

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

The screenshot displays a digital calendar interface with a weekly view. The calendar grid is color-coded by day: Monday (blue), Tuesday (orange), Wednesday (yellow), Thursday (green), Friday (purple), and Saturday (pink). Each day's cell contains a list of activities, including 'Physical Education', 'Math', 'Reading', and 'Writing'. The interface includes a top navigation bar with a hamburger menu, a title 'Sheet14', a subject dropdown 'Physical Education', and a plus sign. A sidebar on the right contains a search bar and a list of dates. The bottom of the screen shows a navigation bar with a home icon, a plus sign, and a minus sign.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity 1	Physical Education	Math	Reading	Writing	Physical Education	Math
Activity 2	Math	Reading	Writing	Physical Education	Math	Reading
Activity 3	Reading	Writing	Physical Education	Math	Reading	Writing
Activity 4	Writing	Physical Education	Math	Reading	Writing	Physical Education
Activity 5	Physical Education	Math	Reading	Writing	Physical Education	Math
Activity 6	Math	Reading	Writing	Physical Education	Math	Reading
Activity 7	Reading	Writing	Physical Education	Math	Reading	Writing
Activity 8	Writing	Physical Education	Math	Reading	Writing	Physical Education

SYLLABUS

CBCS : PHYSICAL EDUCATION : GENERAL

SEM-I DC-1	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)
	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 Sociology, Society and Socialization. 4. Physical Education & Sports as a socialization force.	ANIRUDDHA SINGH PERMAR (A.S.P)
	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 term Yoga. 2. Aim and objectives of Yoga. 3. Types of Yoga 4. Importance of Yoga.	(A.K.S) (A.S.P)

	<p>FIELD PRACTICAL 1. Learn and demonstrate the technique of Suryanamaskar. 2. Development of physical fitness through Callisthenics and Aerobic activities.</p>	<p>(A.K.S) (A.S.P) (J.S)</p>
SEM- II DC - 2	<p>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.</p>	<p>(A.S.P)</p>
	<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</p>	<p>(A.K.S)</p>
	<p>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.</p>	<p>(A.S.P) (A.K.S) (J.S)</p>
	<p>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</p>	<p>(J.S)</p>

	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, O ₂ Debt and Second Wind. 4. Effect of exercise on	(A.K.S) (J.S) (A.S.P)

	respiratory system.	
	<p>LAB PRACTICAL 1) Assessments of BMI and WHR. 2) Assessment of Heart rate, Blood Pressure, Respiratory Rate, and Plick Flow Rate (any two)</p>	<p>(A.K.S) (J.S) (A.S.P)</p>
	<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)</p>	<p>(A.K.S) (J.S) (A.S.P)</p>

SEM-IV DC - 4	<p>Unit-1: 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)

of Wellness. Relationship between Physical activities and Wellness. 4. Ageing- Physical activities and its importance.

Unit- IV: Health and First-aid Management LH - 12

1. First aid- Meaning, definition, importance and golden rules of First-aid.

(J.S)

2. Concept of sports injuries- Sprain, Strain, Fracture and Dislocation.

(A.S.P)

3. Management of sports injuries through the application of Cryo-therapy and Thermotherapy.

(A.K.S)

4. Management of sports injuries through the application of Exercise and Massage therapy.

PART-III (Full Marks -100)

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

ONLINE CLASS ROUTINE- JUNE / JULY 2021

ONLINE CLASS

DATE : 11.06.2021 TO 30.06.2021

GOVT. ENGINEERING COLLEGE
 PALLAPETA, DIST. ANAParthi, AP
 502 2020, 502 2021, 502 2022, 502 2023, 502 2024, 502 2025

Day & Date	PERIOD-1	PERIOD-2	PERIOD-3	PERIOD-4	REMARKS
Monday 11.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Tuesday 15.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Wednesday 16.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Thursday 17.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Friday 18.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Saturday 19.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Sunday 20.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Monday 21.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Tuesday 22.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Wednesday 23.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Thursday 24.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Friday 25.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Saturday 26.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Sunday 27.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Monday 28.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Tuesday 29.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	
Wednesday 30.06.21	8:30-10:00 APP	10:00-11:30 APP	11:30-1:00 APP	1:00-2:30 APP	

WEDNESDAY	10-3	10-3	10-3	
21 FEB 21	AM	AM	AM	
THURSDAY	10-3	10-3	10-3	
22 FEB 21	AM	AM	AM	
FRIDAY	10-3	10-3	10-3	EAST-INDIA (HOLIDAY)
23 FEB 21	AM	AM	AM	
SATURDAY	10-3	10-3	10-3	
24 FEB 21	AM	AM	AM	
SUNDAY	10-3	10-3	10-3	
25 FEB 21	AM	AM	AM	
MONDAY	10-3	10-3	10-3	
26 FEB 21	AM	AM	AM	
TUESDAY	10-3	10-3	10-3	15-03-2021 (HOLIDAY)
27 FEB 21	AM	AM	AM	
WEDNESDAY	10-3	10-3	10-3	
28 FEB 21	AM	AM	AM	
THURSDAY	10-3	10-3	10-3	
29 FEB 21	AM	AM	AM	
FRIDAY	10-3	10-3	10-3	
30 FEB 21	AM	AM	AM	

- 1. AM - AMERICA (10-3) 2021
- 2. AM - AMERICA (10-3) 2021
- 3. AM - AMERICA (10-3) 2021

[CLASS DIARY: ANIRUDDHA SINGH PERMAR: EXAMPLE]

GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
ON ONLINE CLASS DIARY
FOR
SEMESTER - II, SEMESTER - IV AND PART - III
CLASS SCHEDULE FROM 11.06.2021
TO 30.06.2021 (MONTH OF JUNE-2021)
TEACHER NAME :- ANIRUDDHA SINGH PERMAR
STATE WISE ONLINE TEACHER

CLASS DIARY - JUNE-2021

11.06.2021
SEMESTER - IV - ONLY WITH FINES
and National
TOPIC :- PHYSICAL FITNESS, DEFINITION
and importance of physical
fitness

14.06.2021

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



21.06.2021

O.A. PART - III PAPER - IV

UNIT - I

TOPIC :- MEANING of Sports Training,
Conditioning, Types of, Coaching methods

25.06.2021

SEMESTER - IV

UNIT - I

TOPIC :- COMPONENT of Physical Fitness -
Health and performance related
Physical fitness.

(a) - Concept of Wellness, Related
to Physical activity and Wellness.

25.06.2021

SEMESTER - II

TOPIC - PURPOSE of Sports Management and
Principle of Sports Management.

28.06.2021

O.A. PART - III

TOPIC - COMPONENTS of Physical Fitness -
Health Related and Performance
related Components.

30.06.2021

O.A. PART - III

TOPIC :- DIFFERENT DEFINED HEALTH RELATED
PHYSICAL FITNESS and Performance related
PHYSICAL FITNESS.

Aniruddha Singh Permar
Dept. of Physical Education
Gour Mahavidyalaya,
Maulana.

{ CLASS DIARY: JOYITA SINGHA: EXAMPLE }

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GOVT. JAWAHARLAL NEHRU
UNIVERSITY OF ASSAM, DISPURA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DIARY FOR SEMESTER-2
SEMESTER-1 AND PART-3
CLASS DOWNTIME SCHEDULE FROM 10/06/2021 TO
30/06/2021 (WEDNESDAY - JUNE 2021)

TEACHER NAME: JOYITA SINGHA

10/06/2021

PART-3

UNIT-3: Different type of Training Method: Weight training
Circuit Training

11/06/2021

SEMESTER-1

UNIT-1: Commensurate Demand: Material, Budget and Climate
etc.

12/06/2021

PART-3

UNIT-3: Different type of Training Methods: Interval Training
Rhythmic Training

30

13/06/2021

SEMESTER-1

UNIT-1: Life style changes - Smoking, Drinking

15/06/2021

SEMESTER-2

UNIT-2: Methods of organizing Intra-school, Inter-school
and Play day

16/06/2021

PART-3

UNIT-3: Specific Exercise Programme for Rehabilitation
including Injurers for regional injuries

18/06/2021

SEMESTER-1

UNIT-1: Nutrition: Nutritional requirements for
daily living, athletes diet

19/06/2021

SEMESTER-2

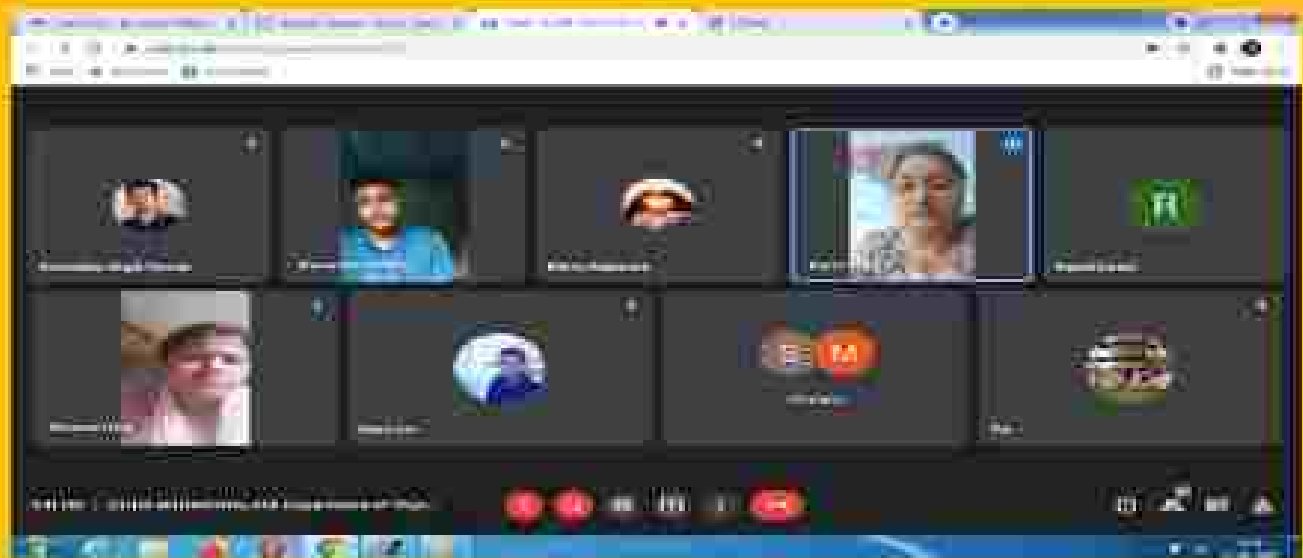
UNIT-2: Methods of organizing of Intra-school
and Extra-school Competition

ONLINE TEACHING AND LEARNING: 2021

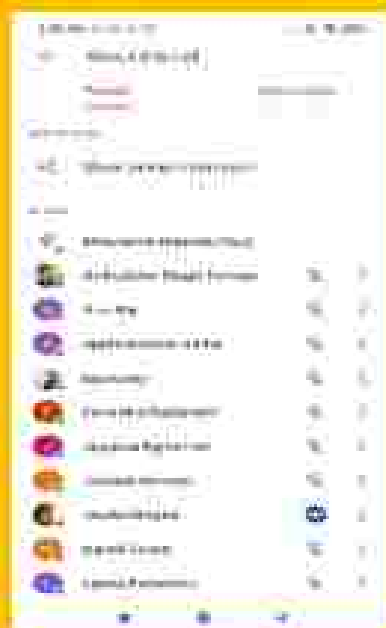
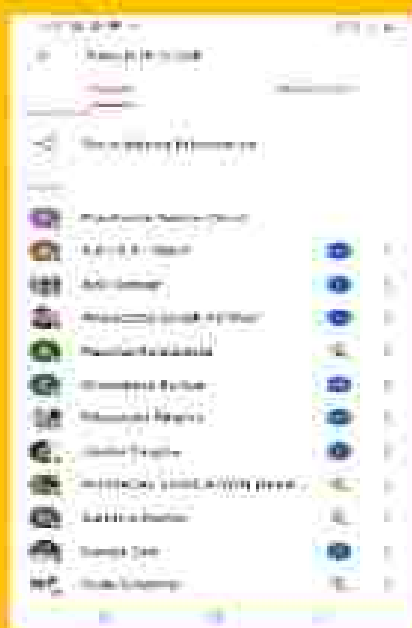
Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet,Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards Online
2. PHYSICAL EDUCATION ANIRUDDHA SINGH PERMAR STATE AIDED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

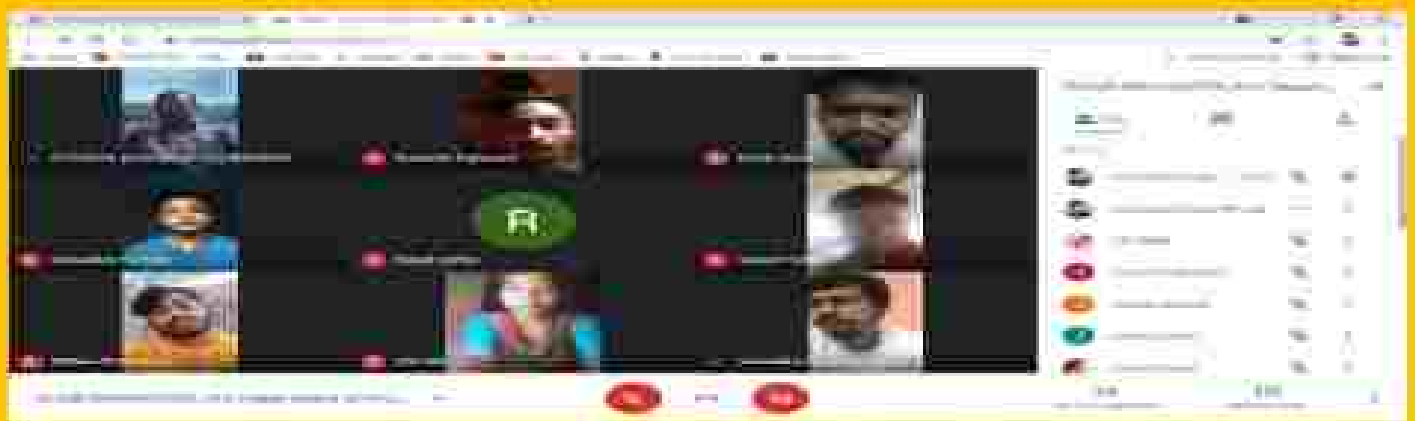




ATTENDANCE



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



ATTENDANCE

WhatsApp Web 11:41 AM

About this call

Group Information

See who's in

Share phone number

Group

- aparna (11)
- anish kumar
- Anshul Singh Parmar
- apal kumar sharma
- Babbar Mondal
- Jayanta Barua
- Jyoti Singh
- Kaushik Barua
- Kunal Mondal
- Kumar Barua
- Lalit Barua
- Arjun Roy
- Shantanu Prasad
- Pranav Das
- PHYSICAL EDUCATION DEPT.
- Sayak Mondal
- Soumya Kumar
- Surajit Mondal
- Soumya Mondal

WhatsApp 10:24 AM

About this call

Group Information

Group

Group

- Dibyendu Singh (You)
- Aparna Rajbanshi
- Biswajit Ghosh
- Chandana Sarkar
- Drifter Hazra
- KiCaku
- Mina Sarkar
- Pranshu Mishra
- PHYSICAL EDUCATION DEPT.
- Pradypta Pruj
- Pranav Das
- Moumita Das
- Santim Astar
- Susmit Das
- Swoone Barua

WhatsApp 11:41 AM

About this call

Group Information

Group

- Jyoti Singh
- Kaushik Barua
- Lalit Barua
- Meha Ghosh
- Mihir Choudhary
- Moumita Das
- Kaushik Mondal
- PHYSICAL EDUCATION DEPT.
- Rishi Rajbanshi
- Rya Ghosh
- Rupak Barua
- Soumya Mondal
- Sujay Ghosh
- Susmit Rajbanshi

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 **GDUN MAHAVIDYALAYA**
DEPARTMENT OF PHYSICAL EDUCATION



ESTD - 1985



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



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

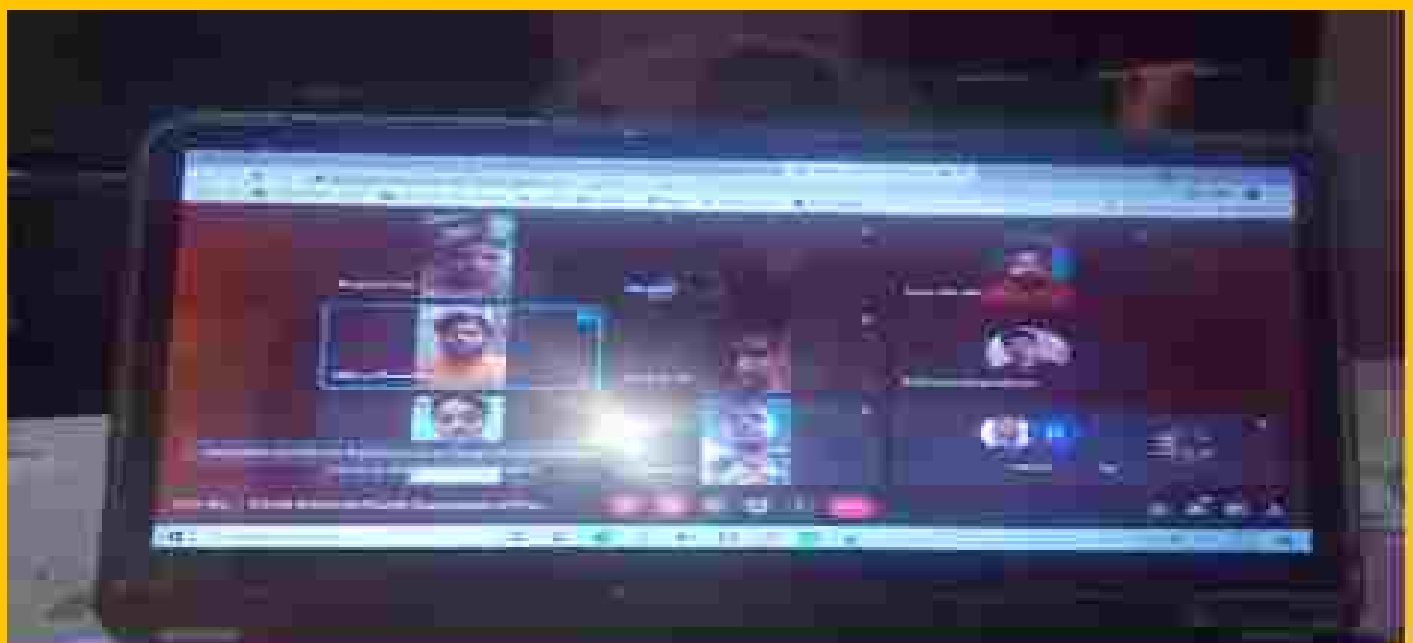
**Dated : 15th June
2021, 3.00 pm**

Motivator & Organizers
**Apurba Kumar Sinha
Aniruddha Singh Permar
Joyita Sinha**
aniruddha@gdun.ac.in

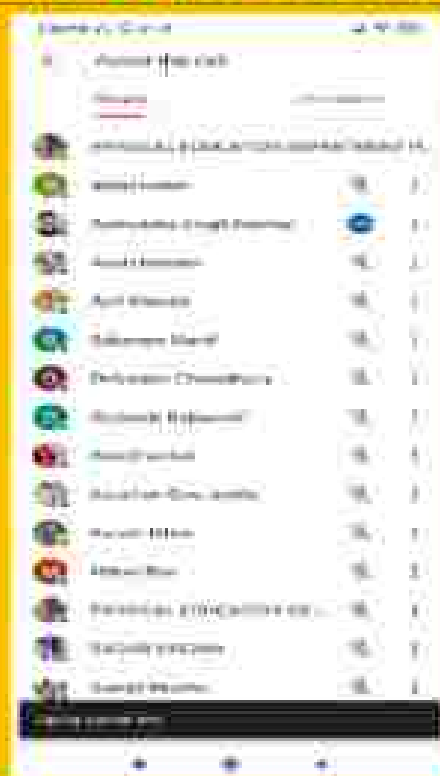
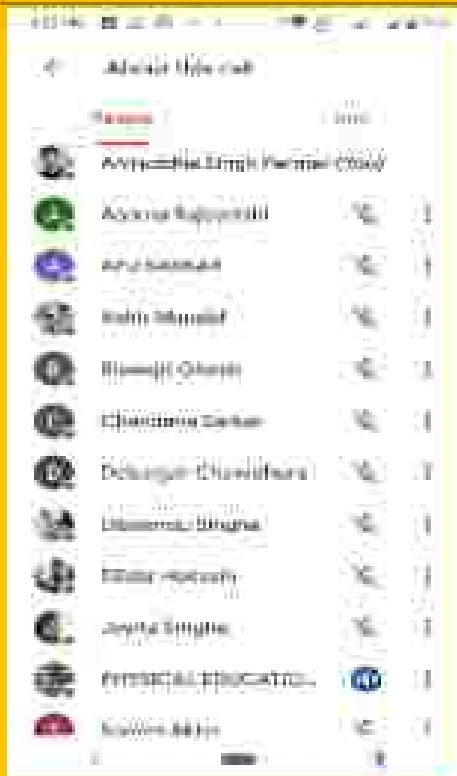
 Platform : Google Meet (Link will be share
30 mins before the Special Yoga class)



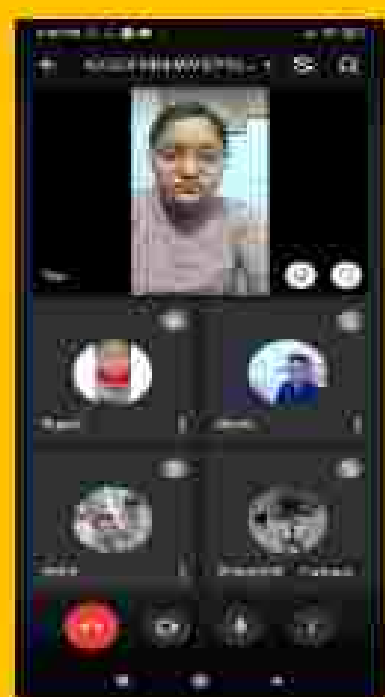
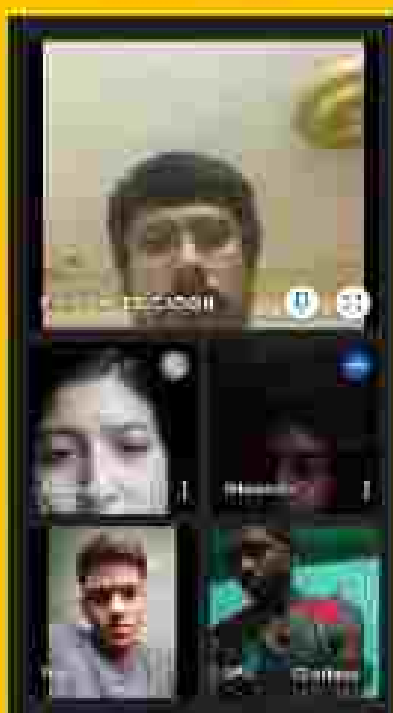
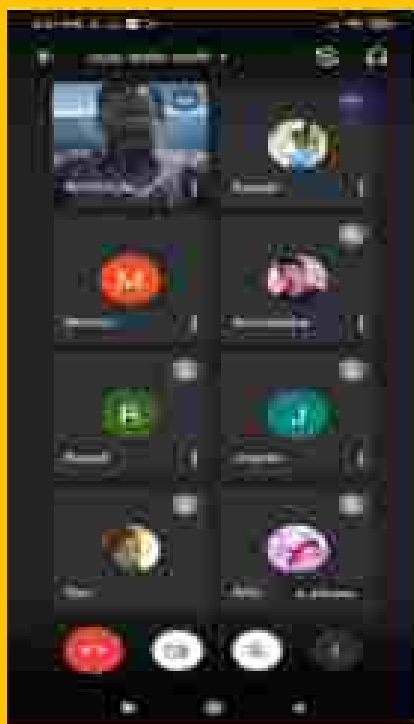
APURBA KUMAR SINGHA, ANIRUDDHA SINGH PETAHAI & JOYTA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- I, IV & PART-3 : DC-2, DC-4 & VII, VIII
DATE : 23.05.2021



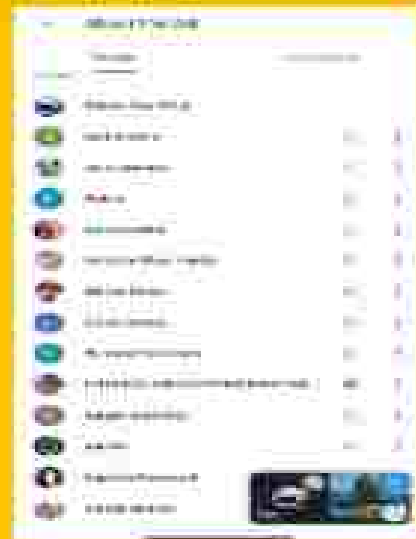
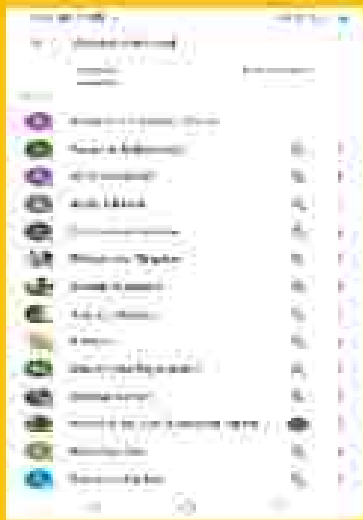
ATTENDANCE



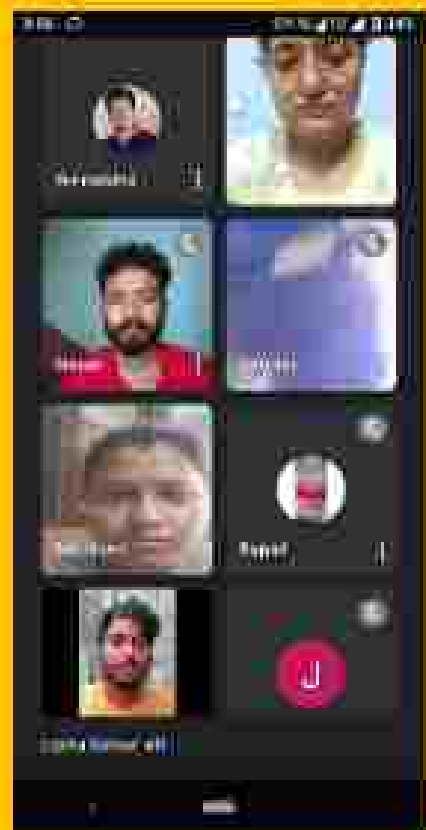
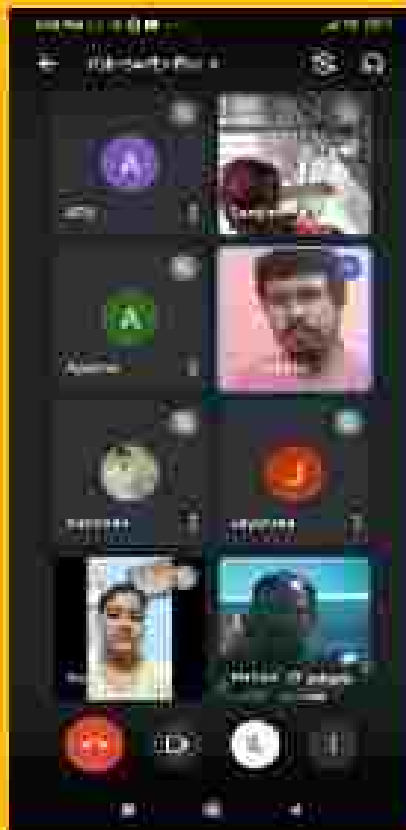
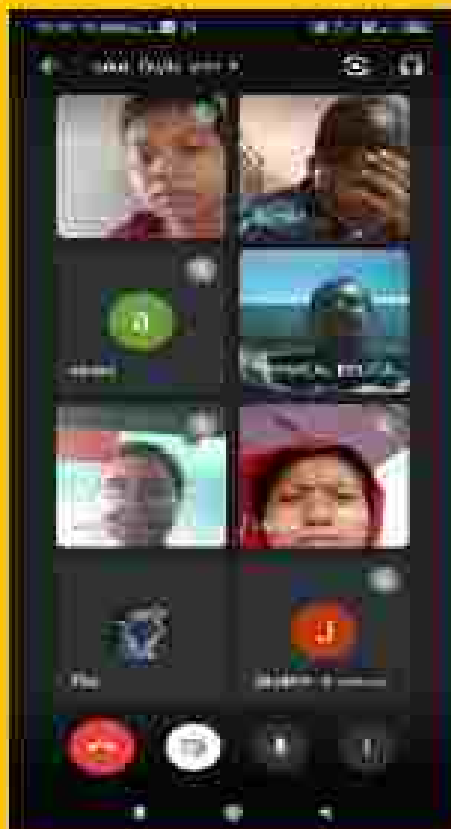
ANURADHA KUMAR SINHA, ANURADHA SINGH PARMAR & JYOTI SINGHA
 STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART-3 : DC-2, DC-4 & VII, VIII
 DATE : 25.06.2021

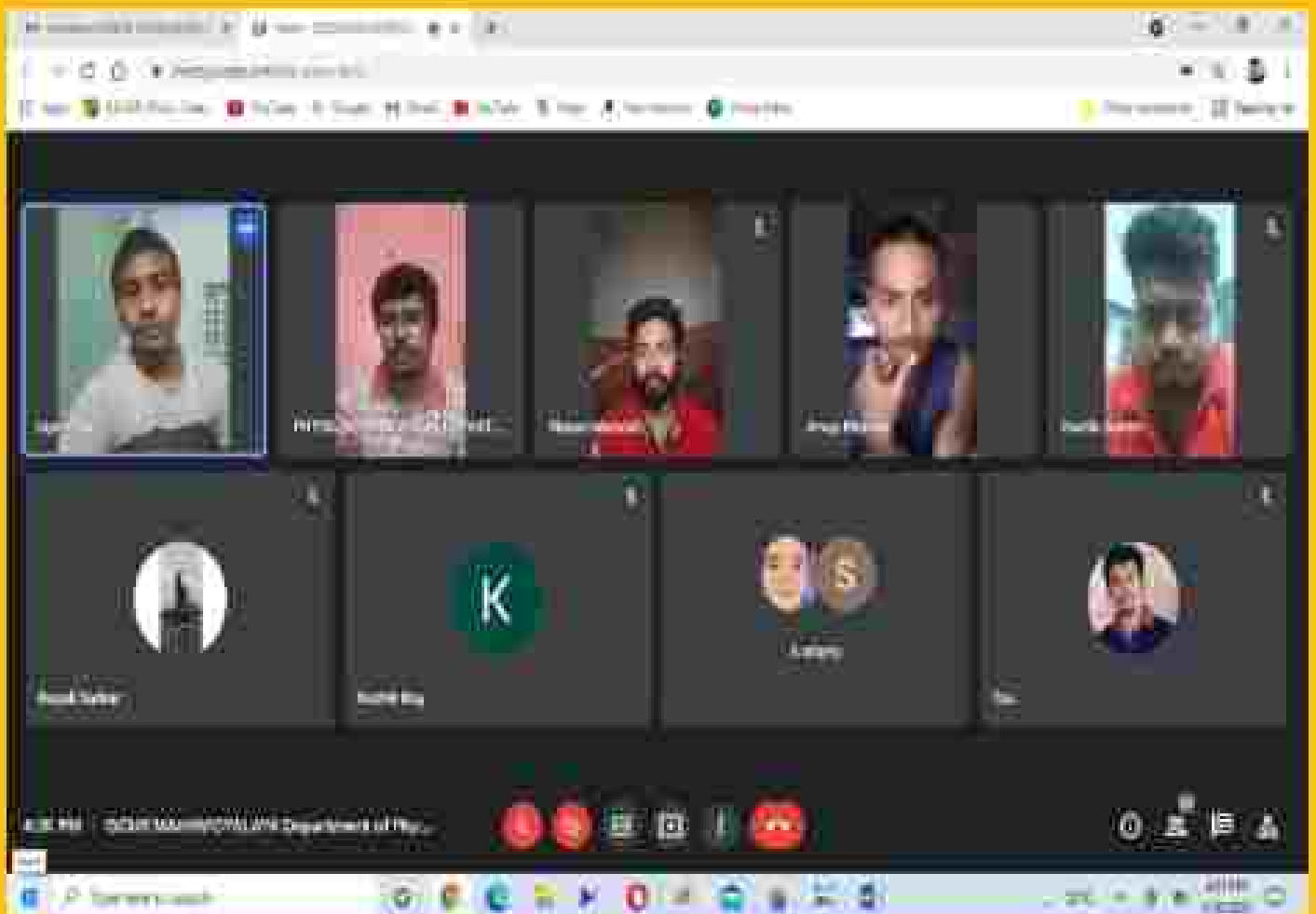
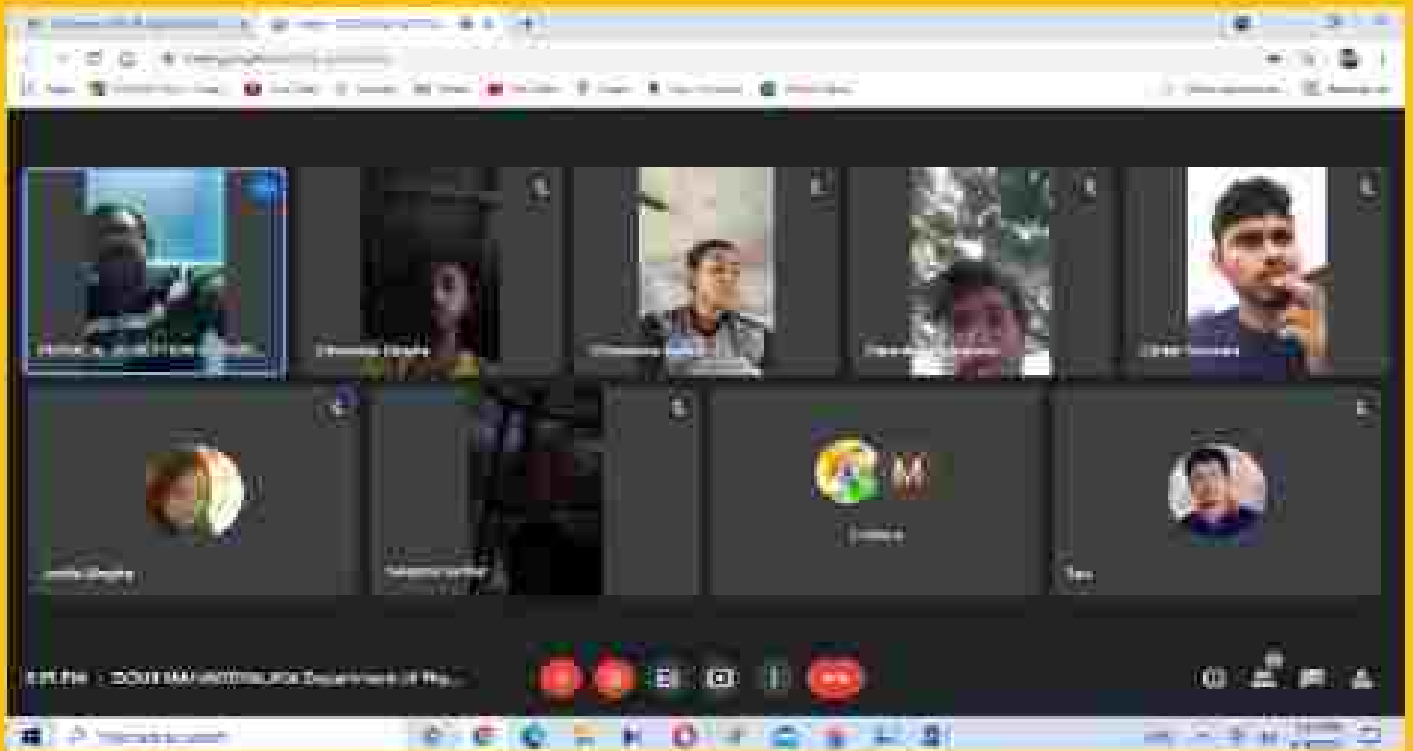


ATTENDANCE

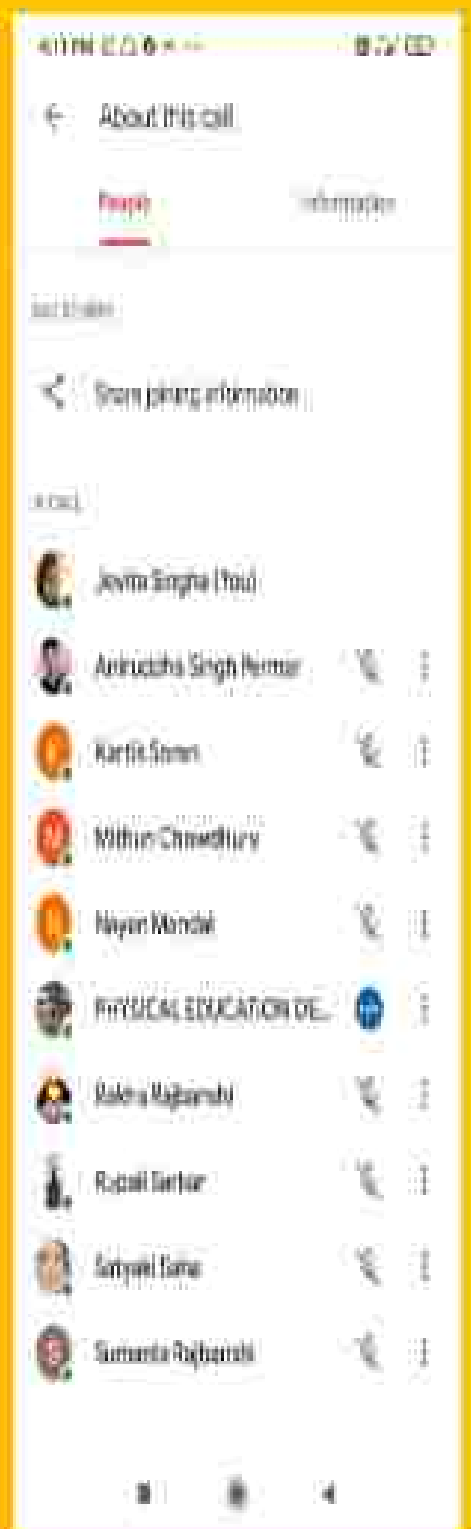
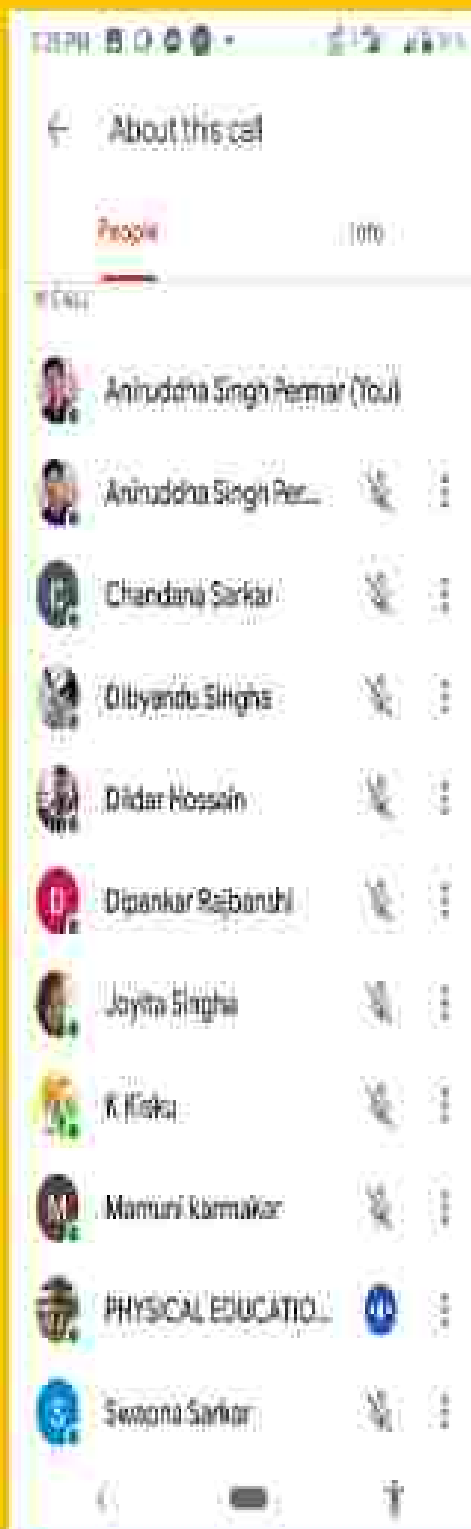
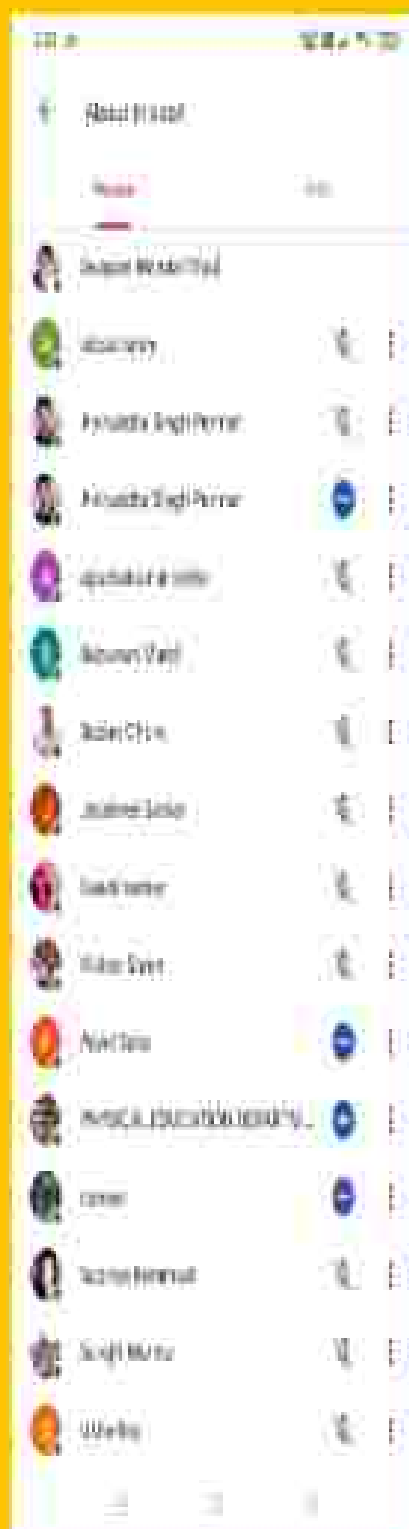


ANURBA KUMAR SINHA ,ANIRUDDHA SINGH FERMAR & JOYTA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- I, IV & PART- 3 : DC- 2, DC- 4 & VII, VIII
DATE : 28.06.2021





ATTENDANCE



GOOGLE CALENDAR ONLINE CLASS

RECORD JUNE - 2021

11/06/2021 TO 30/06/2021

5:06 PM 23%

June

S	M	T	W	T	F	S
30	31 Mental Edu	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	1	2	3
4	5	6	7	8	9	10

Navigation icons: back, home, app drawer

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 2:30PM - 3:45PM	PERIOD-2 3:45PM - 5:00PM	PERIOD-3 4:15PM - 5:30PM	REMARKS
FRIDAY 02-07-21	SEMESTER-1 ASP UNIT-2 (1,2)	PART-3 JS UNIT-2 (1)	SEMESTER-2 AKS UNIT-2 (1,1,1,2)	
MONDAY 05-07-21	PART-3 AKS UNIT-5 (1)	SEMESTER-2 ASP UNIT-1 (1,2)	SEMESTER-4 JS UNIT-2 (1,1)	
WEDNESDAY 07-07-21	SEMESTER-2 JS UNIT-3 (1,1,2)	SEMESTER-4 AKS UNIT-1 (1,1,1,1)	PART-3 UNIT-5 (1)	
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-UP-2019 (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 - BHARADWAJ SINHA DEBBARMA
- 3- JS - JOYITA SINHA

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : APURBA KUMAR SINHA

02.07.2021 to 30.07.2021

DATE: 02.07.2021
PAGE: 1
TOPIC: Introduction to Biology
1. Biology is the study of life and living organisms.
2. It is a branch of natural science.
3. It deals with the characteristics, functions, and interactions of living organisms.
4. It is a multidisciplinary field of study.
5. It is a dynamic and ever-changing field of study.
6. It is a practical and applied field of study.
7. It is a fascinating and exciting field of study.
8. It is a challenging and rewarding field of study.
9. It is a field of study that is constantly evolving.
10. It is a field of study that is essential for our survival.

DATE: 03.07.2021
PAGE: 2
TOPIC: Characteristics of Living Organisms
1. All living organisms are made of cells.
2. All living organisms grow and develop.
3. All living organisms reproduce.
4. All living organisms respond to their environment.
5. All living organisms maintain homeostasis.
6. All living organisms use energy.
7. All living organisms evolve over time.
8. All living organisms are part of a community.
9. All living organisms are part of an ecosystem.
10. All living organisms are part of the biosphere.

DATE: 04.07.2021
PAGE: 3
TOPIC: Classification of Living Organisms
1. Living organisms are classified based on their characteristics and relationships.
2. The classification of living organisms is based on the following criteria:
3. Morphology: The study of the form and structure of organisms.
4. Physiology: The study of the functions of organisms.
5. Biochemistry: The study of the chemical processes in organisms.
6. Ecology: The study of the interactions between organisms and their environment.
7. Evolution: The study of the changes in organisms over time.
8. Systematics: The study of the relationships between organisms.
9. Taxonomy: The study of the classification of organisms.
10. Nomenclature: The study of the naming of organisms.

DATE: 05.07.2021
PAGE: 4
TOPIC: Cell Structure and Function
1. The cell is the basic unit of life.
2. All living organisms are made of cells.
3. Cells are specialized to perform specific functions.
4. Cells are organized into tissues, organs, and systems.
5. Cells are constantly changing and growing.
6. Cells are constantly interacting with their environment.
7. Cells are constantly exchanging matter and energy with their environment.
8. Cells are constantly responding to their environment.
9. Cells are constantly maintaining homeostasis.
10. Cells are constantly evolving over time.

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : ANIRUDDHA SINGH PERMAR

02.07.2021 to 30.07.2021

20-07-2021
21-07-2021
22-07-2021
23-07-2021
24-07-2021
25-07-2021
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27-07-2021
28-07-2021
29-07-2021
30-07-2021

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : JOYITA SINGHA

02.07.2021 to 30.07.2021

01
Date: _____
Topic: _____
1. Write down the meaning of _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

02
Date: _____
Topic: _____
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

03
Date: _____
Topic: _____
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

TEACHER NAME

APURBA KUMAR SINHA

ANIRUDDHA SINGH PERMAR

JOYITA SINGHA

STATE AIDED COLLEGE TEACHER

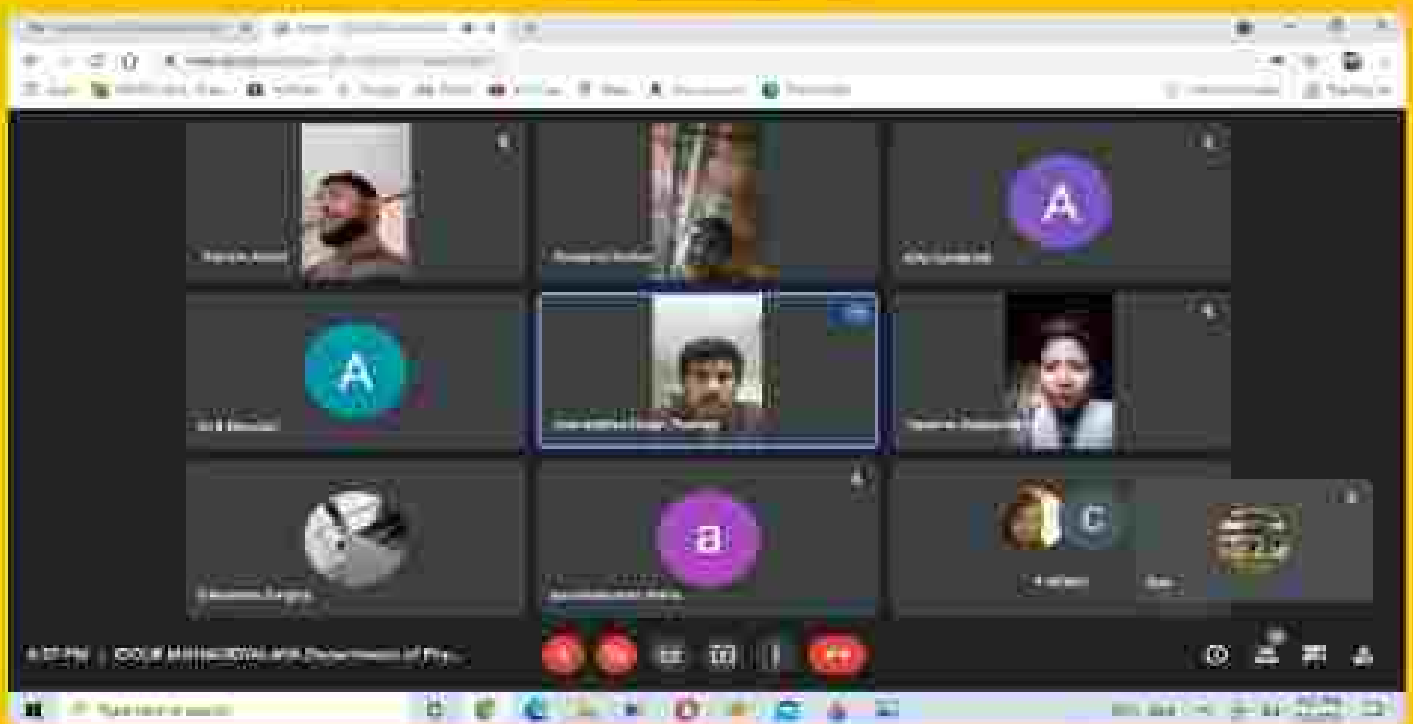
SEMESTER - II, IV & PART - 3 : DC - 2, DC - 4 & VII & VIII

DATE : 02.07.2021

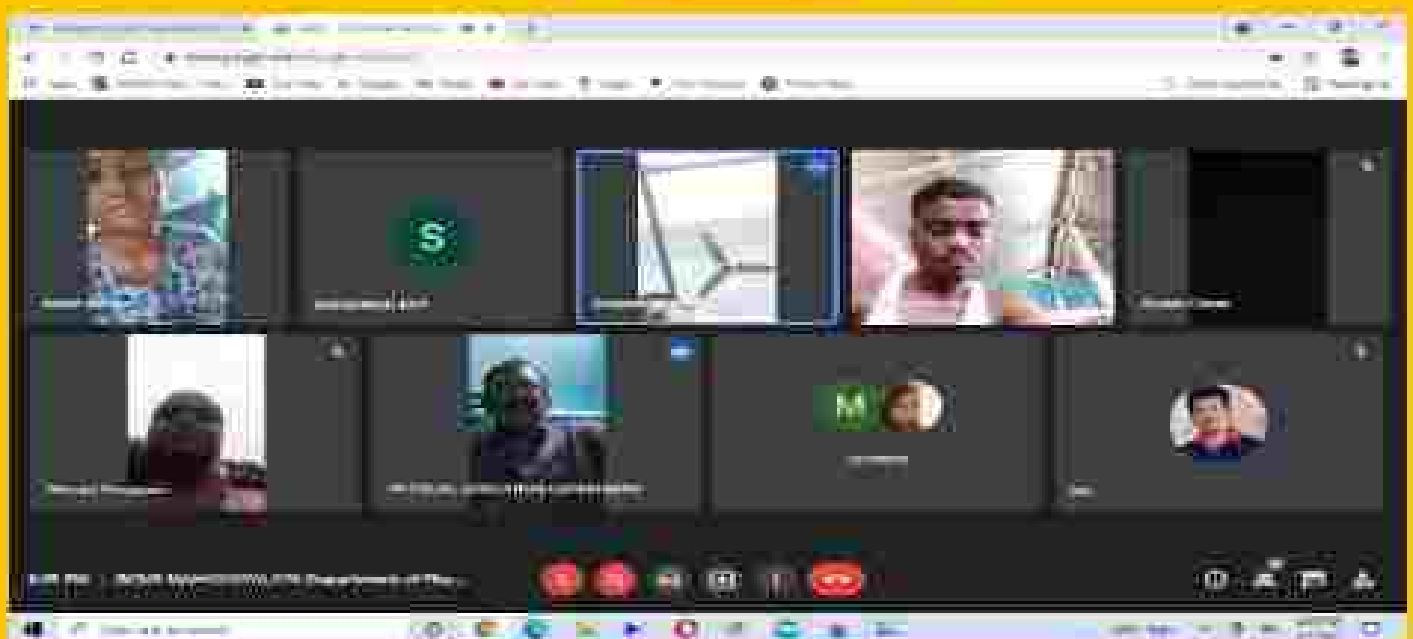
PART - 3



SEMESTER - IV



SEMESTER - II

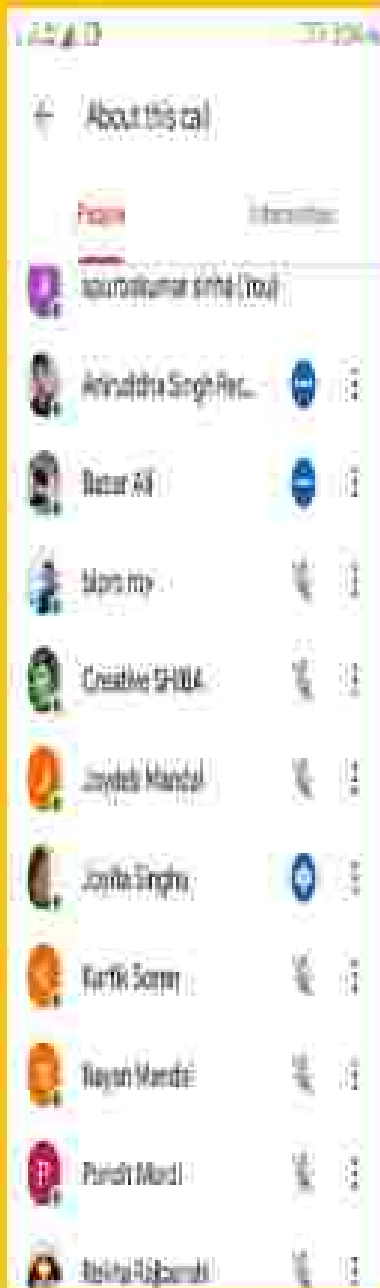


ATTENDANCE

PART - 3

SEMESTER - IV

SEMESTER - II



DATE : 05.07.2021

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

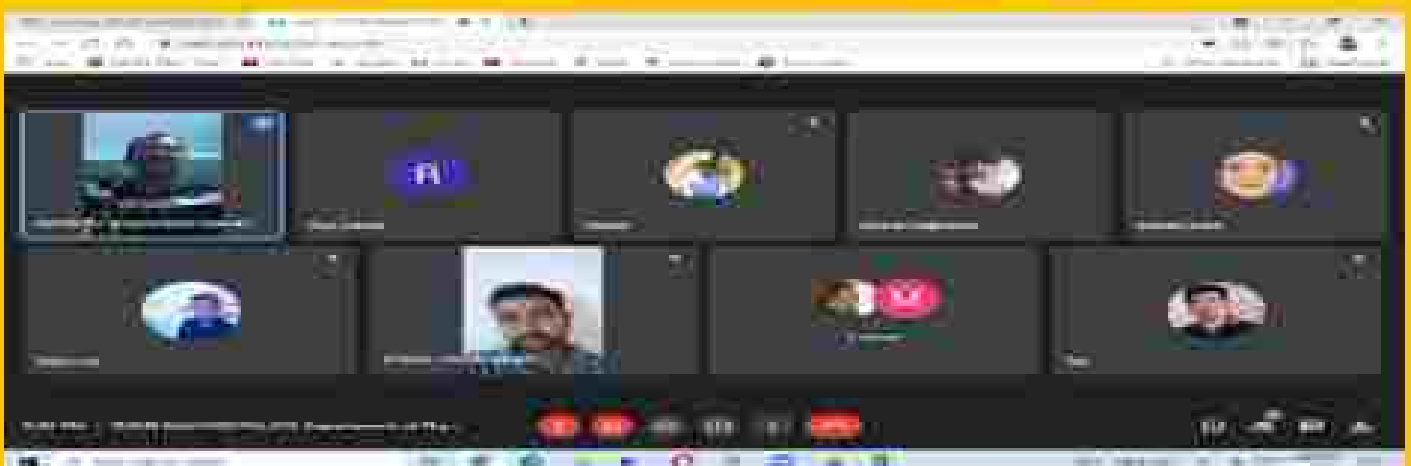
SEMESTER - IV : JOYITA SINGHA



SEMESTER - II ANIRUDDHA SINGH PERMAR



PART - 3 : APURBA KUMAR SINHA



ATTENDANCE

SEMESTER - IV

SEMESTER - II

PART - 3

10:55 AM 24/02/24

Acadmic

High

2023-24

Prachiya Sanyal (Tol)

Arindita Singh Perma

IPUSAKSHI

Charana Sanyal

Divyansu Singh

Chirya Hossain

K Kalyan

Kamal Prasad

Maitrayee Karthik

PHYSICAL EDUCATION TERA

Rishabh Ghosh

Sujit Das

Soumya Sanyal

10:55 AM 24/02/24

Acadmic

High

2023-24

Prachiya Sanyal (Tol)

Arindita Singh Perma

IPUSAKSHI

Charana Sanyal

Divyansu Singh

Chirya Hossain

K Kalyan

Kamal Prasad

Maitrayee Karthik

PHYSICAL EDUCATION TERA

Rishabh Ghosh

Sujit Das

Soumya Sanyal

10:55 AM 24/02/24

Acadmic

High

2023-24

Prachiya Sanyal (Tol)

Arindita Singh Perma

IPUSAKSHI

Charana Sanyal

Divyansu Singh

Chirya Hossain

K Kalyan

Kamal Prasad

Maitrayee Karthik

PHYSICAL EDUCATION TERA

Rishabh Ghosh

Sujit Das

Soumya Sanyal

DATE : 07.07.2021

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

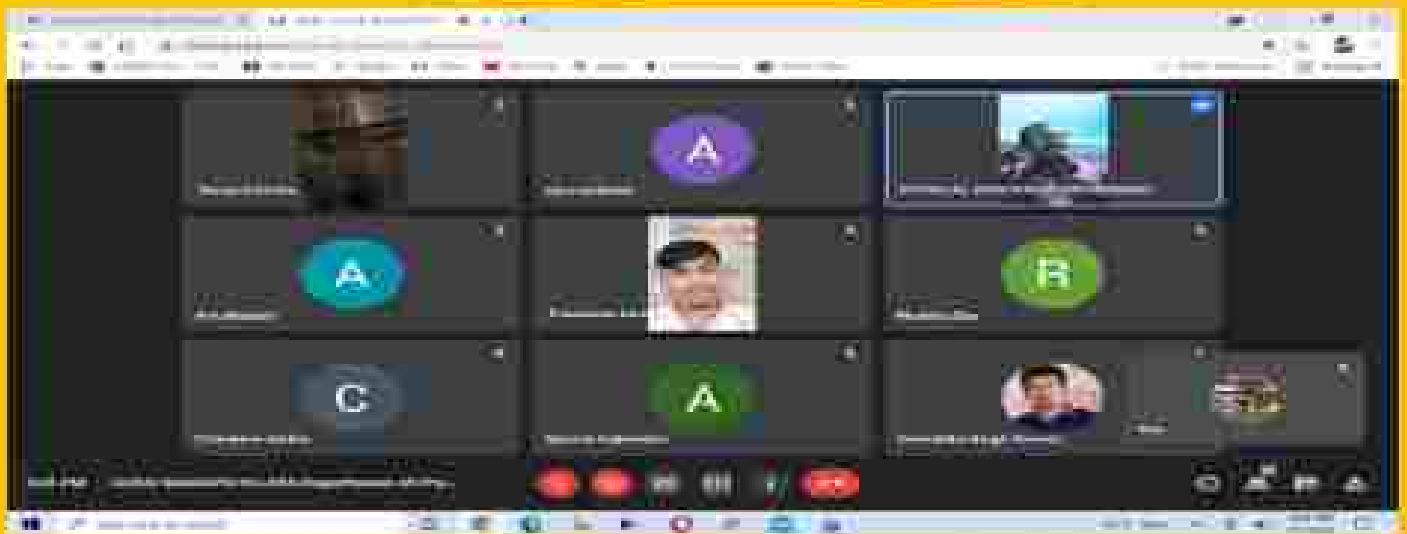
SEMESTER - II ANIRUDDHA SINGH PERMAR



STUDY MATERIALS



SEMESTER - IV : APURBA KUMAR SINHA



PART - 3: ANIRUDDHA SINGH PERMAR



STUDY MATERIALS



ATTENDANCE

SEMESTER - II

SEMESTER - IV

PART - 3

WhatsApp call interface for Semester - II. The screen displays 'About this call' with a time of 10:45 AM. The participants list includes:

- Swarna Sarkar (You)
- Amit Mandal
- Rishwanth Mandal
- Chandana Rajbanshi
- Jayanta Sarkar
- Kabir Sarkar
- Kanishk Mitra
- Kishor Saha
- Laksh Sarkar
- Nirvini Hazra
- PHYSICAL EDUCATION DE...
- Subhasree
- Surbha Karmali
- Surbha Karmali
- Idra Das

WhatsApp call interface for Semester - IV. The screen displays 'About this call' with a time of 10:45 AM. The participants list includes:

- Swarna Sarkar (You)
- Amit Mandal
- Chandana Sarkar
- Mamoni Karmali
- PHYSICAL EDUCATION DE...
- Prachi Sarkar
- Riyanka Das

WhatsApp call interface for Part - 3. The screen displays 'About this call' with a time of 10:45 AM. The participants list includes:

- Riya Ghosh (You)
- Amit Mandal
- Subhasree
- Swarna Sarkar
- Idra Das
- PHYSICAL EDUCATION DE...
- Kabir Sarkar

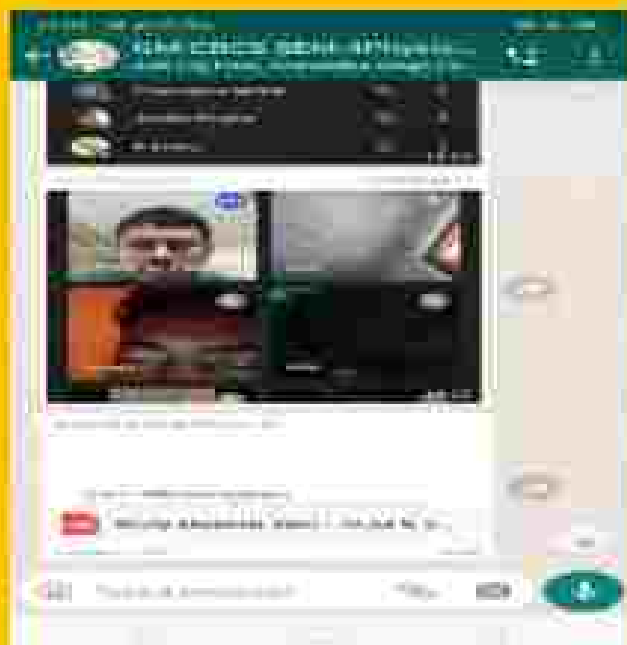
DATE : 09.07.2021

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

SEMESTER - IV : ANIRUDDHA SINGH PERMAR



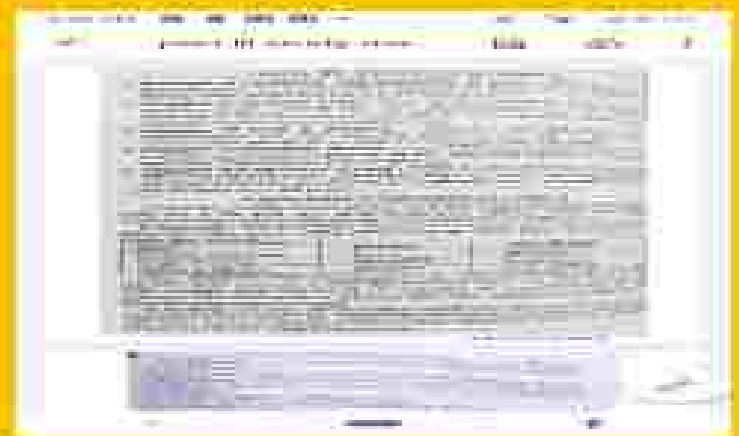
STUDY MATERIALS



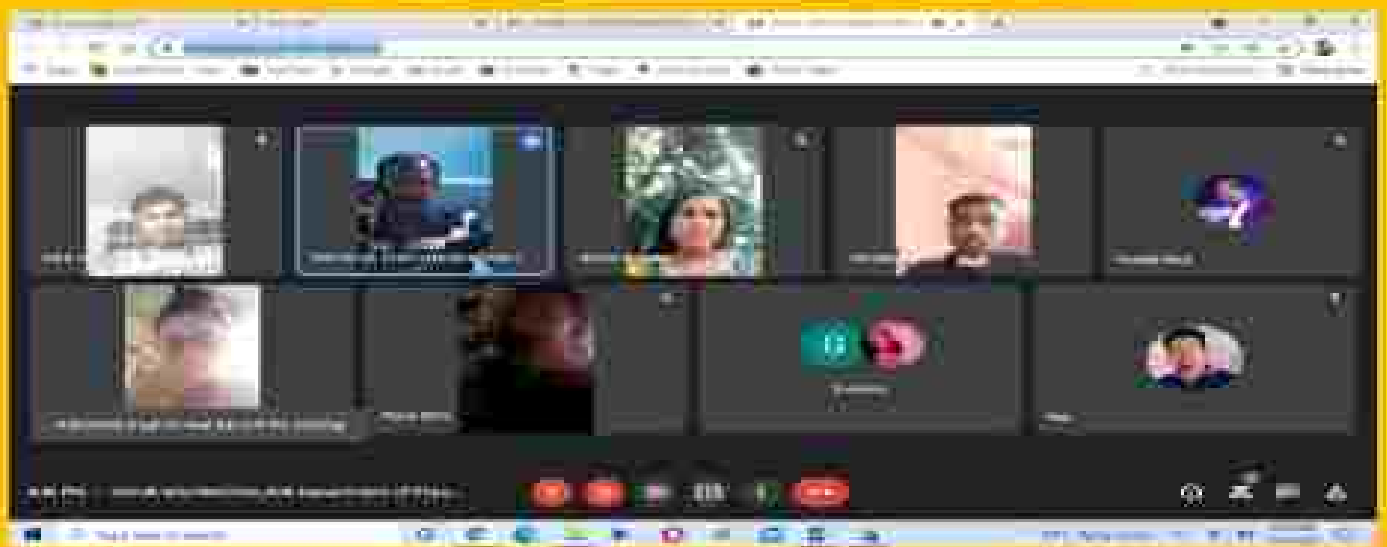
PART - 3 : JOYITA SINGHA



STUDY MATERIALS



SEMESTER - II APURBA KUMAR SINHA



ATTENDANCE

SEMESTER - IV

PART - 3

SEMESTER - II

14 FEB 2024 10:53 AM

About Physical

People Information

Sort/Filter information

Name	Phone	More
Parthab Saha (You)		
Ayana Sagarin	📞	⋮
APU SARKAR	📞	⋮
ASSI ZHNA	📞	⋮
Chandana Sarkar	📞	⋮
Jyoti Singh	📞	⋮
K. Gata	📞	⋮
Kamal Patel	📞	⋮
Prachin Parash	📞	⋮
PHYSICAL EDUCATION DEPT.	📞	⋮
Sami Akor	📞	⋮
Sangit Das	📞	⋮
Sourav Saha	📞	⋮

14 FEB 2024 10:53 AM

About Physical

People Information

Sort/Filter information

PHYSICAL EDUCATION DEPT.

Name	Phone	More
Akshay Singh Perner	📞	⋮
Konradha Singh Perner	📞	⋮
ipuljakkumar siba	📞	⋮
Shrawan Rajbanshi	📞	⋮
Jayanta Rajbanshi	📞	⋮
Pranab Mondal	📞	⋮
Rupel Saha	📞	⋮
Satyaki Saha	📞	⋮
Thiruvathi Mondal	📞	⋮

14 FEB 2024 10:53 AM

About Physical

People Information

Sort/Filter information

Name	Phone	More
Jyoti Singh (You)		
Jyoti Singh	📞	⋮
Kamal Mondal	📞	⋮
Kabir Mondal	📞	⋮
Sudai Choudhary	📞	⋮
Srinidhi	📞	⋮
Sourav Chakrabarty	📞	⋮
Sourav Perner	📞	⋮
Jyoti Saha	📞	⋮
Manish Saha	📞	⋮
Kanchan Das Mondal	📞	⋮
Kamal Saha	📞	⋮
Komal Saha	📞	⋮
Manish Saha	📞	⋮
Pratik Saha	📞	⋮
PHYSICAL EDUCATION DEPT.	📞	⋮
Pratik Saha	📞	⋮
Rishi Mondal	📞	⋮
Sourav Mondal	📞	⋮
Sangit Mondal	📞	⋮

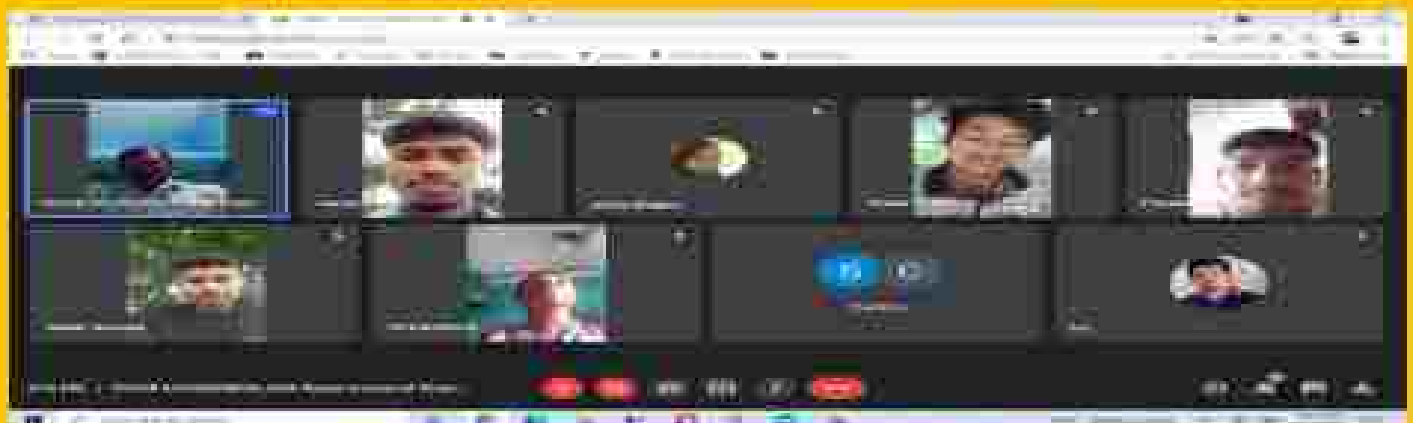
DATE : 14.07.2021

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

SEMESTER - II : JOYITA SINGHA



SEMESTER - IV : APURVA KUMAR



PART - 3 : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION

ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

SEMESTER - IV

PART - 3

WhatsApp interface for SEMESTER - II. The screen shows 'About this call' with tabs for 'People' and 'Information'. Under 'People', a list of participants is visible, including 'apurbakumar sinha (You)', 'Anruditha Singh Pat...', 'Arit Mandal', 'Baburam Mandal', 'Babon Chone', 'Doli Rhythm', 'Gobinda Rajbanshi', and 'Rakot sarkar'.

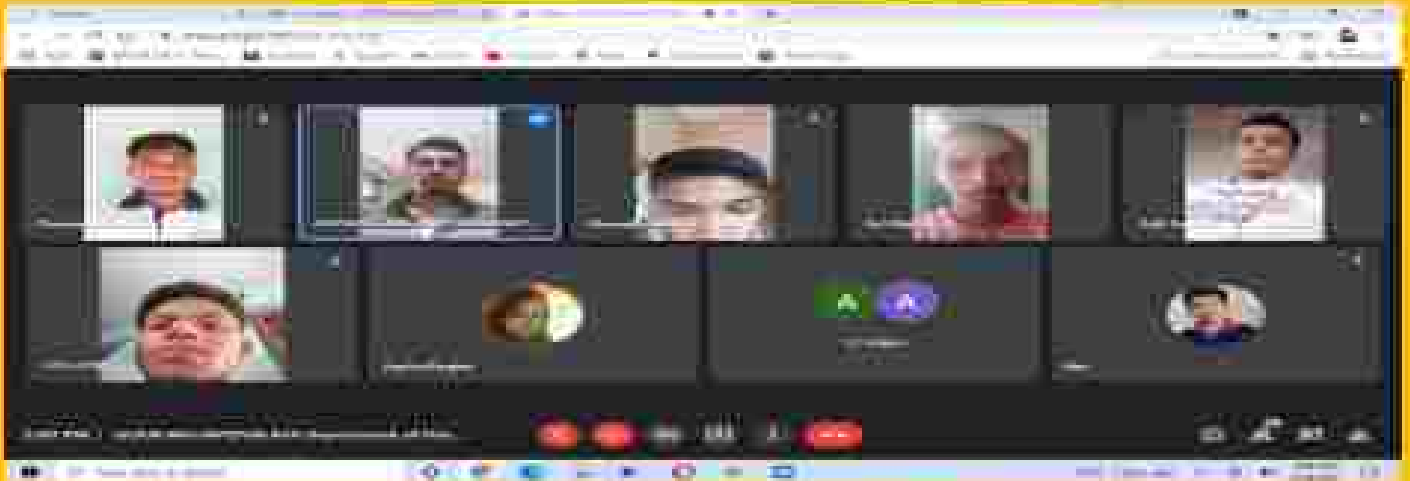
WhatsApp interface for SEMESTER - IV. The screen shows 'About this call' with tabs for 'People' and 'Information'. Under 'People', a list of participants is visible, including 'PHYSICAL EDUCATION DEPARTMENT', 'Aparna Rajbanshi', 'APU SARKAR', 'Arit Mandal', 'Chandera Sarkar', 'Dibyendu Singh', 'Dilip Hossain', and 'Jyotsna Sarkar'.

WhatsApp interface for PART - 3. The screen shows 'About this call' with tabs for 'People' and 'Info'. Under 'People', a list of participants is visible, including 'apurbakumar sinha (You)', 'Anruditha Singh Pat...', 'Anruditha Singh Pat...', 'apurbakumar sinha', 'Arit Mandal', 'Baburam Mandal', 'Baburam Mandal', 'Chandera Rajbanshi', 'Dibyendu Singh', 'Jyotsna Sarkar', 'Jyotsna Sarkar', 'Karti Soren', 'Rajendra Mandal', and '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

About this call

10:45 AM

Rajni

SEARCHING...

35

ADD DATA (You)

Adil Saini

Anushka Singh Per.

Aarna Nishant

Arushi

Adhish

Ritvik Chauri

Chaitanya Singh

Siddhant Sharma

Divyansh Rajwade

Jyoti Singh

Rishi

Nishant

Rishi Singh

Pooja Singh

Pooja Mishra

PHYSICAL EDUCATION

Pooja Singh

Janvi Arora

Gargi Singh

Savi Chauri

About this call

10:45 AM

Rishi

SEARCHING...

19

Rishu Mandal (You)

Anushka Singh Per.

Anushka Singh Per.

Apurba Kumar Lohar

Bhavni Rajbanshi

Jyanti Rajbanshi

Kartik Soren

Nithan mandal

PHYSICAL EDUCATION

Rakhi Rajbanshi

Shwathi Haride

About this call

10:45 AM

Rishi

SEARCHING...

20

Anushka

Anushka Singh Permer

Rishi Chauri

Gargi Chauri

Chaitanya Nishant

Jyanti Saini

Jyoti Singh

Rishi Singh

Anushka Singh Per.

Anushka Singh

Pooja Mishra

PHYSICAL EDUCATION

Rishi

Savi Chauri

Savi Chauri

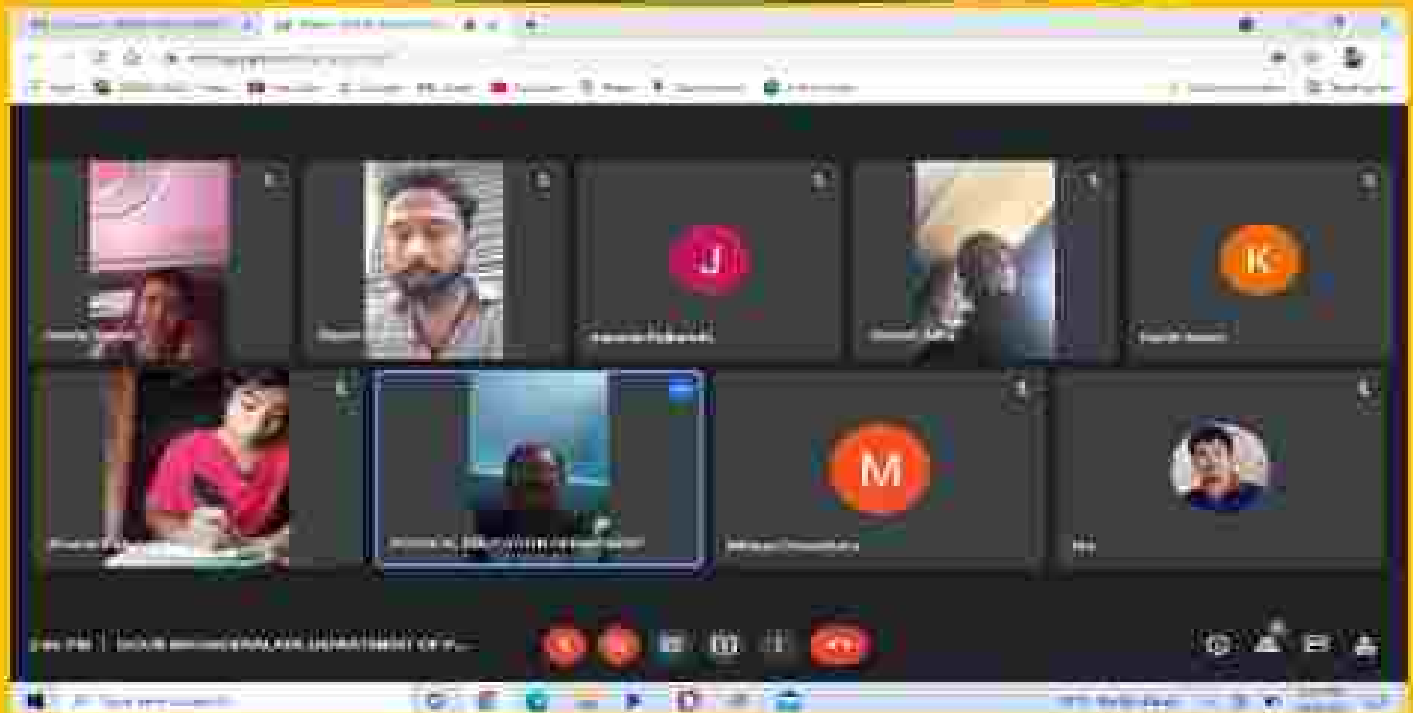
Savi Chauri

Savi Chauri

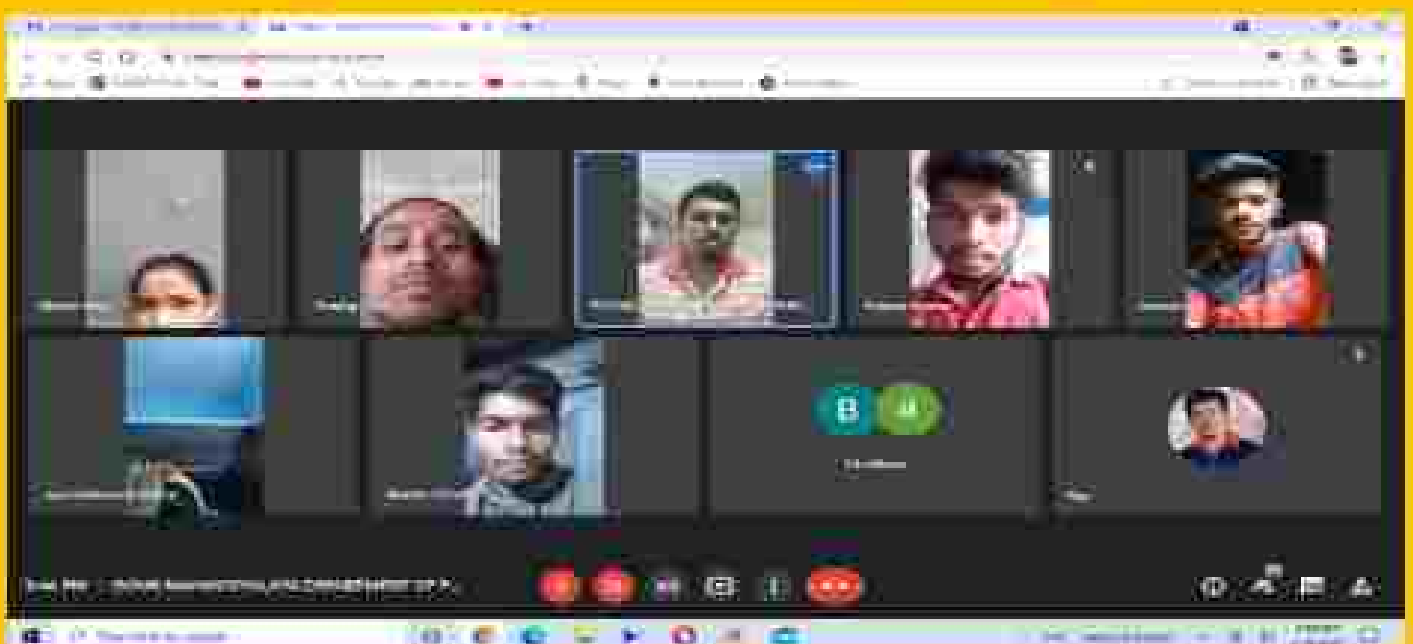
DATE : 19.07.2021

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

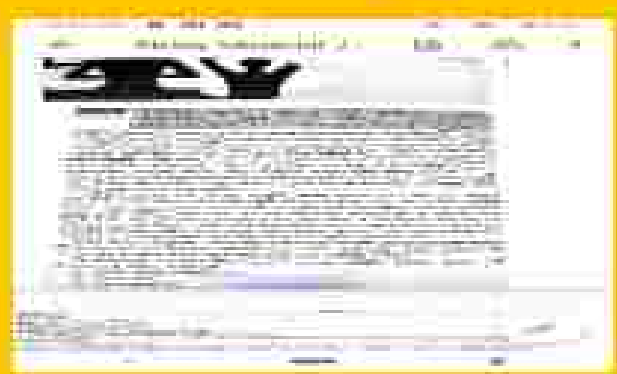


SEMESTER – IV JOYITA SINGHA



STUDY MATERIALS

ANIRUDDHA SINGH PERMAR

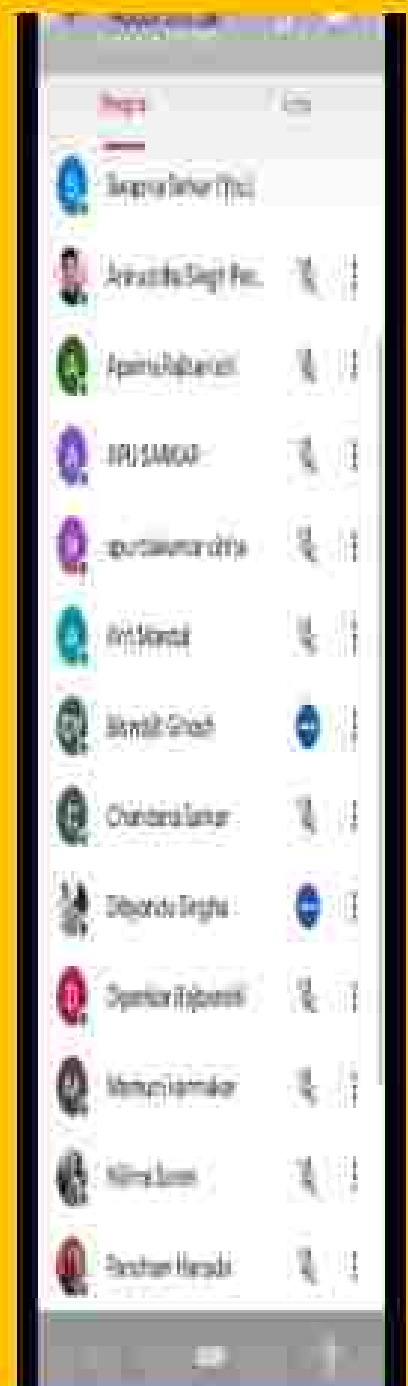
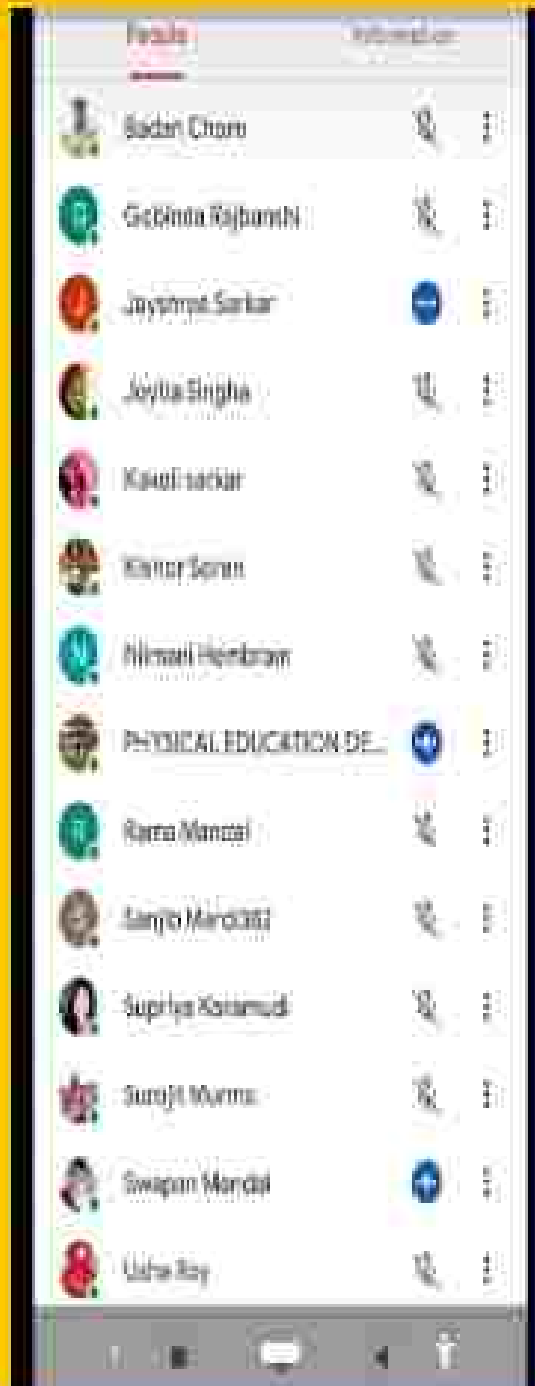
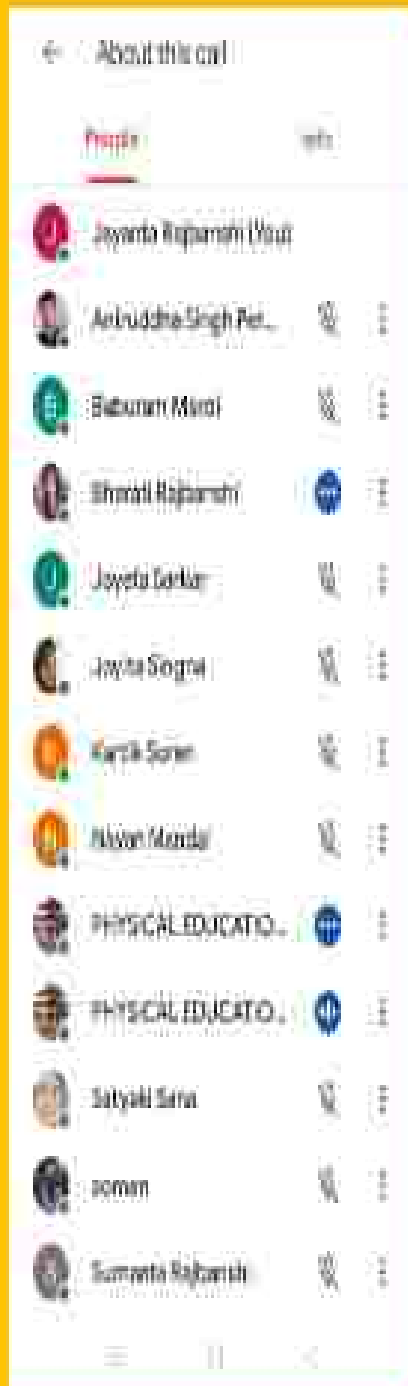


ATTENDANCE

PART - 3

SEMESTER - II

SEMESTER - IV



DATE : 23.07.2021

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

SEMESTER - II : APURBA KUMAR SINHA



PART - 3 : JOYITA SINGHA



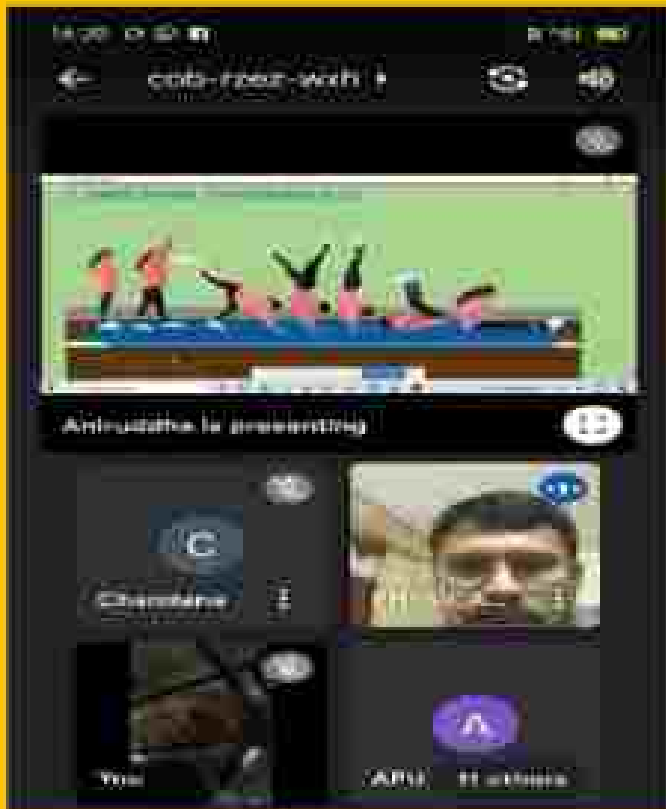
SEMESTER - IV : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION

PRACTICAL

ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

WhatsApp interface showing the 'About this call' screen for Semester - II. The 'People' tab is selected, displaying a list of participants:

- Shree prajwalrajpatel
- Suman (You)
- Ash Mandai
- Jayanta Sarker
- Jayita Singh
- Kamal Sarker
- Kamini Mitta
- Kishor Sarker
- MMW (You)
- Pooja Saha
- PHYSICAL EDUCATION (You)
- Rama Mandai
- SARSA SINGHA
- Sanjit Mandi
- Sanjita Karmachari
- Sanjit Kumar

PART - 3

WhatsApp interface showing the 'About this call' screen for Part - 3. The 'People' tab is selected, displaying a list of participants:

- Share joining information
- apurbakumar shaha (You)
- Aniruddha Singh Pat...
- mithun mandai
- Riyaz Mandai
- Faisal
- PHYSICAL EDUCATIO...
- Satyaki Saha
- Sumanta Rajbanshi

SEMESTER - IV

WhatsApp interface showing the 'About this call' screen for Semester - IV. The 'People' tab is selected, displaying a list of participants:

- Swayna Sarker (You)
- Aniruddha Singh Pat...
- Aniruddha Singh Pat...
- Aparna Rajbanshi
- APU SARKAR
- apurbakumar shaha
- Ash Mandai
- Biswajit Ghosh
- Chandana Sarker
- Chyandev Singh
- Dipankar Rajbanshi
- Jayita Singh
- Kamal Patwar

DATE : 26.07.2021

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

SEMESTER - IV : JOYITA SINGHA



SEMESTER - II / ANIRUDDHA SINGH PERMAR

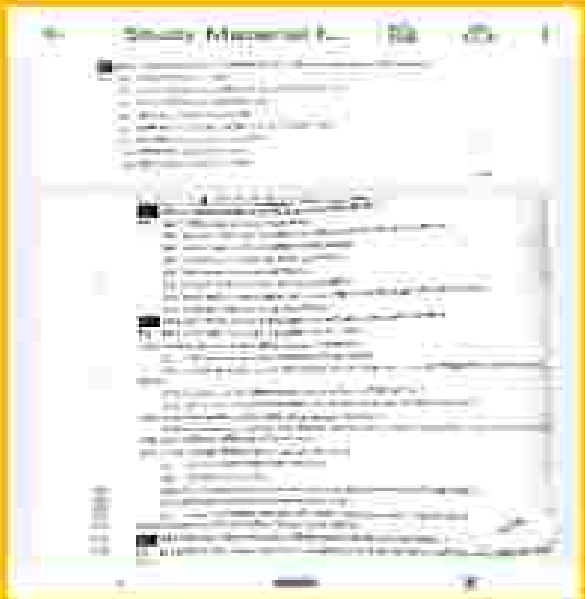


PART - 3 / APURGA KUMAR SINHA



STUDY MATERIALS
26.07.2021
APURBA KUMAR SINHA

PART - 3



SEMESTER - II



ATTENDANCE

SEMESTER - IV

SEMESTER - II

PART - 3

14:04 4/11/20

About this call

Phone

PHYSICAL EDUCATION DEPARTMENT (1)

ARHTEK SAMAR	📞	📅
Anurudha Singh Parmar	📞	📅
Wakurudha Singh Parmar	📞	📅
APU SARKAR	📞	📅
Sivaji Dash	📞	📅
Chaitanya Saran	📞	📅
Dyotika Ghosh Ghosh	📞	📅
Momen Akramel	📞	📅
Mehnaz Rabanati	📞	📅
Poichan Parida	📞	📅
Sahar Akter	📞	📅
Sangita Das	📞	📅
Srisara Saran	📞	📅
Sarav Saran	📞	📅

14:04 4/11/20

About this call

Phone

PHYSICAL EDUCATION DEPARTMENT (1)

Abhishek	📞	📅
Anurudha Singh Parmar	📞	📅
Anurudha Singh Parmar	📞	📅
apudhama saran	📞	📅
Asit Mandal	📞	📅
Debas Choud	📞	📅
Jayanta Saran	📞	📅
Kanchan Das Saran	📞	📅
Kanishk Das	📞	📅
Manish Haribhan	📞	📅
Prady Saran	📞	📅
Prady Prady	📞	📅
Rana Mandal	📞	📅
Sarav Mandal	📞	📅
Sarato Ray	📞	📅
Sarav Akramoud	📞	📅
Sarav Akram	📞	📅
Satish Ray	📞	📅

14:04 4/11/20

About this call

Phone

PHYSICAL EDUCATION DEPARTMENT (1)

Anurudha Singh Parmar (Dub)	📞	📅
Anurudha Singh Parmar	📞	📅
Anup Mandal	📞	📅
Jayita Saran	📞	📅
Jayita Saran	📞	📅
Jayita Saran	📞	📅
Kanishk Das	📞	📅
Nayan Mandal	📞	📅
PHYSICAL EDUCATION DEPARTMENT (1)	📞	📅
Riya Saran	📞	📅
Shantanu Parida	📞	📅

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 FERMAR



POWER POINT PRESENTATION

PART - III PRACTICAL

ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

People	Info
Karabi Mishra (You)	
Anrudha Singh Per...	🔍 ⋮
Anrudha Singh Per...	🔍 ⋮
icubakuma siba	🔍 ⋮
Babbar Chom	🔍 ⋮
Jake Hassan	🔍 ⋮
Jashvas Sarfar	🔍 ⋮
Kancher Das, maia	🔍 ⋮
Kishor Saran	🔍 ⋮
Md. Jasharuddin	🔍 ⋮
Mitax Roy	🔍 ⋮
Nimant Harshani	🔍 ⋮
Pooja Saha	🔍 ⋮

SEMESTER - IV

People	Info
Swarn Sarkar (You)	
Anrudha Singh Per...	🔍 ⋮
Anrudha Singh Per...	🔍 ⋮
Aparna Rajbanshi	🔍 ⋮
ARU SARKAR	🔍 ⋮
Banshi Ghosh	🔍 ⋮
Chandana Sarkar	🔍 ⋮
Dibyendu Singha	🔍 ⋮
Jayita Singha	🔍 ⋮
K. Kalya	🔍 ⋮
Parichini Harinda	🔍 ⋮
PHYSICAL EDUCATIO...	🔍 ⋮
Riyanka Das	🔍 ⋮

PART - 3

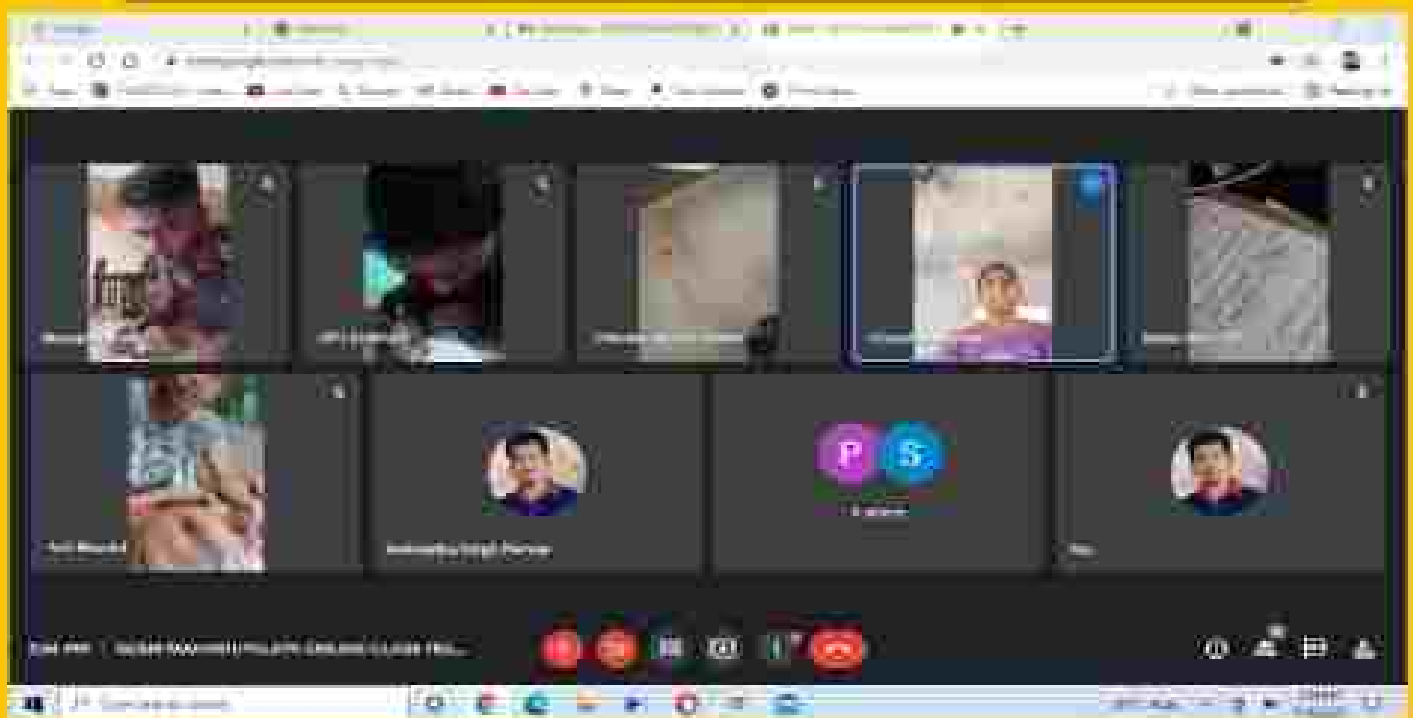
People	Info
Start ping info	
Nayan Manda (You)	
Anrudha Singh Per...	🔍 ⋮
Anrudha Singh Per...	🔍 ⋮
icubakuma siba	🔍 ⋮
Brant Rajbanshi	🔍 ⋮
Jayanta Rajbanshi	🔍 ⋮
Joyeta Sarkar	🔍 ⋮
Khushi Sarkar	🔍 ⋮
PHYSICAL EDUCATIO...	🔍 ⋮
Sowatta Harada	🔍 ⋮

DATE : 30.07.2021

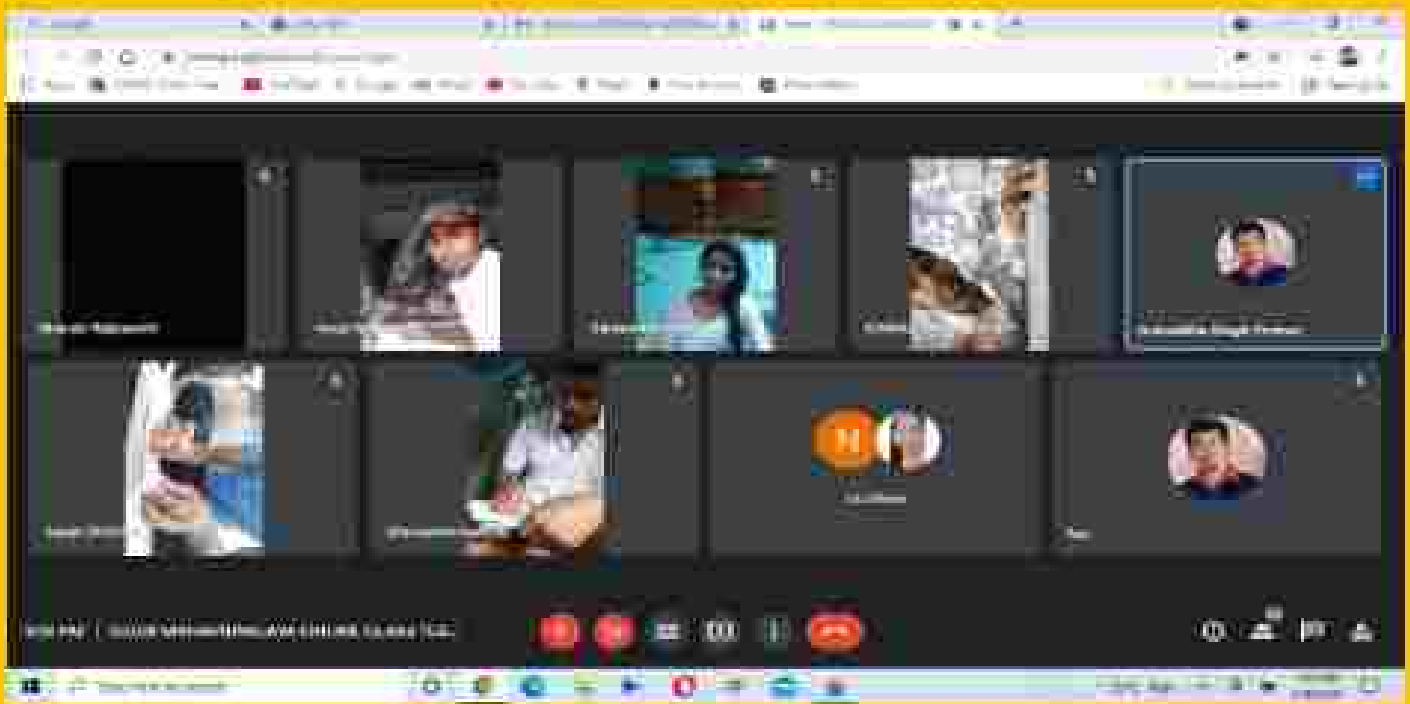
JUNE & JULY ONLINE CLASS TEST EXAMINATION - 2021

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

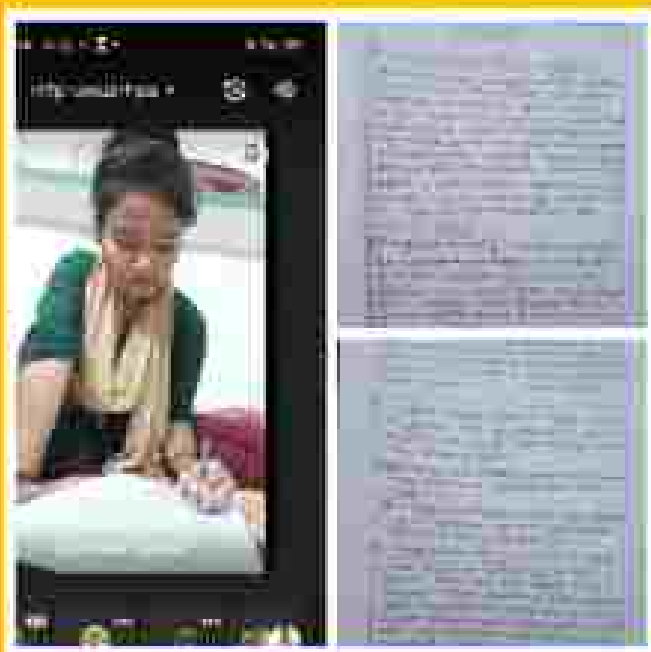
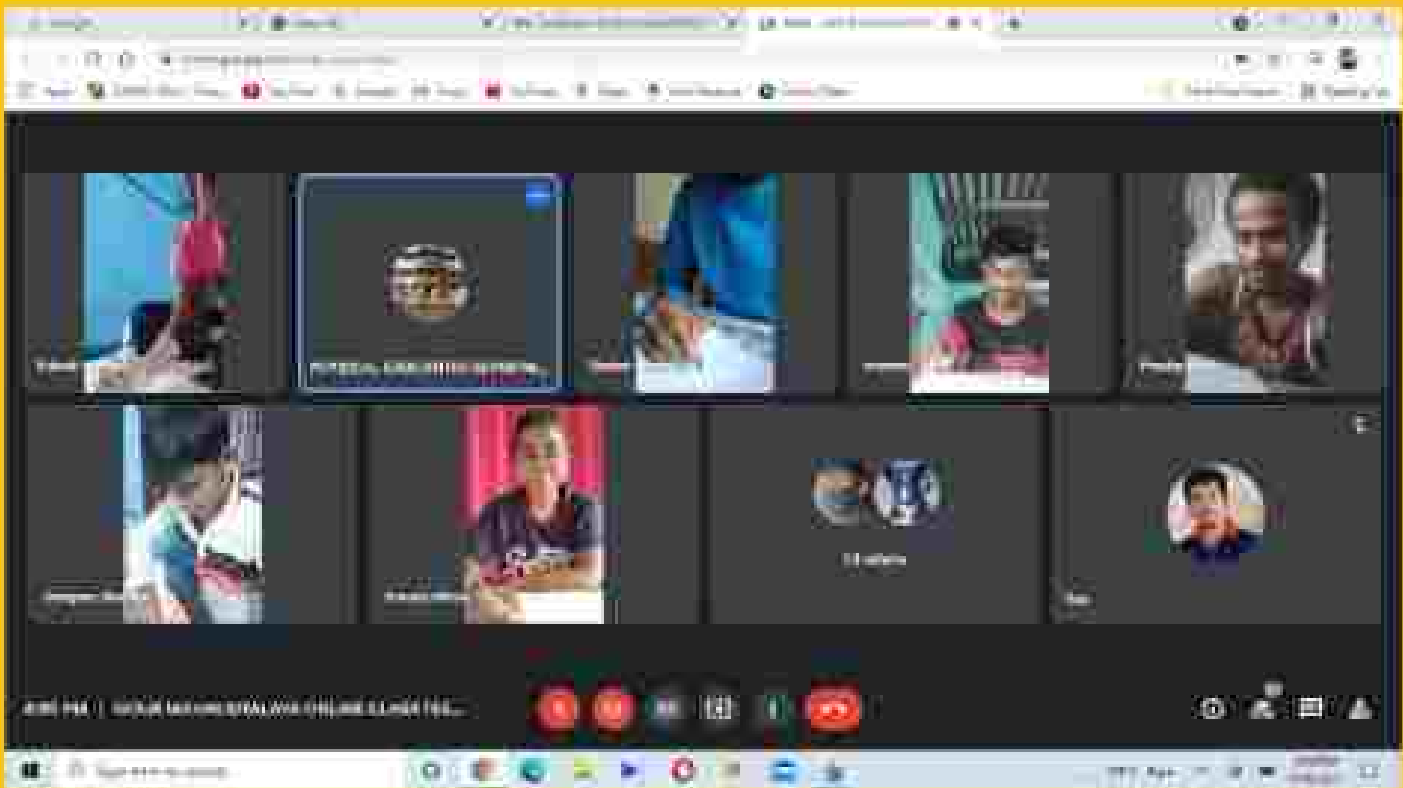
SEMESTER - IV : ONLINE EXAMINATION



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 P. M - 25

বিভাগ - ক

যে কোনো দশটি প্রশ্নের উত্তর দাও : 10x2=20

1. স্বাস্থ্য ও স্বাস্থ্যশিক্ষা বলতে কি বোঝো ?
2. স্বাস্থ্যশিক্ষার চারটি উদ্দেশ্য লিখো।
3. বিন্যাসগত দায়িত্বগত কর্মগুলি বলতে কি বুঝো।
4. 'WHO' এবং 'UNESCO' এর পক্ষে নাম লিখো।
5. পত্রিকা/পত্রিকার মাধ্যমে পড়া নিয়ন্ত্রণে পঠিত বাগধারাগুলি লিখো।
6. সুস্থ হওয়া কাকে বলে উদাহরণসহ লিখো।
7. জিয়ারতিন 'A' এর প্রধান উৎসগুলির নাম লেখো।
8. Posture বা মেথডসিমা কাকে বলে লেখো।
9. মৌলভানের নিয়ন্ত্রণের মেথডসির বিকৃতির নাম ও কারণ লেখো।
10. ম্যালেরিয়ার রোগ প্রতিরোধ ও নিয়ন্ত্রণ কিলবে করা হয় লেখো।
11. ওঠাপ্রু হলে কখন ডায়াবেটিস দেখাওঁতে পারে লেখো।
12. স্বাস্থ্য সম্পর্কিত ও দক্ষতা সম্পর্কিত শারীরিক দক্ষতাকে কাকে বলে।
13. প্রাথমিক প্রতিবিধানের অতি প্রয়োজনীয় চারটি নিয়ম বা Golden Rules লেখো কি কি ?
14. কোন কোন ক্ষেত্রে শৈত চিকিৎসা (Cryo-Therapy) করা হয় ?
15. মনুষ্যের বা ডায়াবেটিস রোগের চারটি লক্ষণ উল্লেখ করো।

বিভাগ - খ

যে কোনো দুইটি প্রশ্নের উত্তর দাও : 2x5=10

1. মালিশকে কয়টি ভাগে ও কি কি ভাগে লিখো ?
2. পেশী স্থিতি ব্যর্থতা (Muscle Strain) ও তার প্রতিরোধ।
3. ব্যায়ামের বা (Agony) কাকে কি বুঝো ?
4. সুস্থতা বা Wellness কে সংজ্ঞা এবং সুস্থতার মাত্রাগুলোর লেখো।
5. হিটলেস ব্যালেন্স কাকে বলে ও তার ব্যবহার লেখো।
6. প্রাথমিক প্রতিবিধান। First-Aid কাকে কি কি প্রয়োজনীয় সরঞ্জাম বাস্তু উল্লেখ ?

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।
2. মালিশের কয়েকটি পদ্ধতির নাম লিখো।
3. ব্যায়াম চিকিৎসার চারটি পদ্ধতি লেখো।
4. যোজনবৃদ্ধির কারণগুলি লিখো।
5. ক্রীড়া প্রশিক্ষণের নীতিগুলি কী কী?
6. স্বাস্থ্য সম্পর্কিত শারীরিক সক্ষমতা।
7. উষ্ণীভবন ও শীতলীভবনের মধ্যে পার্থক্য লেখো।
8. চারুকর্মের পদ্ধতি কত সালে এবং কে উদ্ভাবন করেন?
9. নিউটনের দ্বিতীয় নতিসূত্র কী এবং খেলাধুলায় এর একটি প্রয়োগ লেখো।
10. ওজনসহ প্রশিক্ষণের জেরটি সনাক্ত কর লিখো।
11. লিভার (Lever) কাকে বলে এবং কত প্রকার কী কী?
12. অতিরিক্ত চিকিৎসা বা ইন্টেন্সিভ থেরাপি এর জেরটি বর্ণনা লেখো।
13. উদ্ভাবনমূলক নিয়ন্ত্রণের উপায় সমূহ।
14. পায়ে গোল্ডেনীর্থ আঘাত হানোর (Ankle injury) চিকিৎসার জন্য পরামর্শ বামে ব্যায়ামগুলি উল্লেখ করো।
15. ঘো-ঘো খেলায় মূল অঙ্গনের বৈশিষ্ট্য কী লেখো।
16. ফুটবল খেলায় কল আঘাতে আনা ট্রেন্ডেলিং কী এবং তা কিল করে করা হয়।
17. ক্রুসি: জটিল করতে কি বোঝো লেখো।
18. ওয়ার্ম-আপ কাকে বলে লেখো।
19. ইন্টারভাল ট্রেনিং কাকে কি বোঝায়?
20. সমন্বয়শীলতা কাকে কি বোঝায়?

বিভাগ -খ

যে কোনো দুইটি প্রশ্নের উত্তর দাও :

5 × 2 = 10

1. AAHPERD YOUTH PHYSICAL FITNESS TEST এর অফিসিয়াল জলির নাম উল্লেখ করো।
2. BARROW MOTOR ABILITY TEST এর কয়টি টেস্ট ব্যাচেরি আছে লেখো।
3. NCC এর দুইটি উদ্দেশ্য লিখো।
4. ঘো-ঘো কে Tin Break করতে হবে।
5. ট্রেনিং ইন্টারভালের সীমিত ফিল্ডে শেষ হয়।
6. যোগ কী? রোগ চিকিৎসায় যোগ কাকে কী ট্রেনিং?
7. সমন্বয়শীলতা বৃদ্ধিকারী ব্যায়ামগুলি কী লেখো।
8. ক্রীড়া ক্ষেত্রে স্নায়ু-কণ্ঠের 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 : **10x2=20**

1. স্বাস্থ্য ও স্বাস্থ্যশিক্ষা কাকে কি বোঝে ?
2. স্বাস্থ্যশিক্ষার চারটি উদ্দেশ্য লিখো।
3. বিদ্যালয়ে স্বাস্থ্যসেবা কর্মসূচি কাকে কি বুঝে।
4. WHO এবং UNESCO এর পুরো নাম কি ?
5. সংক্রামক ব্যাধি দুটিতে পড়া নিয়ন্ত্রনে স্থূলক বাসস্থানগুলি কি কি ?
6. সুস্থতা কাকে বলে উদাহরণসহ লিখো।
7. ভিটামিন - A এর প্রধান উৎসগুলির নাম লেখো।
8. Posture বা দেহভঙ্গিমা কাকে বলে লেখো।
9. মেডেলগেটের নিয়ন্ত্রণের দেহভঙ্গির বিভূতির নাম ও কারণ লেখো।
10. অ্যাসেরিয়াথ জেন প্রতিরোধ ও নিয়ন্ত্রণ কিসে কিসে করা হয় লেখো।
11. প্রেস্ট্র বলে কখন ডাঙ্কার দেখাতে হবে লেখো।
12. স্বাস্থ্য সম্পর্কিত ও মজার সম্পর্কিত শারীরিক সজ্জামতা কাকে বলে।
13. প্রাথমিক প্রতিবিধানের অতি প্রয়োজনীয় চারটি নিয়ম বা Golden Rules বলো কি কি।
14. কোন কোন ক্ষেত্রে শৈত চিকিৎসা (Cryo-Therapy) করা হয় ?
15. মধ্যমেব বা অক্সিটেলিওস কোলের চারটি লক্ষণ উল্লেখ করো।

বিভাগ – খ

যে কোনো দুটি প্রশ্নের উত্তর দাও : **2x5=10**

1. মালিশকে কয়টি ভাগ ও কি কি তা লিখো।
2. পেশী স্থিত্য ঘাটতা (Muscle Strain) ও তার প্রতিরোধ।
3. বয় প্রাপ্তি বা (Ageing) কাকে কি বুঝে।
4. সুস্থতা বা Wellness এর সংজ্ঞা এবং সুস্থতার মাত্রাগুলো লেখো।
5. স্নিকোল ব্যাংকজ কাকে বলে ও তার ব্যবহার লেখো।
6. প্রাথমিক প্রতিবিধান (First-Aid) বাজে কি কি প্রয়োজনীয় সরঞ্জাম বাসে উলিখ।

GOOGLE CALENDAR ONLINE CLASS RECORD

JULY - 2021

02/07/2021 TO 30/07/2021



TEACHERS SIGNATURE

1.

Abhishek Kumar Sinha
30.07.21

2.

Anuradha Singh Pansar
30.07.2021

3.

Joyita Singha
30.07.2021

THE END