



ADD - ON COURSE ON FIRST AID

ORGANIZED BY

DEPARTMENT OF EDUCATION SWANAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, Pin – 721650



DATE: 26.12.2022 TO 01.01.2023 TIME: 9A.M

VENUE: COLLEGE SEMINAR HALL

1. Students'Attendance Records

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3. Syllabus covered

SYLLABUS OF FIRST AID

Unit 1: First aid basics: **4HOURS** -First aid, importance of first aid, laws of first aid. -Content of an ideal first aid kit, dealing with an emergency. -Personal protection, importance of warning gloves. **Unit 2: Emergency Response: 4HOURS** -CPR, steps for performing CPR, recovery position. - Understand what a heart attack is and be able to treat someone suspected of having a heart attack. -Pressure checking, understand what is faint and be able to treat someone who feels faint. Unit 3: First aid in Burns: **4HOURS** -Causes of burns and treatment. Types of Burnes, danger of Burns. -First aid in dry burns, electrical Burns, Heat stroke, recovery position. Unit 4: First aid in wounds and injuries: **4HOURS** -Causes of injuries, fractures of bones, types of wounds. -Small cuts, head injuries, nose bleeding, bleeding from various veins. -Shocks - causes of shock and it's first aid, sports injuries. Unit 5: First aid in Poisoning: **4HOURS** -Poisoning by injection, animal bites, snake bite, and insect bites. - Dehydration, diarrhoea, and vomiting. Unit 6: Various types of Fever and their Symptoms: **4HOURS**

- -Body temperature.
- -Common seasonal viral fever.
- -Dengue.
- -Malaria.
- -Typhoid.
- -Effects of heat and cold.
- -Hypothermia.

Unit 7: First aid awareness:

2HOURS

- -Travelling first aid kits
- -First Aiders.
- -Health and safety (first aid) regulations 1981.

First aid Training Programme:

4HOURS

- -Using of items of first aid box.
- -Role play: safety, seek help, observe consciousness and breathing, hand hygiene, give CPR, put victim in recovery position.
- -Stop bleeding: direct pressure, compressive bandage.
- -Dealing with wounds and injuries: dressing, bandage.
- -Handling of a burn victim and cooling process.
- -Handling of a victim of snake bites, animal bites
- -Taking temperature of fever.
- -Dealing with dehydration, diarrhoea, and vomiting.
- -Pressure checking.

REFERENCES:

- 1. K.G. Monsieurs, J.P. Nolan, et al. European Resuscitation Council Guidelines for Resuscitation 2015. Resuscitation. 2015:95;1-277
- 2. R.W. Neumar, M. Shuster, et al. 2015 American Heart Association Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. Circulation. 2015; suppl. 2.
- 3. E.M. Singletary, N.P. Charlton, et al. First Aid: 2015 American Association and American Red Cross Guidelines Update for First Aid. Circulation. 2015; suppl. 2.
- 4. M.F. Hazinski, J.P. Nolan, et al. 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations. Circulation. 2015; suppl. 1.
- 5. WHO. Psychological First Aid Guide for Field Workers. 2011
- 6. E.M. Singletary, D.A. Zideman, et al. 2015 International Consensus on First Aid Science With Treatment Recommendations. Circulation. 2015; suppl. 1.
- 7. D.A. Zideman. E.D.J. DeBuck, et al. 2015 First Aid. Resuscitation. 2015.:95:278-287
- 8. Indian Red Cross Society Belgian Red Cross Flanders. Indian First Aid Guidelines. 2014.
- 9. Belgian Red Cross Flanders. Evidence Summaries Indian First Aid Guidelines (IFAG). 2014.

4. TIME-TABLE; offered only once during the assessment period in 2022-23

Programme Schedule

Add - on Course on First Aid

Organized by Dept. of Education

Swarnamoyee Jogendranath Mahavidyalaya

Session- 2022-2023

Date: - 26.12.2022 to 01.01.2023

Offline mode

	Day	Date	Time	Title of Lecture	Name of the Teacher	Remarks
Session 2022-2023	Monday (Inauguration)	26.12.2022	9.00AM- 10.00AM - 10.00AM - 2PM	Welcome address by Soma Adhikary programme Co-ordinator and head of the department of Education, speech by respected principal Dr. Ratan kumar Samanta, Importance of this certificate course by Prasad Ranjan Chakrabarty, IQAC, Co-Ordinator, Swarnamoyee Jogendranath Mahavidyalaya -First aid, importance of first aid, laws of first aidContent of an ideal first aid kit, dealing with an emergencyPersonal protection, importance of warning gloves.	Soumen Gayen, Assistant Teacher, Dept. of Physical Education, Madhyapalli Siksha Niketan	
	Tuesday	27.12.2022	10.00AM – 2.30 P.M	-CPR, steps for performing CPR, recovery position Understand what a heart attack is and be able to treat someone suspected of having a heart	Miss Debalina Pradhan, Guest Teacher, Department of Physiology Swarnamoyee Jogendranath Mahavidyalaya	

		(30minutes break at 12.00NOON)	attackPressure checking, understand what is faint and be able to treat someone who feels faint.		
Wednesday	28.12.2022	10.00AM – 2.30 P.M (30minutes break at 12.00NOON)	-Causes of burns and treatment. Types of Burnes, danger of Burns. -First aid in dry burns, electrical Burns, Heat stroke, recovery position.	Nayan kumar bera, SACT, Department of Botany Swarnamoyee Jogendranath Mahavidyalaya	
Thursday	29.12.2022	10.00AM – 2.30 P.M (30minutes break at 12.00 NOON)	-Causes of injuries, fractures of bones, types of woundsSmall cuts, head injuries, nose bleeding, bleeding from various veinsShocks - causes of shock and it's first aid, sports injuries.	Sanjay Samanta, SACT & Head, Department of Physical Education. Swarnamoyee Jogendranath Mahavidyalaya	
Friday	30.12.2022	9.00AM – 2.30 P.M (30minutes break at 12.00NOON)	-Poisoning by injection, animal bites, snake bite, and insect bites. - Dehydration, diarrhoea, and vomiting.	Miss Tanushree Das, Guest Teacher, Department of Zoology, Swarnamoyee Jogendranath Mahavidyalaya	
Saturday	31.12.2022	9.00AM – 2.30 P.M (30minutes break at 12.00NOON)	-Body temperatureCommon seasonal viral feverDengueMalariaTyphoidEffects of heat and coldHypothermia.	Miss Arpita Majumdar, Assistant Professor, Department of Geography Swarnamoyee Jogendranath Mahavidyalaya	
Sunday	01.01.2023	9.00AM – 11AM	-Travelling first aid kits -First Aiders. -Health and safety (first aid) regulations 1981.	Dr. Ratan Kumar Samanta, Principal, Assistant Professor of Geography, Department of Geography Swarnamoyee Jogendranath Mahavidyalaya	

Soumen Gayen, Assistant Teacher, Dept. of Physical Education, Madhyapalli Siksha Niketan Miss Tanushree Das, Guest Teacher, Department of Zoology, Swarnamoyee Jogendranath	-Using of items of first aid boxRole play: safety, seek help, observe consciousness and breathing, hand hygiene, give CPR, put victim in recovery positionStop bleeding: direct pressure, compressive bandageDealing with wounds and injuries: dressing, bandageHandling of a burn victim and cooling processHandling of a victim of snake bites, animal bites -Taking temperature of feverDealing with dehydration, diarrhoea, and vomitingPressure checking.	11.30AM- 3.30PM	01.01.2023	
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5 Adhika my 10 11 2022 Programme co-ordinator Course Coordinator Swamamoyee Jogendranath Mahavidya aya

Principal 10f11/22

Swarnamoyee Jogendranath Mahavidyalaya

Principal
Swamamoyee Jogendranath Mahavidyalaye
Amdabad :: Purba Medinipur :: Pin-721650

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA DEPARIMENT OF EDUCATION

ADD - ON COURSE ON FIRST ALD?

SESSION = 2022 - 2023

	SESSION = 1	2022-	2023	
	MARKS DISTRIB	UTION	OF ADD-ON	COURSE'
SL. NO	NAME OF THE STUDENTS	ROLLNO	SEMESTER	MARKS
01	SUBHADEEP MALAKAR	95	3nd Sem	23
02	SOURAY KUMAR BERA DAS	92	3nd Sem	22
03	RUPASHRI BERA	63	3nd Sem	24
04	ANIMA KAPILAS	03	3nd Seam	16
05	PRIYANKA SINGHA	51	3nd Sem	10
06	RUMA KHATUA	61	3nd Seam	12
07	SUJATA DAS	131	3nd Sean	16
08	MAMATA SAMAI	T September 1	Ist Sem	14
09	DEBABRATA BERA	134	Ist Sem	21
10	ANJANA GURI	34	Ist Sem	20
	MOUMITH PANDA	33	Ist Sem	21
12	RUMPA JANA	39	Ist Sem	16
13	SUDIPA DAS	44	Ist Sem	17
14	SHEULI MAITY	41	1st Sem	13
15	SUNITA PRADHAN	152	Ist Sem	14/2=15
16	GOURHARI DAS	97	Ist Sem	18
. 17	PUJA PAL	116	Ist Seam	. 16
18	LAKSHMI RANI GIRI	20	Ist Sem	FI
19	JOYSREE BERA	55	Ist Seam	18
20	KRISHNA KHATUA	. 14	Ist Sem	20
21	ANJALI JANA	04	3nd Sem	19
22	SUJAY BARIK	100	3nd Seon	22
23	SUKAMAL MAITY	101	3nd Sem	17/2=18
24	DIPANWITA JANA	24	3nd Sean	14
25	SUSANTA DAS	122	3nd Sem	15
26	SUSAMA GAYEN	169	Ist Sem	M
27	SATYAJIT SAW	148	Ist Sem	20
28	BUDDHADEN PRADHAN	135	3nd Seam	221 = 23
29	PALLABI KAMILA	47	3nd Sem	HAMMA
30	SHRABANI MAHNA	76	3nd Sem	12
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S. Adhirany

Course Coordinator
Swarnamoyee Jogendranath Mahavidy

Bamant

Principal
Swamamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-731000

5. Certificates of top 5 students (marks highlighted in the award list on previous page)



Swarnamoyee Jogendranath Mahavidyalaya

(A Govt. Aided General Degree College:: Affiliated to Vidyasagar University)
At+ P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN- 721650

Certificate of Participation

This is to certify that Rupashri Bera of 3rd Sem has successfully completed the Add-on course on 'First Aid' organised by the Department of Education of Swarnamoyee Jogendranath Mahavidyalaya held during 26/12/2022 to 01/01/2023.

Swamamoyee Jogendranath Mahavidyalaya

Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya Amdahad :: Purbe Medisipur :: Pin-72165/



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At+ P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN- 721650

Certificate of Participation

This is to certify that Subhadeep Malakar of 3rd Sem has successfully completed the Add-on course on 'First Aid' organised by the Department of Education of Swarnamoyee Jogendranath Mahavidyalaya held during 26/12/2022 to 01/01/2023.

Swamamoyee Jogendranath Mahavidyalaya

Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya Amdahad :: Purbe Modelpur :: Pin-72165/



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At+ P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN- 721650

Certificate of Participation

This is to certify that Buddhadev Pradhan of 3rd Sem has successfully completed the Add-on course on 'First Aid' organised by the Department of Education of Swarnamoyee Jogendranath Mahavidyalaya held during 26/12/2022 to 01/01/2023.

Swamamoyee Jogendranath Mahavidyalaya

Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya Amdahad :: Purbe Madahad :: Pin-721651



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At+ P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN- 721650

Certificate of Participation

This is to certify that Sourav Kumar Bera Das of 3rd Sem has successfully completed the Add-on course on 'First Aid' organised by the Department of Education of Swarnamoyee Jogendranath Mahavidyalaya held during 26/12/2022 to 01/01/2023.

Swamamoyee Jogendranath Mahavidyalaya

Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya Amdahad :: Purbe Madahad :: Pin-721651



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Certificate of Participation

This is to certify that Sujay Barik of 3rd Sem has successfully completed the Add-on course on 'First Aid' organised by the Department of Education of Swarnamoyee Jogendranath Mahavidyalaya held during 26/12/2022 to 01/01/2023.

Swamamoyee Jogendranath Mahavidyalaya

Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya Amdahad :: Purbe Medisipur :: Pin-72165

6. Question Paper

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA ADD ON COURSE ON FIRST AID DEPARTMENT OF EDUCATION SESSION – 2022-2023 FULL MARKS – 25

GROUP - A

TIME: 1 HOUR

Select the correct answer and write the answer in the answer sheet: $15 \times 1 = 15$

- 1. What should be done with expired or used supplies in a first aid kit?
- A) Replaced with new supplies
- B) Donated to a local charity
- C) Thrown away
- D) Kept in the kit for historical purposes
- 2. What are the symptoms of mild hypothermia?
- A) Shivering, confusion, and drowsiness
- B) Headache, nausea, and fatigue
- C) Fever, sweating, and rapid heartbeat
- D) Seizures, coma, and cardiac arrest
- 3. What is the proper way to administer CPR?
- A) 30 chest compressions followed by 2 breaths
- B) 15 chest compressions followed by 2 breaths
- C) 30 chest compressions followed by 1 breath
- D) 15 chest compressions followed by 1 breath
- 4. What is your first action when examining the condition of a patient?
- A) Check for breathing
- B) Check for insurance
- C) Speak to the victim and shake his shoulders.
- D) Check for external injuries
- 5. What does CPR stand for?
- A) Cardiac Pulmonary Resuscitation
- B) Cardiopulmonary Resuscitation
- C) Critical Patient Response
- D) Comprehensive Patient Recovery
- 6. What is the treatment for a burn?
- A) Apply ice to the affected area
- B) Apply a topical antibiotic ointment
- C) Cover the burn with a sterile dressing
- D) All of the above

- 7. What is dehydration?
- A) Excessive water intake
- B) Insufficient water intake
- C) Electrolyte imbalance
- D) All of the above
- 8. What is the main purpose of first aid?
- A) To cure illnesses and injuries
- B) To prevent further harm and promote recovery
- C) To provide medical treatment
- D) To transport victims to medical facilities
- 9. What is the most effective treatment for a snake bite?
- A) Antivenom administration
- B) Pain management with medication
- C) Wound cleaning and dressing
- D) All of the above
- 10. What is the average normal body temperature in Celsius?
- A) 36.5°C
- B) 37.0°C
- C) 37.5°C
- D) 38.0°C
- 11. What is hypothermia?
- A) A body temperature above 40°C
- B) A body temperature below 35°C
- C) A body temperature above 38°C
- D) A body temperature below 30°C
- 12. What are the three main types of strokes?
- A) Ischemic, haemorrhagic, and transient
- B) Ischemic, haemorrhagic, and traumatic
- C) Ischemic, haemorrhagic, and embolic
- D) Ischemic, haemorrhagic, and thrombotic
- 13. What is the most important item to include in a traveling first aid kit?
- A) Bandages
- B) Antiseptic wipes
- C) Pain relievers
- D) Any personal medications
- 14. What is the primary goal of burn treatment?
- A) To promote wound healing
- B) To prevent infection
- C) To reduce scarring
- D) To relieve pain

- 15. What is the medical term for a bone break?
- A) Fracture
- B) Sprain
- C) Strain
- D) Dislocation

GROUP - B

Answer any one of the following questions:

10 X 1 = 10

- 1. What is first aid, and what is its primary purpose in emergency situations?
- 2. What are the causes and symptoms of dehydration, and how can it be prevented and treated?
- 3. What are the causes and risk factors of malaria, and how does the disease spread?

7. Answer sheets of top 5 students 5e881001.2099 2023 Add on course on first aid SI. NO - 03 26 Department of education Geneup - A (+) A) Replaced with new supplies. 1+ 2 A) Shivering, confusion, and drowsiness. 1 3 A) 30 chest compressions followed by 2 breaths. speak to the victim and shake his shout (45) Can diopulmomany Resuscitation. (B) All of the above. (D) * Formsufficient water intake. To prevent further harm and promote precovery. A Amtivenom administration (* 10) B) B3F:0°C

1. What is first aid, and what is its primar purpose in emergency stuations?

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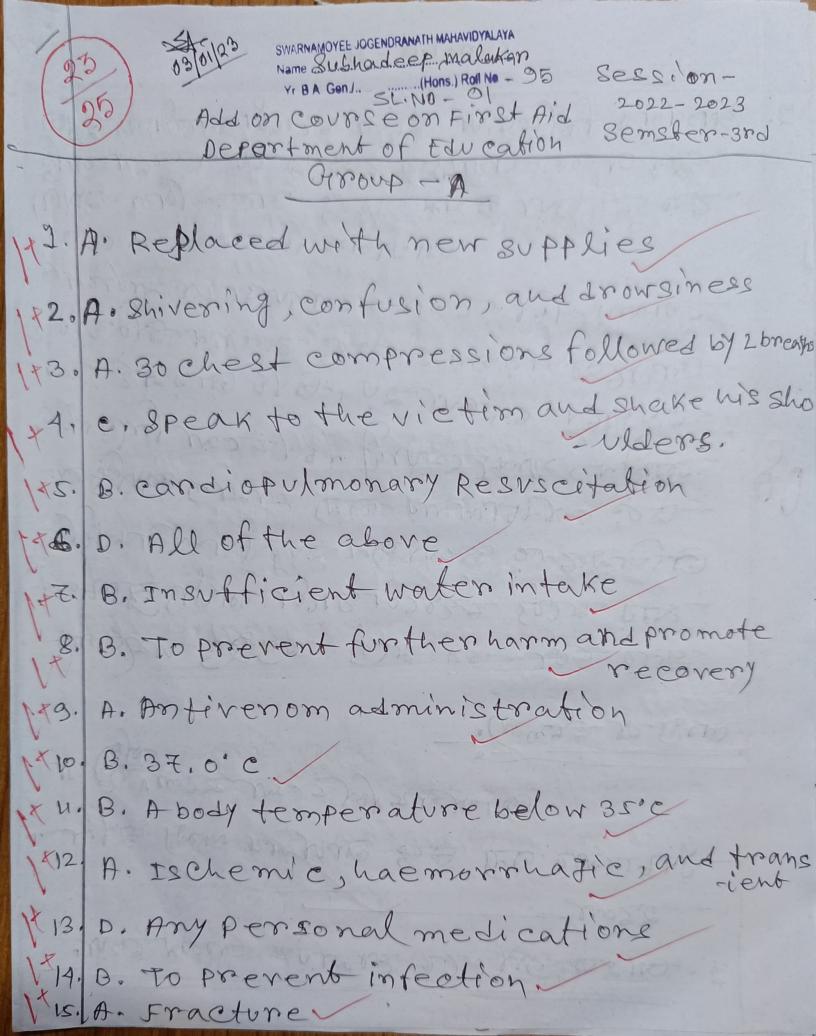
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Add on course on First Aid semester - 3rd Department of Education Session - 2022 - 2023

GROUP - B

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SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA
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Add on course on first Aid semester-30d Department of Education semester-30d Session-2022-2023

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- A shivering, confusion, and drowsiness.
- 13 @ 30 chest compressions followed by 2 breaths.
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 - B cardiopulmonary Resuscitation.
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SWARNAMOYEL JOGENDRANATH MAHAVIDYALAYA
Name SOLLIAY KUMAN BENADO

session-2022-2023 semester-311

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Add on course on first aid Department of Education

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6) माम्य दीक्षिक दुन के देख माना अर्थ थाए।

11) Olderselo ellea latterens 420 -2/4 54 as ortages som enon 67 200 2000 COM 2011, ८) व्या उत्य उत्य विक्राण उत्यंग त्र सामि वार । 6) 20/20 5UN ETUOII 87 Ontoto Dalla Oxfo cols!-हित उपयम स्वतंत्रासीय एपएण एपएण स्टाइस्ट्रेक्ट (अपि द्वार क्वा गां रुखेए उस 1) आहिए कार्य साम कार्य साम कार्य हार्यात है। 5201 eres 2150) ii> छ्यिनित निर्माण द्याण हारा द्वारा गों 7 हड़ना हिंदर सिक्टिंग, देह का: हड़नान लाग कहर की करता in) दुष्ट हळाड्य वायात त्यः त्याप्तकारण ते व्याप्त Catar 6460 5001 1) 32AM EUD CECO JEDI NO 9CD) 504 @ 2003CD 21220 vi) क्या का कार्याक में द्यारे व्यक्त क्या क्या

ल्या हिल्ली क्यां का विकार का कि क्यां के विकार का कि क्यां के विकार का कि क्यां के विकार का कि क्यां के विकार (B/0330 : i) लिंग आध : " लिंग अधि अधिमात्य द्वान आध एके ए रहे। को नृष्ण हैंगाप्तानु अधिय व्याचा द्याचा 20260 260 1 ८७ अधिका कात, जाडा पहला देवा अब 2010 201 (पहले जम आब काल 201 ग्रे किया। - अ दाहकां कार्य पाल सिंद्र हमा के द्वार 6) अर्वाल आधियात विकास मिक रण। १११) सीका ल्पेंचा :- सिंहा एत काथ लामिन आदित्ये और और व्यायनं त्याव कंग्ल हरा। तावाय - कला, पाराध, पृष्ठ मेलाहि, in) स्थारका कार्या:- ब्राह्म नेवेंक खडाइन्छमा कार्यात यस्त हिरिया अवका वर्गाम किन्द्र रहिता। ज्या हमक हड़ा हमता ए विसर कार नियात क्ष्ये ह्यां त्यहपड़ त्याता स्थात व्यापात क्ष्येत राख ग्याता उपद्रावेष्ट स्थिमे खाँग एनटा १५ एन के राउटा इंधा व्यक्ति

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA
Name SOWNON KUMON BENDES Yr B A Gen J (Hons.) Roll No Add on course on first aid DePartment of Education Session - 2022 - 2023 Semester-30d croup-A ITI) A Replaced with new supplies. 1727 (A) Shivening, confusion, and drowsiness. (137 (A) 30 chest compressions followed by 2 break 1797 @ Speak to the victim and shake his show 157 (B) cariofulmonary Resuscitation. 1 670 All of the pabove. (7) B) Insufficient water intake (8) (B) To Prevent further harm and Promote necovery. (19) (A) Antivenom administration. 10 B 37.0°C

NIERSANDYEE JOGENDERMEIN WARANDYALLIYA 11 17 (B) A body temperature below 335°C 17127 (1) Ischemic, havemonntagic, and transient. (4B) (D) Any Pensonal medications-197 B To Prevent infection. MS (A) Fracture.

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA Name Juday Banik Yr B A Gen J.....(Hons.) Roll No - 100 SL · NO - 22 Add on course on Pinst aid Department of Education Jessian - 2022-2023 semesten - 3nd Elboub-A 1 A) Replaced with New Supplies A) snivening, confusion, and a now sinese A) 30 Enest compressions pollowed By 2 lowerens. c) speat to the victim and snake his snauders. B) cardiopul monany Aususcitation, D) Aul of the above. B) Insupplicient water intake. 78. B) To Proevent Puntners navn and promote hecovery, A) Antivenom daministhation.

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B) A body temperature below 352

A) Ischemie naemonnhagie and thousient

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B) To prevent intection.

A) Fracture.

3) रिजारिटाकार ॰ काली र दमारक जाम खाम, एहा थान अवज्ञातम् निष्कु म्हांठ अटका भूष्ठ कर्ग नम ल्या नेवटलक चित्रविद्धकारमण निर्मिट्या काम नेवर्ड अवीं त्याक जीतिया याख्या क्याति त्याव आवत् अंधे अधिद्वं कर्ताव अप्ती क्षित्रं भारता निर्माति याम्ड आयक्षांत्र क्षे व्यक्षिया

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- 0) खांबावंबा
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- न) आमित्र जिल्ला जीस
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- 1) न्याटक्ष्य त्या क्ष्यात क्ष्यात क्ष्यात क्ष्यात क्ष्यात व्याद्वात व्याद्वात ।

क) न्व्याखटकार्य में के आया टर्ड क्यमाहिक 2242661 K) dioras cuial dolling निवसित्ति क्षाति । किन्य का श्वास के प्राचित के किल्या के का के अप के के ति अ। कुट्टिक्सिकं स्प्रियकीया निष्ठि कट्ठे। al son ा) खरा पा निया अकरण ग्) त्राट्य जाम अपिराट माटल ॥) श्राका केएण के कुण्ड कार्य सारा 12) अभी त्यास TIBLIS CHO LOG CH COS WAM IN CHEL SIN OU i) क्वाहर म्ला मिला हा in) auto a all ता) स्ताल माला त्यां नेवारि

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

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SESSION - 2022 - 2023

SEMESTER - 377d

मिट्याबिटस्थाम खाळित्वित या खाळियाव -

- त्रेस जार लाटमं व्यक्ति अपन स्थान स्था।
- क्रिक्टाक क्या आध अव्य आधात क्या क्या है। व्याप्ति (i) निर्माग्य ज्या निर्माण क्या क्या क्या क्या क्या है।
- केल का था। करं साठक स्मिंगीटा द्या सार कंट साउँ साथ यटंग कानीटा साटा स्मार स्वरं (!!) व्यासार सार स्थान्य सेव त्यास साधिक खाल
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Vii) विद्यारित्व स्था न्या न्या क्षिक Ment ice wood ducated worth worth

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