

**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

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.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 institute 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



Swapan Kr, Misra 30.03.2019
(Dr. Swapan Kr, Misra)
Principal MGM

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



For the Month of

No. Present Daily



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Bhupatinagar:: Purba Medinipur :: West Bengal :: 721425

Certificate

This is to certify that Shri/Smt/Ms ✓ Sufrishna Pradhanhas successfully participated and completed 38 hours for the Certificate Course on Water Sports & Life Guard Training (CWSLGT) 2019 by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya on and from 14.01.2019 to 29.03.2019.

Date: 29th March 2019


Sk. Khabiruddin

Course Coordinator

Mugberia Gangadhar Mahavidyalaya


Dr. Swapan Kumar Misra

Principal

Mugberia Gangadhar Mahavidyalaya



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Certificate

This is to certify that *✓* Shri/Smt/Ms *Saikat Manna*has successfully participated and completed 38 hours for the Certificate Course on Water Sports & Life Guard Training (CWSLGT) 2019 by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya on and from 14.01.2019 to 29.03.2019.

Date: 29th March 2019

Sk.
Sk. Khabiruddin

Course Coordinator

Mugberia Gangadhar Mahavidyalaya

Swapan
Dr. Swapan Kumar Misra

Principal

Mugberia Gangadhar Mahavidyalaya



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Certificate

This is to certify that Shri/Smt/Ms Mumpi Marahas successfully participated and completed 38 hours for the Certificate Course on Water Sports & Life Guard Training (CWSLGT) 2019 by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya on and from 14.01.2019 to 29.03.2019.

Date: 29th March 2019


Sk. Khabiruddin

Course Coordinator

Mugberia Gangadhar Mahavidyalaya


Dr. Swapan Kumar Misra

Principal

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Certificate

This is to certify that *✓* Shri/Smt/Ms *Samiran Bar*has successfully participated and completed 38 hours for the Certificate Course on Water Sports & Life Guard Training (CWSLGT) 2019 by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya on and from 14.01.2019 to 29.03.2019.

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Sk. Khabiruddin

Course Coordinator

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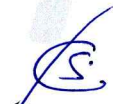
**The Department of Physical Education,
MUGBERIA GANGADHAR MAHAVIDYALAYA**

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Certificate

This is to certify that [✓]Shri/Smt/Ms Abujar Craffarihas successfully participated and completed 38 hours for the Certificate Course on Water Sports & Life Guard Training (CWSLGT) 2019 by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya on and from 14.01.2019 to 29.03.2019.

Date: 29th March 2019


Sk. Khabiruddin
Course Coordinator

Mugberia Gangadhar Mahavidyalaya


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