)	S	Falguni Banerjee
6	Upama Soren	F	18	24.7 (w)	20.5 (w)	R	Pama Soren
7	Indrajitpatra	M	18	33.7 (w)	30.0 (w)	R	Indrajit Patra
8	Sibnarayan dube	M	18	37.3 (w)	34.9 (w)	CF	Sibnarayan Dubey
9	Suvraj Subhasit patra	M	18	35.6 (w)	30.6 (w)	CF	Subhasit Patra
10	Bumbarit Dli	M	18	34.0 (w)	34.0 (w)	CF	Bumbarit Dali

Place: GGDC, Lalgarh

Signature of Supervisor:

Dr. Nandi

Date: 05/01/23

Signature of Head of the Institution:

MUSCLE STENGTH MEASUREMENT WITH HANDGRIP DYNAMOMETRY

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Digital Handgrip Dynamometer's (Model No. _____) Level was set at _____ for male participants and _____ for female participants for the entire experiment.

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: Sedentary = S, Heavy Work = HW, Fishery = F, Running = R, Cricket-Football = CF.

S L N O	NAME OF STUDENT	M/ F	AGE (Y)	MUSCLE STENGTH		Daily Physical Activity (S/HW/F/R/CF/Any Other, specify)	Student's Sign. & REMARKS by Expert
				Rt Hand	Lt Hand		
1	Nayan patra	M	18	40.4 (N)	29.6 (N)	HW	Nayan Patra
2	Moumita Sing	F	18	26.7 (N)	23.9 (N)	S	Moumita Sing
3	Supriya Mondal	F	18	22.6 (N)	18.9 (N)	S	Supriya Mondal
4	Suparna chalok	F	18	30.6 (N)	29.4 (N)	S	Suparna Chalok
5	Sikh Dpl	F	18	18.4 (N)	16.4 (N)	S	Sekha bhal
6	Mangli Hemroom	F	18	22.2 (N)	18.4 (N)	S	Mangli Hembram
7	Monisha Hemroom	F	18	16.3 (N)	23.8 (N)	R	Monisha Hembram
8	Anup patra	M	18	37.4 (N)	32.7 (N)	R	Anup Patra
9	Marshall Basky	M	18	30.2 (N)	30.7 (N)	CF	Marshall Basky
10	Bubai Misra	M	18	30.9 (N)	40.9 (N)	S	Bubai Misra

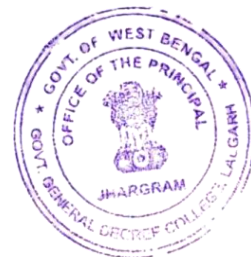
Place: GGDC, Lalgarh

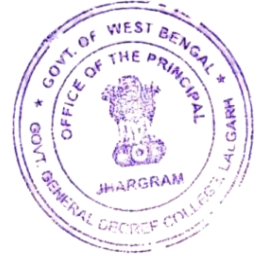
Signature of Supervisor:

Pooja Nandi

Date: 05/01/23

Signature of Head of the Institution:





PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Peak Flow Meter used in this procedure -

Ethyl Alcohol, Cotton, Tissue Paper used in this process for cleaning & sanitization of the instrument during each use -

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: ASTHMA=A, SNEEZING=S, RESPIRATORY DISTRESS=RD, DUST ALLEGY=DA

SL NO.	NAME OF STUDENT	M/ F	AGE (Y)	VOLUME	A/S/RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & / REMARKS by Expert
11.	Supriti Jana	F	18	310	—	Supriti Jana
12.	Suparna Das	F	18	320	—	Suparna Das
13.	Payal Ghoshai	F	18	270	—	Payal Ghoshai
14.	Bipasha Sing	F	18	260	—	Bipasha Sing
15.	Sima Sing	F	18	320	—	Sima Sing
16.	Rita Bain	F	18	260	—	Rita Bain
17.	Rinku Mahata	F	18	300	—	Rinku Mahata
18.	Jayanti Mahata	F	18	220	—	Jayanti Mahata
19.	Papita Mahata	F	19	290	—	Papita Mahata
20.	Jayanta pal	M	19	410	—	Jayanta pal

Place: GGDC, Lalgarh

Signature of Supervisor: *Pooja Nandi*

Date: 05/01/23

Signature of Head of the Institution: *[Signature]*



PULMONARY FUNCTION ASSESSMENT BY PEAK FLOW METER

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalganah)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Peak Flow Meter used in this procedure – JSB N02 Peak Flow Meter

Ethyl Alcohol, Cotton, Tissue Paper used in this process for cleaning & sanitization of the instrument during each use - Ethanol Absolute (CTAN Agro), Satek Plus Tissue Paper,

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

Notation: ASTHMA=A, SNEEZING=S, RESPIRATORY DISTRESS=RD, DUST ALLEGY=DA

SL NO.	NAME OF STUDENT	M/F	AGE (Y)	VOLUME	A/S/RD/DA (If Yes, then duration & family history of Asthma)	Student's Sign. & / REMARKS by Expert
1.	GK. Najim	M	18	350	—	GK. Najim
2.	Avishkek Rambaj	M	20	310	—	Avishkek Rambaj
3.	Tarun Paramanik	M	18	300	—	Tarun Paramanik
4.	Krishan Das	M	18	550	—	Krishan Das
5.	Ranjan Shyamal	M	18	340	—	Ranjan Shyamal
6.	Suman Dhibar	M	18	450	—	Suman Dhibar
7.	Suprim Mana	M	18	380	—	Suprim Mana
8.	Dipak Dandapat	M	18	360	—	Dipak Dandapat
9.	Subrata Baj	M	18	320	—	Subrata Baj
10.	Anehana Dhasuria	F	18	250	Yes	Anehana Dhasuria

Place: GGDC, Lalganah

Signature of Supervisor:

Partha Nandi

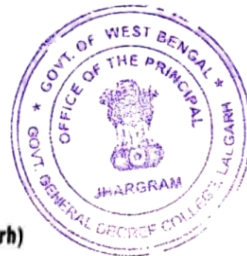
Date: 05/01/23

Signature of Head of the Institution:

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Biswajit Chakraborty
Officer-in-Charge

Government General Degree College, Lalganah
Lalganah, Jhargram, 721516



NUTRITIONAL STATUS ASSESSMENT BY BMI

(On the occasion of STUDENTS' WEEK 2023, Organized by Dept. of Physiology, GGDC, Lalgarh)

(All data are collected from 1st semester students of GGDC, LALGARH through proper channel, and by maintaining proper protocol & procedure of such experiments and current COVID-19 hygiene guidelines.)

Anthropometer used in this procedure – *Standard anthropometric grade*

Weighing Machine used in this procedure – *Standard daily use*

The process and implications of such experiments were clarified to all participants; and only after their spontaneous will they have been included for this assessment.

SL NO.	NAME OF STUDENT	M/ F	AGE (Y)	Height (cm)	Weight (kg)	BMI	Student's Sign. & / REMARKS by Expert
1.	Rita Bajer	F	18	146	35.55	16.7	Rita Bajer (Under weight)
2.	Dasarath Pal	M	19	163	54.20	20.4	Dasarath Pal
3.	Jayanta Pal	M	19	164	48.55	18.1	Jayanta pal
4.	Supriya Jana	F	18	161	45.30	17.5	Supriya Jana
5.	Anchana Dhanra	F	18	153	48.60	20.8	Anchana Dhanra
6.	Suman Dhiban	M	18	177	57	18.2	Suman Dhiban
7.	Tarun Paramanik	M	18	173	58.45	19.5	Tarun Paramanik
8.	Suman Bera	M	21	171	60.50	20.7	Suman Bera
9.	Suprim Maha	M	18	172	58.45	19.8	Suprim Maha
10.	Subir Lohan	M	21	160	61.90	24.2	Subir Lohan

Place: GGDC, Lalgarh

Signature of Supervisor: *Pooja Nandi*

Date: 05/01/23

Signature of Head of the Institution: *Pooja Nandi*

Biswajit Chakraborty
Officer-in-Charge

Government General Degree College, Lalgarh
Lalgarh, Jhargram, 721516