

# DEPARTMENT OF PHYSICAL EDUCATION



**MUGBERIA GANGADHAR MAHAVIDYALAYA**  
**BHUPATINAGAR, PURBA MEDINIPUR,**  
**WEST BENGAL, 721425**

# WELCOME TO NAAC PEAR TEAM



## DEPARTMENT OF PHYSICAL EDUCATION

**Mugberia Gangadhar Mahavidyalaya**

**Bhupatinagar, Purba Medinipur,**

**West Bengal, 721425**

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# **ABOUT DEPARTMENT:**

## **HISTORY**

The Department was established in the year 1999 as a elective subject of Mugberia Gangadhar Mahavidyalaya to produce good quality of Physical Education students for complete their higher studies.

## **Vision**

To prepare Physical Education leaders of high academic caliber with a all round development of body, mind and spirit nurtured with a strong commitment to serve humanity.

# Missions:

Providing maximum opportunities to students to attain academic excellence.

To developing students as global citizens with ethics, commitment and dedication.

Providing knowledge-based services to the sports industry and to satisfy the needs of the society.

Providing education free from social and religious barriers, suitable to the needs of society.

# DEPARTMENTAL FACULTIES



**Smt. Anindita Si (Bera)**  
SACT in Physical Education  
M.P.Ed.



**Dr. Biswajit Garai**  
Assistant Professor  
Ph.D, MPE



**Mr. Jisu Krishana Jana**  
SACT in Physical Education  
M.P.Ed





**DR. SWAPAN KUMAR MISRA**  
**CHAIRMAN**



**DR. MADHU SUDAN HAZRA**  
**ACADEMIC EXPERT**



**DR. BISWAJIT GARAI**  
**CONVENER**

**DEPARTMENT  
ADVISORY  
BOARD**  
**(DAB)**  
**(2019-2020)**



**RAHUL TAMANG**  
**MEMBER**  
**ALUMNI**



**JISU KRISHANA JANA**  
**MEMBER**



**ANINDITA SI (BERA)**  
**MEMBER**

## CURRICULUM DESIGN AND DEVELOPMENT

The department ensures effective curriculum Planning and delivery through various steps:

- ❖ Time Table.
- ❖ Syllabus & its Distribution
- ❖ ICT based Teaching-Learning Resources
- ❖ Strictly follow for Class Attendance
- ❖ Departmental meeting quarterly
- ❖ Teaching Plan
- ❖ Updated Library Books
- ❖ Proper allotment of departmental staff and class rooms
- ❖ Previous year question bank & assignment papers
- ❖ Inclusion of certificate courses.
- ❖ Tutorial & Remedial class
- ❖ Providing Question banks
- ❖ Strictly maintain Continuous Internal Assessments Procedure
- ❖ Result analysis
- ❖ Teachers Diary
- ❖ Mentor Mentee program.
- ❖ Teachers and Students Meeting
- ❖ Distinct web page and Whatsapp group for all semesters

# PROGRAMME OUTCOMES

Enhance  
Leadership  
Qualities

Improvement  
Intellectual  
Capacity &  
Physical  
Efficiency

Skill  
Enhancement

Communication  
Skill

Ethical and  
Environmental  
Awareness

Mental  
Pressure  
Handling

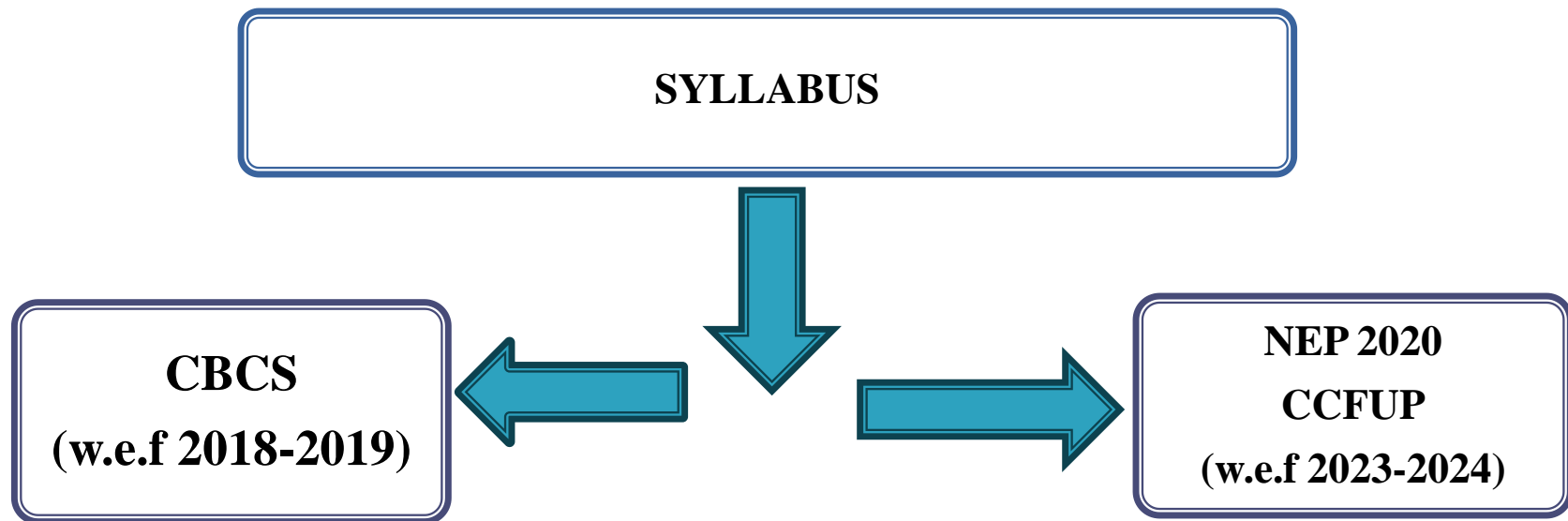
Career and  
Professional  
Development

Enriched in  
Disciplinary  
Knowledge

Critical  
Thinking

# Departmental Academic Programs

## UG Syllabus



SYLLABUS	SEMESTER	LINK
CBCS	4 <sup>th</sup> & 6 <sup>th</sup> Sem.	<a href="#">View</a>
NEP 2020, CCFUP	2 <sup>nd</sup> Sem.	<a href="#">View</a>

# Departmental Academic Programs

## UG Syllabus CBCS w.e.f 2018-2019

DEPARTMENT OF PHYSICAL EDUCATION  
MUGBERIA GANGADHAR MAHAVIDYALAYA



Curriculum for 3-Year B.A. (General)  
in

Under Choice Based Credit System (CBCS)  
[w.e.f 2018-2019]

Year	Semester	Course Type	Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL	
2	III	SEMESTER-III								
		Core-5 (DSC-1C)		Anatomy, Physiology and Exercise Physiology - Practical	6	4-0-4	15	60	75	
		Core-6 (DSC-2C)		Other Discipline ( Discipline-2) /TBD	6		15	60	75	
		AIECC-3 (Core)		English-II	6	5-1-0	15	60	75	
		SEC-1		SEC-1: Indian Games and Racket Sports	2	0-0-4	10	40	50	
			Semester - 3 : Total			20				275
	IV	SEMESTER-IV								
		Core-7 (DSC-1D)		Health Education, Physical-Fitness and Wellness - Practical	6	4-0-4	15	60	75	
		Core-8 (DSC-2D)		Other Discipline ( Discipline-2) /TBD	6		15	60	75	
		AIECC-4 (Core)		MIL- II	6	5-1-0	15	60	75	
SEC-2			SEC- 2: Ball Games	2	0-0-4	10	40	50		
		Semester - 4 : Total			20				275	

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http://www.vidyasagar.ac.in/Downloads/ShowPdf.aspx?file=UG\_Syllabus\_CBCS\_FULL/BA\_GENERAL/Physical\_Education\_General.pdf

Year	Semester	Course Type	Course Code	Course Title	Credit	L-T-P	CA	ESE	TOTAL	
3	V	SEMESTER-V								
		DSE-1A		Any one from Discipline -I(Physical Education)	6		15	60	75	
		DSE-2A		Other Discipline (any one from Discipline -2) / TBD	6		15	60	75	
		GE-1		TBD	6		15	60	75	
		SEC-3		SEC- 3: Gymnastics and Yoga Or Computer application in education	2	0-0-4/ 1-1-0	10	40	50	
			Semester - 5 : Total			20				275
	VI	SEMESTER-VI								
		DSE-1B		Any one from Discipline -I(Physical Education)	6		15	60	75	
		DSE-2B		Other Discipline (any one from Discipline -2) / TBD	6		15	60	75	
		GE-2		TBD	6		15	60	75	
SEC-4			SEC-4: Track and Field	2	0-0-4	10	40	50		
		Semester - 6 : Total			20				275	
		Total in all Semesters			122				1700	

CC = Core Course, AECC = Ability Enhancement Compulsory Course, GE = Generic Elective, SEC = Skill Enhancement Course, DSE = Discipline Specific Elective, CA = Continuous Assessment, ESE = End Semester Examination, TBD = To be decided, CT = Core Theory, CP = Core Practical, L = Lecture, T = Tutorial, P = Practical, MIL = Modern Indian Language, ENVS = Environmental Studies.

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# Departmental Academic Programs

## UG Syllabus CCFUP, 2023 & NEP 2020 w.e.f 2023-2024

**VIDYASAGAR UNIVERSITY**

Midnapore, West Bengal



PROPOSED CURRICULUM & SYLLABUS (DRAFT) OF

**BACHELOR OF ARTS WITH PHYSICAL EDUCATION  
(MULTIDISCIPLINARY STUDIES)**

**3-YEAR UNDERGRADUATE PROGRAMME**  
(w.e.f. Academic Year 2023-2024)

Based on  
Curriculum & Credit Framework for Undergraduate Programmes  
(CCFUP), 2023 & NEP, 2020

VIDYASAGAR UNIVERSITY, PASCHIM MIDNAPORE, WEST BENGAL

**VIDYASAGAR UNIVERSITY**  
BACHELOR OF ARTS IN SOCIAL SCIENCE with PHYSICAL EDUCATION  
(under CCFUP, 2023)

Level	YR.	SEM	Course Type	Course Code	Course Title	Credit	L-T-P	Marks					
								CA	ESE	TOTAL			
B.A. in Humanities with Physical Education	1 <sup>st</sup>	SEMESTER-I											
		Major-1 (Disc-A1)	PEDPMJ01	T: Foundation and History of Physical Education and Sports. (To be studied by the students taken Physical Education as Discipline-A)	4	3-0-1	15	60	75				
		SEC	PEDSECO1	P: Athletics	3	0-0-3	10	40	50				
		AEC	AEC01	Communicative English-1 (common for all programmes)	2	2-0-0	10	40	50				
		MDC	MDC01	Multidisciplinary Course-1 (to be chosen from the list)	3	3-0-0	10	40	50				
		VAC	VAC01	VAC-01: ENVIS (common for all programmes)	4	2-0-2	50	50	100				
		Minor-1 (Disc-C1)	PEDMI01	T: Historical background of Physical Education and Sports. (To be studied by the students taken Physical Education as Discipline-C)	4	3-0-1	15	60	75				
		Semester-I Total						20					400
		SEMESTER-II											
		Major-2 (Disc-B1)		To be decided (Same as Disc A1 for students taken Physical Education as Discipline-B)			4	3-0-1	15	60	75		
		SEC	PEDSEC02	P: Gymnastics and Yoga	3	0-0-3	10	40	50				
		AEC	AEC02	MIL-1 (common for all programmes)	2	2-0-0	10	40	50				
		MDC	MDC02	Multi Disciplinary Course-02 (to be chosen from the list)	3	3-0-0	10	40	50				
		VAC	VAC02	VAC-02 (to be chosen from the list)	4	4-0-0	10	40	50				
Minor-2 (Disc-C2)	PEDMI02	T: Management of Physical Education and Sports (To be studied by the students taken Physical Education as Discipline-C)	4	3-0-1	15	60	75						
Summer Intern.	CS	Community Service	4	0-0-4	-	-	50						
Semester-II Total						24					400		
TOTAL OF YEAR-1						44	-	-	-	-	800		

PMJ= Major Programme (Multidisciplinary), MI = Minor, A/B = Choice of Major Discipline; C= Choice of Minor Discipline; SEC = Skill Enhancement Course, AEC = Ability Enhancement Course, MDC = Multidisciplinary Course, VAC = Value Added Course; CA= Continuous Assessment, ESE= End Semester Examination, T = Theory, P= Practical, L-T-P = Lecture-Tutorial-Practical, MIL = Modern Indian Language, ENVIS = Environmental Studies

VIDYASAGAR UNIVERSITY, PASCHIM MIDNAPORE, WEST BENGAL

# SYLLABUS DISTRIBUTION FOR CBCS/CCFUP

Semester	Paper	Link
1 <sup>ST</sup> Semester	DSC-1A	<a href="#">View</a>
2 <sup>nd</sup> Semester	DSC-1B	<a href="#">View</a>
3 <sup>rd</sup> Semester	DSC-1C	<a href="#">View</a>
	SEC-1	<a href="#">View</a>
4 <sup>th</sup> semester	DSC-1D	<a href="#">View</a>
	SEC-2	View
5 <sup>th</sup> Semester	DSE-1A	<a href="#">View</a>
	SEC-3	View
	GE-1	<a href="#">View</a>
6 <sup>th</sup> Semester	DSE-1B	<a href="#">View</a>
	SEC-4	View
	GE-2	<a href="#">View</a>

# TIME TABLE FOR EVEN SEMESTER

DEPARTMENT OF PHYSICAL EDUCATION (GENERAL)  
MUGBERIA GANGADHAR MAHAVIDYALAYA  
Time table for Even semester (II, IV & VI) 2023  
DSC, DSE-, SEC-4, SEC-6 & GE-2

WEEK	SEM	TIME																							
		7:00-8:00		8:00-9:00		10:15-11:15			11:15-12:15			12:15-1:15			1:15-2:15			2:15-3:15			3:15-4:15				
		PRACTICAL		P	R	T	P	R	T	P	R	T	P	R	T	P	R	T	P	R	T	P	R	T	
MON	SEM-II	Atte & Cond. (JKJ & ASI)	Class.Prac. (ASI & JKJ)																			DSC	206	ASI	
	SEM-IV						SEC	228	JKJ	DSC	303	JKJ													
	SEM-VI						DSE	206	JKJ				GE	228	ASI										
TUES	SEM-II																					DSC	206	BG	
	SEM-IV						DSC	303	BG							SEC	303	BG							
	SEM-VI						SEC	205	JKJ							GE	207	BG							
WED	SEM-II	Atte & Cond. (JKJ & BG)	Class.Prac. (BG & JKJ)							DSC	303	JKJ													
	SEM-IV									DSC	303	BG													
	SEM-VI						DSE	228	BG																
THURS	SEM-II									DSC	303	JKJ													
	SEM-IV									DSC	302	BG													
	SEM-VI						DSE	228	Asi							GE	124	BG	DSE	303	JKJ	SEC	205	ASI	
FRI	SEM-II	Atte & Cond. (BG & ASI)	Class.Prac. (ASI & BG)							DSC	303	BG										DSC	211	ASI	
	SEM-IV						DSC	205	ASI							SEC	303	BG							
	SEM-VI																					DSE	209	BG	
SAT	SEM-II									DSC	303	ASI	DSC	303	BG										
	SEM-IV						SEC	125	BG										DSC	206	ASI				
	SEM-VI												SEC	204	ASI				GE	114	BG				

Day	Theory								
	BG			ASI			JKJ		
	II	IV	VI	II	IV	VI	II	IV	VI
Mon	0	0	0	1	0	1	0	2	1
Tues	1	2	1	0	0	0	1	0	1
Wed	0	1	1	0	0	0	1	0	0
Thurs	0	1	1	0	0	1	1	1	1
Fri	1	1	1	1	1	0	0	0	0
Sat	1	0	2	1	1	1	0	0	0
Total	3	5	6	3	2	3	3	2	3

Day	Practical								
	BG			ASI			JKJ		
	II	IV	VI	II	IV	VI	II	IV	VI
Mon	0	0	0	1	1	1	1	1	1
Tues	0	0	0	0	0	0	0	0	0
Wed	1	1	1	0	0	0	1	1	1
Thurs	0	0	0	0	0	0	0	0	0
Fri	1	1	1	1	1	1	1	0	0
Sat	0	0	0	0	0	0	0	0	0
Total	2	2	2	2	2	2	2	2	2

*B. S. Swain / Ganesh  
Head.  
Dept. - Phy. Edu.  
M. G. M.*



*[Signature]*  
Principal  
Mugberia Gangadhar Mahavidyalaya



# Method of Teaching

- ▶ Traditional lecture method.
- ▶ Applied teaching aids (Specific notes on particular topics).
- ▶ Supplemented Power Point Presentation with Projector.
- ▶ Remedial classes
- ▶ Tutorial Class
- ▶ Extra Classes for weak students.

# INNOVATIONS IN TEACHING AND LEARNING

Student centric methods, such as experiential learning, participative learning are used for enhancing learning experiences using ICT tool.

## Experiential Learning

- ❖ presentation using ICT enabled tools.
- ❖ Excursions, educational tours including report submission.

## Participative Learning

- ❖ ICT based capacity building program.
- ❖ Participating in Community works.
- ❖ ICT based Certificate Courses
- ❖ ICT based quiz competition

# Assessment and Evaluation Method

To properly evaluate the quality of higher education, in accordance with guidelines from Vidyasagar University and the Controller of Examination of the College, the Physical Education follows a procedure that includes Continuous Internal Assessment (CIA) and End Semester Examination.

## **Continuous Internal Assessment (CIA) and Evaluations:**

- ❖ Conducted regularly according to the institution's academic calendar associated with the schedule of Vidyasagar University, as notified by the College Controller of Examination.
- ❖ **The department conducts two or three class test per paper.**
- ❖ **Allocation of CIA marks: 10 out of 75 for CBSC/NEP 2020 system.**
- ❖ **Results published with in 7 to 10 days and evaluated answer returned to students.**

# Assessment and Evaluation Methods.

## Transparency and Grievance Handling:

Correction of any tabulation errors by examiners.

- + Provision of corrected answer scripts to students.
- + Addressing student doubts on optimal answer patterns.
- + Prompt corrections and official posting of marks.
- + Initiative for timely resolution of grievances as per university procedures.

## IMPROVING CIA PROCESS

- ✦ Implementation of uniform CIA process by the Controller of Examination of the college.
- ✦ Department notifies CIA procedures with proper teacher allotment.
- ✦ Internal assessment notice communicated via WhatsApp and college website.
- ✦ Computer-printed question papers and assignments provided to students at the beginning of exams in proper format.
- ✦ Student signatures maintained for attendance and absentee records.
- ✦ Marks strictly maintained in a designated register of the Physical Education Department.

# INTERNAL ASSESSMENT NOTICE

**COMMUNICATED VIA DEPARTMENT WHATSAPP GROUP AND DEPARTMENT WEBSITE.**

## SAMPLE COPY



**MUGHERIA GANGADHAR MAHAVIDYALAYA**

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—731451, WEST BENGAL, INDIA

NAAC Re-Accredited (B+Level), Govt. aided College

CPE (Under UGC XI Plan) & UGC Approved Institution

DFT Star College Scheme Award Recipient

E-mail : mugheria\_college@rediffmail.com // www.mugheriagangadharmahavidyalaya.ac.in

MGM/UG/Internal Assessment/Sem-4 & Sem-6 / 2024 / Under CBCS / Date: 22 / 06 / 2024

### NOTICE

#### Undergraduate 1<sup>st</sup> Internal Assessment for Semester - 4 &

#### 2<sup>nd</sup> Internal Assessment for Semester - 6, Year 2024

(B.A., B.Sc., B.Com. Hons. & Gen. Under CBCS)

All students of Sem-4 & Sem-6 are advised to follow the instructions as mentioned below.  
1. To conduct the Internal Assessment / Examination successfully, all the concerned departments of the college (subject wise) will arrange the rooms along with sufficient invigilators and provide the blank answer booklets with the question papers for the students / candidates as per the examination schedule.

2. The students / candidates will be required to provide their basic information i.e. Name, Class, Semester, Roll- No. Year, Subject, Paper / Half, Date, etc. at the specified space provided in the Answer Booklet.

3. For duration, marks, etc. of Internal Assessment / examination, the students / candidates are advised to follow the instructions as mentioned in the question paper. Marks distribution for each paper of Internal Assessment will be arranged in the following way:

- Full marks: 10 (either 2x 5 or 5x2 pattern) for CC, GE, DSC, DSE, etc.
- Full marks: 05 for SEC paper or any other (answer one question out of 3 options). The allotted time for each paper of 10 marks is 30 minutes, and each paper of 5 marks is 15 minutes.

4. At the end of each examination, the students / candidates will be required to submit their answer scripts to the invigilators on the date of Internal Assessment / examination.

#### \*The Regulations of Vidyasagar University:

##### 14.5. Continuous Internal Assessment:

i. Process and marks distribution are as follows: All the internal continuous assessment will be conducted by the internal teacher of the respective Department. It shall be on the basis of tutorials, class tests, seminar presentations, or any combination thereof, evenly distributed over the entire study period. The modalities of such assessment be recorded and documents will be preserved by the respective college and those must be placed before any committee or team constituted by the university for verification.

ii. Marks obtained in the internal assessment will be clubbed with marks obtained in the End Semester Examination before awarding the grade. If a candidate fails to secure pass grade in a particular course, he/she will have to appear in that course only. The internal assessment marks will be retained for next examinations with valid chances.

iii. Submission of marks of internal assessment: The marks for class attendance and internal assessment will be clubbed and shall be submitted by the Principals/Teachers-in-Charge/Officer-in-Charge of the colleges to the Controller of Examinations before the commencement of End Semester Examination.

#### Internal Assessment: Schedule for B.A./B.Sc./ B.com. (Honours) : Theory

Date	Semester-4 (Hons.)		Semester-6 (Hons.)	
	1 <sup>st</sup> Half 11-30 am to 12-00 noon CC-8	2 <sup>nd</sup> Half 12-30 pm to 1-00 pm CC-9	3 <sup>rd</sup> Half 1-30 am to 2-00 pm CC-13	4 <sup>th</sup> Half 2-30 pm to 3-00 pm CC-14
03. 07. 2024		SEC-2	DSE-3	DSE-4
04. 07. 2024	CC-8			
05. 07. 2024	CC-9			
06. 07. 2024	CC-10			

#### Internal Assessment: Schedule for B.A./B.Sc./ B.com. (General): Theory

Date	Semester-4 (Gen.)		Semester-6 (Gen.)	
	1 <sup>st</sup> Half 11-30 am to 12-00 noon DSC-1D/2D/3D Bengali / Physics / Economics / Nutrition	2 <sup>nd</sup> Half 12-30 pm to 1-00 pm DSC-1D/2D/3D History / Chemistry	3 <sup>rd</sup> Half 1-30 am to 2-00 pm DSE-1B/2B/3B Political Science / Music / Mathematics/ B.Com(G) DSE-1B	4 <sup>th</sup> Half 2-30 pm to 3-00 pm DSE-1B/2B/3B Philosophy / Botany
08. 07. 2024 Monday	DSC-1D/2D/3D Political Science /Music /Mathematic/ B.Com(G)C-7	DSC-1D/2D/3D Philosophy / Botany /	DSE-1B/2B/3B Bengali / Physics / Economics / Nutrition	DSE-1B/2B/3B History / Chemistry
09. 07. 2024 Tuesday	DSC-1D/2D/3D English / Education / Physiology / Geography	DSC-1D/2D/3D Physical Education / Zoology / Sanskrit/ B.Com(G)C-8	GE-2 (B.A./B.Com. (Gen.)	DSE-1B/2B/3B Physical Education / Zoology / Sanskrit / B.Com(G) DSE-2B
10. 07. 2024 Wednesday	AECC L-2B MIL-2; Bengali-2 (B.A. / B.Com. (Gen.)	SEC-2 B.A./B.Sc./ B.Com. (General)	DSE-1B/2B/3B English / Education / Physiology / Geography	SEC-4 B.A./ B.Sc./B.Com. (General)

\*NB: DSC-3D & DSE- 3B are only for B.Sc. (Gen.)

Date: 22. 06. 2024



Dr. Swapan Kumar Misra  
Principal  
Mugheria Gangadhar Mahavidyalaya  
Principal  
Mugheria Gangadhar Mahavidyalaya

No-18

# COMPUTER-PRINTED INTERNAL ASSESSMENT QUESTION PAPER PROVIDED TO OUR STUDENTS

## SAMPLE COPY



MUGBERIA GANGADHAR MAHAVIDYALAYA  
DEPARTMENT OF PHYSICAL EDUCATION  
2<sup>nd</sup> Internal Assessment-2023-2024  
Subject: Physical Education  
Semester-I, Paper: MDC-1

Time: 30 MIN.

Full Marks (5x2) = 10

যে কোন পাঁচটি প্রশ্নের উত্তর দাও

1. শারীরিক সক্ষমতা কাকে বলে?  
Write done meaning of Physical Fitness.
2. Warming-up বলতে কি বোঝো?  
What is Warming-up?
3. Warming-up কয় প্রকার ও কি ?  
Write done how many types of Warming-up.
4. বর্তমান সমাজে শারীরিক সক্ষমতার গুরুত্ব লেখো ।  
Discuss Importance of Physical Fitness in present society.
5. খেলা কি ?  
What is Play?
6. শারীরিক সক্ষমতার সংজ্ঞা লেখো ।  
Write done definition of Physical Fitness
7. খেলাধুলার গুরুত্ব গুলি আলোচনা কর।  
Discuss Importance of Play
8. Specific Warming-up বলতে কি বোঝো?  
What is specific Warming-up?
9. শারীরিক সক্ষমতা উপাদান গুলি কি কি?  
Discuss components of Physical Fitness
10. খেলাধুলায় Warming-up এর গুরুত্ব লেখ।  
Discuss Importance of Warming-up

\*\*\*\*\*



MUGBERIA GANGADHAR MAHAVIDYALAYA  
DEPARTMENT OF PHYSICAL EDUCATION  
2<sup>nd</sup> Internal Assessment-2023-2024  
Subject: Physical Education  
Semester-I, Paper: MDC-1

Time: 30 MIN.

Full Marks (5x2) = 10

যে কোন পাঁচটি প্রশ্নের উত্তর দাও

1. শারীরিক সক্ষমতা কাকে বলে?  
Write done meaning of Physical Fitness.
2. Warming-up বলতে কি বোঝো?  
What is Warming-up?
3. Warming-up কয় প্রকার ও কি ?  
Write done how many types of Warming-up.
4. বর্তমান সমাজে শারীরিক সক্ষমতার গুরুত্ব লেখো ।  
Discuss Importance of Physical Fitness in present society.
5. খেলা কি ?  
What is Play?
6. শারীরিক সক্ষমতার সংজ্ঞা লেখো ।  
Write done definition of Physical Fitness
7. খেলাধুলার গুরুত্ব গুলি আলোচনা কর।  
Discuss Importance of Play
8. Specific Warming-up বলতে কি বোঝো?  
What is specific Warming-up?
9. শারীরিক সক্ষমতা উপাদান গুলি কি কি?  
Discuss components of Physical Fitness
10. খেলাধুলায় Warming-up এর গুরুত্ব লেখ।  
Discuss Importance of Warming-up

\*\*\*\*\*

# CIA PROCEDURES WITH PROPER TEACHER ALLOTMENT

## SAMPLE PHOTOS





# STUDENT SIGNATURES MAINTAINED FOR ATTENDANCE RECORDS FOR INTERNAL ASSESSMENT

## SAMPLE COPIES

**Mugberia Gangadhar Mahavidyalaya**  
Bhupatinagar, Purba Medinipur, 721425, West Bengal

Attendance Sheet / Submission of Answer Scripts

Examination: 1st Internal Assessment Year: 2024 Semester: 1st Date: 10/07/24  
Paper: PE-2

B.A/B.Sc/B.Com.(Hons./Gen.) Subject: PE-2

Sl.No	Name of Candidate	Roll No.	Signature of Candidate with date
1	Saemra Ghosal	1424	Saemra Ghosal
2	Saibhagya Paik	1238	S.P. 10.7.24
3	Sowam	1248	S.B. 10.7.24
4	Birendra Kishore Bera	968	B. Bera
5	Saamyadeep Ahujya	1243	S.A. 10.07.24
6	Apana Parua	884	A. Parua
7	Mehar Jana	1400	M. Jana
8	Trijit Roychowdhury	1371	T.R. Roychowdhury
9	Subhojit Rana	1339	S. Rana
10	Durgadevi Mondal	999	D. Mondal
11	Sourav Jana	1436	S. Jana
12	Prasenjit Bera	1456	P. Bera
13	Subhasis Barman	1282	S. Barman
14	Goutam Saha	1002	G. Saha
15	Kenaraj Giri	1391	K. Giri
16	Biswajit Das	271	B. Das
17	Alok Barman	1429	A. Barman
18	Madhura Mohanty	1030	M.M. Mohanty
19	Sunanda Barman	1344	S. Barman
20	Manas Gunia	1037	M. Gunia
21	Shubhadevi Jana	1212	S. Jana
22	Madhusree Jana	1033	M. Jana
23	Sathi Pal	1191	S. Pal
24	Sanghamitra Gonia	1167	S.G. Gonia
25	Pastima Jona	1098	P. Jona
26	Bani Manika	260	B. Manika
27	Ashani Sahoo	045	A. Sahoo

Signature of Teacher/Inviigator: \_\_\_\_\_  
Date: 10/07/24

Signature of Centre-in-Charge/Principal: \_\_\_\_\_  
Date: 10/07/24

**Mugberia Gangadhar Mahavidyalaya**  
Bhupatinagar, Purba Medinipur, 721425, West Bengal

Attendance Sheet / Submission of Answer Scripts

Examination: 2nd Internal Year: 2024 Semester: 2nd Date: 10/07/24  
Paper: PE

B.A/B.Sc/B.Com.(Hons./Gen.) Subject: Physical Education

Sl.No	Name of Candidate	Roll No.	Signature of Candidate with date
1	SUPRIYA MANDAL	1046	S. Mandal
2	Dimple Arshin	867	S.A.K.
3	Nandini Baski	900	N. Baski
4	Anushree Samanta	815	A. Samanta
5	Mam Patra	891	M. Patra
6	Sananda Mondal	969	S. Mondal
7	Rinku Das	948	R. Das
8	Rama Sarma	982	R. Sarma
9	Rona Bhattacharya	863	R. Bhattacharya
10	Rekha Bharti	855	R. Bharti
11	Sanehita Ghose	970	S. Ghose
12	Susmita Bera	1024	S. Bera
13	Malika Bhunia	883	M. Bhunia
14	Govan Alai	1022	G. Alai
15	Subhojit Bhunia	1029	S. Bhunia
16	Sankar Prasad	063	S. Prasad
17	Kishore Mohanty	910	K. Mohanty
18	Biswapati Patra	813	B. Patra
19	Susmita Mandal	1112	S. Mandal
20	Prachi Chandra	920	P. Chandra
21	Abhijit Manna	802	A. Manna
22	Subhojit Jona	1025	S. Jona
23	Ankur Gurui	1077	A. Gurui
24	Barun Mandal	836	B. Mandal
25	Smita Ghosh	1089	S. Ghosh
26	Binyu Karmakar	1097	B. Karmakar
27	Sanjib Jana	1090	S. Jana

Signature of Teacher/Inviigator: \_\_\_\_\_  
Date: 10/07/24

Signature of Centre-in-Charge/Principal: \_\_\_\_\_  
Date: 10/07/24

**Mugberia Gangadhar Mahavidyalaya**  
Bhupatinagar, Purba Medinipur, 721425, West Bengal

Attendance Sheet / Submission of Answer Scripts

Examination: 2nd Internal Year: 2024 Semester: 2nd Date: 10.07.2024  
Paper: PE-2

B.A/B.Sc/B.Com.(Hons./Gen.) Subject: Physical Education

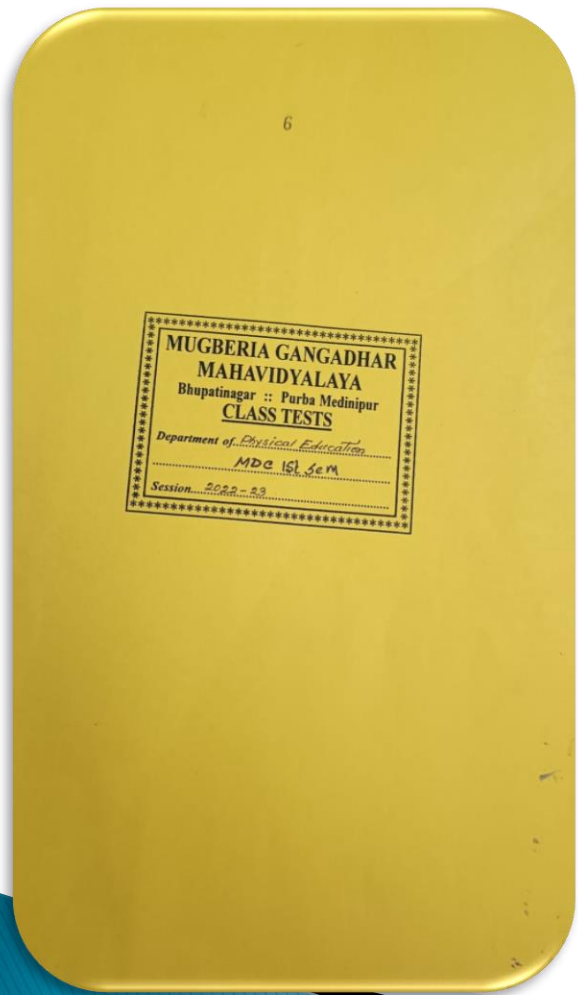
Sl.No	Name of Candidate	Roll No.	Signature of Candidate with date
1	Malika Maity	884	M. Maity
2	Pallabi Kamla	906	P. Kamla
3	Srabanti Dalai	1024	S. Dalai
4	Supriya Das	1045	S. Das
5	Susama Jana	1049	S. Jana
6	Pranmita Das	904	P. Das
07	Suman Bhattacharya	1011	S. Bhattacharya
08	Ranjana Das	1091	S. Ranjana
09	Tanmay Das	1057	T. Das
10	Anup Das	829	A. Das

Signature of Teacher/Inviigator: \_\_\_\_\_  
Date: 10/07/24

Signature of Centre-in-Charge/Principal: \_\_\_\_\_  
Date: 10/07/24

# MARKS STRICTLY MAINTAINED IN A REGISTER OF THE PHYSICAL EDUCATION DEPARTMENT.

## SAMPLE COPIES



Mugberia Gangadhar Mahavidyalaya  
CLASS TESTS, 20 - 20  
Subject: Physical Education (Hons. / General)  
Sem - 1st MDC - 1 Paper

Class Test No.	1	2	3	4	5
Date of taking Test	13.1.24	23.02.24	04.3.24		

Sl. No.	Roll No.	Name of Student	Marks scored in Tests					Marks scored out of 10	Remarks
			1st	2nd	3rd	4th	5th		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
1.	903	Ajmani Pradhan	7	8	8			8	
2.	907	Alimpiya Patra	8	7	8			8	
3.	937	Albina Maity	7	7	7			7	
4.	947	Arpita Khatri	7	7	7			7	
5.	948	Arpita Pat	7	8	8			8	
6.	954	Arpit Pradhan	8	8	8			8	
7.	955	Arunima Das	8	9	9			9	
8.	965	Baisakhi Jana	8	8	8			8	
9.	966	Baisakhi Saha	8	9	9			9	
10.	967	Baisakhi Saha	6	8	8			7	
11.	973	Baisakhi Jana	8	8	8			8	
12.	919	Annesha Maity	6	6	6			6	
13.	1027	Dipanjan Jana	6	7	7			7	
14.	1032	Dipshikha Mondal	6	8	8			7	
15.	1033	Dulu Rani Maity	7	8	8			8	
16.	1037	Ganga Das	8	7	7			8	
17.	1038	Gita Das	7	8	8			8	
18.	1062	Krishna Bera	7	7	7			7	
19.	1081	Mahua Maity	8	6	8			7	
20.	1126	Niluba Khatri	8	6	8			7	
21.	1136	Paramita Jana	7	6	7			7	
22.	1132	Pallabi Bera	8	6	8			7	
23.	1140	Pogel Bera	7	5	7			6	
24.	1151	Pradip Ghosai	7	5	7			6	
25.	1156	Pranay Patra	8	6	8			7	
26.	1172	Priyanka Mondal	9	7	8			8	
27.	1180	Rachana Das	6	8	8			7	
29.	1217	Riya Barui	6	8	9			8	

Signature of the Examiners:  
1st Test: [Signature] 2nd Test: [Signature] 3rd Test: [Signature] 4th Test: [Signature]

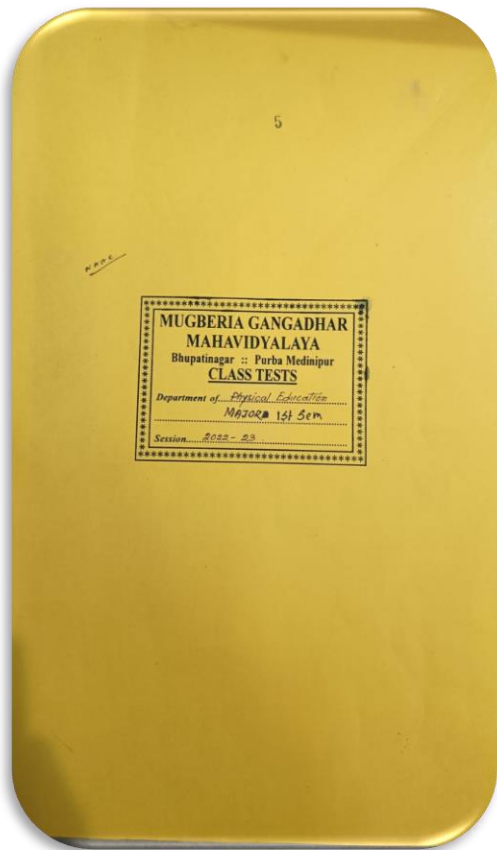
Mugberia Gangadhar Mahavidyalaya  
CLASS TESTS, 2023 - 2024  
Subject: Physical Education (Hons. / General)  
Sem - 1st MDC - 1 Paper

Class Test No.	1	2	3	4	5
Date of taking Test	17.01.24	22.02.24	7.3.24		

Sl. No.	Roll No.	Name of Student	Marks scored in Tests					Marks scored out of 10	Remarks
			1st	2nd	3rd	4th	5th		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
29.	1152	Pinkash Jana	8	7	8			8	
30.	1156	Pranay Patra	7	8	8			8	
31.	1185	Raja Kamila	8	7	8			8	
32.	1192	Rajkumar Das	8	8	8			8	
33.	1198	Rakhi Patra	7	7	7			7	
34.	1210	Reema Karan	7	8	8			8	
35.	1217	Riya Barui	7	8	8			8	
36.	1222	Rakhi Khatri	7	7	7			7	
7.	1235	Saikat Panda	8	8	8			8	
18.	1239	Samita Khatri	8	7	8			8	
19.	1252	Sangita Baunja	8	9	9			9	
20.	1254	Sangita Bhunia	8	8	8			8	
11.	1260	Sangita Jana	8	7	9			8	
12.	1261	Sangita Jana	9	9	9			9	
3.	1267	Sankar Maity	9	8	9			9	
4.	1272	Santu Giri	9	8	9			9	
5.	1275	Septame Pradhan	9	9	9			9	
6.	1283	Satabdi Roy	9	8	9			9	
7.	1289	Satbi Evi Majhi	9	7	9			9	
8.	1297	Seuli Bhunia	8	7	8			8	
9.	1312	Shyamsundar Das	7	8	8			8	
0.	1322	SK. Rojib Bar	6	8	8			8	
1.	1346	Soumitra Smit	8	7	8			7	
2.	1349	Soumadip Das	9	7	9			8	
3.	1359	Sourav Samanta	9	8	9			8	
.	1365	Strabani Das	8	9	9			9	
.	1370	Subhabrata Pradhan	7	8	8			9	
.	1374	Subhadip Chatterai	7	7	7			8	

Signature of the Examiners:  
1st Test: [Signature] 2nd Test: [Signature] 3rd Test: [Signature] 4th Test: [Signature]

**MARKS STRICTLY MAINTAINED IN A REGISTER**



Mugberia Gangadhar Mahavidyalaya  
CLASS TESTS, 2023-20 24  
Subject: Physical Education (Hons. / General)  
Sem-1st Paper

Class Test No.	1	2	3	4	5
Date of taking Test	17.02.24	22.02.24	7.3.24		

Sl. No.	Roll No.	Name of Student	Marks scored in Tests					Marks scored out of 10	Remarks
			1st	2nd	3rd	4th	5th		
1.	906	Alak Nayek	8	7	8			8	
2.	907	Alimpiya Patra	7	7	7			7	
3.	916	Anjali Garia	6	8	8			7	
4.	955	Aparna Bhunia	8	8	8			8	
5.	953	Anun Kumar Bhunia	7	8	8			8	
6.	957	Anup Chauliga	8	8	8			8	
7.	970	Bappa Bhunia	9	6	9			8	
8.	973	Bavsha Jana	8	9	9			9	
9.	1599	Bidisha Panigrahi	7	8	8			8	
10.	981	Bijoy Das	8	7	8			8	
11.	993	Boby Mishra	7	5	7			6	
12.	999	Budhadar Samal	6	5	6			6	
13.	1006	Debadatta Das	9	6	9			8	
14.	1015	Debasmita Madhan	8	2	8			8	
15.	1025	Dinesh Panda	7	8	8			8	
16.	1027	Dipanjana Jana	7	7	7			7	
17.	1029	Dipankar Patra	6	8	8			7	
18.	1035	Durga Santani Barik	8	7	8			8	
19.	1043	Indrani Dolai	8	6	8			7	
20.	1049	Jit Bag	8	5	8			7	
21.	1064	Knishwendu Das	8	4	8			6	
22.	1096	Milan Bera	8	8	8			8	
23.	103	Monalisa Rana	7	4	7			6	
24.	1106	Mounita Das	7	8	8			8	
25.	1115	Mousumi Roy	9	7	9			8	
26.	1123	Nayana Das	8	6	8			7	
27.	1138	Bartha Pratim Santra	8	6	8			7	
29.	1151	Pradip Ghosai	7	6	7			7	

Signature of the Examiners: [Signatures]

1st Test 2nd Test 3rd Test 4th Test

Mugberia Gangadhar Mahavidyalaya  
CLASS TESTS, 2023-20 24  
Subject: Physical Education (Hons. / General)  
Sem-1st Paper

Class Test No.	1	2	3	4	5
Date of taking Test	17.02.24	22.02.24	7.3.24		

Sl. No.	Roll No.	Name of Student	Marks scored in Tests					Marks scored out of 10	Remarks
			1st	2nd	3rd	4th	5th		
1.	906	Alak Nayek	8	7	8			8	
2.	907	Alimpiya Patra	7	7	7			7	
3.	916	Anjali Garia	6	8	8			7	
4.	955	Aparna Bhunia	8	8	8			8	
5.	953	Anun Kumar Bhunia	7	8	8			8	
6.	957	Anup Chauliga	8	8	8			8	
7.	970	Bappa Bhunia	9	6	9			8	
8.	973	Bavsha Jana	8	9	9			9	
9.	1599	Bidisha Panigrahi	7	8	8			8	
10.	981	Bijoy Das	8	7	8			8	
11.	993	Boby Mishra	7	5	7			6	
12.	999	Budhadar Samal	6	5	6			6	
13.	1006	Debadatta Das	9	6	9			8	
14.	1015	Debasmita Madhan	8	2	8			8	
15.	1025	Dinesh Panda	7	8	8			8	
16.	1027	Dipanjana Jana	7	7	7			7	
17.	1029	Dipankar Patra	6	8	8			7	
18.	1035	Durga Santani Barik	8	7	8			8	
19.	1043	Indrani Dolai	8	6	8			7	
20.	1049	Jit Bag	8	5	8			7	
21.	1064	Knishwendu Das	8	4	8			6	
22.	1096	Milan Bera	8	8	8			8	
23.	103	Monalisa Rana	7	4	7			6	
24.	1106	Mounita Das	7	8	8			8	
25.	1115	Mousumi Roy	9	7	9			8	
26.	1123	Nayana Das	8	6	8			7	
27.	1138	Bartha Pratim Santra	8	6	8			7	
29.	1151	Pradip Ghosai	7	6	7			7	

Signature of the Examiners: [Signatures]

1st Test 2nd Test 3rd Test 4th Test

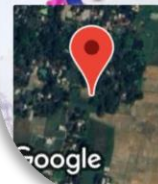
# SAMPLE PHOTOS OF WALL MAGAZINE PUBLISHED



Shot on OnePlus  
kram 2023/06/23 12:05



GPS Map Camera



Bhupati Nagar, West Bengal, India  
2P4H+PMG, Bhupati Nagar, West Bengal 721626, India  
Lat 22.006287°  
Long 87.728793°  
27/06/23 12:20 PM GMT +05:30

# SAMPLE PHOTOS OF TEACHER'S DAY CELEBRATION



## STUDENTS PROGRESSION 2019 to 2023

<b>SESSION</b>	<b>APPEARED</b>	<b>QUALIFIED</b>
<b>2018-2019</b>	<b>89</b>	<b>100%</b>
<b>2019-2020</b>	<b>53</b>	<b>100%</b>
<b>2020-2021</b>	<b>49</b>	<b>100%</b>
<b>2021-2022</b>	<b>56</b>	<b>100%</b>
<b>2022-2023</b>	<b>57</b>	<b>100%</b>

# Student Supports

- ▶ **Quality Teaching**
- ▶ **Interactive Learning**
- ▶ **Invited Lectures and Seminars**
- ▶ **Counseling Services**
- ▶ **Extra classes for week students**
- ▶ **Tutoring and Mentorship Programs**
- ▶ **Study Groups**
- ▶ **Alumni Network**
- ▶ **Capacity Buildup Programs and Certificate Courses**
- ▶ **Career Guidance**

## Book Purchased data

Total Books = 1409

Total Title = 504

Year	Number of books purchased	Amount
2019-2020	110	18420
2020-2021	08	3976
2021-2022	100	37220
2022-2023	192	65979
2023-2024	80	20720



# ICT BASED CLASSROOMS OF DEPARTMENT PHYSICAL EDUCATION



# ALUMNI ACHIEVEMENTS



adani

Dated: 07-04-2023

**Private & Confidential**

Mr. Rabisankar Sasmal  
sasmalrabi72@gmail.com  
Mobile: 8768186376  
FSTC, Kolkata

**Sub: Appointment Letter**

Dear Mr. Rabisankar Sasmal,

We are pleased to appoint you in our organization as **Assistant - ARFF**. Your appointment is subject to the terms and conditions appended in the subsequent paragraphs along with Annexures A and acceptance of the Non-Disclosure and Intellectual Property Rights Agreement (Page 6-11).

1. **Joining:** You shall join duties on 10<sup>th</sup> April 2023.
1. **Remuneration:** Your remuneration will be as per Annexure "A" attached.
2. **Increment:** Increments are entirely merit based, depending on your performance and abilities and shall always be dependent on the sole discretion and judgment of the company.
3. **Other Benefits:** You shall be eligible to various benefits such as leave, provident fund, gratuity etc. as per the rules of the company as amended from time to time. (Ref. Annexure-A).
4. **Place of Work:** Your place of posting will be at **Ahmedabad International Airport Limited**, but you are liable to be transferred to another department, post or place whether in existence or coming into existence hereafter, either at the place of posting or at any other place where the management may establish/ open its branch later on. Upon such transfer, the rules and regulations applicable to such a post or at the place of transfer will automatically become applicable to you.
5. **Accommodation:** You will have to manage your own accommodation.
6. **General Conditions of Work:** You will be bound by the following:
  - a. You will not engage in any trade or profession or undertake any employment, full or part-time, while in service within the company.
  - a. You will carry out your duties with diligence and loyalty at all times, keeping the company's interest paramount.
  - b. During your employment, you will be governed by company's code of conduct, rules/regulations, and policies. The company reserves the right to amend these rules/regulations and policies from time to time at its sole discretion and the same will be binding on you during the course of your employment.
  - c. Your employment is subject to your having been found medically fit at the time of your appointment and remaining fit thereafter.

Ahmedabad International Airport Limited  
(Formerly Known as Adani Ahmedabad International  
Airport Limited)  
Terminal-1 Building, 1st Floor  
Sardar Vallabhbhai Patel International Airport  
Ahmedabad 382 475  
Gujarat, India  
CIN: U63030GJ2019PLC110076

Tel. +91 79 25554700  
Fax +91 79 25554700  
adaniairports@adani.com  
www.ahmedabd.adaniairports.com

Registered Office: Adani Corporate House, Shantigram, Near Valishno Devi Circle, S. G. Highway, Khodiyar, Ahmedabad - 380 015

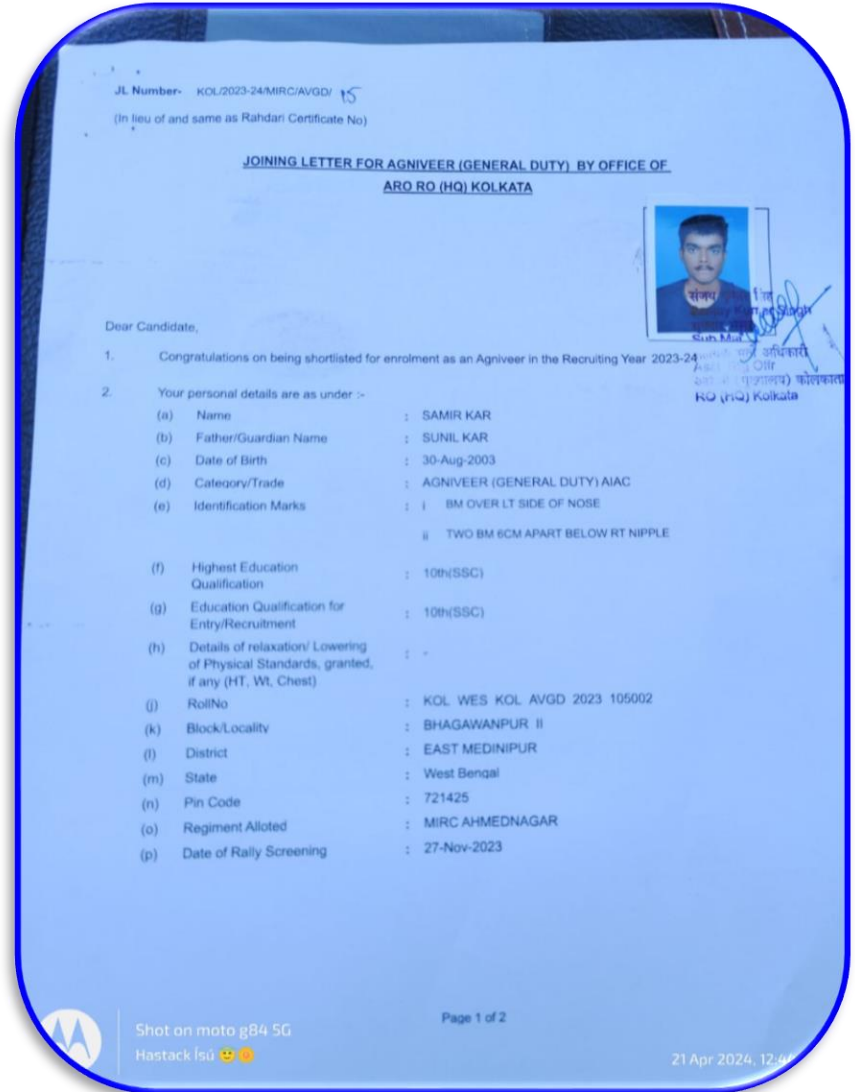
No-30

# ALUMNI ACHIEVEMENTS



Shot on moto g84 5G  
Hastack Isu 🤗👍

21 Jul 2024, 12:52



Shot on moto g84 5G  
Hastack Isu 🤗👍

Page 1 of 2

21 Apr 2024, 12:40

No-31

# ALUMNI ACHIEVEMENTS



Number- KOL/2023-24/MAHAR/AVGD/ 13  
(In lieu of and same as Rahdari Certificate No)

## JOINING LETTER FOR AGNIVEER (GENERAL DUTY) BY OFFICE OF ARO RO (HQ) KOLKATA



संनय कुमार सिंह  
Sanjay Kumar Singh  
सुब मल्लिक  
Sub Mallik  
सहायक  
Asst RO (HQ)  
आरओ (संनय) कोलकाता  
RO (HQ) Kolkata

Dear Candidate,

- Congratulations on being shortlisted for enrolment as an Agniveer in the Recruitment of Agniveer (General Duty) by Office of ARO RO (HQ) Kolkata
- Your personal details are as under :-
 

(a) Name	:	RAJESH MANDAL
(b) Father/Guardian Name	:	SUBRATA MANDAL
(c) Date of Birth	:	19-Jan-2003
(d) Category/Trade	:	AGNIVEER (GENERAL DUTY) AIAC
(e) Identification Marks	:	i BM ABOVE INNER SIDE OF LT EYEBROW ii BM 3 CM BELOW LT TRAGUS AT 6 O CLOCK
(f) Highest Education Qualification	:	10th(SSC)
(g) Education Qualification for Entry/Recruitment	:	10th(SSC)
(h) Details of relaxation/ Lowering of Physical Standards, granted, if any (HT, Wt, Chest)	:	-
(i) Roll No	:	KOL WES KOL AVGD 2023 104812
(k) Block/Locality	:	KHEJURI I
(l) District	:	EAST MEDINIPUR
(m) State	:	West Bengal
(n) Pin Code	:	721430
(o) Regiment Alloted	:	MAHAR REGT CENTRE, SAUGOR (MP)
(p) Date of Rally Screening	:	27-Nov-2023

# ALUMNI ACHIEVEMENTS



# HIGHER EDUCATION DOCUMENTS



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700178 CHALLAN DATE. - 20/09/2022

NAME - BaPAN DHAL



AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700178

TRANSACTION NO. - 59469

GATEWAY REF. No. - YHD41424015739

GATEWAY. - BILLDESK

print



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700187 CHALLAN DATE. - 22/09/2022

NAME - SHOVA PATRA



AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700187

TRANSACTION NO. - 61251

GATEWAY REF. No. - YHD41427419982

GATEWAY. - BILLDESK



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700177 CHALLAN DATE. - 20/09/2022

NAME - SUMAN MANNA



AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700177

TRANSACTION NO. - 59489

GATEWAY REF. No. - YHD41424043033

GATEWAY. - BILLDESK

print



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700043 CHALLAN DATE. - 20/09/2022

NAME - CHAYANTECK DIARA



AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700043

TRANSACTION NO. - 59437

GATEWAY REF. No. - YSB11423947438

GATEWAY. - BILLDESK

# HIGHER EDUCATION DOCUMENTS



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700434 CHALLAN DATE. - 24/09/2022

NAME - MRINMOY SAU

AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700434

TRANSACTION NO. - 62170

GATEWAY REF. No. - YHD41431966379

GATEWAY. - BILLDESK



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700213 CHALLAN DATE. - 22/09/2022

NAME - GOURAB KUMAR RAUTH

AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700213

TRANSACTION NO. - 60866

GATEWAY REF. No. - YHDF1426745907

GATEWAY. - BILLDESK



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700251 CHALLAN DATE. - 22/09/2022

NAME - SAMIR DAS

AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700251

TRANSACTION NO. - 61015

GATEWAY REF. No. - YHD41427047664

GATEWAY. - BILLDESK



## MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.- Bhupatinagar :: Dist.- Purba Medinipur

### ADMISSION PAYMENT ACKNOWLEDGEMENT RECEIPT

CHALLAN NO - 2233700112 CHALLAN DATE. - 23/09/2022

NAME - BAISAKHI MALI

AMOUNT - 8000

FEES TYPE - ADMISSION FEES

APPLICATION NO. - 2233700112

TRANSACTION NO. - 61703

GATEWAY REF. No. - YHD41429211944

GATEWAY. - BILLDESK



print

# A SKILL DEVELOPMENT CERTIFICATE COURSE ON THE UGC SPONSORED **YOGA CERTIFICATE COURSE** DATED 29<sup>TH</sup> MAY, 2023

## SAMPLE COPIES

**NOTICE**

**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 Pass & NOTED Approved Institutions)  
DIT Star College Scheme Award Recipient  
E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

**NOTICE**                      Date : 18.05.2023


This is to notify that UGC sponsored Yoga (Men & Women) certificate course is scheduled to be held on and from 29<sup>th</sup> May, 2023 at 8.00 a.m. at college campus. Interested students are requested to register their name at the Department of Physical Education on or before 27<sup>th</sup> May, 2023.

*Swapan Kumar Misra* 18-05-2023  
**Dr. Swapan Kumar Misra**  
Principal  
Mugberia Gangadhar Mahavidyalaya

Registration Fees : Rs.100/-

Contact person :

1. Dr. Biswajit Garai – 9475671808
2. Sri Jisukirshna Jana- 9641596986
3. Smt. Anindita Si Bera – 8766983184
4. Sri Pratap Chandra Raut – 6290031493



**INTRODUCTION**

Yoga studies are an insight of practices of mind and body through different kinds of body postures also known as Asanas in Yoga, meditation and breathing techniques. Yoga has become an important part of almost everyone's daily schedule to maintain good physical as well as mental health, flexibility, endurance, and peace of mind.

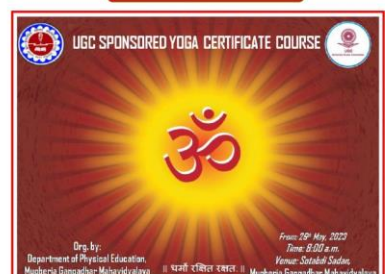
- Yoga Courses are a study of Asanas, their benefits, mindfulness, meditation, introspection, healthcare, proper nutrition, etc.
- In Yoga courses, students are introduced to various aspects of Yoga such as Diet and Nutrition, Yoga for different age groups, Yoga for maternity, Asanas, spiritual energy and the list goes on.
- Students can pursue Yoga courses at Certification, Bachelor's, Master's, Ph.D., and Diploma levels of study.
- Some popular Yoga courses are, namely, Certificate in Yoga Education (CYEd), BA in Yoga, MA in Yoga, Diploma in Yoga, etc.

**Objectives of the Course**

Yoga is a meditative process of self-discovery and liberation. It is a diverse collection of practices that aims to control the mind, recognize a detached witness consciousness, and free oneself from the cycle of birth and death. It teaches us to see ourselves clearly, to understand what is true about who we are, and to let go of anything that does not serve us. It helps us to become aware of our thoughts, feelings, and beliefs, and to change them when they no longer serve us. It gives us the tools to make better choices in life, and to live more fully.

Yoga is a practice that allows us to transform and purify our bodies, minds, and souls. It expands our consciousness to help us connect with nature and the universe around us. It also gives us greater access to inner resources to teach us about self-awareness, acceptance, compassion, patience, gratitude, forgiveness, humility, love, peace, and joy.

**BANNER**



**UGC SPONSORED YOGA CERTIFICATE COURSE**

From: 29<sup>th</sup> May, 2023  
Time: 8:00 a.m.  
Venue: Satabdi Sadak,  
Mugberia Gangadhar Mahavidyalaya

Dep. by:  
Department of Physical Education,  
Mugberia Gangadhar Mahavidyalaya

॥ पठो रक्षित रक्षत ॥  
Mugberia Gangadhar Mahavidyalaya



# YOGA CERTIFICATE COURSE

## SAMPLE COPIES

  
**MUGBERIA GANGADHAR MAHAVIDYALAYA**  
 Bhupatinagar, Purba Medinipur, 721425, West Bengal  
**UGC SPONSORED YOGA CERTIFICATE COURSE**  
 Org. by: Department of Physical Education  
 From: 29<sup>th</sup> May, 2023, Time: 8:00 a.m.,  
 Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

### Attendance Sheet

DATE: 06.06.23

Sl. No.	NAME (In Capital)	Roll No.	Department	Semester	Signature
1.	Durgabati Mondal	999	PE D (G)	2nd	D. Mondal
2.	Suman Sengupta	1424	PE D (G)	2nd	S. Sengupta
3.	Gopi Saha	1007	PE D (G)	2nd	G. Saha
4.	Subhansu Biswas	1982	PE D (G)	2nd	S. Biswas
5.	Imam Ari Khan	867	PE D (G)	4th	I. A. Khan
6.	Sudipta Rana	1339	PE D (G)	2nd	S. Rana
7.	Sarab Jona	1090	PE D (G)	4th	S. Jona
8.	Subhasit Jona	1025	PE D (G)	4th	S. Jona
9.	Sorvik Maity	1021	PE D (G)	4th	S. Maity
10.	Asim Chandra	1078	PE D (G)	4th	A. Chandra
11.	Barun Mandal	836	PE D (G)	4th	B. Mandal
12.	Sibsundar Das	993	PE D (G)	4th	S. Das
13.	Kenarain Ghini	1381	PE D (G)	2nd	K. Ghini
14.	Bipai Bar	906	PE D (G)	4th	B. Bar
15.	Pujkumar Maiti	910	PE D (G)	4th	P. Maiti
16.	Pranab Choudhury	920	PE D (G)	4th	P. Choudhury
17.	Sudhansu Ojha	1113	PE D (G)	6th	S. Ojha
18.	Jashada Saha	1328	PE D (G)	6th	J. Saha
19.	Pratibha Panda	1263	PE D (G)	6th	P. Panda
20.	Sudhansu Ghosh	1313	PE D (G)	6th	S. Ghosh
21.	Sumanthi Bhattacharya	1322	PE D (G)	6th	S. Bhattacharya
22.	Azita Kotal	1225	PE D (G)	6th	A. Kotal
23.	Anshu Mitya	1320	PE D (G)	6th	A. Mitya
24.	Nandita Bera	1257	PE D (G)	6th	A. Bera
25.	Rishi Das	1269	PE D (G)	6th	R. Das



# YOGA CERTIFICATE COURSE

## SAMPLE COPIES

### CERTIFICATE DISTRIBUTION PHOTOS SAMPLE COPY



# A SKILL DEVELOPMENT CERTIFICATE COURSE ON THE UGC SPONSORED SPOKEN ENGLISH CERTIFICATE COURSE DATED 7<sup>TH</sup> DECEMBER, 2022

## SAMPLE COPIES

### Members Presents

1. Principal	:	Dr. Swapan Kumar Misra
2. TCS	:	Dr. Bidhan Samanta
3. IQAC Coordinator	:	Dr. Prasenjit Ghosh
4. NAAC Coordinator	:	Dr. Kalipada Maity
5. Course Coordinator	:	Dr. Biswajit Garai
6. Co-Coordinator	:	Mrs. Anindita Si Bera
7. Member	:	Mr. Jisu Krishna Jana

A short meeting was held on 5<sup>th</sup> December, 2022, at 3 pm at Principal chamber regarding the implementation of a certificate course on "The UGC sponsored Spoken English certificate course" in the Department of Physical Education. All the teachers of the department and the Principal of the college were present in the said meeting. It was chaired by the Principal of the college.

Following decisions were taken in the meeting:

- ❖ It is decided that Dr. Biswajit Garai will be the coordinator of this course.
- ❖ It is decided that Mrs. Anindita Si Bera will be co-coordinator of this course.
- ❖ The course will be scheduled from 7<sup>th</sup> December, 2022
- ❖ Course Duration: 30+ hrs
- ❖ Delivery Mode: Offline
- ❖ Registration Fees Rs. 100/-

The meeting comes to an end with a vote of thanks



### THE UGC SPONSORED SPOKEN ENGLISH CERTIFICATE COURSE

Org. by:  
Department of Physical Education,  
Mugheria Gangadhar Mahavidyalaya

From: 7<sup>th</sup> December, 2022,  
Time: 8:30 a.m., Venue: Room No: 117  
Mugheria Gangadhar Mahavidyalaya



### MUGHERIA GANGADHAR MAHAVIDYALAYA

ESTD.—1964  
P. O.—BHUPATINAGAR Dist.—PURBA MEDINIPUR  
S. T. D. Code—03220 Ph. No.—270236, 6. Pta.—721425 (W. B.)

Ref. No.—M.G.M./ / /  
From: The Principal/Secretary.

Dated: 01.12.2022

### Notice

This to notify that UGC sponsored Spoken English certificate course is scheduled to be held on and from 7<sup>th</sup> December, 2022 at 8:00 a.m. at college campus. Interested 1<sup>st</sup> Semester students are requested to register their name at the Department of Physical Education on or before 6<sup>th</sup> December, 2022.

Principal  
Mugheria Gangadhar Mahavidyalaya

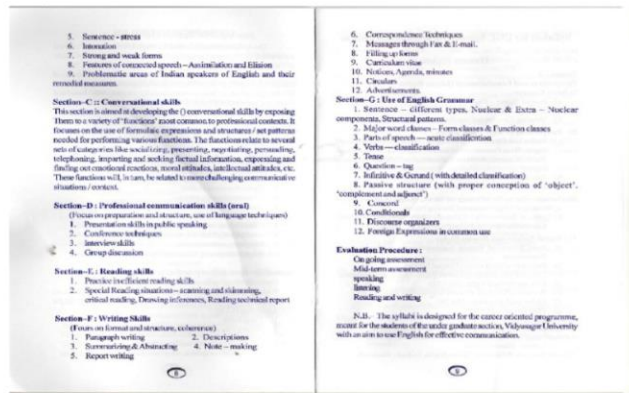
Registration Fees: Rs. 100/-

### Contact person:

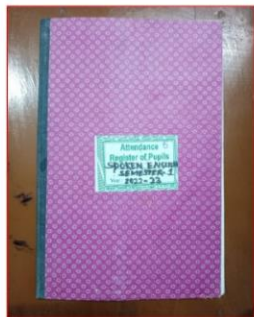
1. Dr. Biswajit Garai - 9475671808
2. Sri. Jisukrishna Jana - 9541595986
3. Smt. Anindita Si Bera - 8768983184



## SAMPLE COPIES



Attendance Sheet



Certificate Distribution Photos



# A SKILL DEVELOPMENT CERTIFICATE COURSE ON BEAUTY THERAPY AND HAIR CUTTING Dated 26<sup>TH</sup> JUNE, 2023

## SAMPLE COPIES

**Notice**

**MUGBERIA GANGADHAR MAHAVIDYALAYA**  
 P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—731425, WEST BENGAL, INDIA  
 NAAC Re-Accredited B+Level Govt. aided College  
 CPE (Under UGC XII Plan) & NCTE Approved Institutions  
 DST Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

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Ref. No.: MGM/PE/Notice/27/2022-2023 Date: 08/06/2023

**Notice**

All the female students of our college are hereby notified that Department of Physical Education is going to organize a certificate course on "Beauty therapy and hair cutting" on and from 26<sup>th</sup> June, 2023 at college campus. Interested students are requested to register their name at the Department of Physical Education on or before 24<sup>th</sup> June, 2023.

**Dr. Swapan Kumar Misra**  
 Principal  
 Mugberia Gangadhar Mahavidyalaya

Principal  
Mugberia Gangadhar Mahavidyalaya

↓ Registration Fees Rs. 100/-

Date 26.6.23  
Page No.

Certificate course on Beauty Therapy and Hair cutting'  
*Attenjanee Sheet*

Sl.	Name	Roll	Dept
1	Ananta Saha	4	Bengali (H)
2	Sumana Jang	115	Bengali (H)
3	Sayoni Ma/raikap	68	Bengali (H)
4	Babita Das	10	Bengali (H)
5	Bijanka Basak	61	Bengali (H)
6	Barnali Das	14	Bengali (H)
7	Baisakti Das	11	Bengali (H)
8	Bhikana Bag	66	Bengali (H)
9	Indrani Mishra	21	Bengali (H)
10	Susmita Mahapatra	126	Bengali (H)
11	Bepita Das	65	Bengali (H)
12	Sangita Pradhan	84	Bengali (H)
13	Somashree Santra	101	Bengali (H)
14	Sangita Karan	85	Bengali (H)
15	Sumina Parin	79	Bengali (H)
16	Rinta Bati	68	Bengali (H)
17	Sushmala Oserci	125	Bengali (H)
18	Moumita Mishra	13	Bengali (H)
19	Nandita Patra	47	Bengali (H)
20	Mani Giri	86	Bengali (H)
21	Smritikama Ghosal	94	Bengali (H)
22	Santoshini Khatun	82	Bengali (H)
23	Dipika Patra	234	Bengali (H)
24	Parvika Hui	51	Bengali (H)
25	Rinki Mondal	135	Bengali (H)
26	Madhushree Banerjee	28	Bengali (H)
27	Shreebasmee Datta	91	B.A (H)
28	Rupa Man	73	Bengali (H)
29	Barnali Dasgupta	13	Bengali (H)
30	Bhikita Jana	16	B.A (H)
31	Nyomanari Baa	98	Bengali (H)

# CERTIFICATE COURSE ON BEAUTY THERAPY

## SAMPLE COPIES

Photo Gallery Sample Copy



Principal  
18.8.2023  
Mugberia Gangadhar Mahavidyalaya

## SAMPLE PHOTOS OF EDUCATIONAL TOUR-2023 AT DIGHA



# FAREWELL PROGRAMME





# STUDENTS ACHIEVEMENT

5.3.1 Number of awards/medals for outstanding performance in sports / cultural activities at universities/state/national international level during the last five years

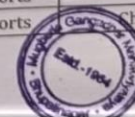
Year	Name of the award/ medal	Team/Individual	University/State/ National/International	Sports / Cultural	Name of the Student(s)
2022-2023	1st Position in Shot Put	Individual	University	Sports	Mangal Nayak
2022-2023	1st Position in Discuss	Individual	University	Sports	Mangal Nayak
2022-2023	2nd Position in High Jump	Individual	University	Sports	Biltu Mistry
2022-2023	1st Position in Long Jump	Individual	University	Sports	Tanmoy Ghosh
2022-2023	1st Position in 100 mt. Sprint	Individual	University	Sports	Tanmoy Ghosh
2022-2023	2nd Position in 200 mt. Sprint	Individual	University	Sports	Nitai Ghorai
2022-2023	2nd Position in 4×100 mt. Realy Race	Individual	University	Sports	Nitai Ghorai
2022-2023	2nd Position in 4×100 mt. Realy Race	Individual	University	Sports	Tanmoy Ghosh
2022-2023	2nd Position in 4×100 mt. Realy Race	Individual	University	Sports	Ektrarul Hoque
2022-2023	2nd Position in 4×100 mt. Realy Race	Individual	University	Sports	Ranjan Roy
2022-2023	1st Position in Shot Put	Individual	University	Sports	Sima Barman
2022-2023	2nd Position in Discuss	Individual	University	Sports	Sima Barman
2022-2023	2nd Position in High Jump	Individual	University	Sports	Sova Patra
2022-2023	2nd Position in Shot Put	Individual	University	Sports	Tumpa Barman
2022-2023	2nd Position in Javelin	Individual	University	Sports	Shreya Sarkar
2022-2023	3rd Position in Javelin	Individual	University	Sports	Amina Khatun
2022-2023	1st Position in 100 mt. Sprint	Individual	University	Sports	Tanmoy Ghosh
2022-2023	1st Position in 200 mt. Sprint	Individual	University	Sports	Tanmoy Ghosh
2022-2023	1st Position in Long Jump	Individual	University	Sports	Tanmoy Ghosh
2022-2023	2nd Position in Shot Put	Individual	University	Sports	Mangal Nayak
2022-2023	1st Position in Discuss	Individual	University	Sports	Mangal Nayak
2022-2023	2nd Position in 200 mt. Sprint	Individual	University	Sports	Nitai Ghorai
2022-2023	2nd Position in Long Jump	Individual	University	Sports	Nitai Ghorai
2022-2023	1st Position in Javeline	Individual	University	Sports	Ektrarul Hoque



*[Signature]*  
Principal  
Mugberla Gangadhar Mahavidyalaya

# STUDENTS ACHIEVEMENT

2022-2023	3rd Position in Shot Put	Individual	University	Sports	Chinmoy Pal
2022-2023	3rd Position in Javeline	Individual	University	Sports	Somnath Pahari
2022-2023	3rd Position in 400 mt. Run	Individual	University	Sports	Kanaram Giri
2022-2023	1st Position in Shot Put	Individual	University	Sports	Sima Barman
2022-2023	1st Position in Discuss	Individual	University	Sports	Sima Barman
2022-2023	3rd Position in High Jump	Individual	University	Sports	Sova Patra
2022-2023	3rd Position in Long Jump	Individual	University	Sports	Anima Barman
2022-2023	3rd Position in Javelin	Individual	University	Sports	Shreya Sarkar
2022-2023	3rd Position in 400 mt. Run	Individual	University	Sports	Janaki Barman
2022-2023	2nd Position in 800 mt. Sprint	Individual	State	Sports	Samir Das
2022-2023	2nd Position in 1500 mt. Run	Individual	State	Sports	Samir Das
2022-2023	3rd Position in Shot Put	Individual	State	Sports	Sima Barman
2022-2023	3rd Position in Discuss	Individual	State	Sports	Sima Barman
2022-2023	3rd Position in Long Jump	Individual	State	Sports	Anima Barman
2022-2023	2nd Position in 100 mt. Sprint	Individual	State	Sports	Tanmoy Ghosh
2022-2023	3rd Position in Discuss	Individual	State	Sports	Mangal Nayak
2022-2023	3rd Position in 400 mt. Run	Individual	State	Sports	Pakhi Roy
2022-2023	2nd Position in Essay Competition	Individual	University	Cultural	Supriya Giri
2022-2023	1st Position in Debate Competition	Individual	University	Cultural	Jyotirmoy Barik
2022-2023	3rd Position in Poster Competition	Individual	University	Cultural	Sibnath Hazra
2022-2023	2nd Position in Poster Competition	Individual	University	Cultural	Buddhadev Jana
2019-2020	3rd Position in 1500 mt. Run	Individual	University	Sports	Rumpa Jana
2019-2020	2nd Position in Discuss Throw	Individual	University	Sports	Deepshikha Roy
2019-2020	1st Position in Shot Put	Individual	University	Sports	Deepshikha Roy
2019-2020	1st Position in Javelin Throw	Individual	University	Sports	Chami Kisku
2019-2020	3rd Position in Long Jump	Individual	University	Sports	Chami Kisku
2019-2020	3rd Position in Long Jump	Individual	University	Sports	Suva Sahoo
2019-2020	3rd Position in High Jump	Individual	University	Sports	Biltu Mistri
2019-2020	2nd Position in 1500 mt. Run	Individual	University	Sports	Samir Das
2019-2020	3rd Position in 400 mt. Sprint	Individual	University	Sports	Nirmal Sheet
2019-2020	3rd Position in 800 mt. Run	Individual	University	Sports	Kenaram Giri
2019-2020	1st Position in Football	Team	University	Sports	MGM
2018-2019	3rd Position in Shot Put	Individual	University	Sports	Chami Kisku



*[Signature]*  
Principal  
Mugbera Gangadhar Mahavidyalaya

# STUDENTS ACHIEVEMENT

2018-2019	2nd Position in Long Jump	Individual	University	Sports	Chami Kisku
2018-2019	1st Position in Javelin Throw	Individual	University	Sports	Chami Kisku
2018-2019	3rd Position in High Jump	Individual	University	Sports	Moumita Maity
2018-2019	3rd Position in 800 mt. Run	Individual	University	Sports	Rumpa Jana
2018-2019	3rd Position in 400 mt. Sprint	Individual	University	Sports	Suma Bhunia
2018-2019	3rd Position in 1500 mt. Run	Individual	University	Sports	Suma Bhunia
2018-2019	3rd Position in Discuss Throw	Individual	University	Sports	Deepshikha Roy
2018-2019	2nd Position in 800 mt. Run	Individual	University	Sports	Suvenu Pal
2018-2019	1st Position in Shot Put	Individual	University	Sports	Subhodip Mondal
2018-2019	1st Position in Discuss Throw	Individual	University	Sports	Subhodip Mondal
2018-2019	3rd Position in Discuss Throw	Individual	University	Sports	Basir Ahmed
2018-2019	1st Position in Football	Team	University	Sports	MGM
2018-2019	2nd Position in Discuss Throw	Individual	University	Sports	Basir Ahmed
2018-2019	3rd Position in 200 mt. Sprint	Individual	University	Sports	Soumen Mondal

Note: Award for a team event should be counted as one



*[Signature]*  
Principal  
Mughbera Gangadhar Mahavidyalaya

# STUDENTS ACHIEVEMENT

**INTER COLLEGE FOOTBALL (MEN) TOURNAMENT 2023-2024**

Organized by: Vidyasagar University

From: 15<sup>th</sup> to 29<sup>th</sup> September, 2023

Venue: Vidyasagar University Ground

**CHAMPION TEAM MEMBERS**

Mugberia Gangadhar Mahavidyalaya



**CONGRATULATIONS TEAM  
WE ARE PROUD OF YOU**



**"Sports has great importance in Education"**  
- Gurudev Rabindranath Tagore

Courtesy by:  
Principal  
Mugberia Gangadhar Mahavidyalaya

# STUDENTS ACHIEVEMENT

**Mugberia Gangadhar Mahavidyalaya  
36<sup>th</sup> Inter College Annual Athletics Meet 2023-24  
Organized by: Vidyasagar University  
Dated: 13<sup>th</sup> & 14<sup>th</sup> December, 2023**

**Athletics Team (Men & Women)**



# STUDENTS ACHIVEMENT

**INTER COLLEGE YOGA (MEN) TOURNAMENT 2023-2024**

**Organized by: Vidyasagar University**

**Dated: 12<sup>th</sup> October, 2023**

**Venue: Vidyasagar University**

**CHAMPION TEAM MEMBERS**

**Mugberia Gangadhar Mahavidyalaya**

**CONGRATULATIONS TEAM  
WE ARE PROUD OF YOU**



# STUDENTS ACHIEVEMENT

## PURBA MEDINIPUR INTER COLLEGE **FOOTBALL** CHAMPIONSHIP 2023-2024 AT PANSKURA COLLEGE **CHAMPION**



Panskura, West Bengal, India  
PBC Administrative Block, Kanakpur, Panskura, West Bengal 721171, India  
Lat 22.396374°  
Long 87.740581°  
29/02/24 06:53 PM GMT +05:30

# STUDENTS ACHIEVEMENT

**PURBA MEDINIPUR INTER COLLAGE ATHLETICS (M & W)  
CHAMPIONSHIP 2023-2024 AT PANSKURA COLLEGE**

## CHAMPION

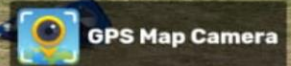




# STUDENTS ACHIEVEMENT

**INTER COLLEGE STATE FOOTBALL CHAMPIONSHIP 2023-2024 AT  
VIVEKANANDA YUBA BHARATI KRIRANGAN, SALLAKE, KOLKATA**

## CHAMPION



Kolkata, West Bengal, India

IB 78, IB-78, IB Block, Sector 3, Bidhannagar, Kolkata, West Bengal 700106, India

Lat 22.57193°

Long 88.414283°

27/03/24 03:29 PM GMT +05:30

# STUDENTS ACHIEVEMENT



Panskura, West Bengal, India  
9PWR+C2P, Kanakpur, Panskura, West Bengal 721171, India  
Lat 22.396305°  
Long 87.739961°  
27/02/24 04:07 PM GMT +05:30



Panskura, West Bengal, India  
9PWR+C2P, Kanakpur, Panskura, West Bengal 721171, India  
Lat 22.396284°  
Long 87.739991°  
27/02/24 05:08 PM GMT +05:30

# STUDENTS ACHIEVEMENT



# OUR INFRASTRUCTURE

## INDOOR FACILITIES



**Multi Purpose Hall**



**TABLE TENNIS**



**Gymnastics Equipment**



**Multi Gym**

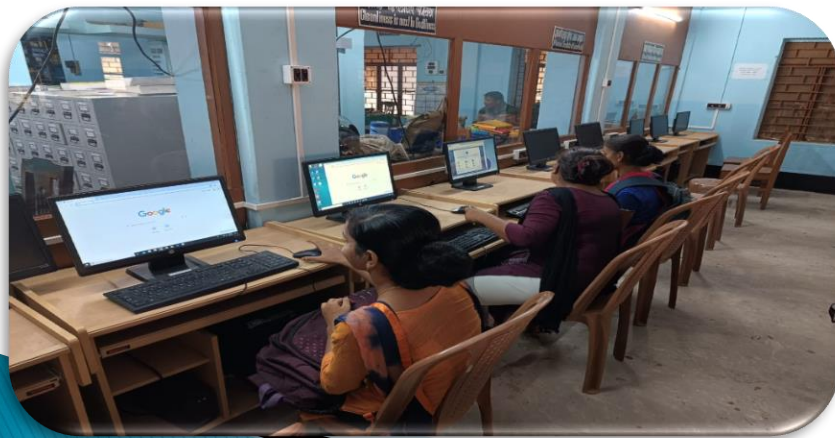
# OUR INFRASTRUCTURE

## OUTDOOR FACILITIES



# OUR INFRASTRUCTURE

## LIBRARY FACILITIES



# LIBRARY FACILITIES



# ORGANIZED INTRAMURAL COMPETITION

## VOLLEYBALL





# ORGANIZED INTRAMURAL COMPETITION

## KABADDI



# PUBLICATION

Sl. No.	Title with page nos.	Journal/Book title, editor & publisher	ISSN /ISBN No.
1	“Social inclusion through sports and games”. Page nos-181-183	International Journal of Physical Education, Sports and Health	P-ISSN: 2394-1685 E-ISSN: 2394-1693
2	Online Learning Challenges & How to overcome this Problems, Page No:151-159	Chalaman Jibon-Jiggasa: Bibidha Prasanga, Pintu Roychoudhary  Dr. Pintu Roychoudhary,  Aksharyatra Publisher, Ananda Gopal Halder, 72 Debaipukur Road, Hindmotor, Hooghly-712233	ISBN: 978-93-93534-11-8
3	Traditional Games and Sports, Page No- 398-406	Banglar Loksanskriti: Aitihya O Rupantar,  Dr. Pintu Roychoudhary,  Aksharyatra Publisher, Ananda Gopal Halder, 72 Debaipukur Road, Hindmotor, Hooghly-712233	ISBN: 978-93-93534-16-3

# BEST PRACTICES

The students of our depart have participated in the various Inter College, District Level and State Level competitions organized by the Vidyasagar University and Government of West Bengal.

The Department has organized the lectures on the importance of Diet and health.

The Department has provided outdoor and indoor facilities to the other stakeholders.

# SWOC ANALYSIS

## STRENGTH

Physical Education is a most dynamic subject and changing continuously preparation of prospective teacher for changing scenario and changing learners.

## WEAKNESS

A long distance has to be covered for Creating Physical Education and Sports as a discipline in the academic field.

## **OPPORTUNITY**

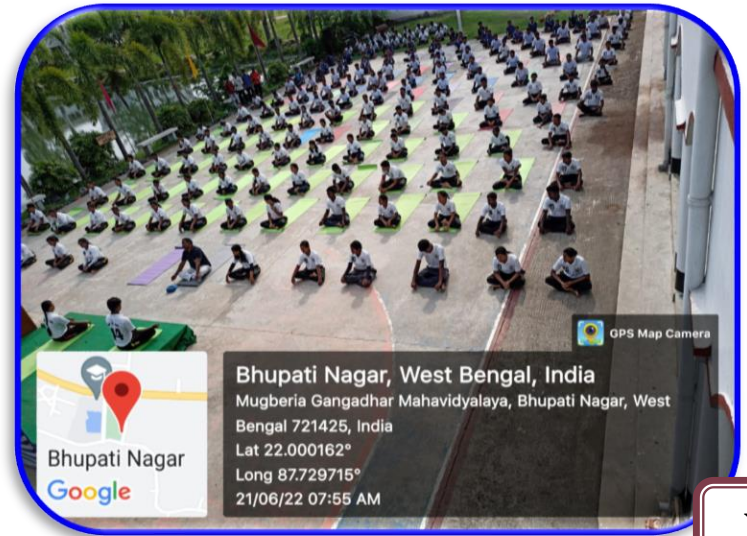
In the today scenario where numbers of health issues in the masses are on rise and the College going students are suffering from numbers of life style diseases. So there is great need of Physical Education Teachers in various Educational Organizations from the great Prof. Level.

## **CHALLENGES**

Educational Practice in the form of Physical Activity and Teaching Methods of Health Education, Physical Education and Yogic Practices need to be updated continuously in light of social and Technological Changes.



# OBSERVATION ON INTERNATIONAL DAY OF YOGA



# WORLD BICYCLE DAY OBSERVATION ON 3<sup>RD</sup> JUNE, 2022



721, near Mugberia Gangadhar Mahavidyalaya, Bhupati Nagar, West Bengal 721626, India

Latitude 22.00092666666667°

Longitude 87.72862833333332°

Local 12:21:19 PM  
GMT 06:51:19 AM

Altitude 1.5 meters  
Friday, 03-06-2022

GPS Map  
Camera Lite



721, near Mugberia Gangadhar Mahavidyalaya, Bhupati Nagar, West Bengal 721626, India

Latitude 22.00089666666667°

Longitude 87.72862500000001°

Local 01:33:06 PM  
GMT 08:03:06 AM

Altitude 11 meters  
Friday, 03-06-2022

GPS Map  
Camera Lite



# MORNING ASSEMBLE FOR PHYSICAL EDUCATION PRACTICAL CLASS



# HEALTHY RELATIONSHIP TO OTHER DEPARTMENTAL FACULTIES



No-70

## REFERENCES

## MGM, WEB SOURCES

1. [Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur](#)
2. [1683871430CBCS Physical Education Syllabus Word file.doc \(live.com\)](#)
3. [1693587278Physical Education\\_ 3Yr. MDP. Prog.pdf](#)  
[\(mugberiangadharmahavidyalaya.ac.in\)](#)
4. [mugberiangadharmahavidyalaya.ac.in/Files/1715317925DSC\\_Sem I Distribution of Syllabus.pdf](#)
5. [1684222890Banner for World Bicycle Day 2022.pdf](#)  
[\(mugberiangadharmahavidyalaya.ac.in\)](#)
6. [1684223005Banner Yoga for Humanity 2022 final 4.pdf](#)  
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7. [mugberiangadharmahavidyalaya.ac.in/Files/1689233444Report on Wall Magazine.pdf](#)
8. [1718429302SSR 4th Cycle.pdf \(mugberiangadharmahavidyalaya.ac.in\)](#)



**Thank You**

