

GOUR MAHAVIDYALAYA

MANGALBARI, MALDA

DEPARTMENT: PHYSICAL EDUCATION

ONLINE CLASS MONTH OF JUNE :11.06.2021 to 30.06.2021

DOCUMENTS/WEB PAGE



NAME OF THE TEACHER :

1. APURBA KUMAR SINHA
2. ANIRUDDHA SINGH PERMAR
3. JOYITA SINGHA

CLASS ROUTINE

Day	Year	9:00-10:00	10:00-11:00	11:00-12:00	12:00-1:00	1:00-2:00	2:00-3:00	3:00-4:00	4:00-5:00	5:00-6:00	Teachers' Name
Monday	General Sem-I	Course-CCLAB	Course-CCLAB								APRITA KUMAR DINGRA
	Teacher-ASJ	Teacher-ASJ									ANIKUDDA SINGH PABBIAN
	General 2nd Year	Page- V	Page- IV								JOYTA GUPTA
	Teacher-ASP	Teacher-ASJ	Teacher- JS								
	General 3rd Year	Page- VII	Page- VII		Course						
	Teacher- JS	Teacher- ASJ		Teacher							
	Honours Sem-I				Course	Course		Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 2nd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 3rd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
Tuesday	General Sem-I	Course-CCLAB	Course-CCLAB								
	Teacher- JS	Teacher- ASJ									
	General 2nd Year	Page- VI	Page- V								
	Teacher- ASJ	Teacher- ASP	Teacher- ASP								
	General 3rd Year	Page- VII	Page- VII		Course	Course					
	Teacher- ASP	Teacher- JS		Teacher	Teacher						
	Honours Sem-I				Course	Course		Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 2nd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 3rd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
Wednesday	General Sem-I							Course-CCLAB	Course-CCLAB	Course-CCLAB	
	Teacher- JS							Teacher- JS	Teacher- ASP	Teacher- ASP	
	General 2nd Year		Class					Warm up	Page- VI	Page- VI	
	Teacher	Teacher						Teacher- JS	Teacher- ASJ	Teacher- ASJ	
	General 3rd Year		Class					Warm up	Page- VII	Page- VII	
	Teacher	Teacher						Teacher- JS	Teacher- JS	Teacher- JS	
	Honours Sem-I							Teacher	Teacher	Teacher	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 2nd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 3rd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
Thursday	General Sem-I			Class							
	Teacher			Teacher							
	General 2nd Year			Class							
	Teacher			Teacher							
	General 3rd Year			Class							
	Teacher			Teacher							
	Honours Sem-I							Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 2nd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 3rd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
Friday	General Sem-I						Class				
	Teacher						Teacher				
	General 2nd Year			Class							
	Teacher			Teacher							
	General 3rd Year	Course	Course	Teacher							
	Teacher	Teacher	Teacher	Teacher							
	Honours Sem-I				Course	Course		Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 2nd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
	Honours 3rd Year				Course	Course	Course	Course	Course	Course	
	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	
Saturday	General Sem-I			Class							
	Teacher			Teacher							
	General 2nd Year			Class							
	Teacher			Teacher							
General 3rd Year			Class								
Teacher			Teacher								
Honours Sem-I				Course	Course		Course	Course	Course		
Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher	Teacher		

SYLLABUS

CBCS : PHYSICAL EDUCATION : GENERAL

SEM-I DC-1	<p>Unit- I: Introduction LH - 12</p> <p>1. Meaning and definition of Physical Education. 2. Aim and objectives of Physical Education. 3. Modern concept of Physical Education. 4. Importance of Physical Education.</p>	JOYITA SINGHA (J.S)
	<p>Unit- II: Biological and Sociological Foundations of Physical Education LH - 18</p> <p>1. Biological Foundation- Meaning and definition of growth and development. Factors affecting growth and development. Differences of growth and development. Principles of growth and development. 2. Age-Chronological age, anatomical age, physiological age and mental age. 3. Sociological Foundation- Definition of Sociology, Society and Socialization. 4. Physical Education & Sports as a socialization force.</p>	ANIRUDDHA SINGH PERMAR (A.S.P)
	<p>Unit- III: History of Physical Education LH - 18</p> <p>1. Historical development of Physical Education and Sports in India-Pre-Independence period. 2. Historical development of Physical Education and Sports in India-Post-Independence period. 3. Asian Games and Modern Olympic Games. 4. National Sports Awards- Arjuna Award, Rajiv Gandhi Khel Ratna Award, Dronacharya award.</p>	APURBA KUMAR SINHA (A.K.S)
	<p>Unit- IV: Yoga Education LH - 12</p> <p>1. Meaning and definition of the term Yoga.</p> <p>2. Aim and objectives of Yoga. 3. Types of Yoga 4. Importance of Yoga.</p>	<p>(A.K.S)</p> <p>(A.S.P)</p>
	<p>FIELD PRACTICAL 1. Learn and demonstrate the technique of</p>	(A.K.S)

	Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.	(A.S.P) (J.S)
SEM- II DC - 2	Unit- I: Introduction LH - 12 1. Concept and definition of Sports Management. 2. Important of Sports Management. 3. Purpose of Sports Management. 4. Principles of Sports Management.	(A.S.P)
	Unit- II: Tournaments LH – 18 1) Tournaments: Meaning and definition and types of tournaments (Knock-out, League, 2) Combination, Challenge). 3) Procedure of drawing fixture. 4) Method of organising Annual Athletic Meet and Play Day. 5) Method of organising of Intramural and Extramural competition	(A.K.S)
	Unit- III: Facilities and Equipments LH – 18 1) Method of calculation of Standard Track & Field events (any one). 2) Care and maintenance of play ground. 3) Importance, care and maintenance of sports equipments. 4) Time Table: Meaning and importance of time table.	(A.S.P) (A.K.S) (J.S)
	Unit- IV: Leadership LH - 12 1) Meaning and definition of leadership. 2) Qualities of good leader in Physical Education. 3) Principles of leadership activities. 4) Hierarchy of Leadership in School, College and University level.	(J.S)

SEM- III DC - 3	Unit- I: Introduction LH - 12 1. Meaning and definition of Anatomy, Physiology and Exercise Physiology. 2. Importance of Anatomy, Physiology and Exercise Physiology in Physical Education. 3. Human Cell-Structure and function. 4. Tissue- Types and functions	(A.K.S)
	Unit- II: Musculo-skeletal System LH – 18 1) Skeletal System- Structure of Skeletal System. Classification and location of bones and joints. Anatomical differences between male and female. 2) Muscular System- Type, location, function and structure of muscle. 3) Types of muscular contraction. 4) Effect of exercise on muscular system.	(A.S.P)
	Unit- III: Circulatory System LH – 18 1. Blood-Composition and function? 2. Heart- Structure and functions. 3. Blood Pressure, Athletic Heart and Bradycardia. 4. Effect of exercise on circulatory system	(J.S)
	Unit- IV: Respiratory System LH – 12 1. Structure and function of Respiratory organs. 2. Mechanism of Respiration. 3. Vital Capacity, O2 Debt and Second Wind. 4. Effect of exercise on	(A.K.S) (J.S) (A.S.P)

	respiratory system.	
	LAB PRACTICAL 1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Pick Flow Rate (any two)	(A.K.S) (J.S) (A.S.P
	SEMESTER- 3 Track and Field Course code: SEC 1 1. Track Events 1. Starting Techniques: Standing start and Crouch start (its variations) and use of Block. 2. Acceleration with proper running techniques. 3. Finishing technique: Run Through, Forward Lunging and Shoulder Shrug. 4. Relay Race: Starting, Baton Holding/Carrying, Types of Baton Exchange in between zone, and Finishing. 2. Field events (any two) 1. Long Jump: Approach Run, Take-off, Flight in the air (Hang Style/Hitch Kick) and Landing. 2. High jump: Straddle roll, Approach Run, Take-off, Bar Clearance and Landing. 3. Shot put: Holding the Shot, Placement, Initial Stance, Glide and Recovery (Perry O'Brien Technique). 4. Discus Throw: Holding the Discus, Initial Stance, Primary Swing, Turn, Release and Recovery. 5. Javelin Throw: Grip, Carry, Release and Recovery (3/5 Impulse stride)	(A.K.S) (J.S) (A.S.P

SEM- IV DC - 4	<p>Unit- I: Introduction LH - 18 1. Concept, definition and dimension of Health. 2. Definition, aims, objectives and principles of Health Education. 3. Health Agencies- World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO). 4. School Health Program- Health Service, Health Instruction, Health Supervision, Health appraisal and Health Record.</p>	(A.K.S)
	<p>Unit- II: Health Problems in India- Prevention and Control LH - 18 1. Communicable Diseases- Malaria, Dengue and Chicken Pox. 2. Life-style Diseases- Obesity, Diabetes and AIDS. 3. Nutrition- Nutritional requirements for daily living. Balance Diet. Health disorders due to deficiencies of Vitamins and Minerals. 4. Postural deformities- Causes and corrective exercise of Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot.</p>	(J.S)
	<p>Unit- III: Motor Fitness and Wellness LH - 12 1. Physical Fitness- Meaning, definition and Importance of Motor Fitness. 2. Components of Physical Fitness- Health and</p>	(A.S.P

	<p>Performance related Physical Fitness. 3. Concept of Wellness. Relationship between Physical activities and Wellness. 4. Ageing-Physical activities and its importance.</p>	
	<p>Unit- IV: Health and First-aid Management LH - 12</p> <p>1. First aid- Meaning, definition, importance and golden rules of First-aid.</p> <p>2. Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.</p> <p>3. Management of sports injuries through the application of Cryo-therapy and Thermotherapy.</p> <p>4. Management of sports injuries through the application of Exercise and Massage therapy.</p>	<p>(J.S)</p> <p>(A.S.P)</p> <p>(A.K.S)</p>

PART-III (Full Marks -100)

<p>PART-III Paper- VII:</p>	<p>Sports Training and Therapeutic value of Physical and Yogic Exercises (F.M.-50)</p> <p>Unit-1: Meaning of Sports Training, Conditioning, Warm up, Cooling Down</p> <p>Unit-2: Components of Physical Fitness Components; Health Related and Performance Related Components</p> <p>Unit-3: Different type of Training Methods; Weight Training, Circuit Training, Interval Training, Plyometric Training and Repetitions Method</p> <p>Unit-4: Mechanical Principles of Applied Sports; Force, Motion, Laws of Motion, Centre of Gravity, Equilibrium, Stability, Friction, Levers and Body Levers</p> <p>Unit-5 : Yoga and Physical Exercise and Chronic Diseases; (a) Asthma, (b) Cardiovascular Disease, (c) Diabetes, (d) Hypertension and (e) Obesity</p> <p>Unit-6: Therapeutic values of Yoga and Physical Exercise; (a) Electro Therapy, (b) Exercise Therapy,</p>	<p>ASP</p> <p>JS</p> <p>AKS</p>
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**(c) Massage Therapy and (d)
Yaga Therapy**

PART-III Paper-VIII: Practical (F.M. 50)

Unit-1: Participation in Regular Fitness Programme (to be tested); (a) AAHPER Youth Fitness Test and Barrow Motor Ability Test, (b) Performance of the students should be recorded and presented to the External Examiner.

Unit-2: Officiating; (a) Athletics- Running, Jumping and Throwing and Relay Race, (b) Indian Games- Kabaddi and Kho-Kho and (c) Major Games- Badminton, Cricket, Football, Handball and Volleyball

Paper-VII:

Unit-3: Specific Exercise Programme for Rehabilitation including Yogasana for regional injuries (Shoulder, Neck, Trunk, Hip, Knee and Ankle injuries)

Unit-4: Participating in Social Service

ASP

AKS

JS

**Programmee; N.C.C., N.S.S. Bratachari
(Certificate must be
Produced at the time of
examination) - Any one**

**Unit-5: Visit to Inter- College Level,
District Level and State Level
Tournaments (any one) Practical Record
Book must be produced at the
time of examination.**

AKS, ASP, JS

ONLINE CLASS ROUTINE- JUNE / JULY 2021

ONLINE CLASS

DATE : 11.06.2021 TO 30.06.2021

GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS ROUTINE FOR SEMESTER-2, SEMESTER-4 and
PART-3, FROM- 11.06.2021 TO- 30.07.2021

DAY & DATE	PERIOD-1 2:30 pm to 3:00pm	PERIOD-2 3:15 pm to 3:45pm	PERIOD-3 4:00pm to 4:30pm	REMARKS
FRIDAY 11-06-2021	SEMESTER-4 ASP UNIT-3 & (4.3)	PART-3 JS UNIT-3 & 4	SEMESTER-2 AKS UNIT-2 & (4.1 & 2)	
MONDAY 14.06.21	PART-3 AKS UNIT-5 & 6	SEMESTER-2 ASP UNIT-1 & (4.3)	SEMESTER-4 JS UNIT-2 & (4.4)	
WEDNESDAY 16-06-21	SEMESTER-2 JS UNIT-3 & (4.3)	SEMESTER-4 AKS UNIT-1 & (4.1 & 2)	PART-3 ASP UNIT-1 & 2	JAMAI SHASTHI PUJA (HOLIDAY)
FRIDAY 18.06.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 21.06.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 23.06.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 25.06.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 28.06.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 30.06.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 02.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 05.07.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	

WEDNESDAY 07.07.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 09.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 12.07.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	RATH YATRA (HOLIDAY)
WEDNESDAY 14.07.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 16.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 19.07.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 21.07.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	ID-UZ-ZOHA (HOLIDAY)
FRIDAY 23.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 26.07.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 28.07.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 30.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	

1. AKS - APURBA KUMAR SINHA
2. ASP - ANIRUDDHA SINGH PERMAR
3. JS - JOYITA SINGHA

ONLINE CLASS DIARY

1. APURBA KUMAR SINHA
2. ANIRUDDHA SINGH PERMAR
3. JOYITA SINGHA

(CLASS DIARY: APURBA KUMAR SINHA: EXAMPLE)

UltraTech
INDIA'S NO. 1 CEMENT

Date: _____ M T W T F S S

GOUR MAHAYIDYALAYA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DIARY FOR SEMESTER-2,
SEMESTER-A AND PART-3.
CLASS ROUTINE SCHEDULE FROM 11-06-2021 To
30.06.2021 (MONTH OF JUNE-2021).
TEACHER NAME: APURBA KUMAR SINHA
STATE AIDED COLLEGE TEACHER.

11-06-2021
SEMESTER-2

UNIT-II: TOURNAMENTS.
TOPIC: 1. Tournaments: Meaning and definition and type of Tournaments (Knock-out, League, Combination, Challenge).

14.06.2021
PART-3

Important note: UNIT-5: YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES.
TOPIC: About Yoga and Physical Exercise, Chronic and Asthma Disease.

UltraTech
INDIA'S NO. 1 CEMENT

Date: 18.06.2021 M T W T F S S

SEMESTER-2
UNIT-II: TOURNAMENTS.
TOPIC: Procedure of drawing fixture.

21-06-2021
PART-3

UNIT-5: YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES
TOPIC - Cardiovascular Disease and Hypertension

23.06.2021
SEMESTER-A

UNIT-I INTRODUCTION OF HEALTH EDUCATION.
TOPIC - 1. Concept, definition and dimension of Health.
2. Definition, Aims, Objectives and Principles of Health Education.

25.06.2021
SEMESTER-2

Important note:
UNIT-II: TOURNAMENTS
TOPIC: Method of organising Annual Athletic Meet

UltraTech
INDIA'S NO. 1 CEMENT

Date: 28.06.2021 M T W T F S S

PART-3

UNIT-5: YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES
TOPIC: Diabetes and Obesity.

30.06.2021
SEMESTER-A

UNIT-I. INTRODUCTION OF HEALTH EDUCATION
TOPIC - 3. Health Agencies - World Health Organization (WHO), United Nations Educational Scientific and Cultural Organization (UNESCO) Etc.

(CLASS DIARY: ANIRUDDHA SINGH PERMAR: EXAMPLE)

GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DIARY
FOR SEMESTER-II, SEMESTER-IV AND PART-III
CLASS ROUTINE SCHEDULE FROM 11.06.2021
TO 30-06-2021 (MONTH OF JUNE-2021)
TEACHER NAME :- ANIRUDDHA SINGH PERMAR
STATE AIDED COLLEGE TEACHER

CLASS DIARY - JUNE-2021

11.06.2021
SEMESTER- IV - UNIT - MOTOR FITNESS
and Wellness.
TOPIC :- PHYSICAL FITNESS - MEANING
Definition and important of Motor
fitness.

14.06.2021

SEMESTER - II
UNIT - I :- INTRODUCTION
TOPIC :- Concept and Definition
of Sports Management. Important
of Sports Management.

Notes:

JANUARY 2021						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

21.06.2021

O.A. PART - III PAPER - VII

UNIT - I

TOPIC :- Meaning of Sports Training,
Conditioning, Warm up, Cooling down.

23.06.2021

SEMESTER - IV

UNIT - 2 -

TOPIC (A) Component of Physical fitness -
Health and performance related
Physical fitness.

(B) - Concept of Wellness, Relation
between Physical activity and Wellness.

25.06.2021

SEMESTER - II

TOPIC - Purpose of Sports Management and
Principle of Sports Management

Notes:

FEBRUARY 2021						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8

28.06.2021

O.A. PART - III

Topic - Components of Physical Fitness -
Health Related and Performance
related Components.

30.06.2021

O.A. PART - III

TOPIC :- Differences between Health related
Physical fitness and Performance related
Physical fitness.

Aniruddha Singh Permar
Department of Physical
Education
Gour Mahavidyalaya
Malda

Notes:

FEBRUARY 2021						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8

(CLASS DIARY: JOYITA SINGHA: EXAMPLE)

29

Friday

JANUARY

W	T	W	T	F	S	S
2	4	5	6	7	8	9
3	11	12	13	14	15	16
4	18	19	20	21	22	23
5	25	26	27	28	29	30

GOUR MAHAVIDYALAYA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DIARY FOR SEMESTER-2
SEMESTER-1 AND PART-3
CLASS ROUTINE SCHEDULE FROM- 11.06.2021 to
30.06.2021 (MONTH OF JUNE-2021)

TEACHER NAME: JOYITA SINGHA

11.06.2021

PART-3

Unit-3: Different type of Training Methods: Weight training
Circuit Training.

14.06.2021

SEMESTER-1

Unit-2: Communicable Diseases- Malaria, Dengue and Chicken
Pox.

18.06.2021

PART-3

Unit-3: Different type of Training Methods: Interval Training
Pyometric Training.

Important Notes:

Saturday

30

JANUARY

56 WK - 030-335

W	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

21.06.2021

SEMESTER-1

Unit-2: Life Style Diseases - Obesity, Diabetes.

23.06.2021

SEMESTER-2

Unit-2: Methods of organizing Annual Athletic Meet
and Play Day.

25.06.2021

PART-3

Unit-3: Specific Exercise Programme for Rehabilitation
including Yogasana for regional injuries.

28.06.2021

SEMESTER-1

Unit-2: Nutrition - Nutritional requirements for
daily living, Balance Diet.

30.06.2021

SEMESTER-2

Unit-2: Methods of Organising of Intramural
and Extramural Competition.

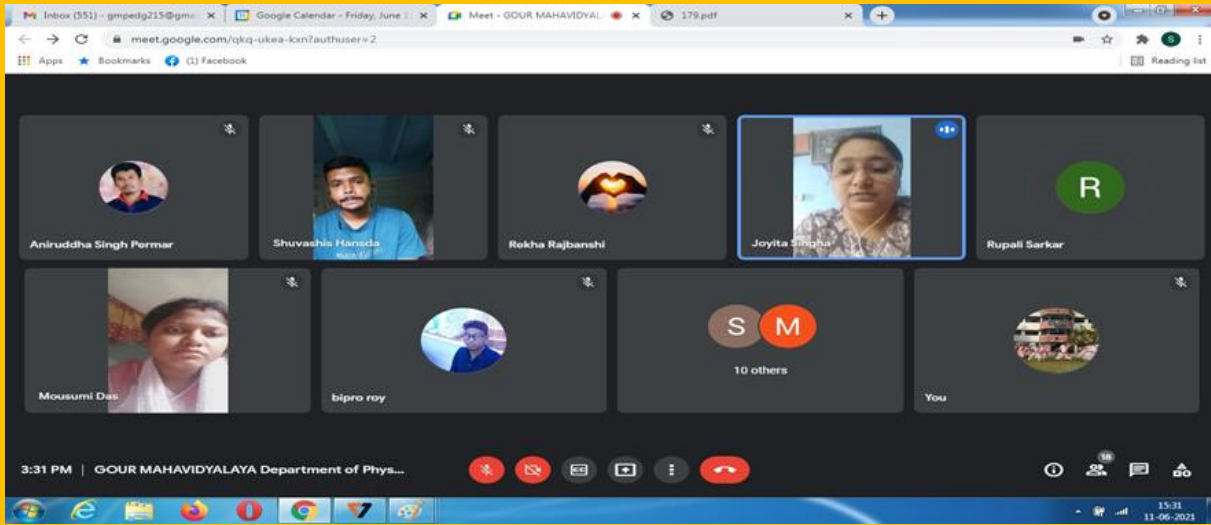
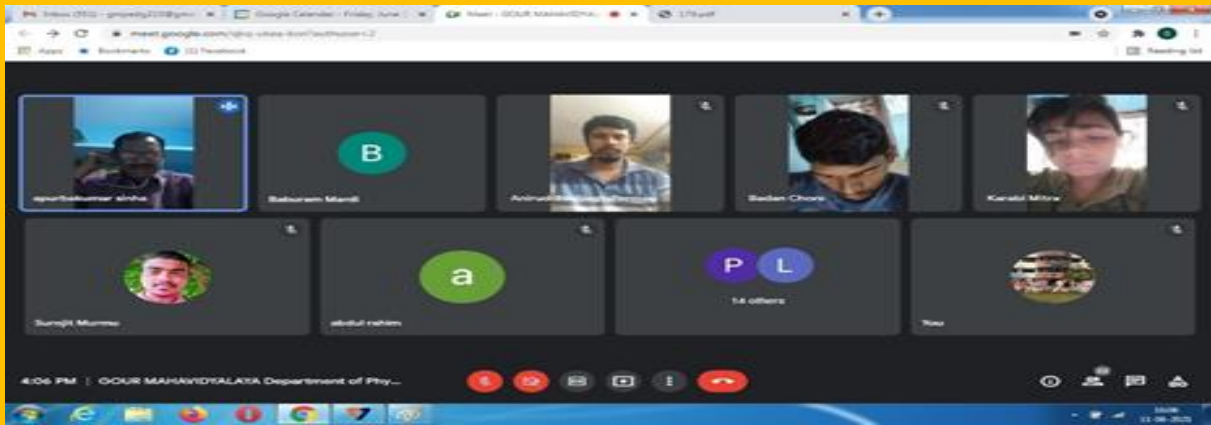
Important Notes:

ONLINE TEACHING AND LEARNING: 2021

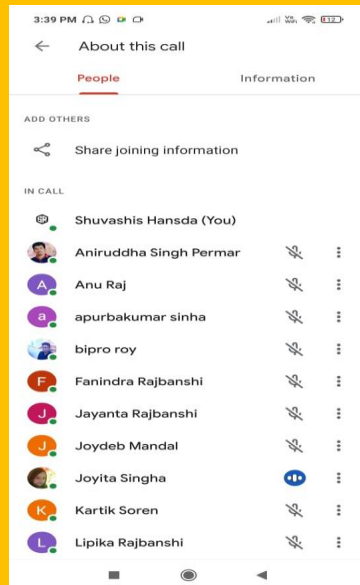
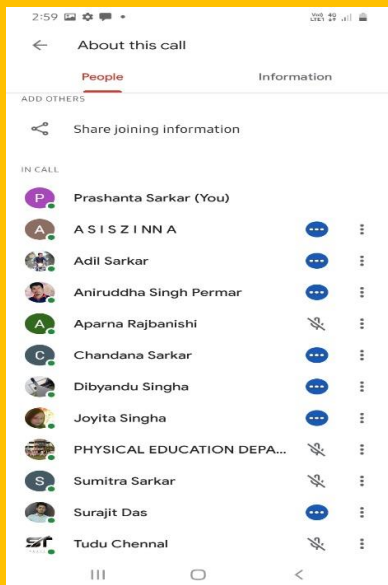
Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet,Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards Online
2. PHYSICAL EDUCATION ANIRUDDHA SINGH PERMAR STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing study Study materials	Computer , Laptop,Mobile	11.06.2021 Onwards- Online
3. PHYSICAL EDUCATION JOYITA SINGHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet, Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards- Online

APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 11.06.2021

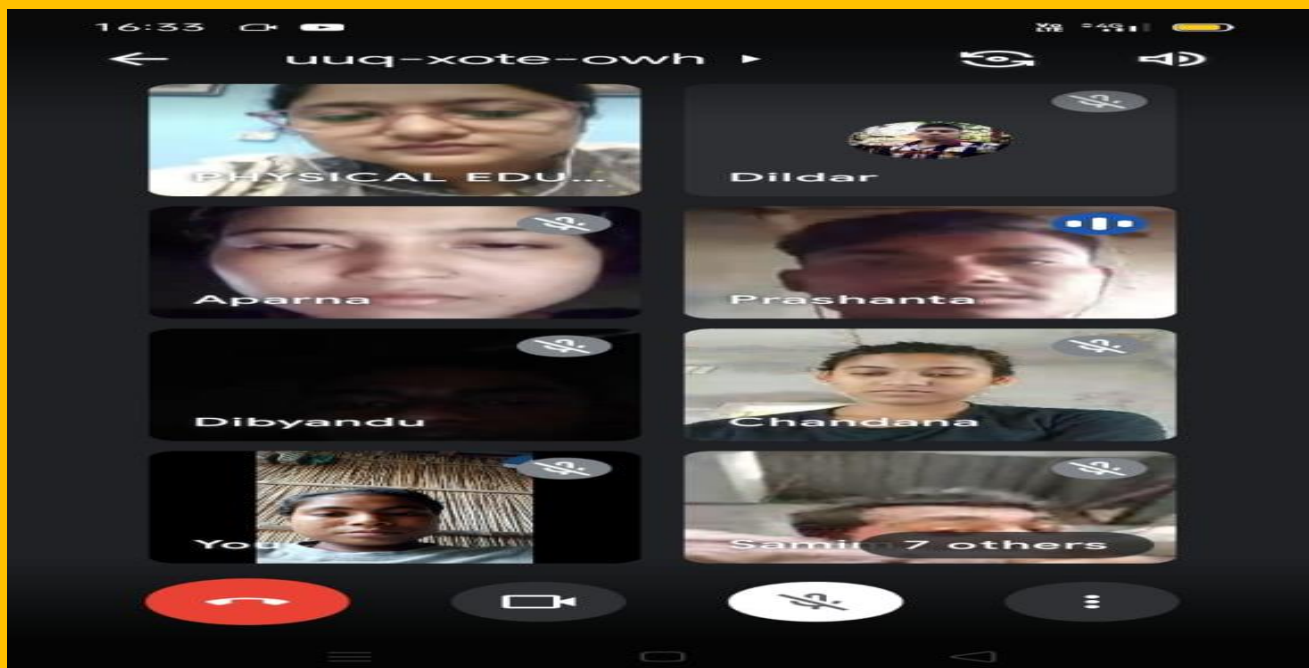
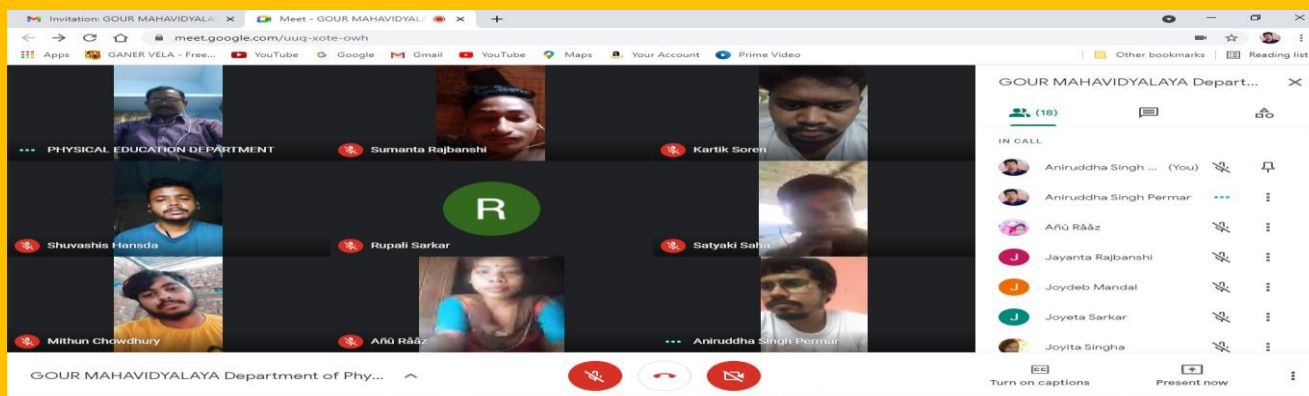
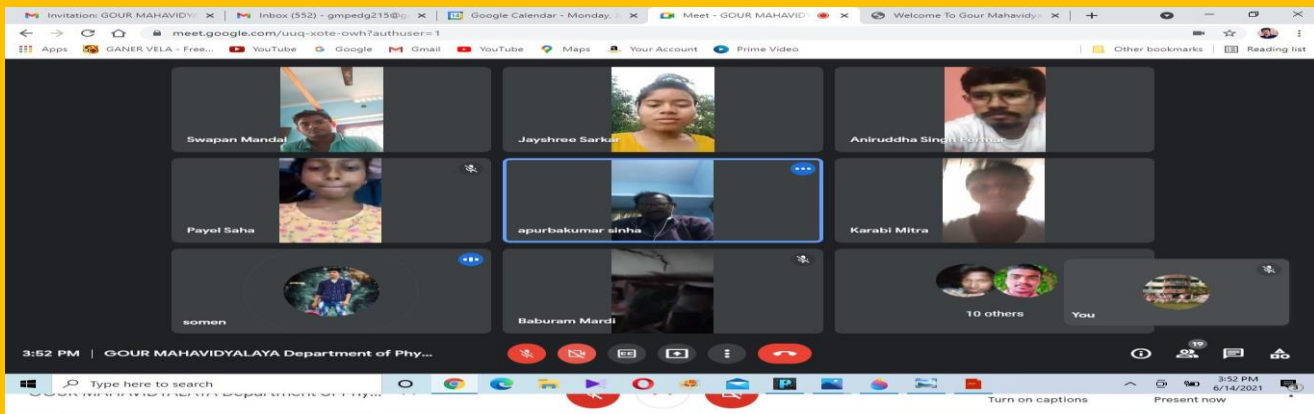




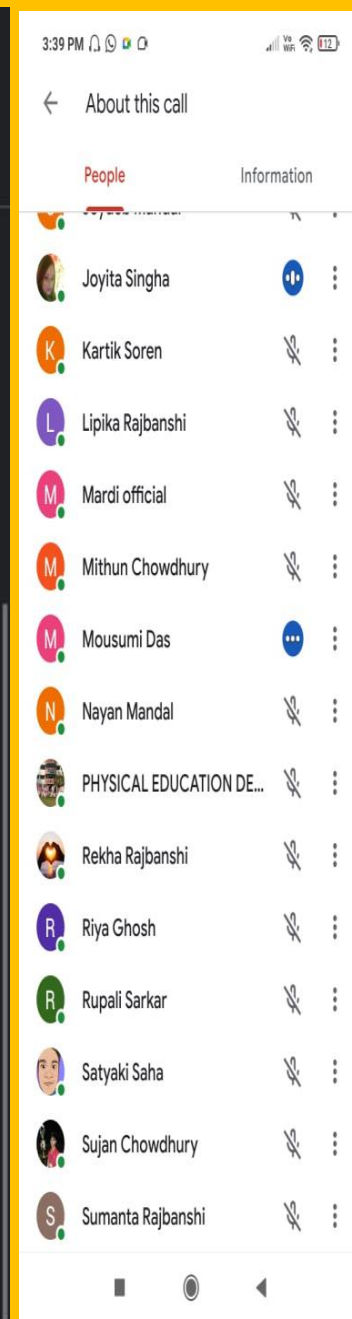
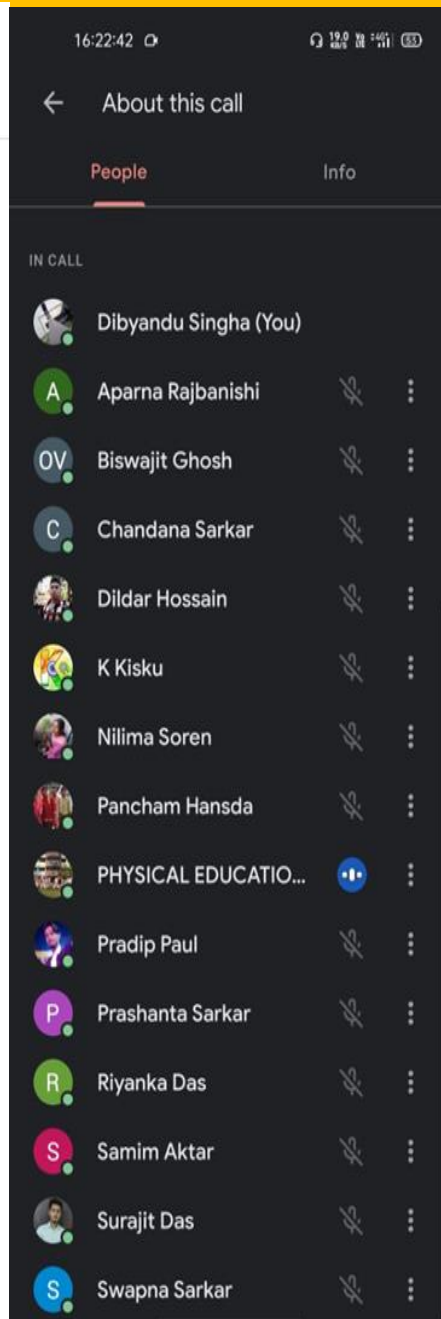
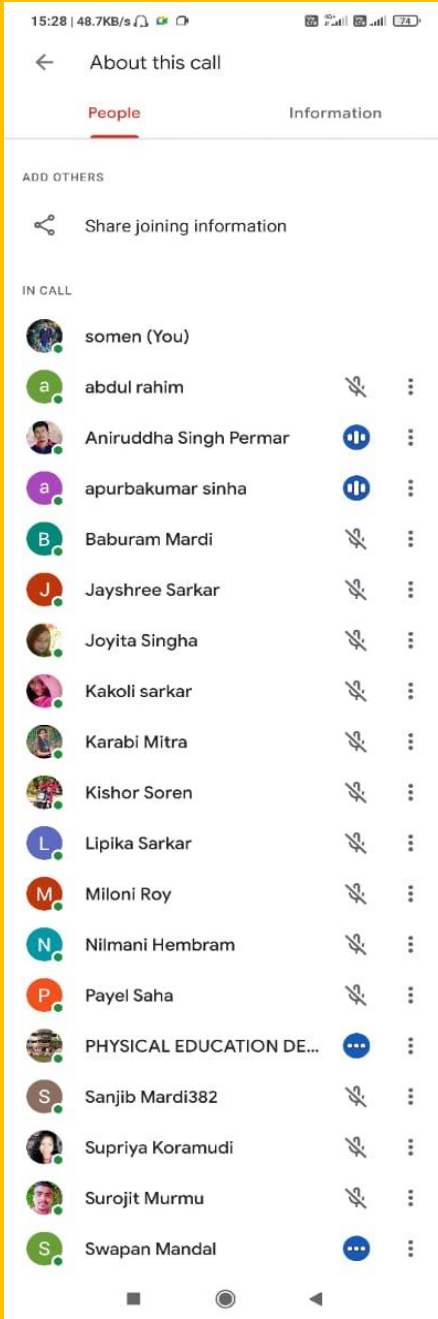
ATTENDANCE



APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 14.06.2021



ATTENDANCE



SPECIAL YOGA CLASS

The Hon'ble Speaker of the Special Yoga Class will be Dr. S. K. Ganguly who is the Former Principal & Adjunct Professor of GS College of Yoga & Cultural Synthesis, Kaivalyadhama, Lonavla, Pune (Maharashtra). He will deliver a Speech regarding **“ Utilities of Yoga Practices in our today life”**

APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 15.06.2021

ONLINE SPECIAL YOGA CLASS

GOUR MAHAVIDYALAYA



DEPARTMENT OF PHYSICAL EDUCATION

UTILITIES OF YOGA PRACTICES IN OUR TODAY LIFE .



Dr. S. K. Ganguly Former Principal & Adjunct Professor
GS College of Yoga & Cultural Synthesis, Kaivalyadhama
Lonavla, Pune (Maharashtra)



**Dated : 15th June
2021, 3.00 pm**

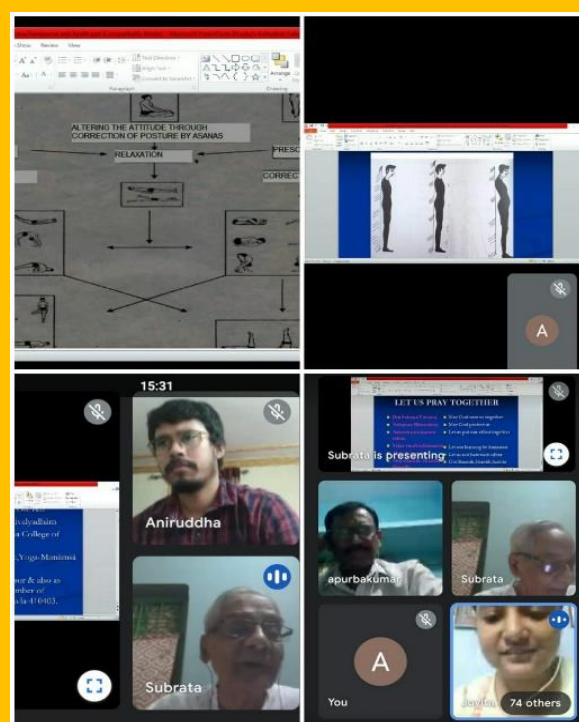
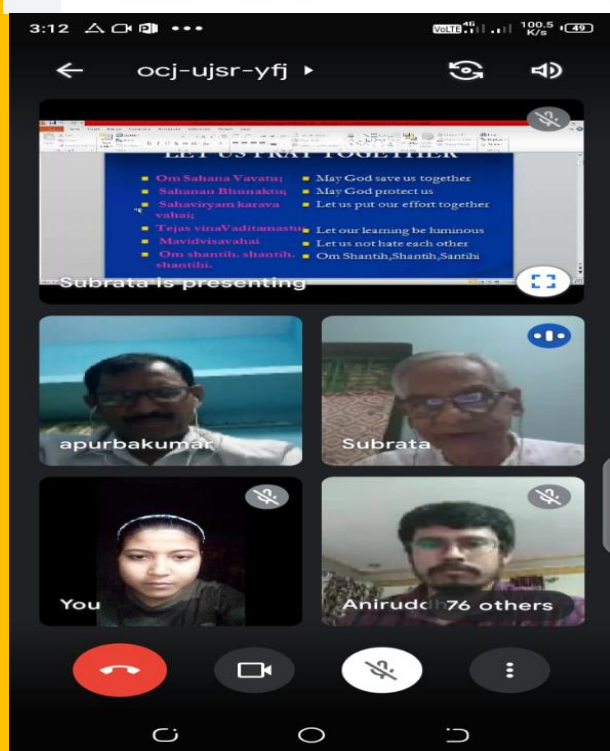
Mentor & Organizers

**Apurba Kumar Sinha
Aniruddha Singh Permar
Joyita Singha**

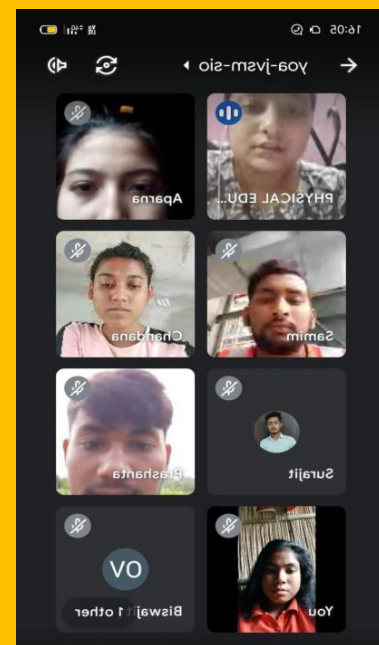
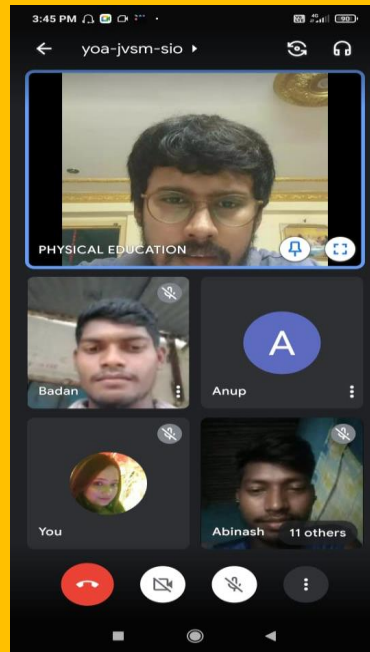
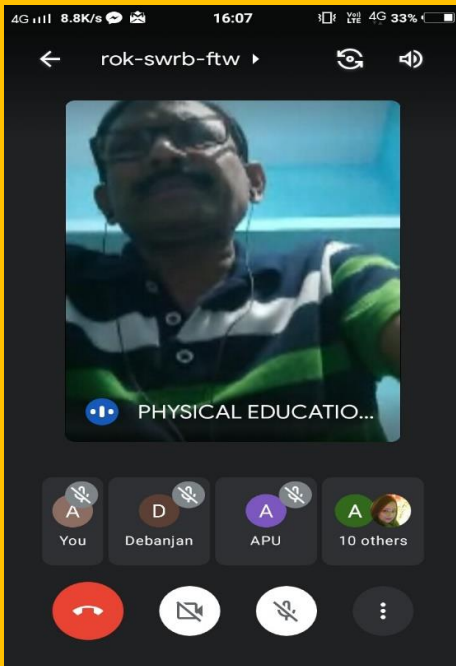
State Aided College Teacher



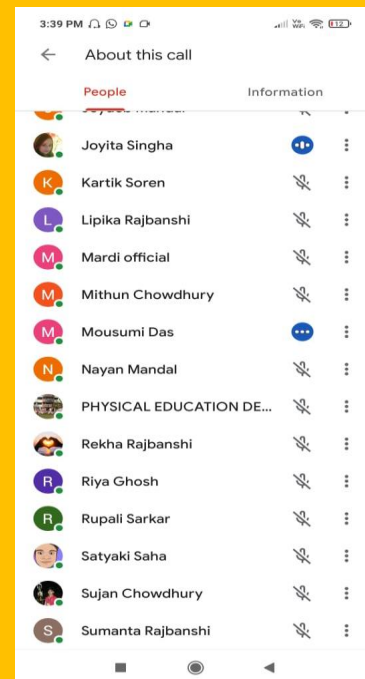
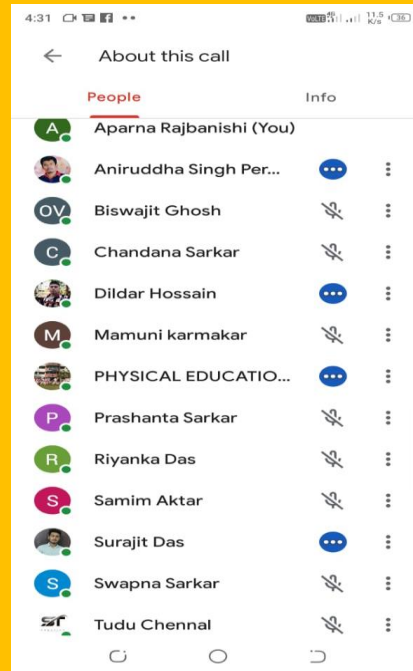
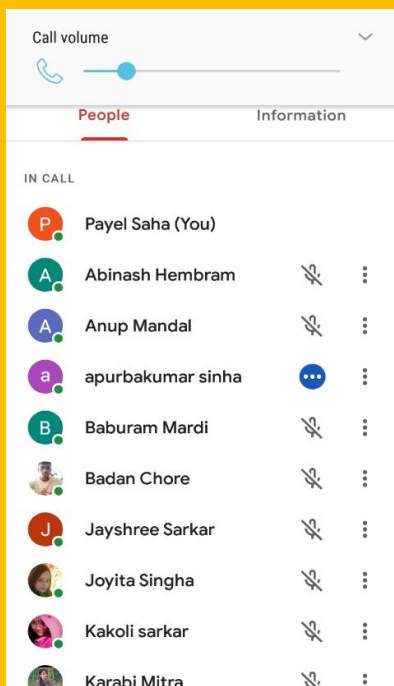
Platform : Google Meet (Link will be share
30 mints Before the Special Yoga Class)



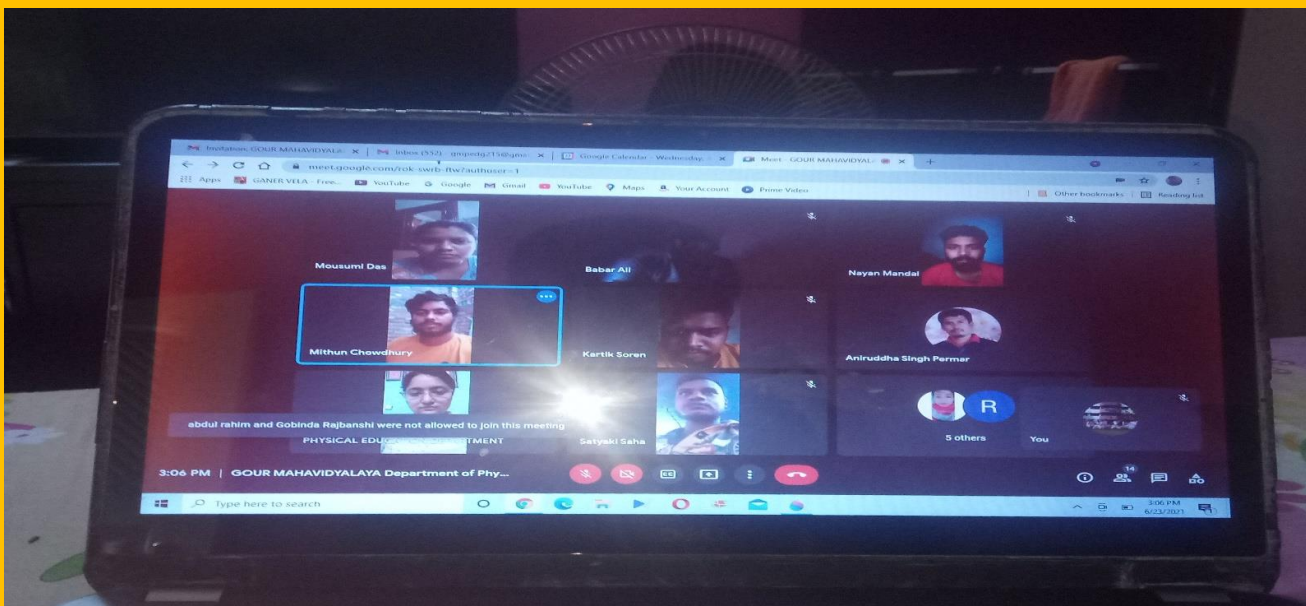
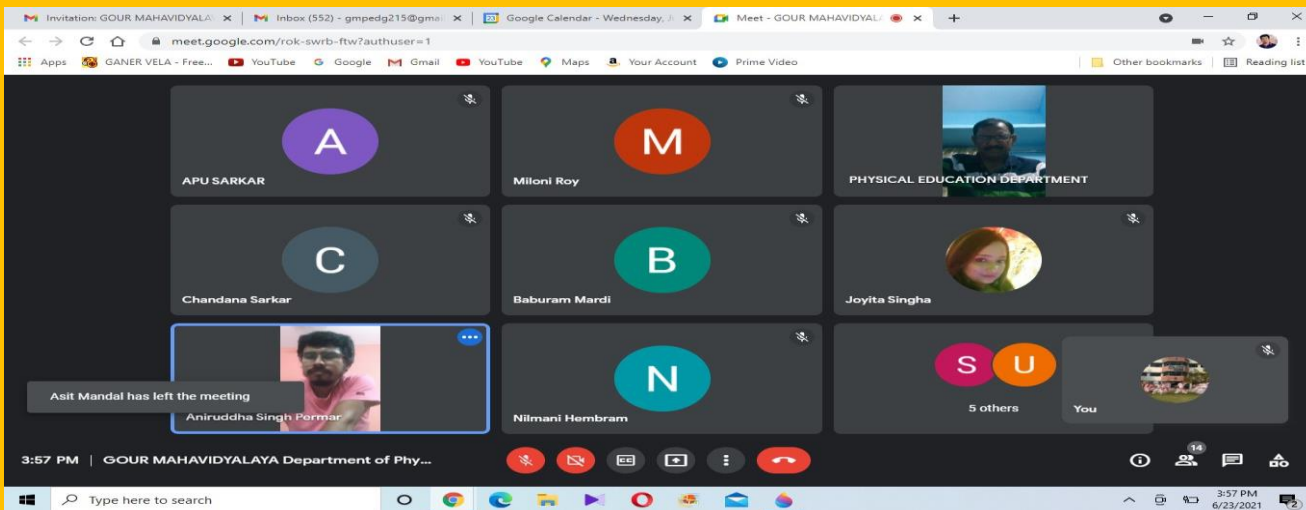
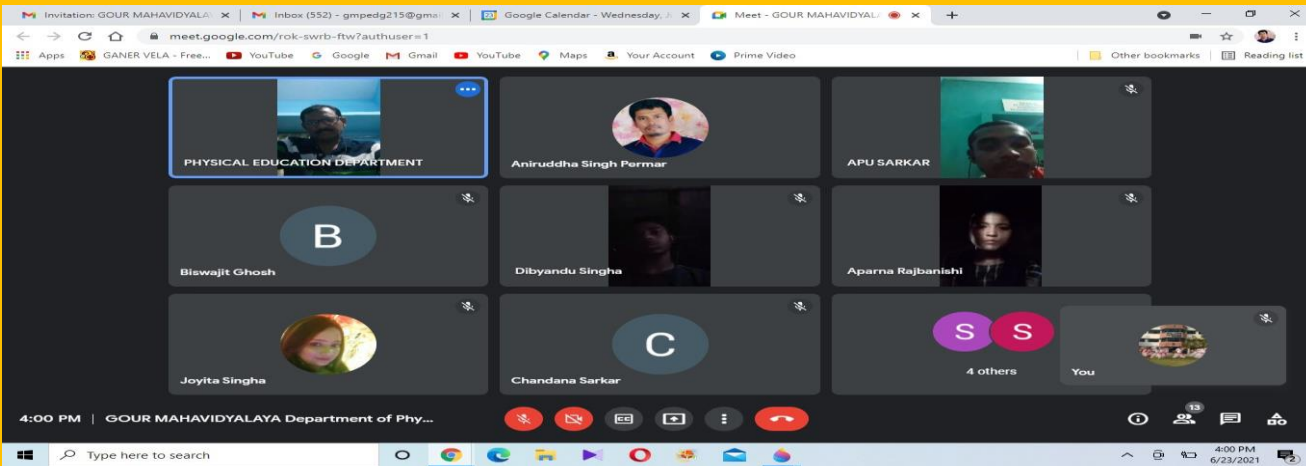
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 21.06.2021



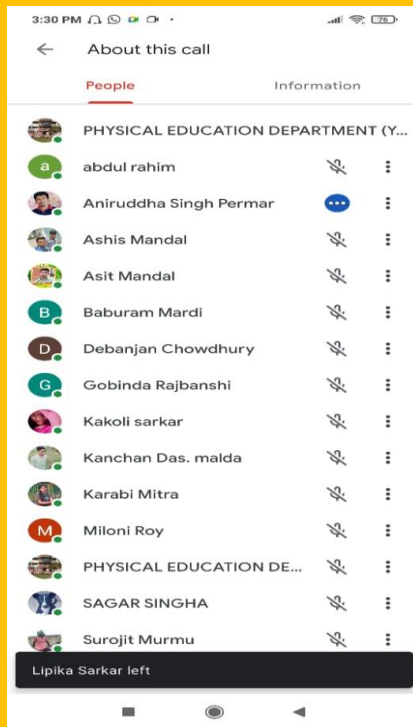
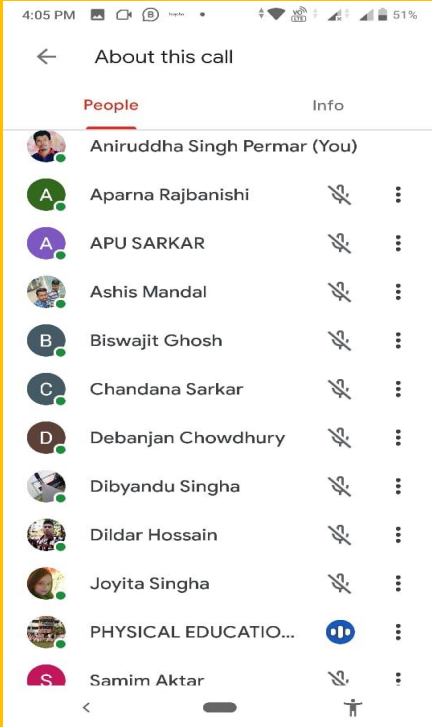
ATTENDANCE



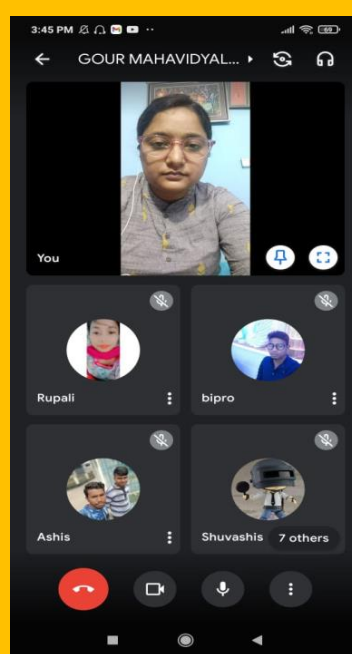
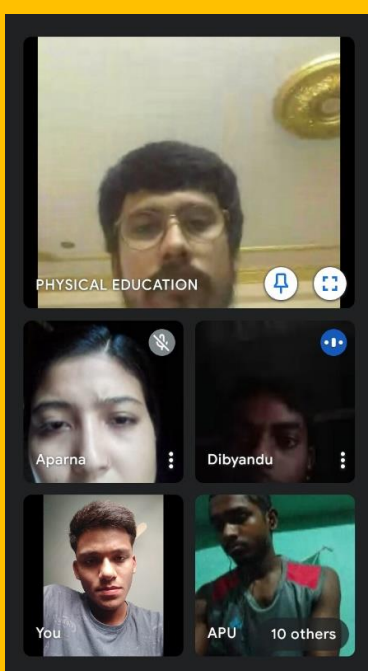
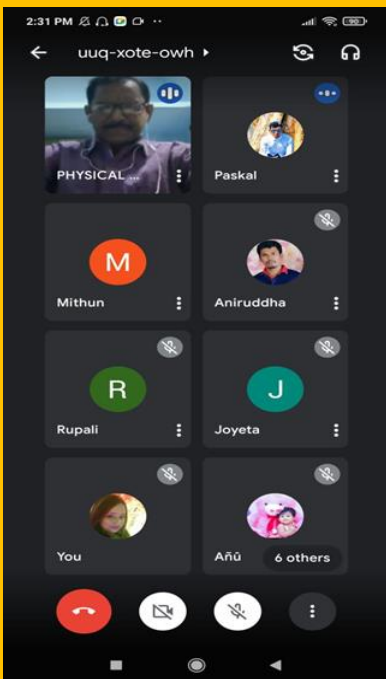
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 23.06.2021



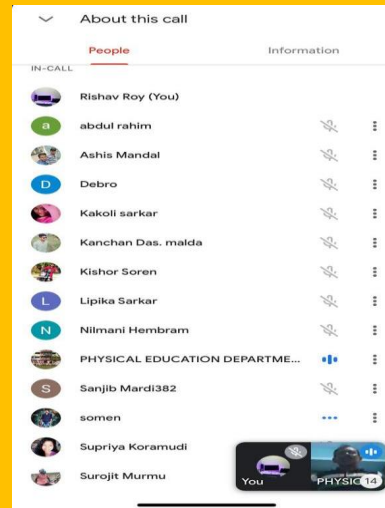
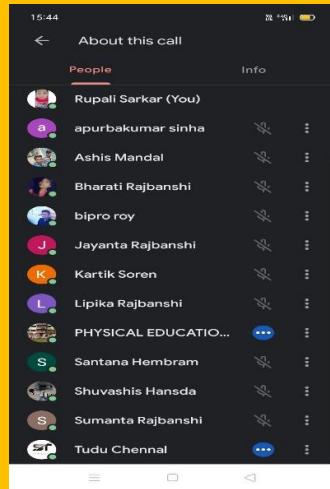
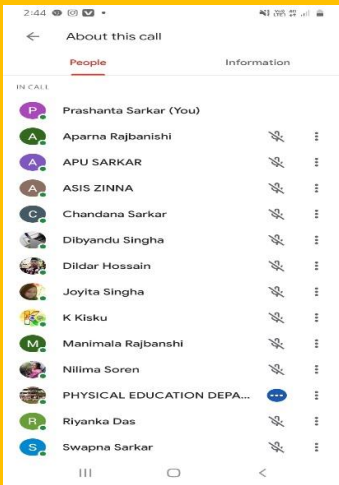
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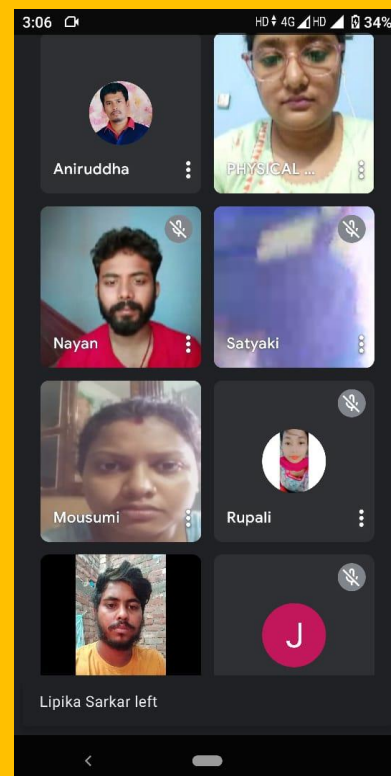
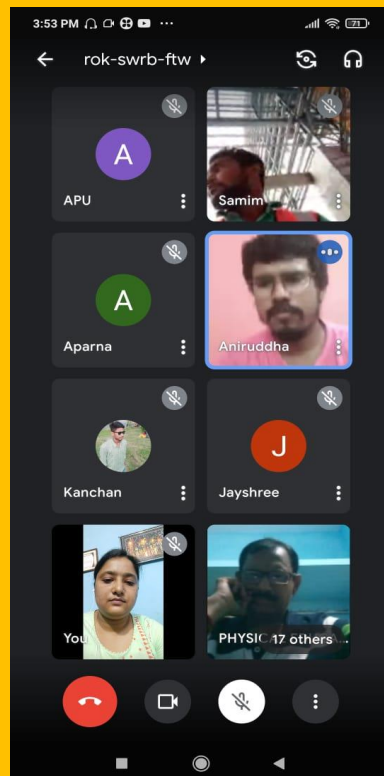
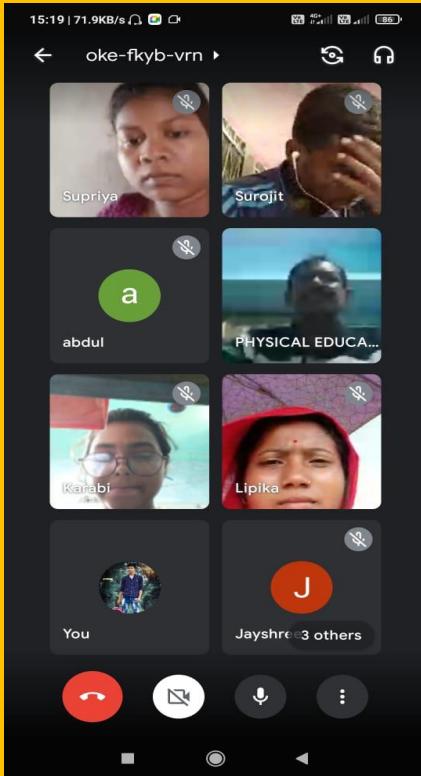
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 25.06.2021



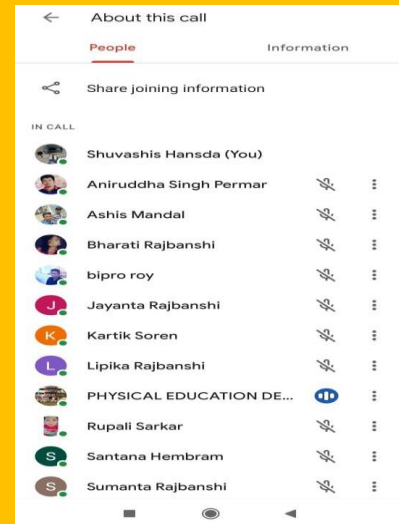
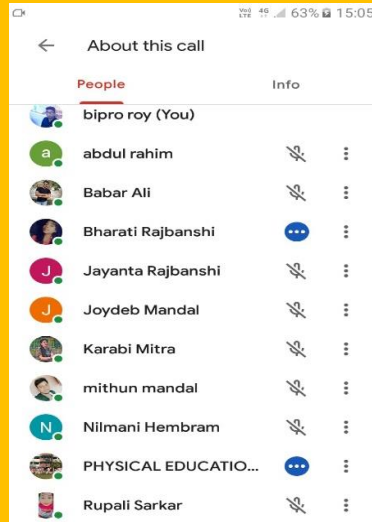
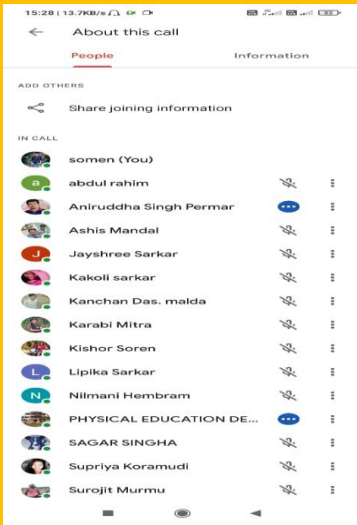
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APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 28.06.2021



ATTENDANCE



APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 30.06.2021

Invitation: GOUR MAHAVIDYALAYA | Meet - GOUR MAHAVIDYALAYA

meet.google.com/tj-uumu-boh

Apps | GANER VELA - Free... | YouTube | Google | Gmail | YouTube | Maps | Your Account | Prime Video | Other bookmarks | Reading list

Grid of participants:

- Payel Saha
- Kishor Soren
- somen
- Jayshree Sarkar
- Aniruddha Singh Permar
- Swapan Mandal
- PHYSICAL EDUCATION DEPARTMENT
- 6 others
- You

Meeting details | 14

2:48 PM | GOUR MAHAVIDYALAYA Department of Phy... | Meeting controls: mute, video, chat, share, end call

Windows taskbar: Type here to search | 33°C Cloudy | 2:48 PM 6/30/2021

Invitation: GOUR MAHAVIDYALAYA | Meet - GOUR MAHAVIDYALAYA | meet.google.com/tnj-uumu-boh

PHYSICAL EDUCATION DEPART... Dibyandu Singha Chandana Sarkar Dipankar Rajbanshi Dildar Hossain

Joyita Singha Swapna Sarkar 2 others You

3:39 PM | GOUR MAHAVIDYALAYA Department of Phy...

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Invitation: GOUR MAHAVIDYALAYA | Meet - GOUR MAHAVIDYALAYA | meet.google.com/tnj-uumu-boh

bipro roy PHYSICAL EDUCATION DEPART... Nayan Mandal Anup Mandal Kartik Soren

Rupali Sarkar Kushik Roy 6 others You

4:35 PM | GOUR MAHAVIDYALAYA Department of Phy...

Start Type here to search 32°C 4:35 PM 6/30/2021

ATTENDANCE

2:53

About this call

People Info

- Swapan Mandal (You)
- abdul rahim
- Aniruddha Singh Permar
- Aniruddha Singh Permar
- apurbakumar sinha
- Baburam Mardi
- Badan Chore
- Jayshree Sarkar
- Kakoli sarkar
- Kishor Soren
- Payel Saha
- PHYSICAL EDUCATION DEPARTM...
- somen
- Supriya Koramudi
- Surojit Murmu
- Usha Roy

3:35 PM

About this call

People Info

IN CALL

- Aniruddha Singh Permar (You)
- Aniruddha Singh Per...
- Chandana Sarkar
- Dibyandu Singha
- Dildar Hossain
- Dipankar Rajbanshi
- Joyita Singha
- K Kisku
- Mamuni karmakar
- PHYSICAL EDUCATIO...
- Swapna Sarkar

4:11 PM

About this call

People Information

ADD OTHERS

- Share joining information

IN CALL

- Joyita Singha (You)
- Aniruddha Singh Permar
- Kartik Soren
- Mithun Chowdhury
- Nayan Mandal
- PHYSICAL EDUCATION DE...
- Rekha Rajbanshi
- Rupali Sarkar
- Satyaki Saha
- Sumanta Rajbanshi

GOOGLE CALENDAR ONLINE CLASS

RECORD JUNE - 2021

11/06/2021 TO 30/06/2021

5:06 PM 23%

☰ June 🔍 📅 ⋮

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4	5	6	7	8	9	10

<

TEACHERS SIGNATURE

1.

Apurba Kumar Sinha

2.

Aniruddha Singh Pomer.

3.

Joyita Singha

THE END