

GOUR MAHAVIDYALAYA

MANGALBARI, MALDA

DEPARTMENT: PHYSICAL EDUCATION

ONLINE CLASS MONTH OF JUNE & JULY

:11.06.2021 to 31.07.2021

DOCUMENTS/WEB PAGE



NAME OF THE TEACHER :

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

CLASS ROUTINE

Day	Hour	1:00-2:00	2:00-3:00	3:00-4:00	4:00-5:00	5:00-6:00	6:00-7:00	7:00-8:00	8:00-9:00	9:00-10:00
M O N D A Y	Classroom	Classroom	Classroom							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
T U E S D A Y	Classroom	Classroom	Classroom							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
W E D N E S D A Y	Classroom	Classroom	Classroom							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
T H U R S D A Y	Classroom	Classroom	Classroom							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
F R I D A Y	Classroom	Classroom	Classroom							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							
	Physical Education	Physical Education	Physical Education							

SYLLABUS

CBCS : PHYSICAL EDUCATION : GENERAL

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

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

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

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

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

PART-III (Full Marks -100)

<p>PART-III</p> <p>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>
---	--	--

PART-III

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

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

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

ASP

Paper-VII:

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

Unit-4: Participating in Social Service Programme; N.C.C., N.S.S. Bratachari (Certificate must be Produced at the time of examination) - Any one

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

AKS

JS

AKS, ASP, JS

ONLINE CLASS ROUTINE- JUNE / JULY 2021

ONLINE CLASS

DATE : 11.06.2021 TO 30.06.2021

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

DAY & DATE	PERIOD-1 2:30 PM to 3:30 PM	PERIOD-2 3:45 PM to 4:45 PM	PERIOD-3 4:55 PM to 5:55 PM	REMARKS
FRIDAY 11.06.2021	SEMESTER-4 ASP UNIT-3 (43)	PART-3 JS UNIT-3 (44)	SEMESTER-2 AKS UNIT-2 & (41-42)	
MONDAY 14.06.21	PART-3 AKS UNIT-5 (46)	SEMESTER-2 ASP UNIT-1 (47)	SEMESTER-4 JS UNIT-2 (49)	
WEDNESDAY 16.06.21	SEMESTER-2 JS UNIT-3 (48)	SEMESTER-4 AKS UNIT-1 (48)	PART-3 ASP UNIT-1 (22)	JANAI SHASTHI PUJA (HOLIDAY)
FRIDAY 18.06.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 21.06.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 23.06.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 25.06.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 28.06.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	
WEDNESDAY 30.06.21	SEM-2 JS	SEM-4 AKS	PART-3 ASP	
FRIDAY 02.07.21	SEM-4 ASP	PART-3 JS	SEM-2 AKS	
MONDAY 05.07.21	PART-3 AKS	SEM-2 ASP	SEM-4 JS	

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

The image shows three pages of handwritten class diary notes. The first page is dated 11-06-2021 and covers Unit II: Tournaments. The second page is dated 21-06-2021 and covers Unit II: Tournaments and Unit V: Yoga and Physical Exercise and Chronic Diseases. The third page is dated 28-06-2021 and covers Unit V: Yoga and Physical Exercise and Chronic Diseases and Unit I: Introduction of Health Education.

Page 1 (11-06-2021):
Date: 11-06-2021
SEMESTER-2
UNIT-II: TOURNAMENTS
TOPIC: 1. Tournament: Meaning and definition and type of Tournaments (Cross-country, League, Individual, College).
14-06-2021
PART-3
Important note: UNIT-V: YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES
TOPIC: About YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES.

Page 2 (21-06-2021):
Date: 21-06-2021
SEMESTER-2
UNIT-II: TOURNAMENTS
TOPIC: Procedure of drawing fixture.
23-06-2021
SEMESTER-2
UNIT-V: YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES
TOPIC: Cardiovascular Disease and Hypertension.
25-06-2021
SEMESTER-2
Important note: UNIT-II: TOURNAMENTS
TOPIC: Method of organizing Annual Athletic Meet.

Page 3 (28-06-2021):
Date: 28-06-2021
PART-3
UNIT-V: YOGA AND PHYSICAL EXERCISE AND CHRONIC DISEASES
TOPIC: Diabetes and Obesity.
30-06-2021
SEMESTER-2
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)

GOOR MAHAVIDYALAY, B
DEPARTMENT OF PHYSICAL EDUCATION
ON 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 BIED COLLEGE TEACHER

CLASS DIARY - JUNE-2021

11-06-2021
SEMESTER - IV - UNIT - MOTOR FITNESS
and Wellness.
TOPIC :- PHYSICAL FITNESS - MEANING
Definition and important of motor
fitness.

14-06-2021

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

21-06-2021
O.A PART - III PAPER - VII

UNIT - I

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

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
Goor Mahavidyalaya
Haldia

(CLASS DIARY: JOYITA SINGHA: EXAMPLE)

29 Friday
2022
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 Chikn
Fox.

18-06-2021
PART-3
Unit-3: Different type of Training Methods: Interval Traini
Pyometric Training.

Important Notes:

30 Saturday
2022

23-06-2021
SEMESTER-1
Unit-2: Life Style Diseases - Obesity, Diabetes.

27-06-2021
SEMESTER-2
Unit-2: Methods of organizing Annual Athletic Meet
and Play day.

29-06-2021
PART-3
Unit-3: Specific Exercise Programme for Rehabilitation
including Yogasana for regional injuries.

28-06-2021
SEMESTER-1
Unit-2: Nutrition - Nutritional requirements for
daily living, Balance diet.

30-06-2021
SEMESTER-2
Unit-2: Methods of organising of Intramural
and Extramural Competition.

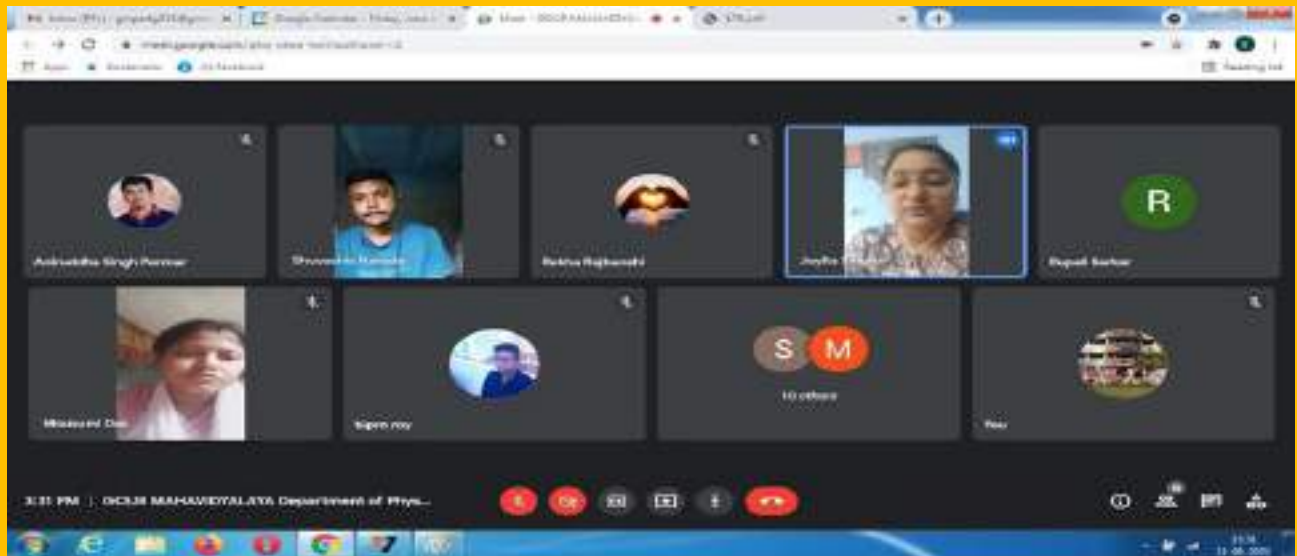
Important Notes:

ONLINE TEACHING AND LEARNING: 2021

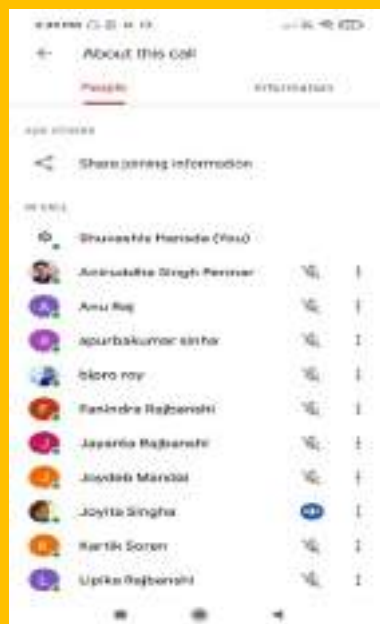
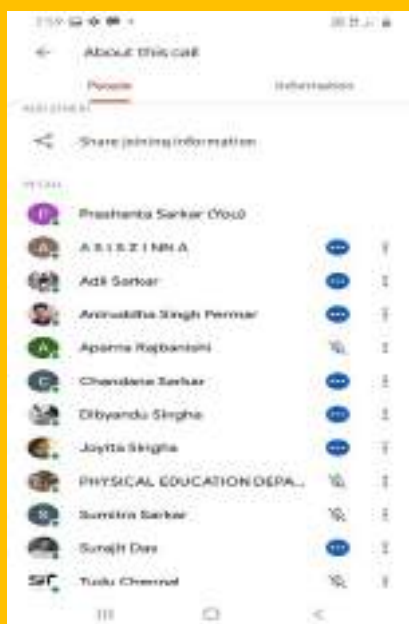
Name of Teacher	Name of the Module	Platform on which module is developed	From to
1. PHYSICAL EDUCATION APURBA KUMAR SINHA STATE AIDED COLLEGE TEACHER	WhatsApp, Laptop, Google Meet,Class, sharing	Computer ,Laptop, Mobile	11.06.2021 onwards Online
2. PHYSICAL EDUCATION ANIRUDDHA SINGH PERMAR STATE AIDED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

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

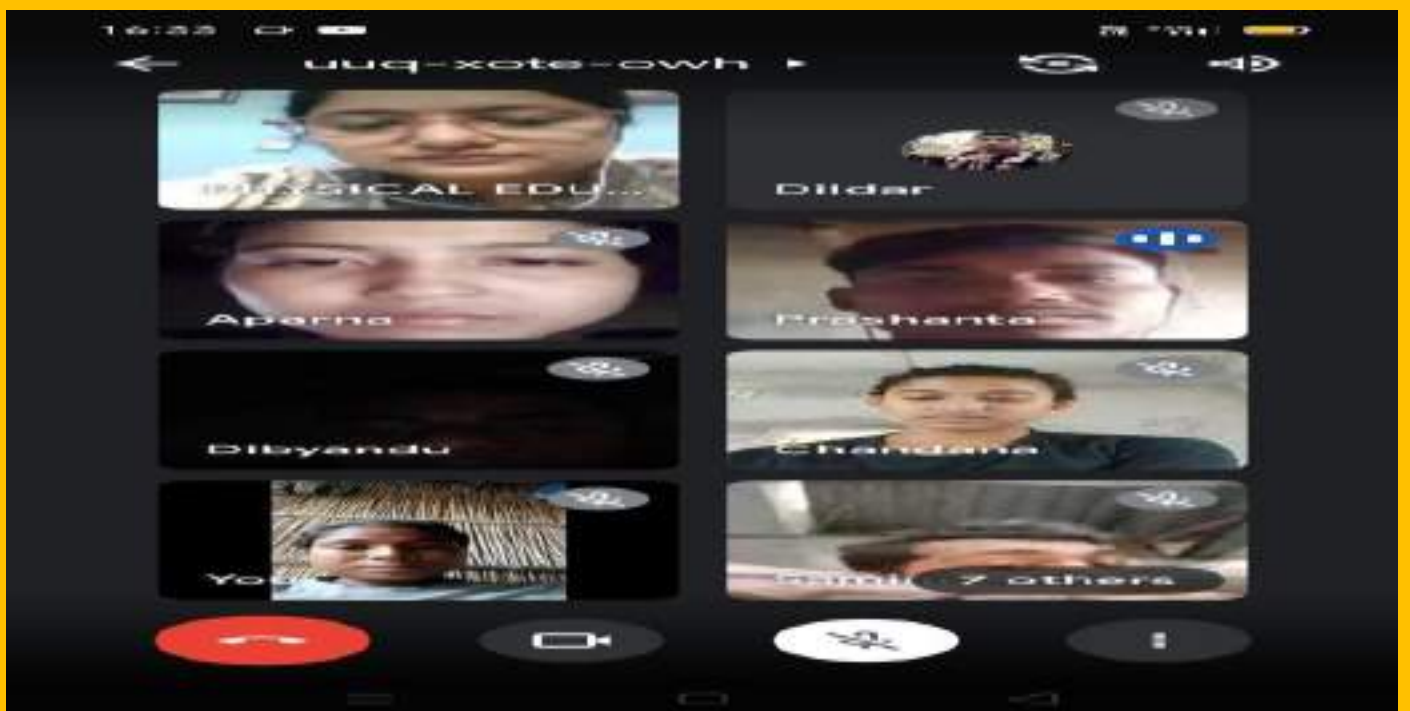




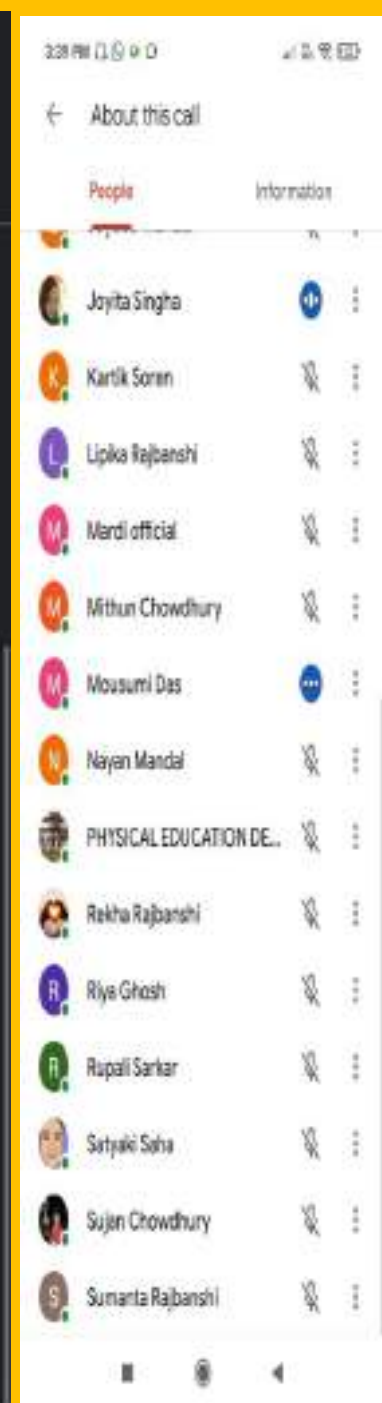
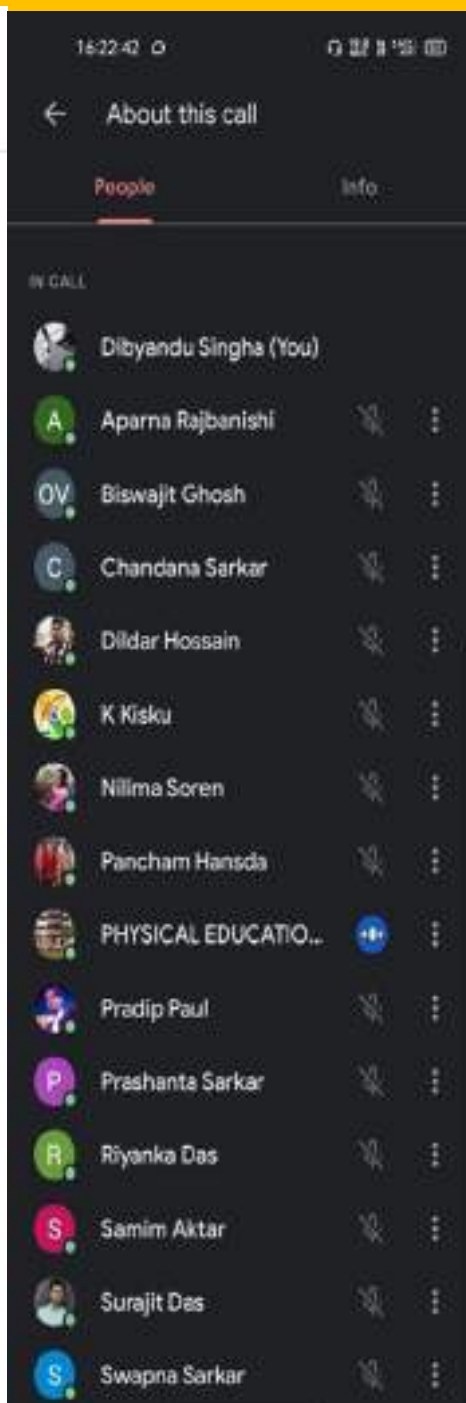
ATTENDANCE



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



ATTENDANCE



SPECIAL YOGA CLASS

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

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


ONLINE SPECIAL YOGA CLASS **GOUR MAHAVIDYALAYA**
DEPARTMENT OF PHYSICAL EDUCATION



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




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

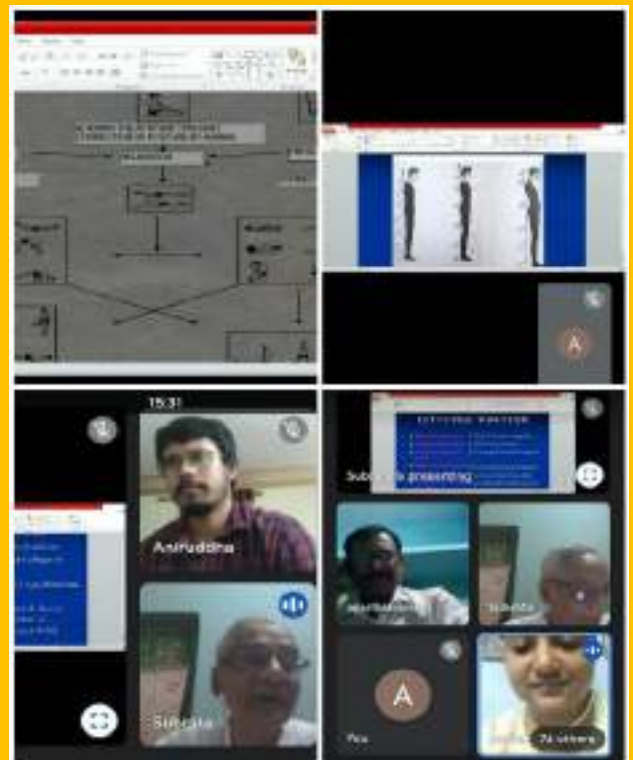
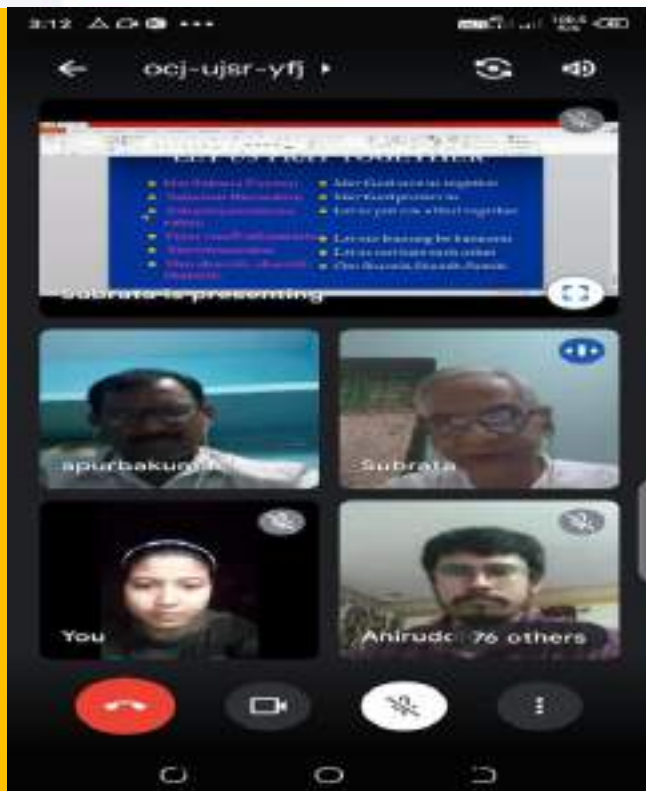


**Dated : 15th June
2021, 3.00 pm**

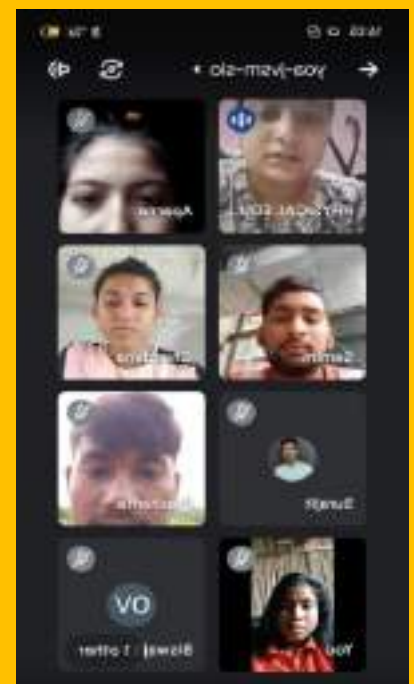
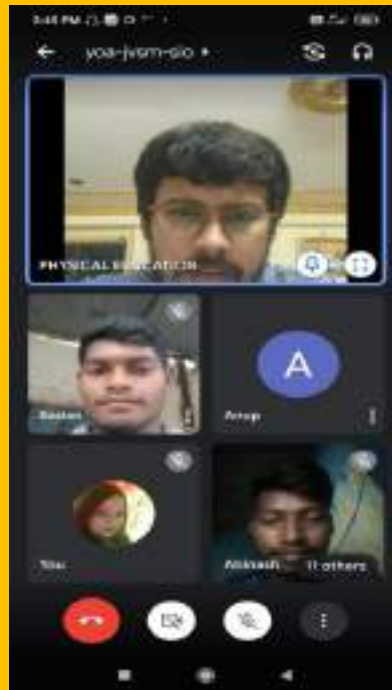
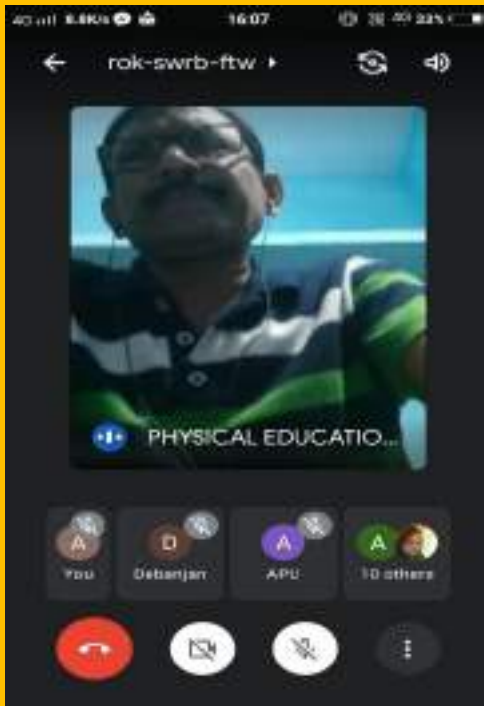
Mentor & Organizers
**Apurba Kumar Sinha
Aniruddha Singh Permar
Joyita Singha**
State Aided College Teacher



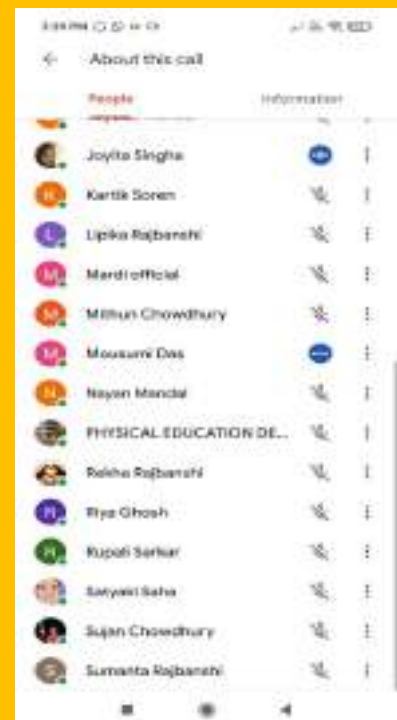
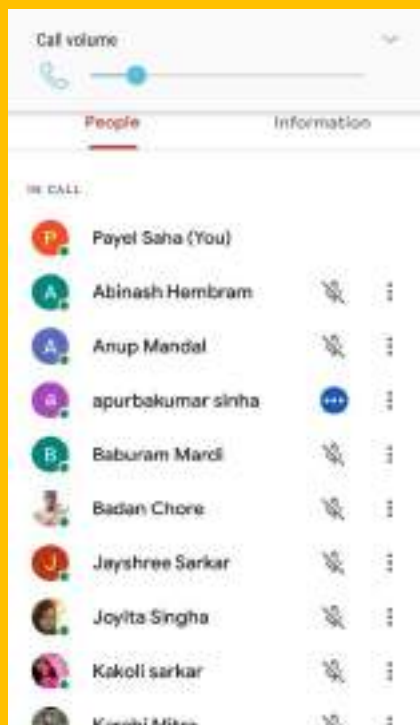
Platform : Google Meet (Link will be share
30 mints Before the Special Yoga Class)



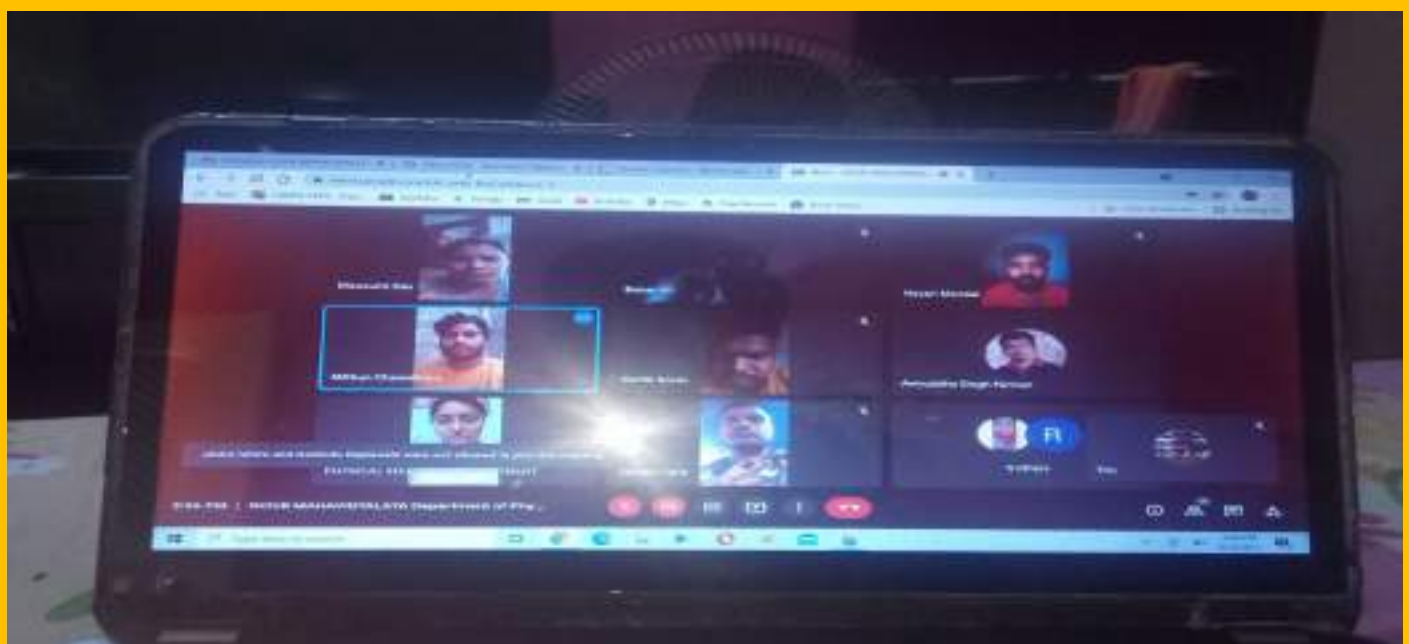
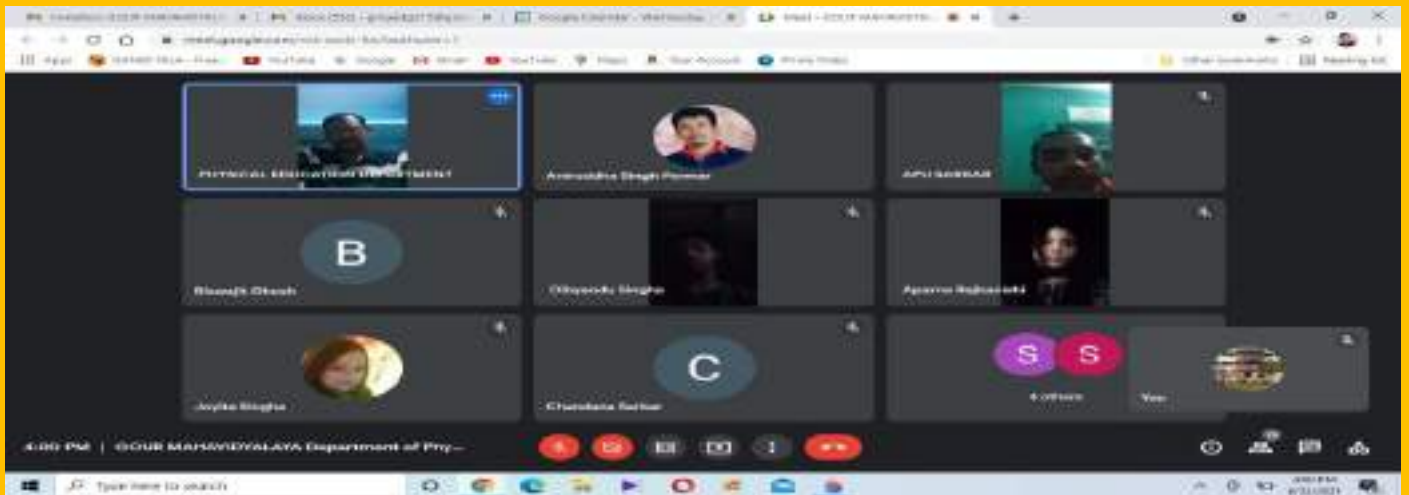
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 21.06.2021



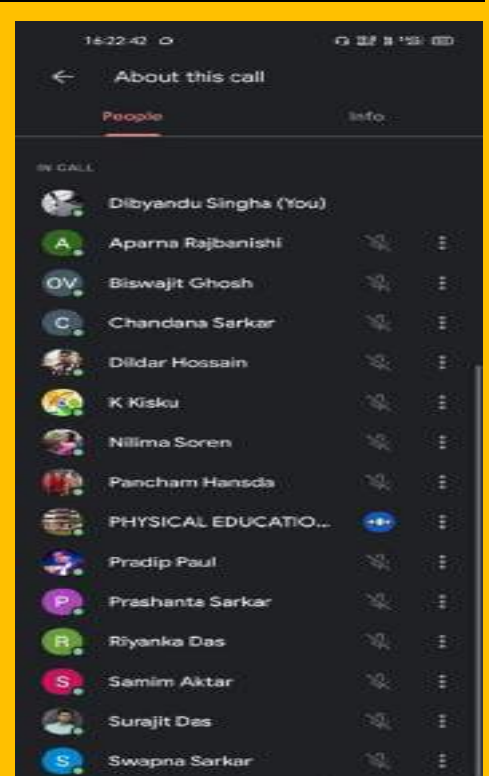
ATTENDANCE



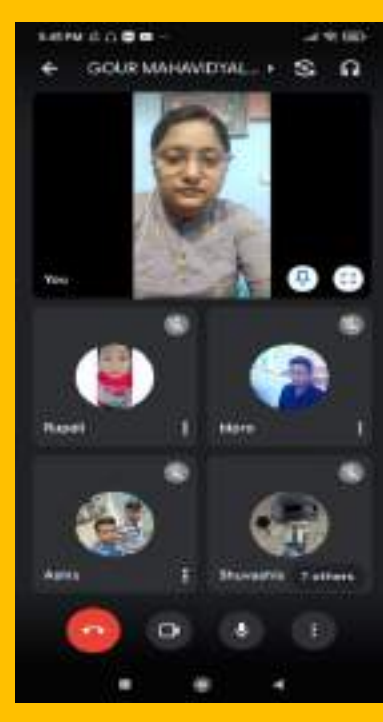
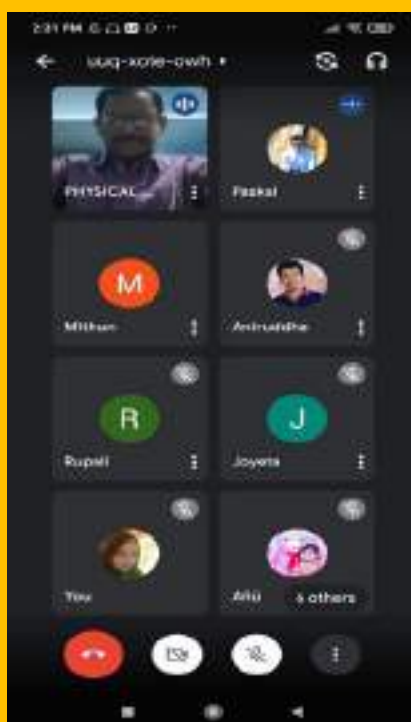
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC-2 , DC – 4 & VII, VIII
DATE : 23.06.2021



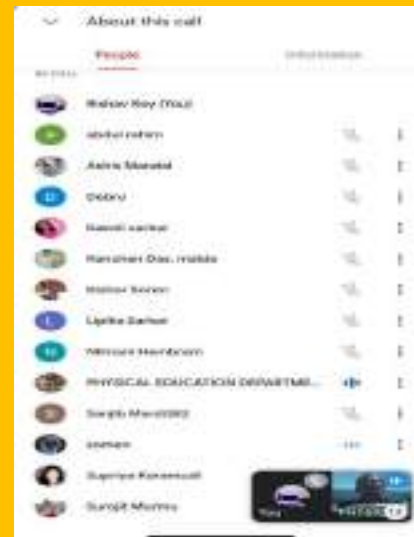
ATTENDANCE



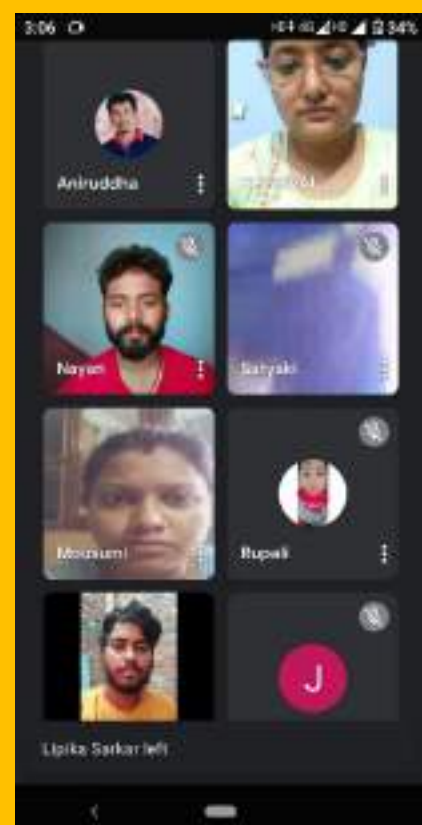
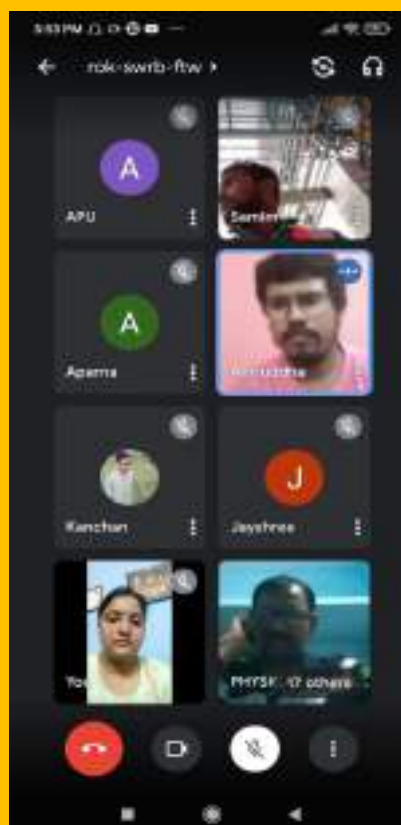
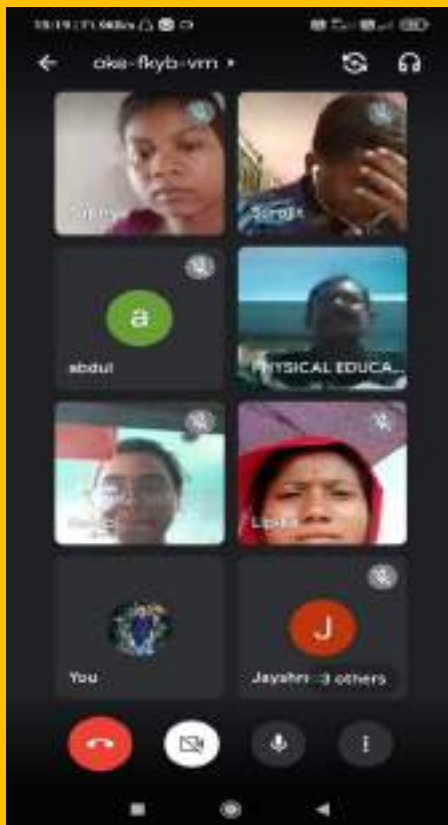
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 25.06.2021



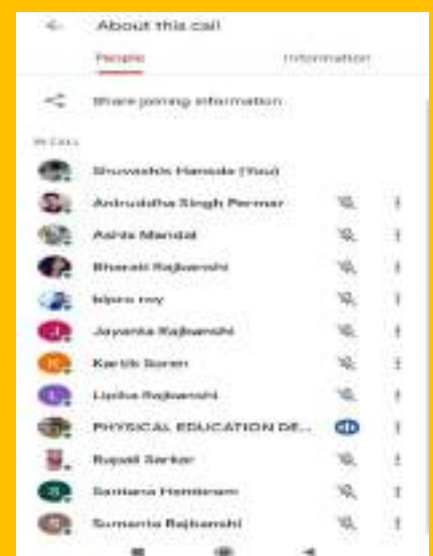
ATTENDANCE



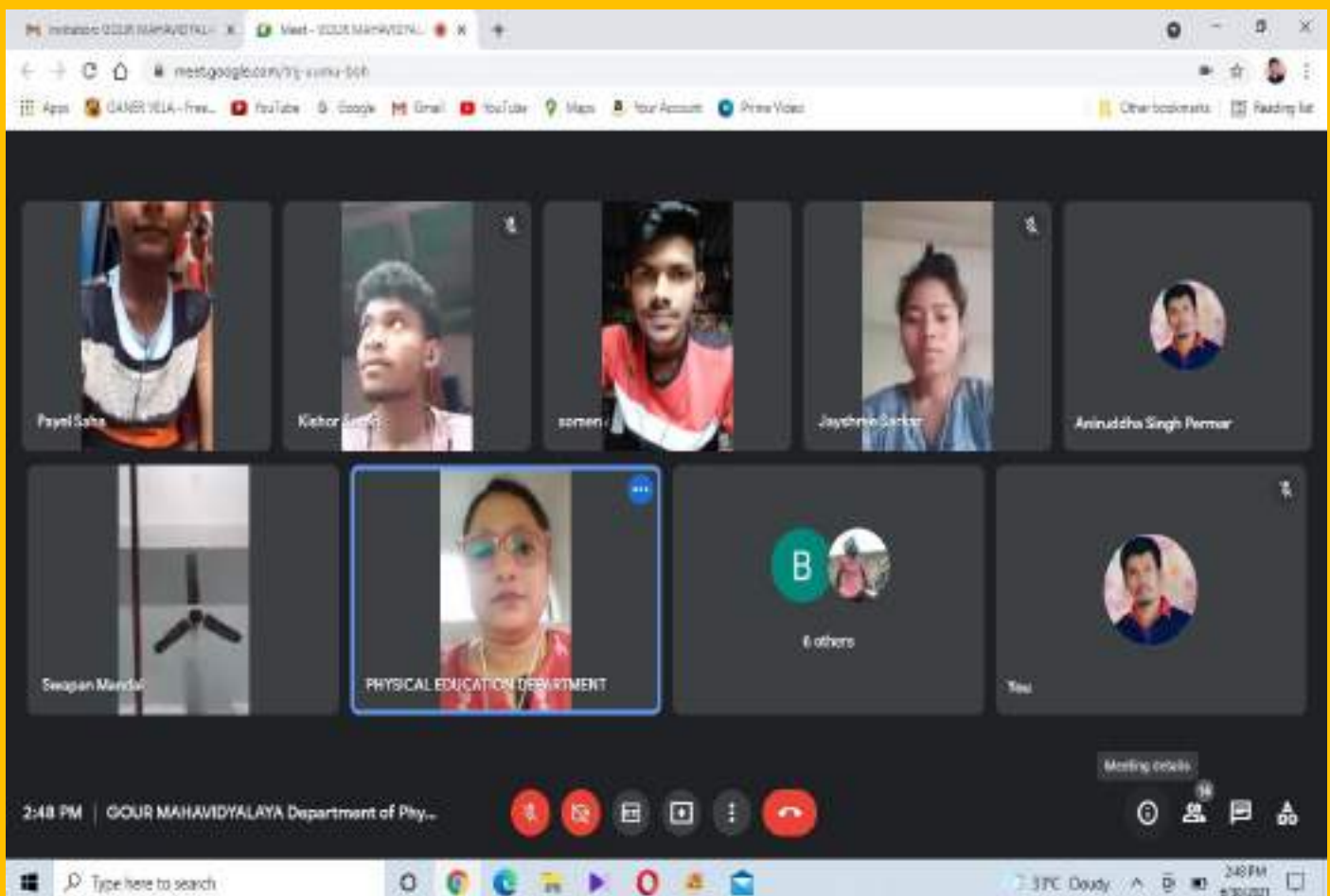
APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 28.06.2021

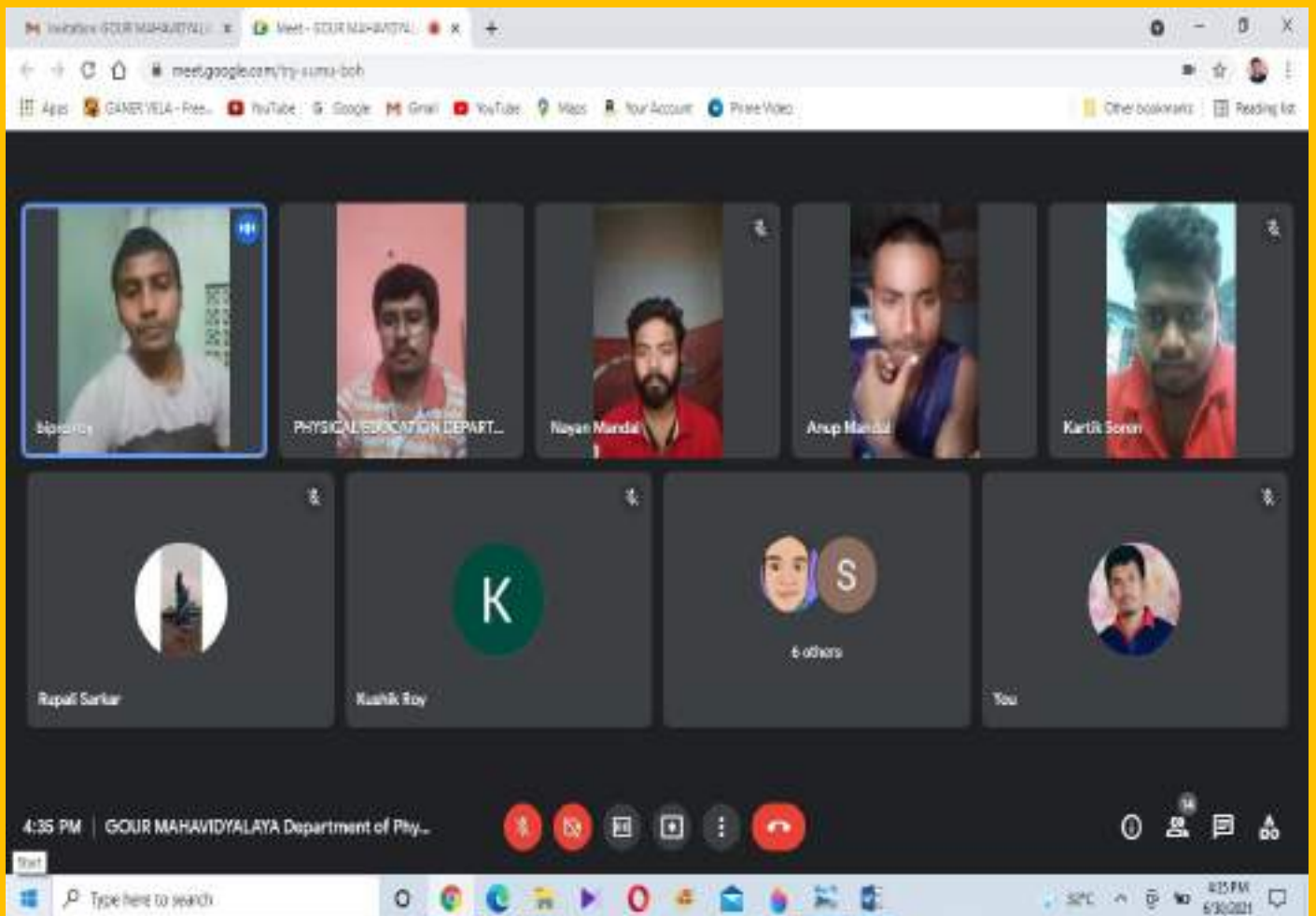
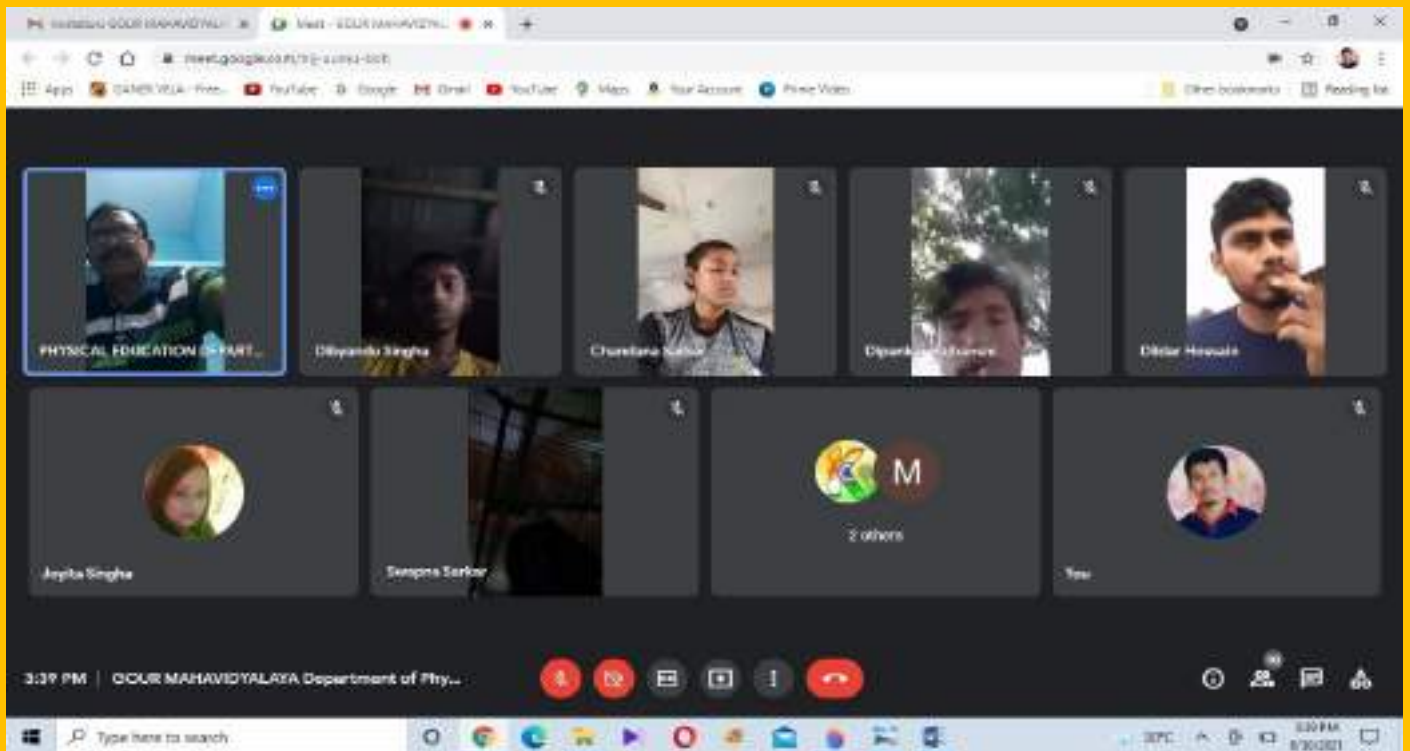


ATTENDANCE

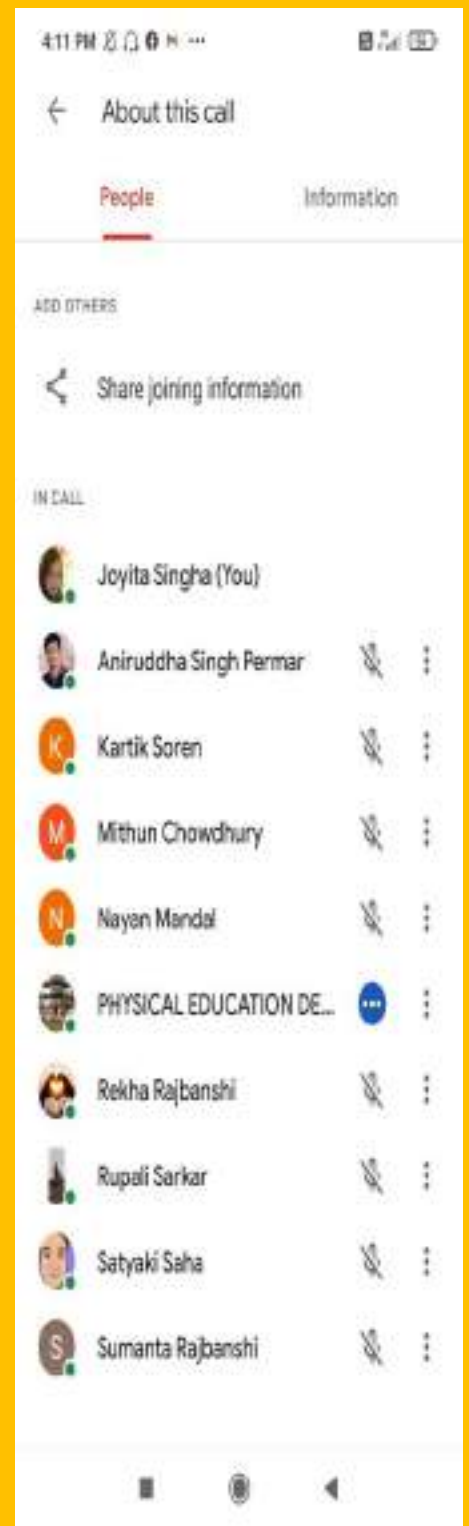
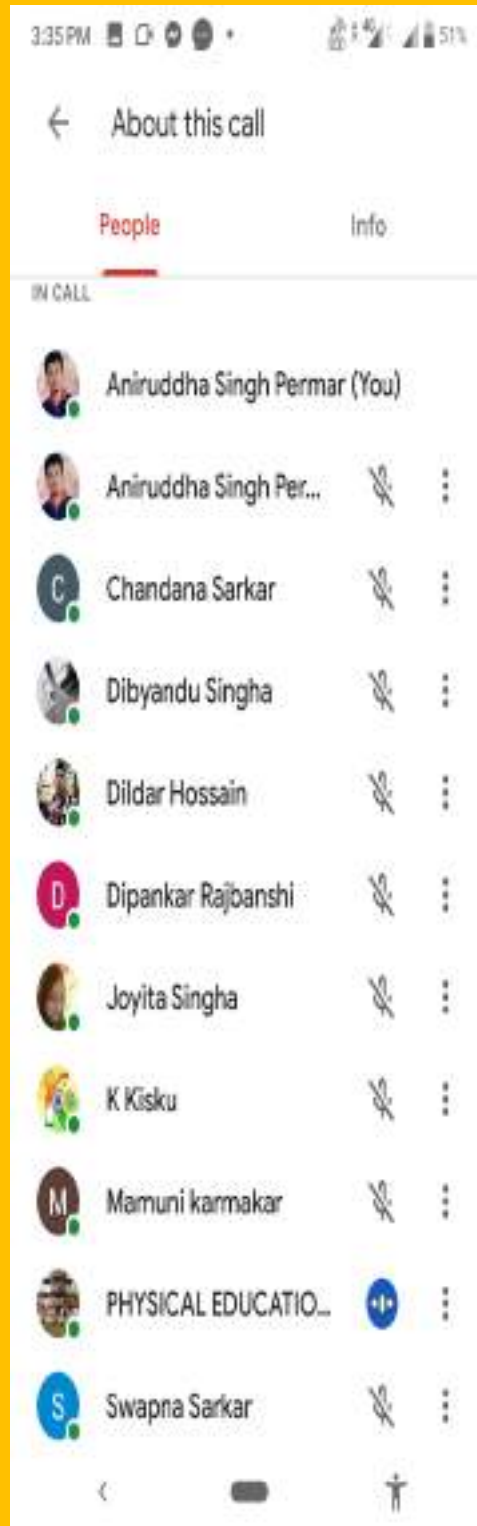
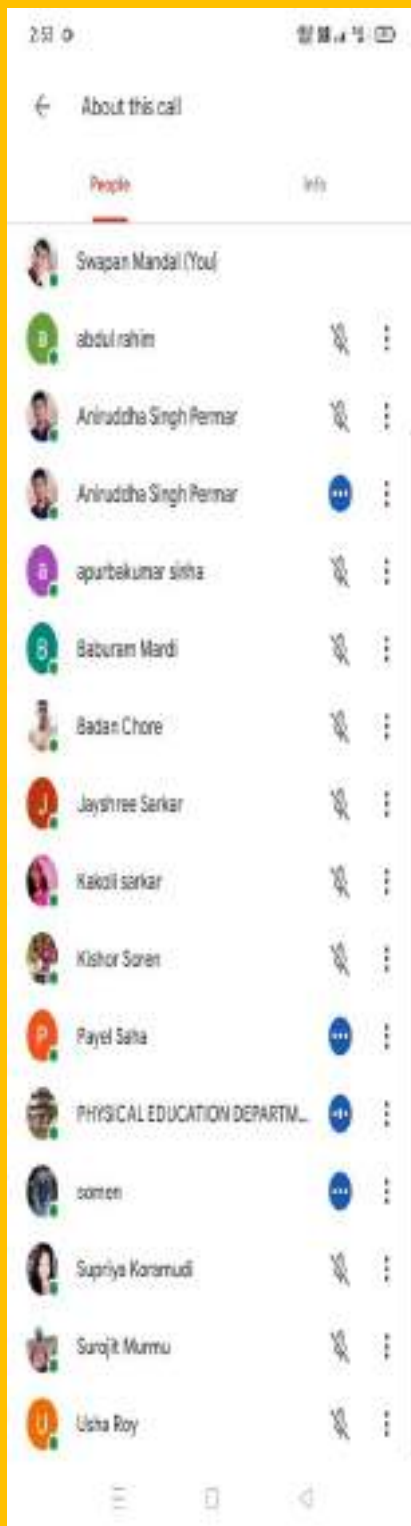


APURBA KUMAR SINHA ,ANIRUDDHA SINGH PERMAR & JOYITA SINGHA
STATE AIDED COLLEGE TEACHER SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII, VIII
DATE : 30.06.2021





ATTENDANCE



GOOGLE CALENDAR ONLINE CLASS

RECORD JUNE – 2021

11/06/2021 TO 30/06/2021

5:06 PM 4G 23%

June

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

< + >

ONLINE CLASS ROUTINE MONTH OF JULY - 2021

02.07.2021 to 30.07.2021

GOUR MAHAVIDYALAYA

DEPARTMENT OF PHYSICAL EDUCATION

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

DAY AND DATE	PERIOD - 1 2:30PM to 3:00PM	PERIOD - 2 3:15PM to 3:45PM	PERIOD - 3 4:00PM to 4:30PM	REMARKS
FRIDAY 02-07-21	SEMESTER-4 ASP UNIT-3 & (4.3)	PART-3 JS UNIT-3 & 4	SEMESTER-2 AKS UNIT-2 & (4.1 & 2)	
MONDAY 05.07.21	PART-3 AKS UNIT-5 & 6	SEMESTER-2 ASP UNIT-1 & (4.3)	SEMESTER-4 JS UNIT-2 & (4.1)	
WEDNESDAY 07-07-21	SEMESTER-2 JS UNIT-3 & (4.3)	SEMESTER-4 AKS UNIT-1 & (4.1 & 2)	PART-3 ASP UNIT-1 & 2	
FRIDAY 09-07-21	SEMESTER-4 ASP	PART-3 JS	SEMESTER-2 AKS	
MONDAY 12-07-21	PART-3 AKS	SEMESTER-2 ASP	SEMESTER-4 JS	RATH YATRA (HOLIDAY)
WEDNESDAY 14-07-21	SEMESTER-2 JS	SEMESTER-4 AKS	PART-3 ASP PRACTICAL	
FRIDAY 16-07-21	SEMESTER-4 ASP	PART-3 JS	SEMESTER-2 AKS	
MONDAY 19-07-21	PART-3 AKS	SEMESTER-2 ASP	SEMESTER-4 JS	
WEDNESDAY 21-07-21	SEMESTER-2 JS	SEMESTER-4 AKS	PART-3 ASP	ID-UZ-ZOHRA (HOLIDAY)
FRIDAY 23-07-21	SEMESTER-4 ASP PRACTICAL	PART-3 JS	SEMESTER-2 AKS PRACTICAL	
MONDAY 26.07.21	PART-3 AKS PRACTICAL	SEMESTER-2 ASP	SEMESTER-4 JS	
WEDNESDAY 28.07.21	SEMESTER-2 JS	SEMESTER-4 AKS PRACTICAL	PART-3 ASP PRACTICAL	
FRIDAY 30.07.21	SEMESTER-4 ASP	PART-3 JS	SEMESTER-2 AKS	

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

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : APURBA KUMAR SINHA

02.07.2021 to 30.07.2021

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

TEACHER NAME: APURBA KUMAR SINHA
STATE AIDED COLLEGE TEACHER

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

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

Date: 07-07-2021
SEMESTER-4
UNIT-I: INTRODUCTION OF HEALTH EDUCATION
TOPIC-1: School Health Program, Health Service,
Health Inspection, Health Supervision,
Health appraisal and Health Record.

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

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

Date: 10-07-2021
SEMESTER-2
UNIT-II: TOURNAMENTS
TOPIC: Method of Organizing of Extracurricular
Competition

UNIT-III: LEADERSHIP
TOPIC: Meaning, Definition of Leadership,
Qualities of good leader in physical education

17-07-2021
PART-3
UNIT-6: THERAPEUTIC VALUES OF YOGA AND
PHYSICAL EXERCISE
TOPIC: School Physiotherapy, Electro Therapy
and Massage Therapy.

23-07-2021
SEMESTER-2
FIELD PRACTICAL
lay out knowledge and officiating
1. Track and Field events.

Date: 26-07-2021
PART-3
PART-VIII PRACTICAL
UNIT-2 Officiating @ Athletics (Indian
games and Major games)

UNIT-3: Specific Exercise Program for
Rehabilitation including Yoga asana for
regional injuries (Shoulder, Wrist, Throat,
Hip, Knee and Ankle injuries).

28-07-2021
SEMESTER-4
LAB PRACTICAL-4: First Aid Practical
Triangular bandage: Slings (Arm Slings, Collar
Cuff Slings) Rubber Bandages: Simple, Reverse Sprink
2. Medical application of cryotherapy.

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

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : ANIRUDDHA SINGH PERMAR

02.07.2021 to 30.07.2021

30th 02/07/2021
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DAIRY FOR SEMESTER-III
SEMESTER-IV AND PART - III
CLASS ROUTINE SCHEDULE
FROM 01-07-2021 TO 30-07-2021
(MONTH OF JULY - 2021)
TEACHER NAME :-
ANIRUDDHA SINGH PERMAR
(LTD. PHYS. EDUC. TEACHER)

02-07-2021
SEMESTER - IV
UNIT - III MOTOR FITNESS AND HEALTH
TOPIC :- Relation ship between physical
ability and health

05-07-2021
SEMESTER - IV
UNIT - III LEADERSHIP
TOPIC :- Importance of leadership ability

01 14-07-2021
SEMESTER - IV PAPER ONE - 200-2
TOPIC :-
① Gymnastic
② Yoga
③ Karayana

15-07-2021
SEMESTER - IV PAPER - 200-2
UNIT - 1 - Posture and Movement
TOPIC :- Method of calculation of standard time
and hand time

23-07-2021
SEMESTER - IV PAPER ONE - 200
TOPIC -
① Gymnastic
② Yoga
③ Karayana

31 07-07-2021
PART - III (PAPER - IV)
UNIT - 1 :- Importance of physical conditioning,
form of, calisthenic and aerobic
importance.

09-07-2021
SEMESTER - IV (200-2 PAPER)
UNIT - III - MOTOR FITNESS AND HEALTH
TOPIC :- Importance of physical activity and
its importance.

14/07/2021
PART - III - PAPER - VII
UNIT - 1 :- Participation in Regular fitness
Programme (To be tested)
① Answer your interest to it and
covering minor details test.

03 16-07-2021
SEMESTER - IV - PAPER - 200-2
UNIT - 1 - ① Principles of sports Management,
② School Sports Programme,
③ Sports Manager and Role of a Manager.

25-07-2021
PART - III PAPER - VIII -
UNIT - 1 - ① Correct motor Ability
UNIT - 10 - ① Participating in Social Group
Programme A.E.E. Brachard, B.S.S. Paper
and important.

30-07-2021
Examination - 10th/July class test -
(SEM - IV), (SEM - IV), (PART - III)

ONLINE CLASS DAIRY MONTH OF JULY - 2021

TEACHER NAME : JOYITA SINGHA

02.07.2021 to 30.07.2021

01
GADGE MAHARAJWASTHA, MALDA
DEPARTMENT OF PHYSICAL EDUCATION
ONLINE CLASS DAIRY FOR SEMESTER-2,
SEMESTER-4 AND PART-3
CLASS COURSE SCHEDULE FROM 02-07-2021 TO
30-07-2021 (MONTH OF JULY 2021)
TEACHER NAME: JOYITA SINGHA
02-07-2021
PART-3
UNIT-3: Different type of testing methods: Repetition,
Method and test, 2000 and Armita-injury
06-07-2021
SEMESTER-4
UNIT-1: Health disorders due to deficiency of
vitamins and minerals
07-07-2021
SEMESTER-2
UNIT-4: Meaning and definition of Leadership:
Qualities of good leader in physical Education

02
07-07-2021
PART-3
UNIT-11: Mechanical principles of Applied sports: Force,
Motion, Law of Motion
14-07-2021
SEMESTER-3
UNIT-14: Principles of Leadership activities:
UNIT-11: Procedures of drawing: Triangles
16-07-2021
PART-3
UNIT-4: Centre of Gravity, Equilibrium stability &
Position, Levers and Body Levers
19-07-2021
SEMESTER-4
UNIT-3: Physical definition: Cause and remedy &
causes of hypoxia: Leukemia

03
23-07-2021
PART-3
UNIT-11: Participating in social service programmes
NCC, NSI
26-07-2021
SEMESTER-4
UNIT-4: Management of sports injuries through the
application of Exercise and Massage therapy
28-07-2021
SEMESTER-2
UNIT-4: Hierarchy of leadership in school, college
and university level
30-07-2021
PART-3
UNIT-4: Force Motion, Conservation, Centre of
Gravity, Levers and Body Levers
Online class Test Examinations for
Semester-2, Semester-4 and Part-3
Joyita Singha
Department of Physical Education
Gadge Maharajwastha, Malda.

TEACHER NAME

APURBA KUMAR SINHA

ANIRUDDHA SINGH PERMAR

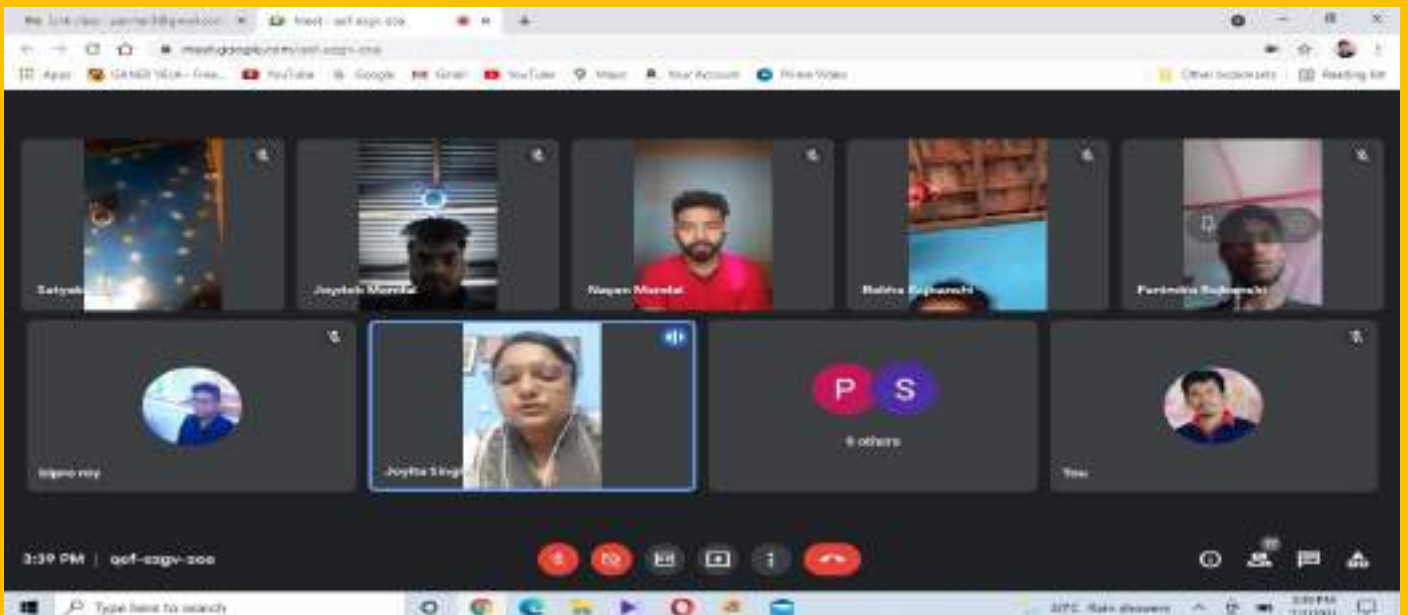
JOYITA SINGHA

STATE AIDED COLLEGE TEACHER

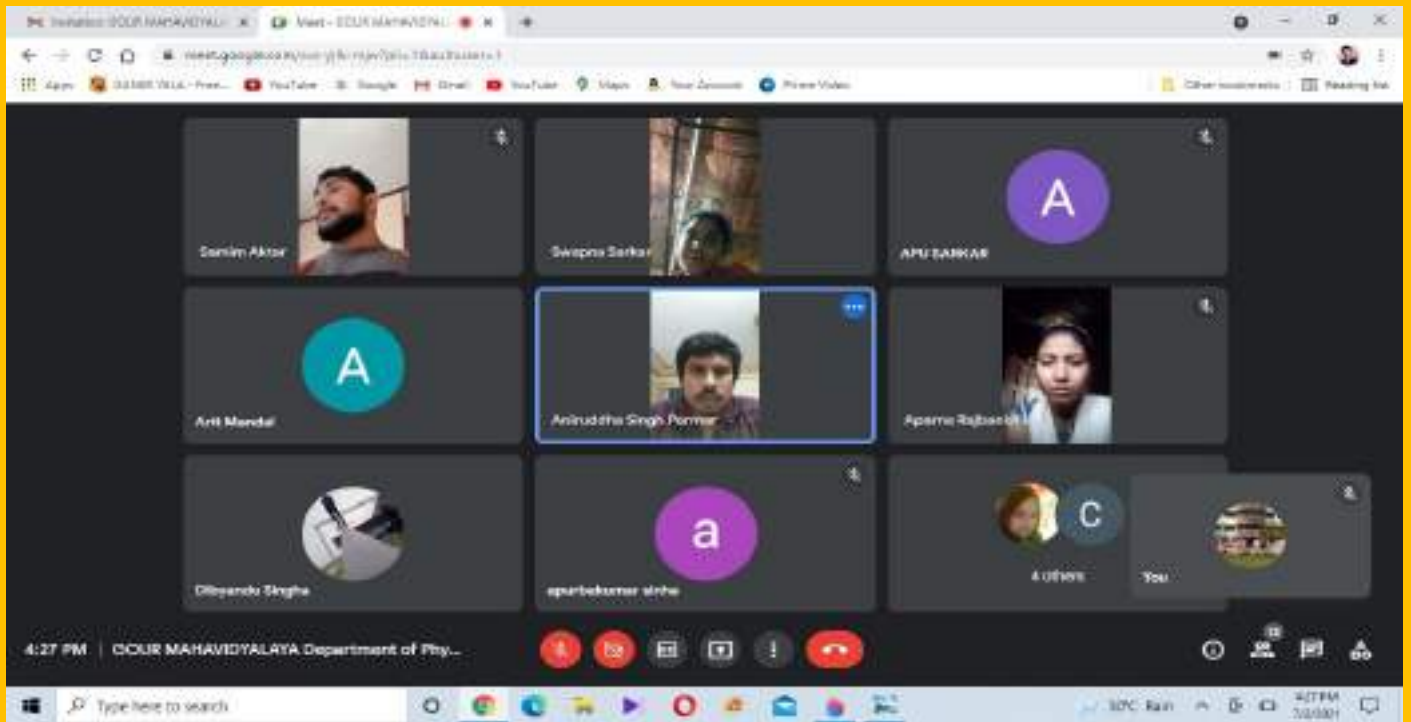
SEMESTER- II, IV & PART – 3 : DC -2 , DC – 4 & VII & VIII

DATE : 02.07.2021

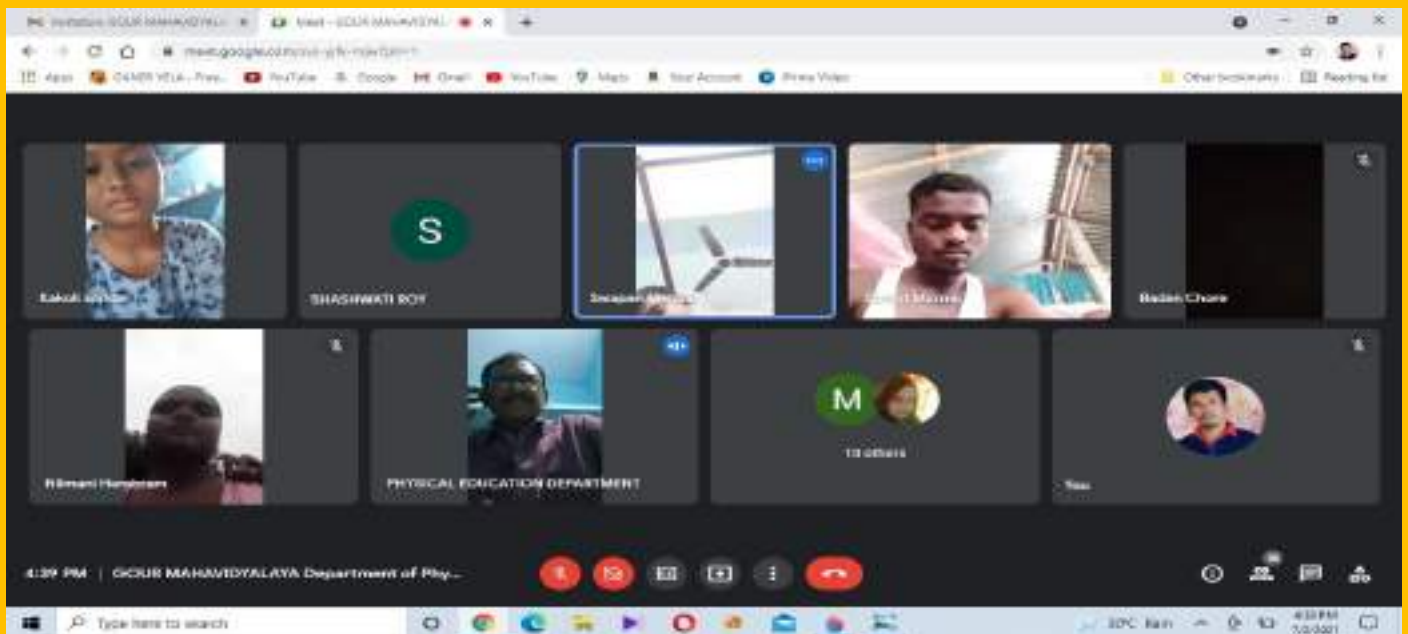
PART – 3



SEMESTER - IV



SEMESTER - II

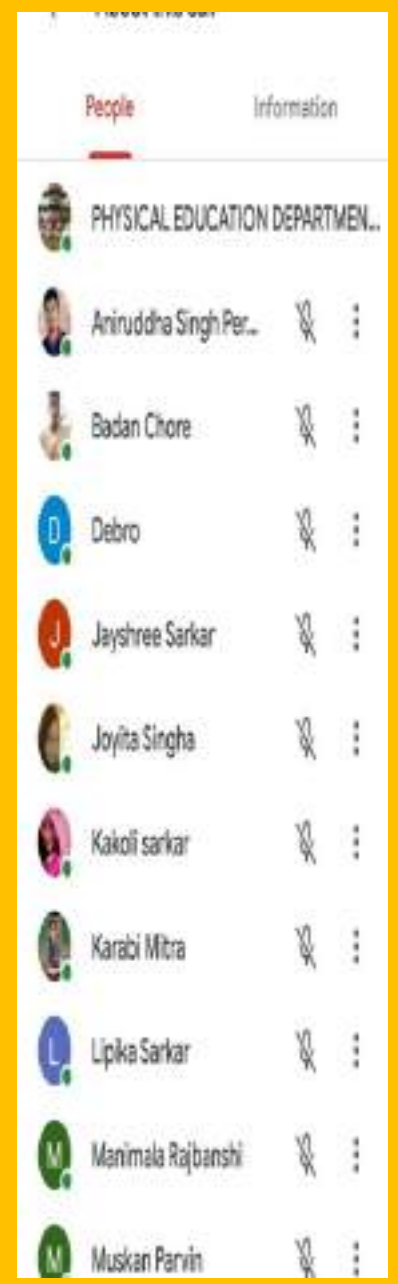
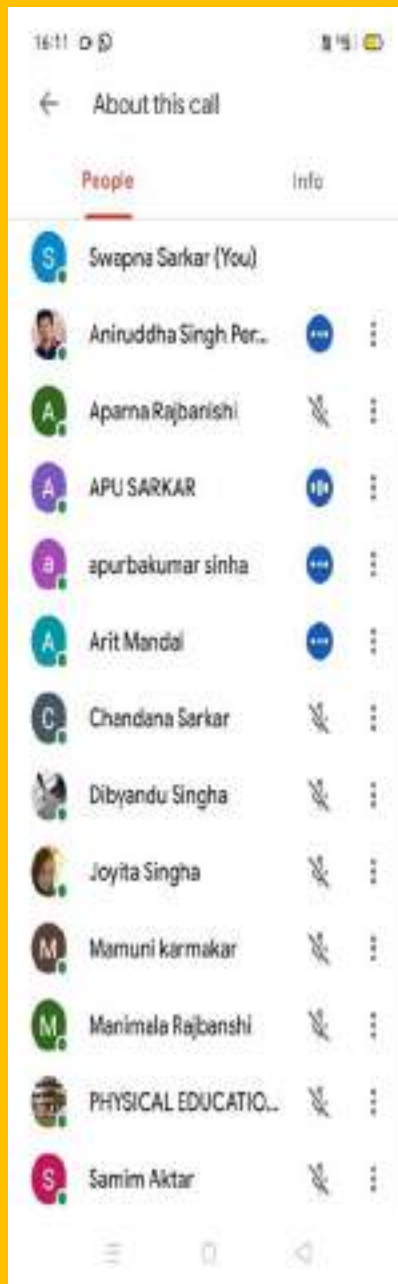
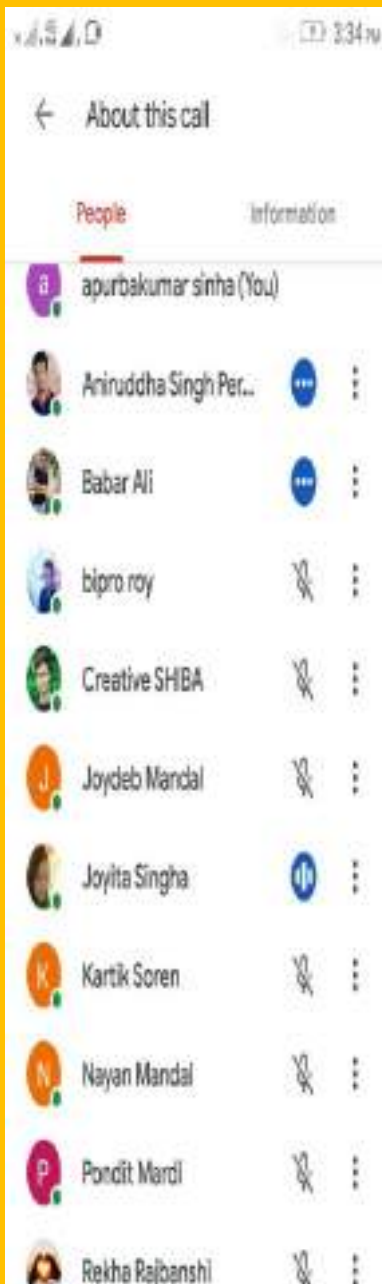


ATTENDANCE

PART – 3

SEMESTER - IV

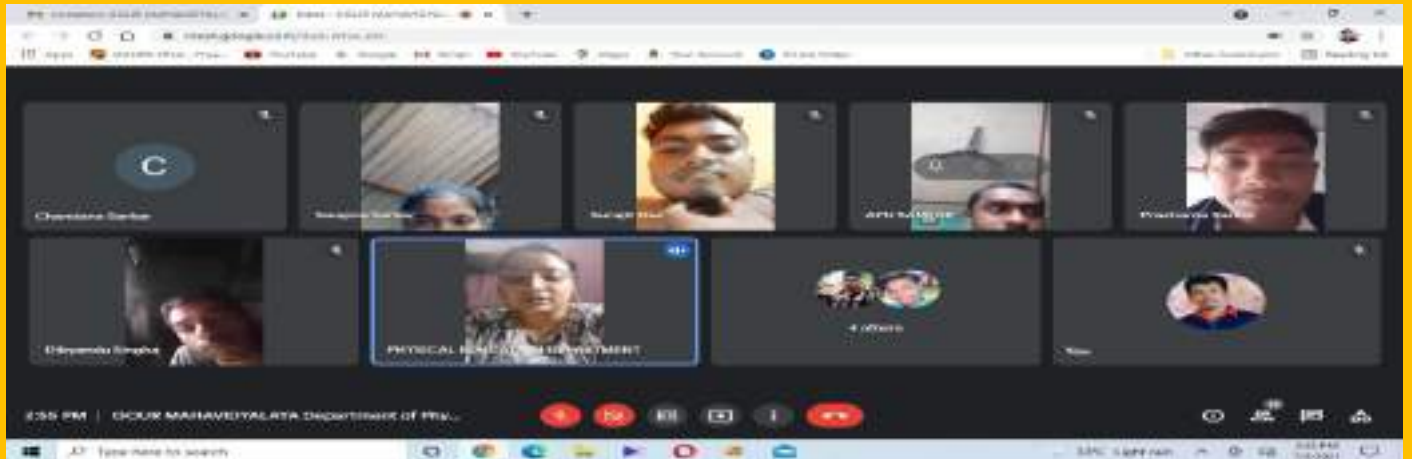
SEMESTER - II



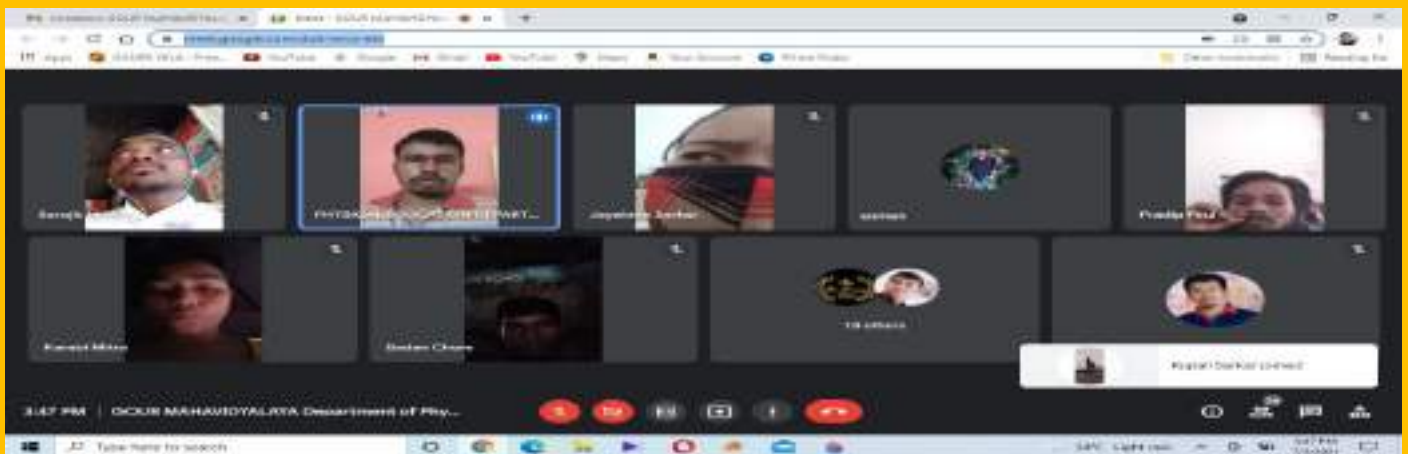
DATE : 05.07.2021

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

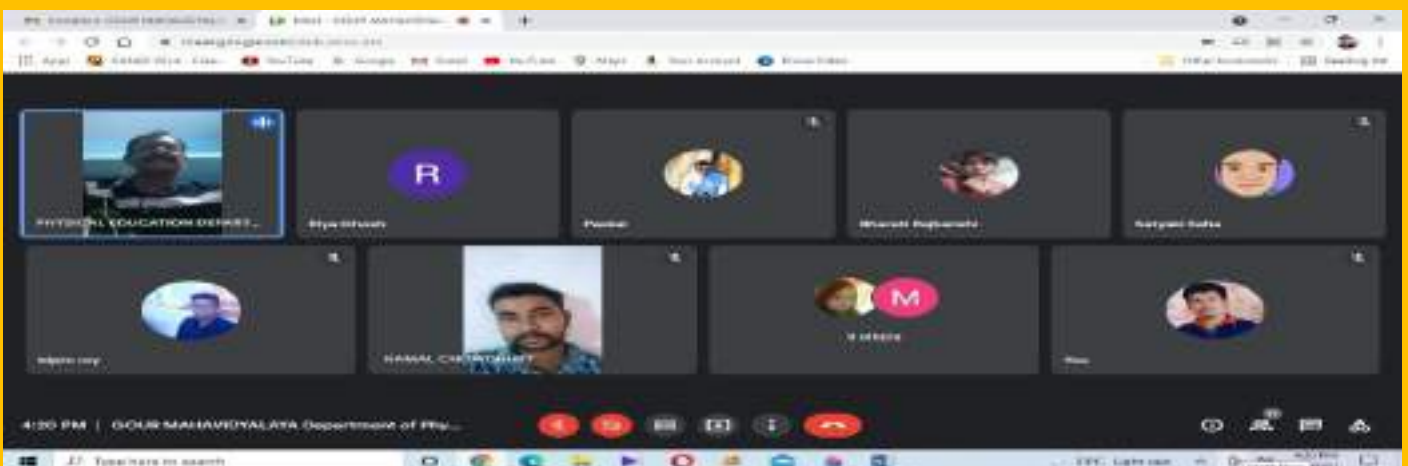
SEMESTER – IV : JOYITA SINGHA



SEMESTER – II ANIRUDDHA SINGH PERMAR



PART – 3 : APURBA KUMAR SINHA

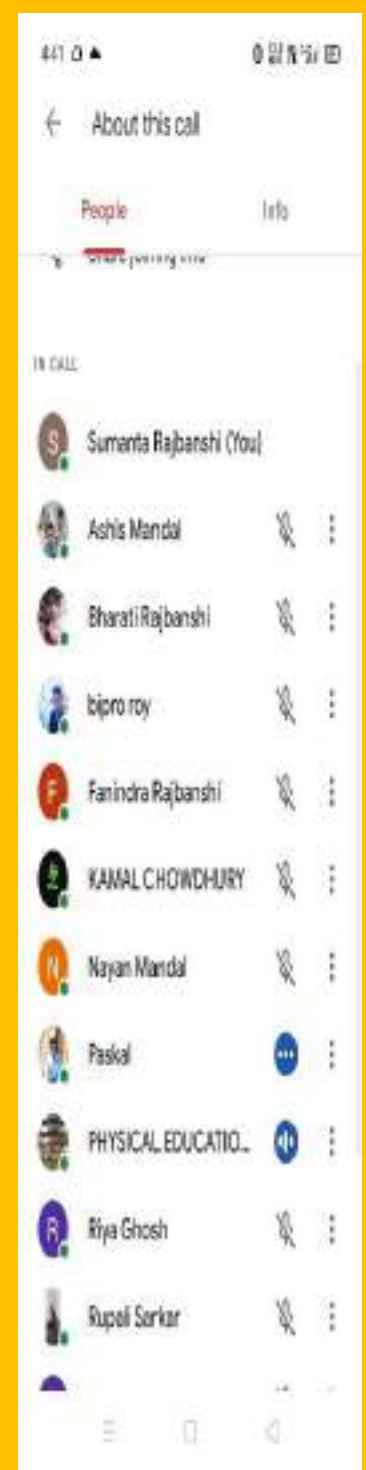
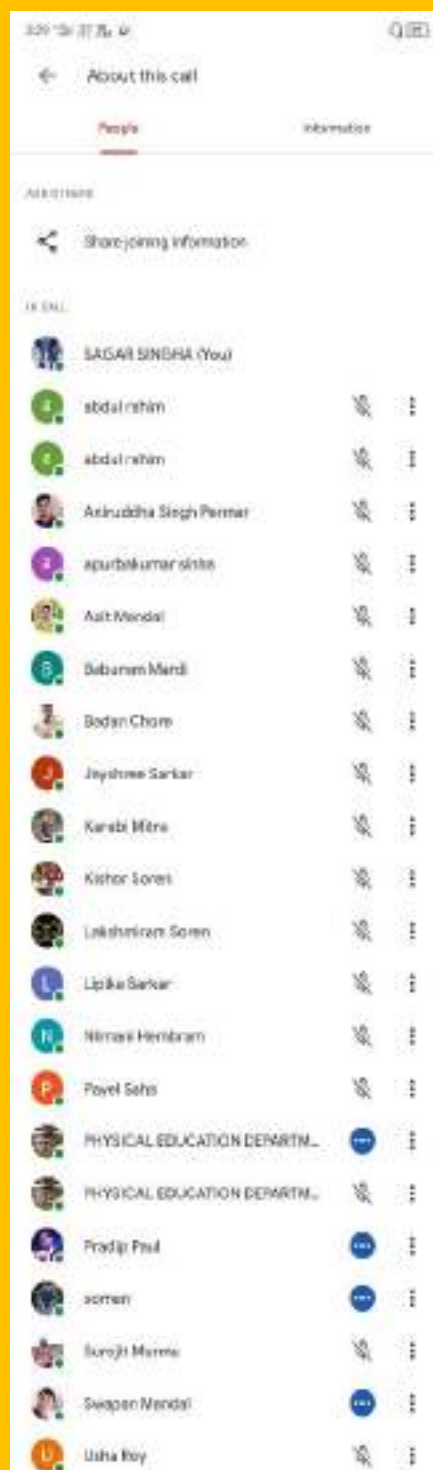
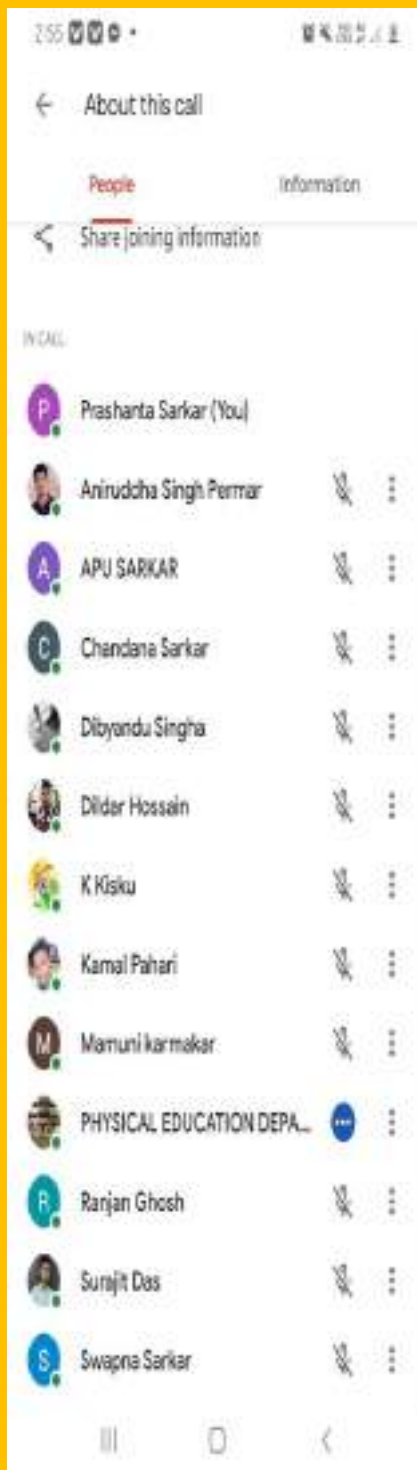


ATTENDANCE

SEMESTER - IV

SEMESTER - II

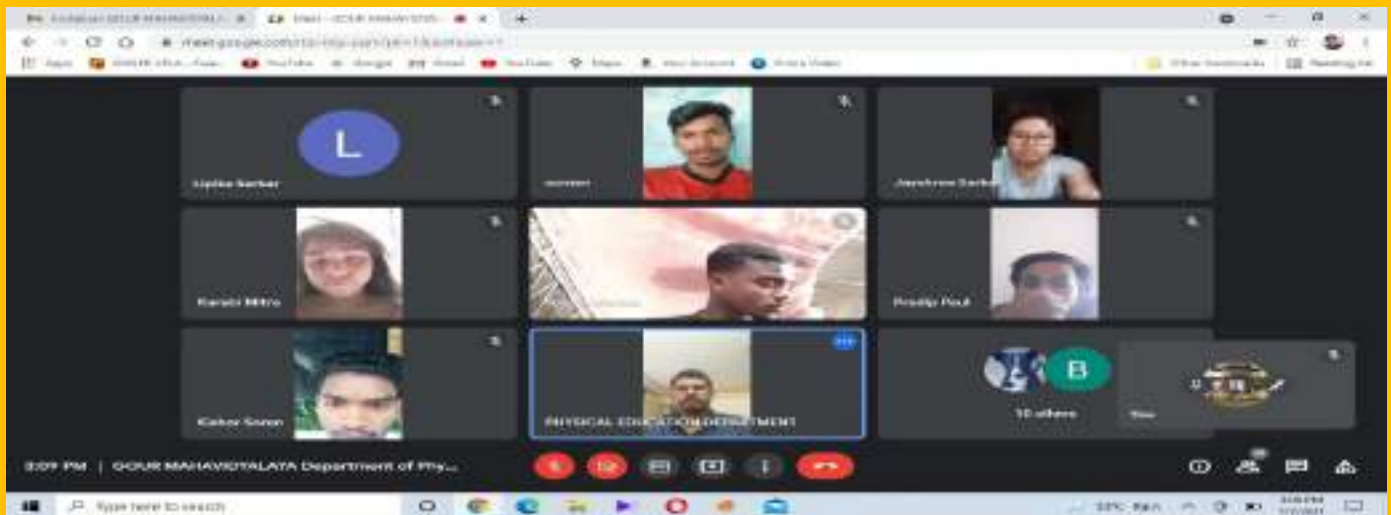
PART - 3



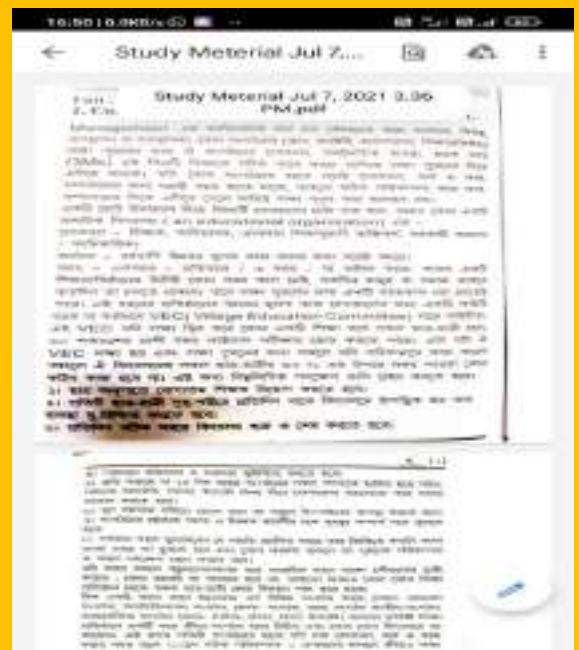
DATE : 07.07.2021

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

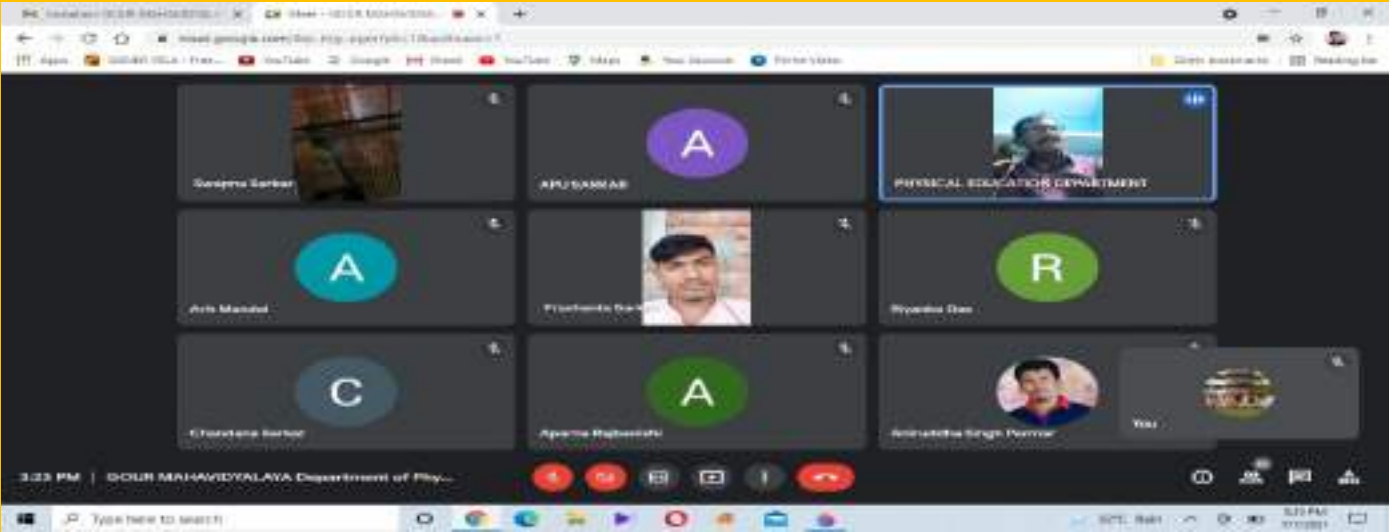
SEMESTER - II ANIRUDDHA SINGH PERMAR



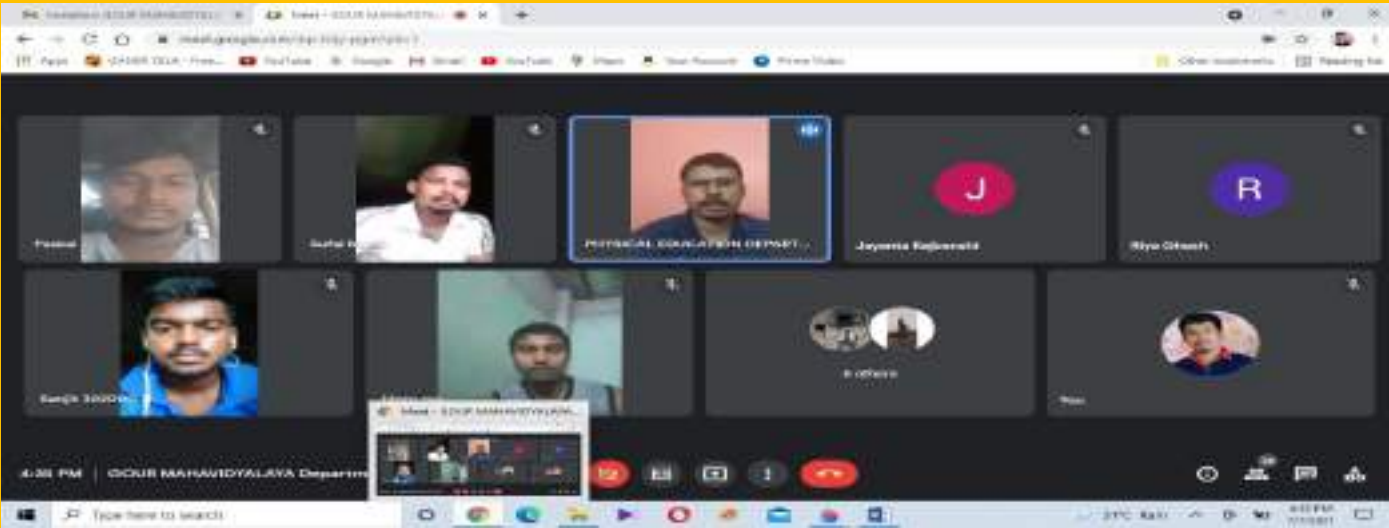
STUDY MATERIALS



SEMESTER – IV : APURBA KUMAR SINHA



PART – 3: ANIRUDDHA SINGH PERMAR

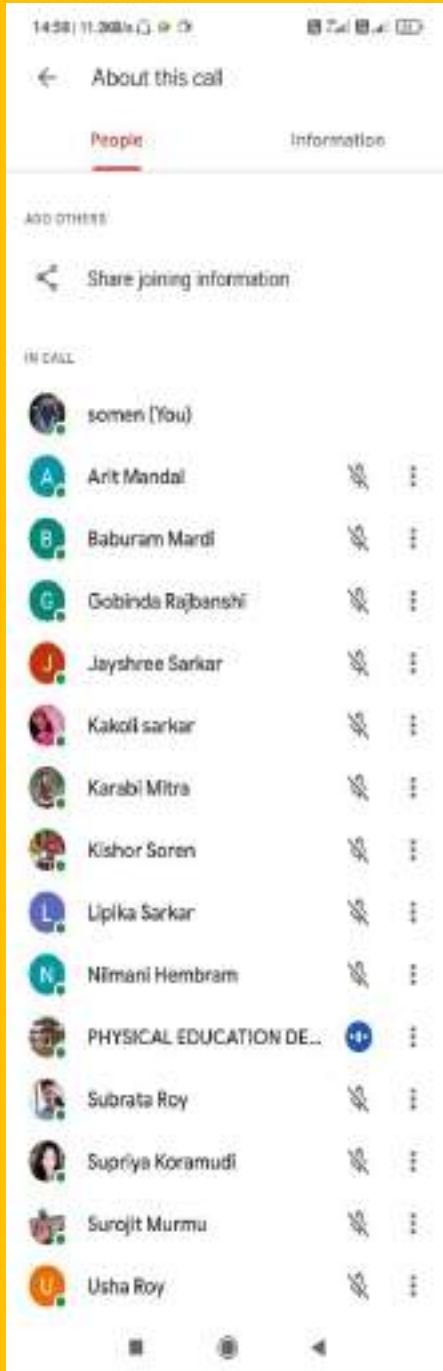


STUDY MATERIALS

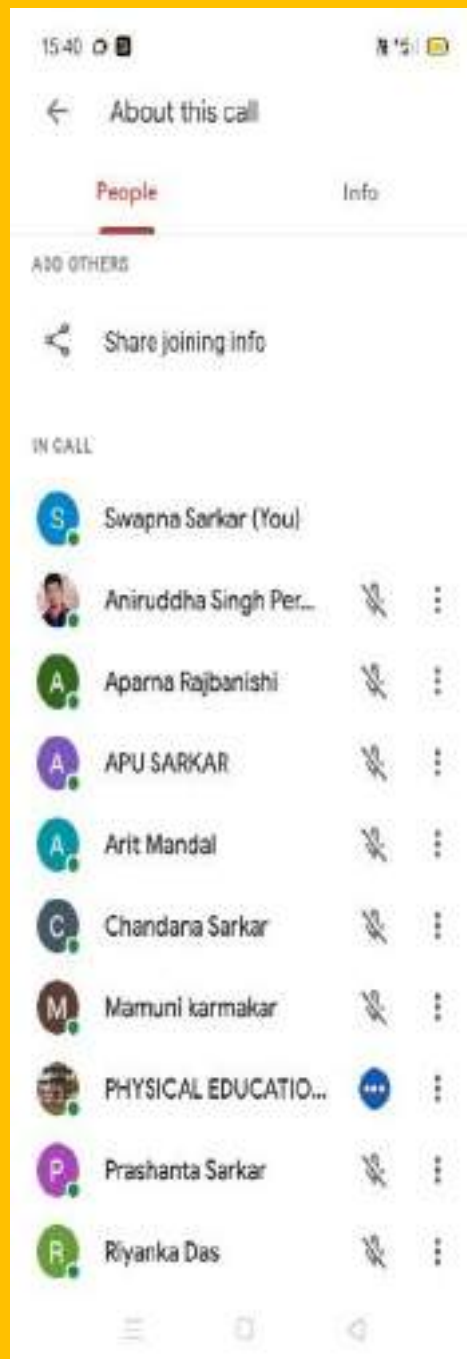


ATTENDANCE

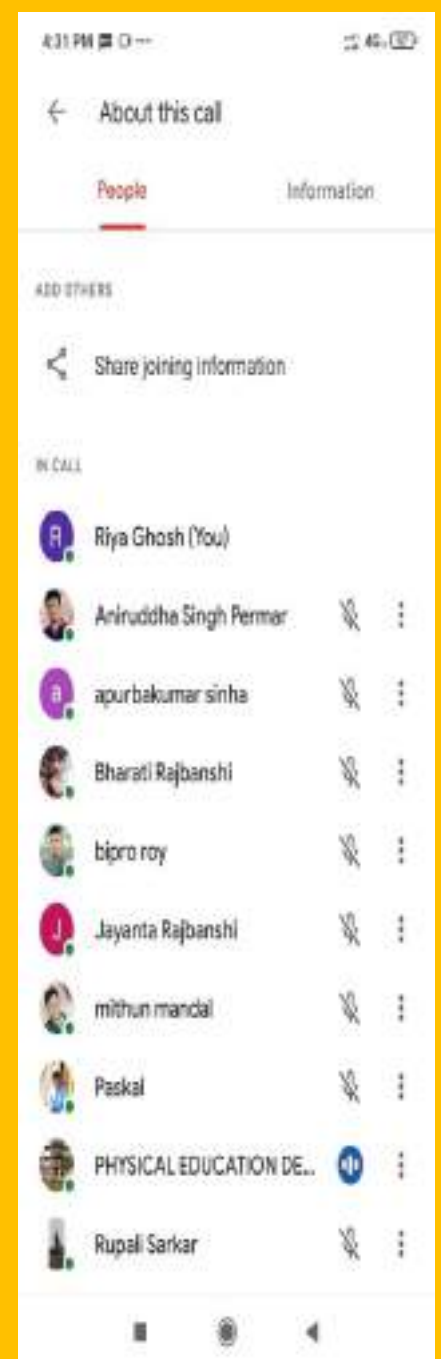
SEMESTER - II



SEMESTER - IV



PART - 3



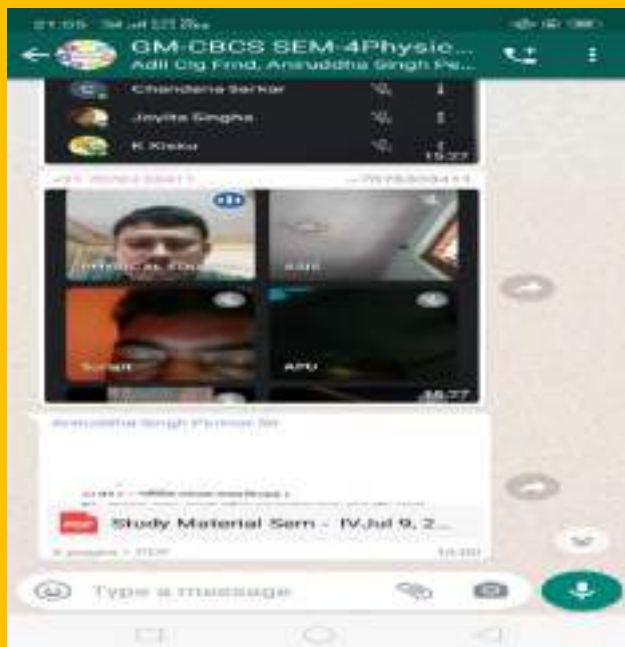
DATE : 09.07.2021

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

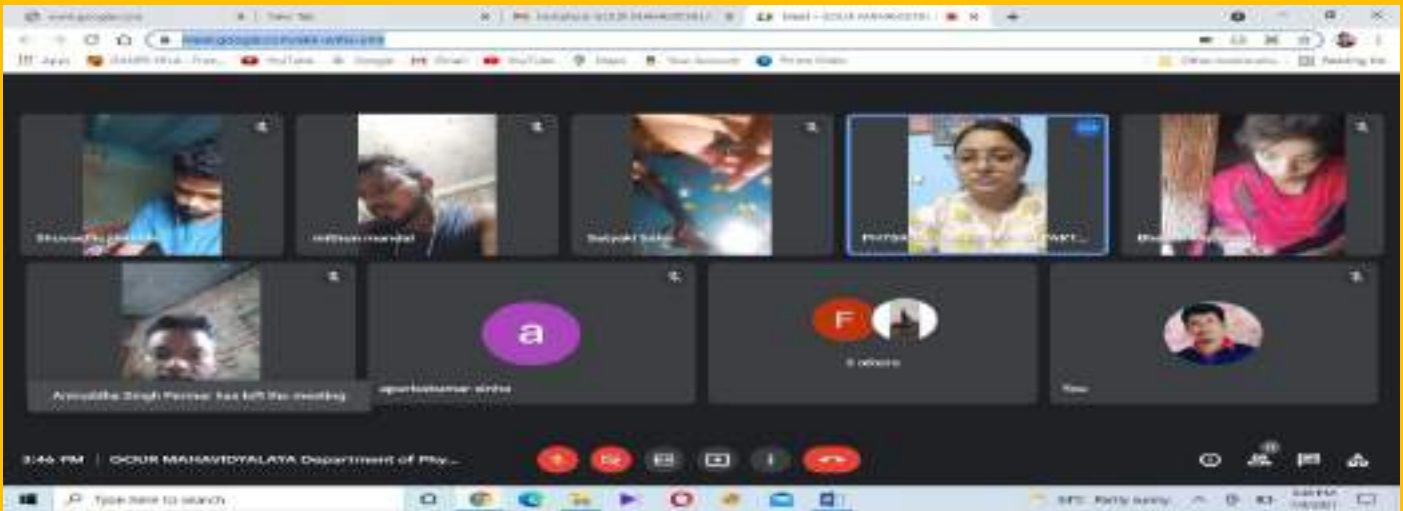
SEMESTER – IV : ANIRUDDHA SINGH PERMAR



STUDY MATERIALS



PART - 3 : JOYITA SINGHA



STUDY MATERIALS



SEMESTER - II APURBA KUMAR SINHA

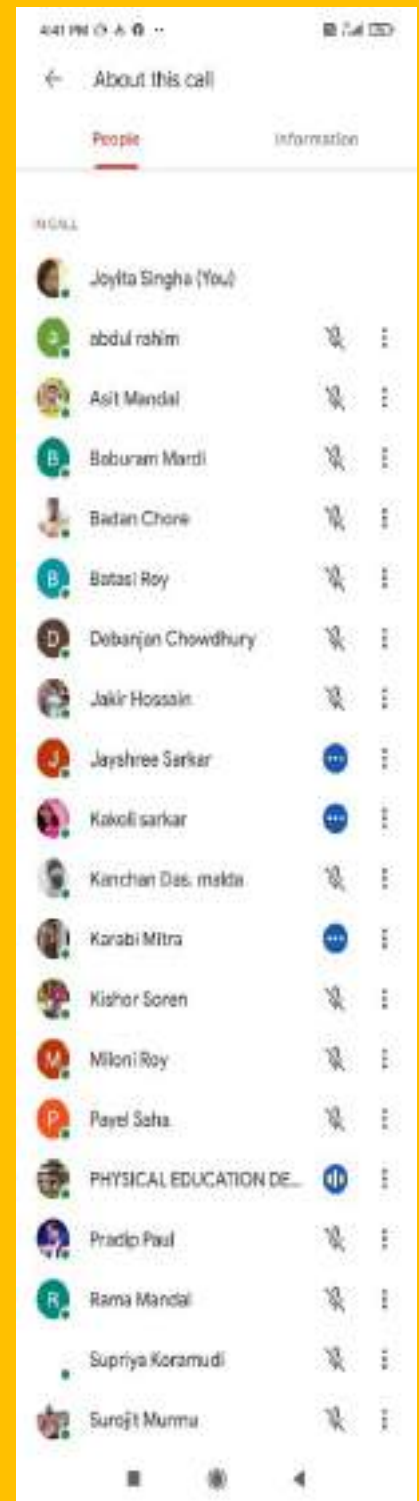
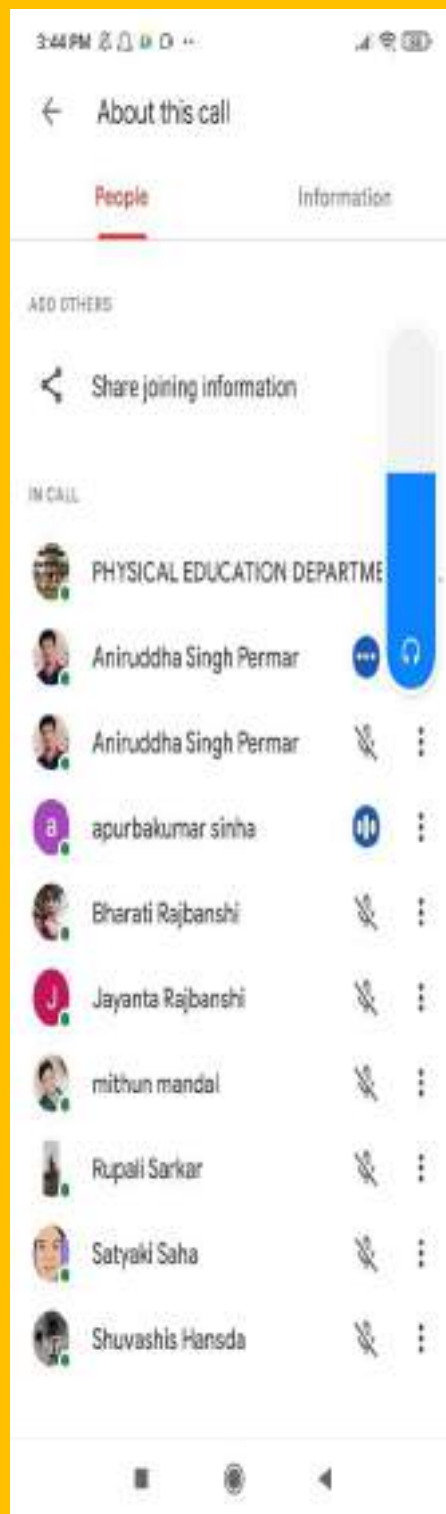
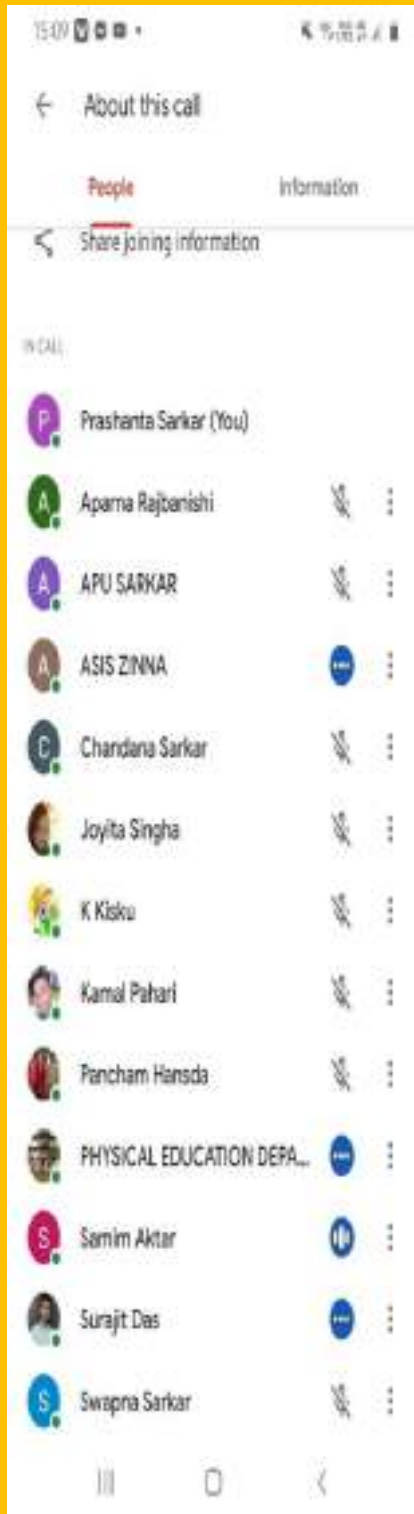


ATTENDANCE

SEMESTER - IV

PART - 3

SEMESTER - II



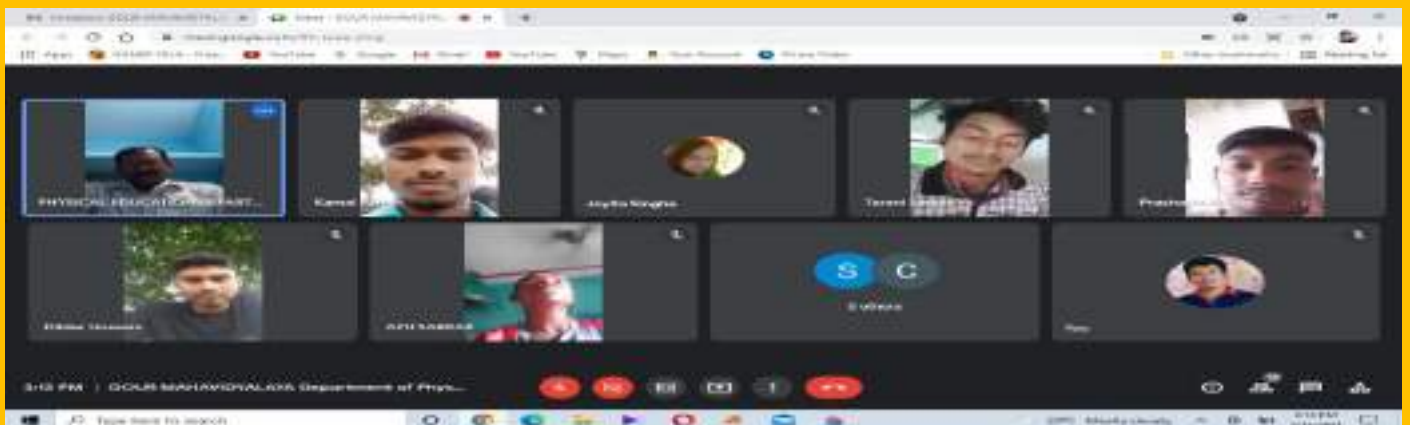
DATE : 14.07.2021

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

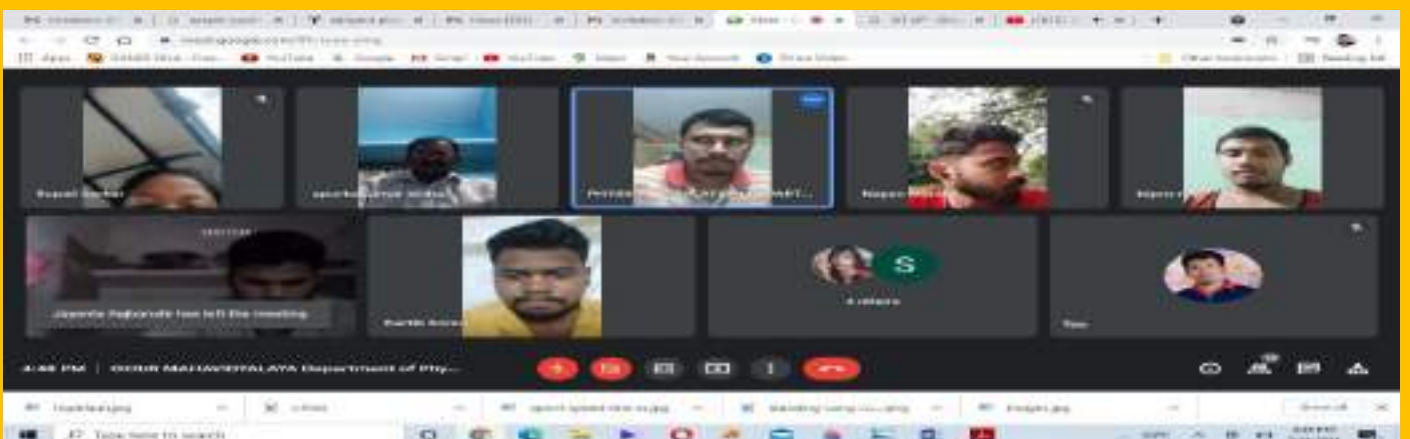
SEMESTER - II : JOYITA SINGHA



SEMESTER - IV : APURBA KUMAR

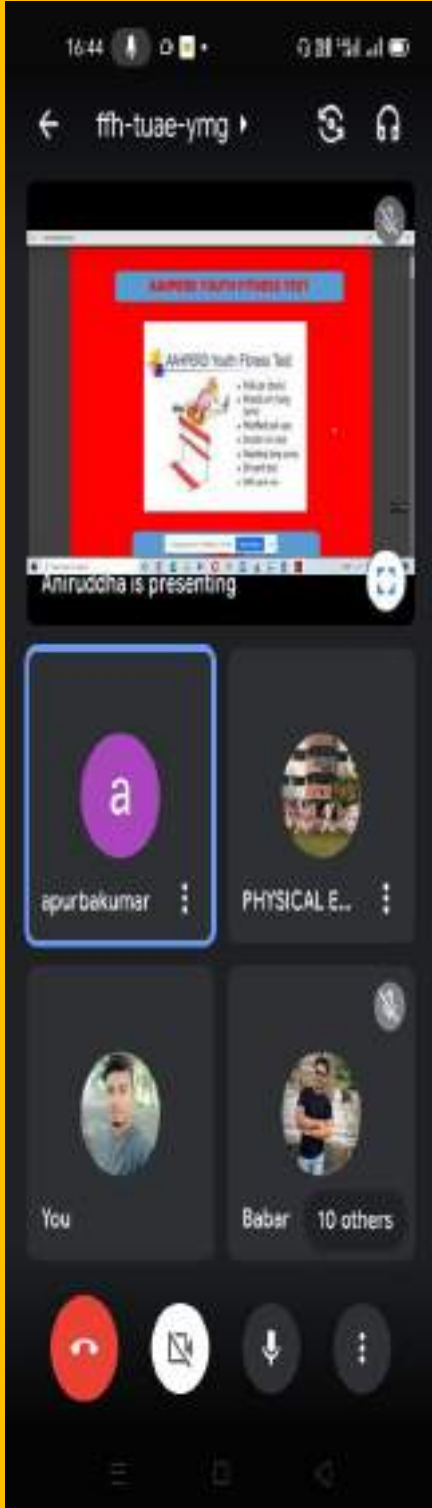


PART - 3 : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION

ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

SEMESTER - IV

PART - 3

2:57 PM

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- apurbakumar sinha (You)
- Aniruddha Singh Per...
- Asit Mandal
- Baburam Mardi
- Badan Chore
- Doli Khatun
- Gobinda Rajbanshi
- Kakoñ sarkar

3:35 PM

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- PHYSICAL EDUCATION DEPARTMEN...
- Aparna Rajbanishi
- APU SARKAR
- Arit Mandal
- Chandana Sarkar
- Dibyandu Singha
- Diidar Hossain
- Jayshree Sarkar

16:44

About this call

People Info

IN CALL

- bipro roy (You)
- Aniruddha Singh Per...
- Aniruddha Singh Per...
- apurbakumar sinha
- Ashis Mandal
- Babar Ali
- Bharati Rajbanshi
- Jayanta Rajbanshi
- Joyita Singha
- Kartik Soren
- Nayan Mandal
- PHYSICAL EDUCATIO...

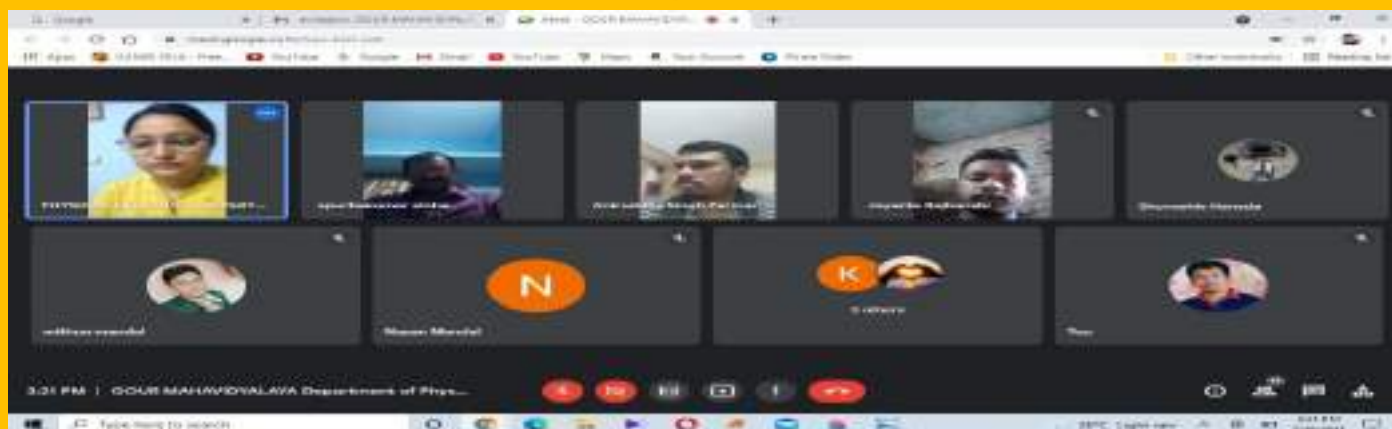
DATE : 16.07.2021

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

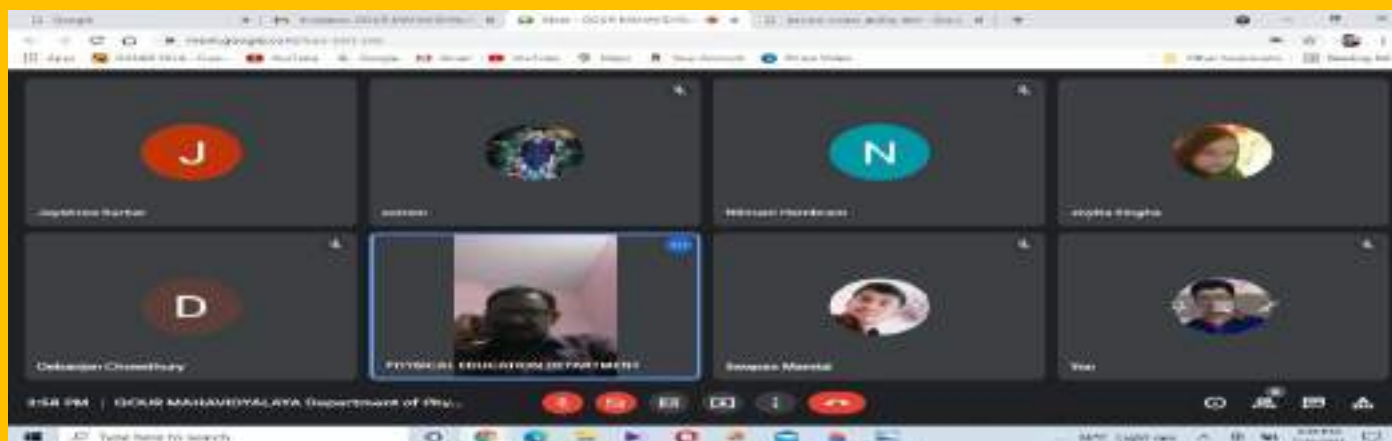
SEMESTER – IV : ANIRUDDHA SINGH PERMAR



PART – 3 : JOYITA SINGHA

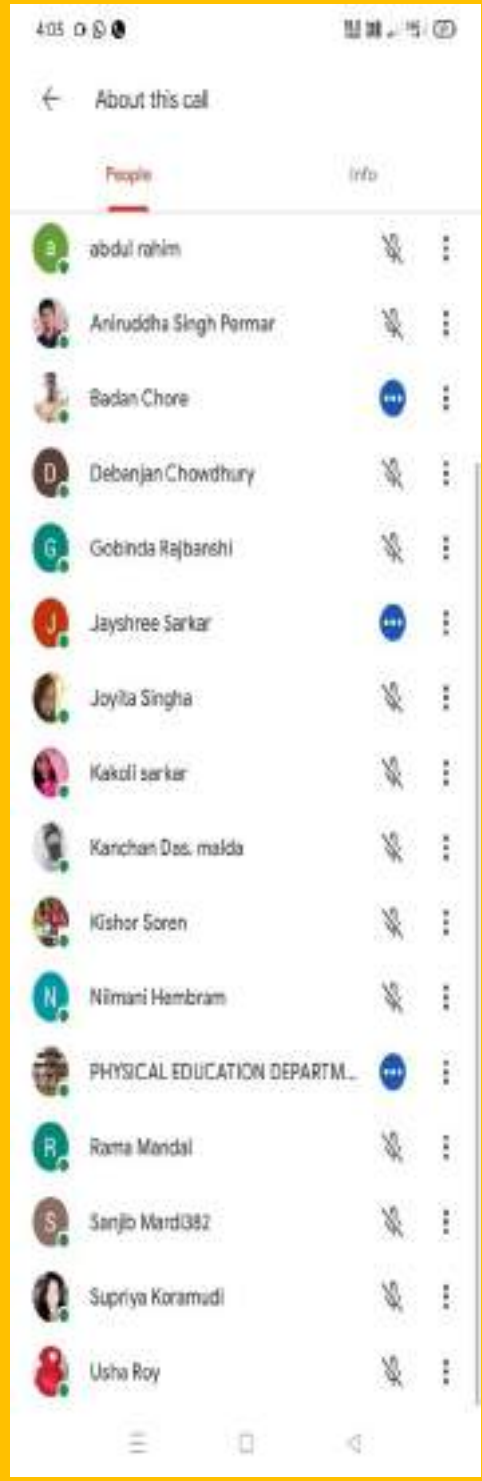
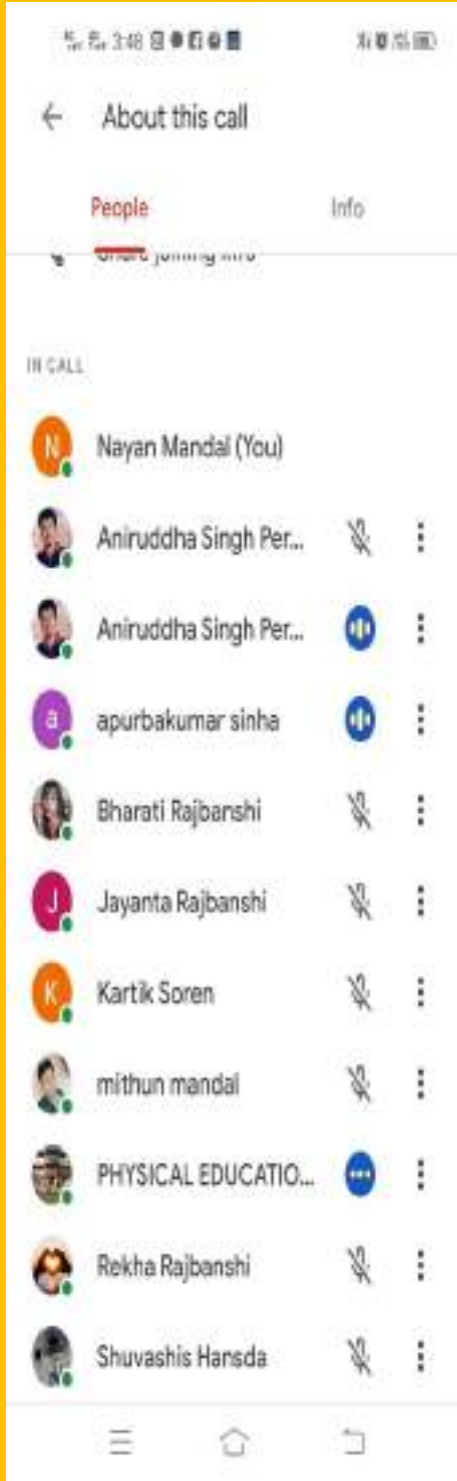
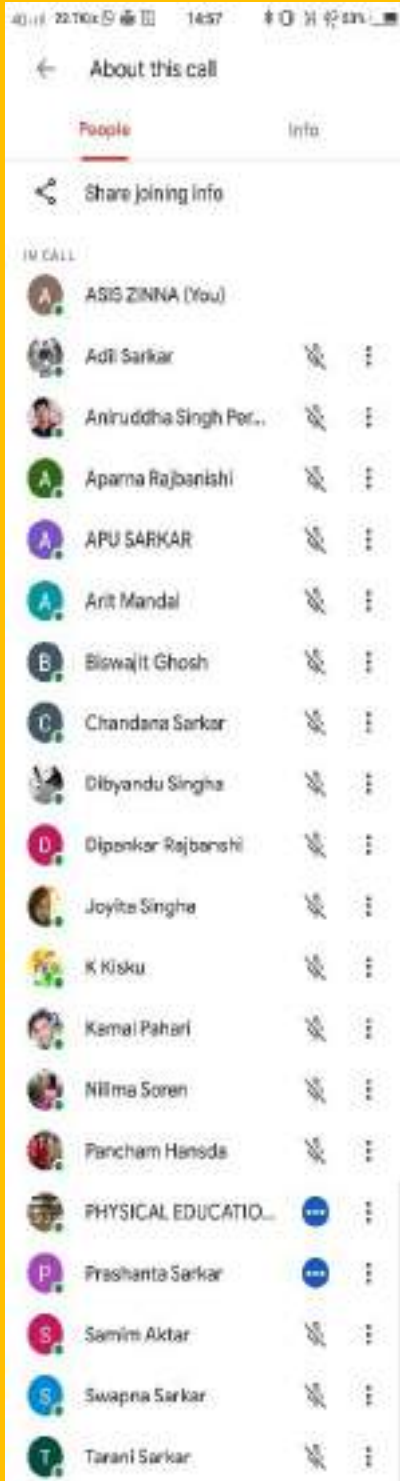


SEMESTER – IV : APURBA KUMAR SINHA



ATTENDANCE

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



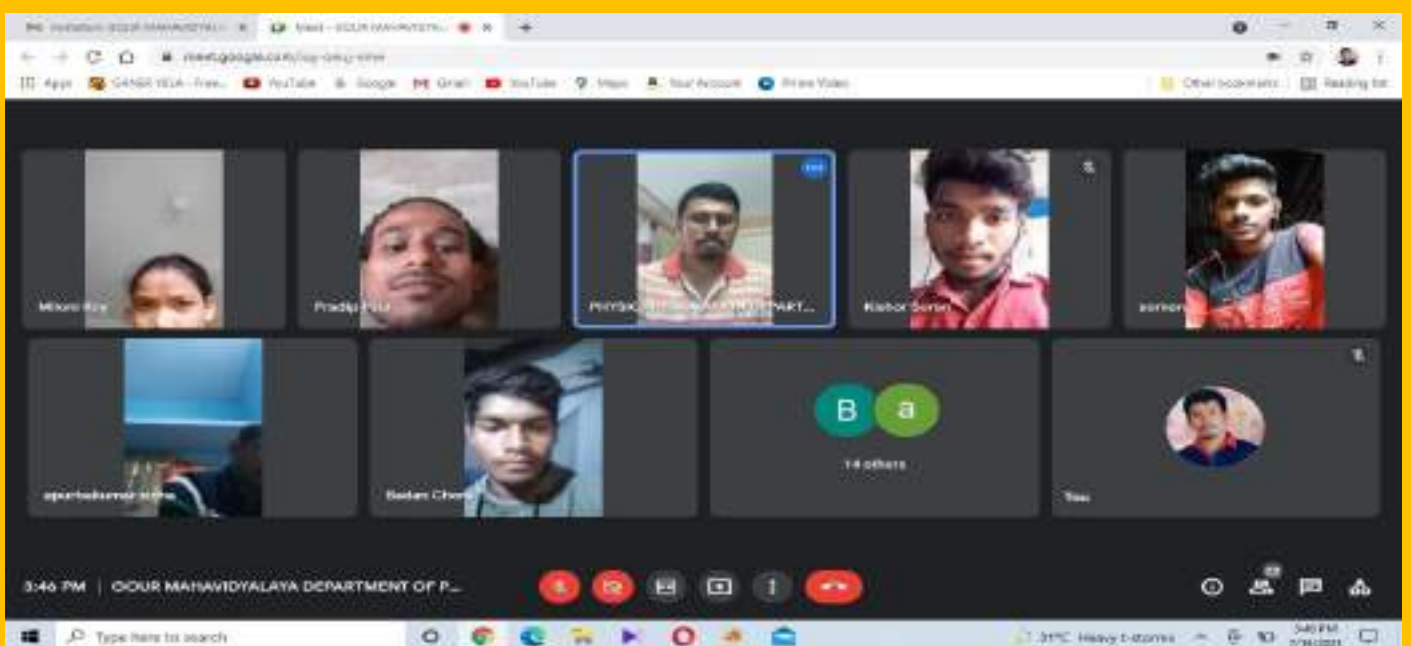
DATE : 19.07.2021

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

PART – 3 : APURBA KUMAR SINHA



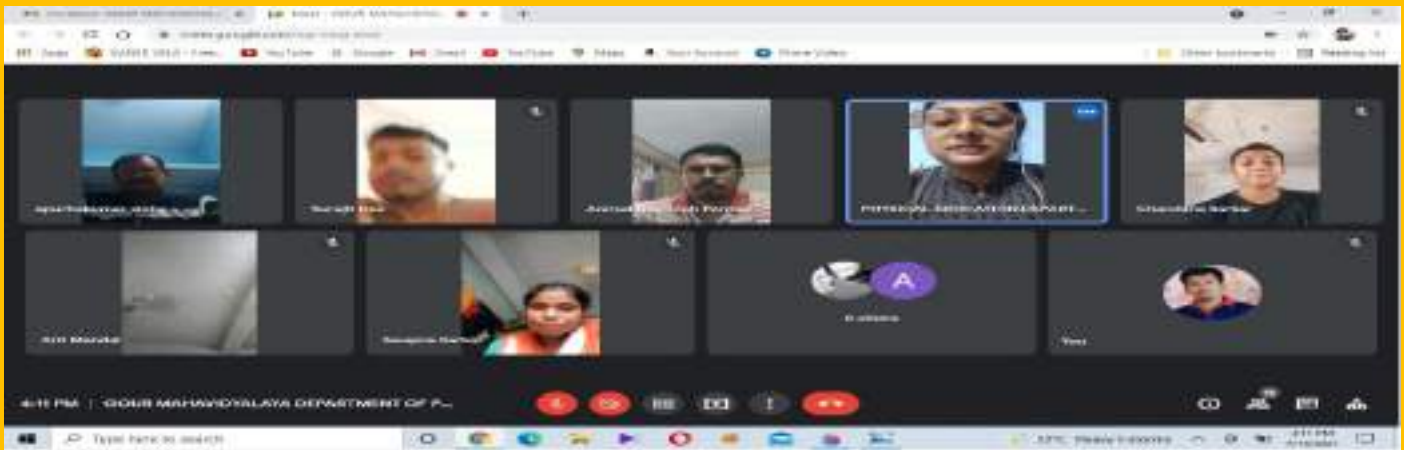
SEMESTER – II : ANIRUDDHA SINGH PERMAR



STUDY MATERIALS
ANIRUDDHA SINGH PERMAR



SEMESTER - IV JOYITA SINGHA



STUDY MATERIALS
ANIRUDDHA SINGH PERMAR

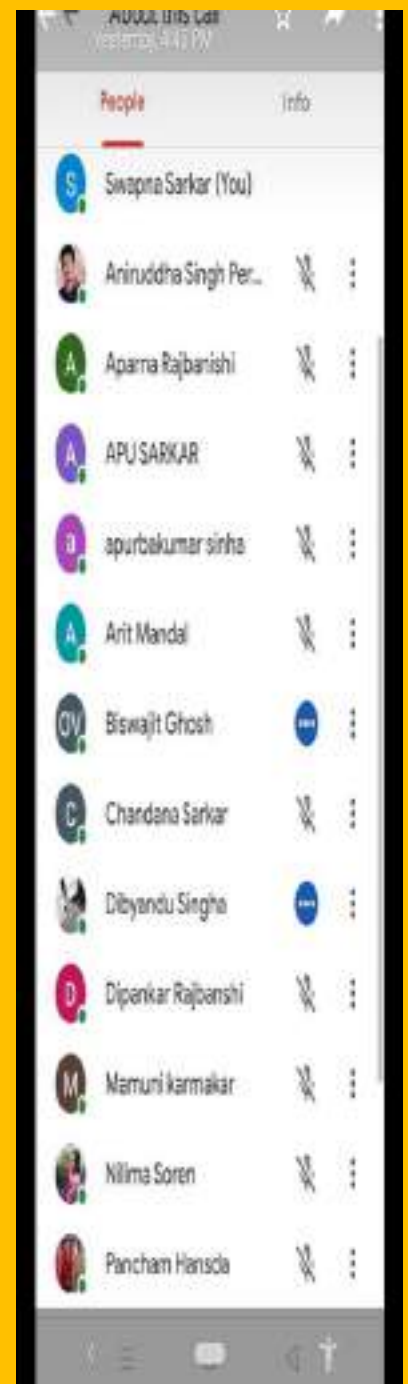
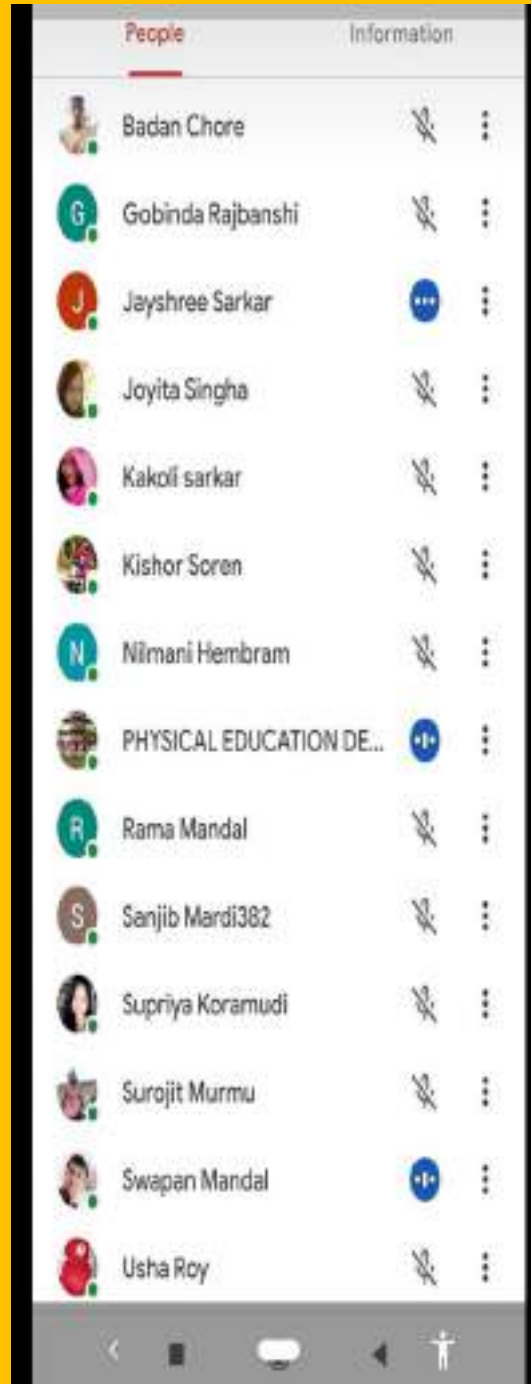
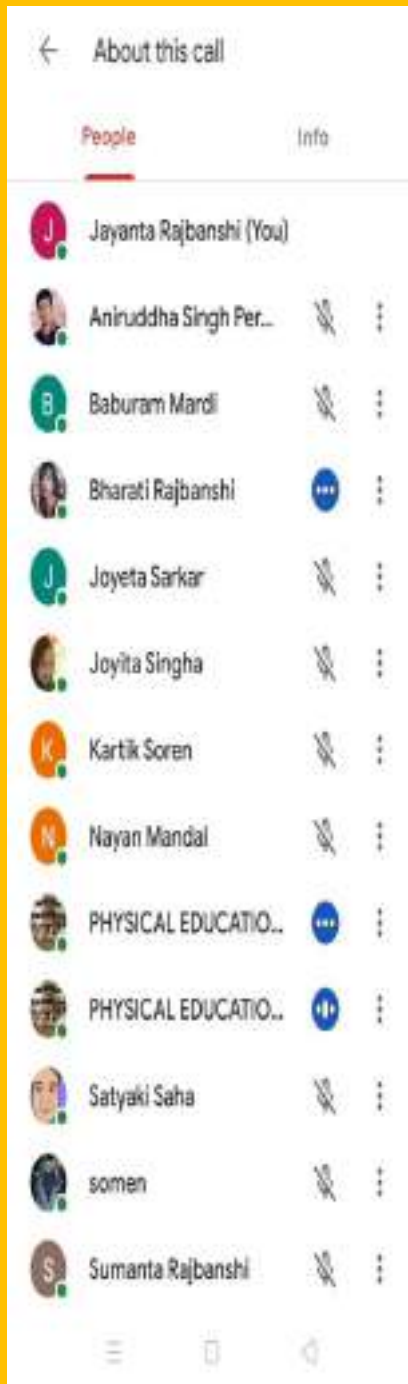


ATTENDANCE

PART - 3

SEMESTER - II

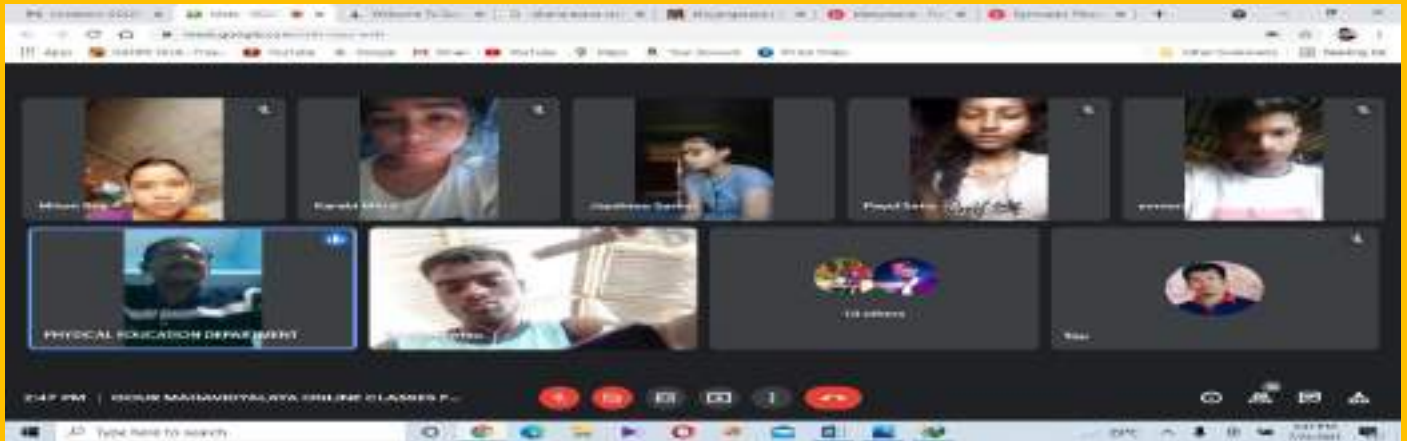
SEMESTER - IV



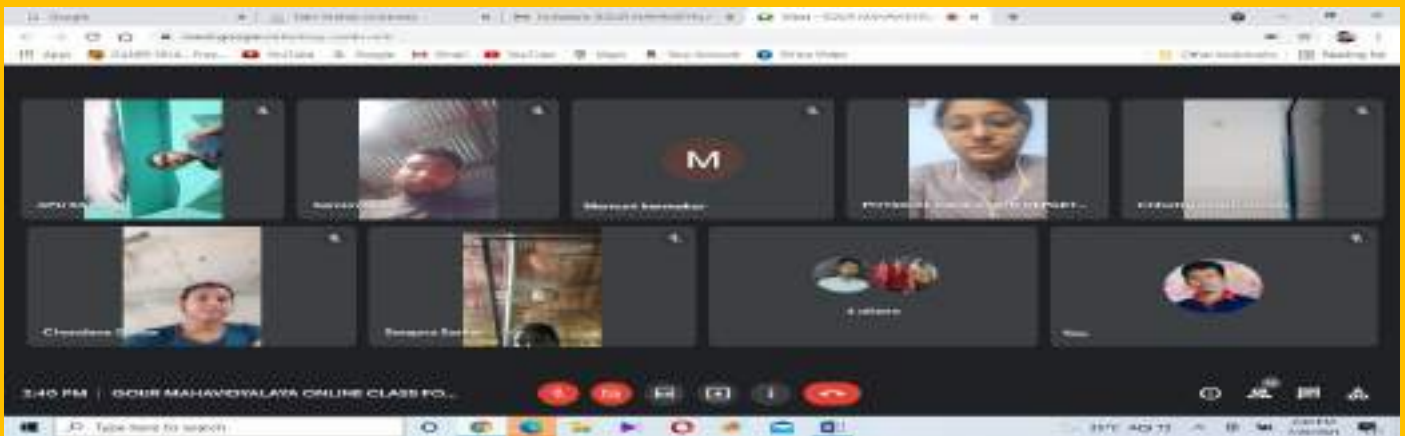
DATE : 23.07.2021

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

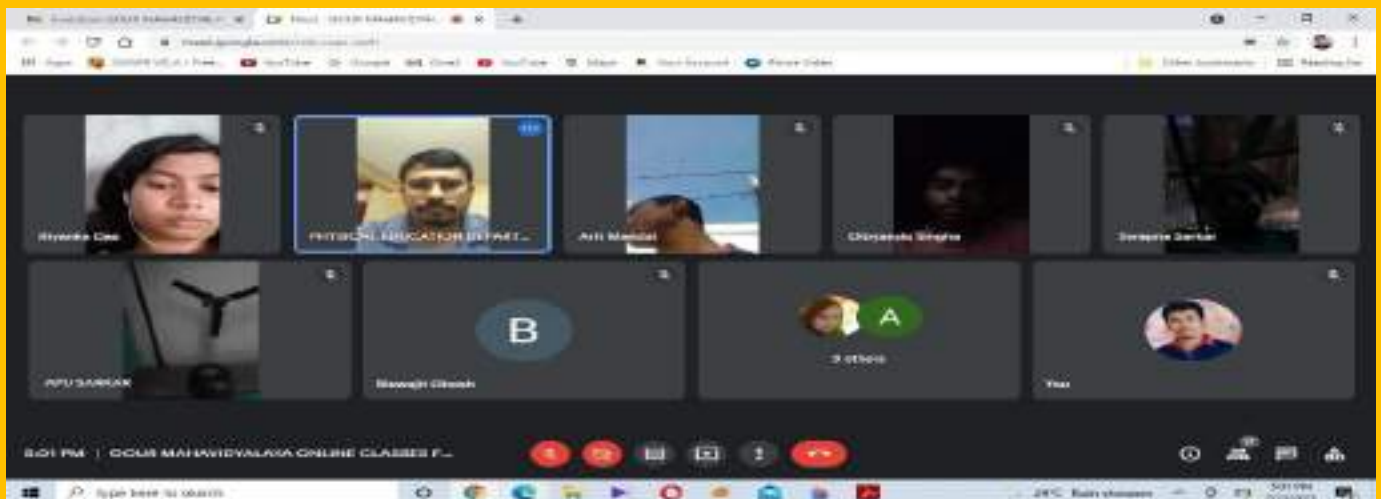
SEMESTER – II : APURBA KUMAR SINHA



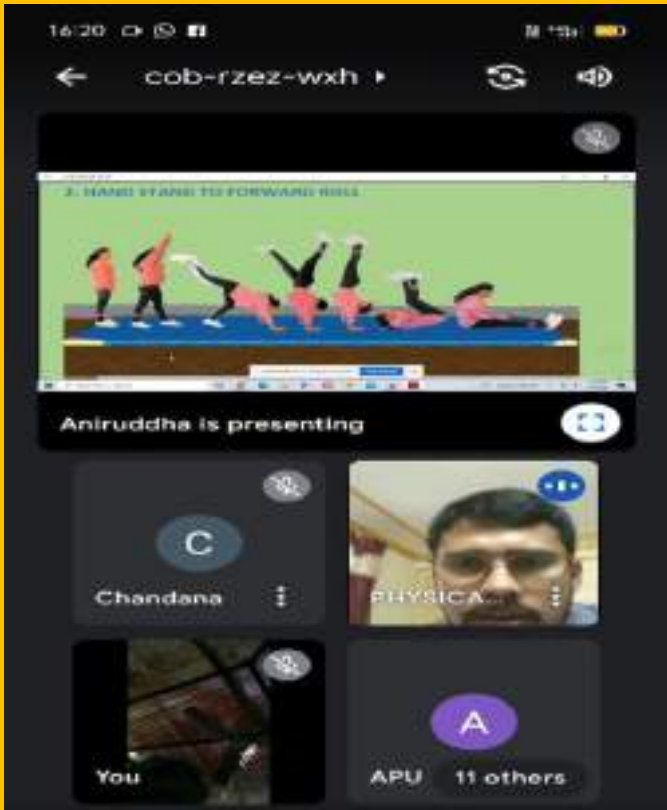
PART – 3 : JOYITA SINGHA



SEMESTER – IV : ANIRUDDHA SINGH PERMAR

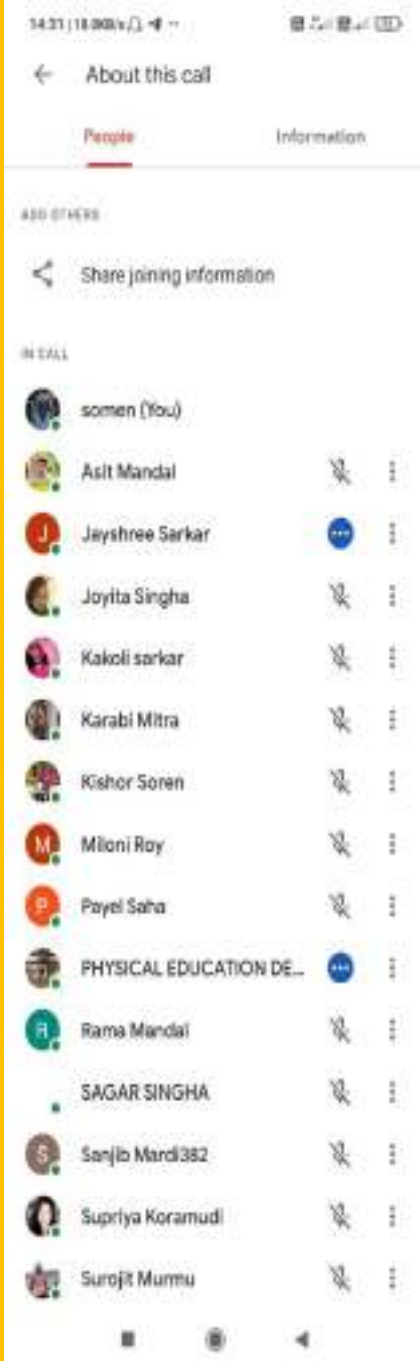


POWER POINT PRESENTATION
PRACTICAL
ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II



14:21 | 18:00 | Signal, Wi-Fi, Battery icons

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

- somen (You)
- Asit Mandal
- Jayshree Sarkar
- Joyita Singha
- Kakoli sarkar
- Karabi Mitra
- Kishor Soren
- Miloni Roy
- Payel Saha
- PHYSICAL EDUCATION DE...
- Rama Mandal
- SAGAR SINGHA
- Sanjib Mandal382
- Supriya Koramudi
- Surojit Murmu

PART - 3



Signal, Wi-Fi, Battery icons | 3:26 PM

About this call

People Information

ADD OTHERS

Share joining information

IN CALL

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

SEMESTER - IV



17:00 | Signal, Wi-Fi, Battery icons

About this call

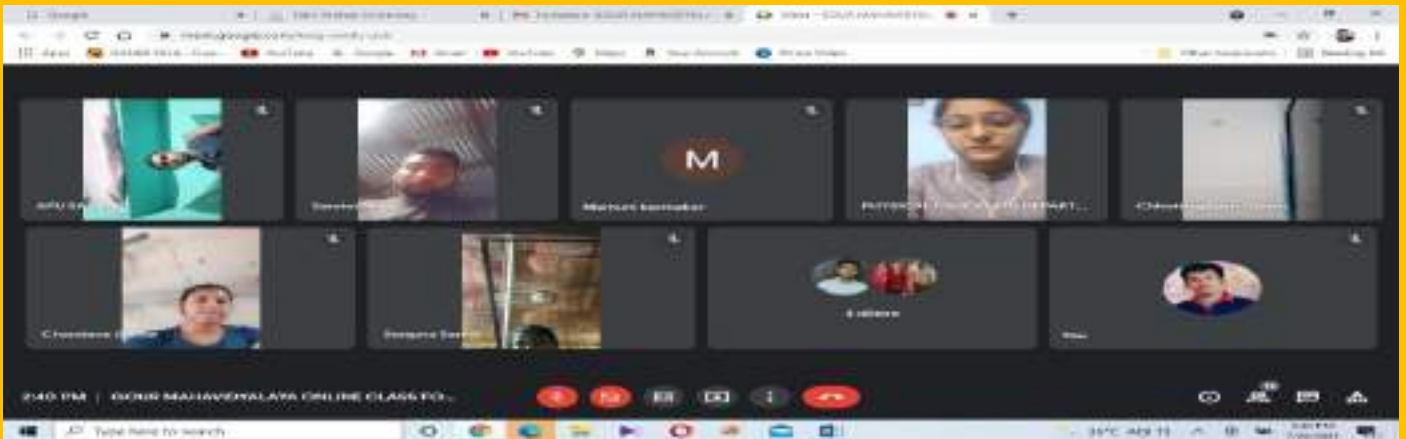
People Info

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

DATE : 26.07.2021

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

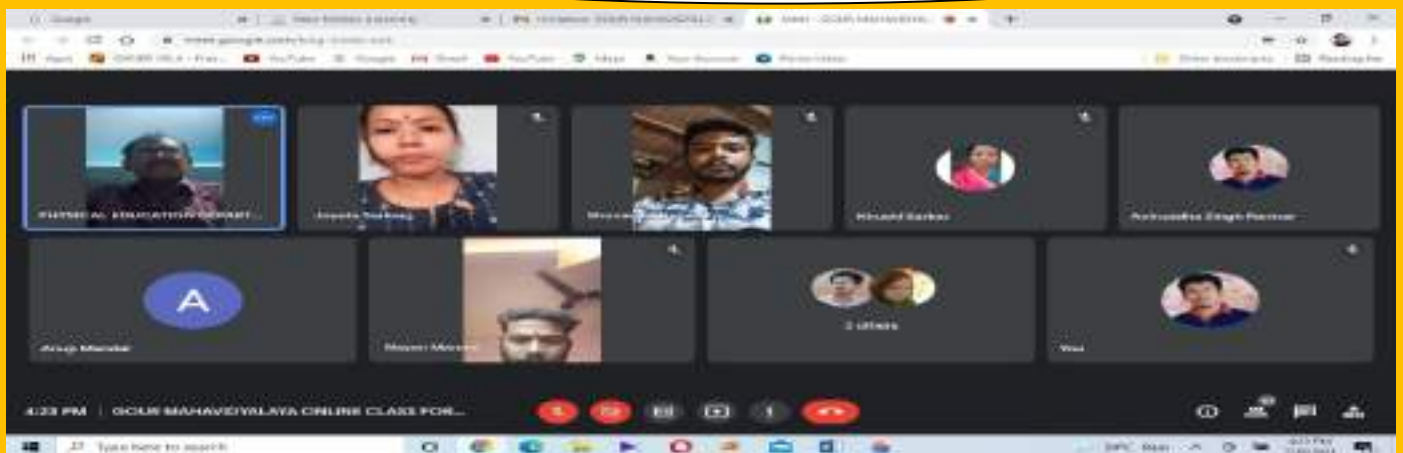
SEMESTER - IV : JOYITA SINGHA



SEMESTER - II ANIRUDDHA SINGH PERMAR



PART - 3 APURBA KUMAR SINHA

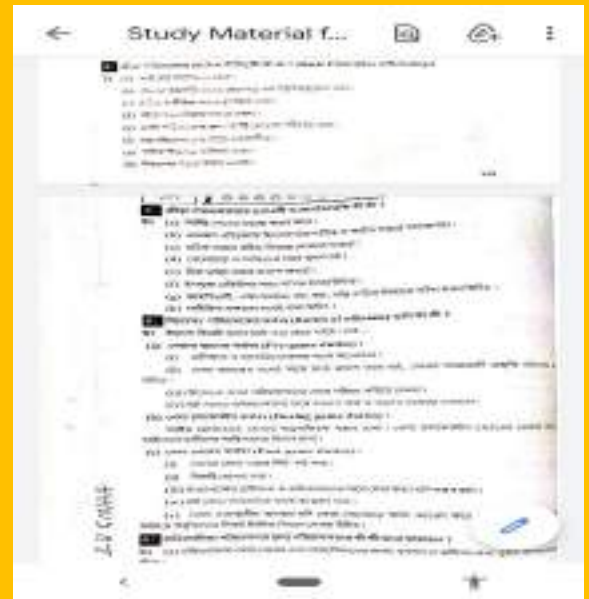


STUDY MATERIALS

26.07.2021

APURBA KUMAR SINHA

PART - 3



SEMESTER - II



ATTENDANCE

SEMESTER - IV

SEMESTER - II

PART - 3

2:41 PM

About this call

People Information

IN CALL

PHYSICAL EDUCATION DEPARTMENT (Y...

ABHISEK SARKAR

Aniruddha Singh Permar

Aniruddha Singh Permar

APU SARKAR

Bitwajit Ghosh

Chandana Sarkar

Chhottu ghosh Ghosh

Mamuni karmakar

Manimala Rajbanshi

Pancham Hansda

Samim Aktar

Surajit Das

Swapna Sarkar

Tarani Sarkar

3:37 PM

About this call

People Information

PHYSICAL EDUCATION DEPARTMENT (Y...

abdul rehim

Aniruddha Singh Permar

Aniruddha Singh Permar

apurbakumar sinha

Asit Mandal

Badan Chore

Jayshree Sarkar

Kanchan Das. imalda

Karabi Mitra

Nilmani Hembram

Payel Saha

Pradip Paul

Rama Mandal

Sanjib Mondl382

Subrata Roy

Supriya Koramudi

Surojit Murmu

Usha Roy

4:18 PM

About this call

People Info

IN CALL

Aniruddha Singh Permar (You)

Aniruddha Singh Per...

Anup Mandal

Joyeta Sarkar

Joyita Singha

Khushi Sarkar

Nayan Mandal

PHYSICAL EDUCATIO...

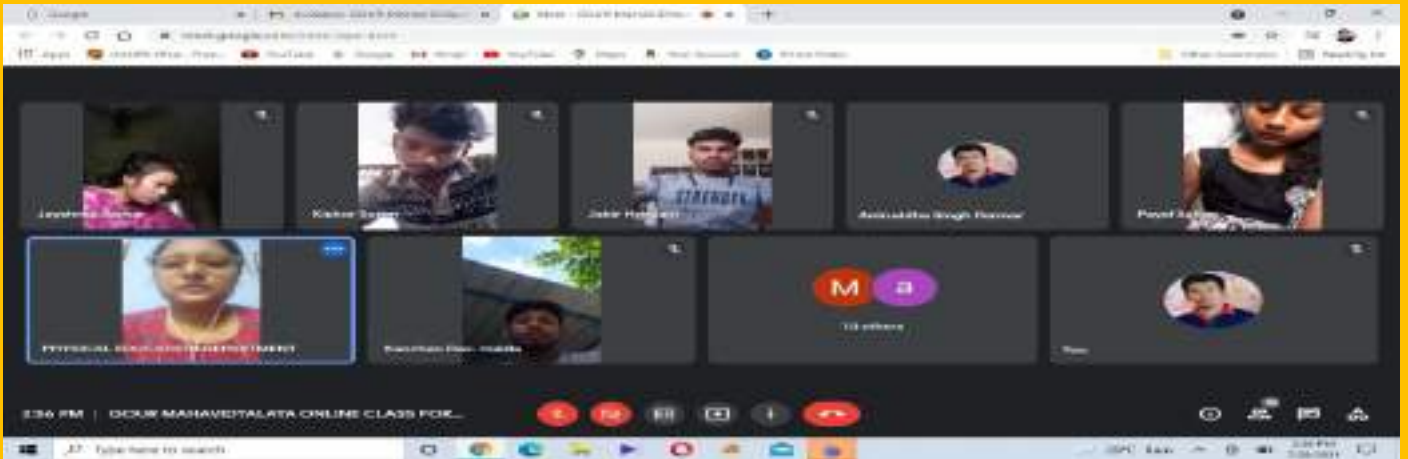
Rintu Sarkar

Shuvashis Hansda

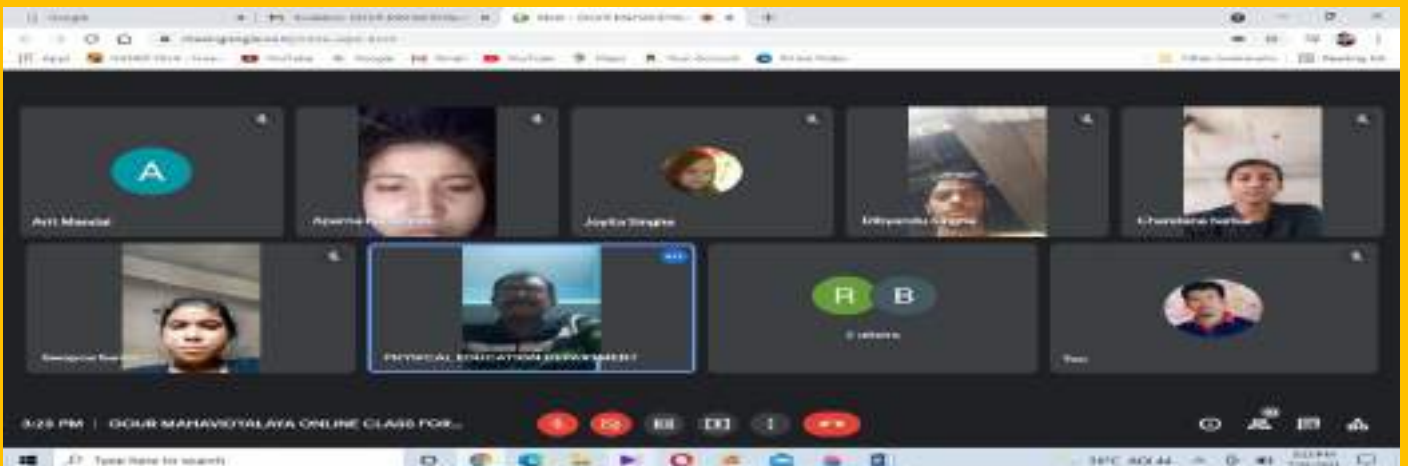
DATE : 28.07.2021

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

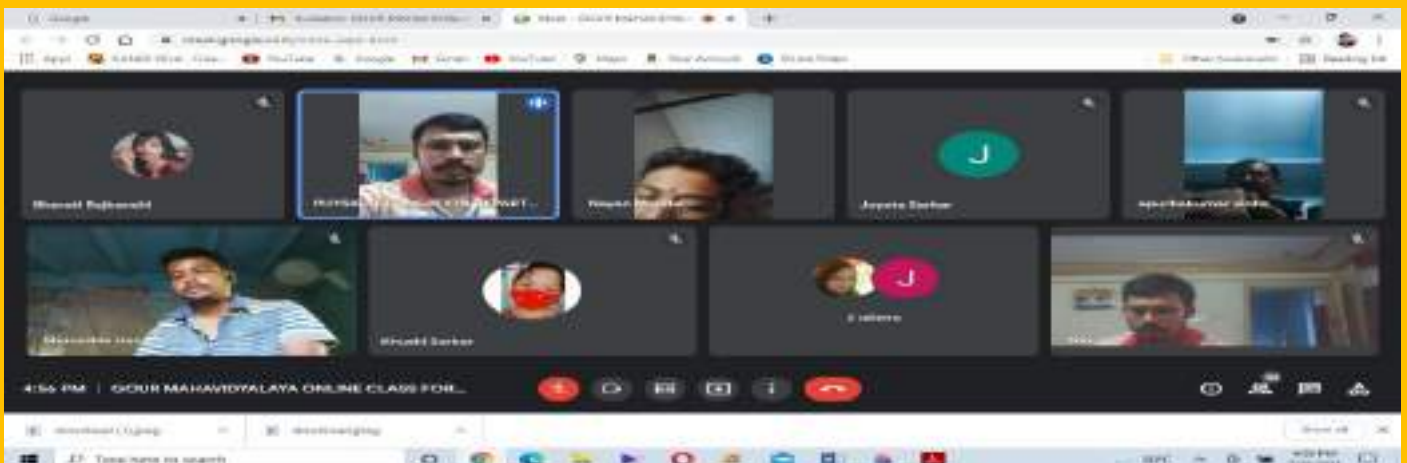
SEMESTER – II : JOYITA SINHA



SEMESTER – IV : APURBA KUMAR SINHA



PART – 3 : ANIRUDDHA SINGH PERMAR



POWER POINT PRESENTATION

PART - III PRACTICAL

ANIRUDDHA SINGH PERMAR



ATTENDANCE

SEMESTER - II

15:36

About this call

People Info

Karabi Mitra (You)

Aniruddha Singh Per...

Aniruddha Singh Per...

apurbakumar sinha

Badan Chore

Jakir Hossain

Jayshree Sarkar

Kanchan Das. malda

Kishor Soren

Md Josimuddin

Miloni Roy

Nilmani Hembram

Payel Saha

SEMESTER - IV

15:36

About this call

People Info

Swapna Sarkar (You)

Aniruddha Singh Per...

Aniruddha Singh Per...

Aparna Rajbanishi

APU SARKAR

Biswajit Ghosh

Chandana Sarker

Dibyandu Singha

Joyita Singha

K Kisku

Pancham Hansda

PHYSICAL EDUCATIO...

Riyanka Das

PART - 3

15:49

About this call

People Info

Share joining info

IN CALL

Nayan Mandal (You)

Aniruddha Singh Per...

Aniruddha Singh Per...

apurbakumar sinha

Bharati Rajbanshi

Jayanta Rajbanshi

Joyeta Sarkar

Khushi Sarkar

PHYSICAL EDUCATIO...

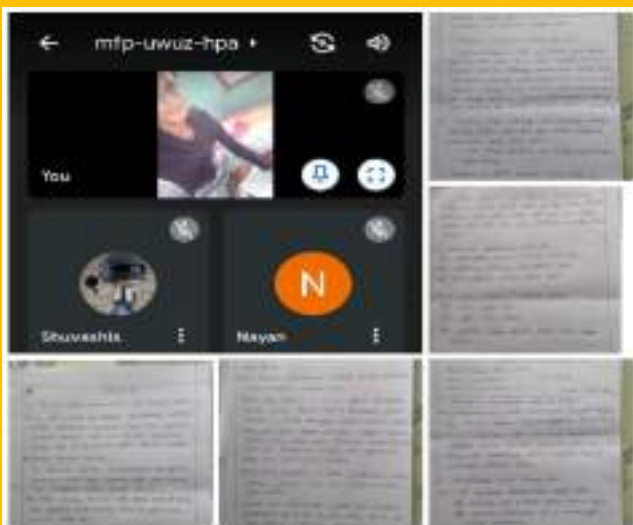
Shuvashis Hansda

DATE : 30.07.2021

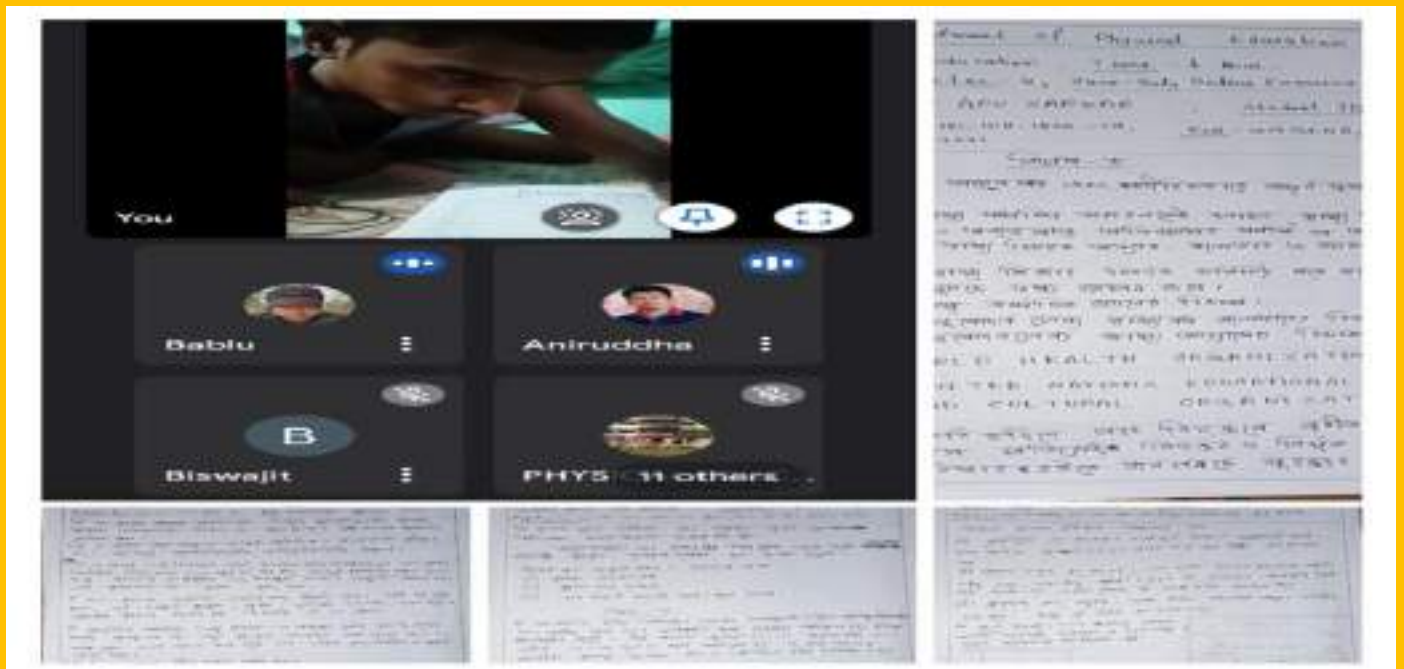
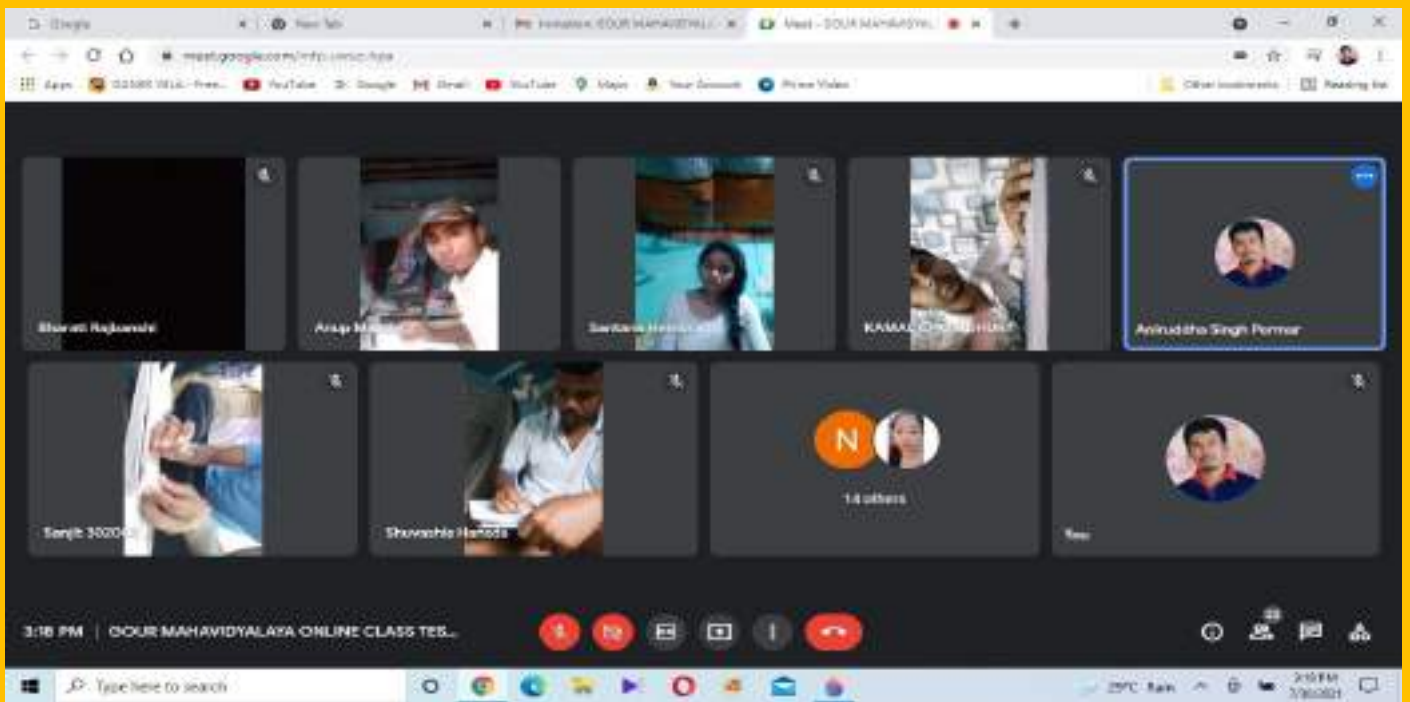
JUNE & JULY ONLINE CLASS TEST EXAMINATION - 2021

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

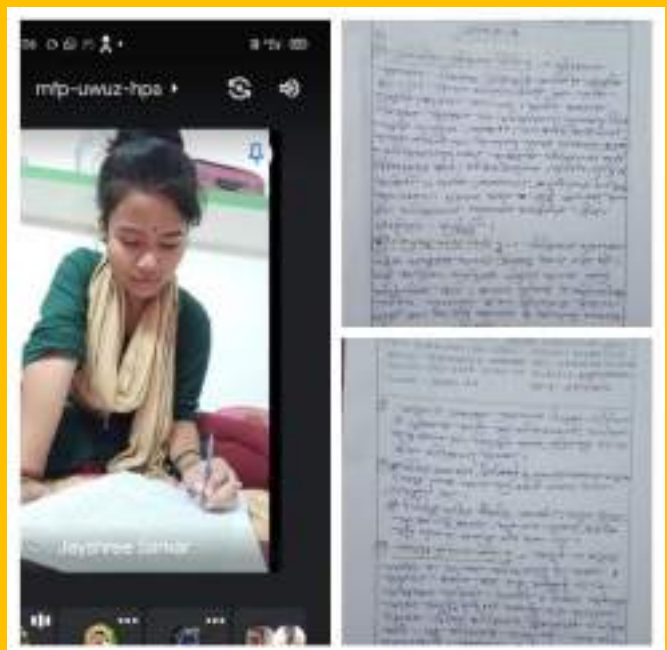
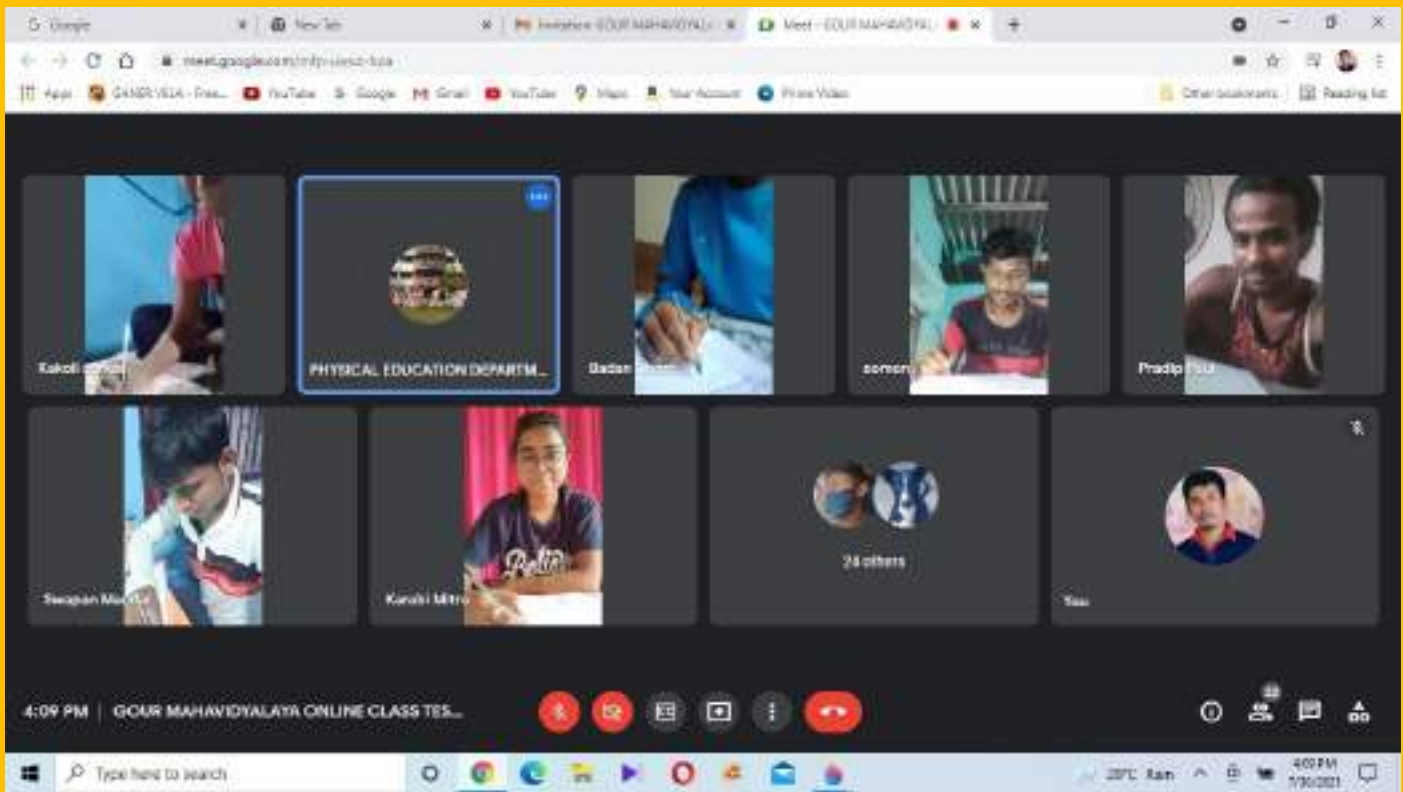
SEMESTER – IV :_ ONLINE EXAMINATION



PART - 3 : ONLINE EXAMINATION



SEMESTER - II : ONLINE EXAMINATION



JUNE & JULY ONLINE CLASS TEST EXAMINATION – 2021

QUESTION PAPER

SEMESTER – IV

GOUR MAHAVIDYALAYA

Department of Physical Education

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

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

বিভাগ –ক

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

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

বিভাগ – খ

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

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

JUNE & JULY ONLINE CLASS TEST EXAMINATION – 2021

QUESTION PAPER

PART – 3

GOUR MAHAVIDYALAYA

Department of Physical Education

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

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

বিভাগ-ক

সকল প্রশ্নের উত্তর দাও :

20 × 2 = 40

1. শারীরিক সক্ষমতার বিভিন্ন উপাদানগুলি লেখো।
2. মালিশের কয়েকটি পদ্ধতির নাম লেখো।
3. ব্যায়াম চিকিৎসার চারটি পদ্ধতি লেখো।
4. মেদবৃদ্ধির কারনগুলি লেখো।
5. ক্রীড়া প্রশিক্ষণের নীতিগুলি কী কী ?
6. স্বাস্থ্য সম্পর্কিত শারীরিক সক্ষমতা।
7. উষ্ণীভবন ও শীতলীকরণের মধ্যে পার্থক্য লেখো।
8. চক্রাকার পদ্ধতি কত সালে এবং কে উদ্ভাবন করেন ?
9. 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।
14. পায়ের গোড়ালীর আহত স্থানের (Ankle injury) চিকিৎসার জন্য সরঞ্জাম বাদে ব্যায়ামগুলি উল্লেখ করো।
15. খো-খো খেলায় মুক্ত অঞ্চলের বৈশিষ্ট্য কী লেখো।
16. ফুটবল খেলায় বল আয়ত্তে আনা (ট্র্যাপিং) কী এবং তা কিভাবে করা হয়।
17. কুলিং ডাউন বলতে কি বোঝো লেখো।
18. ওয়ার্ম-আপ কাকে বলে লেখো।
19. ইন্টারভাল ট্রেনিং বলতে কি বোঝায় ?
20. সহনশীলতা বলতে কি বোঝায় ?

বিভাগ-খ

যে কোনো দুইটি প্রশ্নের উত্তর দাও :

5 × 2 = 10

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

বিভাগ-ক

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

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

বিভাগ-খ

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

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

ATTENDANCE

SEMESTER - II

PART - 3

SEMESTER - II

2:54 PM

About this call

People Information

PHYSICAL EDUCATION DEPARTMENT (Y...

- Aniruddha Singh Permar
- Aniruddha Singh Permar
- Aparna Rajbanshi
- APU SARKAR
- Bablu HALDER
- Biswajit Ghosh
- Chandana Sarkar
- Chhotta ghosh Ghosh
- Dibyendu Singha
- K Kisku
- Pranshanta Sarkar
- Riyanka Das
- Saimin Akter
- Swapna Sarkar
- Tarani Sarkar

3:02 PM

About this call

People Information

Share joining information

PHYSICAL EDUCATION DEPARTMENT (Y...

- Aniruddha Singh Permar
- Ashis Mandal
- Babar Ali
- Bharati Rajbanshi
- Joydeb Mandal
- Joyeta Sarkar
- KAMAL CHOWDHURY
- Mithun Chowdhury
- Nayan Mandal
- Pasul
- Rakha Rajbanshi
- Sanjit 302000
- Santana Hembram
- Satyaki Saha
- Shuvashis Harada
- sampi das
- Sujan Chowdhury
- Sumanta Rajbanshi
- Sumitra Sarkar
- Sumon Rajbanshi

4:00 PM

About this call

People Information

Share joining information

- Joyita Singha (Paul)
- abdul rahim
- Ajgur Rahman
- Aniruddha Singh Permar
- Auli Mandal
- Babunam Maedi
- Bedan Choro
- Bibabo Mandal
- Debajyoti Chowdhury
- Doli Khaiton
- Obolinda Rajbanshi
- Jayshree Sarkar
- Rakhi Sarkar
- Ranchan Das malda
- Ranabi Mitra
- Lokanirmal Goran
- Lipika Sarkar
- Milani Roy
- Milmani Hembram
- PHYSICAL EDUCATION DE...
- Pradip Paul
- Rama Mandal
- SANJAY SINGHA
- Sanjit Maed 1382
- sonar
- Subanta Roy
- Supriya Karamoni
- Surbjit Marma

GOOGLE CALENDAR ONLINE CLASS RECORD

JULY - 2021

02/07/2021 TO 30/07/2021

The screenshot shows a Google Calendar interface for the month of July 2021. The calendar is displayed in a grid format with days of the week (S, M, T, W, T, F, S) and dates (1-31). The time is 10:50 AM, and the battery level is 10%. The calendar shows several events labeled "GOUR MA" in various colors (blue, green, purple, red) and one event labeled "Rath Yatra" in green. The events are scheduled for the following dates: 28, 30, 2, 4, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30, and 31. A plus sign icon is visible in the bottom right corner of the calendar grid.

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

TEACHERS SIGNATURE

1.

Apurba Kumar Sinha
30.07.21

2.

Anirudhtha Singh Kumar
30.07.2021

3.

Joyita Singha
30.07.2021

THE END