

# OUR MAHAVIDYALAYA

## Academic Council

ACCREDITED BY NAAC (2<sup>nd</sup> Cycle) B+

Dr. Supriya Biswas,  
Associate Professor,  
supriyabiswas81@gmail.com



P.O.- Mangalbari, Dist. : Malda. Pin - 732142 (W.B.)  
Phone : 03512- 260547; Fax 03512-260547  
E-mail : gour\_maha@yahoo.co.in

### NOTICE

Notice No: 69/2024

Date: 06/11/2024

All the Heads of the 20 departments are requested to select an ADD-ON COURSE for the session 2024-2025, and inform me through a letter about the name of the Course, Syllabus and Schedule within 07 days. They are also requested to begin classes of 30 hours of the ADD-ON COURSE from 18/11/2024 to 30/12/2024 and maintain the record properly (students' daily attendance sheet duly signed by the teacher and Geo tag photo of classes).

*Supriya Biswas*  
Dr. Supriya Biswas,  
Convener,  
Academic Council,  
Gour Mahavidyalaya, Malda

06/11/2024

*Dr. Ashim Kr Sarkar*  
Dr. Ashim Kr Sarkar,  
Principal,

Gour Mahavidyalaya, Malda  
Principal  
GOUR MAHAVIDYALAYA  
Mangalhari, Malda.

To,

The Academic Council Convenor

Gour Mahavidyalaya, Mangalbari, Malda.

Date :- 27/11/2024

**Subject :- Information regarding opening of "Add-on course" in the Dept. of Physical Education, Gour Mahavidyalaya.**

Sir/Madam,

I am pleased to inform you that Physical Education Department, Gour Mahavidyalaya is going to start on 03/12/2024 to 21/12/2024 on "**Fitness Development and Yoga**" for the students of Under NEP Semester semester – I, III & CBCS- V semester for the Academic session 2024-2024.

This is for your kind information.

Thanking you,

*Aniruddha Singh Permar*  
Your sincerely,

(A.S. Permar)

Dept. of Physical Education,

Gour Mahavidyalaya.



*Received*  
*Supriya Binner*  
Con...  
Academic Council  
Gour Mahavidyalaya  
Mangalbari, Malda  
27/11/2024



# GOUR MAHAVIDYALAYA

## DEPARTMENT OF PHYSICAL EDUCATION

P.O. MANGALBARI, DIST - MALDA. Pin - 732142 (W.B.)

PHONE NO. 03512-60547 FAX - 03512-60547

E-mail- [gour\\_maha@yahoo.co.in](mailto:gour_maha@yahoo.co.in)

Website: [gourmaha.ac.in](http://gourmaha.ac.in)

### NOTICE

No. /PEDG/GM/24

Date: 19- 11-2024

In reference to the Letter from Academic Council Letter No. 69/GM/2024 & 70/GM/2024 dated 06.11.2024 & 09.11.2024, Department has decided to take the Add on Course, Class test, Debate/Symposium, Wall Magazine, Student Seminar, Internal Examination, Assignment collection, Remedial Class, Quiz Competition, Mentor - Mentee programme Slow and Advanced Learner Programme as per following tentative schedule:

Following Academic activities as on -

| SL .NO | DATE                      | SEMESTER - I                                      | SEMESTER - III   | SEMESTER - V   |
|--------|---------------------------|---|--|--|
| 1.     | 03/12/2024 to 21/12/2024  | Add on course                                     | Add on course  | Add on course  |
| 2.     | 27/11/2024                | Class Test  | Class Test   | Class Test   |
| 3.     | 02/12/2024                | Debate/Symposium Competition, Exhibition,.        | Debate/Symposium Competition, Exhibition, Wall Magazine. | Debate/Symposium Competition, Exhibition, Wall Magazine. |
| 4.     | 04/12/2024                | Wall Magazine                                     | Wall Magazine  | Wall Magazine  |
| 5.     | 10/12/2024                | Student Seminar                                   | Student Seminar  | Student Seminar  |
| 6.     | 18/12/2024 and 19/12/2024 | Internal Examination Assignment                   | Internal Examination Assignment                          | Internal Examination Assignment                          |
| 7.     | 20/12/2024 to 31/12/2024  | Remedial Class                                    | Remedial Class   | Remedial Class   |
| 8.     | 23/12/2024                | Quiz Competition                                  | Quiz Competition   | Quiz Competition   |
| 9.     | 02/12/2024 to 30/12/2024  | Mentor-Mentee, Slow and Advance Learner programme | Mentor-Mentee, Slow and Advance Learner programm         | Mentor-Mentee, Slow and Advance Learner programme        |



*A. S. Prasad*  
Co-ordinator

Department of physical Education

*[Signature]*  
Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda.



Serial No.....

**ADD-ON COURSE**  
Department of Physical Education

**FITNESS DEVELOPMENT AND YOGA**

**Registration Form**

1. Name of the Student.....
2. Semester.....
3. Student Id.....
4. Roll ..... No.....
5. Registration No..... Session.....
6. Mobile No.....
7. Email.id.....

I undertake that I will faithfully follow all the rules of this course.



.....

Signature

Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda



Serial No.....



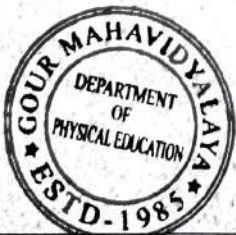
**ADD-ON COURSE**  
Department of Physical Education

**FITNESS DEVELOPMENT AND YOGA**

**Registration Form**

1. Name of the Student..... DURGA SARKAR.....
2. Semester..... III.....
3. Student Id..... B.A./23/0034.....
4. Roll 123PEDMJ No..... 0013.....
5. Registration No. 121-1215-1719-23 Session..... 23-24.....
6. Mobile No..... 7501917899.....
7. Email.id..... durgasarkar795@gmail.com.....

I undertake that I will faithfully follow all the rules of this course.



Durga Sarkar,  
Signature

  
Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda.



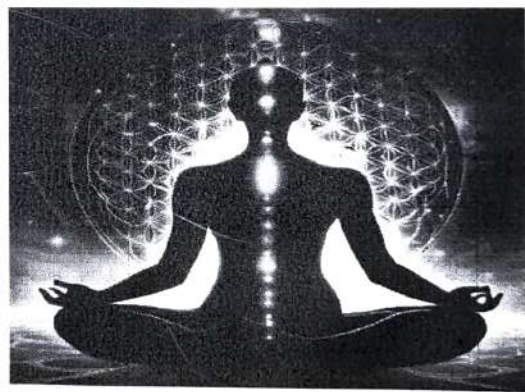
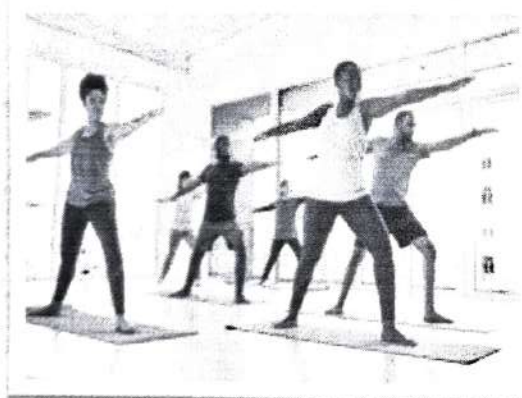
# GOUR MAHAVIDYALAYA

## Department of Physical Education



### ADD-ON COURSE

#### Fitness Development and Yoga



#### ABOUT THE DEPARTMENT

*The Department of Physical Education develops warrior leaders of character who are physically and mentally tough by engaging cadets in activities that promote and enhance a healthy lifestyle, physical fitness, movement behavior, and psychomotor performance.*



Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda.



# ABOUT COURSE

Course Time= 30 hours

Qualification = All Student (U.G)

Exam= 50 Marks

Course Fee= Nill

Objective =

# 2024

## Fitness Development and Yoga



### Vision

We aim at producing skillful and talented individuals who will be of use towards building a strong and powerful nation by, serving as leaders for our future generations.

### Mission

- To bring about physical and mental wellbeing among individuals.
- To manage the stress and anxiety level and bring about a sense of calmness.
- To develop flexibility and muscles strength in the students.
- To boost up energy levels and improve vital capacity.
- To promoting lifelong learning by recognize the value of personal development in physical and cognitive domains.
- To produce respectable, responsible and productive members of society.

### COURSE COORDINATOR

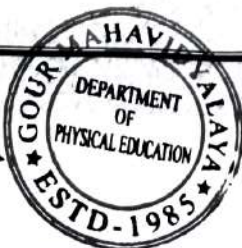
Aniruddha Siingh Permar

Joyita Singha

### SYLLABUS

- Introduction of physical fitness, Definitions of physical fitness, Benefits of physical fitness.
- Components of physical fitness.
- Warm up and types of warm up.
- Cooling down.
- Aerobic and Anaerobic Exercises
- Historical background and meaning of Yoga, Definitions of Yoga.
- Aim of yoga and Importance of yoga.
- Ashtanga Yoga, Shatkarma.
- Asanas
- (Padamasana, Vajrasana, sukhāsana, Savāsana, Halāsana, Bhujanga, Sarvangāsana, Dhanurasana, Chakrasana, Makarasana)
- Meaning of pranayama and objective of pranayama
- Types of pranayama puraka, kumbhaka rechaka (Kapalabhaati Pranayama, Sheetalī Pranayama, Sheetkari Pranayama, Anuloma-Viloma Pranayama.

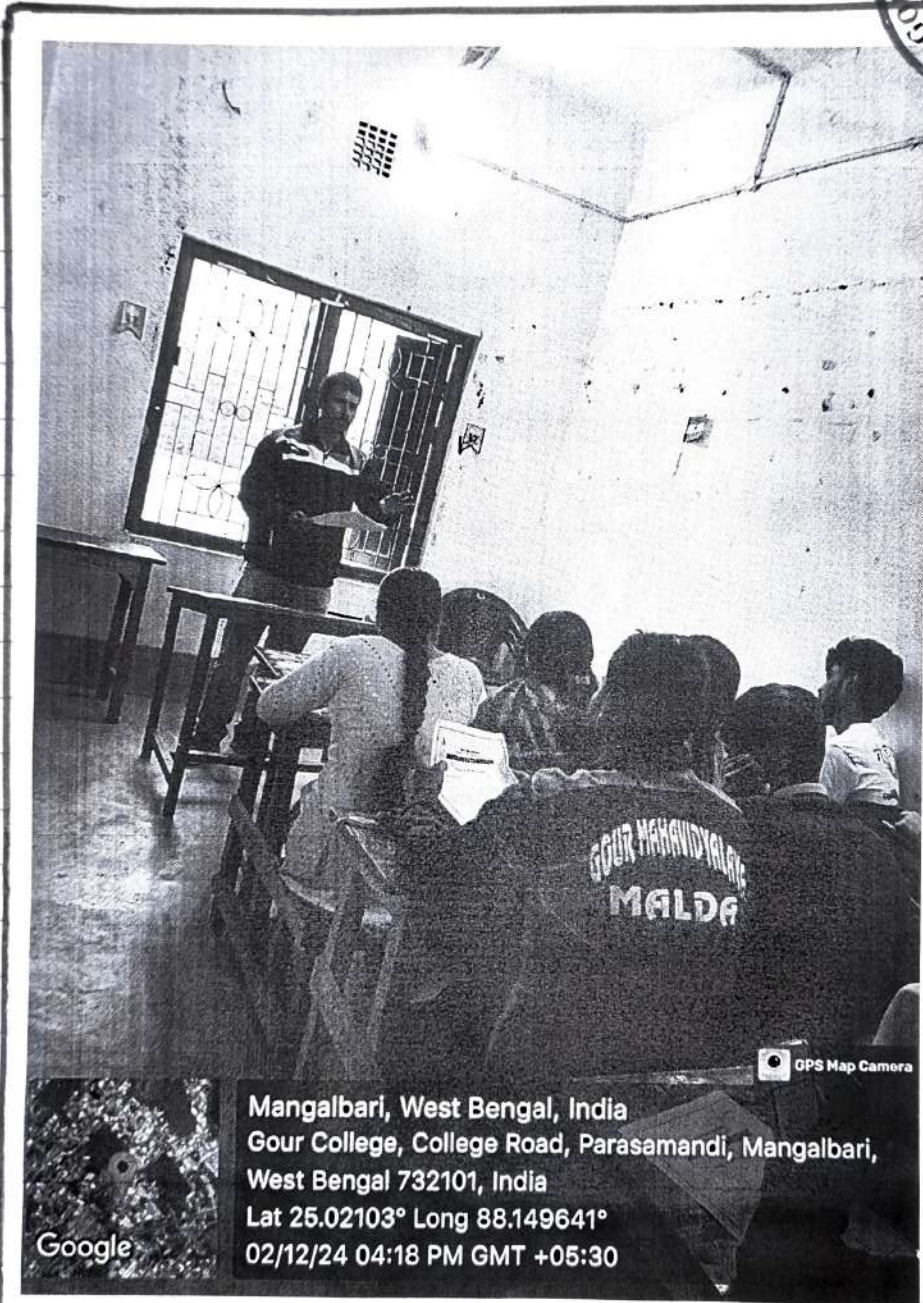
Principal  
GOUR MAHAVIDYALAYA  
17, 70th, Malda.





# ADD-ON COURSE

## REGISTRATION FORM DISTRIBUTION



GPS Map Camera

Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari,  
West Bengal 732101, India  
Lat 25.02103° Long 88.149641°  
02/12/24 04:18 PM GMT +05:30

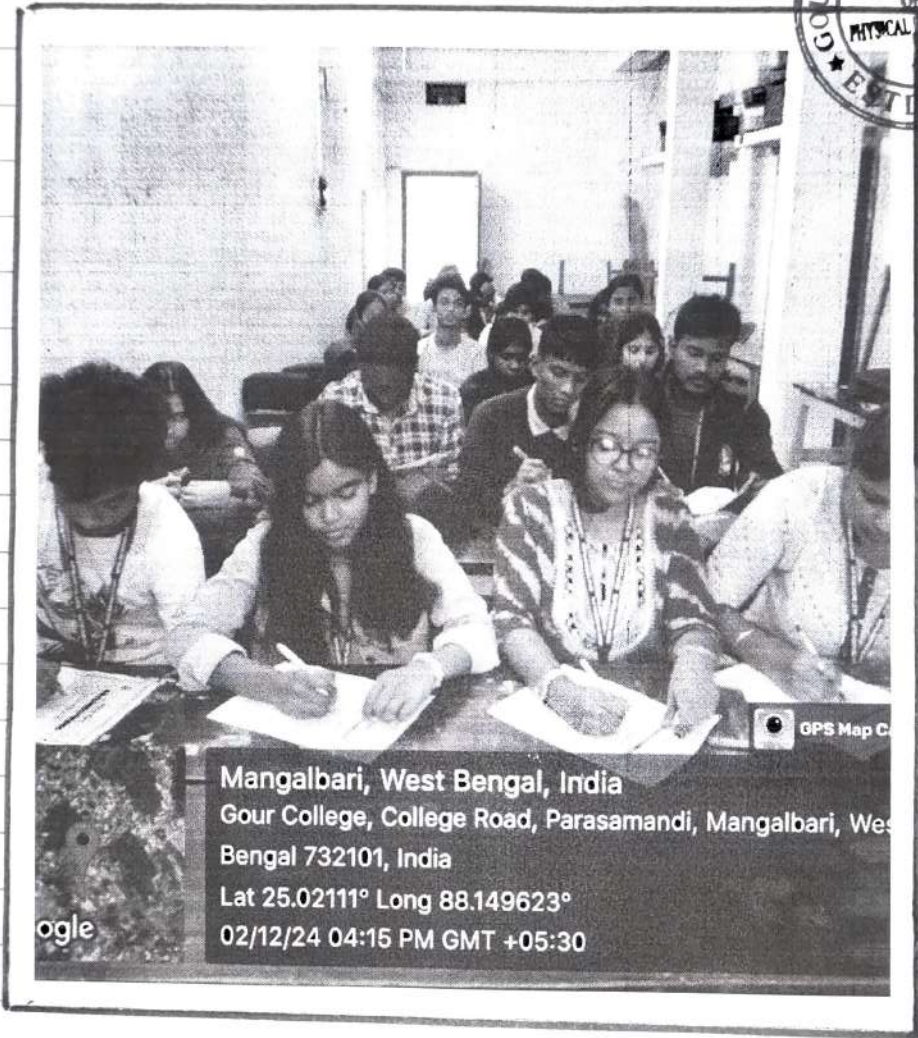
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Principal  
**GOUR MAHAVIDYALAYA**  
Mangalbari, Malda.



# ADD - ON COURSE

## REGISTRATION FORM FILL-UP



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Gour College, College Road, Parasamandi, Mangalbari, West  
Bengal 732101, India  
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Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda.

**GOUR MAHAVIDYALAYA**  
**Department of Physical Education**  
**ADD ON COURSE**  
**ON**  
**FITNESS DEVELOPMENT AND YOGA**  
**Syllabus Layout**



|                  |                                   | TOPIC  |            |           |
|------------------|-----------------------------------|--|------------|-----------|
| Date             | Time                              | Shift - 1  | Teacher    | Signature |
| 03/12/2024       | 9:00 -10:00<br>Theory & Practical | Introduction and meaning of Physical fitness, definition and importance of Physical fitness. | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Aim and objectives of fitness and wellness, scope of fitness.                                | J.S, A.S.P |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 04/12/2024       | 9:00 -10:00<br>Theory & Practical | Components Of Physical Fitness, Modern Concept Of Physical Fitness                           | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Types Of Fitness And Health And Safety In Daily Life   | A.S.P, J.S |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 05/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm Up, Neck And Shoulder Exercise, Arms And Chest Exercise                                 | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Historical Background And Meaning Of Yoga  | J.S, A.S.P |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 06/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm Up, Abdominal And Back Exercises, Hip And Legs Exercises                                | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Defination and Importance of Yoga  | A.S.P, J.S |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 07/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up Standing Exercises Asanas Padmasana Vajrasana  | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | A brief details of Ashtanga Yoga   | J.S, A.S.P |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 09/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up , jumping exercise, suksana tadasana   | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Concept and Principles of Yoga, Classification of Yoga                                       | A.S.P, J.S |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 10/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up, Moving Exercises Trikonasana Makarasana   | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00                       | General Guidelines for Performing of Yoga Practices  | J.S, A.S.P |           |

  
**GOUR MAHAVIDYALAYA**  
**Mangalbari, Malda.**



**GOUR MAHAVIDYALAYA**  
**Department of Physical Education**  
**ADD ON COURSE**  
**ON**  
**FITNESS DEVELOPMENT AND YOGA**  
**Syllabus Layout**



|                  |                                   | <b>Topic</b>   |            |           |
|------------------|-----------------------------------|--|------------|-----------|
| Date             | Time                              | Shift - 1  | Teacher    | Signature |
| 11/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up Session, Practices of Differents Asanas<br>Halasana, Bhujangasana      | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Understanding of Wellness  | A.S.P, J.S |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 12/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up Session, Practices of Differents Asanas<br>Sarvangasana, Dhanursana    | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Meaning of Pranayama   | J.S, A.S.P |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 13/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up Session, Practices of Differents Asanas<br>Trikonasana, Shabasana      | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Objective of Pranayama   | A.S.P, J.S |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 14/12/2024       | 9:00 -10:00<br>Theory & Practical | Warm up Session, Practices of Differents Asanas<br>Pranayama- Puraka, Kumbhaka | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Different methods of Physical Fitness and Practices<br>Different asanas,       | J.S, A.S.P |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 16/12/2024       | 9:00 -10:00<br>Theory & Practical | Practice session Different methods of Physical<br>Fitness                      | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Practice session of Yogasana, Pranayama,<br>Meditation                         | A.S.P, J.S |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 17/12/2024       | 9:00 -10:00<br>Theory & Practical | Circuit Training, Interval Traning   | A.S.P      |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Practice session of Yogasana, Pranayama,<br>Meditation                         | J.S, A.S.P |           |
| <b>Shift - 1</b> |                                   |  |            |           |
| 18/12/2024       | 9:00 -10:00<br>Theory & Practical | Kapalbhaati, Pranayama, sheetali Pranayama<br>Anuloma Viloma Pranayama         | J.S        |           |
|                  |                                   | <b>Shift - 2</b>   |            |           |
|                  | 4:00 – 5:00<br>Theory & Practical | Practice session of Yogasana, Pranayama,<br>Meditation                         | A.S.P, J.S |           |

**Principal**  
**GOUR MAHAVIDYALAYA**  
**Maldah**

GOUR MAHAVIDYALAYA  
Department of Physical Education  
ADD ON COURSE  
ON  
FITNESS DEVELOPMENT AND YOGA  
Syllabus Layout



|            |                                   | Shift - 1  |            |  |
|------------|-----------------------------------|--|------------|--|
| 19/12/2024 | 9:00 -10:00<br>Theory & Practical | All Asanas , Pranayamas & Meditation Practices         | A.S.P      |  |
|            |                                   | Shift - 2  |            |  |
|            | 4:00 – 5:00<br>Theory & Practical | Practice session of Yogasana, Pranayama,<br>Meditation | J.S, A.S.P |  |
| 21/12/2024 |                                   | Shift - 1  |            |  |
|            |                                   | Final Test<br>Feedback Collection                      | A.S.P, J.S |  |

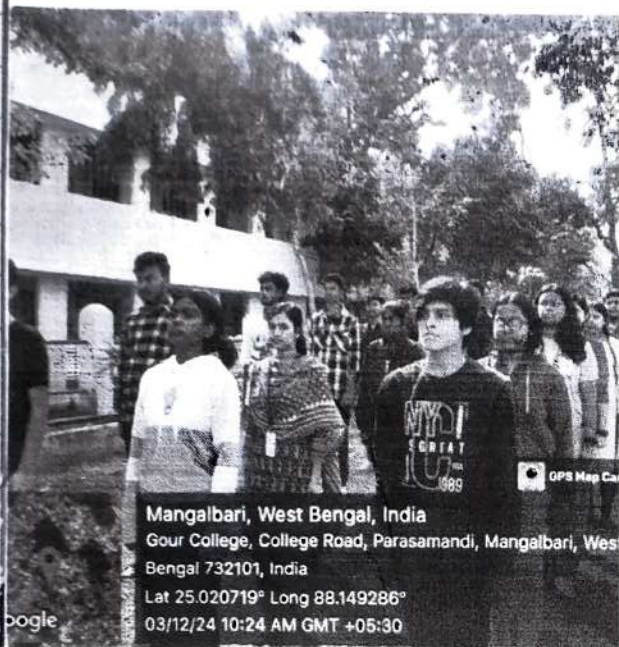
Mangalbari, Malda  
Principal  
GOUR MAHAVIDYALAYA

  
Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda.

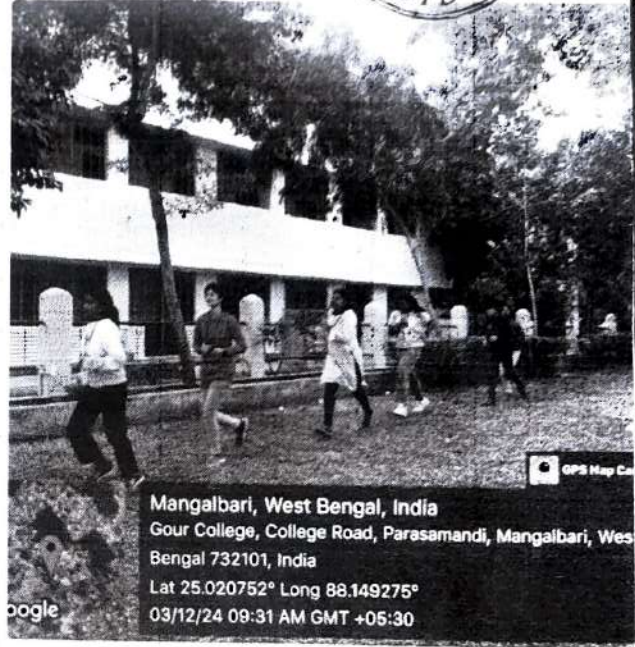


# ADD-ON COURSE

# PRACTICAL CLASS



Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari, West Bengal 732101, India  
Lat 25.020719° Long 88.149286°  
03/12/24 10:24 AM GMT +05:30



Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari, West Bengal 732101, India  
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Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari, West Bengal 732101, India  
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03/12/24 09:20 AM GMT +05:30

**Principal**  
**GOUR MAHAVIDYALAYA**  
**Mangalbari, Malda.**



# ADD-ON COURSE

## THEORY CLASS



Principal  
**GOUR MAHAVIDYALAYA**  
Mangalbari, Malda.



ADD-ON COURSE

PRACTICAL CLASS

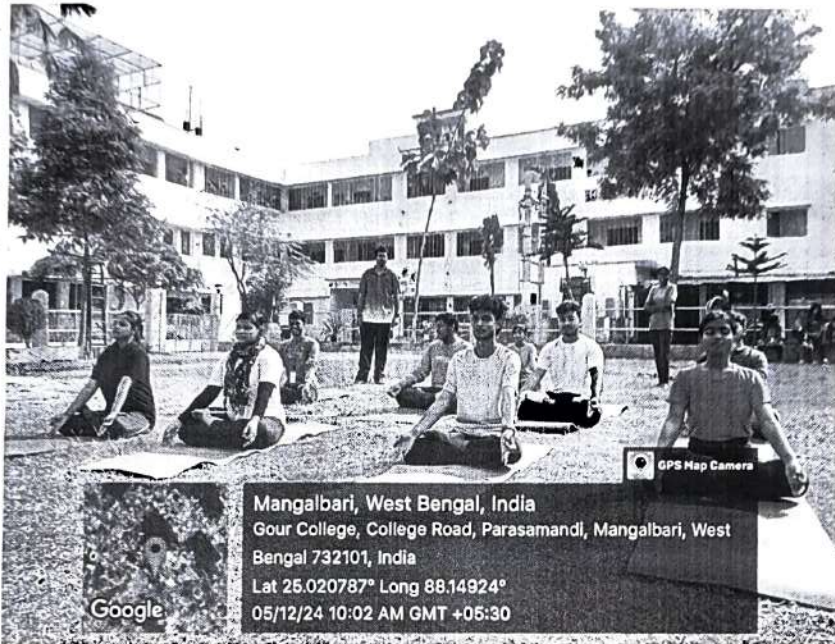


Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, Malda.



ADD-ON COURSE

PRACTICAL CLASS



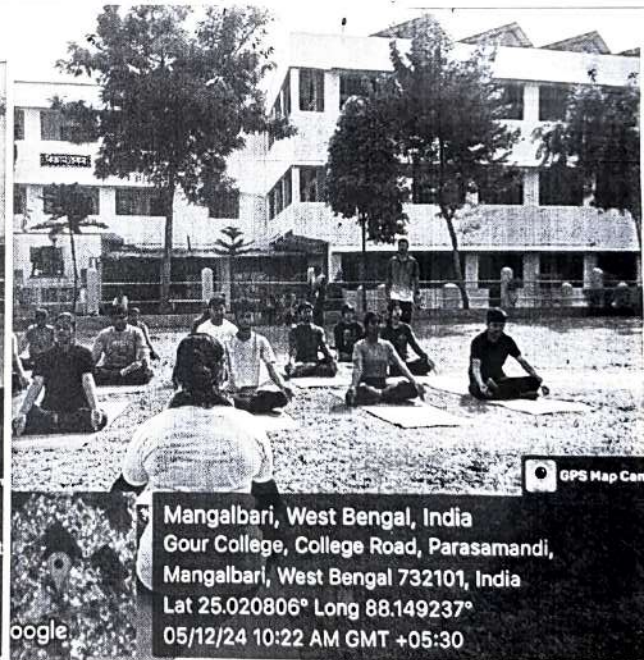
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Gour College, College Road, Parasamandi, Mangalbari, West Bengal 732101, India  
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Google




Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari, West Bengal 732101, India  
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Google



Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari, West Bengal 732101, India  
Lat 25.020806° Long 88.149237°  
05/12/24 10:22 AM GMT +05:30

Google

  
Principal  
GOUR MAHAVIDYALAYA  
Mangalbari, W.B. Ra.



# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )

Name of the Teacher ANIRUDHRA SINGH PRAMANIK

Date of Class 03.12.2024

Time of Class 9.00 - 10.00 Am

Topic Warm-up and practice of physical activities,



| SL NO | ID NO.      | NAME               | ROLL-NO | REGISTRATION - NO | SIGNATURE          |
|-------|-------------|--------------------|---------|-------------------|--------------------|
| 1     | B.A/24/2502 | ANIRUDHRA PRAMANIK |         |                   | Anirudhra Pramanik |
| 2     | BA/24/1936  | BRIJMOHAN MANDAL   |         |                   | Brijmohan Mandal   |
| 3     | B.A/24/2323 | DHRUBA DAS         |         |                   | Dhruba Das         |
| 4     | B.A/24/1978 | DIPANSHU DAS       |         |                   | Dipanshu Das.      |
| 5     | B.A/24/1446 | IYRANA SK          |         |                   | Iyana Sk           |
| 6     | B.A/24/2344 | KEYA DAS           |         |                   | Keya Das           |
| 7     | BA/24/1432  | SAYARI DAS         |         |                   | Sayari Das         |
| 8     | BA/24/1421  | SUBHOSRI PRAMANIK  |         |                   | Subhosri Pramanik  |
| 9     | B.A/24/2466 | NIYATI SAHA        |         |                   | Niyati Saha        |
| 10    | B.A/24/1410 | PRIYA PRASAD       |         |                   | Priya Prasad       |
| 11    | B.A/24/1570 | SREYA PAUL         |         |                   | Sreya Paul         |
| 12    | BA/24/1426  | SANJALI TUDU       |         |                   | Sanjali Tudu       |
| 13    | B.A/24/1425 | SHANTI MARDI       |         |                   | Shanti Mard        |
| 14    | BA/24/1448  | BANDANA RAJBANSHI  |         |                   | Bandana Rajbanshi  |
| 15    | B.A/24/1419 | PICHUSH GHOSH      |         |                   | Pichush Ghosh.     |
| 16    | B.A/24/1453 | SNEHA SAHA         |         |                   | Sneha Saha         |
| 17    | B.A/24/1420 | BANSHAKHI PRAMANIK |         |                   | Banshaxhi Pramanik |
| 18    | B.A/24/1443 | MD SAIF            |         |                   | md saif            |
| 19    | BA/24/1417  | SUJIT CHOREY       |         |                   | sujit chorey       |
| 20    | B.A/24/1410 | SHULI KISKU        |         |                   | Shuli kisku        |

AS Pramanik  
03/12/2024  
Teacher's Signature with date

# GOUR MAHAVIDYALAYA

Department of Physical Education  
ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )

Name of the Teacher ANIRUDDHA SINGH TERNAK

Date of Class 03/12/2024

Time of Class 9.00 - 10.00 AM

Topic Warm-up and Practices for physical activities.



| SL NO | ID NO.      | NAME             | ROLL-NO       | REGISTRATION - NO | SIGNATURE         |
|-------|-------------|------------------|---------------|-------------------|-------------------|
| 1     | B.A/23/2496 | SMRITI SAHA      | 1223PEDMJ0041 | 121-1215-1748-23  | Smriti Saha       |
| 2     | B.A/23/3737 | BITHI SAHA       | 1223PEDMJ0007 | 121-1215-1712-23  | Bithi saha.       |
| 3     | B.A/23/0054 | DURGA SARKAR     | 1223PEDMJ0013 | 121-1215-1719-23  | Durga Sarkar      |
| 4     | B.A/23/2146 | PURNIMA HALDER   | 1223PEDMJ0026 | 121-1212-1733-23  | Purnima Halder.   |
| 5     | B.A/23/3657 | MD. KARIM ANSARI | 1223PEDMJ0022 | 121-1114-1729-23  | MD. Karim Ansari. |
| 6     | B.A/23/0282 | RAJU BAIDYA      | 1223PEDMJ0031 | 121-1112-1739-23  | Raju Baidya       |
| 7     | B.A/23/0634 | BIJOY MANDAL     | 1223PEDMJ0004 | 121-1112-1709-23  | Bjoy Mandal       |
| 8     | B.A/23/0002 | NEHA MALLIK      | 1223PEDMJ0025 | 121-1212-1730-23  | Neha Mallik       |
| 9     |             |                  |               |                   |                   |
| 10    |             |                  |               |                   |                   |
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| 19    |             |                  |               |                   |                   |
| 20    |             |                  |               |                   |                   |

Asst. Prof. Aniruddha Singh Ternak  
Teacher's Signature with date



# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

**FITNESS DEVELOPMENT AND YOGA**

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher ANIRUDDHA SINGH PARMAR

Date of Class 03/12/2024

Time of Class 9.00 - 12.00 AM

Topic Warm up and practices for physical activities

| SL NO | ID NO.      | NAME           | ROLL-NO         | REGISTRATION - NO | SIGNATURE      |
|-------|-------------|----------------|-----------------|-------------------|----------------|
| 1     | B.A/22/1913 | CHINMAY RAJAK  | 1222GENA 0296   | 121-1112-2089-22  | Chinmay Rajak  |
| 2     | B.A/22/1962 | SHANKU MANDAL  | 1222 GENA 1217  | 121-1112-2114-22  | Shanku Mandal  |
| 3     | B.A/22/0841 | AMITAVA ROY    | 1222 GENA 0079  | 121-1112-2083-22  | Amitava Roy    |
| 4     | B.A/22/0845 | CHIRANJIT SAHA | 1222 GENA 0300  | 121-1115-2092-22  | Chiranjit saha |
| 5     | B.A/22/1325 | DIBAS SARKAR   | 1222 GENA 0347  | 121-1112-2094-22  | Dibas sarkar   |
| 6     | B.A/22/1467 | PRADIP HANSDA  | 1222 GENA 0834  | 121-1113-2105-22  | Pradip Hansda  |
| 7     | B.A/22/0500 | BAISHALI DAS   | 1222 GENA 0176  | 121-1211-2085-22  | Baishali Das   |
| 8     | B.A/22/1769 | SAMPATTI GHOSH | 1222 GENA 1134  | 121-1115-2111-22  | Sampatti Ghosh |
| 9     | B.A/22/0528 | JAYA PRAMANIK  | 1222 GENA-0469  | 121-1215-2098-22  | Jaya Pramanik  |
| 10    | B.A/22/0939 | SAMIR MARDI    | 1222 GENA -1128 | 121-1113-2110-22  | Sami n Mardī   |
| 11    |             |                |                 |                   |                |
| 12    |             |                |                 |                   |                |
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| 19    |             |                |                 |                   |                |
| 20    |             |                |                 |                   |                |

*ASP Parmar*  
03/12/2024

Teacher's Signature with date



# GOUR MAHAVIDYALAYA

Department of Physical Education  
ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher A.S.P and J.S

Date of Class 03.12.2024

Time of Class 4.00 - 5.00

Topic Introduction and meaning of Physical Fitness

| SL NO | ID NO.       | NAME               | ROLL-NO | REGISTRATION - NO | SIGNATURE          |
|-------|--------------|--------------------|---------|-------------------|--------------------|
| 1     | B.A/24/2502  | ANIRUDHRA PRAMANIK |         |                   | Anirudhra Pramanik |
| 2     | B.A/24/1436  | BRIJMOHAN MANDAL   |         |                   | Brijmohan Mandal   |
| 3     | BA/24/2323   | DHRUBA DAS         |         |                   | Dhruba Das         |
| 4     | B.A/24/2424  | DIPANSHU DAS       |         |                   | Dipanshu Das.      |
| 5     | B.A/24/1476  | IYARANA SK         |         |                   | Iyanana Sk         |
| 6     | BA/24/2344   | KEYA DAS           |         |                   | Keya Das           |
| 7     | BA/24/1432   | SAYARI DAS         |         |                   | Sayari Das         |
| 8     | BA/24/1421   | SUBHOSKI PRAMANIK  |         |                   | Subhoski Pramanik  |
| 9     | BA/24/2466   | NIYATI SAHA        |         |                   | Niyati Saha        |
| 10    | BA/24/1410   | PIYA PRASAD        |         |                   | Piya Prasad        |
| 11    | B.A/24/12570 | SREYA PAUL         |         |                   | Sreya Paul         |
| 12    | BA/24/1426   | SANJALI TUDU       |         |                   | Sanjali Tudu       |
| 13    | BA/24/1428   | SHANTI MARDI       |         |                   | Shanti Mardhi      |
| 14    | BA/24/1448   | BANDANA RAJBANSHI  |         |                   | Bandana Rajbanshi  |
| 15    | BA/24/1413   | PICHUSH GHOSH      |         |                   | Pichush Ghosh.     |
| 16    | B.A/24/1438  | SNEHA SAHA         |         |                   | Sneha Saha         |
| 17    | B.A/24/1420  | BANSHAKI PRAMANIK  |         |                   | Banshaki Pramanik  |
| 18    | B.A/24/1443  | MD SAIF            |         |                   | MD Saif            |
| 19    | B.A/24/1417  | SUJIT CHOREY       |         |                   | Sujit chorey       |
| 20    | B.A/24/1410  | SHULI KISKU        |         |                   | Shuli kisku        |

Teacher's Signature with date 03.12.2024

# GOUR MAHAVIDYALAYA

Department of Physical Education  
ADD ON COURSE

ON

## FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )

Name of the Teacher A.S.P and J.S

Date of Class 03/12/2024

Time of Class 4.00 - 5.00 PM

Topic Introduction and Meaning of Physical Fitness.



| SL NO | ID NO.      | NAME             | ROLL-NO       | REGISTRATION - NO | SIGNATURE         |
|-------|-------------|------------------|---------------|-------------------|-------------------|
| 1     | B.A/23/2496 | SMRITI SAHA      | 1223PEDMJ0041 | 121-1215-1748-23  | Smriti Saha       |
| 2     | B.A/23/3737 | BITHI SAHA       | 1223PEDMJ0007 | 121-1215-1712-23  | Bithi Saha        |
| 3     | B.A/23/0054 | DURGIA SARKAR    | 1223PEDMJ0013 | 121-1215-1719-23  | Durga Sarkar.     |
| 4     | B.A/23/2146 | PURNIMA HALDER   | 1223PEDMJ0026 | 121-1212-1733-23  | Purnima Halder    |
| 5     | B.A/23/3657 | MD. KARIM ANSARI | 1223PEDMJ0022 | 121-1114-1729-23  | Md. Karim Ansari. |
| 6     | B.A/23/0232 | RAJU BAIDYA      | 1223PEDMJ0031 | 121-1112-1739-23  | Raju Baidya       |
| 7     | B.A/23/0634 | BIJOY MANDAL     | 1223PEDMJ0009 | 121-1112-1709-23  | Bijoy Mandal      |
| 8     | B.A/23/2002 | NEHA MALLIK      | 1223PEDMJ0025 | 121-1212-1732-23  | Neha Mallik       |
| 9     |             |                  |               |                   |                   |
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| 20    |             |                  |               |                   |                   |

A.S.P  
Teacher's Signature with date 03.12.2024



# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )

Name of the Teacher A.S.P ADD J.S

Date of Class 03/12/2024

Time of Class 4.00 - 5.00 PM

Topic Introduction and Meaning of Physical Fitness



| SL NO | ID NO.      | NAME           | ROLL- NO       | REGISTRATION - NO | SIGNATURE      |
|-------|-------------|----------------|----------------|-------------------|----------------|
| 1     | B.A/22/1913 | CHINMAY RAJAK  | 1222GENA0296   | 121-1112-2089-22  | Chinmay Rajak  |
| 2     | B.A/22/0841 | AMITAVA ROY    | 1222GENA 0079  | 121-1112-2083-22  | Amitava Roy    |
| 3     | B.A/22/1962 | SHANKU MANDAL  | 1222GENA1217   | 121-1112-2114-22  | Shanku Mandal  |
| 4     | B.A/22/0895 | CHIRANJIT SAHA | 1222 GENA 0300 | 121-1116-2002-22  | Chiranjit Saha |
| 5     | B.A/22/1325 | DIBAS SARKAR   | 1222 GENA 0547 | 121-1112-2094-22  | Dibas Sarkar   |
| 6     | B.A/22/1987 | PRADIP HANSDA  | 1222 GENA 0839 | 121-1113-2105-22  | Pradip Hansda  |
| 7     | B.A/22/0500 | BAISHALI DAS   | 1222GENA0176   | 121-1211-2085-22  | Baishali Das   |
| 8     | B.A/22/1979 | SAMPATTI GHOSH | 1222GENA 1134  | 121-1115-2111-22  | Sampatti Ghosh |
| 9     | B.A/22/0528 | JAYA PRAMANIK  | 1222GENA-0469  | 121-1215-2097-22  | Jaya Pramanik  |
| 10    | B.A/22/0039 | SAMIR MARDI    | 1222GENA-1128  | 121-1113-2110-22  | Samir Mardhi   |
| 11    |             |                |                |                   |                |
| 12    |             |                |                |                   |                |
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A.S.P  
Teacher's Signature with date  
03/12/2024

# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher JYITA SINGHA

Date of Class 04/12/2024

Time of Class 9.00 - 10.00 am.

Topic Warm-up and Practices of Physical Activity

| SL NO | ID NO.      | NAME               | ROLL- NO | REGISTRATION - NO | SIGNATURE          |
|-------|-------------|--------------------|----------|-------------------|--------------------|
| 1     | B.A/24/1436 | BRIJMOWAN MANDAL   |          |                   | Brijmohan Mandal   |
| 2     | BA/24/1432  | SAYARI DAS         |          |                   | Sayari Das         |
| 3     | B.A/24/2374 | KEXA DAS           |          |                   | Kexa Das           |
| 4     | B.A/24/1410 | PRIYA PRASAD       |          |                   | Priya Prasad       |
| 5     | B.A/24/0570 | GREYA PAUL         |          |                   | Greya Paul         |
| 6     | B.A/24/1458 | SNEHA SAHA         |          |                   | Sneha Saha         |
| 7     | BA/24/2406  | NIYATI SAHA        |          |                   | Niyati Saha        |
| 8     | B.A/24/1428 | SHANTI MARDI       |          |                   | Shanti Mardi       |
| 9     | B.A/24/1426 | SANJALI TUPU       |          |                   | Sanjali Tupu       |
| 10    | B.A/24/1408 | BANDANA RAJBANSHI  |          |                   | Bandana Rajbanshi  |
| 11    | B.A/24/1421 | SUBHOSHI PRAMANIK  |          |                   | Subhoshi Pramanik  |
| 12    | B.A/24/2323 | DHRUBA DAS         |          |                   | Dhruba Das         |
| 13    | B.A/24/1413 | PICHUSH GHOSH      |          |                   | Pichush Ghosh.     |
| 14    | B.A/24/1420 | BAISHAKHI PRAMANIK |          |                   | Baishakhi Pramanik |
| 15    | B.A/24/1423 | MD SAIF            |          |                   | Md Saif            |
| 16    | B.A/24/1424 | DIPANSHU DAS       |          |                   | Dipanshu Das       |
| 17    | B.A/24/1446 | IYARANA SK         |          |                   | Iyarana Sk.        |
| 18    | B.A/24/1410 | SHIULI KISKU       |          |                   | Shiuli Kisku       |
| 19    | B.A/24/1417 | SUJIT CHOREY       |          |                   | Sujit Chorey       |
| 20    | B.A/24/2502 | ANIRUDHA PRAMANIK  |          |                   | Anirudha pramanik  |

  
Teacher's Signature with date



# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )

Name of the Teacher JOYITA SINGHA

Date of Class 04/12/2024

Time of Class 9.00-10.00

Topic Warm up and practices of Physical Activity



| SL NO | ID NO.      | NAME               | ROLL-NO        | REGISTRATION - NO | SIGNATURE          |
|-------|-------------|--------------------|----------------|-------------------|--------------------|
| 1     | B.A/23/0232 | RAJU BAIDYA        | 1223PEDMJ0031  | 121-1112-1735-23  | Raju Baidya        |
| 2     | B.A/23/     | SMRITI SAHA        | 1223PEDMJ0041  | 121-1215-1748-23  | Smriti Saha        |
| 3     | B.A/23/2196 | PURNIMA HALDER     | 1223PEDMJ0026  | 121-1212-1733-23  | Purnima Halder     |
| 4     | B.A/23/0054 | DURGA SARKAR       | 1223PEDMJ0013  | 121-1215-1719-23  | Durga Sarkar       |
| 5     | B.A/23/2002 | NEHA MALLIK        | 1223 PEDMJ0025 | 121-1212-1732-23  | Neha Mallik        |
| 6     | B.A/23/3657 | MD. KARIM ANSARI   | 1223PEDMJ0022  | 121-1214-1729-23  | Md. Karim Ansari   |
| 7     | B.A/23/0462 | SHREYA CHAKRABORTY | 1223PEDMJ0040  | 121-1211-1747-23  | Shreya Chakraborty |
| 8     | B.A/23/0634 | BIJOJ MANDAL       | 1223PEDMJ0004  | 121-1112-1709-23  | Bijoj mandal       |
| 9     | B.A/23/3737 | BITHI SAHA         | 1223PEDMJ0007  | 121-1215-1712-23  | Bithi Saha         |
| 10    |             |                    |                |                   |                    |
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| 20    |             |                    |                |                   |                    |

Joyita Singh 04/12/2024  
Teacher's Signature with date

# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher JOYITA SINGHA

Date of Class 04/12/2024

Time of Class 9.00-10.00

Topic Warmup and Practices of Physical Activity

| SL NO | ID NO.      | NAME            | ROLL-NO       | REGISTRATION - NO | SIGNATURE      |
|-------|-------------|-----------------|---------------|-------------------|----------------|
| 1     | B.A/22/1913 | CHINMAY RAJAK   | 1222GENA0296  | 121-1112-2089-22  | Chinmay Rajak  |
| 2     | B.A/22/0941 | AMITAVA ROY     | 1222GENA 0079 | 121-1112-2083-22  | Amitava Roy    |
| 3     | B.A/22/0939 | SAMIR MARDI     | 1222GENA 1128 | 121-1113-2110-22  | Samir mardī    |
| 4     | B.A/22/0500 | BATSHALI SAS    | 1222GENA0176  | 121-1211-2085-22  | Batshali Sas   |
| 5     | B.A/22/0845 | CHIRANJIT SAHA  | 1222GENA0300  | 121-1115-2092-22  | Chiranjit saha |
| 6     | B.A/22/1325 | DIBAS SARKAR    | 1222GENA 0347 | 121-1112-2099-22  | Dibas Sarkar   |
| 7     | B.A/22/1487 | PRADIP HANSDA   | 1222GENA 0839 | 121-1113-2105-22  | Pradip Hansda  |
| 8     | B.A/22/0524 | JAYA PRAYAMANTU | 1222GENA0469  | 121-1215-2097-22  | Jaya Prayaman  |
| 9     | B.A/22/1769 | SAMPATTI GHOSH  | 1222GENA 1134 | 121-1115-2111-22  | Sampatti Ghosh |
| 10    | B.A/22/1962 | SHANKU MANDAL   | 1222GENA 1217 | 121-1112-2119-22  | Shanku Mandal  |
| 11    |             |                 |               |                   |                |
| 12    |             |                 |               |                   |                |
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Teacher's Signature with date  
04/12/2024



# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher ASP and J.S

Date of Class 04/12/2024

Time of Class 4.00-5.00

Topic Component of Physical fitness

| SL NO | ID NO.       | NAME               | ROLL-NO | REGISTRATION - NO | SIGNATURE          |
|-------|--------------|--------------------|---------|-------------------|--------------------|
| 1     | BA/24/1432   | SAYARI DAS         |         |                   | Sayari Das         |
| 2     | BH/24/2371   | KEYA DAS           |         |                   | Keya Das           |
| 3     | B.A/24/1410  | PRIYA PRASAD       |         |                   | Priya Prasad       |
| 4     | B.A/24/14570 | SREYA PAUL         |         |                   | Sreya Paul         |
| 5     | B.A/24/1458  | SNEHA SAHA         |         |                   | Sneha Saha         |
| 6     | BA/24/2466   | NIYATI SAHA        |         |                   | Niyati Saha        |
| 7     | BA/24/1421   | SUBHOSRI PRAMANIK  |         |                   | Subhosri Pramanik  |
| 8     | BA/24/1426   | SANJALI TUDU       |         |                   | Sanjali Tudu       |
| 9     | B.A/24/1428  | SHANTI MARDI       |         |                   | Shanti Mardi       |
| 10    | B.A/24/1448  | BANDANA RAJBANSHI  |         |                   | Bandana Rajbanshi  |
| 11    | B.A/24/2323  | DHRUBA DAS         |         |                   | Dhruba Das         |
| 12    | BA/24/1413   | PICHUSH GHOSH      |         |                   | Pichush Ghosh      |
| 13    | BA/24/1420   | BAISHAKHI PRAMANIK |         |                   | Baishakhi Pramanik |
| 14    | B.A/24/1443  | MD SAIF            |         |                   | Md Saif            |
| 15    | B.A/24/2478  | DIPANSHU DAS       |         |                   | Dipanshu Das       |
| 16    | B.A/24/1446  | IYARANA SK         |         |                   | Iyanana SK         |
| 17    | B.A/24/1446  | BRIJMOHAN MANDAL   |         |                   | Brijmohan Mandal   |
| 18    | B.A/24/1410  | SHIULI KISKU       |         |                   | Shiuli Kisku       |
| 19    | B.A/24/1417  | SUJIT CHOREY       |         |                   | Sujit chorey       |
| 20    | B.A/24/2480  | ANIRUDHA PRAMANIK  |         |                   | Anirudha pramanik  |

  
Teacher's Signature with date 04/12/2024

# GOUR MAHAVIDYALAYA

Department of Physical Education

ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher A.S.P and J.S

Date of Class 04/12/2024

Time of Class 4.00 - 5.00

Topic Component of Physical Fitness

| SL NO | ID NO.      | NAME               | ROLL-NO       | REGISTRATION - NO | SIGNATURE          |
|-------|-------------|--------------------|---------------|-------------------|--------------------|
| 1     | B.A/23/0232 | RAJU BAIDYA        | 1223PEDMJ0031 | 121-1112-1733-23  | Raju Baidya        |
| 2     | B.A/23/3157 | MD.KARIM ANSARI    | 1223PEDMJ0022 | 121-1114-1729-23  | Md.Karim Ansari.   |
| 3     | B.A/23/2496 | SMRITI SAHA        | 1223PEDMJ0041 | 121-1215-1748-23  | Smriti Saha        |
| 4     | B.A/23/2196 | PURNIMA HALDER     | 1223PEDMJ0026 | 121-1212-1733-23  | Purnima Halder     |
| 5     | B.A/23/0034 | DURGIA SARKAR      | 1223PEDMJ0013 | 121-1215-1719-23  | Durgaa Sarkar.     |
| 6     | B.A/23/2002 | NEHA MALLIK        | 1223PEDMJ0025 | 121-1212-1732-23  | Neha Mallik        |
| 7     | B.A/23/0462 | SHREYA CHAKRABORTY | 1223PEDMJ0040 | 121-1211-1747-23  | Shreya Chakraborty |
| 8     | B.A/23/0634 | BIJOY MANDAL       | 1223PEDMJ0004 | 121-1112-1709-23  | Bijoy mandal.      |
| 9     | B.A/23/3737 | BITHI SAHA         | 1223PEDMJ0007 | 121-1215-1712-23  | Bithi Saha         |
| 10    |             |                    |               |                   |                    |
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| 20    |             |                    |               |                   |                    |

Teacher's Signature with date  
04/12/2024



# GOUR MAHAVIDYALAYA

Department of Physical Education  
ADD ON COURSE

ON

FITNESS DEVELOPMENT AND YOGA

Student Attendance Sheet Sem - I , III & V

Sift - 1 = 9.00- 10.00 am ( Morning )

Sift - 2 = 4.00- 5.00 pm ( Evening )



Name of the Teacher ASP and J'S

Date of Class 04/12/2024

Time of Class 4.00 - 5.00

Topic Component of Physical Fitness

| SL NO | ID NO.      | NAME           | ROLL-NO       | REGISTRATION - NO | SIGNATURE      |
|-------|-------------|----------------|---------------|-------------------|----------------|
| 1     | B.A/22/0841 | AMITAVA ROY    | 1222GENA 0074 | 121-1112-2083-22  | Amiava Roy     |
| 2     | B.A/22/1913 | CHINMAY RAJAK  | 1222GENA 0296 | 121-1112-2089-22  | Chinmay Rajak  |
| 3     | B.A/22/0646 | CHIRANJIT SAHA | 1222GENA 0300 | 121-1115-2092-22  | Chiranjit Saha |
| 4     | B.A/22/1325 | DIBAS SARKAR   | 1222GENA 0347 | 121-1112-2094-22  | Dibas Sarkar   |
| 5     | B.A/22/0939 | SAMIR MARDI    | 1222GENA 1128 | 121-1113-2110-22  | Samir Mardir   |
| 6     | B.A/22/1487 | PRADIP HANSDA  | 1222GENA 0834 | 121-1113-2105-22  | Pradip Hansda  |
| 7     | B.A/22/0528 | JAYA PRAMANIK  | 1222GENA 0469 | 121-1215-2097-22  | Jaya Pramanik  |
| 8     | B.A/22/0500 | BAISHALI DAS   | 1222GENA 0776 | 121-1211-2085-22  | Baishali Das   |
| 9     | B.A/22/1769 | SAMPATTI GHOSH | 1222GENA 1134 | 121-1115-2111-22  | Sampatti Ghosh |
| 10    | B.A/22/1962 | SHANKU MANDAL  | 1222GENA 1217 | 121-1112-2114-22  | Shanku Mandal  |
| 11    |             |                |               |                   |                |
| 12    |             |                |               |                   |                |
| 13    |             |                |               |                   |                |
| 14    |             |                |               |                   |                |
| 15    |             |                |               |                   |                |
| 16    |             |                |               |                   |                |
| 17    |             |                |               |                   |                |
| 18    |             |                |               |                   |                |
| 19    |             |                |               |                   |                |
| 20    |             |                |               |                   |                |

ASP and J'S  
Teacher's Signature with date 04/12/2024

ADD-ON COURSE  
QUESTION PAPER.



Gour Mahavidyalaya  
Department of Physical Education  
Add on Course Sem – I , III & V Final Examination -2024  
Time : 2 Hours Academic Session – 2024- 2025 F. M -50

A. নিম্নের সবগুলি প্রশ্নের উত্তর দাও -

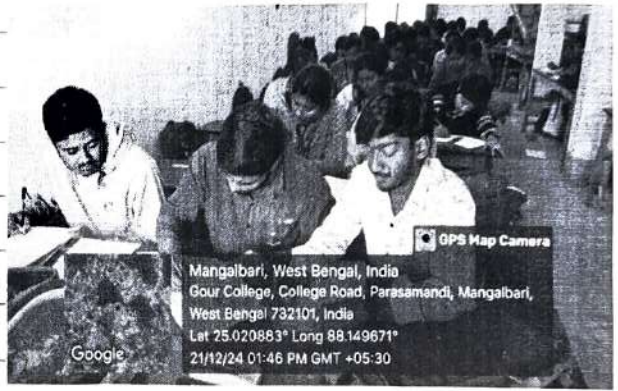
2 X 25 = 50

1. শারীরিক সক্ষমতা বলতে কি বোঝো ?
2. সক্ষমতার দুটি প্রয়োজনীয়তা লেখো ।
3. শারীরিক সক্ষমতার উপাদান গুলি কি কি ?
4. শারীরিক সুস্থতা বলতে কি বোঝো ?
5. শারীরিক সুস্থতার উপাদান গুলো উল্লেখ করো ?
6. শারীরিক কার্যক্রম ও সুস্থতার দুটি সম্পর্ক উল্লেখ করো ?
7. নমনীয়তা নির্ভরকারী ক্রীড়া প্রতিযোগিতার নাম গুলি কি কি ?
8. স্বাস্থ্যের আধুনিক ধারণা গুলি কি কি ?
9. শারীরিক সক্ষমতাকে কয় ভাগে ভাগ করা যায় ও কি কি ?
10. Training Method কি ?
11. Circuit Training বলতে কি বোঝো ?
12. W.H.O এর মতে স্বাস্থ্য কি ?
13. প্রশিক্ষণের বিভিন্ন পদ্ধতি গুলি লেখো ।
14. Continuous Method এর বৈশিষ্ট্য লেখো ।
15. Weight Training এর নীতি সমূহ উল্লেখ করো ।
16. শারীরিক কার্যক্রম কাকে বলে ?
17. Cooling Down এর ব্যায়াম এর ধরনগুলি উল্লেখ করো ।
18. Yoga কী?
19. অষ্টাঙ্গ যোগার পর্যায় গুলি লেখো ।
20. প্রাণায়ামের দুইটি উপকারিতা উল্লেখ করো ।
21. Yoga Nidra কী ?
22. Meditation এর পদ্ধতি গুলি কিকি উল্লেখ করো ।
23. পদহস্তাসন এর দুইটি উপকারিতা লেখো ।
24. Warm – Up বলতে কী বোঝা লেখো ।
25. Conditioning এর উদ্দেশ্য লেখো ।

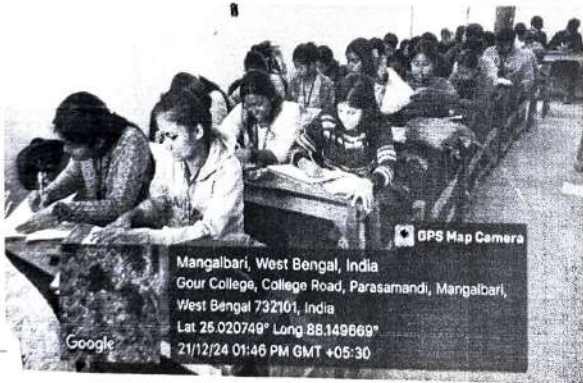




GPS Map Camera  
Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari,  
West Bengal 732101, India  
Lat 25.020809° Long 88.149686°  
21/12/24 01:47 PM GMT +05:30



GPS Map Camera  
Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari,  
West Bengal 732101, India  
Lat 25.020883° Long 88.149671°  
21/12/24 01:46 PM GMT +05:30



GPS Map Camera  
Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari,  
West Bengal 732101, India  
Lat 25.020749° Long 88.149669°  
21/12/24 01:46 PM GMT +05:30

Principal  
**GOUR MAHAVIDYALAYA**  
Mangalbari, Malda



GPS Map Camera  
Mangalbari, West Bengal, India  
Gour College, College Road, Parasamandi, Mangalbari,  
West Bengal 732101, India  
Lat 25.020707° Long 88.149726°  
21/12/24 01:47 PM GMT +05:30



41/50

# GOUR MAHAVIDYALAYA

SL. No.: LS-BOBD  
30,000

Class/Tutorial/Internal/Test Examination: 202.....

Name Niyati Saha.....

(Name, Roll & ID Verified)

Semester 1st Semester..... College ID B.A/24/2466.....

University Roll..... No. 56.....

Subject Physical Education..... Paper add on Course.....

*Signature*  
Sig. of Invigilator

2. অঙ্গহতার দুটি ব্রহ্মাণীতা হল - 1) সুঅবস্থা অঙ্গ হতা,

2) সুস্থায়্য অঙ্গ হতা,

2

3) স্বাভাবিক অঙ্গহতার বৈশিষ্ট্য হল - 1) অতি,

4) অস্বাভাবিকতা,

2) স্বাভাবিকতা,

5) নমনীয়তা,

3) দ্রব,

6) স্থিতিশীলতা,

2

4) স্বাভাবিক সুস্থতা := স্বাভাবিক সুস্থতা হল একটি ব্যক্তিকে

সুস্থ আত্মজীবন; জ্ঞানাত্মিক, ব্রাহ্মণীত্মিক; নৈতিক দিকের বিকাশ প্রদান দৈনন্দিন জীবনে সক্রিয়তা এবং কাঙ্ক্ষিত কাজগুলো, নির্দিষ্ট ক্ষেত্রের দিকে দৃষ্টি-প্রসেকা

2

5) স্বাভাবিক সুস্থতার বৈশিষ্ট্য হল -

1) স্বাভাবিক সুস্থতা,

2) জ্ঞানাত্মিক সুস্থতা,

3) ব্রাহ্মণীত্মিক সুস্থতা,

4) আত্মজীবনিক সুস্থতা,

5) ব্রহ্মাণীত্মিক বিকাশ সুস্থতা,

2

6) নমনীয়তা := নিম্নবর্ণিত ক্রীড়া প্রতিযোগিতার নাম সুস্থি হল -

1) দলগত খেলা - বাস্কেট বল, ফুটবল, ক্রিকেট,

2) একক খেলা - ~~যাঙ্গন~~, Gymnastic.

2



১) কার্যবিক্রম অক্ষমতা :- কার্যবিক্রম অক্ষমতা মূল কার্যক্রম এখন একটি অবস্থা যা তার কাজ করার ক্ষমতা হ্রাসিত বলে।

- ১) কার্যবিক্রম কার্যক্রম ও সুদক্ষতার দুটি অর্থক নিম্নরূপে
- ১) কার্যবিক্রম কার্যক্রম ও সুদক্ষতা মূল একটি সুদক্ষতা উন্নতি
  - ২) কার্যবিক্রম কার্যক্রম ও সুদক্ষতা কার্যক্রম সুদক্ষতা ও সুদক্ষতার সাথে

২) স্বাস্থ্যের আর্থিক বার্তা তুলি মূল :-

- ১) কার্যবিক্রম স্বাস্থ্য,
- ২) স্বাস্থ্যিক স্বাস্থ্য,
- ৩) আর্থিক স্বাস্থ্য,

৩) কার্যবিক্রম অক্ষমতাকে দুই ভাগে ভাগ করা যায় মধ্য

- ১) স্বাস্থ্য অক্ষমতা কার্যবিক্রম অক্ষমতা,
- ২) দক্ষতা অক্ষমতা কার্যবিক্রম অক্ষমতা

৪) Training Method :- যে ব্রহ্মচর্যন বস্তুটির কার্যক্রমে প্রতিমাণীতার খেলাধুলার মত দুইটি আমন্ত্রণের জন্য বিভিন্ন অক্ষমতা বস্তুটি অনুভবন করে খেলাধুলার মতকার কার্যক্রমে

২) যে দুইটি মতকার জন্য দুই কার্যক্রমের মাধ্যমে

ট্রেনিং করার মত মত বস্তুটির Training Method বলে।

৫) Circuit Training :- এটি ব্রহ্মচর্যন বস্তুটিতে ৪-১২/১৫টি ব্যায়ামের মত বা Station মত মত প্রতিটি Station এক একটি ব্যায়াম করার জন্য



নির্দিষ্ট অঙ্গকে। চরমকার বদ্ধতিতে বসতিগি চোত্র নির্দিষ্ট  
 কামাঙ্ক; নির্দিষ্ট আংখ্যক রাব করতে হয়। এহাং চক্রটি বুন  
 করতে হয় তাহে Circuit Training বলে।

ব্রহ্মিচীন বদ্ধতি তুলি হল-

- ① Continuous method.
- ② Interval Training Method.
- ③ Repetition method.
- ④ Circuit Training.
- ⑤ Weight Training.
- ⑥ Fentilek Training.

14) Comtinuoms Method - এর বৈধিচি হল-

- ① Puls Rate ব্রতি গিনি 130-180 থাকে।
- ② কাহের অঙ্গক কোনো বিক্লান থাকে না।
- ③ ব্রহ্মকালীর অুদ্ধতা চিক থাকে।
- ④ কাজ তীব্রতার কাজ করতে হয়।

12) W.H:O এর হাতে স্বাক্ষর কিতু  $\Rightarrow$  W.H.O - এর হাতে স্বাক্ষর হলো  
 স্বাধীকৃত, স্বানতিক এহাং আঙ্কাজিকভাবে বুন অুদ্ধতার অঙ্কনা,  
 কেবলমাত্র সোজ বা দুর্বলতার অনুবধিতি নয়।

15) Weight Training - এর নীতি অঙ্কর টেলের হল-

- ① ধীরে ধীরে ওজন বৃদ্ধি করা।
- ② ব্যাঙ্কের বুনরাবৃত্তি আংখ্য নির্ধারন করা।
- ③ লেজির বিক্লান নিষিদ্ধ করা।



16) স্বাভাবিক কার্যক্রম  $\Rightarrow$  স্বাভাবিক কার্যক্রম বলতে বোঝায়  
 (12) ~~অব স্বাভাবিক চলার মাধ্যমে ক্রিয়াকর্ম করে~~  
 স্বাভাবিক বস্তু বায়তে ~~অস্বাভাবিক~~ অস্বাভাবিক।

17) Cooling Down - এর ব্যাপ্তির বৈশিষ্ট্য হল -

- (13)
- ① বীর্য তাত্ত্বিক শক্তি
  - ② শক্তি সঞ্চার
  - ③ তাত্ত্বিক স্বাভাবিক - ~~অস্বাভাবিক~~ অনুরূপ।

18) Yoga  $\Rightarrow$  Yoga হলো প্রাচীন ভারতীয় অনুরূপিত বস্তু,   
 (14) ~~জ্ঞানাত্মক ও স্বাভাবিক~~ স্বাভাবিকের জন্য কার্যকর।

19) অস্বাভাবিক সমাজের অস্বাভাবিক হল -

- (15)
- ① ইচ্ছাশক্তি
  - ② নিষ্কামতা
  - ③ আত্মতা
  - ④ ব্রাহ্মস্বয়ং
  - ⑤ ব্রহ্মস্বয়ং
  - ⑥ স্বাভাবিক
  - ⑦ স্বাভাবিক
  - ⑧ স্বাভাবিক

20) অস্বাভাবিক হল স্বাভাবিক হল -

(16) ① স্বাভাবিক - স্বাভাবিক নিষ্কামতার স্বাভাবিক স্বাভাবিক

# GOUR MAHAVIDYALAYA

SL. No. : LS-BOBD  
30,000

Class/ Tutorial/ Internal/ Test Examination: 202.....

Name Niyati Saha (Name, Roll & ID Verified)

Semester 1st Semester College ID B.A/24/2466

University Roll No. 56

Subject Physical Education Paper Add. o.m. Course Sig. of Invigilator

11 জাতীয়িক অক্সিডেন অবস্থায় বৃদ্ধি করা।

1) Yoga Nidra হল - Yoga nidra হলো এক ধরনের ক্রান্ত ও  
ক্ষিপ্তচিত্তের ব্রহ্মাতি; যা জাতীয় ও অন্যে অল্প  
বিচ্ছিন্ন হওয়া

2) Meditation - এক ব্রহ্মাতি হওয়া তিনটি বৈশিষ্ট্যবিশিষ্ট হলে

ব্রহ্মাতি ① একান্ত হলে ক্রান্ত স্থানে বসে।

② জাতীয় স্বাস্থ্য নেওয়া।

③ অন্যান্য ধরনের উত্তর কেন্দ্রীভূত করা।

বৈশিষ্ট্য -

① জাতীয়িক চান হওয়া।

② অন্যান্য বৃদ্ধি।

③ অক্ষয়নীয়তা বৃদ্ধি।

23) 1 ব্রহ্মাতি ব্রহ্মাতি হওয়া

② জাতীয়িক ক্রান্ত স্থানে



**GOUR MAHAVIDYALAYA**  
**Department of Physical Education**  
**ADD ON COURSE**  
**ON**  
**FITNESS DEVELOPMENT AND YOGA**  
**Student Attendance Sheet Sem- I, III & V ( Examination - 2024)**  
**Academic Session – 2024-2025**

Name of the Teacher ANIRUDDHA SINGH PERMAR and JOYITA SINGHA  
Date of Class 21.12.2024  
Time of Class 12.00 - 02.00  
Topic Add-ON COURSE Examination.

| SL NO | NAME               | ROLL-NO | REGISTRATION - NO | SIGNATURE          | MARKS |
|-------|--------------------|---------|-------------------|--------------------|-------|
| 1     | SAYARI DAS         |         |                   | Sayari Das         | 28    |
| 2     | NIYATI SAHA        |         |                   | Niyati Saha        | 41    |
| 3     | KEYA DAS           |         |                   | Keya Das           | 25    |
| 4     | SNEHA SAHA         |         |                   | Sneha Saha         | 42    |
| 5     | PRIYA PRASAD       |         |                   | Priya Prasad       | 35    |
| 6     | BREYA PAUL         |         |                   | Breya Paul         | 41    |
| 7     | BRIJMOHAN MANDAL   |         |                   | Brij-mohan Mandal  | 36    |
| 8     | SUBHOSR0 PRAMANIK  |         |                   | Subhasti Pramanik  | 35    |
| 9     | BAISIAKHI PRAMANIK |         |                   | Baishakhi Pramanik | 39    |
| 10    | ANIRUDHA PRAMANIK  |         |                   | Anirudha Pramanik  | 35    |
| 11    | DHRUBA DAS         |         |                   | Dhruba Das         | 34    |
| 12    | DIPANSHU DAS       |         |                   | Dipanshu Das       | 35    |
| 13    | SANJALI TODU       |         |                   | Sanjali Todu       | 37    |
| 14    | SHANTI MARDI       |         |                   | Shanti Mardi       | 32    |
| 15    | BANDANA RAJBANSHI  |         |                   | Bandana Rajbanshi  | 36    |
| 16    | PICHUSH GHOSH      |         |                   | Pichush Ghosh      | 36    |
| 17    | SUJIT CHOREY       |         |                   | Sujit Chorey       | 43    |
| 18    | SHIULI KISKU       |         |                   | Shiuli Kisku       | 35    |
| 19    | IYANA SK           |         |                   | Iyana SK           | 30    |
| 20    | Md. Saif           |         |                   | Md Saif            | 29    |

*(Signature)*  
21/12/2024  
21/12/2024  
**Teacher's Signature with date**



**GOUR MAHAVIDYALAYA**  
**Department of Physical Education**  
**ADD ON COURSE**  
**ON**  
**FITNESS DEVELOPMENT AND YOGA**  
Student Attendance Sheet Sem- I, III & V ( Examination - 2024)  
Academic Session – 2024-2025

Name of the Teacher ANIRUPDHA SINGH PERMAR and JOYITA SINGHA  
 Date of Class 21.12.2024  
 Time of Class 12.00 - 02.00 pm.  
 Topic Add-ON-COURSE Examination

| SL NO | NAME               | ROLL- NO      | REGISTRATION - NO | SIGNATURE          | MARKS |
|-------|--------------------|---------------|-------------------|--------------------|-------|
| 1     | BITHI SAHA         | 1223PEDMJ0007 | 121-1215-1712-23  | Bithi Saha         | 38    |
| 2     | PURNIMA HALDER     | 1223PEDMJ0026 | 121-1212-1733-23  | Purnima Halder     | 36    |
| 3     | DURGA SARKAR       | 1223PEDMJ0013 | 121-1215-1719-23  | Durga Sarkar       | 41    |
| 4     | SMRITI SAHA        | 1223PEDMJ0041 | 121-1215-1748-23  | Smriti Saha        | 22    |
| 5     | SHREYA CHAKRABORTY | 1223PEDMJ0090 | 121-1211-1747-23  | Shreya Chakraborty | 30    |
| 6     | MD. KARIM ANSARI   | 1223PEDMS0022 | 121-1114-1729-23  | Md. Karim Ansari   | 29    |
| 7     | BIJOY MAJDAL       | 1223PEDMJ0004 | 121-1112-1709-23  | Bijoy Mandal       | 37    |
| 8     | NEHA MALLIK        | 1223PEDMJ0025 | 121-1212-1732-23  | Neha Mallik        | 35    |
| 9     | RAJU BAIDYA        | 1223PEDMJ0031 | 121-1112-1739-23  | Raju Baidya        | 32    |
| 10    |                    |               |                   |                    |       |
| 11    |                    |               |                   |                    |       |
| 12    |                    |               |                   |                    |       |
| 13    |                    |               |                   |                    |       |
| 14    |                    |               |                   |                    |       |
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| 18    |                    |               |                   |                    |       |
| 19    |                    |               |                   |                    |       |
| 20    |                    |               |                   |                    |       |

*Asfmar*  
 21/12/2024  
 Teacher's Signature with date



**GOUR MAHAVIDYALAYA**  
**Department of Physical Education**  
**ADD ON COURSE**

**ON**  
**FITNESS DEVELOPMENT AND YOGA**  
Student Attendance Sheet Sem- I, III & V (Examination - 2024)

Academic Session – 2024-2025

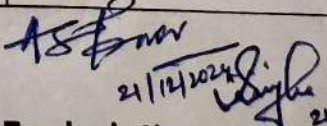
Name of the Teacher ANIRUDDHA SINGH PERMAR

Date of Class 21.12.2024

Time of Class 12.00 - 2.00 pm

Topic Add-ON-Course- Examination

| SL NO | NAME           | ROLL-NO      | REGISTRATION - NO | SIGNATURE       | MARKS |
|-------|----------------|--------------|-------------------|-----------------|-------|
| 1     | CHIRANJIT SAHA | 1222GENA0300 | 121-1115-2002-22  | Chiranjit Saha. | 35    |
| 2     | CHINMAY RAJAK  | 1222GENA0296 | 121-1112-2089-22  | Chinmay Rajak.  | 27    |
| 3     | DIBAS SARKAR   | 1222GENA0342 | 121-1112-2094-22  | Dibas Sarkar.   | 18    |
| 4     | AMITAVA ROY    | 1222GENA0079 | 121-1112-2083-22  | Amitava Roy.    | 22    |
| 5     | BAISHALI DAS   | 1222GENA0176 | 121-1211-2085-22  | Baishali das.   | 30    |
| 6     | SAMIR MARDI    | 1222GENA1128 | 121-1113-2110-22  | Samir Moddi.    | 28    |
| 7     | PRADIP HANSDA  | 1222GENA0821 | 121-1113-2105-22  | Pradip Hansda.  | 15    |
| 8     | SHANKU MANDAL  | 1222GENA1217 | 121-1112-2114-22  | Shanku mandal.  | 21    |
| 9     | JAYA PRAMANIK  | 1222GENA0469 | 121-1215-2007-22  | Jaya Pramanik.  | 31    |
| 10    | SAMPATTI GHOSH | 1222GENA1134 | 121-1115-2111-22  | Sampatti Ghosh. | 24    |
| 11    |                |              |                   |                 |       |
| 12    |                |              |                   |                 |       |
| 13    |                |              |                   |                 |       |
| 14    |                |              |                   |                 |       |
| 15    |                |              |                   |                 |       |
| 16    |                |              |                   |                 |       |
| 17    |                |              |                   |                 |       |
| 18    |                |              |                   |                 |       |
| 19    |                |              |                   |                 |       |
| 20    |                |              |                   |                 |       |

  
 21/12/2024  
 Teacher's Signature with date



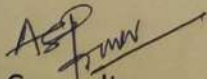
GOUR MAHAVIDYALAYA  
DEPARTMENT OF PHYSICAL EDUCATION




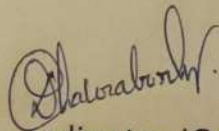
**Certificate Of Participation**


This is to certify that.....NIYATI SAHA....., of Semester.....I.....  
Department of Physical Education has successfully completed the Add-on Course  
entitled "***Fitness Development and Yoga.***" Organised by Department of  
Physical Education in collaboration with IQAC, Gour Mahavidyalaya, Mangalbari,  
Malda conducted from 03.12.2024 to 21.12.2024

DATE :- 27.12.2024

  
Co-ordinator

  
Joint co-ordinator

  
Co-ordinator IQAC

  
Principal



**GOUR MAHAVIDYALAYA**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
**ADD ON COURSE**  
**ON**  
**FITNESS DEVELOPMENT AND YOGA**  
**SESSION – 2024-2025**



## Summary Report of Add-on Courses

Course Outcomes After completing the course students will be able to,

The objectives of health, wellness, Fitness development yoga, and sports include:

- **Understanding health and wellness:** Learning about the importance of health and wellness, and how to maintain them
- **Understanding the role of physical activity:** Learning how physical activity can help develop health and wellness
- **Learning about yoga:** Learning about the benefits of yoga, how to perform yoga poses, and how yoga can help with stress and sleep
- **Learning about sports and fitness:** Learning about the importance of sports and fitness, and how to perform sports activities
- **Learning about nutrition:** Learning about the importance of nutrition and a balanced diet
- **Learning about health-related fitness:** Learning about health-related fitness components and how to assess your own fitness level
- **Developing a positive personality:** Learning how to balance emotions and develop a positive personality
- **Learning about health problems:** Learning about health problems and how to identify them
- **Learning about first aid:** Learning about first aid and how to provide it
- **Learning about the impact of globalization:** Learning about the impact of globalization on health.

*Anirudha Singh Baur.*  
*Joyita Singha*  
Name of the Teachers

  
**Principal**  
**GOUR MAHAVIDYALAYA**  
Mangalbari, Malda.