

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 3:00 PM	PERIOD-2 3:15 PM to 3:45 PM	PERIOD-3 4:00 PM to 4:30 PM	REMARKS
FRIDAY 11.06.2021	SEMESTER-4 ASP UNIT-3 & (A.3)	PART-3 JS UNIT-3 & 4	SEMESTER-2 AKS UNIT-2 & (A.16)	
MONDAY 14.06.21	PART-3 AKS UNIT-5 & 6	SEMESTER-2 ASP UNIT-1 & (A.3)	SEMESTER-4 JS UNIT-2 & (A.9)	
WEDNESDAY 16.06.21	SEMESTER-2 JS UNIT-3 & (A.3)	SEMESTER-4 AKS UNIT-1 & (A.132)	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-1 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-02-ZOHA (HOLIDAY)
FRIDAY 23.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 26.07.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 28.07.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 30.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	

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

ONLINE CLASS DIARY

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

(CLASS DIARY: APURBA KUMAR SINHA: EXAMPLE)

UltraTech
INDIA'S NO.1 CEMENT

Date: _____ M T W T F S S

GOUR MAHAYIDDALAYA, 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: APURBA KUMAR SINHA
STATE AIBED 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.

UltraTech
INDIA'S NO.1 CEMENT

Date: 18.06.2021 M T W T F S S

SEMESTER-2

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

21-06-2021
PART-3

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

23.06.2021
SEMESTER-1

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

25.06.2021
SEMESTER-2

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

UltraTech
INDIA'S NO.1 CEMENT

Date: 28.06.2021 M T W T F S S

PART-3

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

30.06.2021
SEMESTER-1

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

(CLASS DIARY: ANIRUDDHA SINGH PERMAR: EXAMPLE)

GOUR MAHAVIDYALAYA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DIARY
FOR SEMESTER-II, SEMESTER-IV AND PART-III
CLASS ROUTIN SCHEDULE FROM 11.06.2021
TO 30-06.2021 (MONTH OF JUNE-2021)
TEACHER NAME :- ANIRUDDHA SINGH PERMAR
STATE AIDED COLLEGE TEACHER

CLASS DIARY - JUNE - 2021

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

14.06.2021

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

JUNE 2021						
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19	20	21	22	23	24	25
26	27	28	29	30	31	

21.06.2021

O.A PART - III PAPER - VII

UNIT - 4

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

29.06.2021

SEMESTER - IV

UNIT - 2 -

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

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

25.06.2021

SEMESTER - II

TOPIC - Purpose of Sports Management and
Principle of Sports Management

Notes:

JUNE 2021						
S	M	T	W	T	F	S
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28.06.2021

O.A. PART - III

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

30.06.2021

O.A. PART - III -

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

Aniruddha Singh Permar
Department of Physical
Education
Gour Mahavidyalaya
Malda.

Notes:

JUNE 2021						
S	M	T	W	T	F	S
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(CLASS DIARY: JOYITA SINGHA: EXAMPLE)

29

Friday

JANUARY

January						
S	M	T	W	Th	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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

TEACHER NAME: JOYITA SINGHA

11.06.2021

PART-3

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

14.06.2021

SEMESTER-1

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

18.06.2021

PART-3

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

Important Notes:

2021						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Saturday

30

JANUARY

16 WS - 010-115

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, Balace Diet.

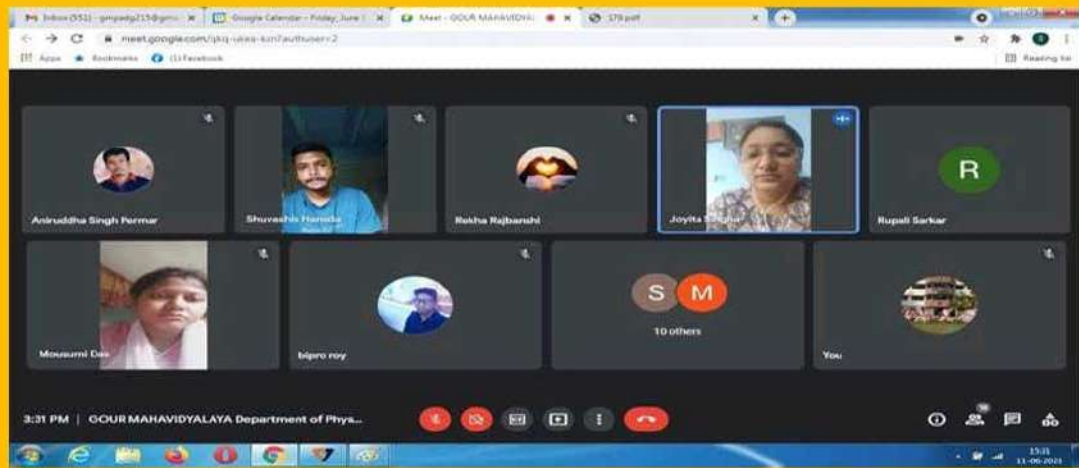
30.06.2021

SEMESTER-2

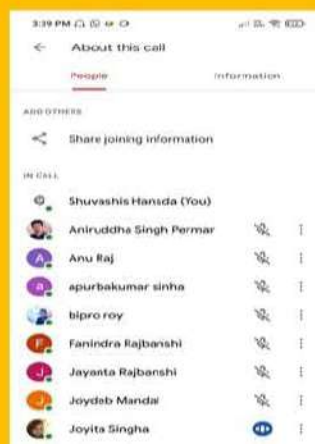
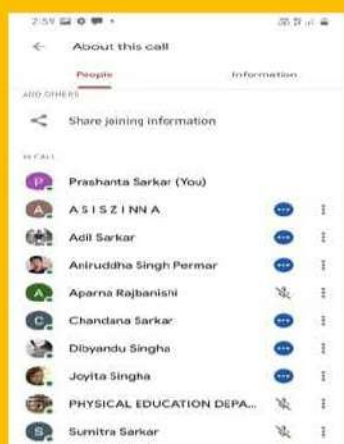
Important Notes:

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

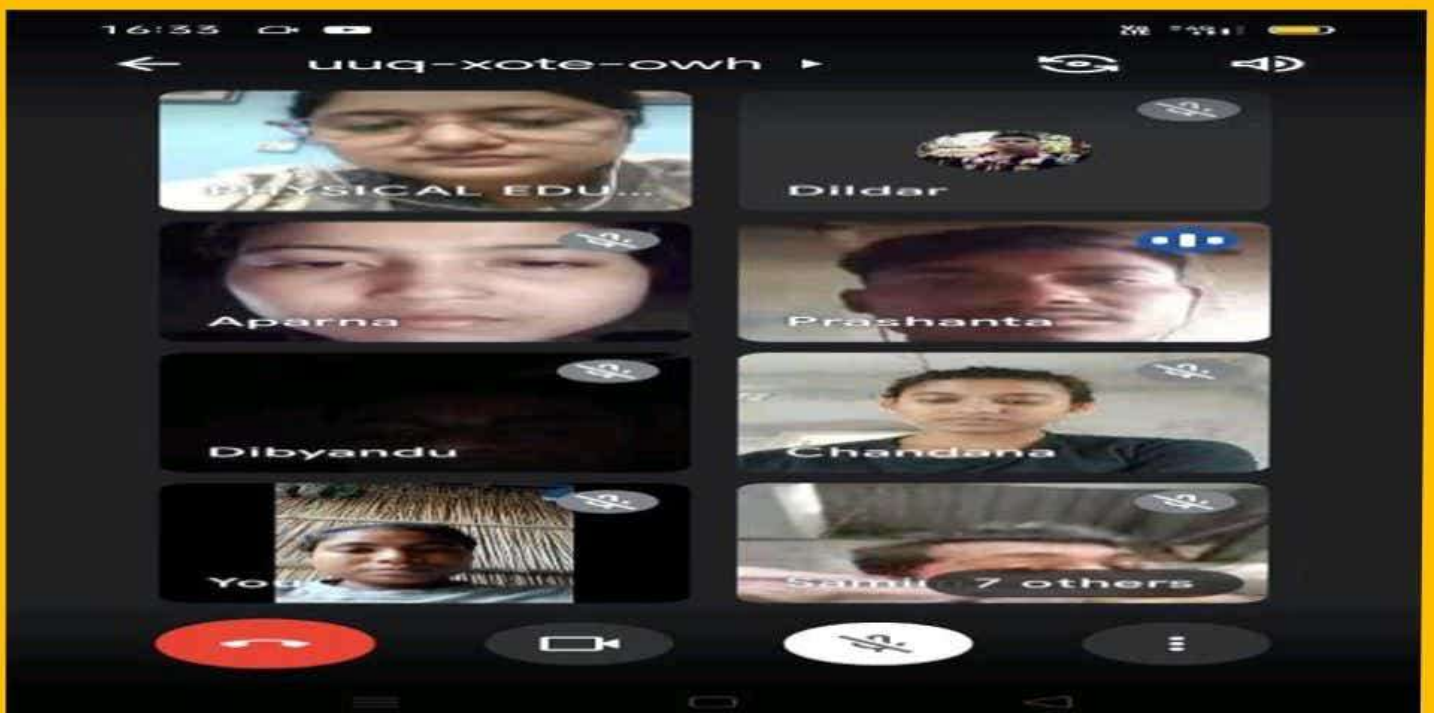
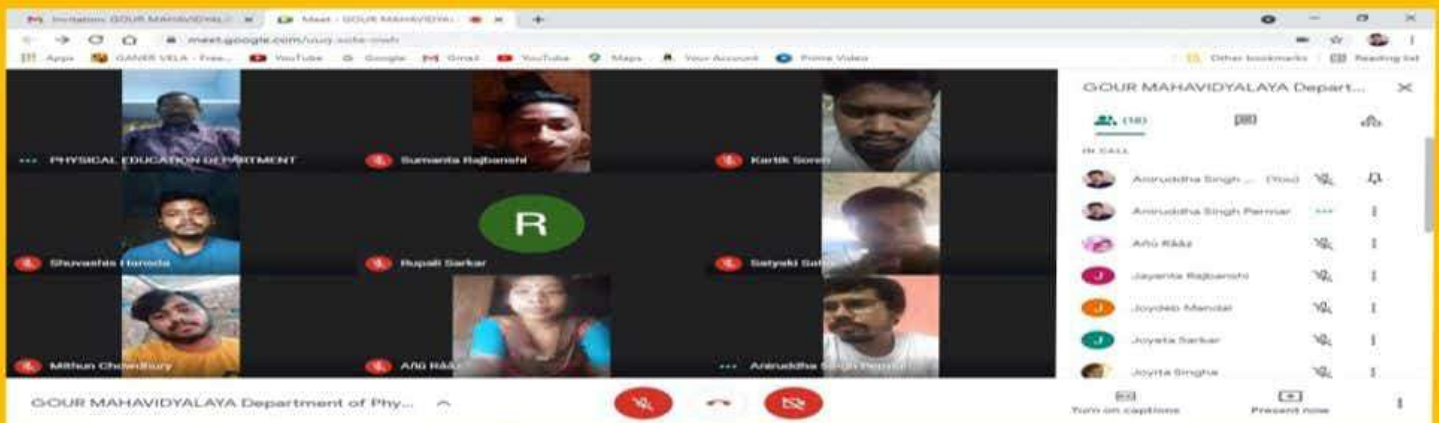
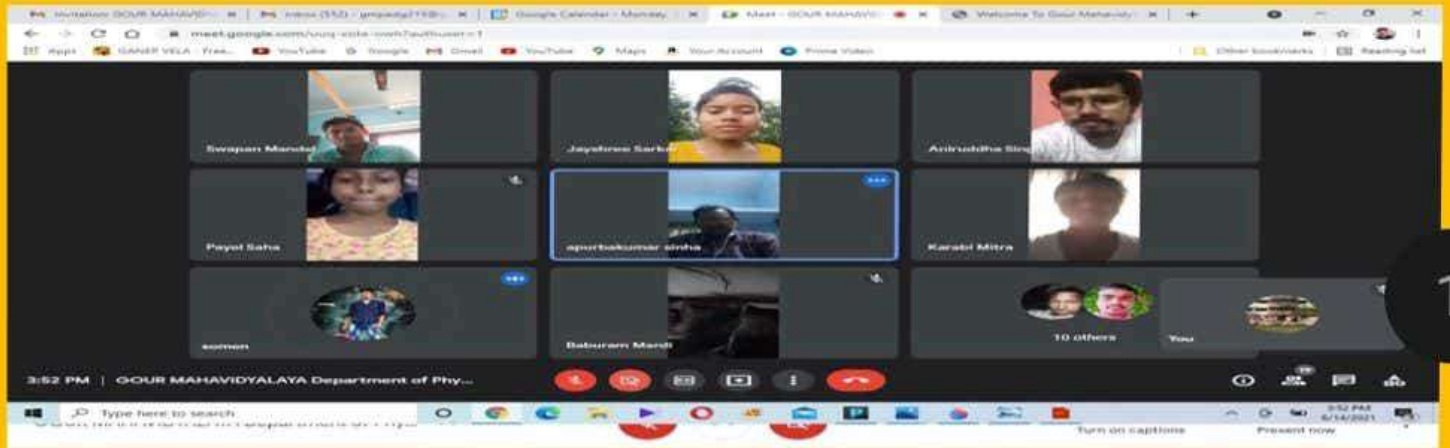
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 11.06.2021



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

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

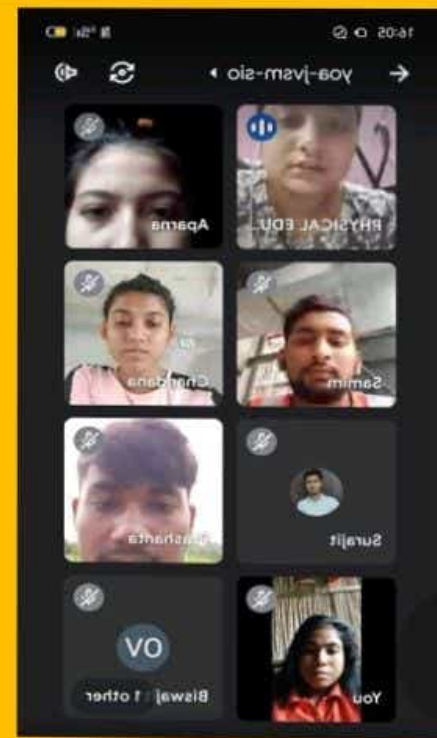
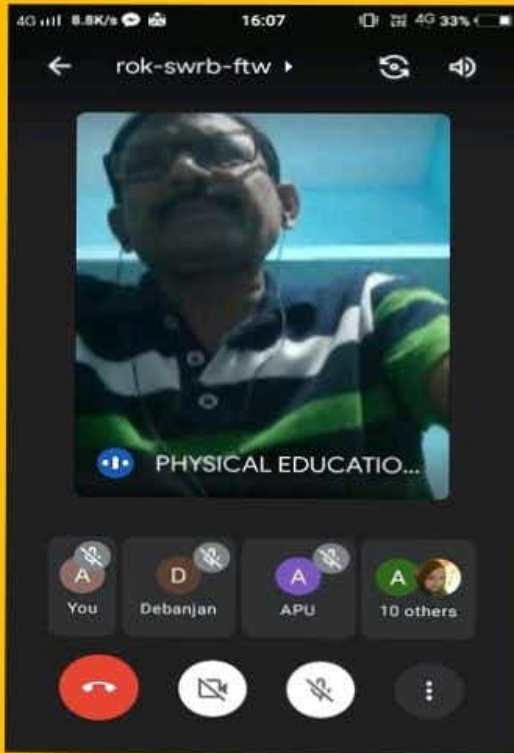
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About this call

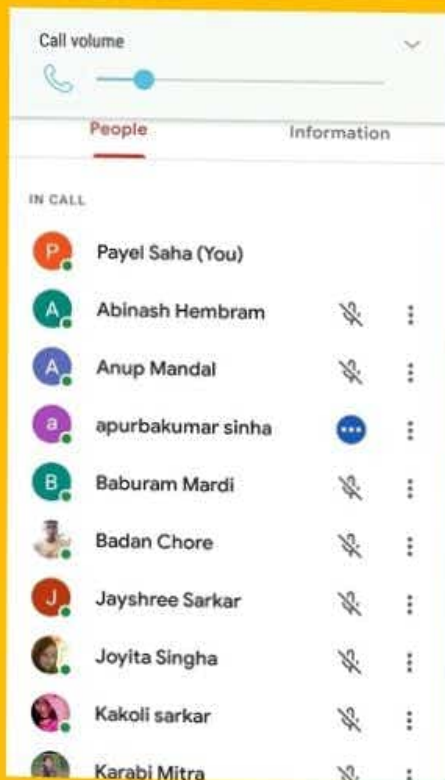
People Information

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

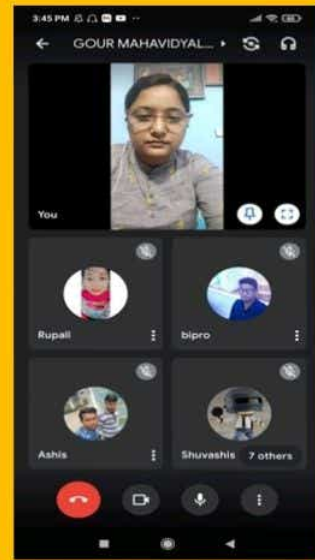
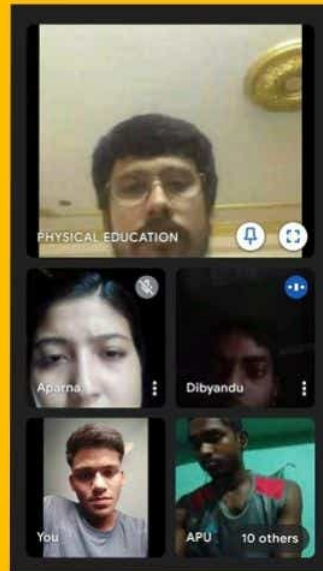
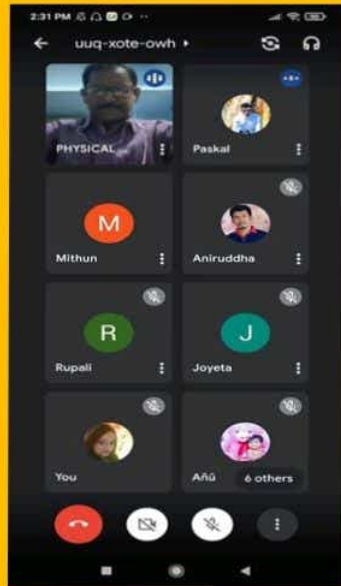
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 21.06.2021



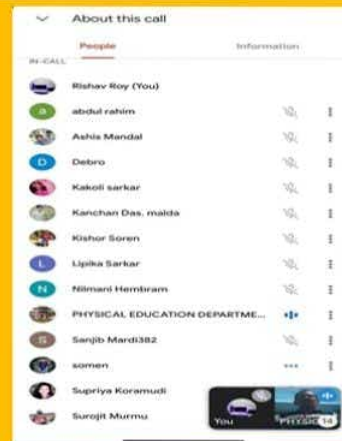
ATTENDANCE



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

