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# RAMMOHAN COLLEGE

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Accredited B<sup>++</sup> Grade by NAAC

Ref. ....

Date.....20

## Internship with Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI), Belur, Howrah

### TO WHOM IT MAY CONCERN

This is to certify that Miss. Meghna Basu, a diligent student of M.Sc. 4th Semester in Human Physiology, specialization in Sports and Exercise Physiology of Rammohan College under the University of Calcutta has successfully completed his project work titled 'EFFECT OF MENSTRUAL CYCLE PHASES ON HEMODYNAMIC RESPONSES, LUNG FUNCTION AND HEART RATE VARIABILITY DURING EXERCISE IN EUMENORRHEIC YOUNG WOMEN' for the partial fulfillment of M.Sc. 4th Semester Examination, 2023 under my supervision. Throughout the duration of the project, Miss. Basu exhibited commendable dedication, enthusiasm, and a strong work ethic.

I extend my best wishes to her for a successful future, and I am confident that she will continue to make significant contributions to the field of physiology and beyond. May she achieve great success in all her future endeavors.

*Arnab Das*  
17/07/2023

Dr. Arnab Das

Assistant Professor

Department of Sports Science & Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute (RKMVERI)

Belur, Howrah, West Bengal, INDIA



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## TO WHOM IT MAY CONCERN

This is to certify that Mr. Soumik Bera, a diligent student of M.Sc. 4th Semester in Human Physiology, specialization in Sports and Exercise Physiology of Rammohan College under the University of Calcutta has successfully completed his project work titled 'ACUTE EFFECT OF WEARING N95 FACEMASK ON HEMODYNAMICS, HEART RATE VARIABILITY, AND NEUROCOGNITIVE FUNCTION IN HEALTHY YOUNG ADULTS: A NEUROVISCERAL INTEGRATION STUDY' for the partial fulfilment of M.Sc. 4th Semester Examination, 2023 under my supervision. Throughout the duration of the project, Mr. Bera exhibited commendable dedication, enthusiasm, and a strong work ethic.

I extend my best wishes to him for a successful future, and I am confident that he will continue to make significant contributions to the field of physiology and beyond. May he achieve great success in all his future endeavors.

*Arnab Das*  
17/07/2023

Dr. Arnab Das

Assistant Professor

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## TO WHOM IT MAY CONCERN

This is to certify that Miss. Ankita Bakuli, a diligent student of M.Sc. 4th Semester in Human Physiology, specialization in Sports and Exercise Physiology of Rammohan College under the University of Calcutta has successfully completed his project work titled 'INFLUENCE OF MENSTRUAL CYCLE PHASES ON NEUROCOGNITIVE FUNCTION AND EXERCISE PERFORMANCE IN EUMENORRHEIC SEDENTARY FEMALES - AN OBSERVATIONAL STUDY' for the partial fulfillment of M.Sc. 4th Semester Examination, 2023 under my supervision. Throughout the duration of the project, Miss. Bakuli exhibited commendable dedication, enthusiasm, and a strong work ethic.

I extend my best wishes to her for a successful future, and I am confident that she will continue to make significant contributions to the field of physiology and beyond. May she achieve great success in all her future endeavors.

*Dr. Arnab Das*  
13/07/2023

Dr. Arnab Das  
Assistant Professor  
Department of Sports Science & Yoga  
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I extend my best wishes to her for a successful future, and I am confident that she will continue to make significant contributions to the field of physiology and beyond. May she achieve great success in all her future endeavors.

*Arnab Das*  
13/07/2023

Dr. Arnab Das

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