

**RAI SAHEB BHANWAR SINGH COLLEGE
NASRULLAGANJ**



**5.1.3 CAPACITY BUILDING AND SKILLS ENHANCEMENT
INITIATIVES TAKEN BY THE INSTITUTION INCLUDE THE
FOLLOWING (10)**

1. SOFT SKILLS, 2. LANGUAGE AND COMMUNICATION SKILLS, 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE), 4. ICT/COMPUTING SKILLS

ANNUAL REPORT


(2023-24)

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

1. Soft skills, 2. Language and communication skills, 3. Life skills (Yoga, physical fitness, health and hygiene), 4. ICT/computing skills

Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Language and Communication Skills Programme	01-12-2023 to 15-12-2023	15	RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.- SEHORE(M.P.)
Language and Communication Skills Programme	01-02-2024 to 15-02-2024	15	RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.- SEHORE(M.P.)
PHYSICAL FITNESS TRAINING PROGRAM	:24-01-2024 to 23-02-2024	30	RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.- SEHORE(M.P.)
Beauty and Wellness	16-12-2023 to 30-01-2024	15	RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.- SEHORE(M.P.)


N.A.C.
DIRECTOR


Principal
Shree Bhawanwar Singh College
Nasrullaganj (M.P.)

RAI SAHEB BHANWAR SINGH COLLEGE,
BHAIRUNDA (NASRULLAGANJ), SEHORE (MP) 466331



Ph. No. 9617758182, 9425651620

Email Id - rsbcollege@yahoo.in

Website - www.rsbcollege.org

NAAC - B++ GRADE



Ref. / 2024

Bhairunda, Date - 28-11-2023

// आवश्यक सूचना //

महाविद्यालय के समस्त विद्यार्थियों को सूचित किया जाता है कि दिनांक 01.12.2023 से 15.12.2023 तक महाविद्यालय में लैंग्वेज एंड कम्युनिकेशन स्किल प्रोग्राम का आयोजन किया जा रहा है

अतः इच्छुक विद्यार्थी अपना नाम विभाग अध्यक्ष एवं संबंधित प्रभारी के पास अनिवार्य रूप से लिखवा दें

प्रोग्राम समय प्रातः 10:00 से 12:00 बजे तक रहेगा

प्रभारी

लैंग्वेज एंड कम्युनिकेशन स्किल प्रोग्राम

28.11.2023

प्राचार्य

राय साहब भेंवर सिंह महाविद्यालय
भैरुंदा (नसरुल्लागंज) जिला-सीहोर
Principal
Rai Sahab Bhanwar Singh College
Bhairunda (Nasrullaganj) Distt - Sehore
(M.P.)

**RAI SAHEB BHANWAR SINGH COLLEGE, BHAIRUNDA
(NASRULLAGANJ), SEHORE (MP) 466331**



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Ref. / 2024

Bhairunda, Date - 28-01-2024

// आवश्यक सूचना //

महाविद्यालय के समस्त विद्यार्थियों को सूचित किया जाता है कि दिनांक 01.02.2024 से 15.02.2024 तक महाविद्यालय में लैंग्वेज एंड कम्युनिकेशन स्किल प्रोग्राम का आयोजन किया जा रहा है

अतः इच्छुक विद्यार्थी अपना नाम विभाग अध्यक्ष एवं संबंधित प्रभारी के पास अनिवार्य रूप से लिखवा दें

इसका प्रोग्राम समय प्रातः 10:00 से 12:00 बजे तक रहेगा

प्रभारी

लैंग्वेज एंड कम्युनिकेशन स्किल प्रोग्राम

28.1.2024
प्राचार्य

राय साहय भेंवर सिंह महाविद्यालय
भैरुंदा (नसरुल्लागंज) जिला-सीहोर College
Nasrullaganj (M.P.)

RAI SAHEB BHANWAR SINGH COLLEGE, BHAIRUNDA
(NASRULLAGANJ), SEHORE (MP) 466331



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NAAC - B++ GRADE



Ref. /2024

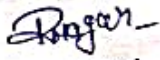
Bhairunda, Date - 29-11-2023

// आवश्यक सूचना //

महाविद्यालय के समस्त विद्यार्थियों को सूचित किया जाता है कि दिनांक 16.12.2023 से 30.01.2024 तक महाविद्यालय में व्यूटी एंड वेलनेस प्रोग्राम का आयोजन किया जा रहा है

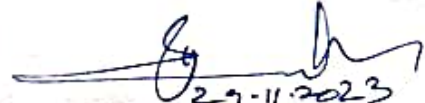
अतः इच्छुक विद्यार्थी अपना नाम विभाग अध्यक्ष एवं संबंधित प्रभारी के पास अनिवार्य रूप से लिखवा दें

इसका प्रोग्राम समय प्रातः 10:00 से 12:00 बजे तक रहेगा



प्रभारी

व्यूटी एंड वेलनेस प्रोग्राम


29-11-2023
प्राचार्य

राय साहब भैवर सिंह महाविद्यालय
Sehore Bhawan Singh College
भैरुंदा (नसरुल्लागंज) जिला सीहोर
Nasrullaganj (M.P.)

**RAI SAHEB BHANWAR SINGH COLLEGE, BHAIRUNDA
(NASRULLAGANJ), SEHORE (MP) 466331**



Ph. No. 9617758182, 9425651620
Email Id - rsbcollege@yahoo.in
Website - www.rsbcollege.org
NAAC - B++ GRADE



Ref. / 2024

Bhairunda, Date -17-01-2024

// आवश्यक सूचना //

महाविद्यालय के समस्त विद्यार्थियों को सूचित किया जाता है कि दिनांक 24.01.2024 से 23.02.2024 तक महाविद्यालय में फिजिकल फिटनेस प्रोग्राम का आयोजन किया जा रहा है

अतः इच्छुक विद्यार्थी अपना नाम विभाग अध्यक्ष एवं संबंधित प्रभारी के पास अनिवार्य रूप से लिखवा दें

प्रोग्राम समय प्रातः 6:00 से 8:00 बजे तक रहेगा

प्रभारी
फिजिकल फिटनेस प्रोग्राम

17.1.2024
प्राचार्य
राय साहब भैरव सिंह महाविद्यालय
भैरुन्दा (नसरुल्लगंज) जिला-सीहोर
Nasrullaganj (M P)

प्रति,

श्रीमान प्राचार्य महोदय जी,
राय साहब भँवरसिंह महाविद्यालय
भैरुदा (साला), सिहोर

विषय :- महाविद्यालय के चेतक ग्राऊंड में वर्कआउट हेतु आवेदन पत्र

महोदय जी,

विषयांतरगत दिनत्र निवेदन है कि मेरे द्वारा विगत 1 वर्ष से चेतक ग्राऊंड में वर्कआउट करवाया जा रहा है जिसमें एम.पी. पुलिस, आर्मी आदि के अभ्यार्थी उपस्थित रहते हैं, मेरे समूह के 15 अभ्यार्थी नियमित रूप से वर्कआउट करते हैं।

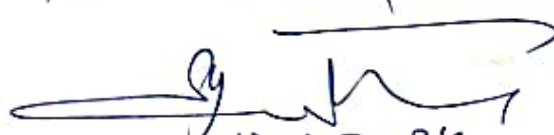
अतः सविनय निवेदन है कि 15 विद्यार्थियों की फिजिकल फिटनेस प्रोग्राम में सम्मिलित होने की अनुमति प्रदान करने की कृपा करें।

सधन्यवाद!

दिनांक 17.01.2024

भवदीय

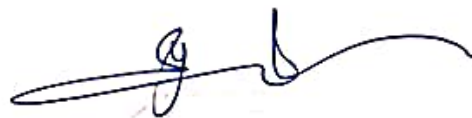
1. विकास कुमार
2. चेतन पुरी
3. विशाल ठाकुर
4. उर्वशी वर्मा
5. स्वाती उइके
6. किरण
7. निखिल
8. भहेन्द्र कुमार
9. अभिनेश पुरी
10. निलेश कुमार
11. तुन
12. मेघा
13. सालोनी
14. संध्या
15. आयुष

उद्योग
श्री. रा. कल्याण

17.1.2024

Principal

Dr. Sahab Bhanwar Singh College
Nasrullaganj (M.P.)

List of the Participants				
Name of the Class: B.ed I Year				
Name of Department: Education				
Date:-01-12-2023 to 15-12-2023				
Name of the Programme: Language and Communication Skills				
S.No	SCH.NO	Name of the Students	Father'S Name	Class
1	201580	Varsha	Rajesh	B.ed 1 st year
2	201581	Shubham Sharma	Dinesh Chandra Sharma	B.ed 1 st year
3	201582	Meena malviya	Uttam singh malviya	B.ed 1 st year
4	201583	Harish varma	Mahesh varma	B.ed 1 st year
5	201585	Kanchan	Murlidhar	B.ed 1 st year
6	201586	Frooti panwar	Manohar singh panwar	B.ed 1 st year
7	201587	Laxmi joshi	Balkishan	B.ed 1 st year
8	201589	Archi agrawal	Ajay afrawal	B.ed 1 st year
9	201590	Anjali	Basantram	B.ed 1 st year
10	201591	Tanu Sharma	Ishwar Sharma	B.ed 1 st year
11	201592	Krishnakant yadav	Dayaram yadav	B.ed 1 st year
12	201593	Shristi yadav	Surendra yadav Suresh	B.ed 1 st year B.ed 1 st year
13	201594	Laxmi	Suresh	B.ed 1 st year
14	201595	Lavesh kumar	Bhuvneshwar Prasad	B.ed 1 st year
15	201596	Alok saini	Kishor saini	B.ed 1 st year

Principal
 Sri Sahab Bhanwar Singh College
 Nasrullaganj (M.P.)

List of the Participants

Name of the Class: B.ed 1 Year

Name of Department: Education

Date:-01-12-2023 to 15-12-2023

Name of the Programme: Language and Communication Skills

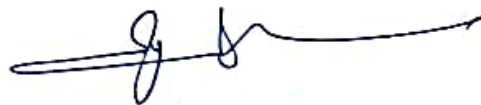
Attendance Sheet


S.No	SCH.NO	Name of the Students	Class	Signature	Attendance Sheet														
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	201580	Varsha	B.ed 1 st year		P	P	P	P	P	P	A	P	P	P	P	P	P	A	P
2	201581	Shubham Sharma	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3	201582	Meena malviya	B.ed 1 st year		P	P	P	A	P	P	P	P	P	P	P	A	P	P	P
4	201583	Harish varma	B.ed 1 st year		P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
5	201585	Kanchan	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	201586	Frooti panwar	B.ed 1 st year		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
7	201587	Laxmi joshi	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	201589	Archi agrawal	B.ed 1 st year		P	P	P	P	P	A	P	P	P	P	P	P	P	A	P
9	201590	Anjali	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	201591	Tanu Sharma	B.ed 1 st year		P	P	A	P	P	P	P	A	P	P	P	P	P	P	P
11	201592	Krishnakant yadav	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	201593	Shristi yadav	B.ed 1 st year		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
13	201594	Laxmi	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	A	P	P	P	A
14	201595	Lavesh kumar	B.ed 1 st year		P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
15	201596	Alok saini	B.ed 1 st year		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

List of the Participants			
Name of the Class: B.Sc 2 nd Year			
Name of Department: Science			
Date: 01-02-2024 to 15-02-2024			
Name of the Programme: Language and Communication Skills			
S.No	SCH.NO	Name of the Students	Class
1	108244	Himanshi Maheshwari	B.Sc 2 nd year
2	108225	Priyanshi Chandravanshi	B.Sc 2 nd year
3	108197	Sansrati Makwana	B.Sc 2 nd year
4	108191	Pooja Rai	B.Sc 2 nd year
5	108176	Shivani Panwar	B.Sc 2 nd year
6	108201	Sheetal Panwar	B.Sc 2 nd year
7	108133	Anmol Hariyale	B.Sc 2 nd year

List of the Participants				
Name of the Class: B.A. 2 nd Year				
Name of Department: Humanities				
Date: 01.02.2024 to 15.02.2024				
Name of the Programme: Language and Communication Skills				
S.No	SCH.NO	Name of the Students	Father's Name	Class
1	108671	AARSHEE KHAN	GAFFAR KHAN	B.A. 2 nd year
2	108753	AARTI	HEMRAJ	B.A. 2 nd year
3	108789	AJAY JAT	RAMNIWAS JAT	B.A. 2 nd year
4	108570	AMAN RAJPUT	ANAND SINGH RAJPUT	B.A. 2 nd year
5	108766	ANISH	NASIM	B.A. 2 nd year
6	108732	AYUSH YADAV	DWARKA PRASAD YADAV	B.A. 2 nd year
7	108173	BALVEER PANWAR	SANTOSH KUMAR	B.A. 2 nd year
8	108157	BHANU PRATAP BHATI	KARAN SINGH BHATI	B.A. 2 nd year






Principal
K. Seheb Bhanwar Singh College
Nasrullaganj (M.P.)

List of the Participants

Name of the Class: B.Sc 2nd Year

Name of Department: Science

Date: 01-02-2024 to 15-02-2024

Name of the Programme: Language and Communication Skills

S.No	SCH.NO	Name of the Students	Class	Signature	Attendance Sheet														
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	108671	AARSHEE KHAN	B.A.2 nd year	<i>Aarshyee</i>	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
2	108753	AARTI	B.A.2 nd year	<i>Aarthy</i>	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
3	108789	ALAY JAT	B.A.2 nd year	<i>Alay</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4	108570	AMAN RAJPUT	B.A.2 nd year	<i>Aman</i>	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P
5	108766	ANISH	B.A.2 nd year	<i>Anish</i>	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
6	108732	AVUSH YADAV	B.A.2 nd year	<i>Avush</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	108173	BALVEER PANWAR	B.A.2 nd year	<i>Balveer</i>	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P
8	108157	BHANU PRATAP BHATI	B.A.2 nd year	<i>Bhanu</i>	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P

[Handwritten Signature]

IQAC
COORDINATOR

Principal
3rd St. School, Dwaragarh, Surga, College
Masriganj (M.P.)

[Handwritten Signature]

[Handwritten Signature]

List of the Participants

Name of the Class: B.Sc 2nd Year

Name of Department: Science

Date: 01-02-2024 to 15-02-2024

Name of the Programme: Language and Communication Skills

Attendance Sheet

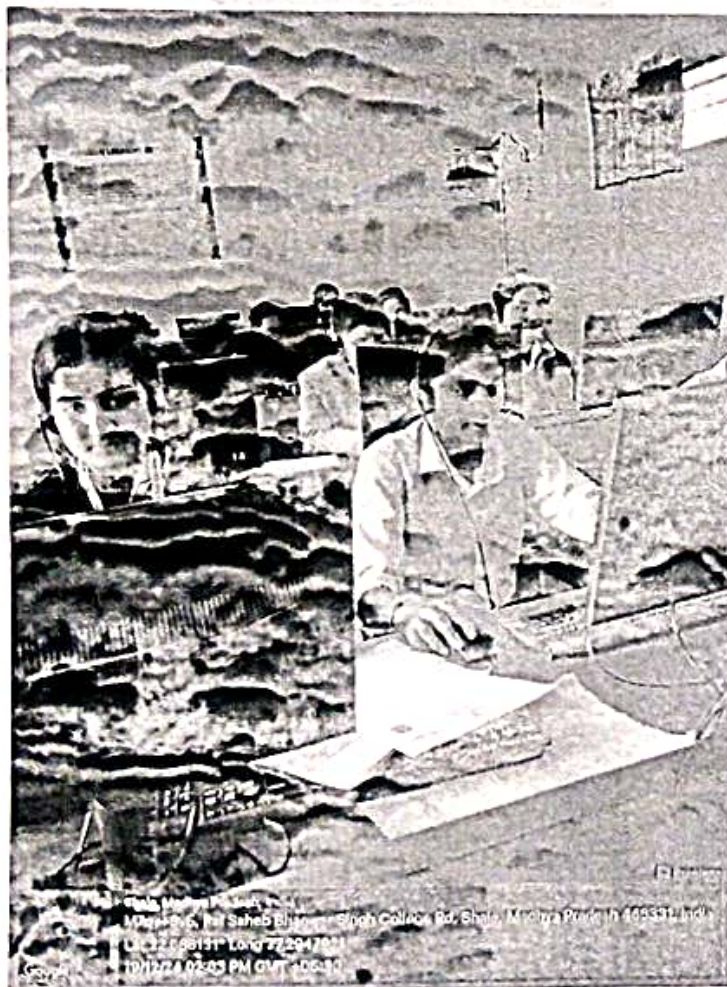
S.No	SCH.NO	Name of the Students	Class	Signature	Attendance Sheet														
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	108244	Himanshi Maheshwari	B.Sc 2 nd year		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
2	108225	Priyanshi Chandravanshi	B.Sc 2 nd year		A	P	P	P	P	P	P	P	P	P	A	P	P	A	P
3	108197	Sansrati Makwana	B.Sc 2 nd year		P	P	A	P	P	P	P	P	P	P	P	P	P	A	P
4	108191	Pooja Rai	B.Sc 2 nd year		P	P	P	P	P	P	A	P	P	P	A	P	P	A	P
5	108176	Shivani Panwar	B.Sc 2 nd year		P	A	P	P	P	P	P	P	P	P	A	P	P	P	P
6	108201	Sheetal Panwar	B.Sc 2 nd year		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
7	108133	Anmol Hariyale	B.Sc 2 nd year		P	A	P	P	P	P	P	A	P	P	A	P	P	A	P

COORDINATOR

Principal
Vai Sahod Bhambur Singh College
Nasrullaganj (M.P.)

Language and communication skill :-

we want to develop the communication of the students in various ways/fields in order to make them good speaker and easier of the competitive examinations and interviews. Rai Saheb bhanwar Singh College has a language lab. We started classes in the month of December 2023 & February 2024 management has provided 30 computer system with earphones to the students for the classes. These computers are connected with the windows 7 ,10 & 11 MS office, Oracle, Java,Net, visual basic, Adopt Reader and Photoshop and there some Audio video clip and articles are available which are vere useful for the students/beginners to learn the English language easily with proper pronunciations and vocabularies.



Like video clip :-

Interview

Public speaking

News reading

Telephone

Classroom

Grammar portions:-

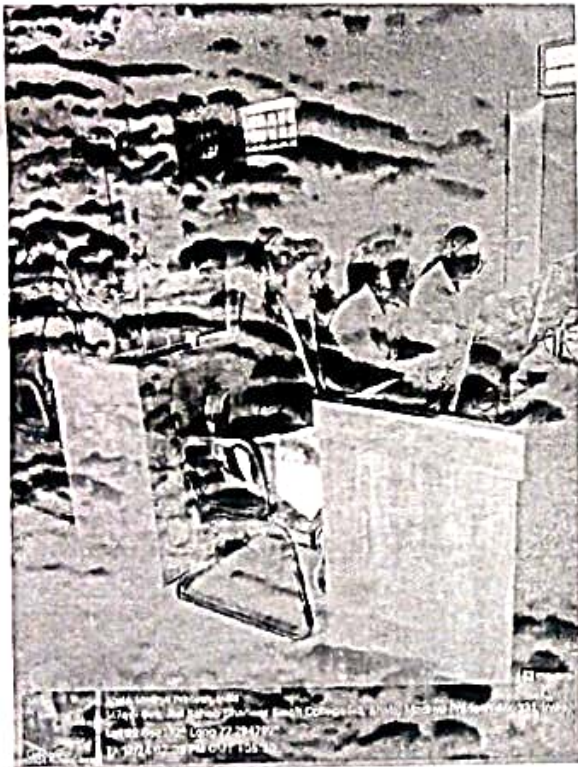
Part of Speech and It uses .

Articles

Tenses

Confuse Words

Modals etc.



We play for them some of the Video clips and articles which are very useful in their day today lives. They can see how they are expressing themselves and hear the voice how they are pronouncing the words and sentences.

After attending this classes some of the students are seen some development in their speaking, communications and pronunciations. They started talking fluently without any grammatical mistake and with proper pronunciations.

LIST OF STUDENTS IN THE NEW COURSE PHYSICAL FITNESS TRAINING PROGRAM 2023-24

RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.-SEHORE(M.P.)				
PHYSICAL FITNESS TRAINING PROGRAM-2023-24				
Date:24-01-2024 to 23-02-2024				
S. No.	STUDENT'S NAME	FATHER'S NAME	address	Name of award/medal
01.	Vikas kumar	Ganesh prasad panwar	Jogla, post chidgaon tah nasrullaganj sehere	CERTIFICATE
02.	Chetan puri	Ganesh	Gahal, harda	CERTIFICATE
03.	Vishal	Jagdish	Villag mangariya post vasudev tah nasrullaganj sehere	CERTIFICATE
04.	Urvashi verma	Lakhan lal verma	House no 24 ward no 02 nasrullaganj baisad sehere	CERTIFICATE
05.	Swati uikey	Manohar singh uikey	House no 2536 ward no 13 bajarng kuti nasrullaganj sehere	CERTIFICATE
06.	Kiran	Lakhan lal	Ward no house no. gilaur sehere	CERTIFICATE
07.	Nikhil	Kailash puri	House no. 70 ward no. 07 village baisad post chhidgoan mouji nasrullaganj	CERTIFICATE
08.	Mahendra kumar	Poonam Chandra	Village chhidgoan mouji nasrullaganj	CERTIFICATE
09.	Abhinesh puri	Dinesh puri	Ward no 06 village baisad post chhidgoan mouji tah nasrullaganj	CERTIFICATE
10	BHUMIKA SHARMA	SATYANARAYAN SHARMA	Ward no 12 nasrullaganj disst. Sehere	CERTIFICATE
11	BHUPENDRA PRAJAPATI	MAYA RAM	Ward no 02 nasrullaganj disst. Sehere	CERTIFICATE
12	FAIJAN MANSURI	NAFEES	Ward no 04 nasrullaganj disst. Sehere	CERTIFICATE
13	GABBAR ATARIYA	RAMESH ATARIYA	Ward no 07 nasrullaganj disst. Sehere	CERTIFICATE
14	MANISH KUMAR	MANOHAR	Ward no 06 nasrullaganj disst. Sehere	CERTIFICATE
15	MAYANK SOLANKI	ROOPNARAYAN	Ward no 02 nasrullaganj disst. Sehere	CERTIFICATE

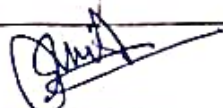
अधी अडलररी
सड सडल अडलररी डडलररी
अडलररी

COORDINATOR

Principal
Rai Saheb Bhanwar Singh College
Nasrullaganj (M.P.)

LIST OF STUDENTS IN THE NEW COURSE PHYSICAL FITNESS TRAINING PROGRAM 2023-24

RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.-SEHORE(M.P.)				
PHYSICAL FITNESS TRAINING PROGRAM-2023-24				
S. No.	SCH.NO	STUDENT'S NAME	FATHER'S NAME	Name of award/medal
01.	108511	RAVISHANKAR	OMPRAKASH	CERTIFICATE
02.	108255	ROSHANI	SANTOSH	CERTIFICATE
03.	108622	SACHIN BERAGI	OMPRAKASH BERAGI	CERTIFICATE
04.	108494	SALONI	VIRENDRA SINGH	CERTIFICATE
05.	108111	SANDEEP	KAMAL	CERTIFICATE
06.	108501	SANDHYA	SHRIRAM	CERTIFICATE
07.	108358	SATVEER VERMA	NATURAM VERMA	CERTIFICATE
08.	108573	SHIVANI MEENA	KAILASH MEENA	CERTIFICATE
09.	108496	SHIVANI SONI	DINESH SONI	CERTIFICATE
10	108500	SHYAM LAL BARELA	RAMA BARELA	CERTIFICATE
11	108581	SONALI RAJPUT	RAJESH RAJPUT	CERTIFICATE
12	108527	SUHANI	MUKESH	CERTIFICATE
13	108193	TANU MEENA	AMER SINGH MEENA	CERTIFICATE
14	108738	TANU PANWAR	MOORAT SINGH PANWAR	CERTIFICATE
15	108339	VARSHA MEENA	PAWAN MEENA	CERTIFICATE



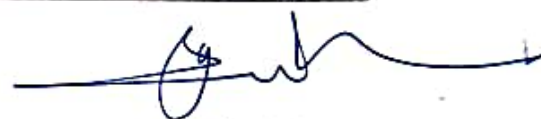
कक्षा अधिकारी

राज साहब भवदर सिंह महाविद्यालय

बलरामनगर



I.Q.A.C
COORDINATOR



Principal

Rai Saheb Bhanwar Singh College
Nasrullaganj (M.P.)

RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DIST.-SEHORE(M.P.)

PHYSICAL FITNESS TRAINING PROGRAM-2023-24

Date:24-01-2024 to 24-02-2024

S.No	SCH.NO	Name of the Students	Signature	Attendance Sheet															
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
1	108511	RAVISHANKAR	<i>[Signature]</i>	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P
2	108255	ROSHANI	<i>[Signature]</i>	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
3	108622	SACHIN BERAGI	<i>[Signature]</i>	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
4	108494	SALONI	<i>[Signature]</i>	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P
5	108111	SANDEEP	<i>[Signature]</i>	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A
6	108501	SANDHYA	<i>[Signature]</i>	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P
7	108358	SATVEER VERMA	<i>[Signature]</i>	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	108573	SHIVANI MEENA	<i>[Signature]</i>	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P
9	108496	SHIVANI SONI	<i>[Signature]</i>	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P
10	108500	SHYAM LAL BARELA	<i>[Signature]</i>	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
11	108581	SONALI RAJPUT	<i>[Signature]</i>	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P
12	108527	SUHANI	<i>[Signature]</i>	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P
13	108193	TANU MEENA	<i>[Signature]</i>	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
14	108738	TANU PANWAR	<i>[Signature]</i>	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	108339	VARSHA MEENA	<i>[Signature]</i>	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P

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O.A.C
COORDINATOR

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RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.-SEHORE(M.P.)

PHYSICAL FITNESS TRAINING PROGRAM-2023-24

Date:24-01-2024 to 24-02-2024

S.No	Name of the Students	Father's Name	Signature	Attendance Sheet																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
1	Vikas kumar	Ganesh prasad		P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P
2	Chetan puri	Ganesh		P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P
3	Vishal	Jagdish		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
4	Urvashi verma	Lakhan lal		P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5	Swati uikey	Manohar singh		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
6	Kiran	Lakhan lal		P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A
7	Nikhil	Kailash puri		P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
8	Mahendra kumar	Poonam Chandra		P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P
9	Abhinesh puri	Dinesh puri		P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	BHUMIKA SHARMA	SATYANARAYAN SHARMA		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
11	BHUPENDRA PRAJAPATI	MAYA RAM		P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	FAJAN MANSURI	NAFEES		P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
13	GABBAR	RAMESH ATARIYA		P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
14	MANISH KUMAR	MANOHAR		P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
15	MAYANK SOLANKI	ROOPNARAYAN		P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P

COORDINATOR

Nasrullaganj (M.P.)

RAI SAHEB I ANWAR SINGH COLLEGE, NASRULLAGANI, SEHORE

PHYSICAL FITNESS TEST

SNO	SPORTS	BOYS EQUIPMENT		GIRLS EQUIPMENT		REMARKS	
		AGE		AGE			
1	400 M. (Run and Walk)	18 to 25	Stopwatch Truck	18 to 25	Stopwatch Truck		
2	Warm Up						
3	Shotput Throw		Shotput		Shotput		
4	Shoulder Rotation (cm)						
5	Standing Long Jump (cm)		Mat/Clean Floor and Measuring tap		Mat/Clean Floor and Measuring tap		
6	Situps 60° (Count)		Mat/Clean floor and Stopwatch		Mat/Clean floor and Stopwatch		
7	Shuttle Run (20 M.)		Two blocks and Stopwatch		Two blocks and Stopwatch		
8	Sprint (100 M.)		Stopwatch		Stopwatch		
9	Long Jump		Take of Board sand traps soft kerb stones		Take of Board sand traps soft kerb stones		
10	Pull-ups		Metal or wooden Stopwatch		Metal or wooden Stopwatch		
11	Anuloma Pranayama/Vilom						
12	Kapal Bharti						

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Principal
 RAI SAHEB I ANWAR SINGH COLLEGE
 NASRULLAGANI (M.P.)

LIST OF STUDENTS IN THE COURSE BEAUTY AND WELLNESS TRAINING PROGRAM 2023-24

RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGANJ, DISTT.-SEHORE(M.P.)			
BEAUTY AND WELLNESS TRAINING PROGRAM 2023-24			
Date:16-12-2023 to 30-01-2024			
S. No.	STUDENT'S NAME	FATHER'S NAME	Name of award/medal
01.	JEENAT MANSURI	ABDUL MUBARIK MANSURI	CERTIFICATE
02.	KOMAL	HARIOM	CERTIFICATE
03.	KSHAMA	ASHARAM PANWAR	CERTIFICATE
04.	KUMKUM	HARIPRASAD	CERTIFICATE
05.	MAHAK SEN	RAJESH SEN	CERTIFICATE
06.	MANISH KUMAR	MANOHAR	CERTIFICATE
07.	MAYANK SOLANKI	ROOPNARAYAN	CERTIFICATE
08.	MONIKA	RAMBHAROSH	CERTIFICATE
09.	MUSKAN PANWAR	VIRENDRA PANWAR	CERTIFICATE
10	MUSKAN PATEL	DHEERAJ KUMAR PATEL	CERTIFICATE
11	NAINA MEENA	GOVIND MEENA	CERTIFICATE
12	NANDINI PATEL	MAHENDRA PATEL	CERTIFICATE
13	NARMADA MEENA	KAMAL SINGH	CERTIFICATE
14	NIKITA PANWAR	SATYNARAYAN PANWAR	CERTIFICATE
15	NIKITA PARMAR	MOHAN LAL PARMAR	CERTIFICATE

Rajgar

[Signature]

Principal
Rai Saheb Bhanwar Singh College
Nasrullaganj (M.P.)

RAI SAHEB BHANWAR SINGH COLLEGE NASRULLAGAN, DISTT.-SEHORE(M.P.)

BEAUTY AND WELLNESS TRAINING PROGRAM 2023-24

Date: 16-12-2023 to 30-01-2024

S.No	Name of the Students	Father's name	Signature	Attendance Sheet																
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
1	JEENAT	ABDUL MUBARIK	<i>Jeenat</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2	KOMAL	HARIOM	<i>Hariom</i>	P	P	A	P	P	A	P	P	A	P	P	P	P	P	P	P	P
3	KSHAMA	ASHARAM PANWAR	<i>Kshama</i>	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
4	KUMKUM	HARIPRASAD	<i>Kumkum</i>	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P
5	MAHAK SEN	RAJESH SEN	<i>Mahak</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	MANISH KUMAR	MANOHAR	<i>Manish</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7	MAYANK SOLANKI	ROOPNARAYAN	<i>Mayank</i>	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A
8	MONIKA	RAMBHAROSH	<i>Monika</i>	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
9	MUSKAN PANWAR	VIRENDRA PANWAR	<i>Muskan</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	MUSKAN PATEL	DHEERAJ KUMAR PATEL	<i>Muskan</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	NAJNA MEENA	GOVIND MEENA	<i>Najna</i>	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	NANDINI PATEL	MAHENDRA PATEL	<i>Nandini</i>	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
13	NARMADA MEENA	KAMAL SINGH	<i>Narmada</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	NIKITA PANWAR	SATYNARAYAN PANWAR	<i>Nikita</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	NIKITA PARMAR	MOHAN LAL PARMAR	<i>Nikita</i>	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Dragon

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