Certificate Course on Water Sports & Life Guard Training (CWSLGT) 2019

Date: 14/01/2019 to 29/03/2019



Organized By: Department of Physical Education Mugberia Gangadhar Mahavidyalaya Bhupatinagar: Purba Medinipur West Bengal: Pin-721425

April 2019



MUGBERIA GANGADHAR MAHAVIDYALAYA



E-mail: mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Notice

All the students of Department of Physical Education are informed that a certificate course will be start on 14/01/2019 for 30 hours on Water Sports & Life Guard Training (CWSLGT) & it will be organized by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya. Interested students are said to enroll their name within 12/01/2019 for the career enhancement.

Date: 09.01.2019

(Dr. Swapan Kumar Misra.)

Principal



List of Students for Certificate in Water Sports & Life Guard Training (CWSLGT)

- 1. Sutrishna Pradhan
- 2. Bubai Singha
- 3. Saiket Manna
- 4. Indrani Chakraborty
- 5. Rupali Hembrom
- 6. Mumpi Mura
- 7. Sandip Samanta
- 8. Sangita Karan
- 9. Chandan Bar
- 10. Samiran Bar
- 11. Moumita Maity
- 12. Abujar Gaffari
- 13. Ranjan Purti
- 14. Arijit Roy
- 15. Monoj Das
- 16.K. Visal Kumar
- 17. Bina Mistri
- 18. Dipak Hansda
- 19. Soumen Mandal
- 20. Prasenjet Sar
- 21. Harisadhan Gayen
- 22. Moumita Garani



Syllabus Theory & Practical Certificate in Water Sports & Life Guard Training (CWSLGT)

- 1). Communication signals in water sports.
- 2). Surf awareness.
- 3). Rescue techniques, use of "rescue tube' and rescue board, Front drive,
- 4). On-water rescue techniques.
- 5). Managing casualty- carriage, First Aid,
- 6). Knots,
- 7). Deployment of lifeguards.
- 8). Rescue using boat,
- 9). Beach patrolling and operations,
- 10). First Aid in water sports.

Background of CWSLGT

The Department of Physical Education has arranged the CWSLGT at Mugberia Gangadhar Mahavidyalaya for the physical education students. Apart from regular sports and physical activity it provides a leisure water sports in campus, the instate always train through various certificate courses & CWSLGT is one of them where most of the students are from BPEd. 2nd Semester



Output of CWSLGT

- ❖ Basic knowledge and practice in floating in water.
- ❖ The student can acknowledged about first aid and rescue in water sports
- * The subjects also knew about on-water rescue techniques.
- * Knowledge of flora and fauna & knots
- ❖ To generate the spirit of adventure.
- * To offer healthy & outdoor recreational activities in natural environment.
- * To inculcate self confidence, courage, and discipline.
- **Develop** the team unity and leadership quality.
- * Adapt the time management through busy schedule of different task.

Students: After the Practical Class





Students: After the Theory Class



(Dr. Swapan Kr, Misra)

Principal MGM

(Mr. Sk. Khabiruddin) **Course Coordinator**



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Certificate

Date: 29th March 2019

Sk. Khabiruddin
Course Coordinator

Mugberia Gangadhar Mahavidyalaya

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