

NOTICE

KHARAGPUR COLLEGE DEPARTMENT – PHYSIOLOGY

Date; 10.05.2022

It is hereby inform that Certificate course on “Introductory Human Physiology: How to improve health and fitness” is organize by Physiology department for UG students of our college, course commence from 18th May 2022 and end on 30th May 2022.



Principal



HOD of Physiology

Principal
Kharagpur College



Certificate course on “Introductory Human Physiology: How to improve health and fitness”.

[Duration :-(30+02) hrs, Theory:- 10 hrs, Practical:- 20 hrs]

Syllabus of this course:

Theory:

1. Basic idea about different public health issues.
 - Malnutrition, Overnutrition, Undernutrition, Obesity, Hypertension, Diabetes, PCM (Marasmus, Kwashiorkor), Endemic goiter, Rickets, Osteomalacia, Xerophthalmia, Beriberi, Colour blindness, Hyperopia (farsightedness), Myopia (nearsightedness).
2. Possible remedial measures of these health issues.
3. Basic concept on some biological parameters.
 - Height, Weight, ACU, BMI, BSA, Blood pressure, Pulse rate, Respiratory rate, PFI.

Practical:

1. Measurement of Height and Weight.
2. Measurement of Blood pressure by Sphygmomanometer at sitting condition. Calculate the Mean Arterial Blood Pressure (MABP).
3. Modified Harvard step test and determination of Physical fitness.
4. Measurement of Heart rate and Pulse rate.
5. Measurement of Respiratory rate.
6. Determination of Visual acuity by Snellen's chart / Landolt's chart.
7. Determination of Colour blindness by Ishihara chart.



KHARAGPUR COLLEGE

Certificate course on Human Physiology: How to improve health and fitness

Organized by Department of Physiology

Date:

Theory-20 marks

Answer the following questions:

10×2 = 20

1. Which instrument is used to measure Blood Pressure?

- A) Thermometer
- B) Sphygmomanometer
- C) Electroencephalogram

2. Full form of BMI

- A) Body Surface Area
- B) Body Mass Index
- C) Basal Metabolic Rate

3. What is called Hypertension?

- A) High Blood Pressure
- B) High Blood Sugar
- C) Low Blood Pressure

4. Normal value of Blood pressure in adult

- A) 120±10 / 80±10mmHg
- B) 140±10/ 90±10mmHg
- C) 100±10/ 70±10mmHg

5. Normal Pulse Rate of adult is

- A) 70-80 beats/ min
- B) 60-70 beats / min
- C) 110-120 beats/ min

6. Normal Body Temperature of Human body is

- A) 98.4°F
- B) 95.5°F
- C) 100°F



7. Formula of BMI is

- a. **Weight (kg)/ [Height(m)]²**
- b. **Weight (g)/ [Height(cm)]²**
- c. **Weight (g)/ [Height(m)]²**

8. Anthropometric rod is used to measure

- a. **Height**
- b. **Weight**
- c. **BMI**

9. Full form of PCM

- a. **Protein Calorie Malnutrition**
- b. **Protein Energy Malnutrition**
- c. **Pulse Calorie Malnutrition**

10. Full form of ACU

- a. **Adult Calorie Unit**
- b. **Adult Consumption Unit**
- c. **Adult Content Unit**

i. -----



KHARAGPUR COLLEGE
DEPARTMENT – PHYSIOLOGY

Date: 16.05.2022

Notice for classes of Certificate course on **“Introductory Human Physiology: How to improve health and fitness”**

Classes will be conduct on following scheduled dates. The dates are given below.

Date	Time	Topics (Theory and Practical)	Allotted teacher
18.05.2022	11.00am-01.00pm	Basic idea about different public health issues.	AP
19.05.2022	11.00am -01.00pm	Malnutrition, Overnutrition, Undernutrition, Obesity.	AP
20.05.2022	11.00am -01.00pm	Hypertension, Diabetes, PCM (Marasmus, Kwashiorkor), Endemic goiter, Rickets, Osteomalacia.	AP
21.05.2022	11.00am -01.00pm	Xerophthalmia, Beriberi, Colour blindness, Hyperopia (farsightedness), Myopia (nearsightedness).	AC
23.-5.2022	11.00am -01.00pm	Possible remedial measures of these health issues. Basic concept on some biological parameters. Height, Weight, ACU, BMI, BSA, Blood pressure, Pulse rate, Respiratory rate, PFI.	AC
24.05.2022	10.00am-02.00pm	1. Measurement of Height and Weight.	AC
25.05.2022	10.00am -02.00pm	2. Measurement of Blood pressure by Sphygmomanometer at sitting condition. Calculate the Mean Arterial Blood Pressure (MABP).	AP
26.05.2022	10.00am -02.00pm	3. Modified Harvard step test and determination of Physical fitness.	AC
27.05.2022	10.00am -02.00pm	4. Measurement of Heart rate and Pulse rate. 5. Measurement of Respiratory rate.	AP
30.05.2022	10.00am -02.00pm	6. Determination of Visual acuity by Snellen's chart / Landolt's chart. 7. Determination of Colour blindness by Ishihara chart.	AC
31.05.2022	11.00am -01.00pm	Examination	AC + AP

(62)

Principal
Kharagpur College



KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

Date: 18.5.2022

Session: 2021-2022

Sl	Name of the student	Dept	Sem	Roll No.	Signature
01	Dipa Pradhan	Chem(H)		219073	Dipa Pradhan
2	Tripti Singh	History		26	Tripti Singh
3	Barsha Rani Das	History		21	Barsha Rani Das
4	Akash Malla	English		02	Akash Malla
5	Sanku Paul	Sanskrit		19	Sanku Paul
6	Sambhab Rana	English		52	Sambhab Rana
7	Amit Dutta	English		03	Amit Dutta
8	Chandrai Saha	English		17	Chandrai Saha
9	Ankita Barua	English		08	Ankita Barua
10	Amatrika Mahato	English		77	Amatrika Mahato
11	Tripti Mitra	English		74	Tripti Mitra
12	Sudeepa Das	Eng. Hons		71	Sudeepa Das
13	Alivia Das	Eng. Hons		02	Alivia Das
14	Anindita Saha	Bio Gen.		03	Anindita Saha
15	Debasish Dhol	Bio Gen		06	Debasish Dhol
16	Nabin Das	Phy(H)		29	Nabin Das
17	Gshika Khanna	History(H)		17	Gshika Khanna
18	Chaina Bora	History(H)		53	Chaina Bora
19	Ananda Mohan Baskey	PHY(H)		03	A.M. Baskey
20	Sathi Shit	History(H)		06	Sathi Shit
21	Dipa Ghosai	History		22	Dipa Ghosai



AP

KHARAGPUR COLLEGE
 Certificate course on - Introductory Human physiology! How to Improve
 Skill Enhancement course on Physical fitness, Health and Hygiene
 Health & Fitness.
 Organized by Department of Physiology

Attendance sheet

te: 19/5/2022

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1	Santu Paul	Sanskrit		19	Santu Paul
2	Ankita Barua	English		08	Ankita Barua
3	Anaika Mahato	Eng.		78	Amahato,
4	Tripti Mitra	English		74	Tripti Mitra
5	Sudeepa Das	Eng.		71	Sudeepa Das
6	Alivia Das	Eng.		02.	Alivia Das
7	Chandrai Saha	Eng		17	Chandrai
8	Nabin Das	Phy (H)		29	Nabin Das
9	Ananda Mohan Baskey	Phy (H)		03	A.M. Baskey
10	Sathi Shit	His (H)		06	Sathi Shit
11	Dipa Ghorai	"		22	Dipa Ghorai
12	Debasish Dhal	Bio (Gen)		06	Debasish Dhal
13	Ishita Khanra	His		17	Ishita Khanra
14	AKash Molla	English		01	AKash Molla
15	Barsha Rani Das	History		21	Barsha Rani Das
16	Amit Dutta	English		03	Amit
17	Sambhab Rana	English		52	Sambhab Rana
18	Dipa Pradhan	che (H)		73	Dipa Pradhan
19	Chaina Barua	His (H)		53	Chaina Barua
20	Tripti Sing	History		26	Tripti Sing
21	Anindita Saha	Bio-Gen		03	Anindita Saha



AP

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

Date: 20/5/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1	Santu Paul	Sanskrit		19	Santu Paul
2.	Ankita Bara	English		08	Ankita Bara
3.	Tripti Mitra	English		74	Tripti Mitra
4.	Anastika Mahato	Eng.		77	Anastika
5.	Sudeepa Das	Eng.		71	Sudeepa Das
6.	Alivia Das	Eng.		02	Alivia Das
7	Chandraisahe	Eng		17	Chandrai Sahu
8.	Ananda Mohan Baskey	Phy(H)		03	A.M. Baskey
9.	Nabin Das	Phy(H)		29	Nabin Das
10.	Tripti Sing	History		26	Tripti Sing
11.	Dipa Pradhan	che(H)		73	Dipa pradhan
12.	Barsha Rani Das	History		21	Barsha Rani Das
13.	Sambhab Rana	English		52	Sambhab Rana
14.	Ishita Khanna	History		17	Ishita Khanna
15.	chaima Beera	"		53	chaima Beera
16.	Amit Dutta	English		03	Amit Dutta
17.	Sathi Shit	History		06	Sathi Shit
18.	Dipa Ghorai	"		22	Dipa Ghorai
19.	Akash Malle	English		01	Akash Malle
20.	God Sharma	Hindi		69	God Sharma
21.	Debasish Dhal	Bio (Gen)		06	Debasish Dhal



AP

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

Date: 21/5/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1	Tripti Singh	History		26	Tripti Singh
2	Barsha Rani Das	History		21	Barsha Rani Das
3	Ashita Jhannu	"		17	Ashita Jhannu
4	Dipa Ghoshai	"		22	Dipa Ghoshai
5	Satvi Shit	"		06	Satvi Shit
6	Chaina Bera	"		53	Chaina Bera
7	Akash Malla	English		02	Akash Malla
8	Santu Paul	Sanskrit		19	Santu Paul
9	Amrit Dutta	ENG		03	Dutta.
10	Anamika Mahato.	Eng.		77	Amahato.
11	Tripti Mittra.	Eng		74	Tripti Mittra
12	Ankita Bera	Eng		08	Ankita Bera.
13	Chandrai Saha	eng		17	Chandrai Saha
14	Sudeepa Das	Eng.		71	Sudeepa Das.
15	Alivia Das	"		02	Alivia Das
16	Ananda Mohan Baskey	Phy(H)		03	A.M. Baskey
17	Nabin Das	Phy (H)		29	Nabin Das
18	Dipa Pradhan	che (H)		73	Dipa Pradhan
19	Debasish Dhal	Bio (gen)		06	Debasish Dhal
20	Anindita Saha	Bio (gen)		09	Anindita Saha
21	Gud Sharme	Hindi		69	Gud Sharme



A. Paul

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

Date: 23/5/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1	Ishita Kharoca	History		17	Ishitakharoca
2	Tripti Sing	"		26	Tripti Sing
3	Dipa Ghosai	"		22	Dipa Ghosai
4	Sathi Shit	"		06	Sathi Shit
5	Chaina Bera	"		53	Chaina Bera
6	Aakash Molla	English		02	Aakash Molla
7	Santu Paul	Sanskrit		19	Santu Paul
8	Amish Dutta.	ENG		03	Dutta.
9	Anantika Mahato.	English		77	Anahato.
10	Tripti Mishra	English		74	Anika Tripti-mishra
11	Ankita Baria	English		08	Ankita Baria
12	Sudeepa Das	Eng.		71	Sudeepa Das.
13	Chandrai Saha	Eng		17	Chandrai
14	Uliwia Das	"		02	Uliwia Das
15	Nabin Das	Phy (H)		29	Nabin Das
16	Ananda Mohan Baskey	PHY (H)		03	A. M. Baskey
17	Dipa Pradhan	chem		73	Dipa Pradhan
18	Barsha Rani Das	History		21	Barsha Rani Das
19	God Sharma	Hindi		69	God sharma
20	Sambhab Rana	English		52	Sambhab Rana
21	Anindita Saha	Bio (H).		03	Anindita Saha



Chandrab.

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

Date: 24/5/22

Session:

	Name of the student	Dept	Sem	Roll No.	Signature
1)	Barsha Rani Das	History		21	Barsha Rani Das
2)	Ishita Khanra	"		17	Ishita Khanra
3)	Akash Molla	English		01	Akash Molla
4)	Tripti Singh	History		26	Tripti Singh
5)	Chandrai Saha	English		17	Chandrai Saha
6)	Ankita Barua	English		08	Ankita Barua
7)	Anandrika Mahato.	English		74	Anandrika Mahato.
8)	Tripti Mitra	English		74	Tripti Mitra
9)	Sudeepa Das.	Eng. hon		41	Sudeepa Das.
10)	Alivia Das	Eng. Honors		02	Alivia Das
11)	Anindita Saha.	Bio Gen.		03	Anindita Saha.
12)	DeboSish Dhal	Bio Gen.		06	DeboSish Dhal
13)	Nabin Das	Phy (H)		29	Nabin Das
14)	Ananda Mohan Baskey	Phy (H)		03	A.M. Baskey
15)	Sathi Shit	History (H)		06	Sathi Shit
16)	Dipa Ghosrai	History		22	Dipa Ghosrai
17)	Chaina Bera	History (H)		53	Chaina Bera
18)	Dipa Pradhan	che (H)		73	Dipa Pradhan
19)	Santu Paul	San (H)		1019	Santu Paul
20)	Armit Dutta	English		03	Armit Dutta.
21)	Sambhab Rana	English		52	Sambhab Rana



A. Bandyopadhyay

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

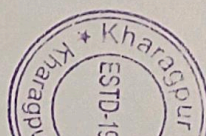
Organized by Department of Physiology

Attendance sheet

ate: 25/5/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1.	Debasish Dhol	Bio Gen	1 st	06	Debasish Dhol
2.	Anindita Saha	Bio Gen	1 st	03	Anindita Saha.
3.	Aratrika Mahato	English	3 rd	77	Aptahato.
4.	Ankita Bara	English	3 rd	08	Ankita Bara
5.	Tripti Mitra	English	3 rd	74	Tripti Mitra
6.	Chandrai Saha	English	3 rd	17	Chandrai Saha
7.	Sudeepa Das.	Eng. Hons	3 rd	71	Sudeepa Das.
8.	Alivia Das	Eng Hons.	3 rd	02	Alivia Das
9.	Nobin Das	Phy (H)		29	Nobin Das
10.	Ananda Mohan Baskey	Phy(H)		03	Ananda Mohan Baskey
11.	Ishita Khanna	History(H)		17	Ishita Khanna.
12.	Chaina Bara	History(H)		53	Chaina Bara
13.	Sathi Shit	History(H)		06	Sathi Shit
14.	Dipa Ghosai	History		22	Dipa Ghosai
15.	Barsha Rani Das	History		21	Barsha Rani Das
16.	Rkash Malla	English		07	Rkash Malla
17.	Sanku Paul	San (H)		19	Sanku Paul
18.	Tripti Sing	History		26	Tripti Sing
19.	Dipa pradhan	che(H)		73	Dipa pradhan
20.	Sambhab Rana	English		52	Sambhab Rana
21.	Gud sharme	Hindi		69	Gud sharme



AP

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

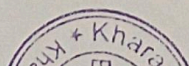
Organized by Department of Physiology

Attendance sheet

Date: 26/5/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1)	Dipa Ghorai	History		22	Dipa Ghorai
2)	Sathi Shit	History		06	Sathi Shit
3)	Tripti Sing	"		26	Tripti Sing
4)	Ishita Khanna	"		17	Ishita Khanna
5)	Chaina Bera	"		53	Chaina Bera
6)	Dipa Pradhar	Chemistry		73	Dipa Pradhar
7)	Barsha Rani Das	History		21	Barsha Rani Das
8)	Akash Malla	English		02	Akash
9)	Santu Paul	Sanskrit		19	Santu Paul
10)	Amit Dutta	ENG		03	Amit
11)	Sambhab Rana	English		52	Sambhab Rana
12)	Anatrolka Mahato	English		88	Anatrolka
13)	Tripti Mittra	English		74	Tripti Mittra
14)	Ankita Barua	English		08	Ankita Barua
15)	Sudeepa Das	Eng		71	Sudeepa Das
16)	Chandrai Saha	Eng		17	Chandrai -
17)	Alivia Das	"		02	Alivia Das
18)	Nabin Das	Phy (H)		29	Nabin Das
19)	Ananda Mohan Baskey	Phy (H)		03	A.M. Baskey
20)	Anindita Saha	Bio (6)		03	Anindita Saha
21)	Debasish Dhal	Bio (8)		06	Debasish Dhal



Signature

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

ate:

22/5/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
01	Dipa Pradhan.	che(H)		2119073	Dipa Pradhan.
2	Chaina Bera	(H)		53	Chaina Bera
3	Gshila Kharoca	History		17	Gshila Kharoca
4	Dipa Ghorai	"		22	Dipa Ghorai
5	Sathi Shit	History		06	Sathi Shit
6	Akash Molla	English		01	Akash Molla
7	Barsha Rani Das	History		21	Barsha Rani Das
8	Tripti Sing	History		26	Tripti Sing
9	Santu Paul	Sanskrit		19	Santu Paul
10	Gud Sharma	Hindi		63	Gud Sharma
11	Amit Dutta.	English		03	Amit Dutta.
12	Sambhab Rana	English		52	Sambhab Rana.
13	Aratrika Mahato	English		77	Aratrika Mahato.
14	Tripti Mitra	English		74	Tripti Mitra.
15	Ankita Bara	English		08	Ankita Bara
16	Sudeepa Das	Eng. Hons		71	Sudeepa Das.
17	Alivia Das	Eng. Hons		02	Alivia Das
18	Chandrai Saha	English		17	Chandrai Saha
19	Nabin Das	Phy (H)		29	Nabin Das
20	Ananda Mohan Baskey	Phy (H)		03	A.M. Baskey
21	Debasish Dhal	Bio(H).		06	Debasish Dhal



AP

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

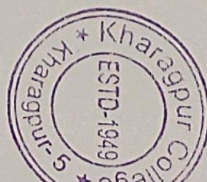
Organized by Department of Physiology

Attendance sheet

Date: 20/05/22

Session:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1	Sathi Shit	History		06	Sathi Shit
2	Dipa Ghoshai	"		22	Dipa Ghoshai
3	Tripti Sing	"		26	Tripti Sing
4	Shikha Khanna	"		17	Shikha Khanna
5	Chaina Bera	"		53	Chaina Bera
6	Aakash Malla	English		01	Aakash Malla
7	Barsha Ranj Das	History		21	Barsha Ranj Das
8	Santu Paul	Sanskrit		19	Santu Paul
9	Banched Gudi	Hindi		06	Banched.
10	Anatnika Mahato	Eng.		77	Anatnika.
11	Tripti Mitra	Eng		74	Tripti Mitra
12	Ankita Bara	Eng		08	Ankita Bara
13	Chandrai Saha	Eng		17	Chandrai
14	Sudeepa Das.	Eng.		71	Sudeepa Das.
15	Alivia Das	"		02	Alivia Das
16	Aranda Mohan Baskey	PHY(H)		03	A.M. Baskey
17	Nabin Das	Phy(H)		29	Nabin Das
18	Dipa Pradhan	che(H)		73	Dipa Pradhan
19	Chaina Bera	History		53	Chaina Bera
20	Gud Sharma	Hindi		69	Gud Sharma
21	Sambhab Rana	English		52	Sambhab Rana



Chandrai

KHARAGPUR COLLEGE

Certificate Course on - Introductory Human Physiology: How to Improve Health & Fitness

Organized by Department of Physiology

Attendance sheet

Final evaluation.

31/5/2022

Session:

Date:

Sl	Name of the student	Dept	Sem	Roll No.	Signature
1	Shita Khanna	History		17	Shita Khanna
2	Dipa Ghoshai	"		22	Dipa Ghoshai
3	Sathi Shit	"		06	Sathi Shit
4	Tripti Singh	"		26	Tripti Singh
5	Barsha Rani Das	"		21	Barsha Rani Das
6	Chaina Bera	"		53	Chaina Bera
7	Snehashis Senapati	chemistry		47	Snehashis Senapati
8	Akash Malla	English		01	Akash Malla
9	Sanku Paul	Sanskrit		19	Sanku Paul
10	Sambhab Rana	English		52	Sambhab Rana
11	Amil Dutta.	English		03	Amil Dutta.
12	Ankita Bera	English		08	Ankita Bera
13	Tripti Mitra	English		74	Tripti Mitra
14	Aratrika Mahato	English		77	Aratrika Mahato.
15	Debasish Dhol	Bio Gen		06	Debasish Dhol
16	Anindita Saha.	Bio Gen		03	Anindita Saha.
17	Alivia Das	Eng. Hons		02	Alivia Das
18	Sudeepa Das	Eng. Hons		71	Sudeepa Das.
19	Chandrai Saha	English		17	Chandrai Saha
20	Nabin Das	Phy (H)		29	Nabin Das
21	Ananda Mohan Baskey	Phy (H)		03	Ananda Mohan Baskey



Handwritten signature: Chandrai Saha