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

1	.∧ Day	ii Year	0 9.00-10.00	0	10.00-11.00	11.00-12.00	-	12.00-1.00	1.00-2.00	1 2 2 2 4 3 20	3.00-4.00	+10-6.00	M 5.00-6.00	'n	o Teachers's Nome	Abi
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	■ Sheet14 Physical Education ▼ +															



	CBCS : PHYSICAL EDUCA	TION : GENERAL
	Unit- I: Introduction LH - 12 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.	JOYITA SINGHA (J.S)
SEM-I DC-1	Unit- II: Biological and Sociological Foundations of Physical Education LH - 18 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	ANIRUDDHA SINGH PERMAR (A.S.P)
	Sociology, Society and Socialization. 4. Physical Education & Sports as a socialization force.	
	Unit- III: History of Physical Education LH - 18 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.	APURBA KUMAR SINHA (A.K.S)
	Unit- IV: Yoga Education LH - 12 1. Meaning and definition of the torm Yoga	(A.K.S)
	term Yoga. 2. Aim and objectives of Yoga. 3. Types of Yoga 4. Importance of Yoga.	(A.S.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)
	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)
SEM- II DC - 2	Unit- III: Facilities and Equipments LH – 18 1) Method of calculation of Standard Track & Field events (any one).	(A.S.P) (A.K.S)
	 2) Care and maintenance of play ground. 3) Importance, care and maintenance of sports equipments. 4) Time Table: Meaning and 	(J.S)
	 4) Time Table. Meaning and importance of time table. 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.	
	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 Unit- II: Musculo-skeletal	(A.K.S)
SEM- III DC - 3	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	(A.K.S)
	Respiratory organs. 2. Mechanism of Respiration.	(J.S)
	3. Vital Capacity, O2 Debt and Second Wind.	(A.S.P)
	4. Effect of exercise on	

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

	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	(A.K.S)
	Nations Educational Scientific and Cultural Organization (UNESCO). 4. School Health Program- Health Service, Health Instruction, Health Supervision, Health Supervision, Health Appraisal and Health Record. Unit- II: Health Problems in	
SEM- IV DC - 4	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. Healthdisorders due to deficiencies of Vitamins and Minerals. 4. Postural deformities- Causes and corrective exercise of	(J.S)
	Kyphosis, Lordosis, Scoliosis, Knock Knees and Flat Foot. 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	(A.S.P

be an Ph	Wellness. Relationship tween Physical activities d Wellness. 4. Ageing- ysical activities and its portance.	
Ma 1. de	it- IV: Health and First-aid magement LH - 12 First aid- Meaning, finition, importance and Iden rules of First-aid.	(J.S)
Sp	Concept of sports injuries- rain, Strain, cture and Dislocation.	(A.S.P)
inj ap	Management of sports uries through the plication of Cryo-therapy d Thermotherapy.	(A.K.S)
inj ap	Management of sports uries through the plication of Exercise and ussage therapy.	

	PART-III (Full Marks -100)	
	Sports Training and Therapeutic value of	
	Physical and Yogic Exercises (F.M50)	
	Unit-1: Meaning of Sports Training,	
PART-III	Conditioning, Warm up, Cooling Down	ASP
	Unit-2: Components of Physical Fitness	
Paper-	Components; Health Related and	
VII:	Performance Related Components	
	Unit-3: Different type of Training	JS
	Methods; Weight Training, Circuit	
	Training, Interval Training,	
	Plyometric Training and Repetitions Method	
	Unit-4: Mechanical Principles of Applied	
	Sports; Force, Motion, Laws of Motion,	
	Centre of Gravity, Equilibrium, Stability, Friction,	
	Levers and Body Levers	
		AKS
	Unit-5 : Yoga and Physical Exercise and	
	Chronic Diseases; (a) Asthma, (b) Cardiovascular Disease,	
	(c) Diabetes, (d) Hypertension	
	and (e) Obesity	
	Unit-6: Therapeutic values of Yoga and Physical Exercise; (a) Electro Therapy,	
	(b) Exercise Therapy,	
	(c) Massage Therapy and (d)	
	Yaga Therapy	

PART-III	Paper-VIII: Practical (F.M. 50)	
	Unit-1: Participation in Regular Fitness Programmee (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-	ASP
	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)	AKS
	Unit-4: Participating in Social Service Programmee; N.C.C., N.S.S. Bratachari (Certificate must be Produced at the time of examination) - Any one	JS
	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

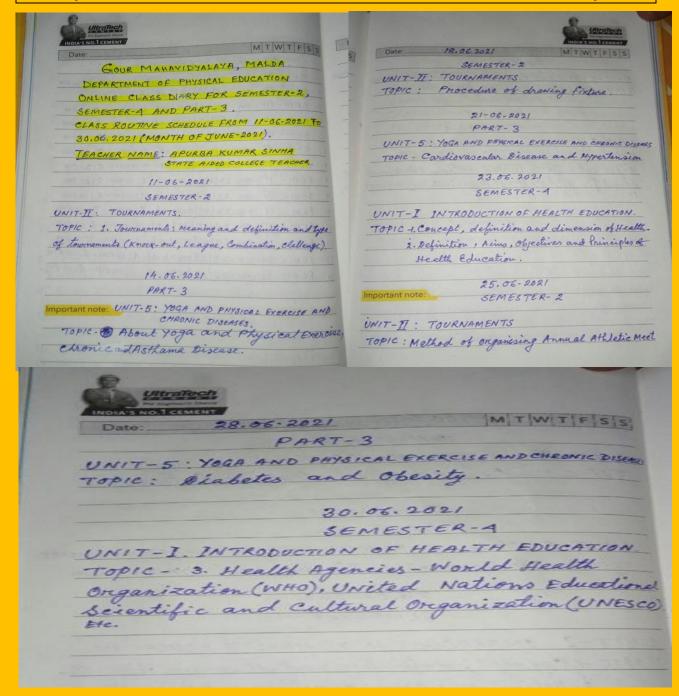
DATE : 11.06.2021 TO 30.06.2021

	GIOUR MASTAVIDYALATA DEPARTMENT OF PHYSICAL EDUCATION ONLINE CLASS ROUTINE FOR SEMESTER-2, SEMESTER-4 and PART-3, FROM- 11.06.2021 TO- 30.07.2021					
DAY &	PERIOD-I	PERIOD-2 2:15 PM to 3:45Pm	PERIOD-3	REMARKS		
DATE	2:30 pm to 3:00 pm		SEMESTER-2			
FRIDAY 11-06-2021	SEMESTER-4 ASP	T.S	AKS UNIT-2&(4.162)			
	UNIT- 3 & (4.3)	SEMESTER-2	SEMESTER-9			
MONDAY	PART-3	ASP	JS			
14.08.21	AKS UNIT- 526		UNIT-28(4.4)			
	UNIT. 546	SEMESTER-4	PART- 3	JAMAI SHASTHI		
NEDNESDAY		AKS	ASP	ALUA		
16.06.21	JS UNIT-32(4.3)	UNIT-18(4.122)	UNIT-182	(HOLIDAY)		
FRIDAY	SEM-4	PART-3	SEM-2			
18.06.21	ASP	JS	AKS			
	PART- 3	SEMP 2	sem-4 JS			
MONDAY 21. 06.21	AKS	ASP				
NEDNESDAY	sem-2	SEM-A	PART- 3			
23.08.21	JS	AKS	ASP			
FRIDAY	SEM-A	PAAT-3	Sem-2			
25.06.21	ASP	JS	AKS			
MONDAY 28.05.21	PART-3 AKS	ASP	JS			
WEDNESDAY	y SEM-2	Sem-A	PART-3			
30.06.21		AKS	ASP			
FRIDAY	sem-4 ASP	PAAT-3	Sem-2			
02.07.21		Js	AKS			
MONDAY	AKS	SEM-2	sem-4			
05.07.21	inda	Asp	JS			

WEDNESDAY	SEM-2	sem-1	PORT-3	
07.07.21	JS	AKS	ASP	
FRIDAY	sem-9	PART-3	Sem-2	
09.07.21	ASP	JS	AKS	
MONDAY	PART-3	sem-2.	sem-4	RATH YATRA
12.07.21	AKS.	ASP	JS	(HOLIDAY)
WEDNESDAY	sem-2	SEM-4	PART-3	
19.07.21	JS	AKS	ASP	
FRIDAY	SEM-4	PART-3	sem-2	
16.07.21	ASP	JS	AKS	
MONDAY	PORT-3	sem-2	SEZ-A	
19.07.21	AKS	Asp	JS	
WEDNESDAY	Sem-2	sem-q	PART-3	ID-UZ-ZOHA
21.07.21	JS	AKS	Asp	(HOLIDAY)
FRIDAY	SEM-A	PART-3	Sem-2	
23.07.21	ASP	JS	AKS	
MONDAY	PART-3	SEM-2	SEM-4	
26.07.21	AKS	ASP	JS	
WEDNESDAY	Sem-2	sem-4	PART-3	
28.07.21	JS	AKS	ASP	
FRIDAY	sem-q	JS	SEM-2	
30.07.21	Asp	JS	AKS	
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ONLINE CLASS DIARY 1.APURBA KUMAR SINHA 2.ANIRUDDHA SINGH PERMAR 3. JOYITA SINGHA

(CLASS DIARY: APURBA KUMAR SINHA: EXAMPLE)



(CLASS DIARY: ANIRUDDHA SINGH PERMAR: EXAMPLE) 21.06.2021 DEPARTMENT OF PHYSICAL EDUCATION ONLINE CLASS DIARY PAPER - VI 0.0 PART- 411 SEMESTER - II, SEMESTER - IV AND PART- III CLASS ROUTIN SCHEDULE FROM 11.06.2021 TO 30-06.2021 (NONTH OF JUNE.202) UNIT - Y TOPIC Meaning TEACHER NAME : - ANIR UDDHA SINGH PERMAR Training 81 Conditioning Warm u Colleng DOWN STOTE HIDED CONEGE TEACHER 23.06.2021 CLASS DIARY- JUNE-2021 SENESTER -UN1-2-SEMESTER - IN - UNIT - MOTOR HITNESS TOPIC @ COmponent of Physical fitnessand WellNESS. TOPIC - PHYSICAL FITNESS - MRaning ; Defination and important of Motor performance relifea Health and fitness. fitness. Physi cal 14.06.2021 Concept of SEMESTER - TI DRIT- I - INTRODUCTION TO DIC &- Concept and Jefination of sports Management. Impedant of sports Management. Willness, Relation beforen Physical actinty and wellness. 25.06.202) JEMESTER - 1 otes: JANUARY 2014 SMTWTF Sports Management and TOPIC - PUYBOSSE OF 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 parts Management. Frinciple Of Notes: 2 3 4 5 6 7 8 28.06.2021 C.A. PART - SII of Physical Fitness, repic - components Related and Performance Heatth related Components. 30.06.2021 PART-411 B.A. Setween Health rala TOPIC: - Differents Jeformaac Vil and Physical fitness Physical fitness. Anisaddha Sizzb famer siall Deport ment of goor Matainta laya. otes: 2 3 4 5 6 7 8 9 10 11 12 13 14 25

(CLASS DIARY: JOYITA SINGHA: EXAMPLE)

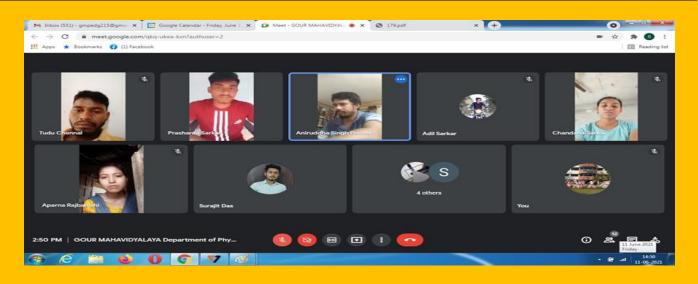
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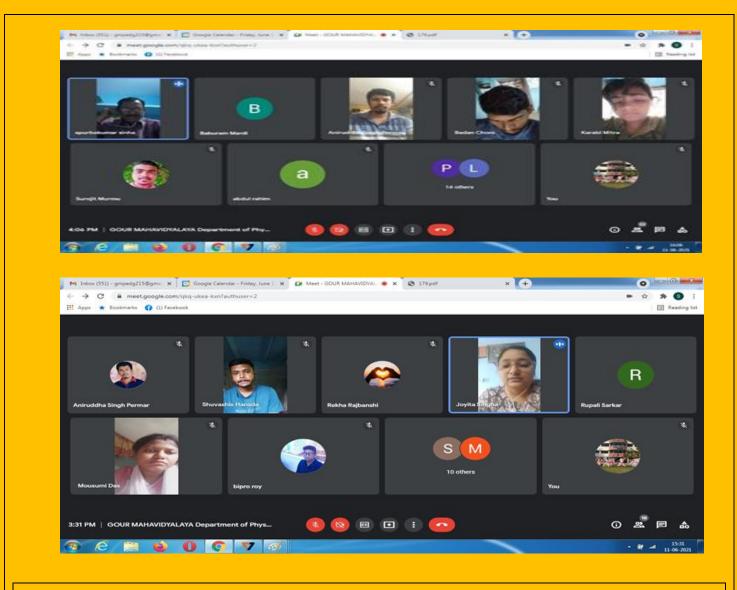
ONLINE TEACHING AND LEARNING: 2021

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 EDUC ATION 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 EDUC ATION 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



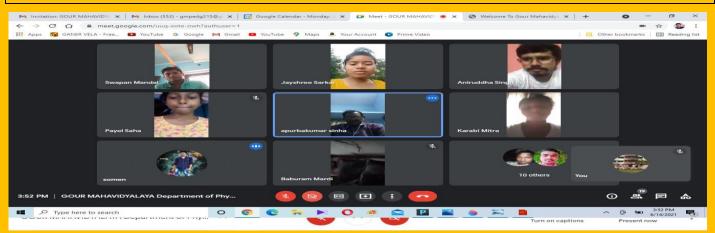


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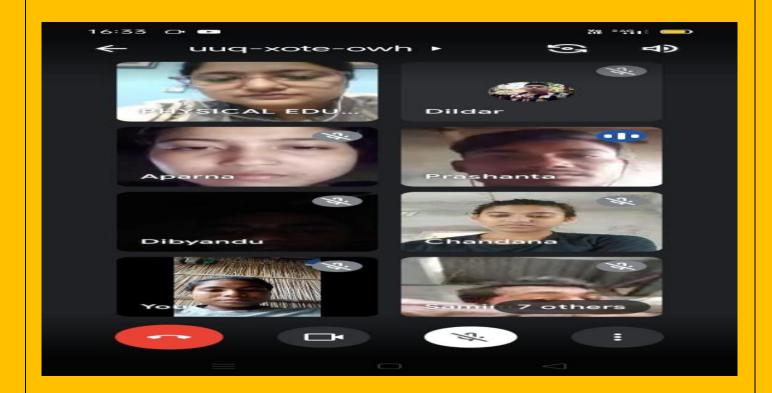
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APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII DATE : 14.06.2021



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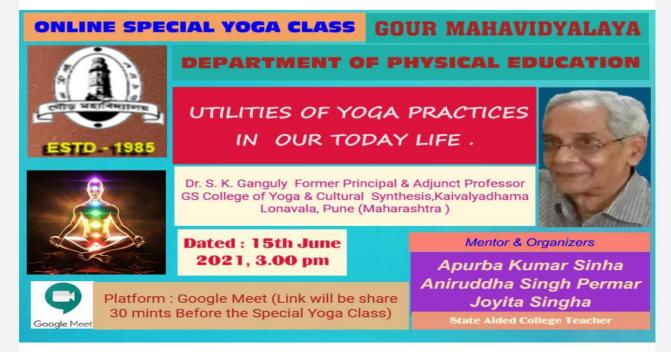
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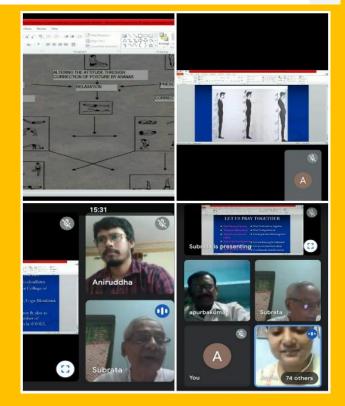
SPECIAL YOGA CLASS

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







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

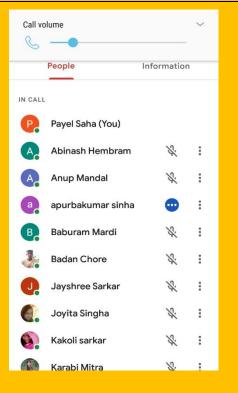






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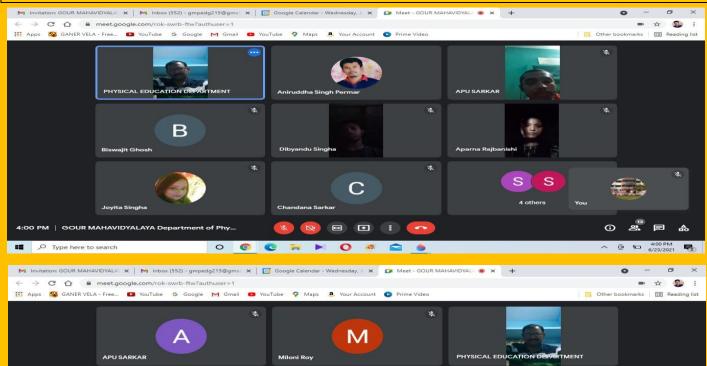
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APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII DATE : 23.06.2021



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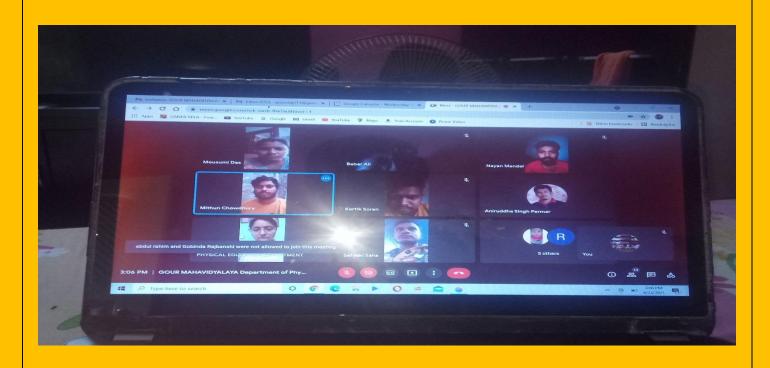
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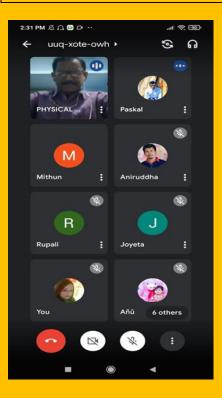


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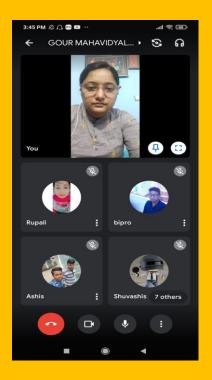
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APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII DATE : 25.06.2021







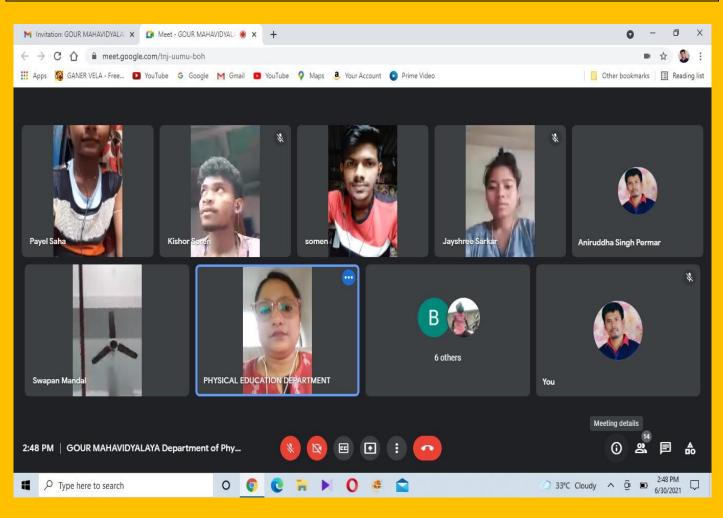
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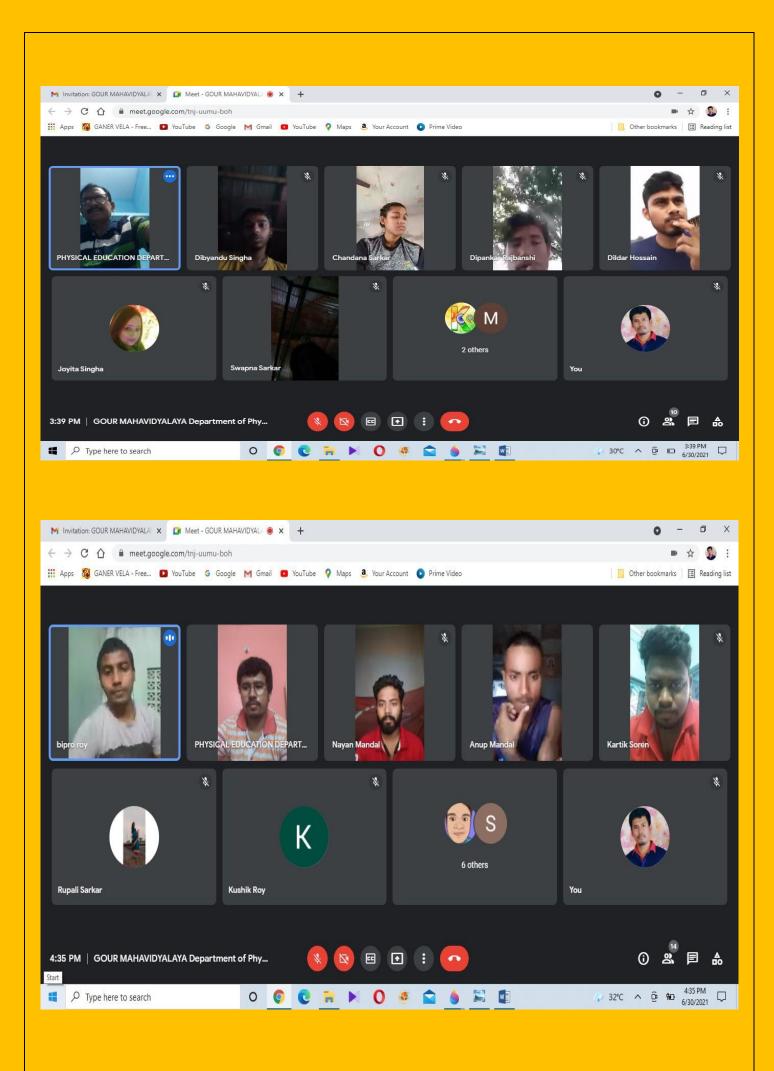
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII DATE : 28.06.2021



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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 : 30.06.2021







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GOOGLE CALENDAR ONLINE CLASS RECORD JUNE – 2021

11/06/2021 TO 30/06/2021

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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-9 AND PART-3 FROM - 02-07-2021 TO 30-07-2021

		0 30-07-2021	•	
DAY AND	PERIOD - 1	PERIOD - 2	PERIOD - 3	REMARKS
DATE	2:30 Pm to 3:00 Pm	3:15Pm to 3:45Pm	A: TO PM to 1:30 PM	
FRIDAY	SEMESTER-A	PART- 3	SEMESTER-2	
02-07-21	ASP UNIT-36(4.3)	UNIT- 384	AKS UNIT-24(4.182)	
MONDAY	PART-3	SEMESTER-2	SEMESTER-4	
05-07-21	AKS UNIT-546	AS P UNIT-1& (4.3)	JS UNIT-24(A.A)	-
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07-07-21	JS UNIT-3 \$(4.3)	AKS UNIT-18(4.182)	UNIT-ASP 00	
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MONDAY	PART- 3	SEMESTER-2	SEMESTER-4	RATH YATRA
12-07-21	AKS	ASP	JS	(HOLIDAY)
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FRIDAY	SEMESTER-4	PART-3	SEMESTER-2	
16-07-21	ASP	JS	AKS	
MONDAY	PART-3	SEMESTER-2 ASP	SEMESTER-4	
-19-07-21	AKS	AST	JS	
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ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : APURBA KUMAR SINHA

02.07.2021 to 30.07.2021

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GOUR MAHAVIDYALAYA, MALDA	MITWIFIS
DEPARTMENT OF PHYSICAL EDUCATION	SEMESTER-4
ONLINE CLASS DIARY FOR SEMESTER-2,	UNIT - I .: INTRODUCTION OF HEALTH EDUCATION.
SEMESTER-4 AND PART-3.	TOPIC : A. School Health Program - Health Service,
CLASS ROUTINE SCHEDULE FROM 02-07-2021	Health Instruction, Health Supervision,
TO 30-07-2021 (MONTH OF JULY-2021).	Health appraisal and Health Record
100000000000	TO 30-07-2021 (PONTH OF JULY EASE).
TEACHER NAME: APURBA KUMARSINHA	09-07-2021
TEACHER NAME: APURBA KUMARSINHA STATE ALDED COLLEGE TEACHER	SEMESTER-2
Table marged al anno 11 and a	UNIT-IL : TOURNAMENTS
02-07-2021	Topic. Method of Orcomining of Intromunal
SEDAESTER-2	Competition
SEMESTER-2	Topic - method of Oreganising of Intramural Competition.
)NIT-IT: TOURNAMENTS	14-07-2021
TOPIC : Method of Organizing Play Day.	14-07-2021 SEMESTER-4
	UNIT- IV . HEALTH
05-07-2021	UNIT- IV : HEALTH AND FIRST-AID-MANAGEMENT. TOPIC - 1. FIRST DID - MANAGEMENT.
PART-3	
UNIT-G: THERAPEUTIC VALUES OF YOGA AND PHYSICAL EXERCISE: The AND PHYSICAL EXERCISE:	frenh rules at Einst a.
UNIT-G: THERAPEO CAL EXERCISE:	
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Date: 16.07.2021 SEMESTER-2 UNIT-II: TOURNAMENTS TOPIC: Method of Organizing of Extramutal	PART-3 PAPER-VIII PRACTICAL UNIT-2 Officiating @ Athletics @ Indian
Date: 16.07.2021 SEMESTER-2 UNIT-II: TOURNAMENTS TOPIC: Method of Organizing of Extramutal	PART-3 PAPER-VIII PRACTICAL UNIT-2 Officiating @ Athletics @ Indian games and @ Nojor games.
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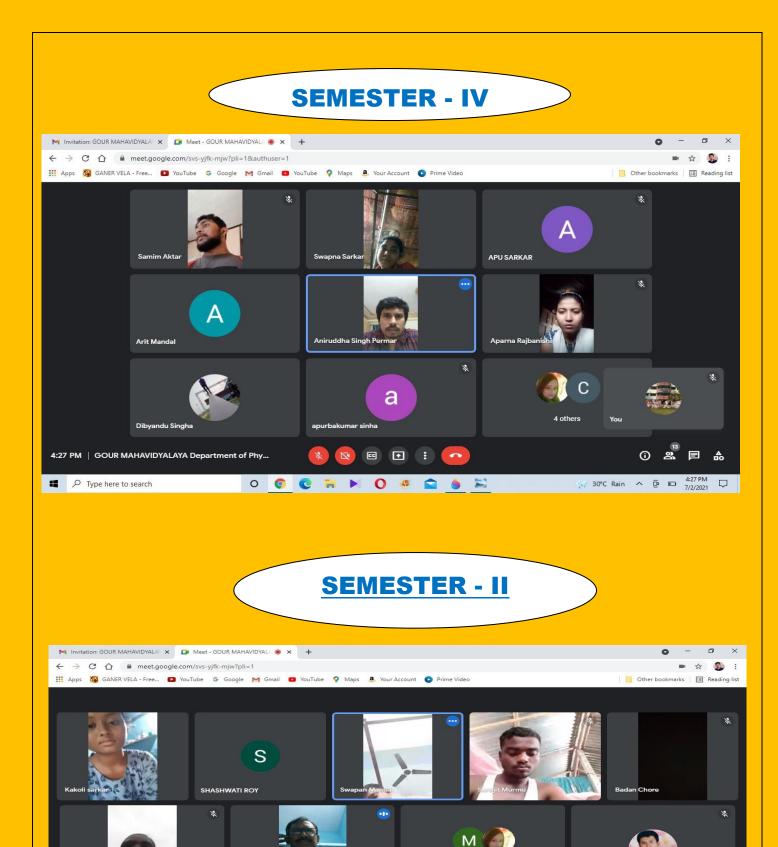
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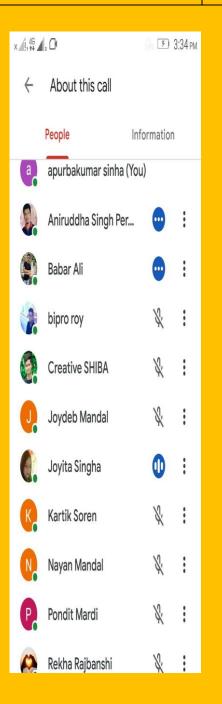
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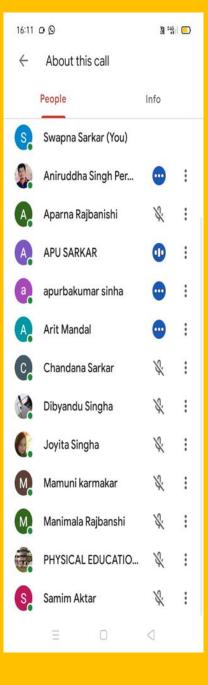
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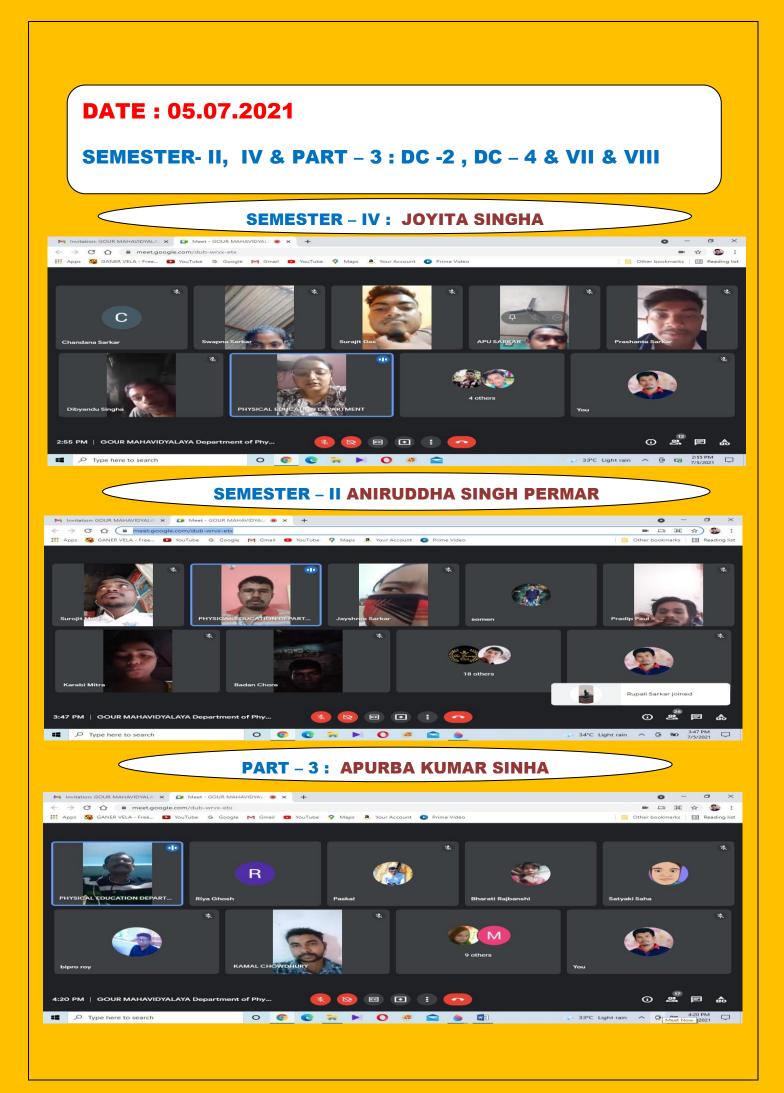
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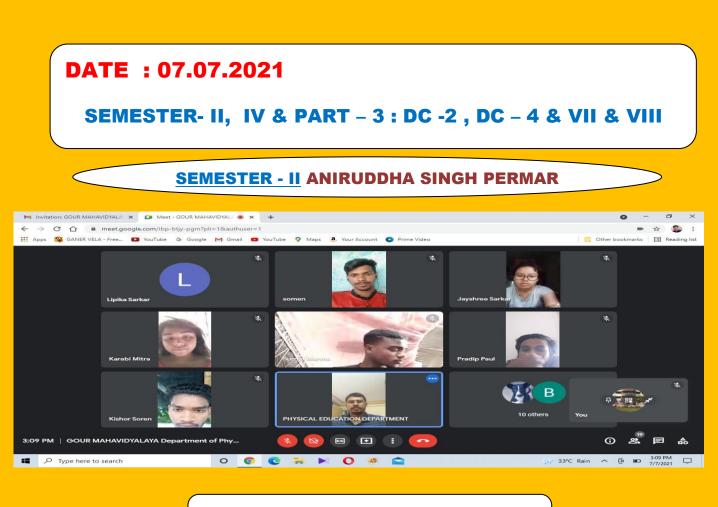
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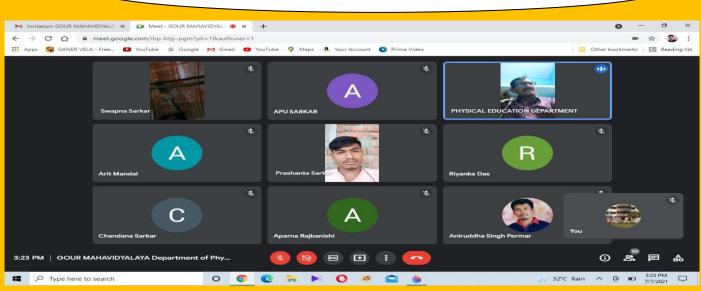


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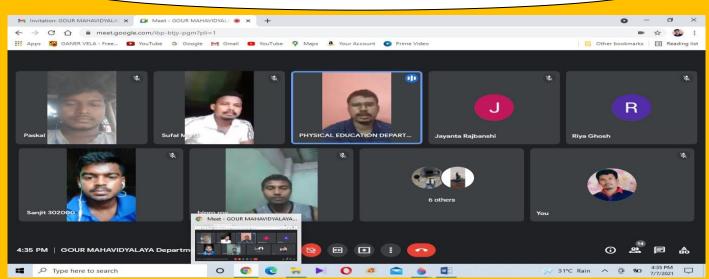
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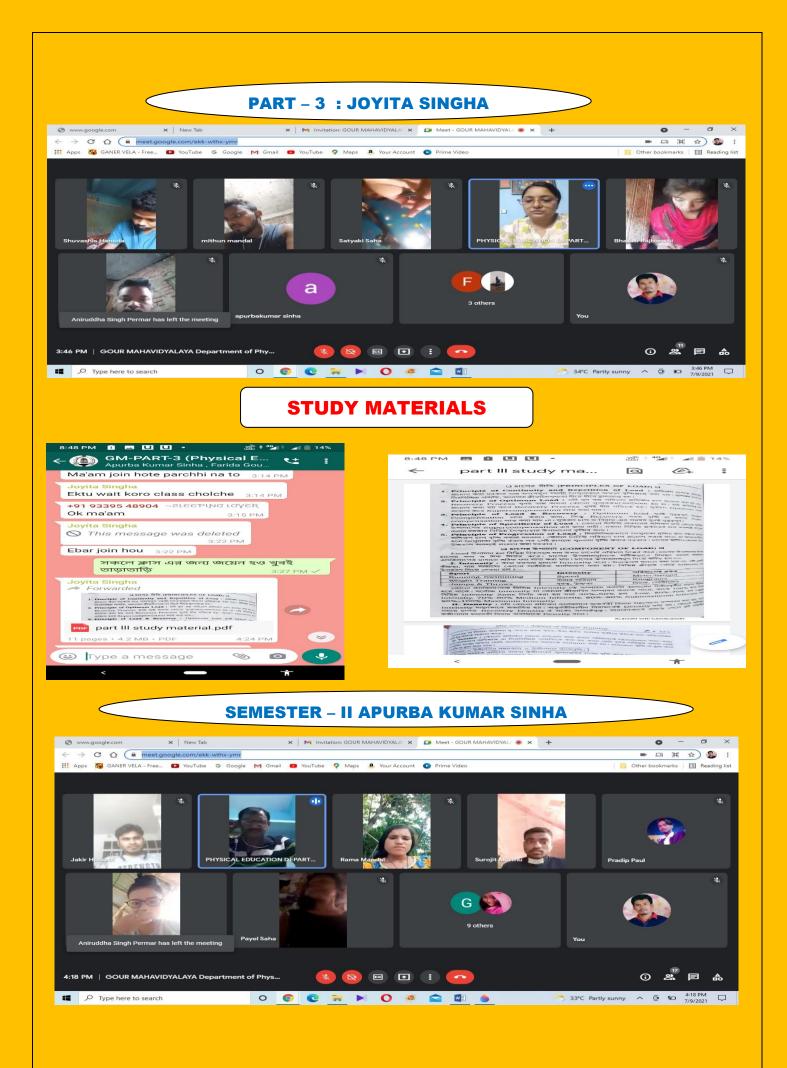
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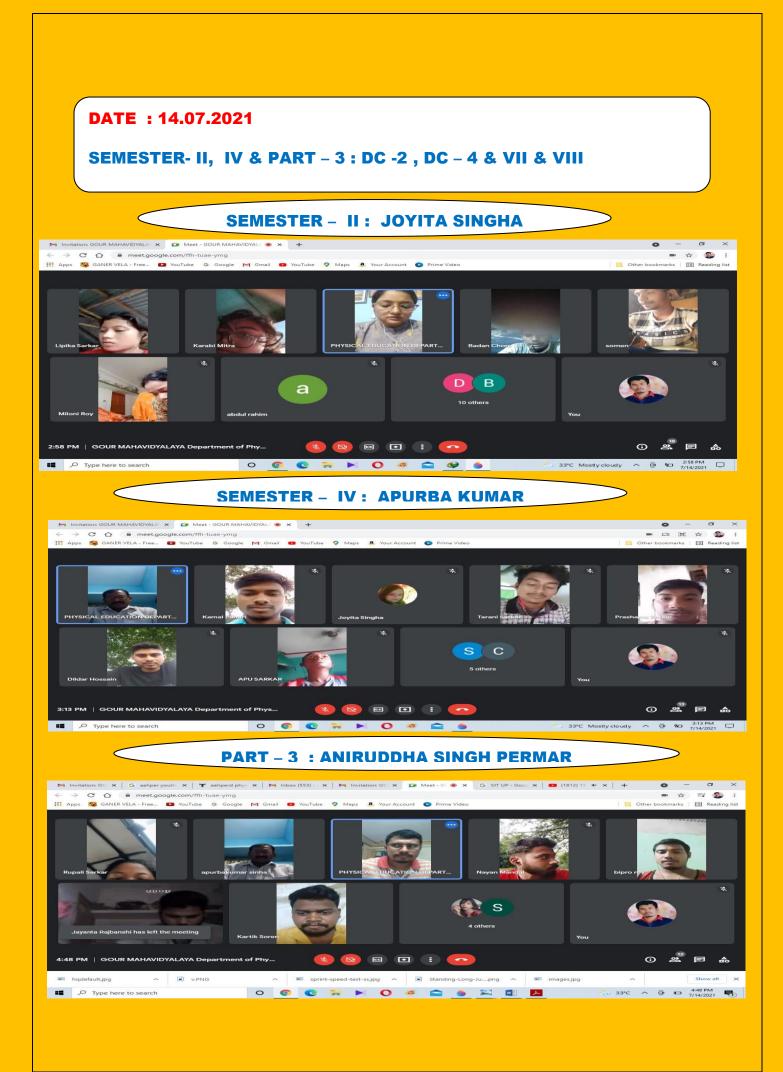
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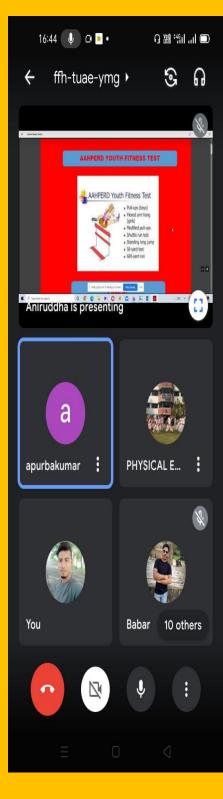
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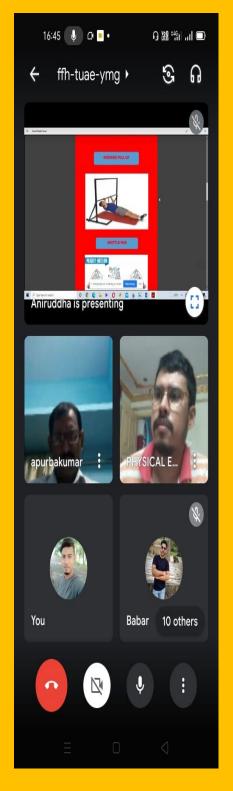
SEMESTER - II



POWER POINT PRESENTATION

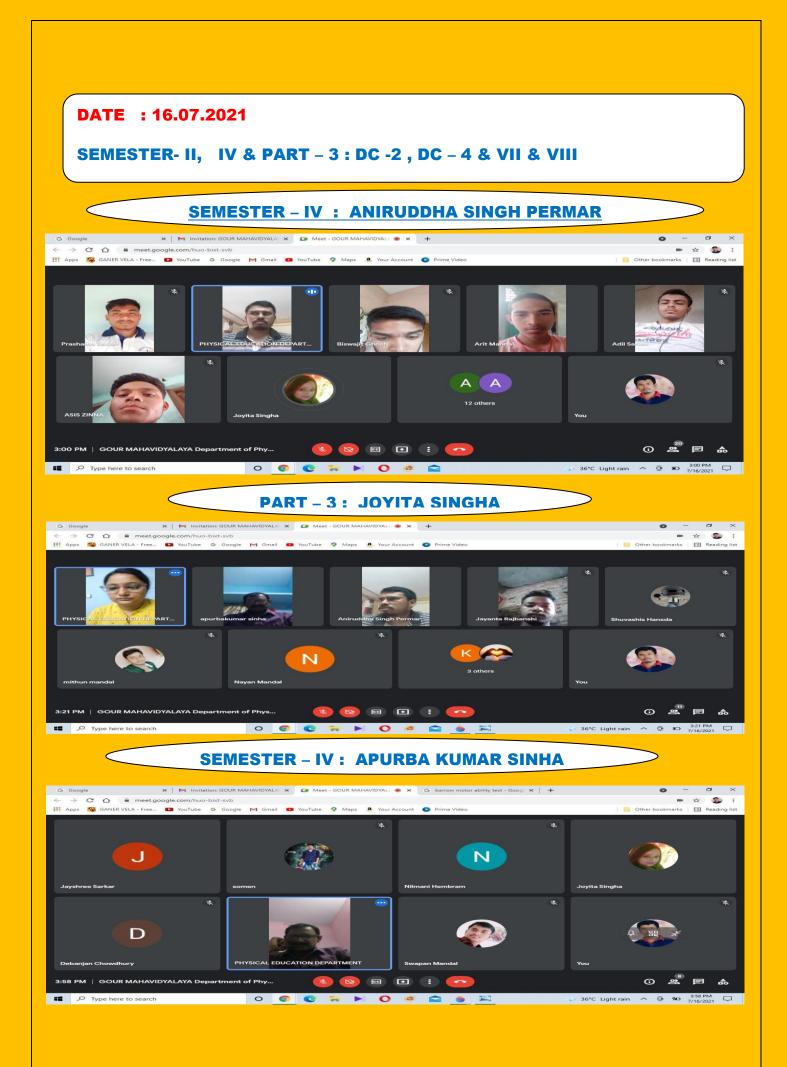
ANIRUDDHA SINGH PERMAR



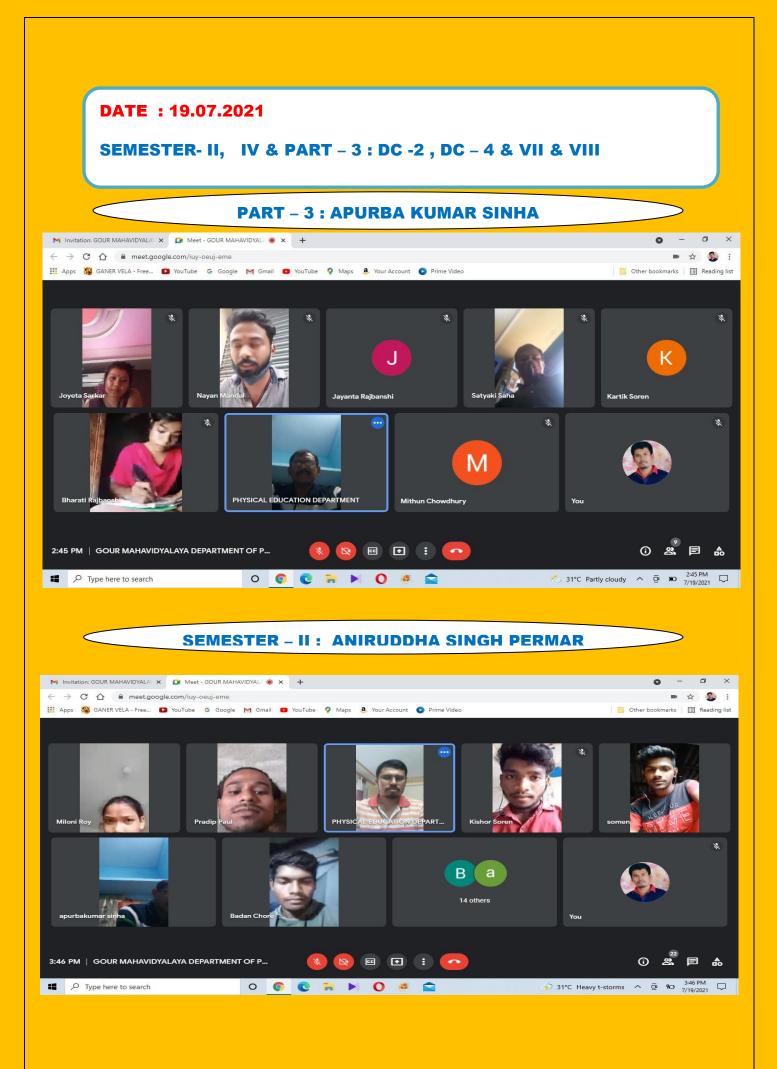




SEMESTER - II				SEMESTER - IV				<u>PART – 3</u>					
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	SEMESTER	<u>– IV</u>			<u> PART – 3</u>			<u>SEM</u>	ESTER - II		
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<u> PART – 3</u>

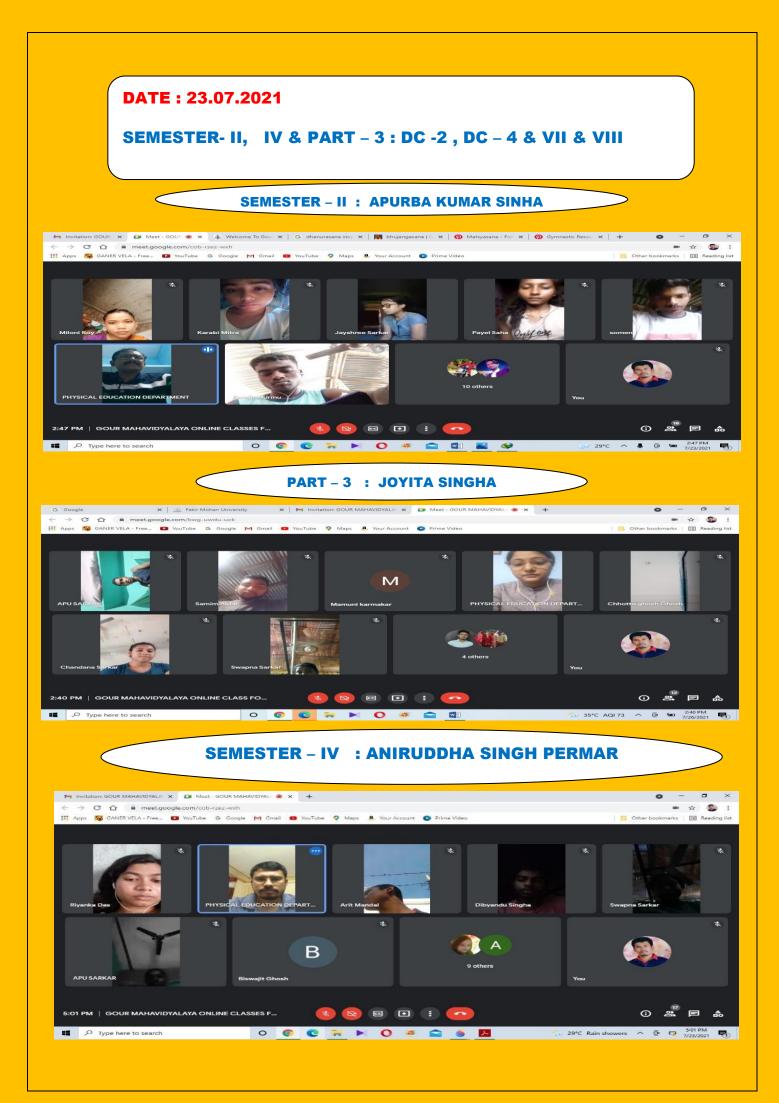
SEMESTER - II

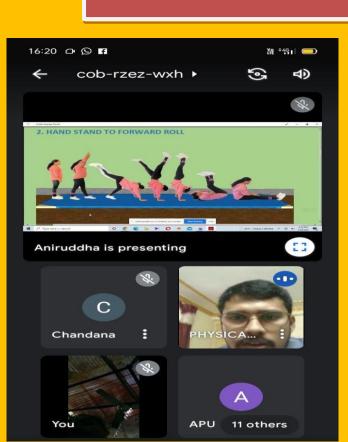
<u>SEMESTER – IV</u>

÷	About this call			
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Į,	Jayanta Rajbanshi (You)			G
9.	Aniruddha Singh Per	S.	:	Į,
B	Baburam Mardi	Ś	:	0.
	Bharati Rajbanshi	•		٥.
J.	Joyeta Sarkar	Š	:	-
0.	Joyita Singha	Ś	:	N,
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S	Sumanta Rajbanshi	S.	:	8
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	People Infor	mation	
3.	Badan Chore	S.	:
G	Gobinda Rajbanshi	Š	:
J	Jayshree Sarkar	•	:
0.	Joyita Singha	Ż	:
9.	Kakoli sarkar	Ż	:
	Kishor Soren	S.	:
N	Nilmani Hembram	Ż	:
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R	Rama Mandal	S.	:
S	Sanjib Mardi382	Ż	:
0	Supriya Koramudi	S.	:
ġ.	Surojit Murmu	S.	:
	Swapan Mandal	•	:
	Usha Roy	S.	:
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A	Aparna Rajbanishi	Ŝ	:
A	APU SARKAR	S.	;
a	apurbakumar sinha	Si	;
A	Arit Mandal	S.	:
OV	Biswajit Ghosh	•	;
C	Chandana Sarkar	Ŝ	:
	Dibyandu Singha	•	;
D,	Dipankar Rajbanshi	Š	+
M	Mamuni karmakar	Š	;
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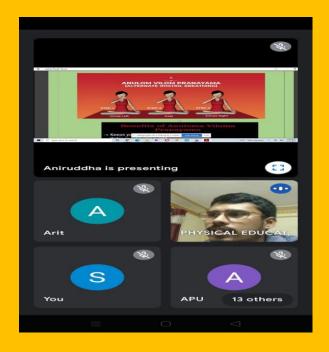






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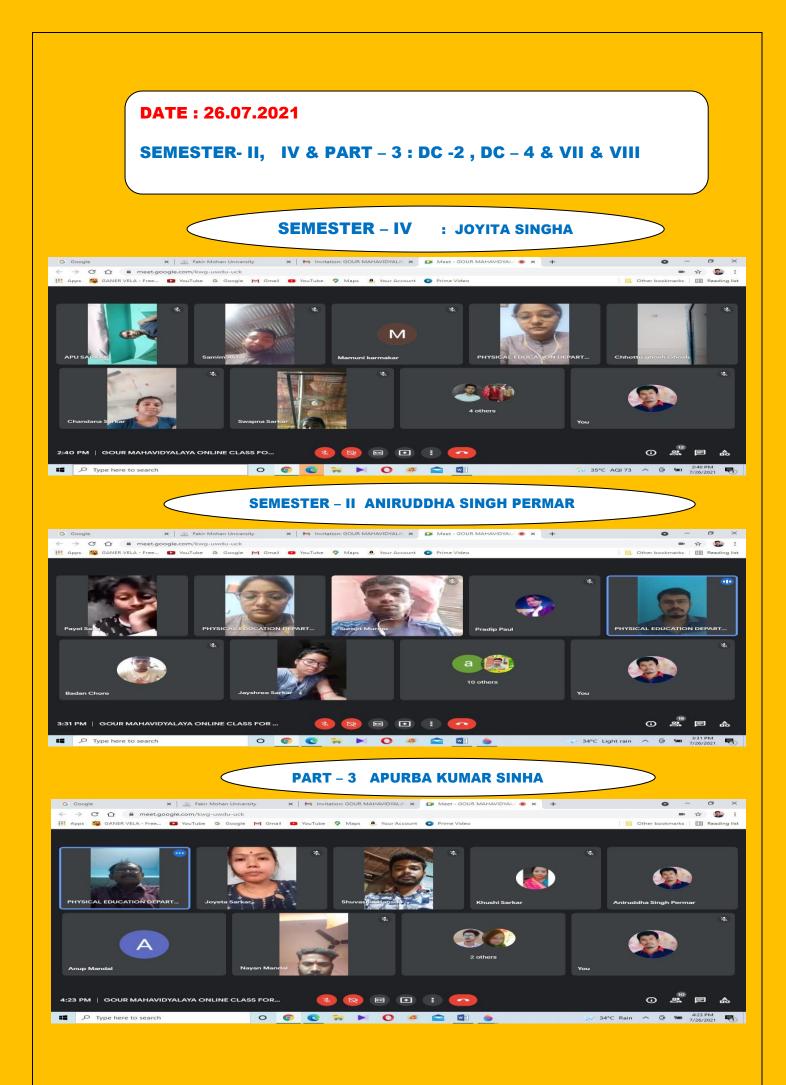
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POWER POINT PRESENTATION

PRACTICAL

ANIRUDDHA SINGH PERMAR

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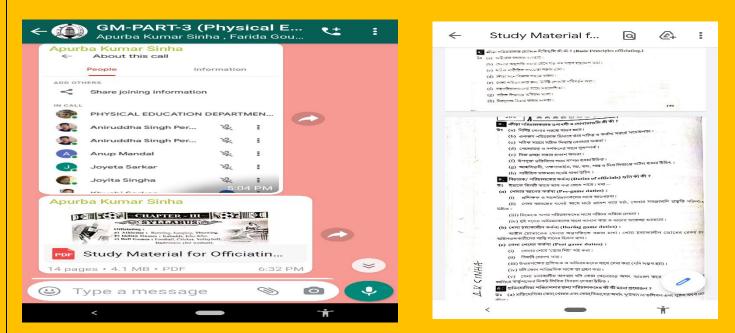


STUDY MATERIALS

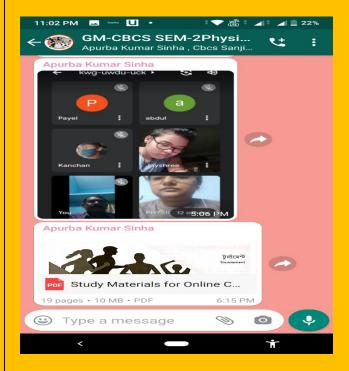
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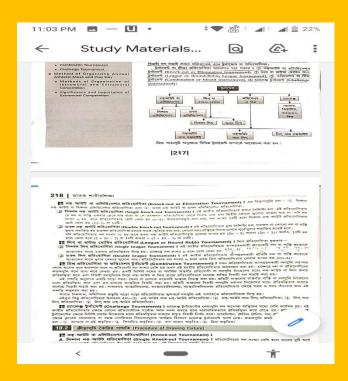
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<u>PART - 3</u>



SEMESTER - II





SEMESTER - IV

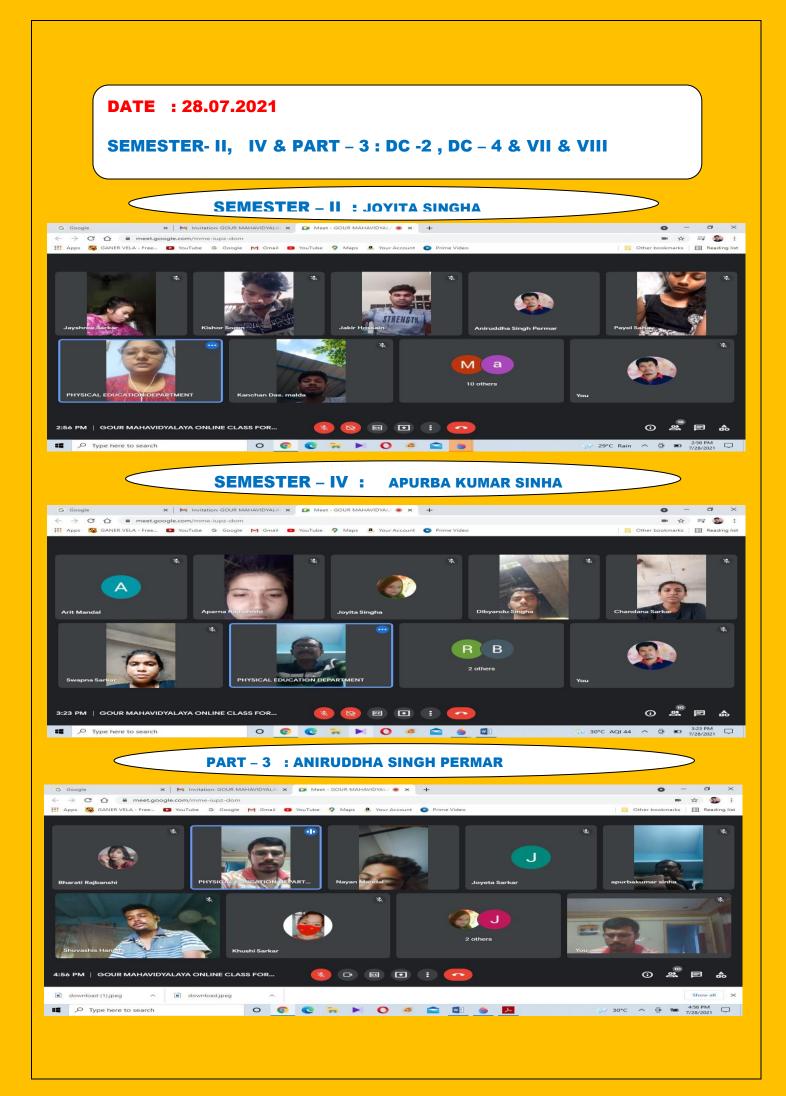
SEMESTER - II

<u> PART – 3</u>

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	ABHISEK SARKAR		Ľ.	:
	Aniruddha Singh Perma	r	Ľ,	:
	Aniruddha Singh Perma	r	Ŝ.	:
A	APU SARKAR		Ŝ.	:
B	Biswajit Ghosh		S.	:
C	Chandana Sarkar		S.	:
C	Chhottu ghosh Ghosh		Å.	:
M	Mamuni karmakar		Ľ.	:
M	Manimala Rajbanshi		Ľ.	:
	Pancham Hansda		Ľ,	:
S	Samim Aktar		Ŝ.	:
	Surajit Das		Ŝ.	::
S	Swapna Sarkar		S.	:
Ţ,	Tarani Sarkar		S.	:
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a	abdul rahim	S.	:
9.	Aniruddha Singh Permar	S.	:
9.	Aniruddha Singh Permar	•	:
a	apurbakumar sinha	S.	:
	Asit Mandal	S.	:
3.	Badan Chore	S.	:
Į.	Jayshree Sarkar	•	:
0	Kanchan Das. malda	S.	:
	Karabi Mitra	S.	:
N.	Nilmani Hembram	S.	:
P.	Payel Saha	S.	:
? ?	Pradip Paul	S.	:
R	Rama Mandal	S.	:
S	Sanjib Mardi382	S.	:
	Subrata Roy	Ŝ	:
0	Supriya Koramudi	S.	:
1	Surojit Murmu	S.	:
8	Usha Roy	S.	:

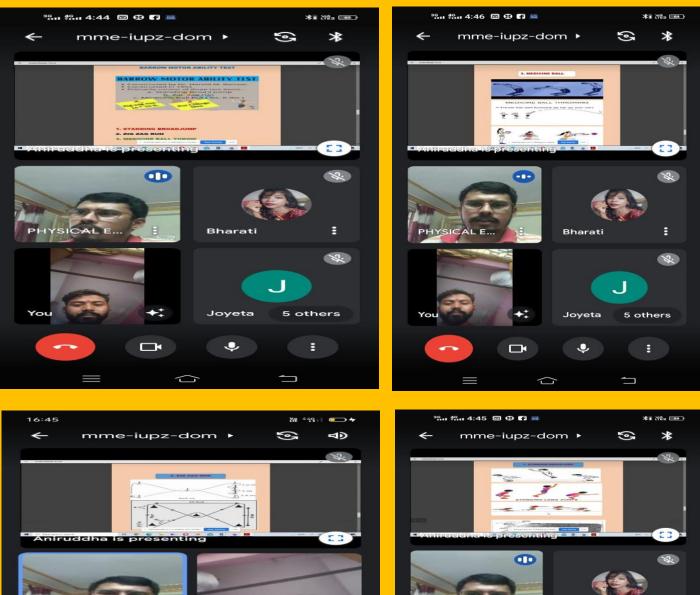
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4:18 PM	u 🖓 🖳 U 🔸	₩ ⁰ ‡ ⁴ G	47%
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IN CALL			
	Aniruddha Singh Perm	ar (You)	
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A	Anup Mandal	Ľ.	
Į,	Joyeta Sarkar	S.	
	Joyita Singha	S.	
	Khushi Sarkar	<i>¥</i>	
N,	Nayan Mandal	S.	:
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R	Rintu Sarkar	S.	
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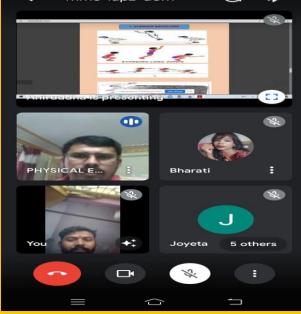


PART – III PRACTICAL

ANIRUDDHA SINGH PERMAR







SEMESTER - II

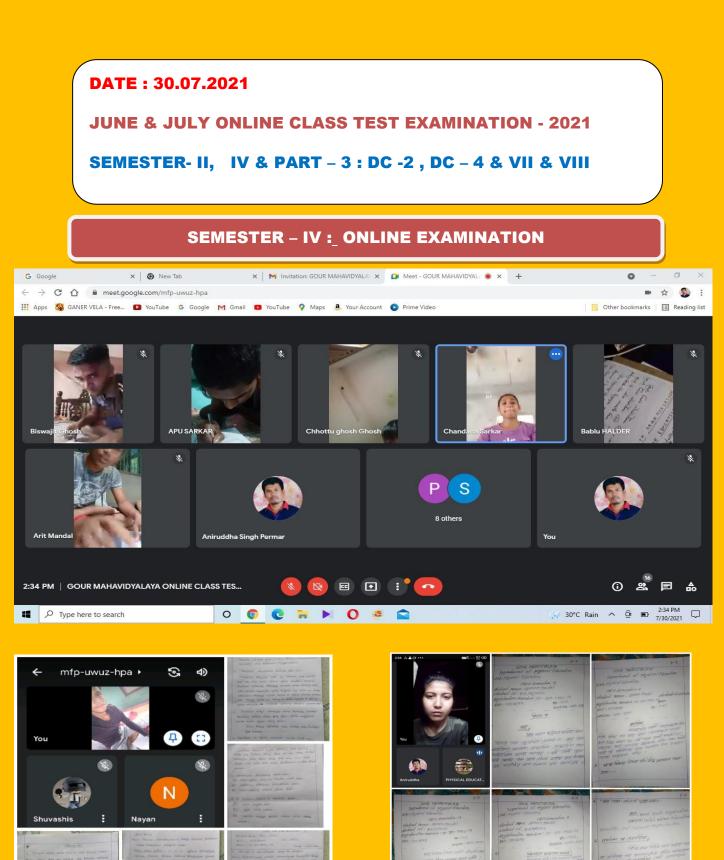
<u>SEMESTER – IV</u>

<u> PART – 3</u>

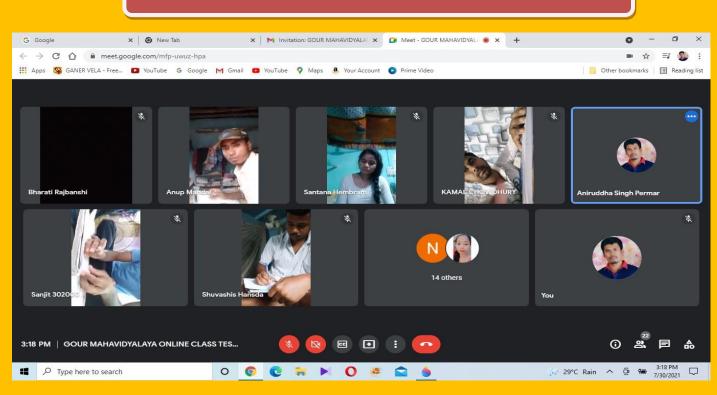
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\leftarrow	About this call			
	People	Info		
	Karabi Mitra (You)			
9.	Aniruddha Singh Per	S.		
9.	Aniruddha Singh Per	•		
a	apurbakumar sinha	•	:	
3.	Badan Chore	S.	•	
	Jakir Hossain	Ň	:	
Į,	Jayshree Sarkar	•	:	
?	Kanchan Das. malda	Ķ	:	
S	Kishor Soren	0	:	
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M	Miloni Roy	S.	:	
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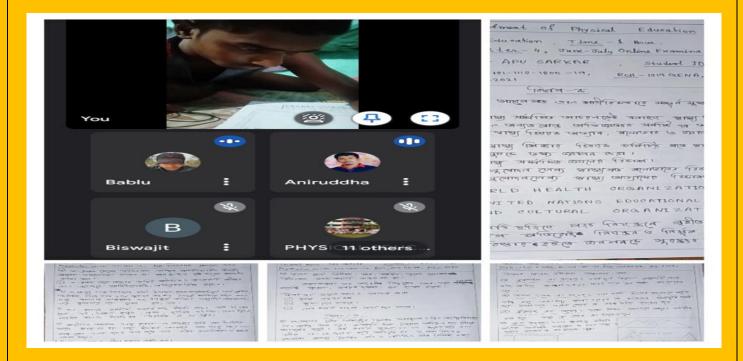
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	People	Info	
S	Swapna Sarkar (You)		
9 .	Aniruddha Singh Per	S.	:
9.	Aniruddha Singh Per	Š	:
A	Aparna Rajbanishi	S.	::
A	APU SARKAR	S.	:
B	Biswajit Ghosh	S.	:
C,	Chandana Sarkar	S.	:
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÷	About this call		
	People	Info	
~	Share joining info		
IN CALL			
N.	Nayan Mandal (You)		
9.	Aniruddha Singh Per	S.	:
	Aniruddha Singh Per	S.	•
a	apurbakumar sinha	S.	•
0	Bharati Rajbanshi	Š	• • •
Į,	Jayanta Rajbanshi	Š	••••
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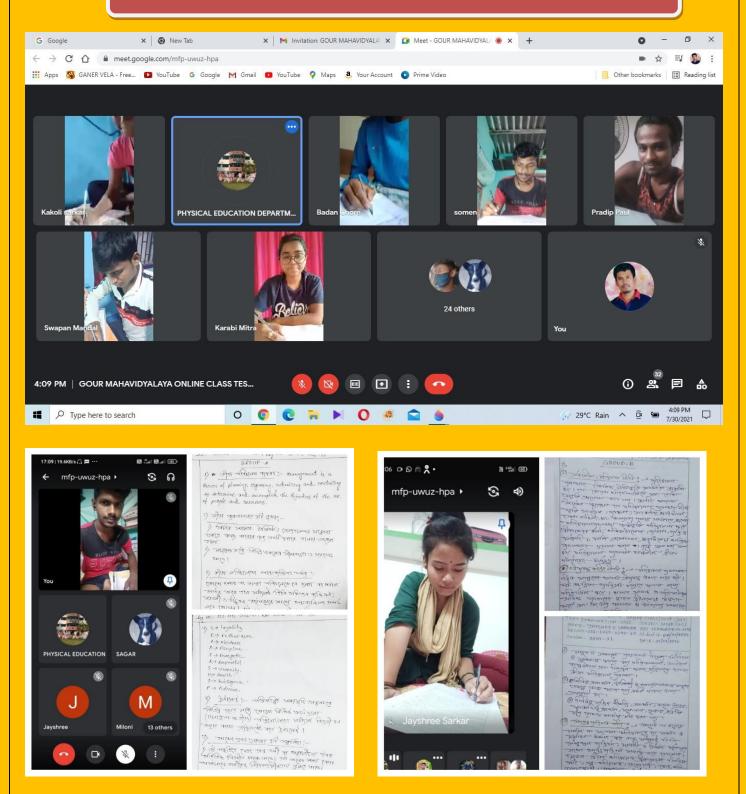


PART – 3 : ONLINE EXAMINATION





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

<u>বিভাগ –ক</u>

যে কোনো দশটি প্রশ্নের উত্তর দাও :

 $10 \times 2 = 20$

 $2^{1/2} \times 2 = 5$

1. স্বাস্থ্য ও স্বাস্থ্যশিক্ষা বলতে কি বোঝো ?

2. স্বাস্থ্যশিক্ষার চারটি উদ্দেশ্য লিখো।

বিদ্যালয়ে স্বাস্থ্যসেবা কর্মসূচি বলতে কি বুঝো 1

4. 'WHO' এবং 'UNESCO' -এর পুরো নাম কি ?

5. সংক্রামক ব্যাধি ছড়িয়ে পড়া নিয়ন্তরনে গৃহীত ব্যবস্থাগুলি কি কি ?

6. সুষম খাদ্য কাকে বলে উদাহরণসহ লিখো I

7. ভিটামিন -A এর প্রধান উৎসগুলির নাম লেখো I

8. Posture বা দেহভঙ্গিমা কাকে বলে লেখো I

9. মেরুদন্ডের নিম্নভাগের দেহভঙ্গির বিকৃতির নাম ও কারণ লেখো I

10. ম্যালেরিয়ার রোগ প্রতিরোধ ও নিয়ন্ত্রণ কিভাবে করা হয় লেখো 1

11. ডেঙ্গু হলে কখন ডাক্তার দেখাতে হবে লেখো I

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 লক্ষন উল্লেখ করো ?

<u>বিভাগ – খ</u>

যে কোনো দুটো প্রশ্নের উত্তর দাও :

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 I

6. প্রাথমিক প্রতিবিধান (First - Aid)বাক্সে কি কি প্রয়োজনীয় সরঞ্জাম রাখা উচিত ?

JUNE & JULY ONLINE CLASS TEST EXAMINATION – 2021

QUESTION PAPER

<u> PART – 3</u>

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

<u>বিভাগ -ক</u>

সকল প্রশ্নের উত্তর দাও :

 $20 \times 2 = 40$

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

ক্রীড়া প্রশিক্ষণের নীতিগুলি কী কী ?

6. স্বাস্থ্য সম্পর্কিত শারীরিক সক্ষমতা I

উষ্ণীভবন ও শীতলীকরণের মধ্যে পার্থক্য লেখো ।

৪.চক্রাকার পদ্ধতি কত সালে এবং কে উদ্ভাবন করেন ?

নিউটনের দ্বিতীয় গতিসূত্র কী এবং খেলাধুলায় এর একটি প্রয়োগ লেখো ।

10. ওজনসহ প্রশিক্ষণের চারটি সতর্কতা বা নিয়ম লেখো ।

11. লিভার (Lever) কাকে বলে এবং কত প্রকার ও কী কী ?

12. তড়িৎ চিকিৎসা বা ইলেক্ট্রো থেরাপির চারটি নীতি লেখো।

13. উচ্চরক্তচাপ নিয়ন্ত্রণের উপায় সমূহ I

14. পায়ের গোড়ালীর আহত স্থানের (Ankle injury) চিকিৎসার জন্য সরঞ্জাম বাদে ব্যায়ামগুলি উল্লেখ করো ।

15. খো -খো খেলায় মুক্ত অঞ্চলের বৈশিষ্ট কী লেখো I

16. ফুটবল খেলায় বল আয়ত্তে আনা (ট্রাপিং) কী এবং তা কিভাবে করা হয় I

কুলিং ডাউন বলতে কি বোঝো লেখো 1

18. ওয়ার্ম - আপ কাকে বলে লেখো।

19. ইন্টারভাল ট্রেনিং বলতে কি বোঝায় ?

20. সহণশীলতা বলতে কি বোঝায় ?

যে কোনো দুইটি প্রশ্নের উত্তর দাও :

<u>বিভাগ -খ</u>

$5 \times 2 = 10$

1. AAHPERD YOUTH PHYSICAL FITNESS TEST এর অভিক্ষা গুলির নাম উল্লেখ করো।

2. BARROW MOTOR ABILITY TEST এর কয়টি টেস্ট ব্যাটারি আছে লেখো

3. NCC এর দুটো উদেশ্য লিখো।

4. খো- খো তে Tie Break কিভাবে করবে।

5. ট্র্যাক ইভেন্টের দৌড কিভাবে শেষ হয়?

6. যোগ কী? রোগ চিকিৎসায় যোগ বলতে কী জান?

সহনশীলতা বৃদ্ধিকারী ব্যায়ামগুলি কী লেখো।

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

<u>বিভাগ –ক</u>

যে কোনো দশটি প্রশ্নের উত্তর দাও :

 $10 \times 2 = 20$

শ্বাস্থ্য ও স্বাস্থ্যশিক্ষা বলতে কি বোঝো ?

2. স্বাস্থ্যশিক্ষার চারটি উদ্দেশ্য লিখো।

3. বিদ্যালয়ে স্বাস্থ্যসেবা কর্মসূচি বলতে কি বুঝো I

4. 'WHO' এবং 'UNESCO' -এর পুরো নাম কি ?

5. সংক্রামক ব্যাধি ছড়িয়ে পড়া নিয়ন্তরনে গৃহীত ব্যবস্থাগুলি কি কি ?

সুষম খাদ্য কাকে বলে উদাহরণসহ লিখো 1

7. ভিটামিন - A এর প্রধান উৎসগুলির নাম লেখো 1

8. Posture বা দেহভঙ্গিমা কাকে বলে লেখো I

9. মেরুদন্ডের নিম্নভাগের দেহভঙ্গির বিকৃতির নাম ও কারণ লেখো I

10. ম্যালেরিয়ার রোগ প্রতিরোধ ও নিয়ন্ত্রণ কিভাবে করা হয় লেখো I

11. ডেঙ্গু হলে কখন ডাক্তার দেখাতে হবে লেখো I

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 লক্ষন উল্লেখ করো ?

<u>বিভাগ – খ</u>

যে কোনো দুটো প্রশ্নের উত্তর দাও :

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 I

6. প্রাথমিক প্রতিবিধান (First -Aid)বাক্সে কি কি প্রয়োজনীয় সরঞ্জাম রাখা উচিত?

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<u>PART - 3</u>

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GOOGLE CALENDAR ONLINE CLASS RECORD

JULY - 2021

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