

GOUR MAHAVIDYALAYA

MANGALBARI, MALDA

DEPARTMENT: PHYSICAL EDUCATION

ONLINE CLASS MONTH OF JUNE & JULY

:11.06.2021 to 31.07.2021

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	4:00-6:00	5:00-6:00	Teachers's Name	Ab
Monday	General Sem-I	Course-CCLAB	Course-CCLAB									
	General Sem-I	Teacher:AS	Teacher:ASD									
	General 2nd Year	Paper-V	Paper-IV									
	General 2nd Year	Teacher:ASD	Teacher:JS									
	General 3rd Year	Paper-VII	Paper-VII		Course							
	General 3rd Year	Teacher:JS	Teacher:ASD		Teacher:							
	Honours Sem-I				Course		Course		Course			
	Honours Sem-I				Teacher:		Teacher:		Teacher:			
	Honours 2nd Year				Course		Course		Course			
	Honours 2nd Year				Teacher:		Teacher:		Teacher:			
Tuesday	General Sem-I	Course-CCLAB	Course-CCLAB									
	General Sem-I	Teacher:JS	Teacher:ASD									
	General 2nd Year	Paper-IV	Paper-V									
	General 2nd Year	Teacher:ASD	Teacher:ASD									
	General 3rd Year	Paper-VII	Paper-VII		Course							
	General 3rd Year	Teacher:ASD	Teacher:JS		Teacher:							
	Honours Sem-I				Course		Course		Course			
	Honours Sem-I				Teacher:		Teacher:		Teacher:			
	Honours 2nd Year				Course		Course		Course			
	Honours 2nd Year				Teacher:		Teacher:		Teacher:			
Wednesday	General Sem-I						Course-CCLAB	Course-CCLAB	Course-CCLAB			
	General Sem-I						Teacher:JS	Teacher:ASD	Teacher:ASD			
	General 2nd Year		Course				Warm up	Paper-VI	Paper-VI			
	General 2nd Year		Teacher:				Teacher:JS	Teacher:ASD	Teacher:ASD			
	General 3rd Year		Course				Warm up	Paper-VII	Paper-VII			
	General 3rd Year		Teacher:				Teacher:JS	Teacher:JS	Teacher:JS			
	Honours Sem-I											
	Honours Sem-I											
	Honours 2nd Year				Course		Course		Course			
	Honours 2nd Year				Teacher:		Teacher:		Teacher:			
Thursday	General Sem-I			Course								
	General Sem-I			Teacher:								
	General 2nd Year			Course								
	General 2nd Year			Teacher:								
	General 3rd Year					Course						
	General 3rd Year					Teacher:						
	Honours Sem-I					Course		Course		Course		
	Honours Sem-I					Teacher:		Teacher:		Teacher:		
	Honours 2nd Year					Course		Course		Course		
	Honours 2nd Year					Teacher:		Teacher:		Teacher:		
Friday	General Sem-I						Course					
	General Sem-I						Teacher:					
	General 2nd Year			Course								
	General 2nd Year			Teacher:								
	General 3rd Year	Course	Course		Course							
	General 3rd Year	Teacher:	Teacher:		Teacher:							
	Honours Sem-I							SNB		Course		
	Honours Sem-I							Teacher:		Teacher:		
	Honours 2nd Year					Course		Course		Course		
	Honours 2nd Year					Teacher:		Teacher:		Teacher:		
Saturday	General Sem-I			Course								
	General Sem-I			Teacher:								
	General 2nd Year	Course	Course									
	General 2nd Year	Teacher:	Teacher:									
	General 3rd Year			Course								



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>

	FIELD PRACTICAL 1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.	(A.K.S) (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	(J.S)

	University level.	
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)

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 Performance related Physical Fitness. 3. Concept</p>	(A.S.P)

	<p>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)

PART-III Paper- VII:	<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, (c) Massage Therapy and (d) Yaga Therapy</p>	<p style="text-align: center;">ASP</p> <p style="text-align: center;">JS</p> <p style="text-align: center;">AKS</p>
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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

ASP

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 Programme; 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

JS

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-20HA (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)

 INDIA'S NO. 1 CEMENT

Date: _____ M T W T F S S


GOUR MAHAVIDYALAYA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DIARY FOR SEMESTER-2,
SEMESTER-4 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 Asthama Disease.

 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-4

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

 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-4

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: JOYITA SINGHA: EXAMPLE)

29 Friday
5th WK - 026-336 JANUARY

January
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 29 30 31

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
Plyometric Training.

Important Notes:

2021
Saturday 30
JANUARY 5th WK - 030-335

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.

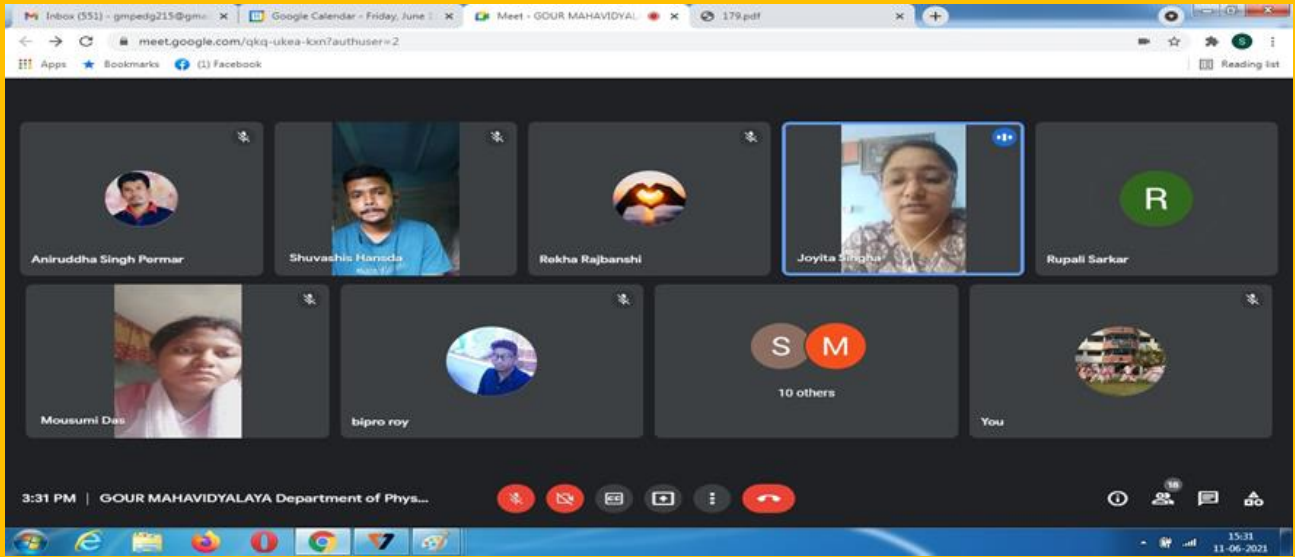
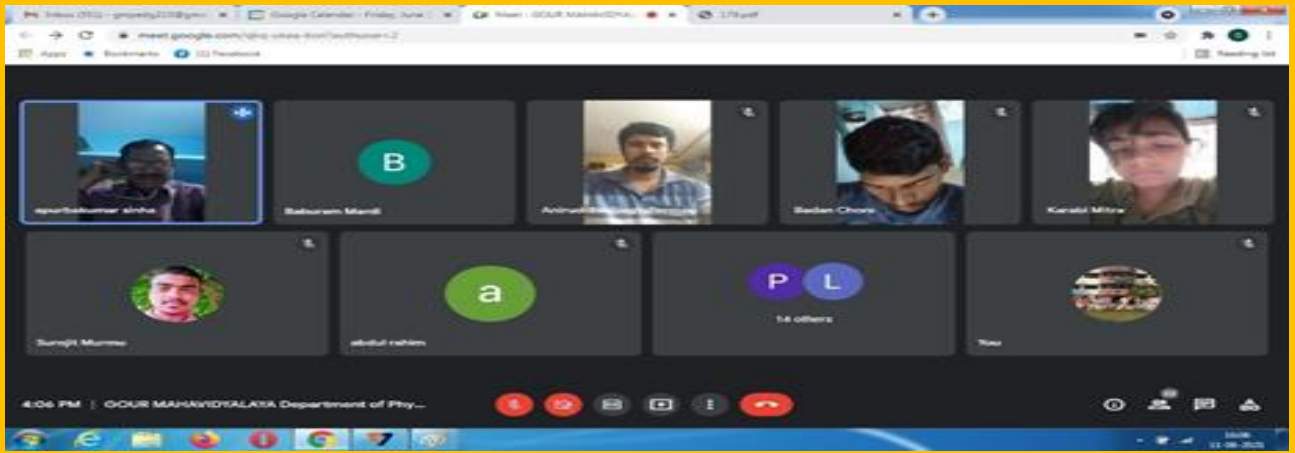
Important Notes:

ONLINE TEACHING AND LEARNING: 2021

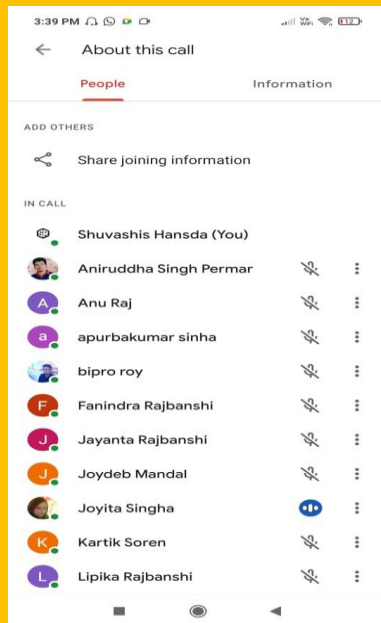
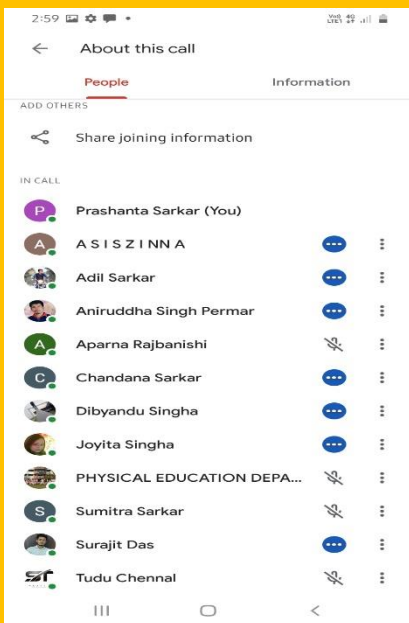
Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet,Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards Online
2. PHYSICAL EDUCATION ANIRUDDHA SINGH PERMAR STATE AIDED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

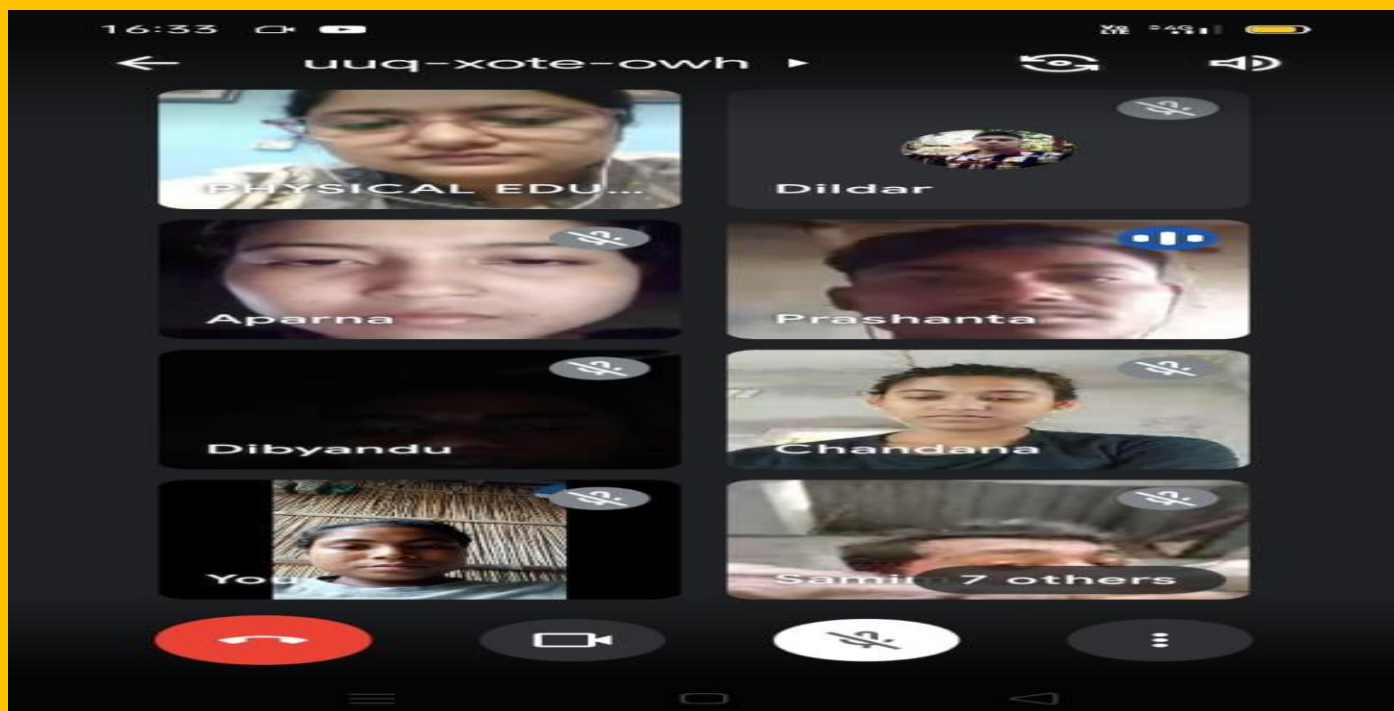
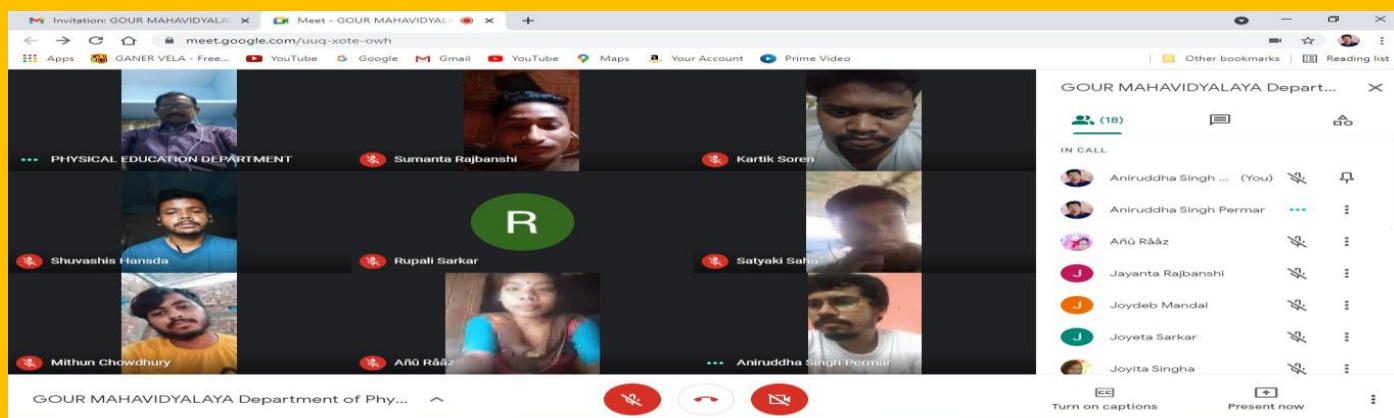
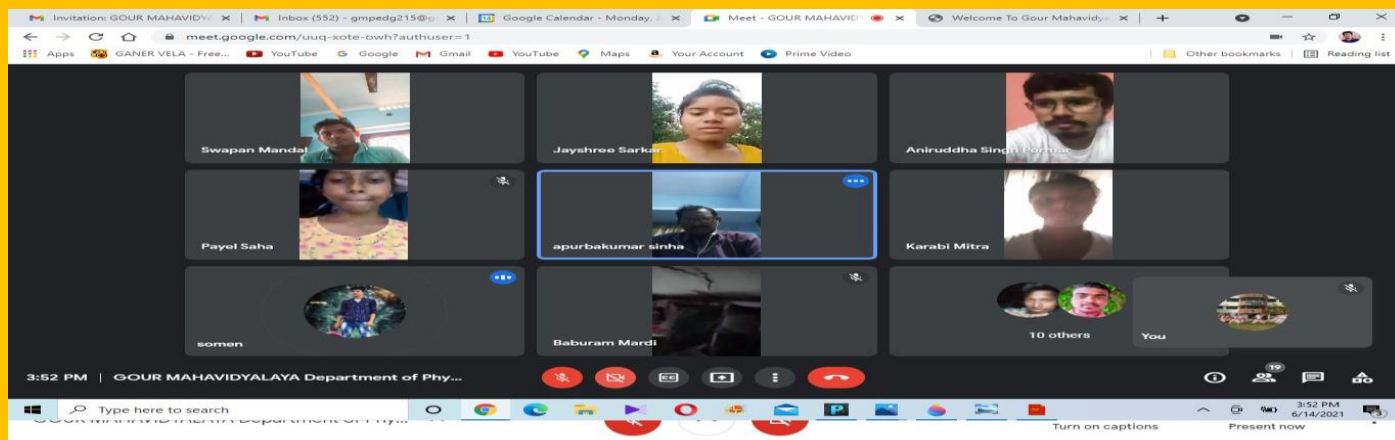




ATTENDANCE



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

15:28 | 48.7KB/s | 73%

← About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- somen (You)
- abdul rahim
- Aniruddha Singh Permar
- apurbakumar sinha
- Baburam Mardi
- Jayshree Sarkar
- Joyita Singha
- Kakoli sarkar
- Karabi Mitra
- Kishor Soren
- Lipika Sarkar
- Miloni Roy
- Nilmani Hembram
- Payel Saha
- PHYSICAL EDUCATION DE...
- Sanjib Mardi382
- Supriya Koramudi
- Surojit Murmu
- Swapan Mandal

16:22:42

← About this call

People Info

IN CALL

- Dibyandu Singha (You)
- Aparna Rajbanishi
- Biswajit Ghosh
- Chandana Sarkar
- Dildar Hossain
- K Kisku
- Nilima Soren
- Pancham Hansda
- PHYSICAL EDUCATIO...
- Pradip Paul
- Prashanta Sarkar
- Riyanka Das
- Samim Aktar
- Surajit Das
- Swapna Sarkar

3:39 PM

← About this call

People Information

- Joyita Singha
- Kartik Soren
- Lipika Rajbanishi
- Mardi official
- Mithun Chowdhury
- Mousumi Das
- Nayan Mandal
- PHYSICAL EDUCATION DE...
- Rekha Rajbanishi
- Riya Ghosh
- Rupali Sarkar
- Satyaki Saha
- Sujan Chowdhury
- Sumanta Rajbanishi

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

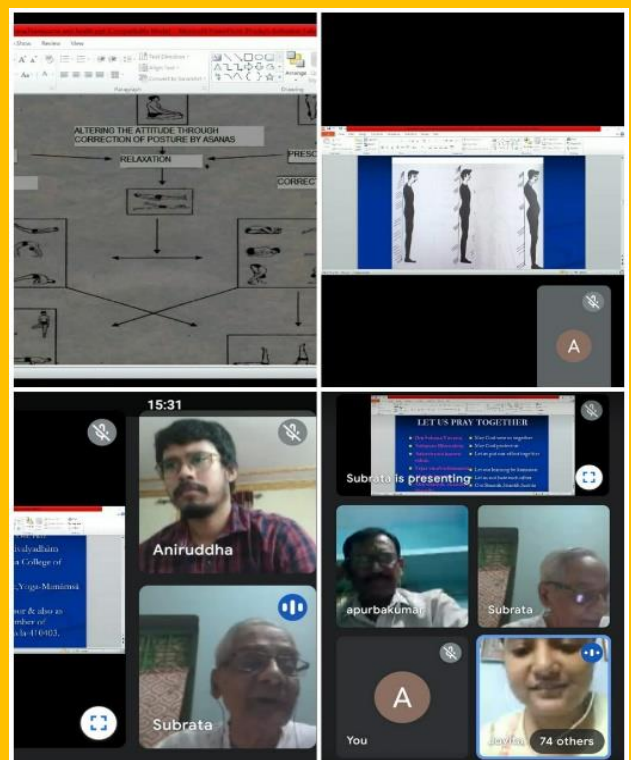
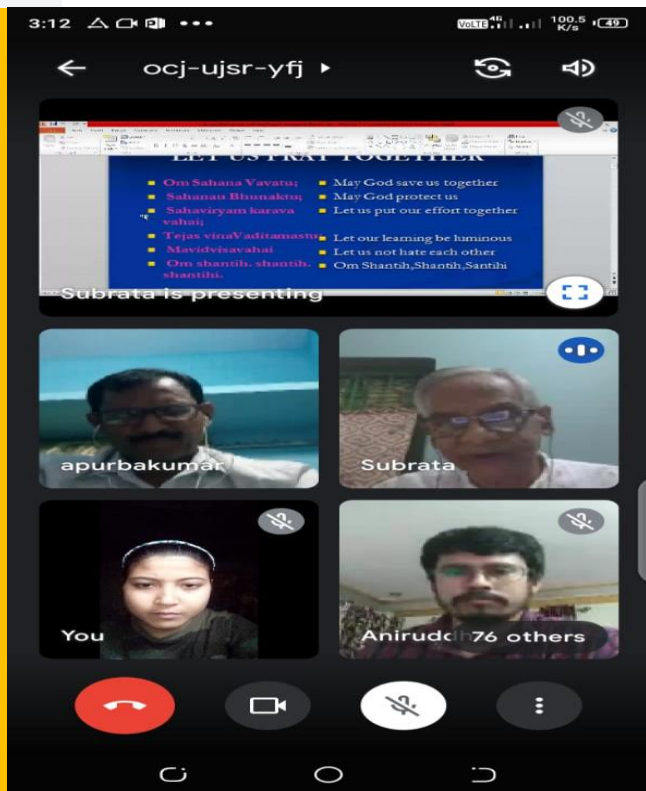
**UTILITIES OF YOGA PRACTICES
IN OUR TODAY LIFE .**

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

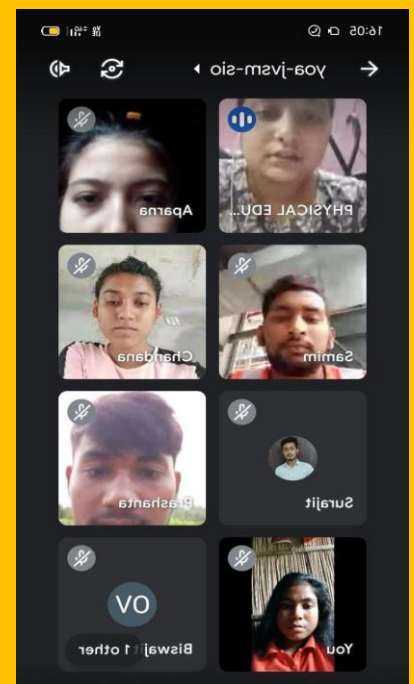
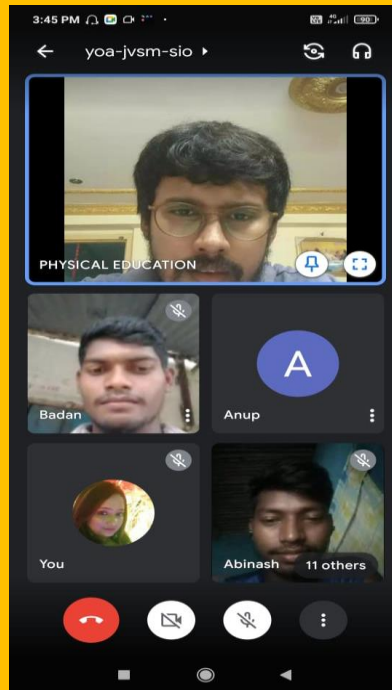
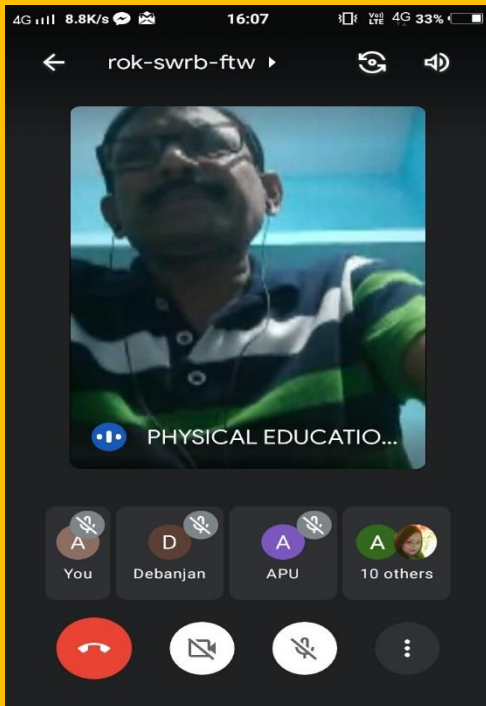
**Dated : 15th June
2021, 3.00 pm**

Mentor & Organizers
**Apurba Kumar Sinha
Aniruddha Singh Permar
Joyita Singha**
State Aided College Teacher

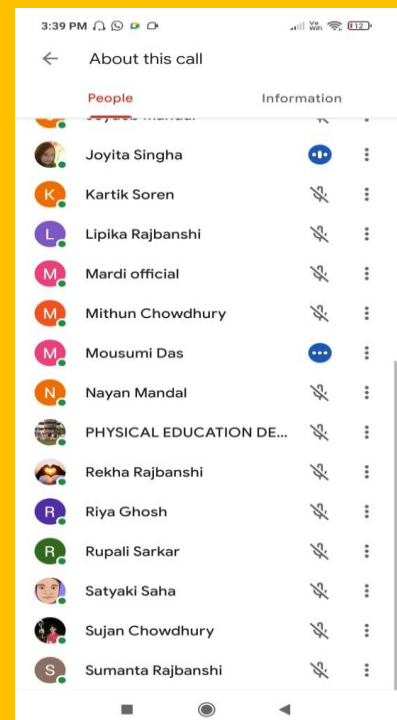
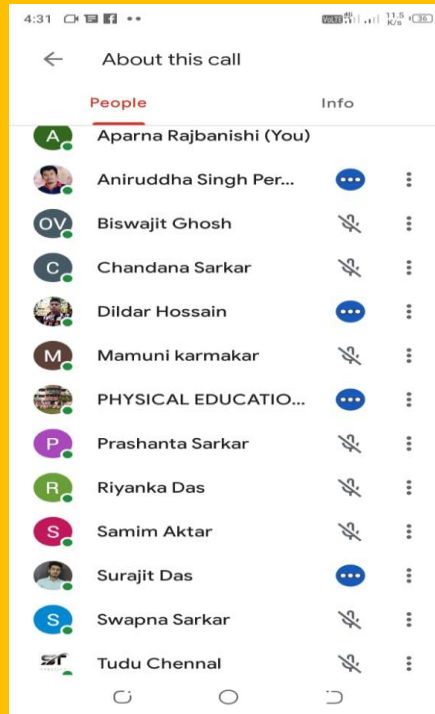
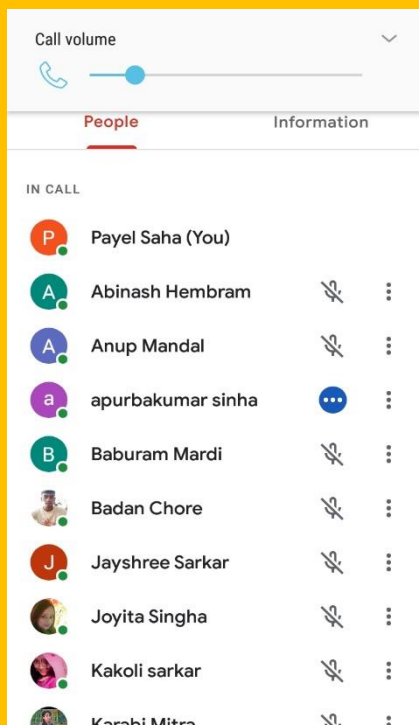
Platform : Google Meet (Link will be share
30 mints Before the Special Yoga Class)



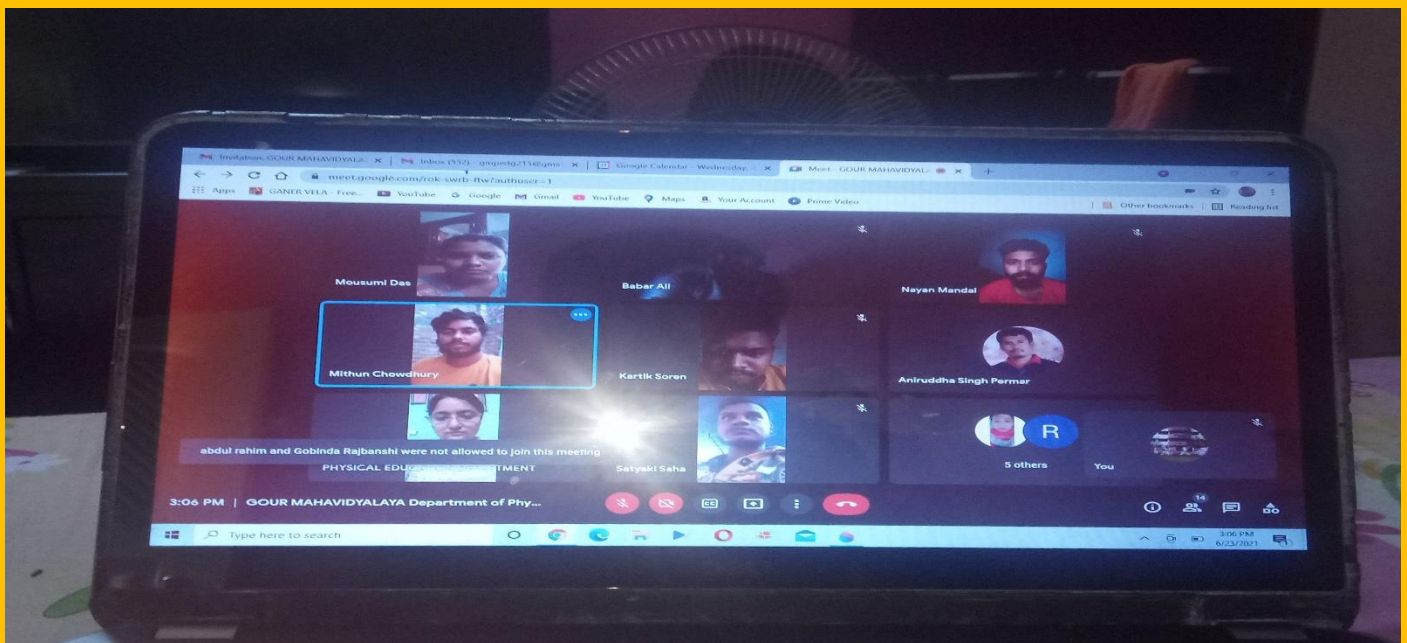
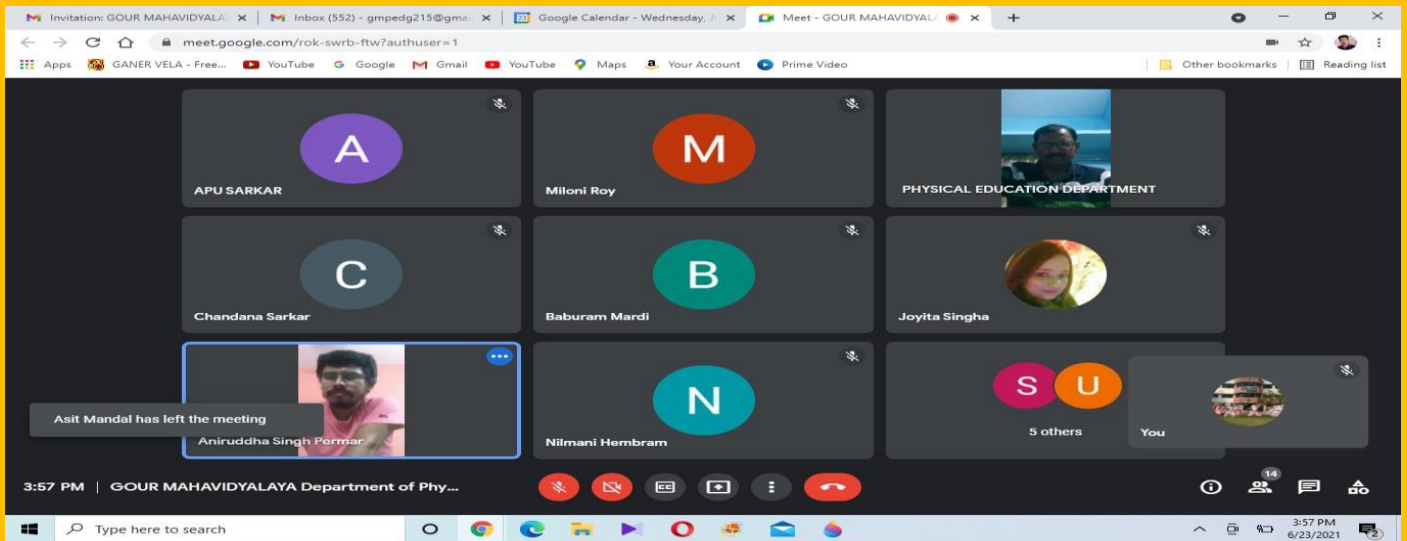
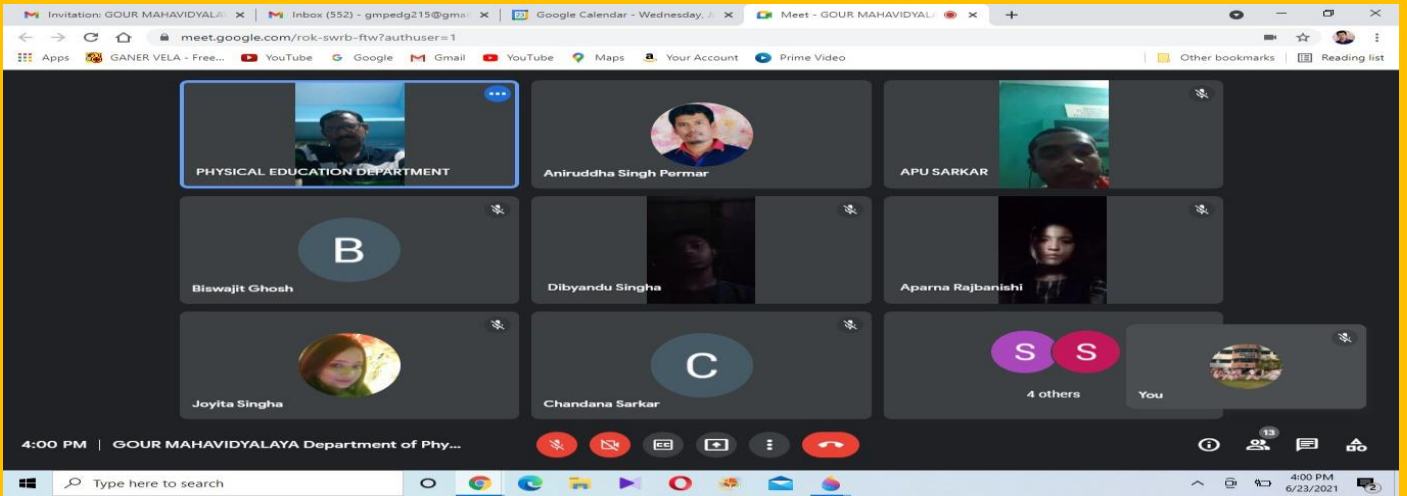
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 21.06.2021



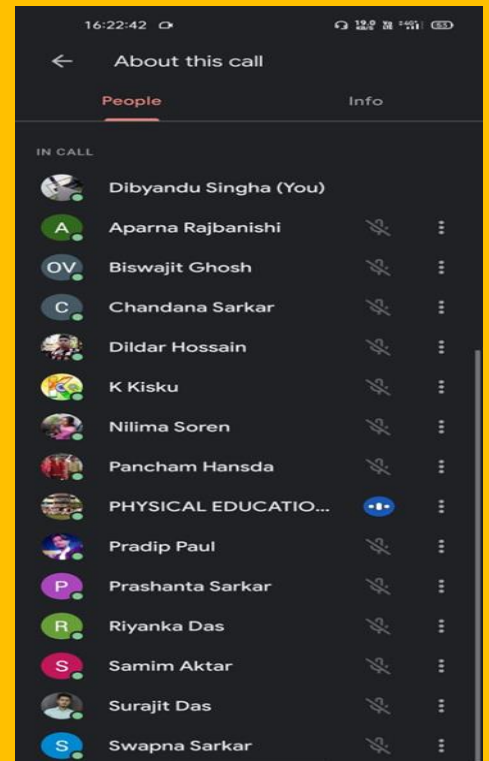
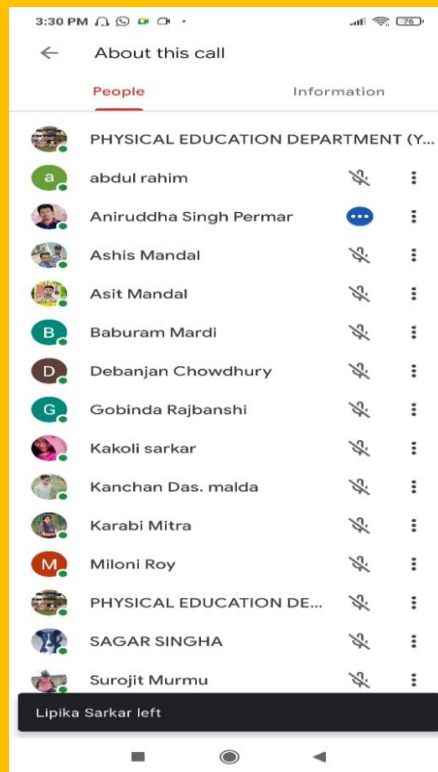
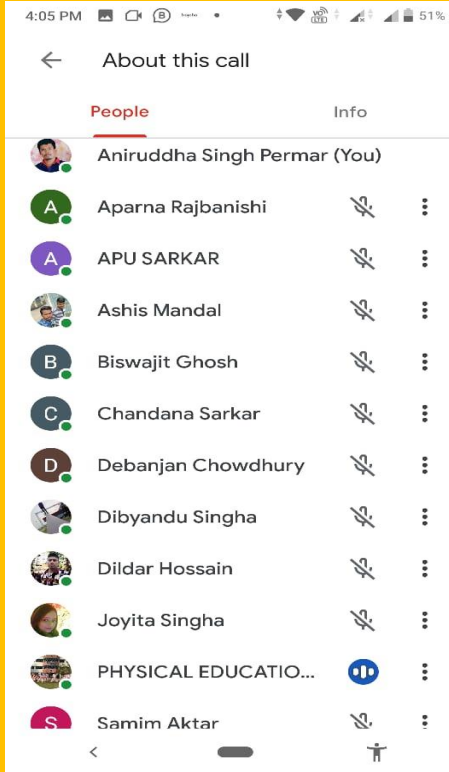
ATTENDANCE



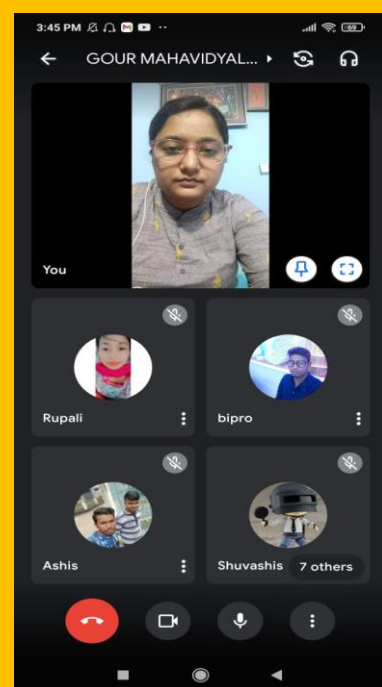
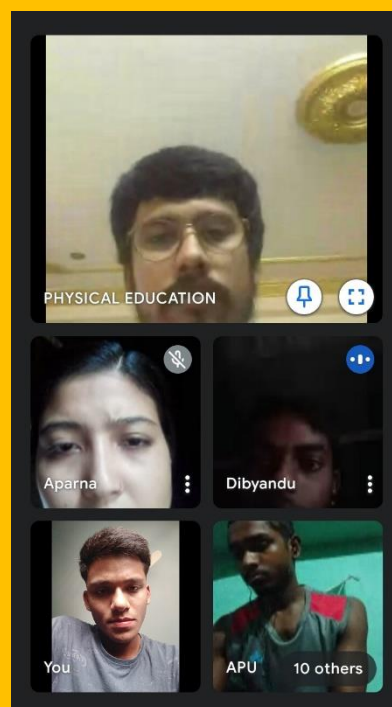
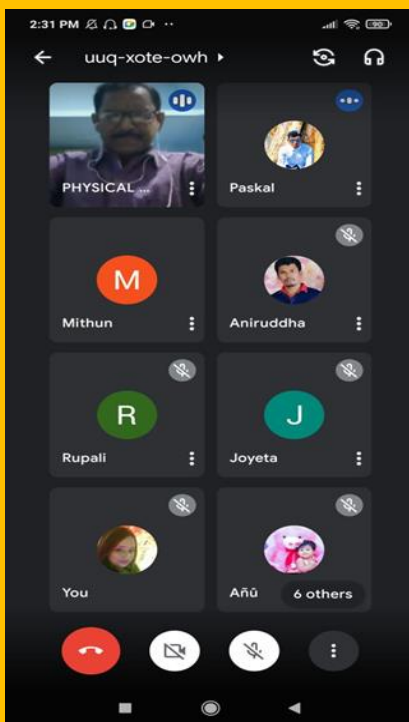
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 23.06.2021



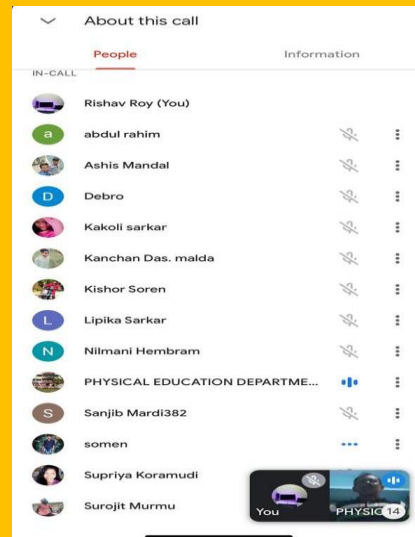
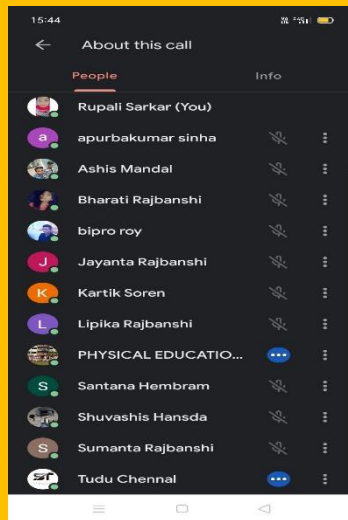
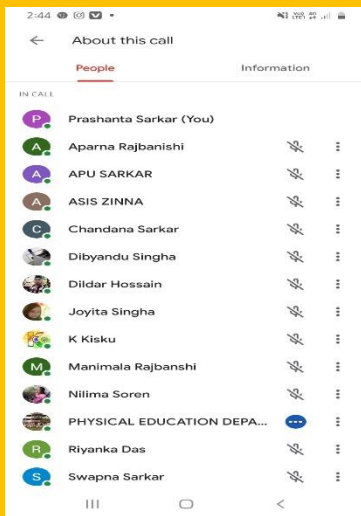
ATTENDANCE



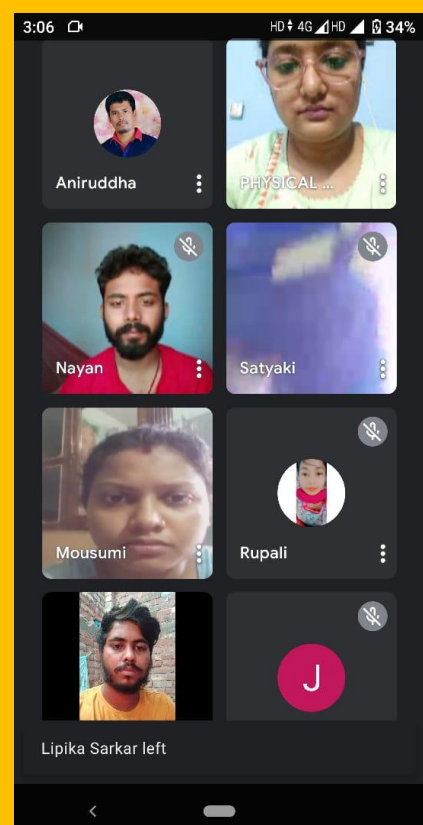
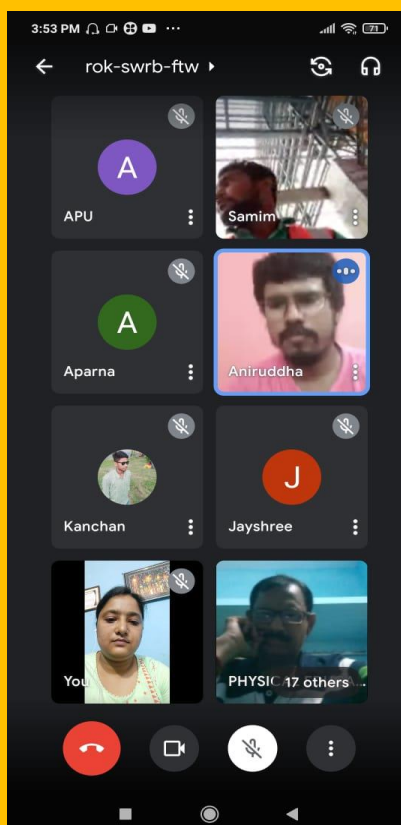
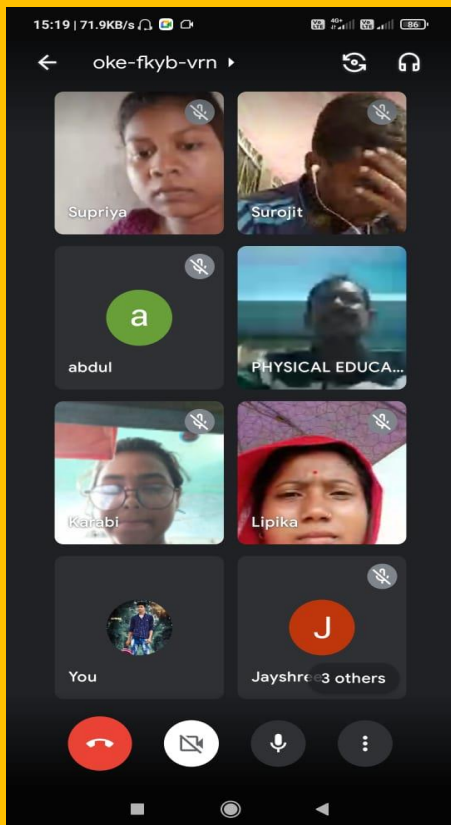
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 25.06.2021



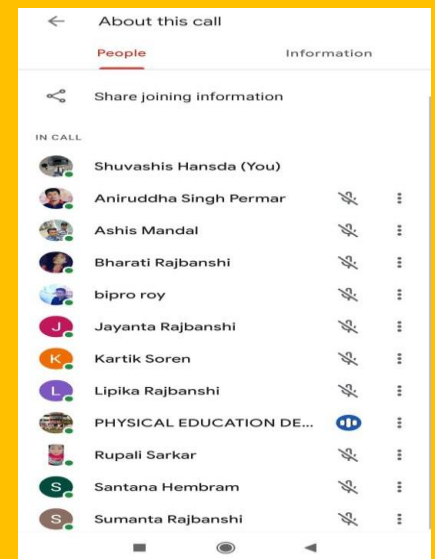
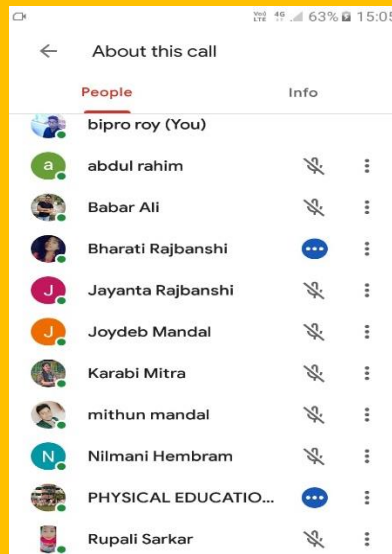
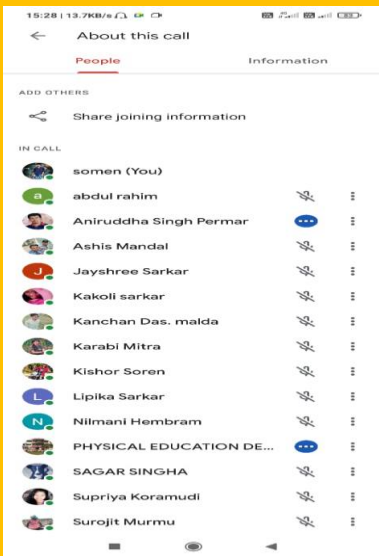
ATTENDANCE



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

meet.google.com/tnj-uumu-boh

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

Payel Saha Kishor Soren somen Jaysree Sarkar Aniruddha Singh Permar

Swapan Mandal PHYSICAL EDUCATION DEPARTMENT 6 others You

Meeting details

2:48 PM | GOUR MAHAVIDYALAYA Department of Phy...

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

Invitation: GOUR MAHAVIDYALA x Meet - GOUR MAHAVIDYALA x +

meet.google.com/tnj-uumu-boh

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

PHISICAL 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...

Type here to search

30°C 3:39 PM 6/30/2021

Invitation: GOUR MAHAVIDYALA x Meet - GOUR MAHAVIDYALA x +

meet.google.com/tnj-uumu-boh

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

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...

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 4G 23%

☰ June 🔍 📅 ⋮

S	M	T	W	T	F	S
30	31 Mental He	1	2	3	4	5
6	7	8	9	10	11 GOUR MA GOUR MA	12
13	14 GOUR MA GOUR MA	15 GOUR MA GOUR MA	16	17	18	19
20	21 GOUR MA GOUR MA	22	23 GOUR MA GOUR MA	24	25 GOUR MA GOUR MA	26
27	28 GOUR MA GOUR MA	29	30 GOUR MA GOUR MA	1	2	3
4	5	6	7	8	9	10

< >

ONLINE CLASS ROUTINE MONTH OF JULY - 2021

02.07.2021 to 30.07.2021

GOUR MAHAVIDYALAYA

DEPARTMENT OF PHYSICAL EDUCATION

ONLINE CLASS ROUTINE FOR SEMESTER-2, SEMESTER-4 AND PART-3
FROM- 02-07-2021 TO 30-07-2021.

DAY AND DATE	PERIOD - 1 2:30 PM to 3:00 PM	PERIOD - 2 3:15 PM to 3:45 PM	PERIOD - 3 4:00 PM to 4:30 PM	REMARKS
FRIDAY 02-07-21	SEMESTER-4 ASP UNIT-3 & (4.3)	PART-3 JS UNIT-3 & 4	SEMESTER-2 AKS UNIT-2 & (4.1 & 2)	
MONDAY 05-07-21	PART-3 AKS UNIT-5 & 6	SEMESTER-2 ASP UNIT-1 & (4.3)	SEMESTER-4 JS UNIT-2 & (4.4)	
WEDNESDAY 07-07-21	SEMESTER-2 JS UNIT-3 & (4.3)	SEMESTER-4 AKS UNIT-1 & (4.1 & 2)	PART-3 UNIT-ASP 1 & 2	
FRIDAY 09-07-21	SEMESTER-4 ASP	PART-3 JS	SEMESTER-2 AKS	
MONDAY 12-07-21	PART-3 AKS	SEMESTER-2 ASP	SEMESTER-4 JS	RATH YATRA (HOLIDAY)
WEDNESDAY 14-07-21	SEMESTER-2 JS	SEMESTER-4 AKS	PART-3 ASP PRACTICAL	
FRIDAY 16-07-21	SEMESTER-4 ASP	PART-3 JS	SEMESTER-2 AKS	
MONDAY 19-07-21	PART-3 AKS	SEMESTER-2 ASP	SEMESTER-4 JS	
WEDNESDAY 21-07-21	SEMESTER-2 JS	SEMESTER-4 AKS	PART-3 ASP	ID-UZ-ZOHA (HOLIDAY)
FRIDAY 23-07-21	SEMESTER-4 ASP PRACTICAL	PART-3 JS	SEMESTER-2 AKS PRACTICAL	
MONDAY 26-07-21	PART-3 AKS PRACTICAL	SEMESTER-2 ASP	SEMESTER-4 JS	
WEDNESDAY 28-07-21	SEMESTER-2 JS	SEMESTER-4 AKS PRACTICAL	PART-3 ASP PRACTICAL	
FRIDAY 30-07-21	SEMESTER-4 ASP	PART-3 JS	SEMESTER-2 AKS	

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

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : APURBA KUMAR SINHA

02.07.2021 to 30.07.2021

GOUR MAHAYIDYALAYA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DAIRY FOR SEMESTER-2,
SEMESTER-4 AND PART-3.
CLASS ROUTINE SCHEDULE FROM 02-07-2021
TO 30-07-2021 (MONTH OF JULY 2021).

TEACHER NAME: APURBA KUMAR SINHA
STATE AIDED COLLEGE TEACHER

02-07-2021
SEMESTER-2
UNIT-II: TOURNAMENTS
TOPIC: Method of Organizing Play Day.

05-07-2021
PART-3
Important note:
UNIT-6: THERAPEUTIC VALUES OF YOGA
AND PHYSICAL EXERCISE:
TOPIC: Yoga Therapy and Exercise Therapy.

Date: 16-07-2021
SEMESTER-2
UNIT-II: TOURNAMENTS
TOPIC: Method of Organizing of Extramural
Competition.

UNIT-IV: LEADERSHIP
TOPIC: Meaning, Definition of Leadership.
Qualities of good leader in Physical Education.

19-07-2021
PART-3
UNIT-6: THERAPEUTIC VALUES OF YOGA AND
PHYSICAL EXERCISE
TOPIC: About Physiotherapy, Electro Therapy
and Massage Therapy.

23-07-2021
SEMESTER-2
Important note:
FIELD PRACTICAL.
Lay out Knowledge and officiating
1. Track and Field Events.

INDIA'S NO.1 CEMENT
Date: 07-07-2021
SEMESTER-4
UNIT-I: INTRODUCTION OF HEALTH EDUCATION.
TOPIC: 1. School Health Program- Health Service,
Health Instruction, Health Supervision,
Health appraisal and Health Record.

09-07-2021
SEMESTER-2
UNIT-II: TOURNAMENTS
TOPIC: Method of Organizing of Intramural
Competition.

14-07-2021
SEMESTER-4
UNIT-IV: HEALTH AND FIRST-AID-MANAGEMENT.
TOPIC-1. First aid-Meaning, definition, Importance
and golden rules of First-AID.
Important note:
2. Concept of Sports injuries- Sprain, Strain,
Fracture and Dislocation.

Date: 26-07-2021
PART-3
PAPER-VIII PRACTICAL
UNIT-2 Officiating @ Athletics @ India
games and @ Major games.
UNIT-3. Specific Exercise Program for
Rehabilitation including Yogasana for
regional injuries (Shoulder, Neck, Trunk,
Hip, Knee and Ankle injuries).

28-07-2021
SEMESTER-4
LAB PRACTICAL-1. First Aid: Practical-
Triangular Bandage: Slings (Arm Slings, Collar &
Cuff Slings), Roller Bandages: Simple, Reverse spirals
2. Practical application of cryotherapy.

30-07-2021
Online class Test Examination for Semester-2
Semester-4 and Part-3 Students.
Important note:
Apurba Kumar Sinha
Department of Physical Education,
Gour Mahavidyalaya, Malda.

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : ANIRUDDHA SINGH PERMAR

02.07.2021 to 30.07.2021

30 Thursday GOUR MAHAVIDYALAYA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DAIRY FOR SEMESTER-IV
SEMESTER-IV AND PART-III
CLASS ROUTINE SCHEDULE
FROM 02-07-2021 TO 30-07-2021
(MONTH OF JULY - 2021)
TEACHER NAME :-
ANIRUDDHA SINGH PERMAR
(STATE AIDED COLLEGE TEACHER)

02-07-2021
SEMESTER - IV
UNIT-III MOTOR FITNESS AND WELLNESS
TOPIC :- Relationship between physical activity and wellness.

05-07-2021
SEMESTER - IV
UNIT-IV - LEADERSHIP
TOPIC :- Principles of leadership activity.

02 Sunday
16-07-2021
SEMESTER - IV PAPER CODE-SEC-2
TOPIC :- ① Gymnastics.
② Yoga.
③ Pranayama.

19-07-2021
SEMESTER - II PAPER - DC-1
UNIT - 1 - Facilities and Equipment
TOPIC :- Method of calculation of standard time and field event.

23-07-2021
SEMESTER - IV PAPER CODE-SEC-2
TOPIC - ① Gymnastic.
② - Yoga.
③ - Pranayama.

31 Friday
07-07-2021.
PART - III (PAPER - VII)
UNIT-10 -
TOPIC :- Defersits between Conditioning, Warm up, cooling down and Refinement important.

09-07-2021
SEMESTER - IV - (DC4 PAPER)
UNIT - III - MOTOR FITNESS AND WELLNESS.
TOPIC :- Ageing - physical activity and its importance.

14/07/2021
PART - III - PAPER - VIII
UNIT - 1 :- Participation in Regular fitness Programme (To be tested) -
① AAHPER Youth Fitness Test and
② Narrow motor Ability Test.

03 Monday
26-07-2021
SEMESTER - II - PAPER-CODE-DC-1
UNIT - 1 - ① Necessity of sports Management,
② School Health Programme.
③ Sports Manager and his duties.

28-07-2021
PART - III PAPER - VIII -
Unit - 1 - ① Narrow motor Ability.
Unit - 4 - ② - Participating in Social Service Programme N.C.C, Bratachari, N.S.S. Program and important.

30-07-2021.
Examination - JUNE/JULY class Test -
(SEM - II), (SEM - IV), (PART - III)

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : JOYITA SINGHA

02.07.2021 to 30.07.2021

01 Monday
FEBRUARY
GOUR MAHAVIDYALAYA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DAIRY FOR SEMESTER-2,
SEMESTER-1 AND PART-3
CLASS ROUTINE SCHEDULE FROM 02.07.2021 to
30.07.2021 (MONTH OF JULY 2021)
TEACHER NAME: JOYITA SINGHA
02.07.2021
Part-3
Unit-3: Different type of training Methods: Repetition
Method and Hip knee and Ankle injuries
05.07.2021
SEMESTER-1
Unit-2: Health disorders due to deficiencies of
vitamins and Minerals.
07.07.2021
SEMESTER-2
Unit-1: Meaning and definition of Leadership.
Qualities of good leader in physical Education

02 Tuesday
FEBRUARY
09.07.2021
Part-3
Unit-1: Mechanical principles of Applied sports: Force,
Motion, Law of Motion.
11.07.2021
SEMESTER-2
Unit-IV: Principles of leadership activities.
Unit-II: Procedure of drawing Fixture.
16.07.2021
PART-3
Unit-1: Centre of Gravity, Equilibrium stability >
Friction, Levers and Body Levers.
19.07.2021
SEMESTER-1
Unit-2: Postural deformities - Causes and corrective
exercise of Kyphosis, Lordosis.

03 Wednesday
FEBRUARY
23.07.2021
Part-3
Unit-1: Participating in social service programmes
N.C.C, N.S.S
26.07.2021
SEMESTER-1
Unit-4: Management of sports injuries through the
application of Exercise and Massage therapy
28.07.2021
SEMESTER-2
Unit-1: Hierarchy of Leadership in School, College
and university level.
30.07.2021
Part-3
Unit-1: Force Motion, Laws of Motion, Centre of
Gravity, Levers and Body levers.
Online class Test Examination for
Semester-2, Semester-1 and Part-3
Joyita Singha
Department of Physical Education
Gour Mahavidyalaya, Malda.

TEACHER NAME

APURBA KUMAR SINHA

ANIRUDDHA SINGH PERMAR

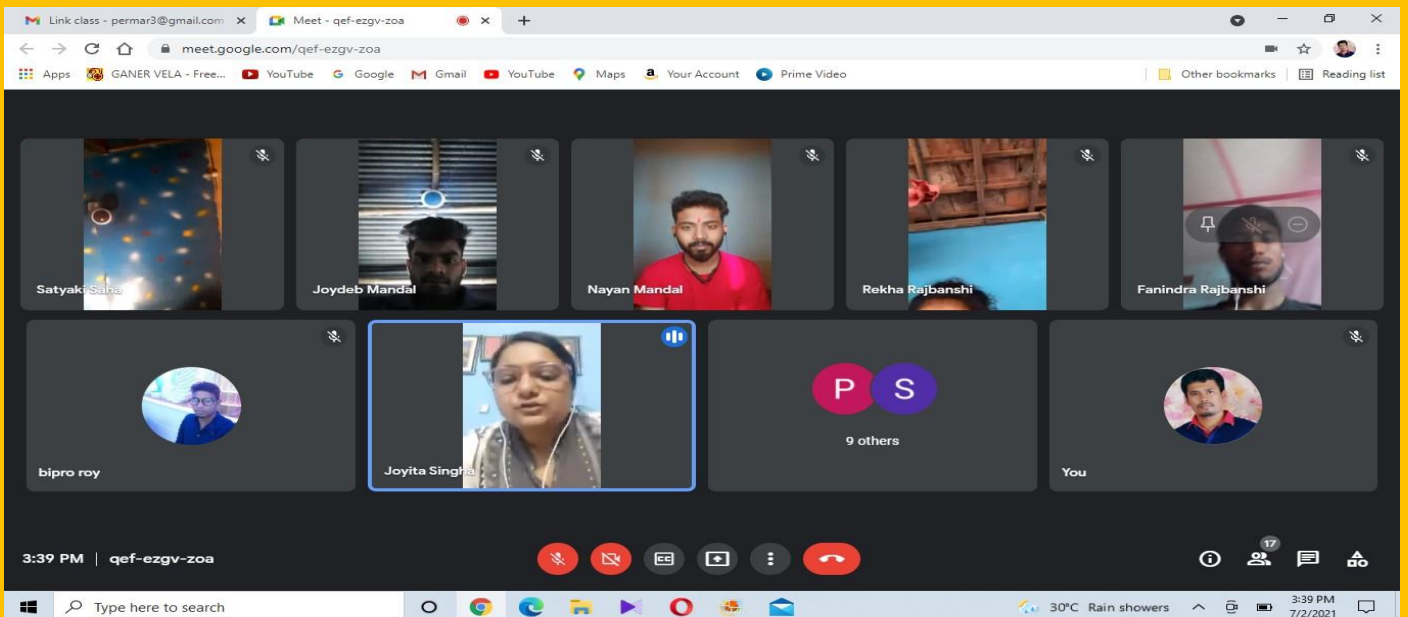
JOYITA SINGHA

STATE AIDED COLLEGE TEACHER

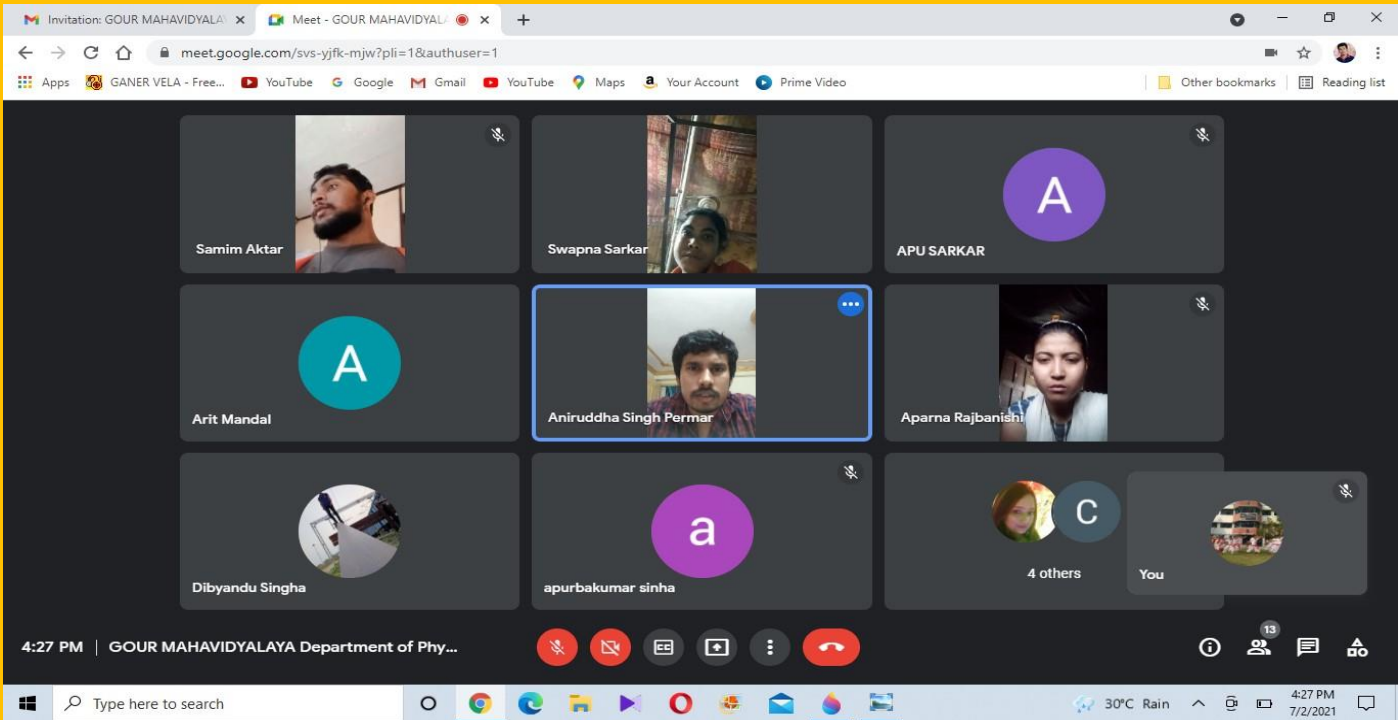
SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII & VIII

DATE : 02.07.2021

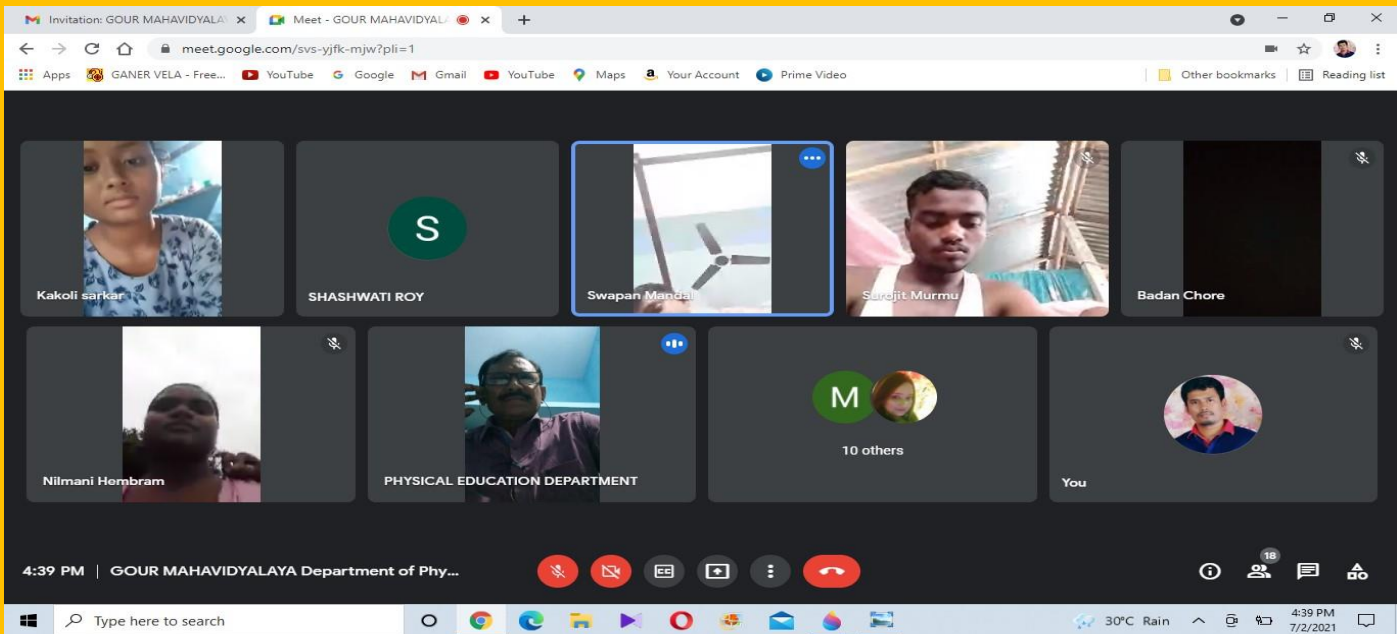
PART – 3



SEMESTER - IV



SEMESTER - II

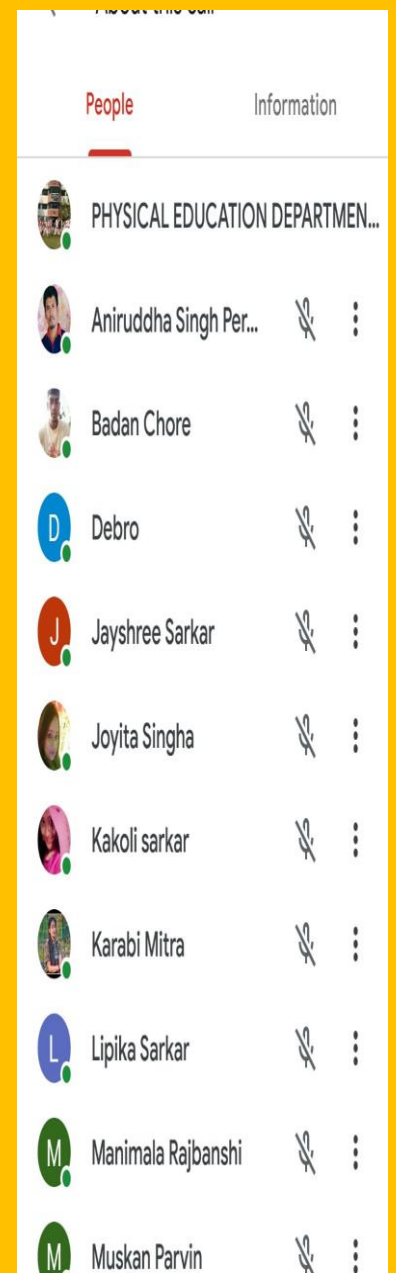
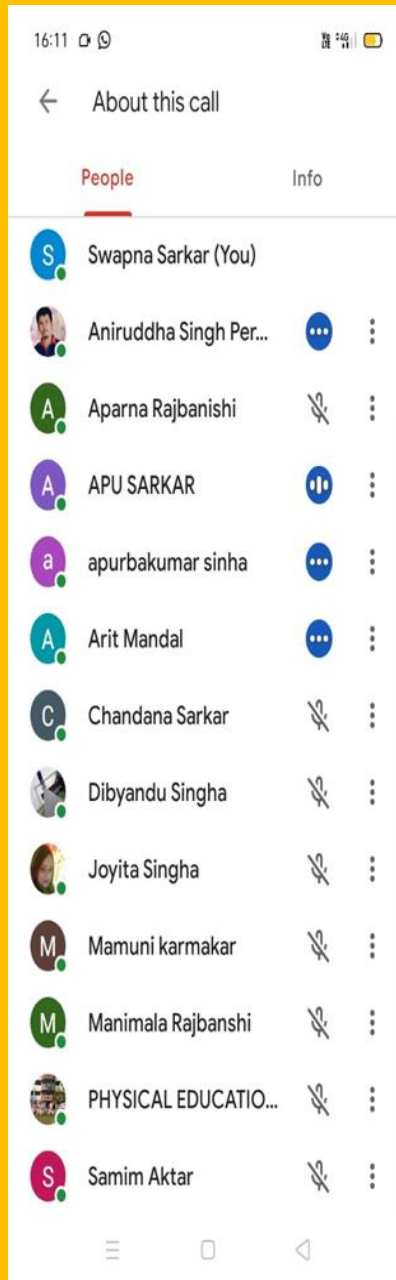
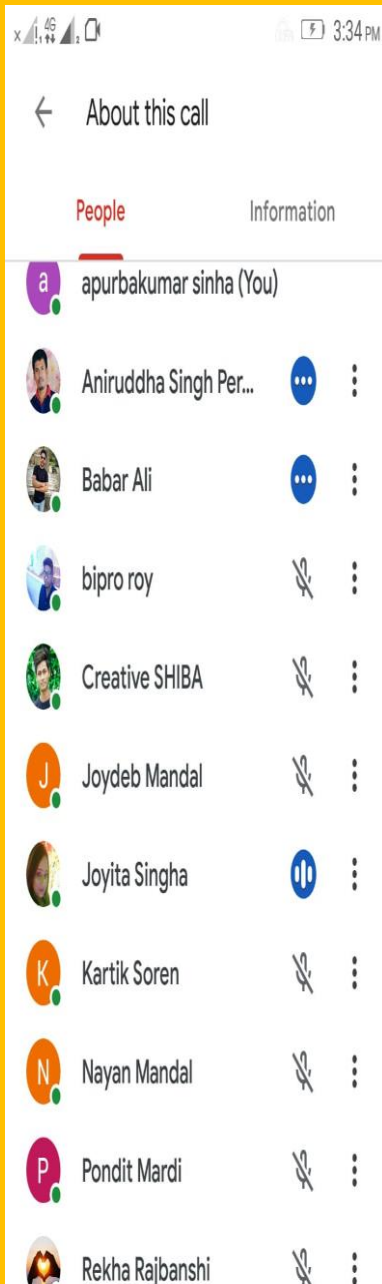


ATTENDANCE

PART - 3

SEMESTER - IV

SEMESTER - II



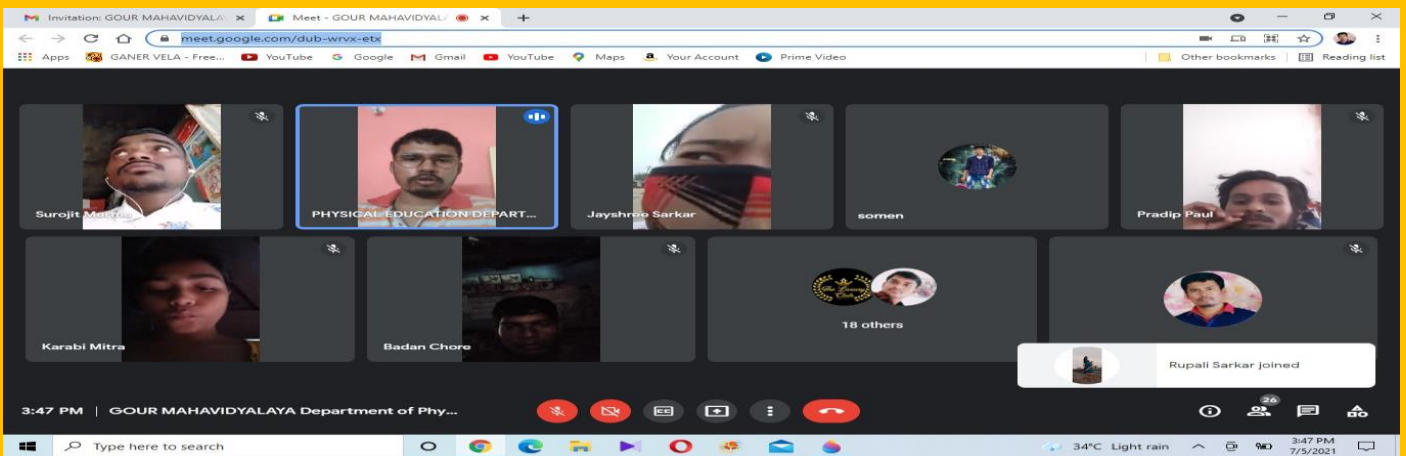
DATE : 05.07.2021

SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII & VIII

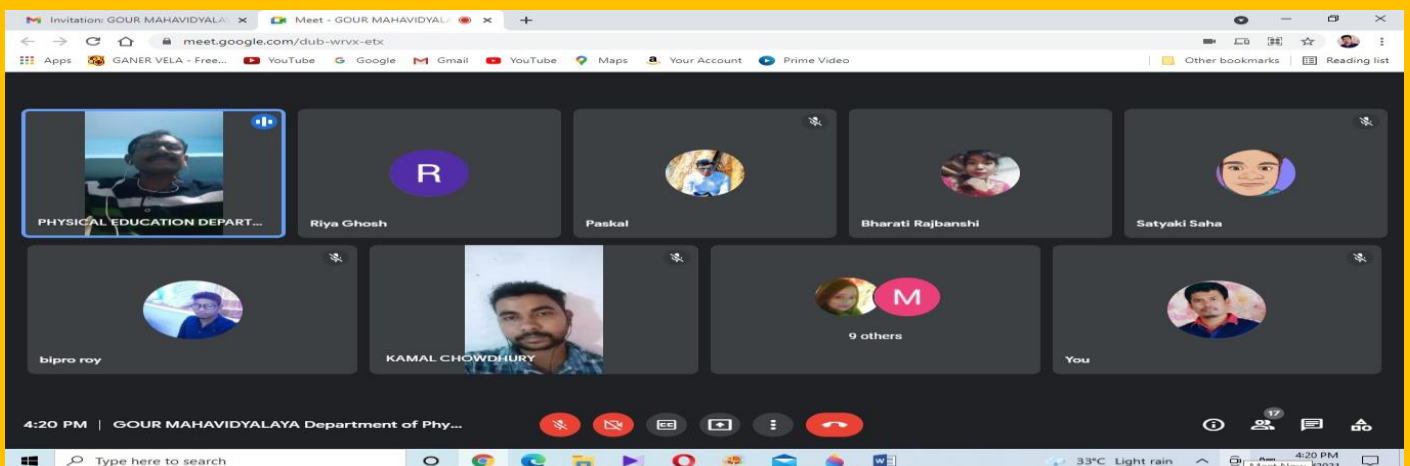
SEMESTER – IV : JOYITA SINGHA



SEMESTER – II ANIRUDDHA SINGH PERMAR



PART – 3 : APURBA KUMAR SINHA



ATTENDANCE

SEMESTER - IV

SEMESTER - II

PART - 3

2:55

About this call

People Information

Share joining information

IN CALL

- Prashanta Sarkar (You)
- Aniruddha Singh Permar
- APU SARKAR
- Chandana Sarkar
- Dibyandu Singha
- Dildar Hossain
- K Kisku
- Kamal Pahari
- Mamuni karmakar
- PHYSICAL EDUCATION DEPA...
- Ranjan Ghosh
- Surajit Das
- Swapna Sarkar

3:29

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- SAGAR SINGHA (You)
- abdul rahim
- abdul rahim
- Aniruddha Singh Permar
- apurbakumar sinha
- Asit Mandal
- Baburam Mardi
- Badan Chore
- Jayshree Sarkar
- Karabi Mitra
- Kishor Soren
- Lakshmiram Soren
- Lipika Sarkar
- Nilmani Hembram
- Payel Saha
- PHYSICAL EDUCATION DEPARTM...
- PHYSICAL EDUCATION DEPARTM...
- PHYSICAL EDUCATION DEPARTM...
- Pradip Paul
- somen
- Surojit Murmu
- Swapan Mandal
- Usha Roy

4:41

About this call

People Info

Share joining info

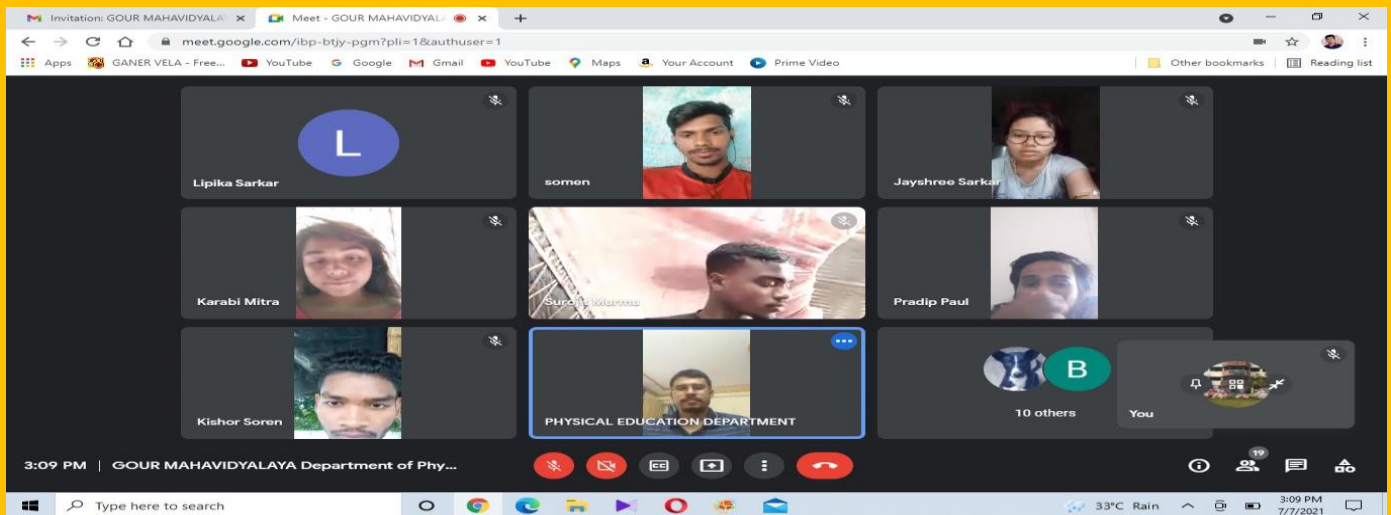
IN CALL

- Sumanta Rajbanshi (You)
- Ashis Mandal
- Bharati Rajbanshi
- bipro roy
- Fanindra Rajbanshi
- KAMAL CHOWDHURY
- Nayan Mandal
- Paskal
- PHYSICAL EDUCATIO...
- Riya Ghosh
- Rupali Sarkar

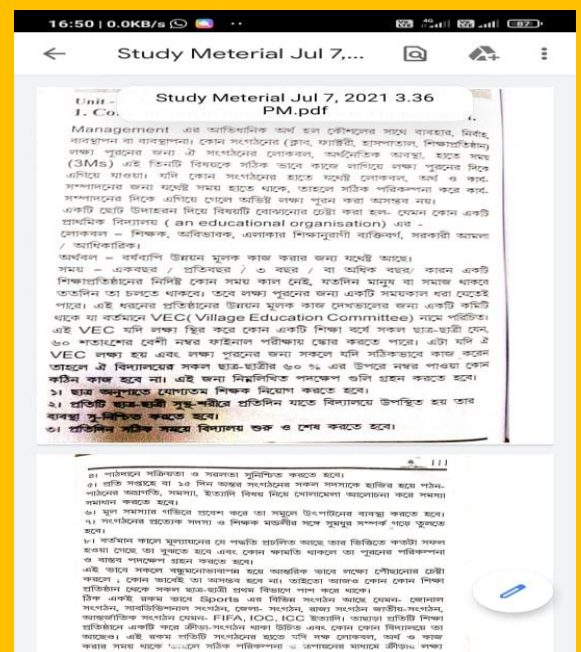
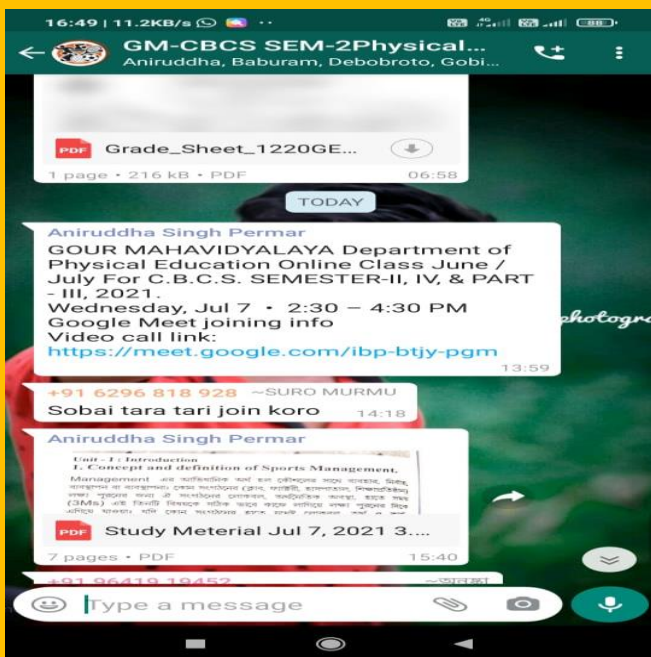
DATE : 07.07.2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

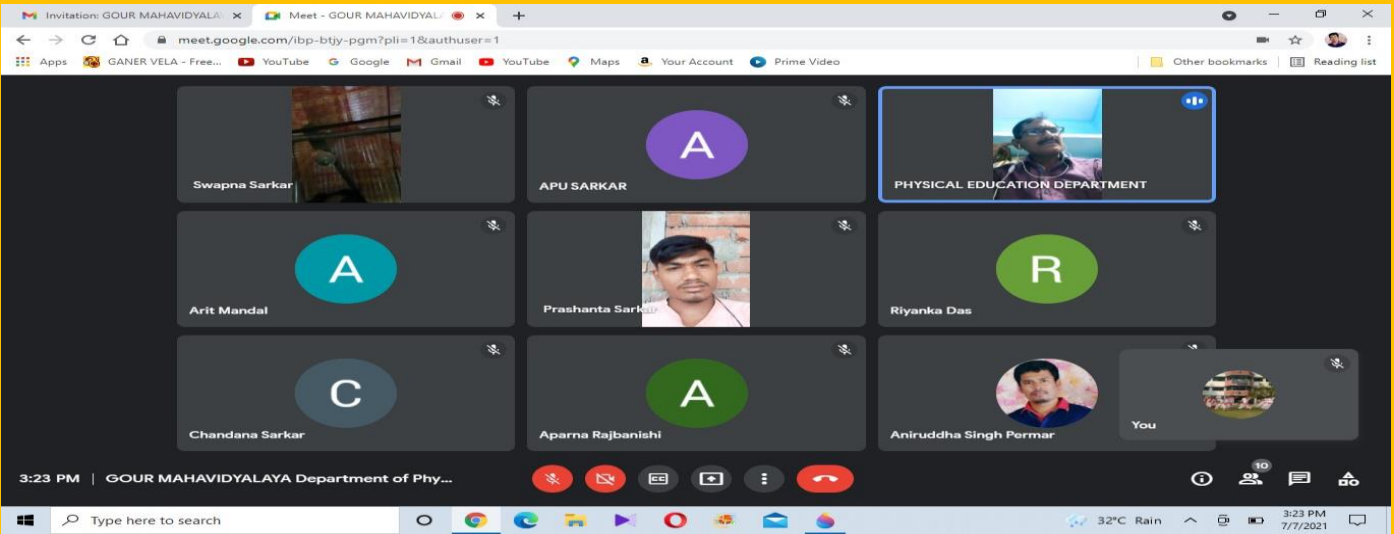
SEMESTER - II ANIRUDDHA SINGH PERMAR



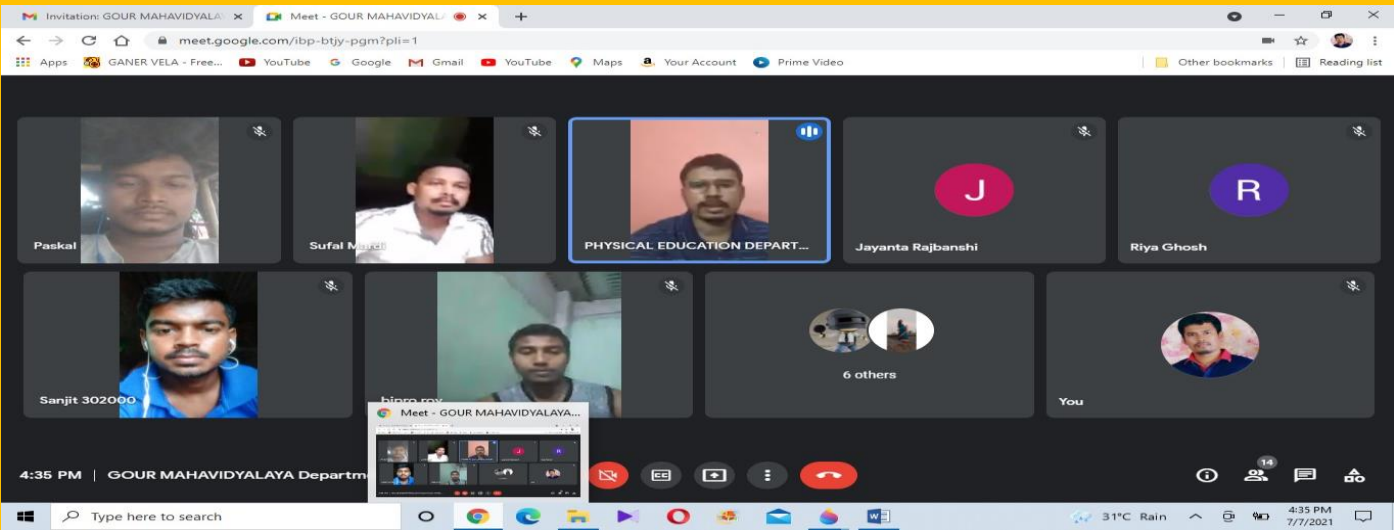
STUDY MATERIALS



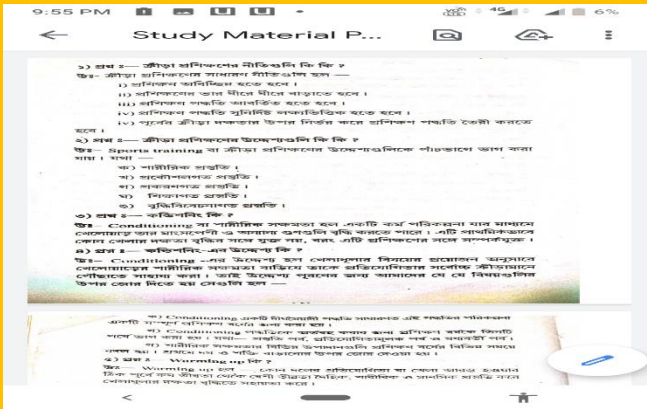
SEMESTER – IV : APURBA KUMAR SINHA



PART – 3: ANIRUDDHA SINGH PERMAR



STUDY MATERIALS



ATTENDANCE

SEMESTER - II

SEMESTER - IV

PART - 3

14:58 | 11.2KB/s | 31

← About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- somen (You)
- Arit Mandal
- Baburam Mardi
- Gobinda Rajbanshi
- Jayshree Sarkar
- Kakoli sarkar
- Karabi Mitra
- Kishor Soren
- Lipika Sarkar
- Nilmani Hembram
- PHYSICAL EDUCATION DE...
- Subrata Roy
- Supriya Koramudi
- Surojit Murmu
- Usha Roy

15:40 |

← About this call

People Info

ADD OTHERS

Share joining info

IN CALL

- Swapna Sarkar (You)
- Aniruddha Singh Per...
- Aparna Rajbanishi
- APU SARKAR
- Arit Mandal
- Chandana Sarkar
- Mamuni karmakar
- PHYSICAL EDUCATIO...
- Prashanta Sarkar
- Riyanka Das

4:31 PM | 67

← About this call

People Information

ADD OTHERS

Share joining information

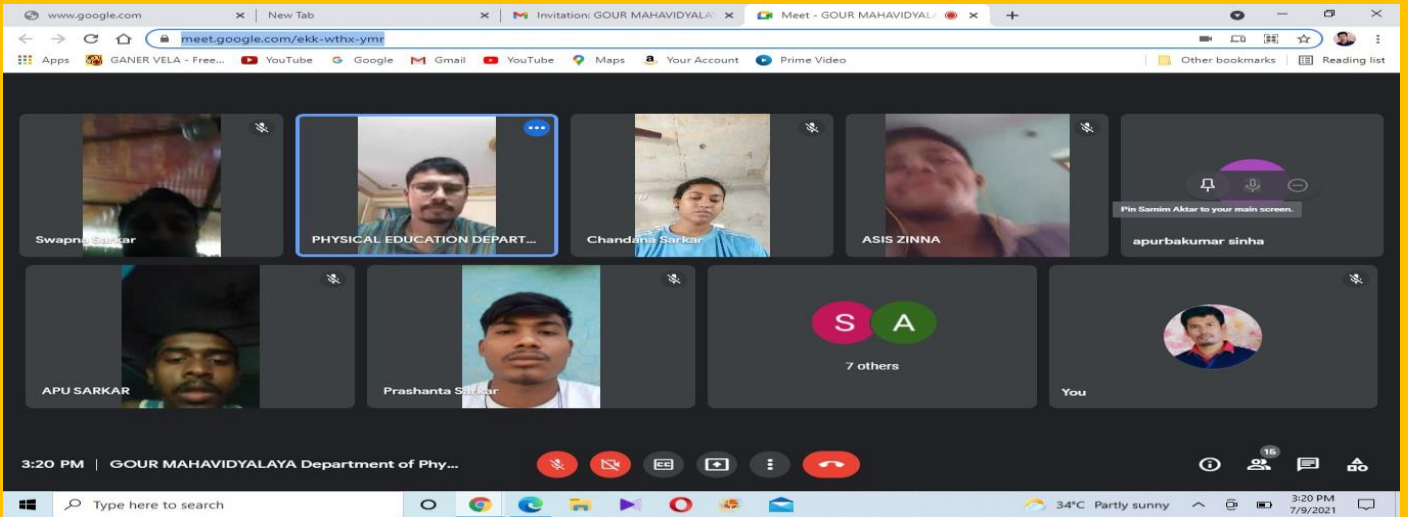
IN CALL

- Riya Ghosh (You)
- Aniruddha Singh Permar
- apurbakumar sinha
- Bharati Rajbanshi
- bipro roy
- Jayanta Rajbanshi
- mithun mandal
- Paskal
- PHYSICAL EDUCATION DE...
- Rupali Sarkar

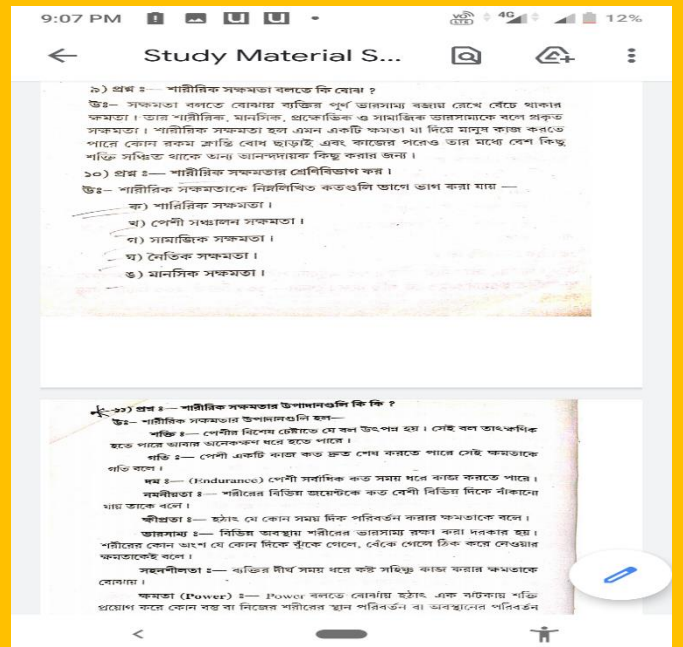
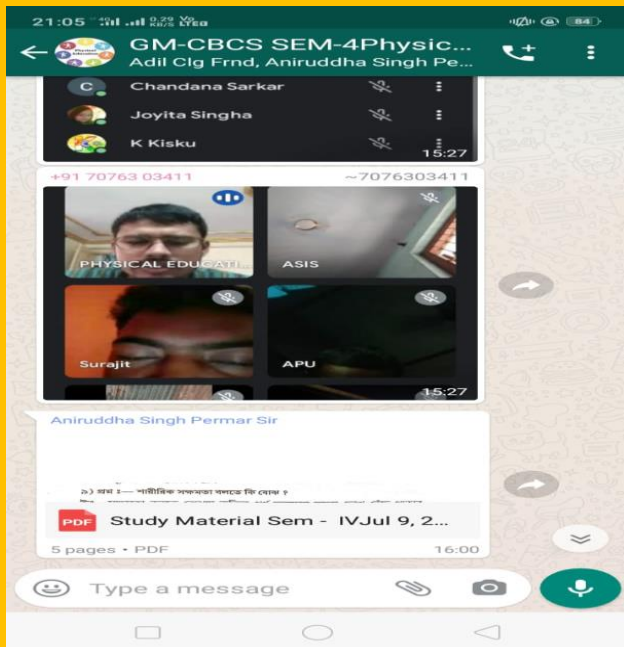
DATE : 09.07.2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

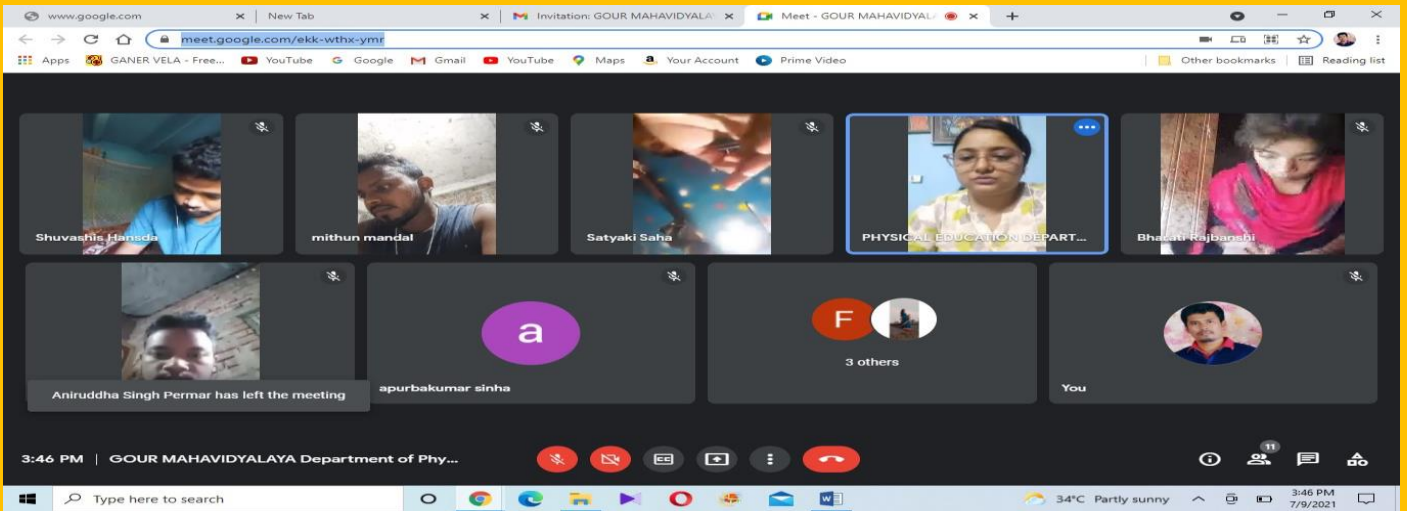
SEMESTER - IV : ANIRUDDHA SINGH PERMAR



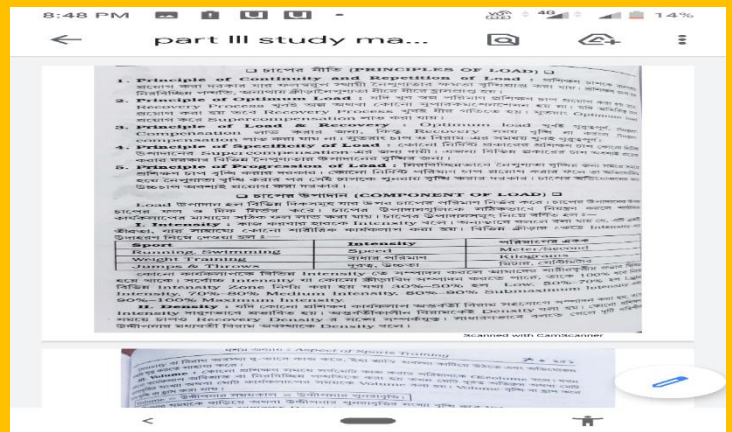
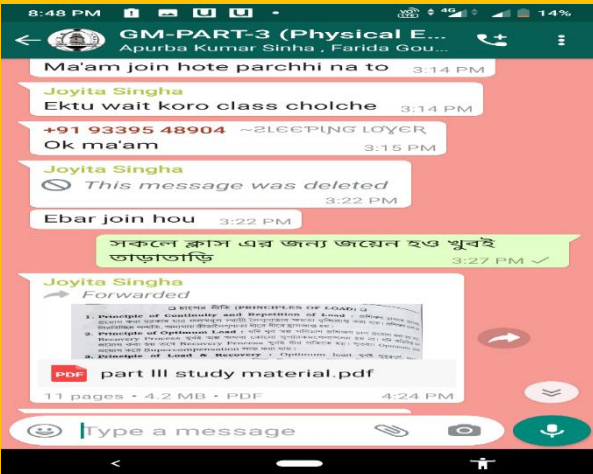
STUDY MATERIALS



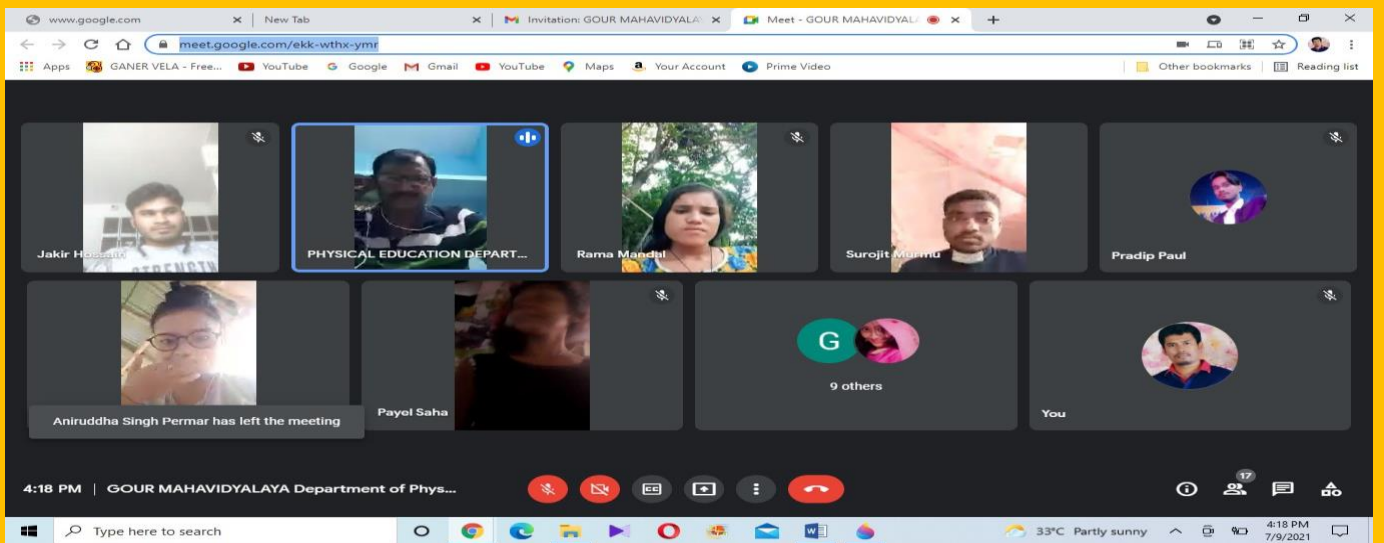
PART - 3 : JOYITA SINGHA



STUDY MATERIALS



SEMESTER - II APURBA KUMAR SINHA



ATTENDANCE

SEMESTER - IV

PART - 3

SEMESTER - II

15:09

About this call

People Information

Share joining information

IN CALL

- Prashanta Sarkar (You)
- Aparna Rajbanishi
- APU SARKAR
- ASIS ZINNA
- Chandana Sarkar
- Joyita Singha
- K Kisku
- Kamal Pahari
- Pancham Hansda
- PHYSICAL EDUCATION DEPA...
- Samim Aktar
- Surajit Das
- Swapna Sarkar

3:44 PM

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- PHYSICAL EDUCATION DEPARTME
- Aniruddha Singh Permar
- Aniruddha Singh Permar
- apurbakumar sinha
- Bharati Rajbanishi
- Jayanta Rajbanishi
- mithun mandal
- Rupali Sarkar
- Satyaki Saha
- Shuvashis Hansda

4:41 PM

About this call

People Information

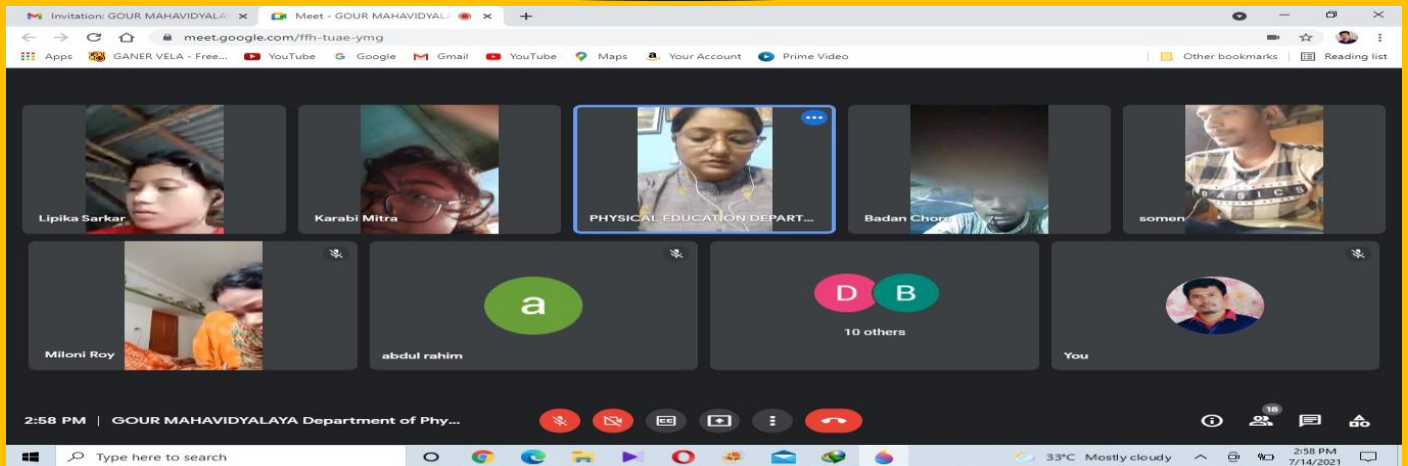
IN CALL

- Joyita Singha (You)
- abdul rahim
- Asit Mandal
- Baburam Mardi
- Badan Chore
- Batasi Roy
- Debanjan Chowdhury
- Jakir Hossain
- Jayshree Sarkar
- Kakoli sarkar
- Kanchan Das. malda
- Karabi Mitra
- Kishor Soren
- Miloni Roy
- Payel Saha
- PHYSICAL EDUCATION DE...
- Pradip Paul
- Rama Mandal
- Supriya Koramudi
- Surojit Murmu

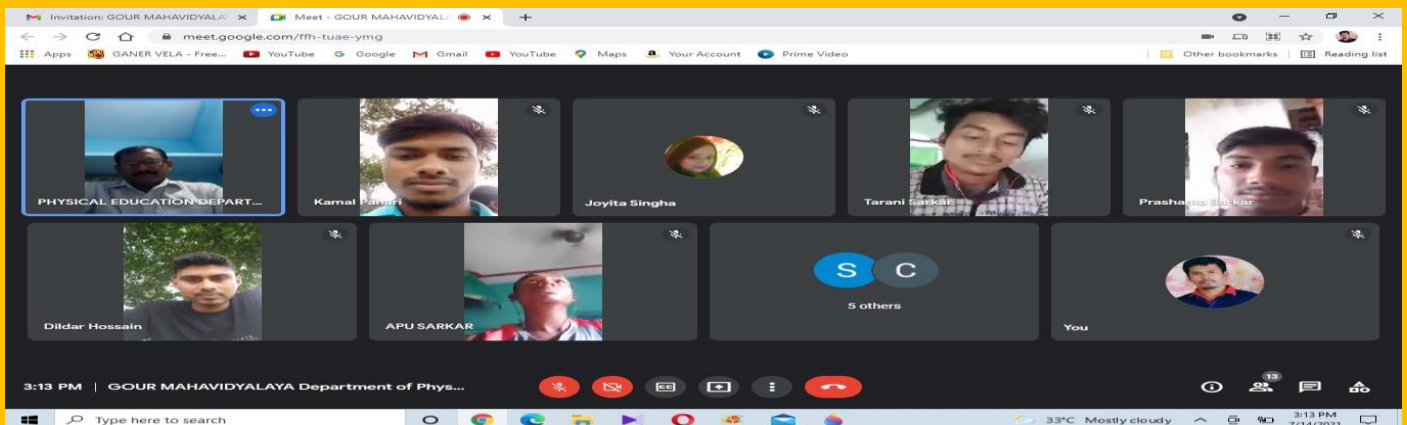
DATE : 14.07.2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

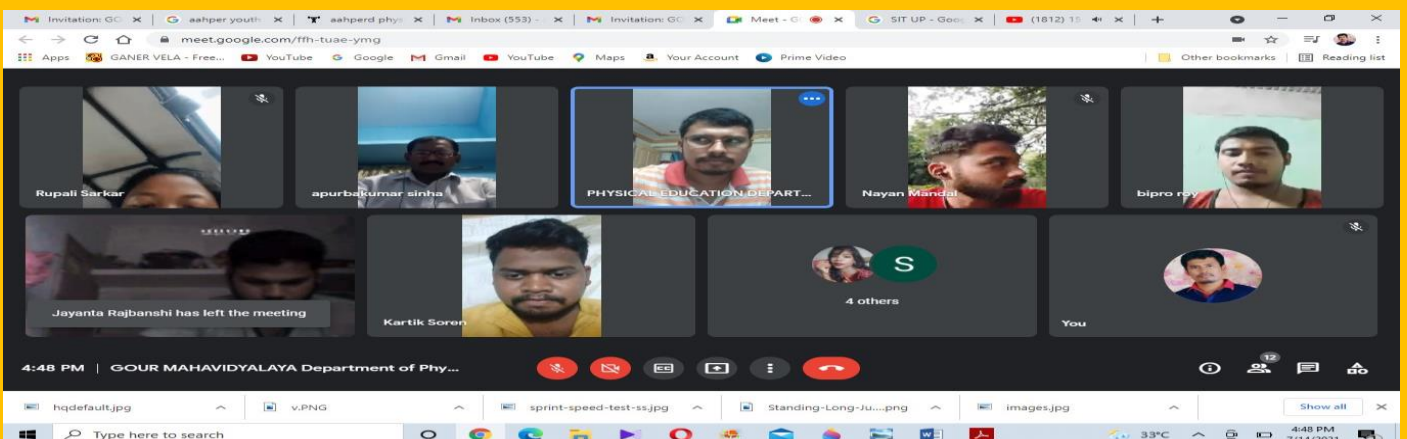
SEMESTER - II : JOYITA SINGHA



SEMESTER - IV : APURBA KUMAR

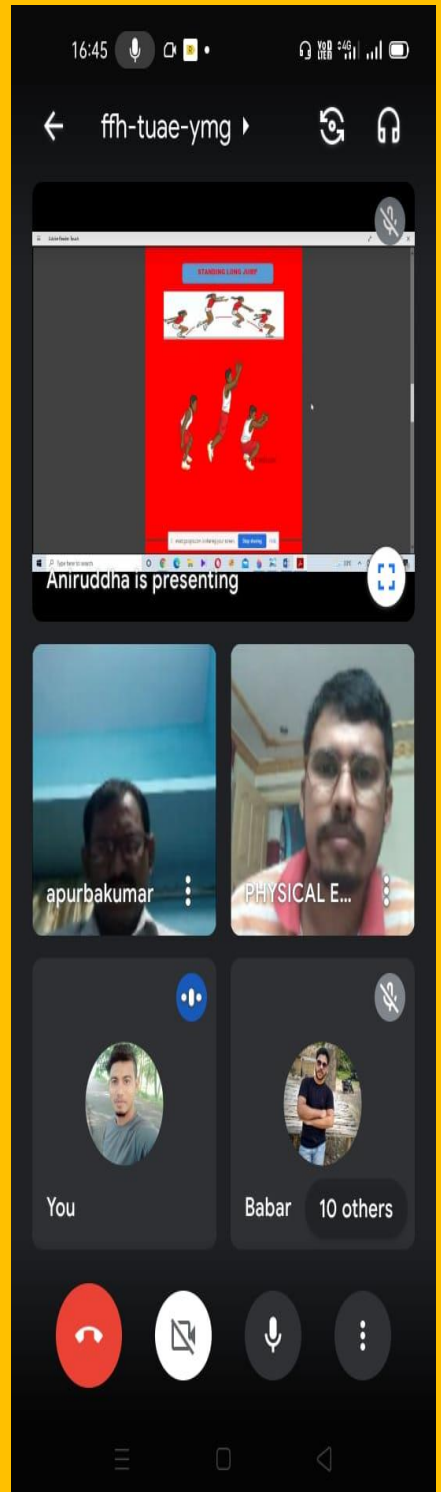
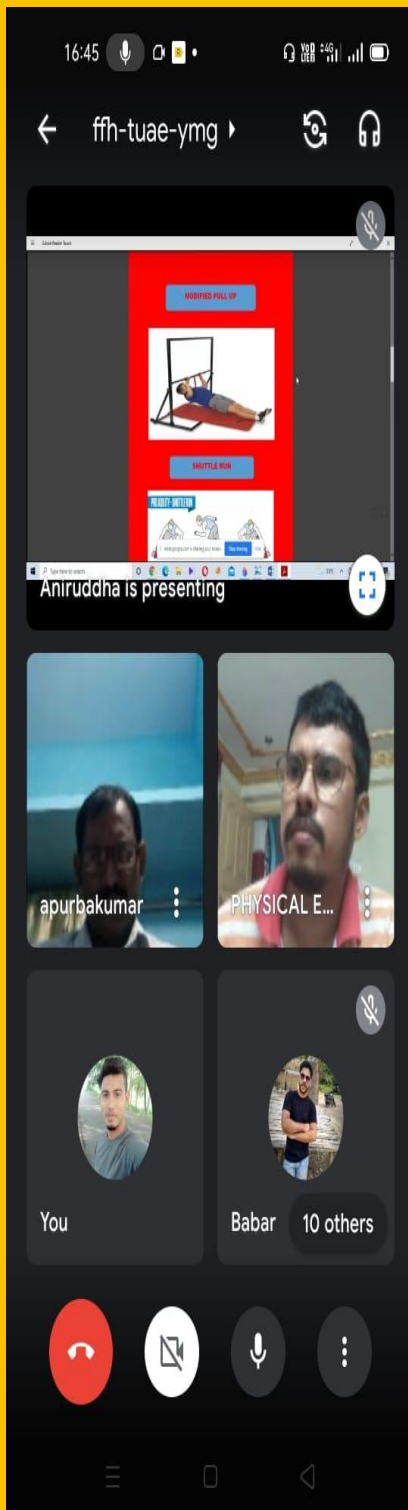
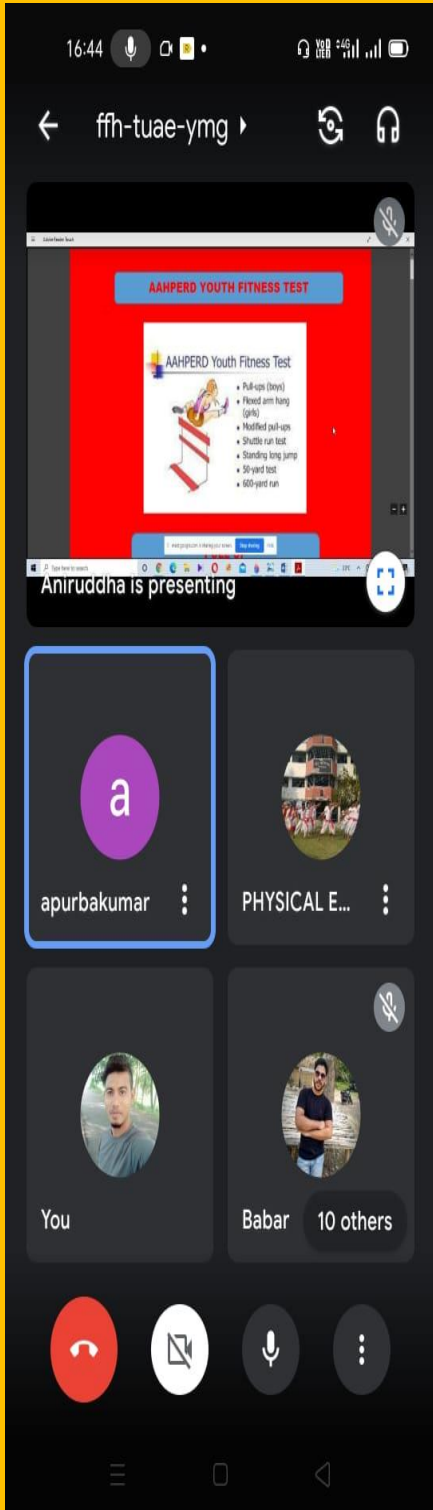


PART - 3 : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION

ANIRUDDHA SINGH PERMAR



ATTENDANCE

<u>SEMESTER - II</u>	<u>SEMESTER - IV</u>	<u>PART - 3</u>
-----------------------------	-----------------------------	------------------------

54% 2:57 PM

About this call

People
Information

ADD OTHERS

Share joining information

IN CALL

- a

apurbakumar sinha (You)
- Aniruddha Singh Per...

🔇 ⋮
- Asit Mandal

🔇 ⋮
- B

Baburam Mardi

⋮
- Badan Chore

🔇 ⋮
- D

Doli Khatun

🔇 ⋮
- G

Gobinda Rajbanshi

🔇 ⋮
- Kakoli sarkar

🔇 ⋮

58% 3:35 PM

About this call

People
Information

ADD OTHERS

Share joining information

IN CALL

- PHYSICAL EDUCATION DEPARTMEN...
- A

Aparna Rajbanishi

🔇 ⋮
- A

APU SARKAR

🔇 ⋮
- A

Arit Mandal

⋮
- C

Chandana Sarkar

🔇 ⋮
- Dibyandu Singha

🔇 ⋮
- Dildar Hossain

🔇 ⋮
- J

Jayshree Sarkar

🔇 ⋮

16:44

About this call

People
Info

IN CALL

- bipro roy (You)
- Aniruddha Singh Per...

🔇 ⋮
- Aniruddha Singh Per...

🔇 ⋮
- a

apurbakumar sinha

⋮
- Ashis Mandal

🔇 ⋮
- Babar Ali

🔇 ⋮
- Bharati Rajbanshi

🔇 ⋮
- J

Jayanta Rajbanshi

🔇 ⋮
- Joyita Singha

🔇 ⋮
- K

Kartik Soren

🔇 ⋮
- N

Nayan Mandal

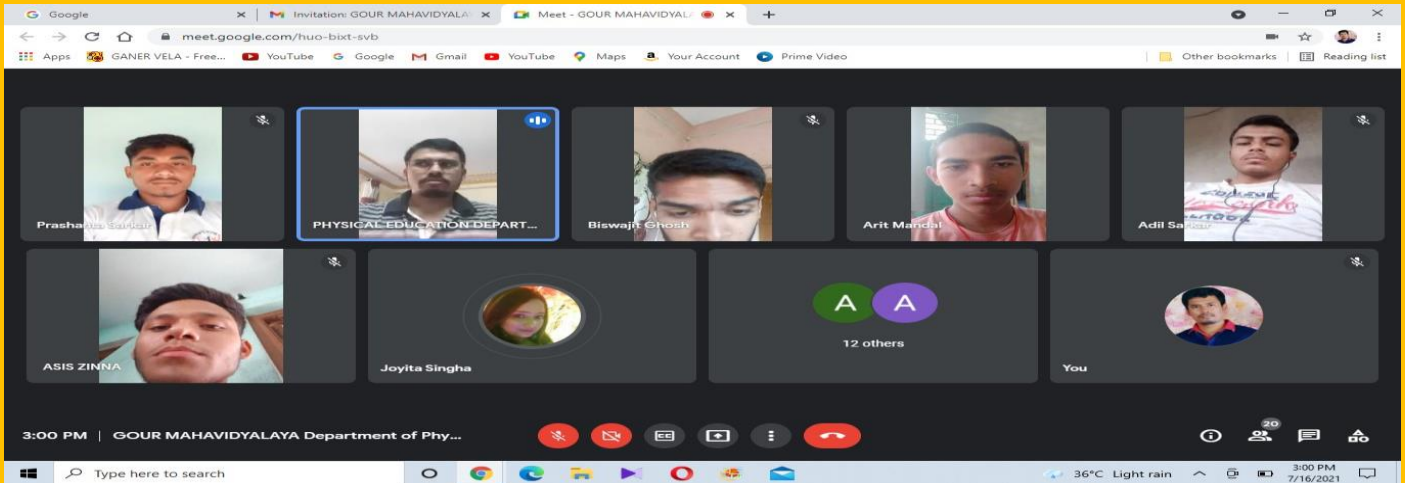
🔇 ⋮
- PHYSICAL EDUCATIO...

⋮

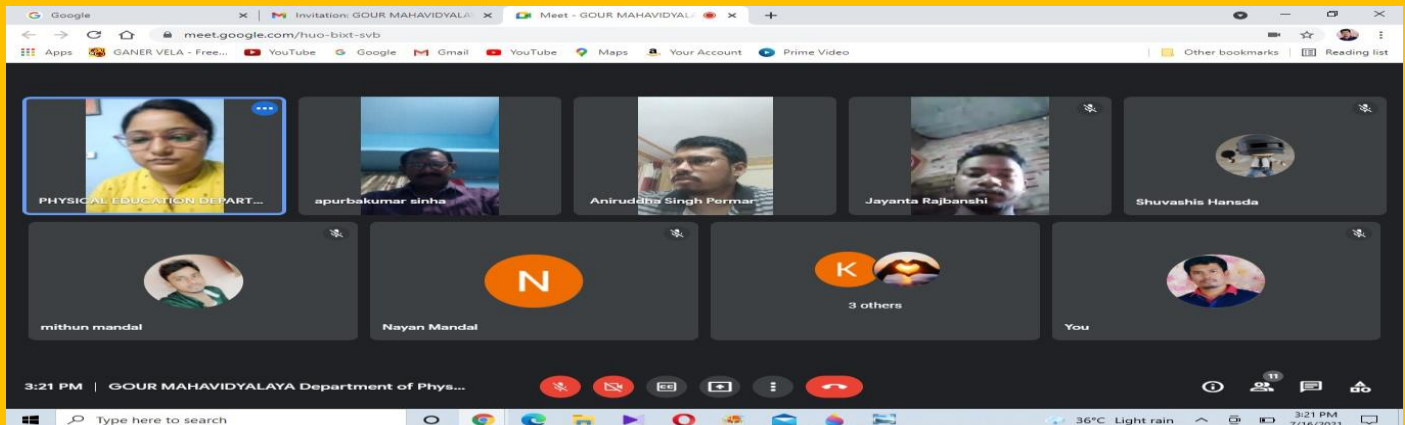
DATE : 16.07.2021

SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII & VIII

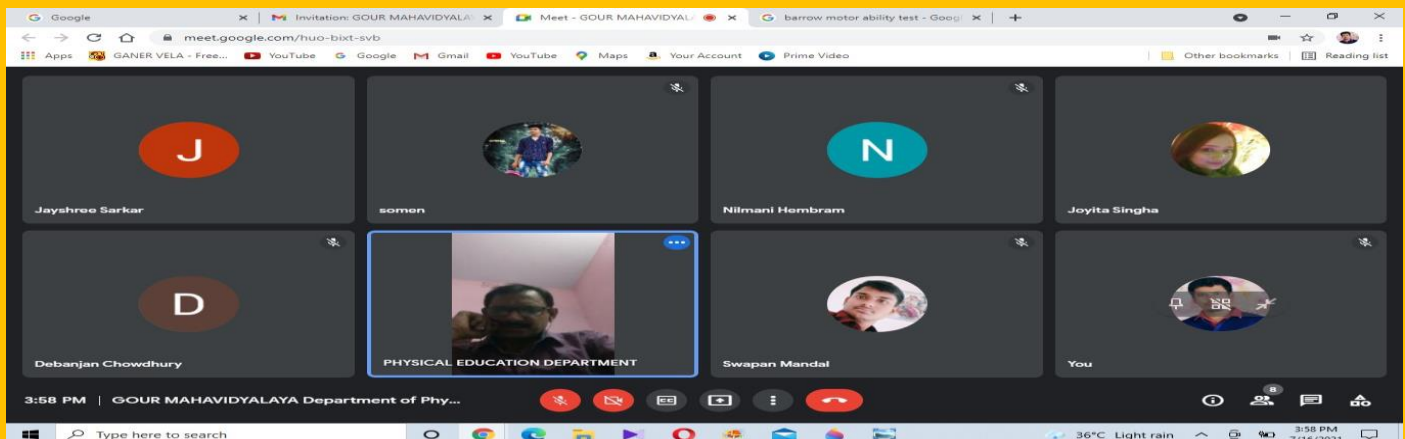
SEMESTER – IV : ANIRUDDHA SINGH PERMAR



PART – 3 : JOYITA SINGHA



SEMESTER – IV : APURBA KUMAR SINHA



ATTENDANCE

SEMESTER - IV	PART - 3	SEMESTER - II
---------------	----------	---------------

4G 22.7K/s 14:57 53%

← About this call

People Info

Share joining info

IN CALL

- ASIS ZINNA (You)
- Adil Sarkar
- Aniruddha Singh Per...
- Aparna Rajbanishi
- APU SARKAR
- Arit Mandal
- Biswajit Ghosh
- Chandana Sarkar
- Dibyandu Singha
- Dipankar Rajbanshi
- Joyita Singha
- K Kisku
- Kamal Pahari
- Nilima Soren
- Pancham Hansda
- PHYSICAL EDUCATIO...
- Prashanta Sarkar
- Samim Aktar
- Swapna Sarkar
- Tarani Sarkar

4G 3:48

← About this call

People Info

Share joining info

IN CALL

- Nayan Mandal (You)
- Aniruddha Singh Per...
- Aniruddha Singh Per...
- apurbakumar sinha
- Bharati Rajbanshi
- Jayanta Rajbanshi
- Kartik Soren
- mithun mandal
- PHYSICAL EDUCATIO...
- Rekha Rajbanshi
- Shuvashis Hansda

4:03 18.0 KB/s 46%

← About this call

People Info

- abdul rahim
- Aniruddha Singh Permar
- Badan Chore
- Debanjan Chowdhury
- Gobinda Rajbanshi
- Jayshree Sarkar
- Joyita Singha
- Kakoli sarkar
- Kanchan Das. malda
- Kishor Soren
- Nilmani Hembram
- PHYSICAL EDUCATION DEPARTM...
- Rama Mandal
- Sanjib Mardi382
- Supriya Koramudi
- Usha Roy

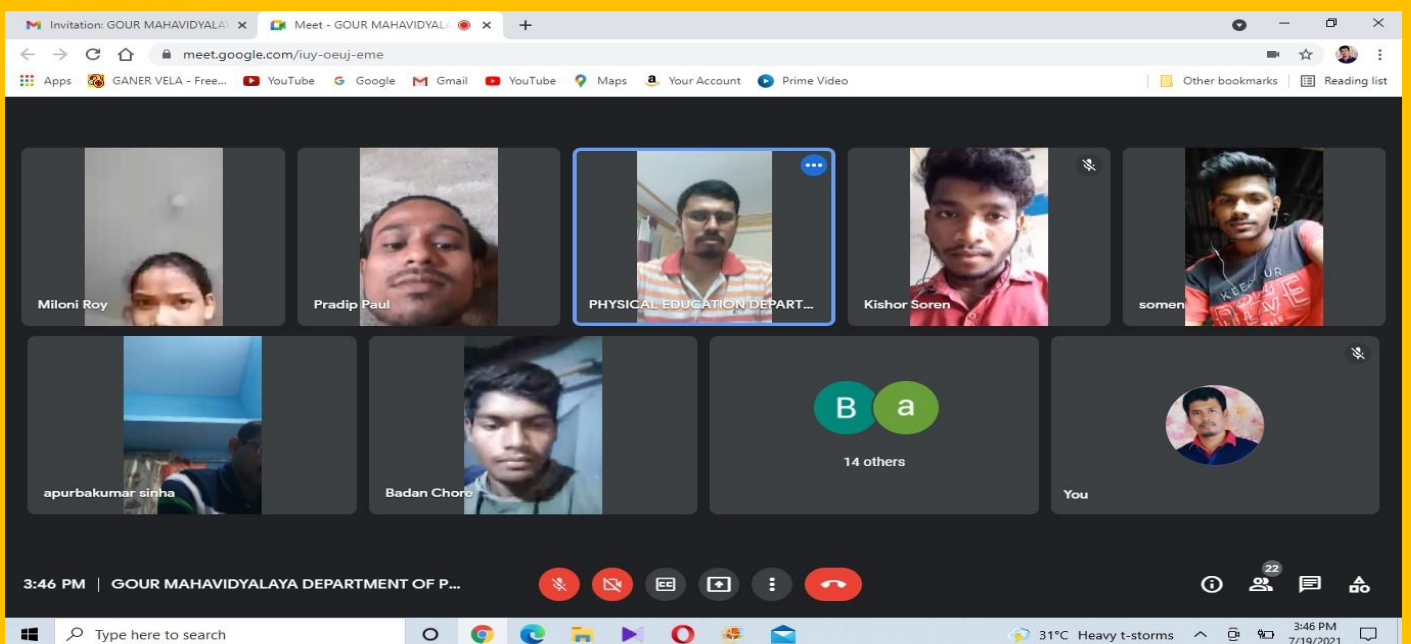
DATE : 19.07.2021

SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII & VIII

PART – 3 : APURBA KUMAR SINHA

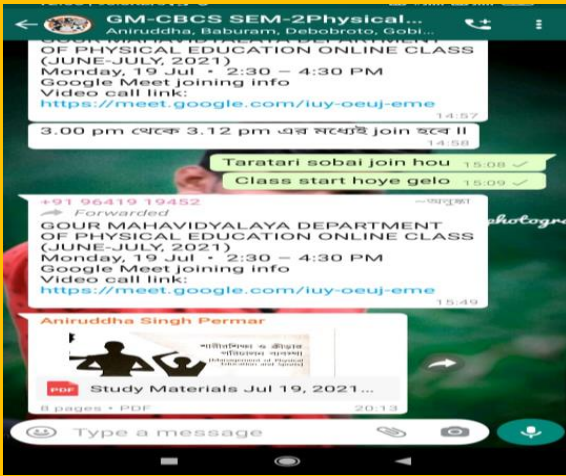


SEMESTER – II : ANIRUDDHA SINGH PERMAR



STUDY MATERIALS

ANIRUDDHA SINGH PERMAR

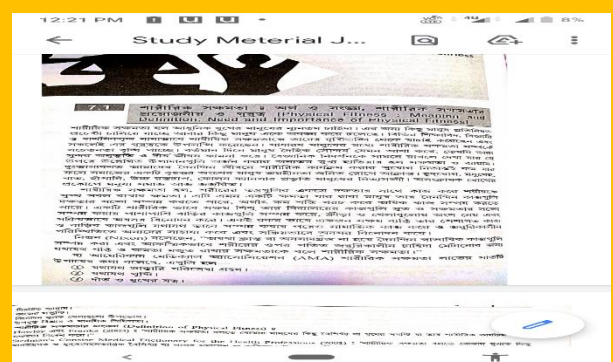


SEMESTER - IV JOYITA SINGHA



STUDY MATERIALS

ANIRUDDHA SINGH PERMAR



ATTENDANCE

PART - 3

SEMESTER - II

SEMESTER - IV

← About this call

People Info

- J Jayanta Rajbanshi (You)
- Aniruddha Singh Per... ✕ ⋮
- B Baburam Mardi ✕ ⋮
- Bharati Rajbanshi ⋮ ⋮
- J Joyeta Sarkar ✕ ⋮
- Joyita Singha ✕ ⋮
- K Kartik Soren ✕ ⋮
- N Nayan Mandal ✕ ⋮
- PHYSICAL EDUCATIO... ⋮ ⋮
- PHYSICAL EDUCATIO... ⋮ ⋮
- Satyaki Saha ✕ ⋮
- somen ✕ ⋮
- S Sumanta Rajbanshi ✕ ⋮

People Information

- Badan Chore ✕ ⋮
- G Gobinda Rajbanshi ✕ ⋮
- J Jayshree Sarkar ⋮ ⋮
- Joyita Singha ✕ ⋮
- Kakoli sarkar ✕ ⋮
- Kishor Soren ✕ ⋮
- N Nilmani Hembram ✕ ⋮
- PHYSICAL EDUCATION DE... ⋮ ⋮
- R Rama Mandal ✕ ⋮
- S Sanjib Mardi382 ✕ ⋮
- Supriya Koramudi ✕ ⋮
- Surojit Murmu ✕ ⋮
- Swapan Mandal ⋮ ⋮
- Usha Roy ✕ ⋮

← ABOUT THIS CALL Yesterday, 4:45 PM

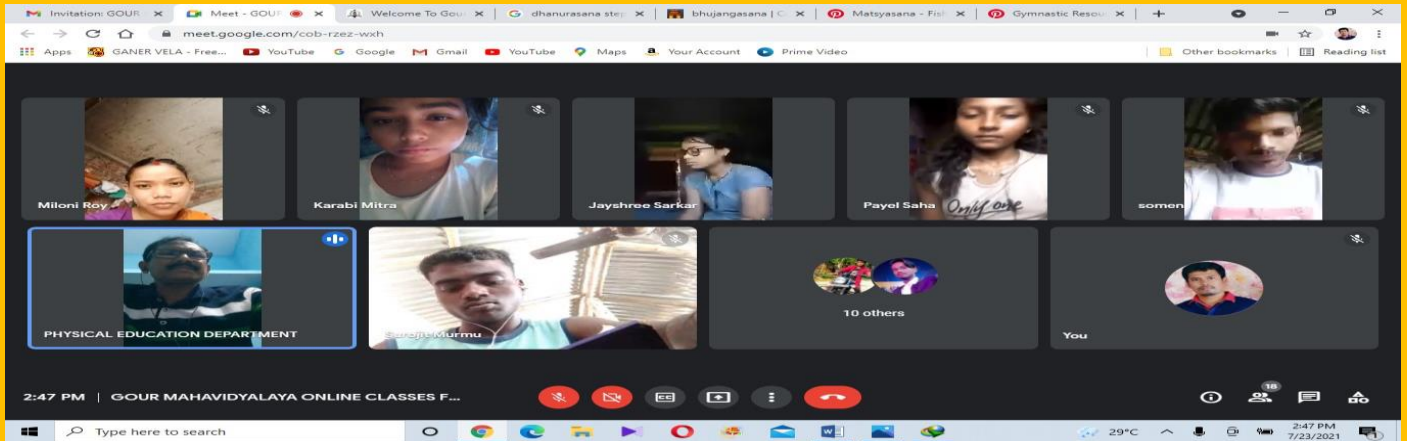
People Info

- S Swapna Sarkar (You)
- Aniruddha Singh Per... ✕ ⋮
- A Aparna Rajbanishi ✕ ⋮
- A APU SARKAR ✕ ⋮
- a apurbakumar sinha ✕ ⋮
- A Arit Mandal ✕ ⋮
- OV Biswajit Ghosh ⋮ ⋮
- C Chandana Sarkar ✕ ⋮
- Dibyandu Singha ⋮ ⋮
- D Dipankar Rajbanshi ✕ ⋮
- M Mamuni karmakar ✕ ⋮
- Nilima Soren ✕ ⋮
- Pancham Hansda ✕ ⋮

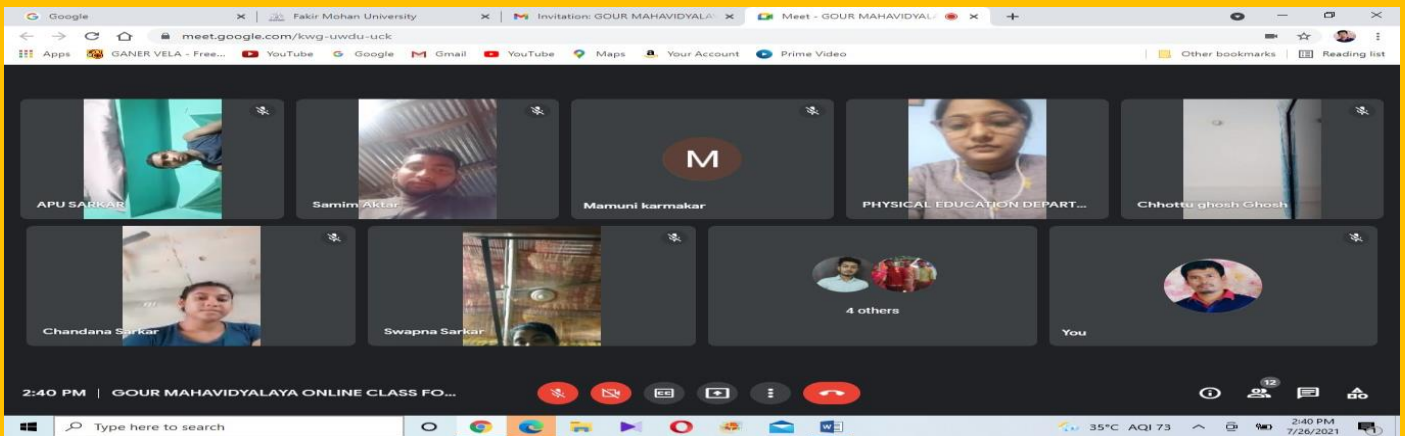
DATE : 23.07.2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

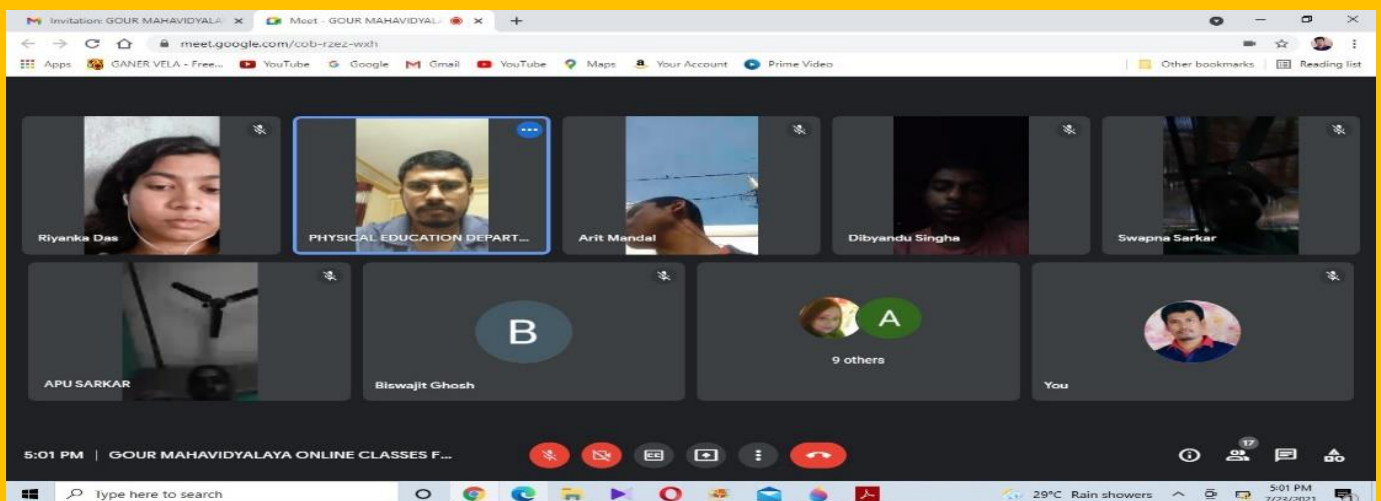
SEMESTER - II : APURBA KUMAR SINHA



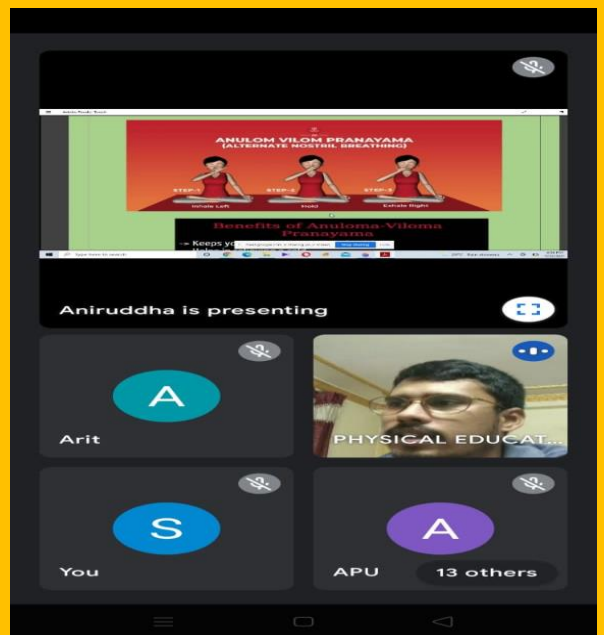
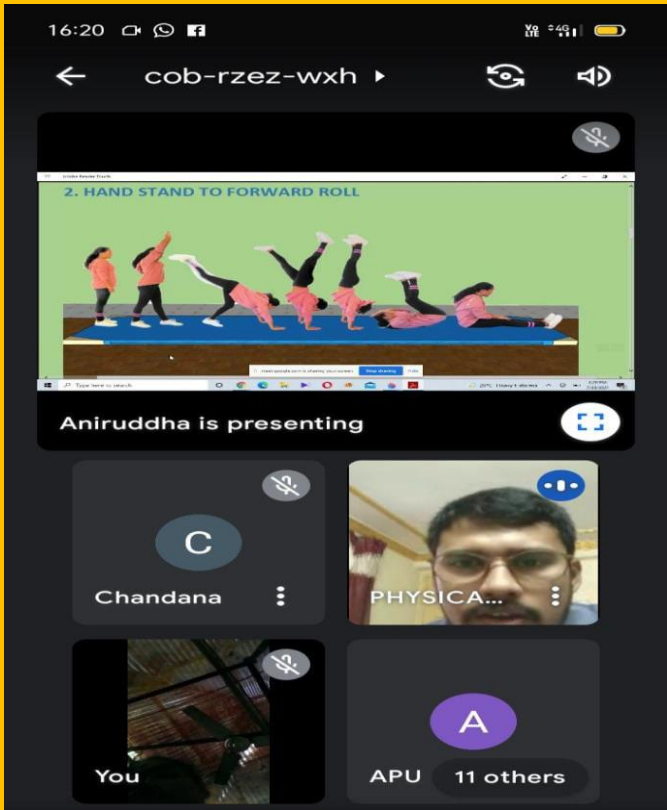
PART - 3 : JOYITA SINGHA



SEMESTER - IV : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION
PRACTICAL
ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

PART - 3

SEMESTER - IV

14:31 | 18.0KB/s | 73%

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- somen (You)
- Asit Mandal
- Jayshree Sarkar
- Joyita Singha
- Kakoli sarkar
- Karabi Mitra
- Kishor Soren
- Miloni Roy
- Payel Saha
- PHYSICAL EDUCATION DE...
- Rama Mandal
- SAGAR SINGHA
- Sanjib Mardi382
- Supriya Koramudi
- Surojit Murmu

3:26 PM

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- apurbakumar sinha (You)
- Aniruddha Singh Per...
- mithun mandal
- Nayan Mandal
- Paskal
- PHYSICAL EDUCATIO...
- Satyaki Saha
- Sumanta Rajbanshi

17:00

About this call

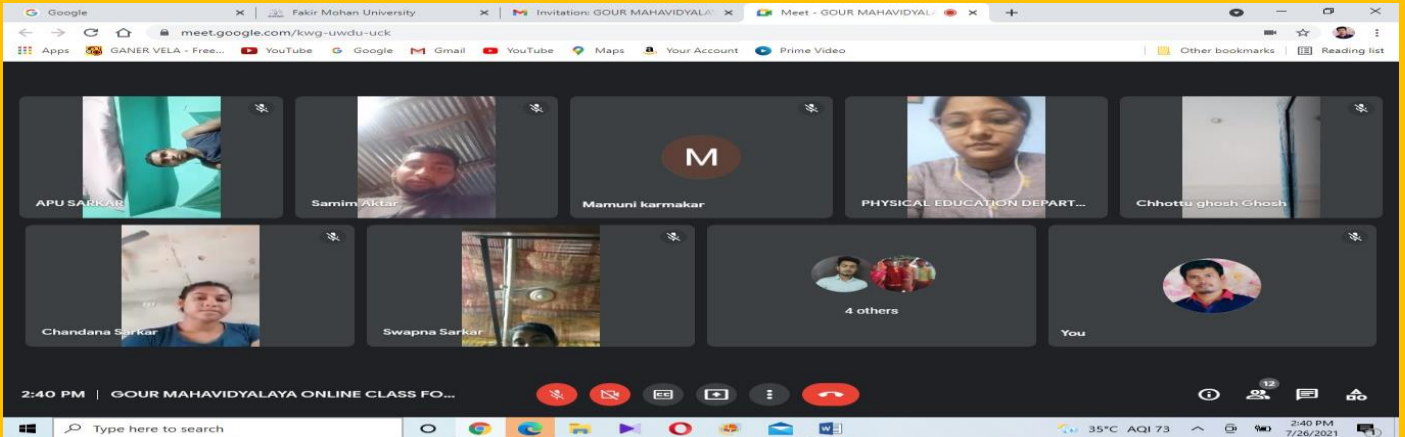
People Info

- Swapna Sarkar (You)
- Aniruddha Singh Per...
- Aniruddha Singh Per...
- Aparna Rajbanishi
- APU SARKAR
- apurbakumar sinha
- Arit Mandal
- Biswajit Ghosh
- Chandana Sarkar
- Dibyandu Singha
- Dipankar Rajbanshi
- Joyita Singha
- Kamal Pahari

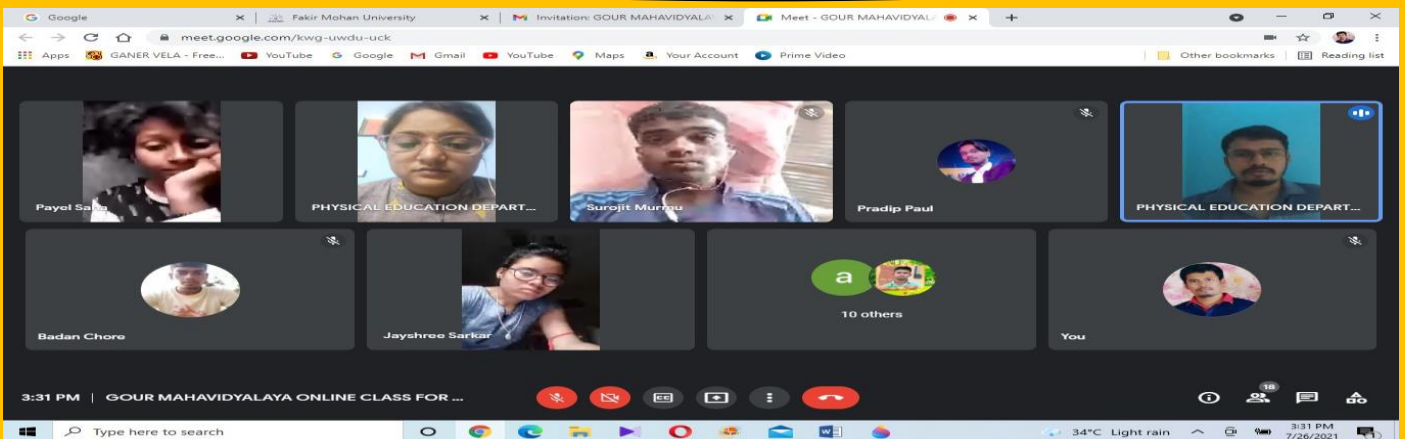
DATE : 26.07.2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

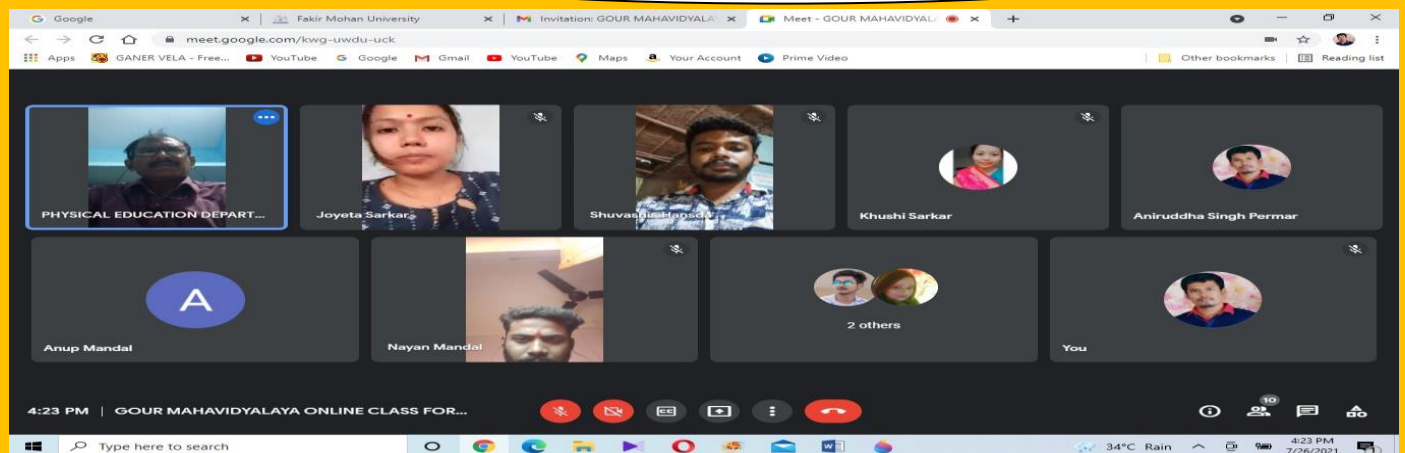
SEMESTER - IV : JOYITA SINGHA



SEMESTER - II ANIRUDDHA SINGH PERMAR



PART - 3 APURBA KUMAR SINHA

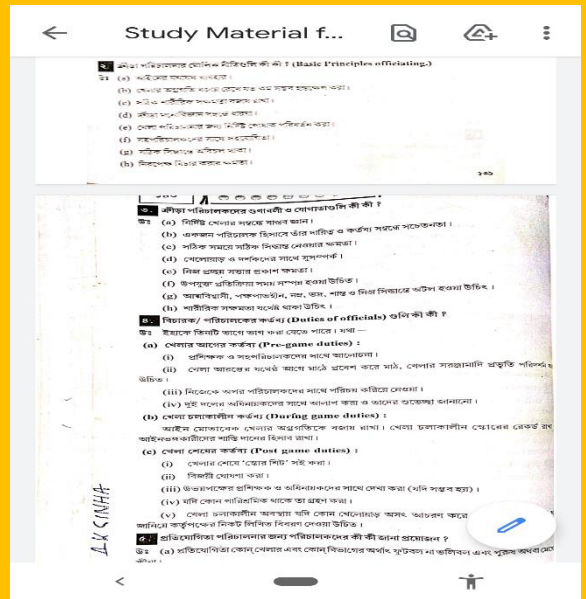
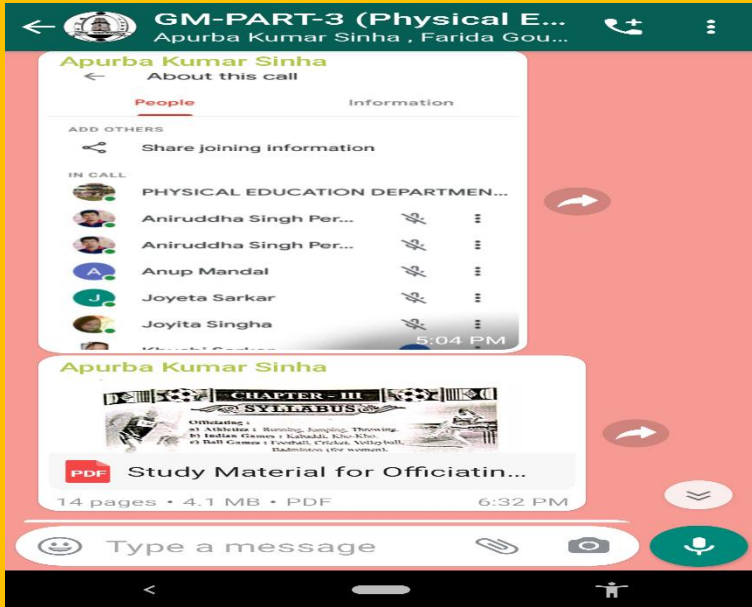


STUDY MATERIALS

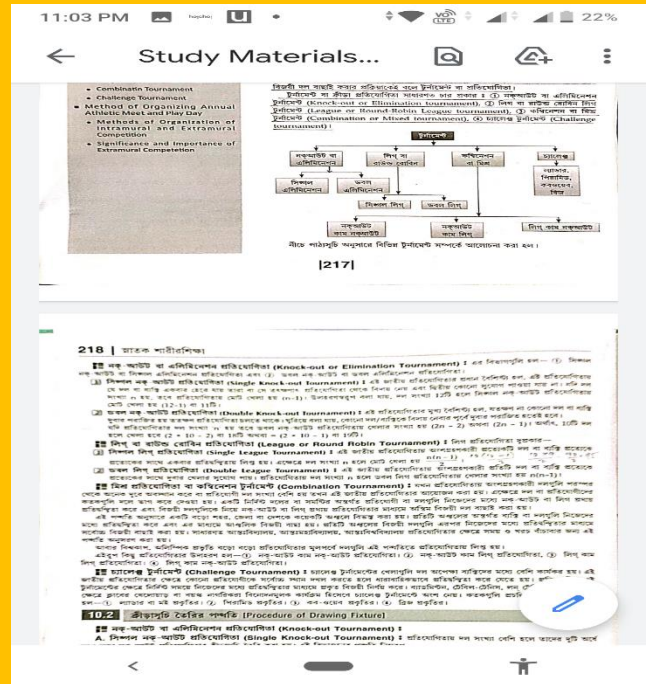
26.07.2021

APURBA KUMAR SINHA

PART - 3



SEMESTER - II



ATTENDANCE

SEMESTER - IV

SEMESTER - II

PART - 3

2:41 PM

About this call

People Information

IN CALL

- PHYSICAL EDUCATION DEPARTMENT (Y...
- ABHISEK SARKAR
- Aniruddha Singh Permar
- Aniruddha Singh Permar
- APU SARKAR
- Biswajit Ghosh
- Chandana Sarkar
- Chhottu ghosh Ghosh
- Mamuni karmakar
- Manimala Rajbanshi
- Pancham Hansda
- Samim Aktar
- Surajit Das
- Swapna Sarkar
- Tarani Sarkar

3:37 PM

About this call

People Information

PHYSICAL EDUCATION DEPARTMENT (Y...

- abdul rahim
- Aniruddha Singh Permar
- Aniruddha Singh Permar
- apurbakumar sinha
- Asit Mandal
- Badan Chore
- Jayshree Sarkar
- Kanchan Das. malda
- Karabi Mitra
- Nilmani Hembram
- Payel Saha
- Pradip Paul
- Rama Mandal
- Sanjib Mardi382
- Subrata Roy
- Supriya Koramudi
- Surojit Murmu
- Usha Roy

4:18 PM

About this call

People Info

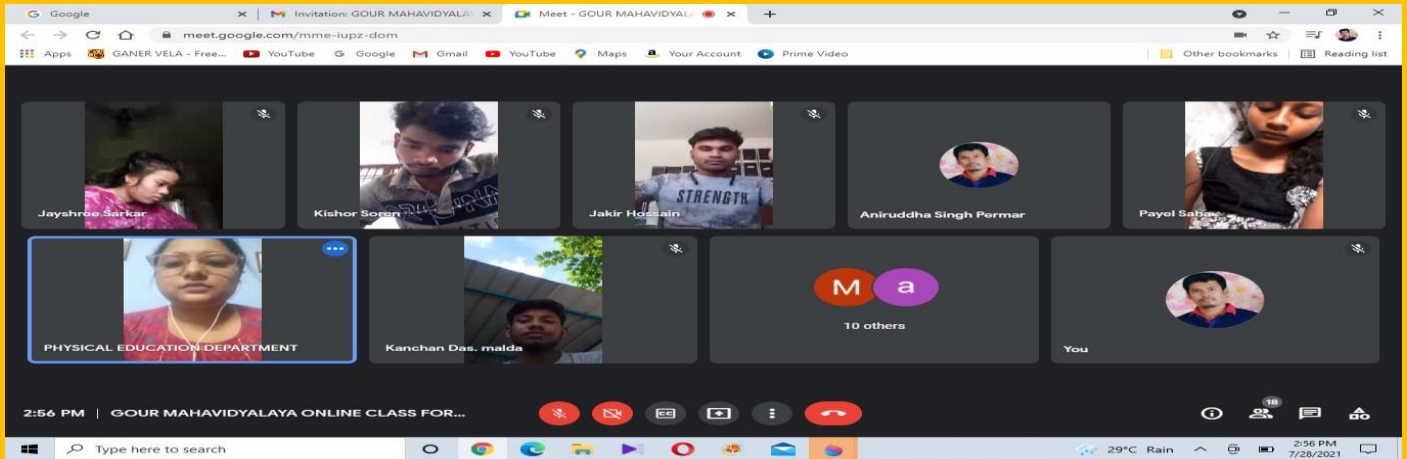
IN CALL

- Aniruddha Singh Permar (You)
- Aniruddha Singh Per...
- Anup Mandal
- Joyeta Sarkar
- Joyita Singha
- Khushi Sarkar
- Nayan Mandal
- PHYSICAL EDUCATIO...
- Rintu Sarkar
- Shuvashis Hansda

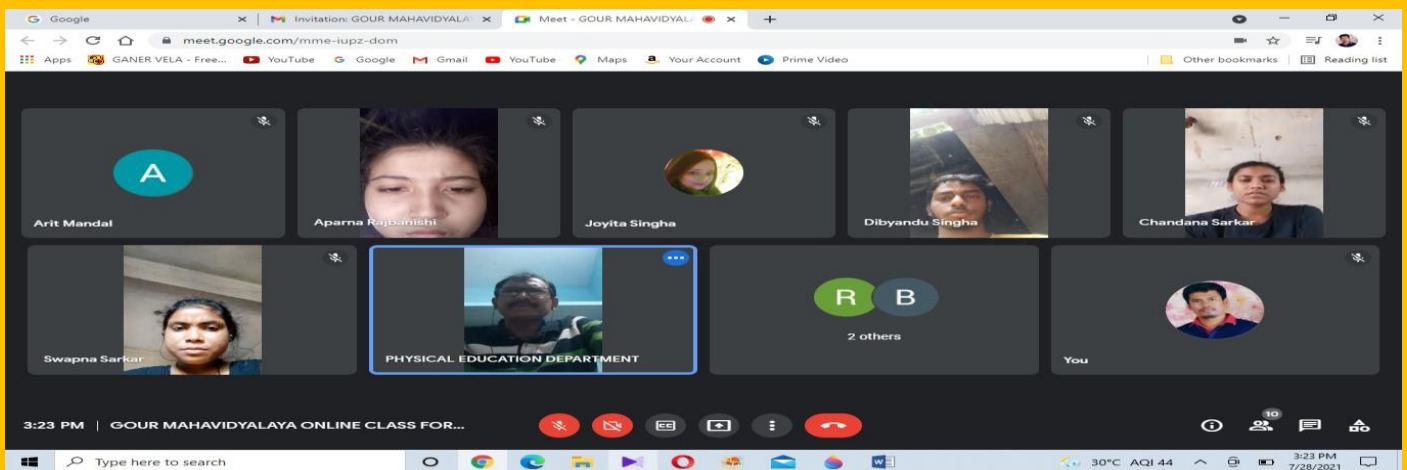
DATE : 28.07.2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

SEMESTER – II : JOYITA SINGHA



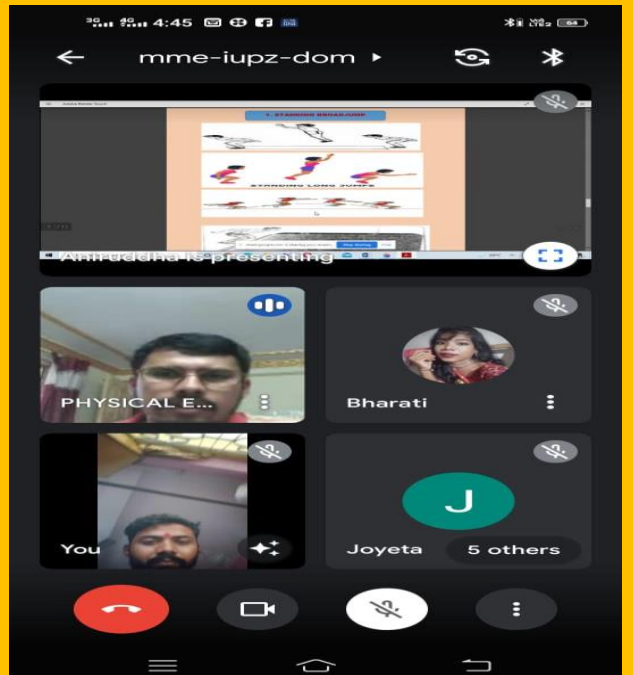
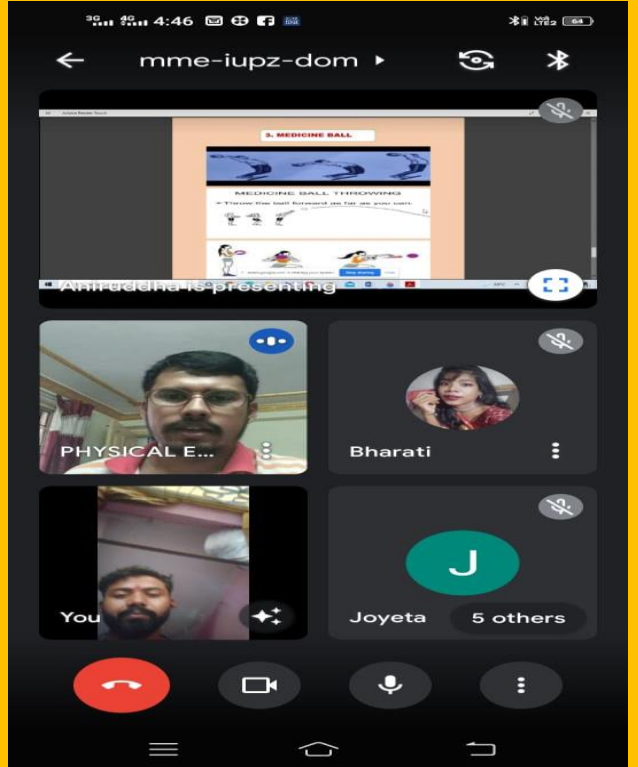
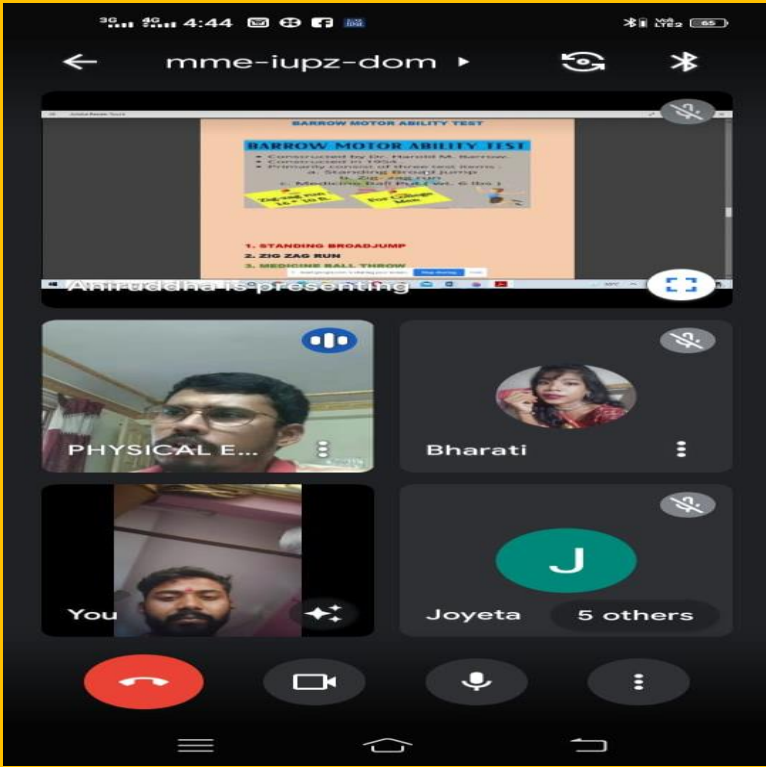
SEMESTER – IV : APURBA KUMAR SINHA



PART – 3 : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION
PART - III PRACTICAL
ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

SEMESTER - IV

PART - 3

2:53

About this call

People Info

- Karabi Mitra (You)
- Aniruddha Singh Per...
- Aniruddha Singh Per...
- apurbakumar sinha
- Badan Chore
- Jakir Hossain
- Jayshree Sarkar
- Kanchan Das. malda
- Kishor Soren
- Md Josimuddin
- Miloni Roy
- Nilmani Hembram
- Payel Saha

15:36

About this call

People Info

- Swapna Sarkar (You)
- Aniruddha Singh Per...
- Aniruddha Singh Per...
- Aparna Rajbanishi
- APU SARKAR
- Biswajit Ghosh
- Chandana Sarkar
- Dibyandu Singha
- Joyita Singha
- K Kisku
- Pancham Hansda
- PHYSICAL EDUCATIO...
- Riyanka Das

4:49

About this call

People Info

ADD OTHERS

- Share joining info

IN CALL

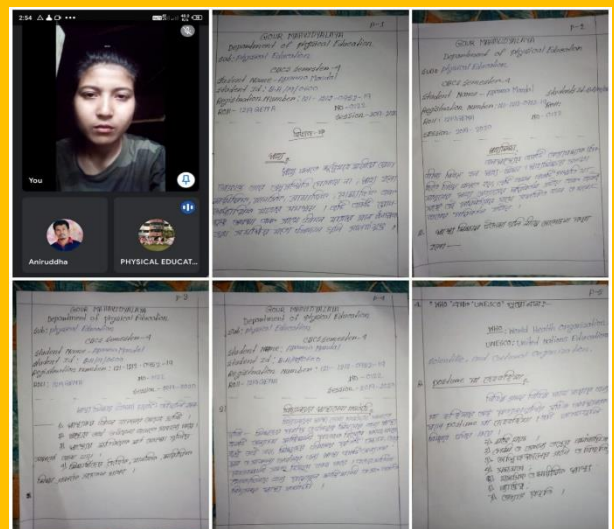
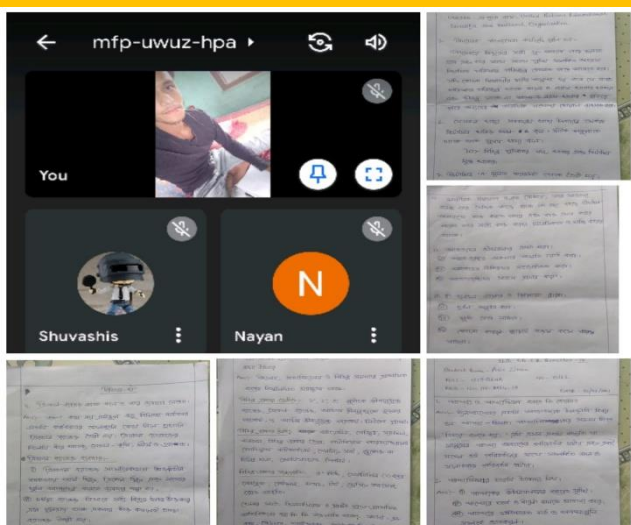
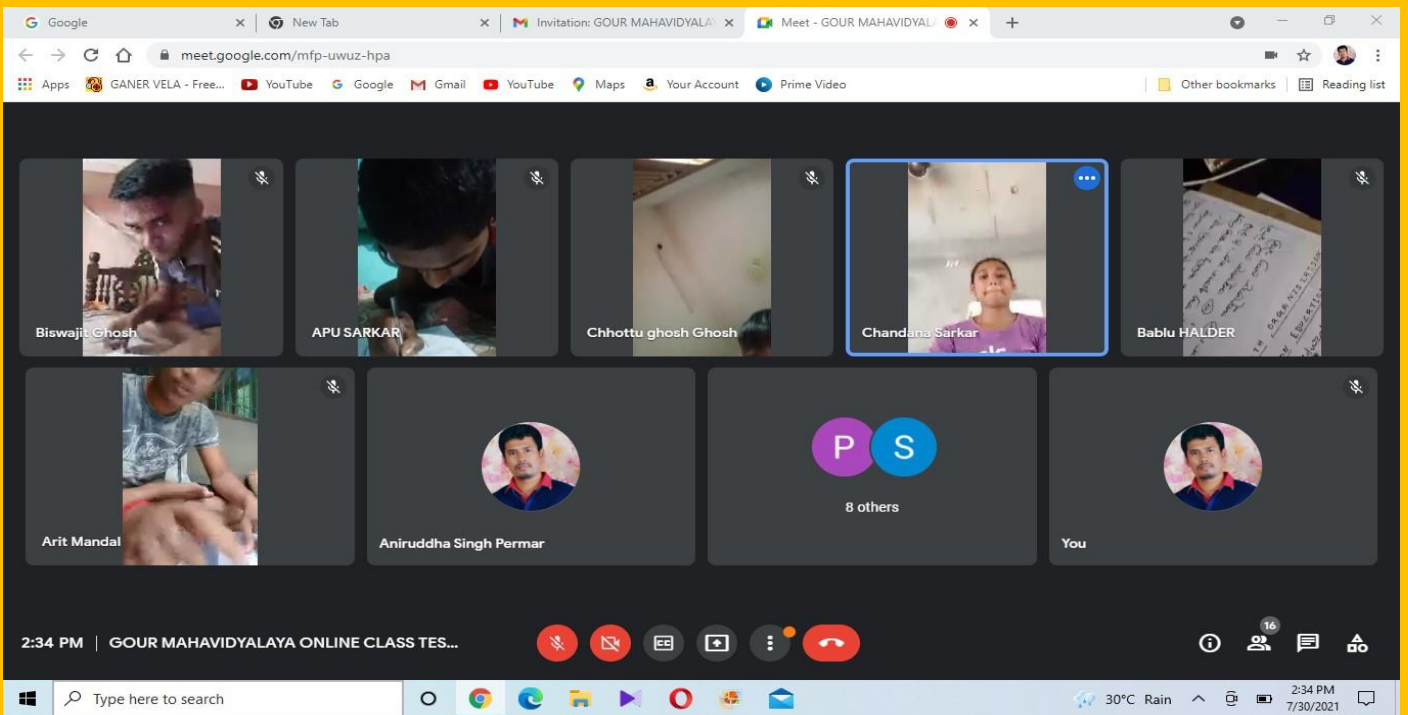
- Nayan Mandal (You)
- Aniruddha Singh Per...
- Aniruddha Singh Per...
- apurbakumar sinha
- Bharati Rajbanishi
- Jayanta Rajbanishi
- Joyeta Sarkar
- Khushi Sarkar
- PHYSICAL EDUCATIO...
- Shuvashis Hansda

DATE : 30.07.2021

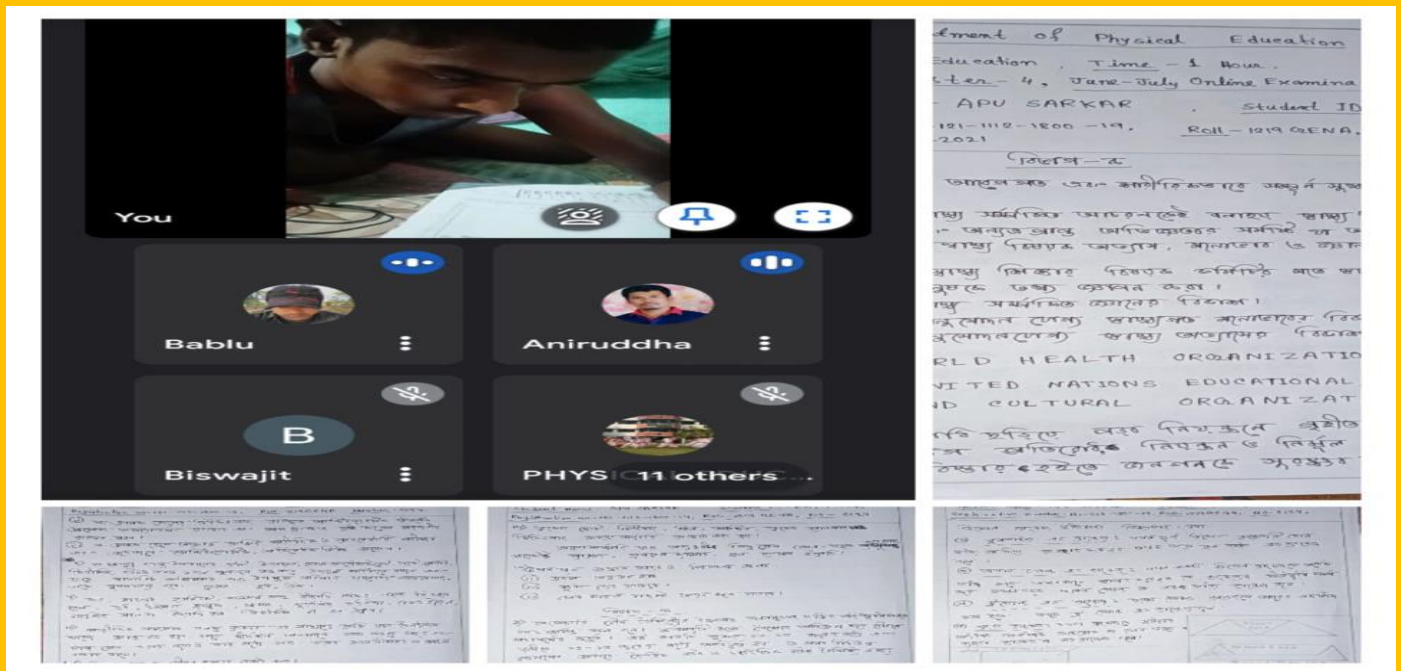
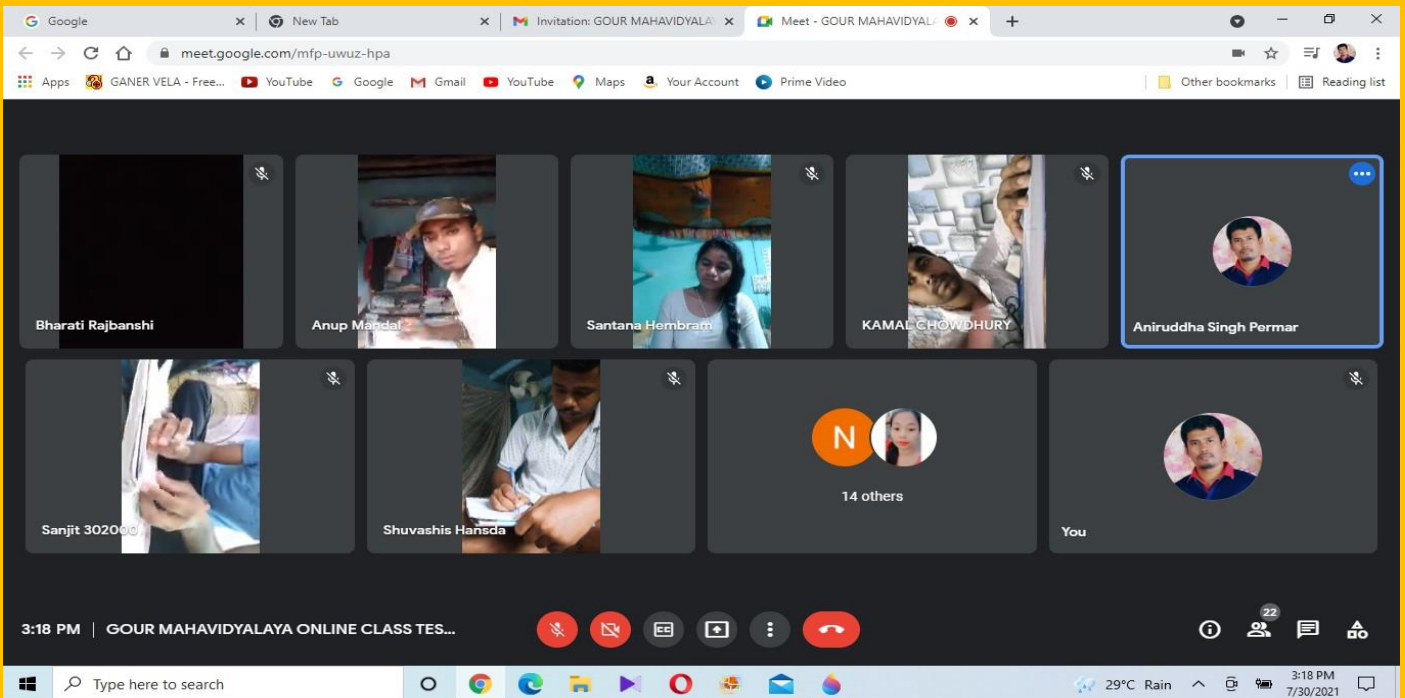
JUNE & JULY ONLINE CLASS TEST EXAMINATION - 2021

SEMESTER- II, IV & PART - 3 : DC -2 , DC - 4 & VII & VIII

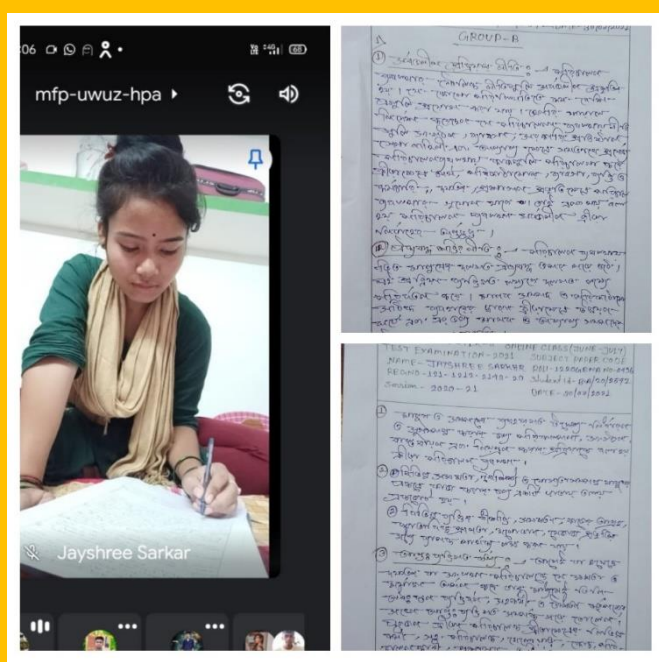
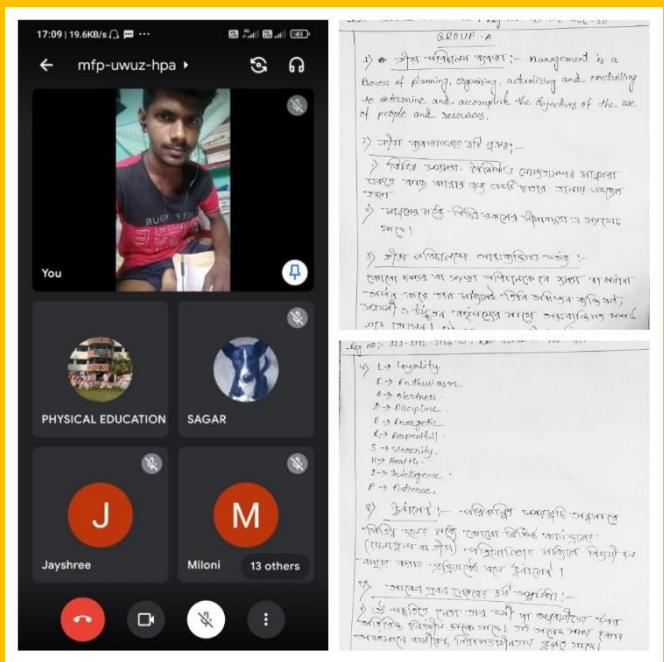
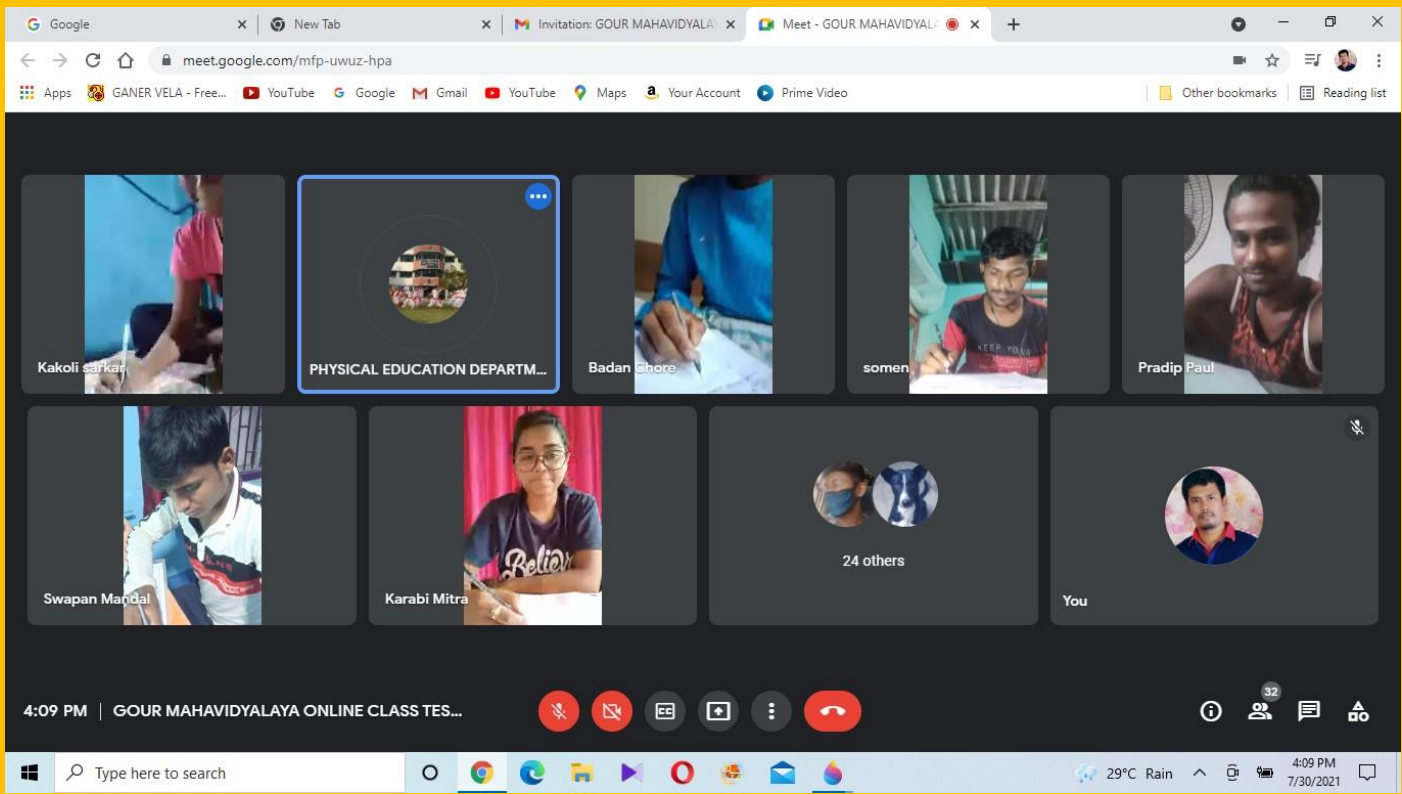
SEMESTER - IV : ONLINE EXAMINATION



PART - 3 : ONLINE EXAMINATION



SEMESTER – II : ONLINE EXAMINATION



JUNE & JULY ONLINE CLASS TEST EXAMINATION – 2021

QUESTION PAPER

SEMESTER – IV

GOUR MAHAVIDYALAYA

Department of Physical Education

C.B.C.S. SEM. - IV Online Class (June-July) Test Examination - 2021

Sub: Physical Education Paper Code : DC- 4 Time: 1 Hour F. M – 25

বিভাগ –ক

যে কোনো দশটি প্রশ্নের উত্তর দাও : $10 \times 2 = 20$

1. স্বাস্থ্য ও স্বাস্থ্যশিক্ষা বলতে কি বোঝো ?
2. স্বাস্থ্যশিক্ষার চারটি উদ্দেশ্য লিখো।
3. বিদ্যালয়ে স্বাস্থ্যসেবা কর্মসূচি বলতে কি বুঝো।
4. 'WHO' এবং 'UNESCO' -এর পুরো নাম কি ?
5. সংক্রামক ব্যাধি ছড়িয়ে পড়া নিয়ন্ত্রনে গৃহীত ব্যবস্থাগুলি কি কি ?
6. সুষ্ম খাদ্য কাকে বলে উদাহরণসহ লিখো।
7. ভিটামিন -A এর প্রধান উৎসগুলির নাম লেখো।
8. Posture বা দেহভঙ্গিমা কাকে বলে লেখো।
9. মেরুদন্ডের নিম্নভাগের দেহভঙ্গির বিকৃতির নাম ও কারণ লেখো।
10. ম্যালেরিয়ার রোগ প্রতিরোধ ও নিয়ন্ত্রণ কিভাবে করা হয় লেখো।
11. ডেঙ্গু হলে কখন ডাক্তার দেখাতে হবে লেখো।
12. স্বাস্থ্য সম্পর্কিত ও দক্ষতা সম্পর্কিত শারীরিক সক্ষমতা কাকে বলে
13. প্রাথমিক প্রতিবিধানের অতি প্রয়োজনীয় চারটি নিয়ম বা Golden Rules গুলো কি কি ?
14. কোন কোন ক্ষেত্রে শৈত চিকিৎসা (Cryo- Therapy) করা হয় ?
15. মধুমেহ বা ডায়াবেটিস রোগের চারটি লক্ষণ উল্লেখ করো ?

বিভাগ – খ

যে কোনো দুটো প্রশ্নের উত্তর দাও : $2\frac{1}{2} \times 2 = 5$

1. মালিশকে কয়টি ভাগ ও কি কি তা লিখো ?
2. পেশী ছিঁড়ে যাওয়া (Muscle Strain) ও তার প্রতিরোধ ?
3. বয়ঃপ্রাপ্তি বা (Ageing) বলতে কি বুঝো ?
4. সুস্থতা বা Wellness এর সংজ্ঞা এবং সুস্থতার মাত্রাগুলো লেখো ?
5. ত্রিকোণ ব্যাণ্ডেজ কাকে বলে ও তার ব্যবহার লেখো।
6. প্রাথমিক প্রতিবিধান (First -Aid)বাক্সে কি কি প্রয়োজনীয় সরঞ্জাম রাখা উচিত ?

JUNE & JULY ONLINE CLASS TEST EXAMINATION – 2021

QUESTION PAPER

PART – 3

GOUR MAHAVIDYALAYA

Department of Physical Education

B.A. PART – III Online Class (June - July) Test Examination - 2021

Sub: Physical Education Paper - VII & VIII Time : 1 Hour F. M. - 50

বিভাগ -ক

সকল প্রশ্নের উত্তর দাও :

20 × 2 = 40

1. শারীরিক সক্ষমতার বিভিন্ন উপাদানগুলি লেখো I
2. মালিশের কয়েকটি পদ্ধতির নাম লিখো I
3. ব্যায়াম চিকিৎসার চারটি পদ্ধতি লেখো I
4. মেদবৃদ্ধির কারনগুলি লিখো I
5. ক্রীড়া প্রশিক্ষণের নীতিগুলি কী কী ?
6. স্বাস্থ্য সম্পর্কিত শারীরিক সক্ষমতা I
7. উষ্ণীভবন ও শীতলীকরণের মধ্যে পার্থক্য লেখো I
8. চক্রাকার পদ্ধতি কত সালে এবং কে উদ্ভাবন করেন ?
9. নিউটনের দ্বিতীয় গতিসূত্র কী এবং খেলাধুলায় এর একটি প্রয়োগ লেখো I
10. ওজনসহ প্রশিক্ষণের চারটি সতর্কতা বা নিয়ম লেখো I
11. লিভার (Lever) কাকে বলে এবং কত প্রকার ও কী কী ?
12. তড়িৎ চিকিৎসা বা ইলেক্ট্রো থেরাপির চারটি নীতি লেখো I
13. উচ্চরক্তচাপ নিয়ন্ত্রণের উপায় সমূহ I
14. পায়ের গোড়ালীর আহত স্থানের (Ankle injury) চিকিৎসার জন্য সরঞ্জাম বাদে ব্যায়ামগুলি উল্লেখ করো I
15. খো-খো খেলায় মুক্ত অঞ্চলের বৈশিষ্ট্য কী লেখো I
16. ফুটবল খেলায় বল আয়ত্তে আনা (ট্র্যাপিং) কী এবং তা কিভাবে করা হয় I
17. কুলিং ডাউন বলতে কি বোঝো লেখো I
18. ওয়ার্ম - আপ কাকে বলে লেখো I
19. ইন্টারভাল ট্রেনিং বলতে কি বোঝায় ?
20. সহনশীলতা বলতে কি বোঝায় ?

বিভাগ -খ

যে কোনো দুইটি প্রশ্নের উত্তর দাও :

5 × 2 = 10

1. AAHPERD YOUTH PHYSICAL FITNESS TEST এর অভিক্ষা গুলির নাম উল্লেখ করো I
2. BARROW MOTOR ABILITY TEST এর কয়টি টেস্ট ব্যাটারি আছে লেখো
3. NCC এর দুটো উদ্দেশ্য লিখো I
4. খো-খো তে Tie Break কিভাবে করবে I
5. ট্র্যাক ইভেন্টের দৌড় কিভাবে শেষ হয়?
6. যোগ কী? রোগ চিকিৎসায় যোগ বলতে কী জান?
7. সহনশীলতা বৃদ্ধিকারী ব্যায়ামগুলি কী লেখো I
8. ক্রীড়াক্ষেত্রে ভারকেন্দ্রের গুরুত্ব?

JUNE & JULY ONLINE CLASS TEST EXAMINATION – 2021

QUESTION PAPER

SEMESTER – IV

**GOUR MAHAVIDYALAYA
Department of Physical Education**

**C.B.C.S. SEM. - IV Online Class (June-July) Test Examination - 2021
Sub: Physical Education Paper Code : DC- 4 Time: 1 Hour F. M – 25**

বিভাগ –ক

যে কোনো দশটি প্রশ্নের উত্তর দাও : 10×2=20

1. স্বাস্থ্য ও স্বাস্থ্যশিক্ষা বলতে কি বোঝো ?
2. স্বাস্থ্যশিক্ষার চারটি উদ্দেশ্য লিখো।
3. বিদ্যালয়ে স্বাস্থ্যসেবা কর্মসূচি বলতে কি বুঝো।
4. 'WHO' এবং 'UNESCO' -এর পুরো নাম কি ?
5. সংক্রামক ব্যাধি ছড়িয়ে পড়া নিয়ন্ত্রনে গৃহীত ব্যবস্থাগুলি কি কি ?
6. সুস্বাদু খাদ্য কাকে বলে উদাহরণসহ লিখো।
7. ভিটামিন -A এর প্রধান উৎসগুলির নাম লেখো।
8. Posture বা দেহভঙ্গিমা কাকে বলে লেখো।
9. মেরুদণ্ডের নিম্নভাগের দেহভঙ্গির বিকৃতির নাম ও কারণ লেখো।
10. ম্যালেরিয়ার রোগ প্রতিরোধ ও নিয়ন্ত্রণ কিভাবে করা হয় লেখো।
11. ডেঙ্গু হলে কখন ডাক্তার দেখাতে হবে লেখো।
12. স্বাস্থ্য সম্পর্কিত ও দক্ষতা সম্পর্কিত শারীরিক সক্ষমতা কাকে বলে
13. প্রাথমিক প্রতিবিধানের অতি প্রয়োজনীয় চারটি নিয়ম বা Golden Rules গুলো কি কি ?
14. কোন কোন ক্ষেত্রে শৈত চিকিৎসা (Cryo- Therapy) করা হয় ?
15. মধুমেহ বা ডায়াবেটিস রোগের চারটি লক্ষণ উল্লেখ করো ?

বিভাগ – খ

যে কোনো দুটো প্রশ্নের উত্তর দাও : 2½×2=5

1. মালিশকে কয়টি ভাগ ও কি কি তা লিখো ?
2. পেশী ছিঁড়ে যাওয়া (Muscle Strain) ও তার প্রতিরোধ ?
3. বয়:প্রাপ্তি বা (Ageing) বলতে কি বুঝো ?
4. সুস্থতা বা Wellness এর সংজ্ঞা এবং সুস্থতার মাত্রাগুলো লেখো ?
5. ত্রিকোণ ব্যাণ্ডেজ কাকে বলে ও তার ব্যবহার লেখো।
6. প্রাথমিক প্রতিবিধান (First -Aid)বাক্সে কি কি প্রয়োজনীয় সরঞ্জাম রাখা উচিত ?

ATTENDANCE

SEMESTER - II

PART - 3

SEMESTER - II

2:54 PM

About this call

People Information

- PHYSICAL EDUCATION DEPARTMENT (Y...
- Aniruddha Singh Permar
- Aniruddha Singh Permar
- Aparna Rajbanishi
- APU SARKAR
- Bablu HALDER
- Biswajit Ghosh
- Chandana Sarkar
- Chhottu ghosh Ghosh
- Dibyandu Singha
- K Kisku
- Prashanta Sarkar
- Riyanka Das
- Samim Aktar
- Swapna Sarkar
- Tarani Sarkar

3:52 PM

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- PHYSICAL EDUCATION DEPARTMENT (Y...
- Aniruddha Singh Permar
- Ashis Mandal
- Babar Ali
- Bharati Rajbanishi
- Joydeb Mandal
- Joyeta Sarkar
- KAMAL CHOWDHURY
- Mithun Chowdhury
- Nayan Mandal
- Paskal
- Rekha Rajbanishi
- Sanjit 302000
- Santana Hembram
- Satyaki Saha
- Shuvashis Hansda
- simpi das
- Sujan Chowdhury
- Sumanta Rajbanishi
- Sumitra Sarkar
- Sumon Rajbanishi

4:53 PM

About this call

People Information

ADD OTHERS

Share joining information








IN CALL

- Joyita Singha (You)
- abdul rahim
- Ajjur Rahaman
- Aniruddha Singh Permar
- Asit Mandal
- Baburam Mardi
- Badan Chore
- Biplab Mandal
- Debanjan Chowdhury
- Doli Khatun
- Gobinda Rajbanishi
- Jayshree Sarkar
- Kakoli sarkar
- Kanchan Das. malda
- Karabi Mitra
- Lakshmiram Soren
- Lipika Sarkar
- Miloni Roy
- Nilmani Hembram
- PHYSICAL EDUCATION DE...
- Pradip Paul
- Rama Mandal
- SAGAR SINGHA
- Sanjib Mardi382
- somen
- Subrata Roy
- Supriya Koramudi
- Surojit Murmu

GOOGLE CALENDAR ONLINE CLASS RECORD




JULY - 2021

02/07/2021 TO 30/07/2021

10:50 AM        10%

☰ July 🔍 📅 ⋮

S	M	T	W	T	F	S
27	28 GOUR MA GOUR MA	29	30 GOUR MA GOUR MA	1	2 GOUR MA GOUR MA	3
4	5 GOUR MA GOUR MA	6	7 GOUR MA GOUR MA	8	9 GOUR MA GOUR MA	10
11	12 Rath Yatra	13	14 GOUR MA GOUR MA	15	16 GOUR MA GOUR MA	17
18	19 GOUR MA GOUR MA	20	21 Bakr Id/Eid	22	23 GOUR MA GOUR MA	24
25	26 GOUR MA GOUR MA	27	28 GOUR MA GOUR MA	29	30 GOUR MA GOUR MA	31 GOUR MA GOUR MA
1	2	3	4	5	6	7

<   

TEACHERS SIGNATURE

1.

Abirba Kumar Sinha
30.07.21

2.

Anirudha Singh Kumar
30.07.2021

3.

Joyita Singha
30.07.2021

THE END