

Gour Mohan Sachin Mandal Mahavidyalaya



Department of Physical Education Evaluative Report

GOUR MOHAN SACHIN MANDAL MAHAVIDYALAYA

BIRESWARPUR, 24 PARAGANAS (S), WEST BENGAL-743336



DEPARTMENT OF PHYSICAL EDUCATION

EVALUATIVE REPORT



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ABOUT THE DEPARTMENT

Gour Mohan Sachin Mandal Mahavidyalaya was established in the year 1969. Since its inception the college has gained popularity in the Art subjects. The college tried for its further improvement and to that effect it thought of introducing the science stream as well. The dream was ultimately realized in the year 2012, when along with the other science subject Physical Education was introduced too. The department is very dynamic offering courses on Bratachari and Yoga to the students. It also provides a platform for students to participate in various sports and games events held in the college and outside. Several of the students are medal winners in district sports.

PROGRAMMES AND SYLLABUS OFFERED

Until the introduction of the new syllabus of CCF in 2022 the department had followed the CBCS syllabus of Physical Education (introduced by the University of Calcutta) since 2018. The CBCS syllabus of Physical Education had offered the six-semester system of learning. The CBCS syllabus of 2018, offered 8 general papers together with two skill enhancement course (SEC) papers and two discipline specific elective (DSE) papers in the general course of B.A. in Physical Education.

In 2022 the curriculum and credit framework (CCF) was introduced in the department of Physical education. The best feature that had been introduced by the new syllabus since 2022 is that now the students can take courses from different discipline, can join or leave the course with the feature of multiple entry and exit at different points and can take course that may add value across different disciplines. The participation of physical Education students in other value-added courses like 'Yoga' helped them choose their career and select 'Yoga' as a subject to carry forward with.

The cross-cutting issues of the new syllabus in the best way to attract students in different orientation of knowledge. It helps students to select the subject of their own choice. It also helps them follow the course from different disciplines.

CROSS CUTTING ISSUES

Sem – 1: Unit - 4 Yoga Education.

Sem – 2: Unit - 1 Health Education; Unit - 2 Health Problems in India prevention and control; Unit - 3 Physical fitness and wellness; Unit - 4 Health and first aid management

Sem - 6: Unit - 4 Sociological aspect (gender discrimination, empowerment, women and sports)

FACULTY PROFILE

At present the department has one State Aided College Teacher -Mr. Umasankar Pradhan

Name of the Teacher	Sex	Designation	Qualification	Specialization	Joining Date
Umasankar Pradhan	M	State Aided College Teacher	M.P.Ed.	Kabaddi	04.05.2015



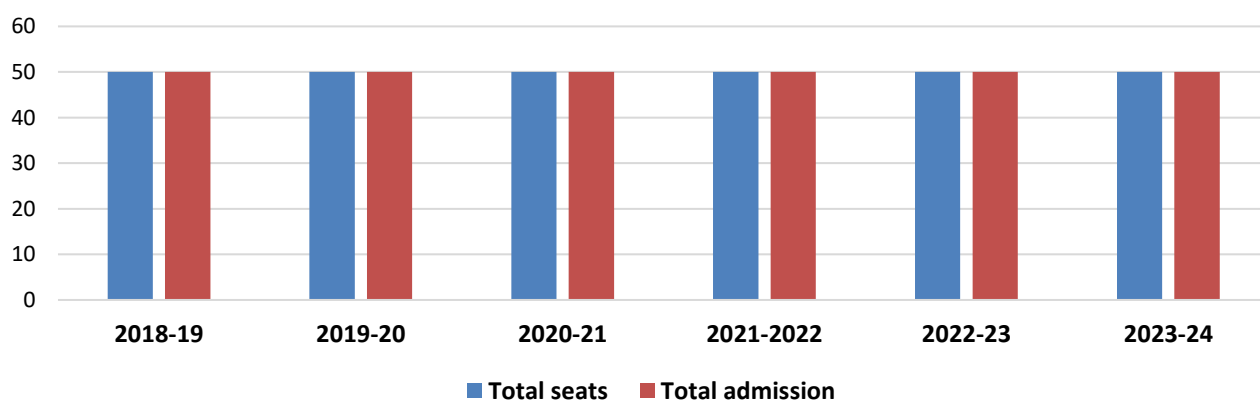
Umasankar Pradhan joined the department of Physical Education of Gour Mohan Sachin Mandal Mahavidyalaya on 4th May, 2015. He has completed his graduation from Calcutta University and his post-graduation from Fakir Mohan University. His specialization lies in the sport of Kabaddi. He is also the Coordinator of the Sports Committee.

He takes primary responsibility of organizing the annual college sports and also encourages the students to participate in all sports events held by other colleges and universities. Under his guidance and training, many students have excelled in the game they have chosen to participate in. The college women's kho kho team has won laurels in the South 24 Parganas district of West Bengal.

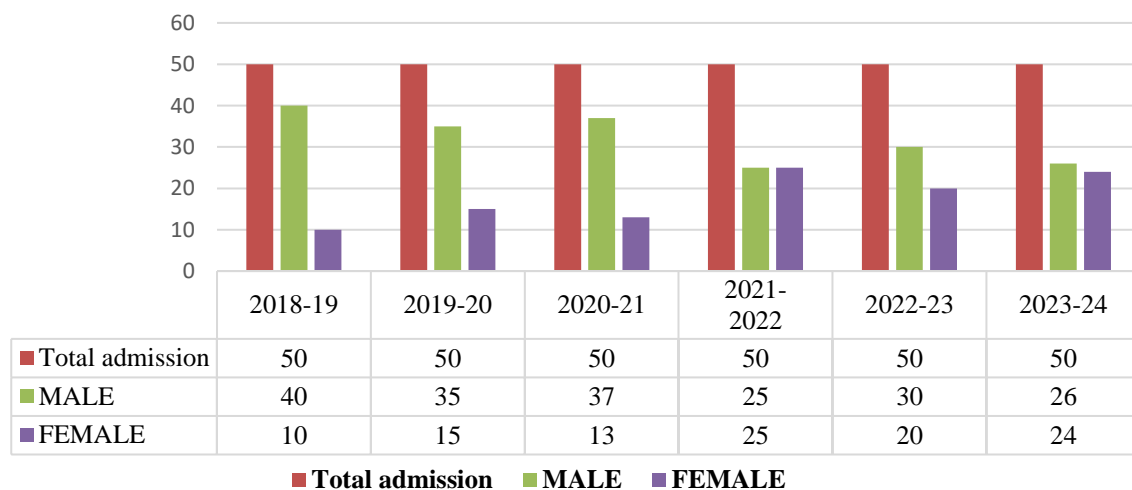
STUDENTS' PROFILE

Name of the course	Session	Total seats	Total admission	Male	Female
B.A (G) PEDG	2018-19	50	50	40	10
B.A (G) PEDG	2019-20	50	50	35	15
B.A (G) PEDG	2020-21	50	50	37	13
B.A (G) PEDG	2021-22	50	50	25	25
B.A (G) PEDG	2022-23	50	50	30	20
B.A (G) PEDG	2023-24	50	50	26	24

STUDENT ENROLMENT

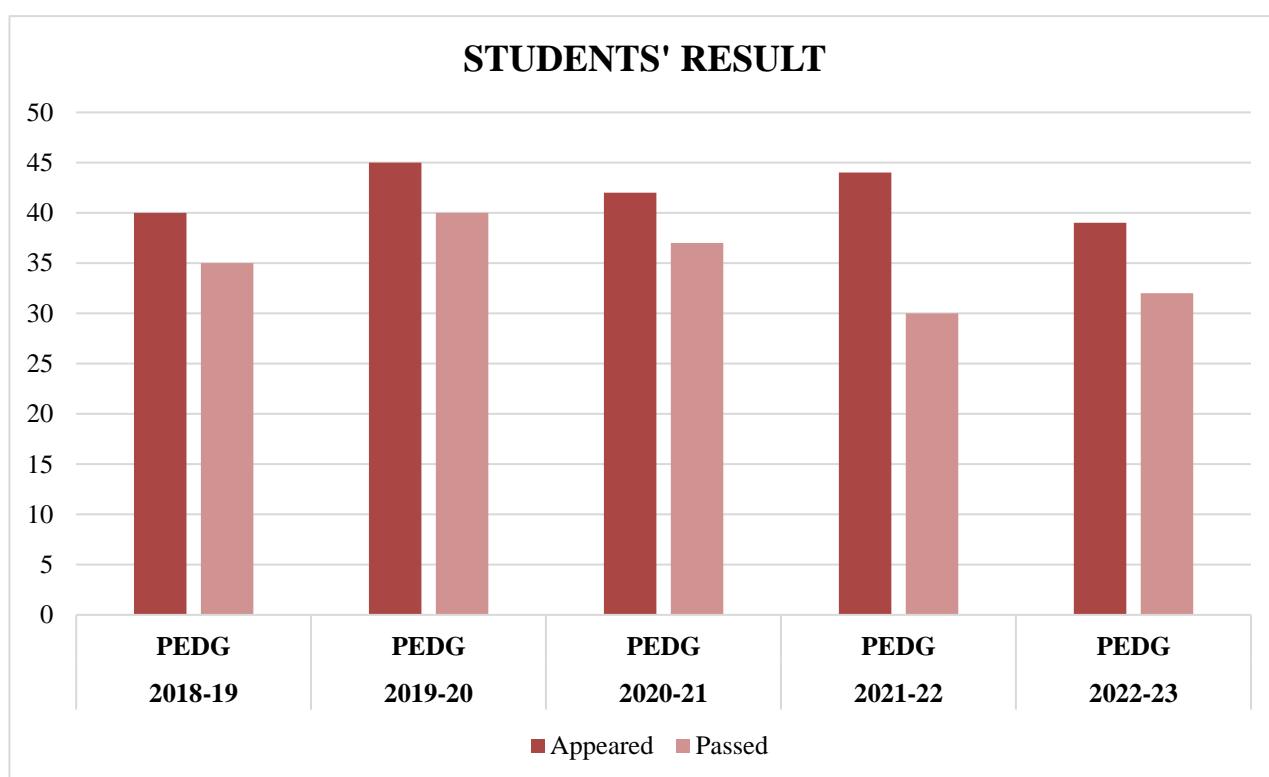


GENDER PROFILE



UNIVERSITY RESULT

Year	Subject	Appeared	Passed
2018-19	PEDG	40	35
2019-20	PEDG	45	40
2020-21	PEDG	42	37
2021-22	PEDG	44	30
2022-23	PEDG	39	32



PROGRAMME SPECIFIC OUTCOMES

PSO1: Understanding the Fundamentals- Students will gain a solid understanding of the history, philosophy, and principles of physical education.

PSO2: Developing Practical Skills- They will acquire practical skills in various physical activities, sports, and fitness modalities.

PSO3: Promoting Healthy Lifestyles- The course will emphasize the importance of physical activity for overall health and well-being, encouraging students to adopt healthy lifestyles.

PSO4: Applying Knowledge- Students will learn to apply their knowledge and skills in different contexts, including teaching, coaching, and sports management.

PSO5: Fostering a Positive Attitude- The course aims to cultivate a positive attitude towards physical activity and sports, promoting lifelong engagement in these activities.

PSO6: Understanding Anatomy and Physiology- They will learn about the human body's structure and function, and how it responds to exercise and physical activity.

PSO7: Health Education and Safety- Students will gain knowledge about health education, safety in sports, and first aid.

PSO8: Leadership and Communication- The course may also focus on developing leadership skills and effective communication for working with others in a physical education setting.

PSO9: Career Development- Students will be prepared for various career paths in physical education, such as teaching, coaching, fitness instruction, and sports management.

COURSE OUTCOMES

(CC -1) Foundation and History of Physical Education

Paper Names	Course Outcomes
CC- GE -1.1 Introduction	<ul style="list-style-type: none"> Understand concept of aims, objectives and misconception in physical education.
CC-GE -1.2 Foundation Of Physical Education	<ul style="list-style-type: none"> Know the origin of physical education.
CC -GE -1.3 History Of Physical Education	<ul style="list-style-type: none"> Know the Olympic organising various sports activities.
CC -GE -1.4 Yoga Education	<ul style="list-style-type: none"> Understand the basic concept of yoga. Promote the awareness of health through yoga. Analyse the technique of body posture to bring out healthy change.

(CC-2) Health Education, Physical Fitness and Wellness

Paper Names	Course Outcomes
CC- GE -2.1 Introduction	<ul style="list-style-type: none"> Understand the basic principles of health education.
CC-GE -2.2 Health Problem in India -Prevention and Control	<ul style="list-style-type: none"> Student will be able to explain the process to become physically fit. Student will also understand how food affects your personal wellbeing.
CC -GE -2.3 Physical Fitness and Wellness	<ul style="list-style-type: none"> Study how to frame diet charts. Gain knowledge about the nutrition.
CC -GE -2.4 Health and First-aid Management	<ul style="list-style-type: none"> To know and understand the science, methods, techniques on which physiotherapy based.

(CC-3) Anatomy, Physiology and Exercise Physiology

Paper Names	Course Outcomes
CC- GE -3.1 Introduction	<ul style="list-style-type: none"> Understanding the basic principles of anatomy, and physiology
CC-GE -3.2 Musculo -Skeletal System	<ul style="list-style-type: none"> Student will be aware of the anatomical structure and physiological function of the human body
CC -GE -3.3 Circulatory System	<ul style="list-style-type: none"> Known to Blood Circulation Mechanism, Heart Rate, Pulse Rate, Stroke Volume, Blood Pressure
CC -GE -3.4 Respiratory System	<ul style="list-style-type: none"> Understand the structure and function of human respiratory organs.

(SEC-1) Track and Field

Paper Names	Course Outcomes
SEC- GE -3.1 Track Event	<ul style="list-style-type: none">• Student to learn the basic skill and techniques of sports and games
SEC-GE -3.2 Field Event	<ul style="list-style-type: none">• Student will apply the mechanical principle on the techniques of sports skill• Understand the rules of the games and sports

(CC-4) Psychology and Sociology in Physical Education

Paper Names	Course Outcomes
CC- GE -4.1 Introduction	<ul style="list-style-type: none">• Explain group mechanism and group psychology in a sports content
CC-GE -4.2 Learning	<ul style="list-style-type: none">• Students will develop practical, theoretical skill in physical education.
CC -GE -4.3 Psychological Factor	<ul style="list-style-type: none">• Reflect upon motivation psychology as applied to sports activities
CC -GE -4.4 Sociological Aspect	<ul style="list-style-type: none">• Demonstrate the ability to discuss sociological theories, concepts, and ideas in large and small group

(SEC-4.1) Gymnastics and Yoga

Paper Names	Course Outcomes
SEC- GE -4.1 Gymnastics	<ul style="list-style-type: none">• Explore to techniques of loosening the joint and summersault.
SEC-GE -4.2 Yoga	<ul style="list-style-type: none">• Understand the various path of yoga and astanga yoga

(DSE -5) Management in Physical Education and Sports

Paper Names	Course Outcomes
DSE- GE -5.1 Introduction	<ul style="list-style-type: none">• Learn about sports management and how to use strategic planning, financial management, and management of human resources.
DSE-GE -5.2 Tournaments	<ul style="list-style-type: none">• Able to understand the rules of the games and sports.• Make a few changes to the officiating techniques and try them out.
DSE-GE -5.3 Facilities and Equipment	<ul style="list-style-type: none">• To learn about the different kinds of playing fields, sports equipment, and their benefits.
DSE-GE -5.4 Financial Management	<ul style="list-style-type: none">• By studying this course, the students would be able to understand the needs and functions of financial management.

(SEC -5.1) Ball Games

Paper Names	Course Outcomes
SEC- GE -5.1 Ball Games	<ul style="list-style-type: none">• To learn how to play the most important games well.• To understand the game rules for efficient officiating.

(DSE-6) Sports Training

Paper Names	Course Outcomes
DSE- GE -6.1 Introduction	<ul style="list-style-type: none">• Training is a science based on how well it works.
DSE-GE -5.2 Methods of Training and Conditioning in Sports	<ul style="list-style-type: none">• Describe the various means and strategies utilised in various training.
DSE-GE -5.3 Training Load and Adaptation	<ul style="list-style-type: none">• Assess the various periodization strategies for the improvement of performance.
DSE-GE -5.4 Training Technique	<ul style="list-style-type: none">• Develop a variety of training facilities and plans for beginner to advanced performers.

(SEC-6) Indian Games and Rackets Sports

Paper Names	Course Outcomes
SEC- GE -6.1 Indian Games	<ul style="list-style-type: none">• To know the optimal drills for skill development.
SEC-GE -5.2 Rackets Sports	<ul style="list-style-type: none">• To learn the game rules for efficient officiating.

DEPARTMENTAL ACTIVITIES

INAUGURATION OF THE WALL MAGAZINE

Title of the event - Play, Games & Sports

Department - Physical Education.

Date - 27/04/2023 Time - 1.54 P.M

Participants - 20 Students.

Venue - Department of Physical Education.

Importance of play, games & sports.

1. All round development of an individual.
2. Neuro – muscular development.
3. Personality development.
4. Good personal habits.
5. Physical, Mental, Social, Emotional development.



ANNUAL SPORTS 2022

The Annual Sports (2022) of Gour Mohan Sachin Mandal Mahavidyalaya was held on 19th and 20th December, 2022 in the college playground. The department of physical education organized several events such as track and field events, discuss throw, javelin throw, cricket and so on. Students from all departments had participated in these events in large numbers making it a huge success.

The following is the list of achievers in the events organized during the Annual Sport of 2022.

POSITION LIST

100 M RACE FINAL [MEN]

NAME	POSITION	SEMESTER
RATHIN PRAMANIK.	1 st	5 TH
SWARAJ HALDER	2 nd	1 ST
SAJID MOLLA	3 rd	1 ST

200 M RACE FINAL [MEN]

NAME	POSITION	SEMESTER
RATHIN PRANAMIK	1 st	5 TH
ARUN BANERJEE	2 nd	3 RD
ANIT KAPAT	3 rd	5 TH

400 M RACE FINAL [MEN]

NAME	POSITION	SEMESTER
ARUP BANERJEE	1 st	3 RD
SWARAJ HALDER	2 nd	1 ST
SAJID MOLLA	3 rd	1 ST

400 M RACE FINAL [WOMEN]

NAME	POSITION	SEMESTER
NANDITA KAYAL	1 st	1 ST
ASRITA MONDAL	2 nd	1 ST
RAKHI PRAMANIK	3 rd	1 ST

100 M RACE FINAL[WOMEN]

NAME	POSITION	SEMESTER
ASRITA MONDAL	1 st	1 ST
NANDITA KAYAL	2 nd	1 ST
RAKHI PRAMANIK	3 rd	1 ST

200 M RACE FINAL[WOMEN]

NAME	POSITION	SEMESTER
ASRITA MONDAL	1 st	1 ST
NANDITA KAYAL	2 nd	1 ST
RAKHI PRAMANIK	3 rd	1 ST

SHOT PUT[MEN]

NAME	POSITION	SEMESTER
BIPLAB KARMAKAR	1 st	1 ST
SOURAV PRAMANIK	2 nd	3 RD
SAJID MOLLA	3 rd	1 ST

SHOT PUT[WOMEN]

NAME	POSITION	SEMESTER
NANDITA KAYAL	1 st	1 ST
AYANTIKA NASKAR	2 nd	3 RD
KHURSIDA KHATUN	3 rd	1 ST

DISCUS THROW[MEN]

NAME	POSITION	SEMESTER
BIPLAB KARMAKAR	1 st	1 ST
SOURAV PRAMANIK	2 nd	3 RD
SAJID MOLLA	3 rd	1 ST

DISCUS THROW [WOMEN]

NAME	POSITION	SEMESTER
NANDITA KAYAL	1 st	1 ST
PARUL SARDAR	2 nd	1 ST
KHURSIDA KHATUN	3 rd	1 ST

JAVELIN THROW [MEN]

NAME	POSITION	SEMESTER
FIROJ SK	1 st	3 RD
SASHRAY HALDER	2 nd	5 TH
GOURANGA RUIDAS	3 rd	3 RD

JAVELIN THROW[WOMEN]

NAME	POSITION	SEMESTER
PURNIMA PURKAIT	1 st	5 TH
ARPITA BANERJEE	2 nd	3 RD
AYANTIKA NASKAR	3 rd	3 RD

LONG JUMP[MEN]

NAME	POSITION	SEMESTER
RATHIN PRAMANIK	1 st	5 TH
ANIT KAPAT	2 nd	5 TH
BRINDABAN PRAMANIK	3 rd	3 RD

LONG JUMP[WOMEN]

NAME	POSITION	SEMESTER
NANDITA KAYAL	1 st	1 ST
ASRITA MONDAL	2 nd	1 ST
SUKLA MONDAL	3 rd	3 RD

HIGH JUMP[MEN]

NAME	POSITION	SEMESTER
IRFAN MOLLA	1 st	1 ST
SOURAV PRAMANIK	2 nd	2 ND
RATHIN PRAMANIK	3 rd	3 RD

BALANCE RACE [WOMEN]

NAME	POSITION	SEMESTER
ANITA PURKAIT	1 st	1 ST
DIPIKA BHUIYA	2 nd	2 ND
SUKLA MONDAL	3 rd	3 RD

PHOTOS OF THE EVENT



INTER COLLEGE STATE SPORTS AND GAMES CHAMPIONSHIP 2022-23

REPORT OF THE EVENT

Date of the event	10/02/23 to 12/02/2023
Time of the event	3 P.M.
No. of participating colleges	20 (Twenty)
Venue	Maheshtala College

The Inter College State Sports and Games Championship was held from 10-02-2023 to 12-02-2023, organized by the Department of Higher Education and held in Maheshtala College. Students participated in Kho Kho, Shot put, athletics and Javelin Throw.

Name of the Kho-Kho player participants from Gour Mohan Sachin Mandal Mahavidyalaya

1. Nandita Kayal.
2. Shrabani Halder
3. Priya Halder
4. Asrita Moldel
5. Mousumi Naiya
6. Dipika Malik
7. Rakhi Pramanik
8. Nirupama Pramanik
9. Rupsa Mondal
10. Mousumi Mistri
11. Swarnali Bar

The women Kho Kho team of Gour Mohan Sachin Mandal Mahavidyalaya gave a spectacular performance in the matches and bagged the first runner's up title. The best player of match was awarded to Shrabani Halder.

The students won accolades in various events like-

- Nandita Kayal won the 2nd position in Shot Put.
- Asrita Mondal won the 1st position in 1500 m Run and 2nd position in 800m run.
- Nandita Kayal won the 1st position in Discus Throw.
- Irfan Molla won the 2nd position in High Jump.

PHOTOS OF THE EVENT



Shrabani Halder bagged the Woman of the Match in Kho Kho competition



The students of Gour Mohan Sachin Mandal Mahavidyalaya winning various positions in different events.



The Women's Kho Kho Team won the 2nd position

NATIONAL SPORTS DAY

National Sports Day is an annual celebration on August 29th in honour of the birth anniversary of Major Dhyan Chand, India's iconic hockey player. Known as "The Hockey Wizard," Dhyan Chand's unparalleled skills and dedication to the sport left an indelible mark on the world of hockey. Over a career that spanned from 1926 to 1948, Dhyan Chand scored more than 1,000 goals, leading India to three consecutive Olympic gold medals in 1928, 1932, and 1936. India celebrated the first National Sports Day on August 29, 2012.

National Sports Day is more than just a commemoration of Major Dhyan Chand's birth anniversary; it is a celebration of the spirit of sportsmanship, excellence, and dedication that he embodied. His legacy continues to inspire athletes nationwide, making August 29th a day of pride and reflection for all who value the importance of sports in society.

On 29th August, 2023, the department of Physical Education celebrated National Sports Day in the college playground.



INTERNATIONAL YOGA DAY

PROGRAM

International Yoga Day was celebrated on 21/6/2023 by the Department of Physical Education of the college. Yoga is universal — it can be practiced anywhere, at any time, and by anyone irrespective of age, gender, culture or nationality. Yoga is a powerful tool for individuals, communities and countries to improve both mental and physical health. Yoga has been shown to have immediate psychological benefits, decreasing anxiety and stress, and increasing feelings of emotional and social well-being. It helps prevent and control noncommunicable diseases (NCDs) — cardiovascular diseases, cancer, chronic respiratory diseases and diabetes, among others — that are a rising cause of disability and premature death.

Yoga has helped hundreds of millions of people across the world stay healthy during the COVID-19 pandemic. This is consistent with the WHO principle that states, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”.

On the International Day of Yoga, the college celebrated the physical and mental health benefits of yoga and highlight its contributions to lifelong health and well-being for all. The event was held on the college ground. Students performed several yoga poses in groups. They also presented posters on importance of Yoga in physical and mental well-being.

PHOTOS OF THE EVENT



**Students performing Vrikshasana
(Tree Pose)**



**Students presenting a poster on the
importance of Yoga in our daily lives.**

ANNUAL SPORTS 2024



INTER COLLEGE SPORTS AT FAKIR CHAND COLLEGE



Arindam Mondal



Nandita Kayal



ADD ON COURSE ON “YOGA”

Total Duration: 30 hours

Course content of the Add on course

Unit- 1. Foundation of yoga

- 1.1- Meaning and concept of yoga
- 1.2- Aim and objective of yoga
- 1.3- History and origin of yoga
- 1.4- Need and importance of yoga in daily life

Unit- 2. Methods of yoga

- 2.1- Concept of Ashtanga yoga
- 2.2- Do's and Don'ts on yoga practices
- 2.3- Meaning and types of Asanas
- 2.4- Meaning and types of Pranayama

Unit- 3. Effects of yogic Practice

- 3.1- Effects of Performing Asana on body and mind
- 3.2- Effects of Practicing Pranayama on body and mind

Unit-4. Therapeutic application of yoga

- 4.1- Role of yogic methods for managements of Bronchial Asthma, Diabetes, Hypertension.
- 4.2- Yoga for Stress management.

Practical

- ❖ Meditative Asana – Padmasana, Vajrasana, Sukhasana
- ❖ Relaxative Asana - Savasana, Makarasana
- ❖ Cultural Asana -
 - Supine lying Asana- Utthana Padasana, Setu Bandhasana, Pawanamuktasana, Halasana, Sarvangasana
 - Prone lying Asana – Dhanurasana, Bhujangasana, Shalvasana
 - Standing Asana - Tadasana, Vrikhasana, Trikonasana, Birbhadrasana, Padahastasana, Utkatasana
 - Sitting Asana – Dandasana, Gumukhasana, Ustrasana
- ✓ Pranayama – Kapalbhathi, Anulom-vilom, Shitali, Shitkari, Bhamari
- ✓ Recitation – Gayatri Japa

PHOTOS OF THE PRACTICAL CLASSES CONDUCTED BY THE DEPARTMENT OF PHYSICAL EDUCATION



B.A. MDC
PHYSICAL EDUCATION
LESSON PLAN
2024-2025

SEMESTER	PAPER/COURSE	UNIT	TOPIC	HOURS	FACULTY NAME
SEMESTER 1	CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	1	Introduction to Physical Education	8hrs	U.S. Pradhan
SEMESTER 1	CC1CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	2	Historical development of Physical Education.	9hrs	U.S. Pradhan
SEMESTER 1	CC1CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1- 1- TH	3	Biological foundation of Physical Education	9hrs	U.S. Pradhan
SEMESTER 1	CC1/CC2 MDC1 Foundation of Physical Education PE-MD-CC1-1-TH	4	Sociological foundation of Physical Education	8hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	1	Introduction of Officiating and Coaching	5hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	2	Methods of Officiating	6hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	3	Introduction of Coaching	6hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	4	Planning and application of Coachinginsports	5hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- P	5	Rules & Regulations of Athletics, Gymnastics, cricket, yoga	5hrs	U.S. Pradhan

SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- P	6	Rules & Regulations of kho kho, kabaddi, volley ball, Badminton	5 hrs	U.S. Pradhan
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	1	Introduction to Health Education	9 hrs	U.S. Pradhan
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	2	Health & Hygiene	9 hrs	U.S. Pradhan
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	3	Common health problems & its prevention and control	10 hrs	U.S. Pradhan
SEMESTER 2	CC1/CC2 Health Education PE-MD-CC2- 2- TH	4	First Aid and emergency care	11 hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	1	Introduction of Officiating and Coaching	5 hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	2	Methods of Officiating	6 hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	3	Introduction of Coaching	6 hrs	U.S. Pradhan
SEMESTER 1/2/3	Officiating and coaching PE-MD- SEC1-1- TH	4	Planning and application of Coaching in sports	5hrs	U.S. Pradhan
SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	1	Introduction on Anatomy, Physiology and Exercise Physiology.	8hrs	U.S. Pradhan

SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	2	Musculo- skeletal System.	9 hrs	U.S. Pradhan
SEMESTER 3	CC3 Anatomy, Physiology and Exercise Physiology PEDN-G-CC- 3-3-TH-P	3	Circulatory System	9 hrs	U.S. Pradhan
SEMESTER 3	CC3 Anatomy, Physiologyand Exercise Physiology PEDN-G-CC- 3-3-TH-P	4	Respiratory System	8 hrs	U.S. Pradhan
SEMESTER 3	SEC-A1 Trackand Field PEDN-G- SEC-A-3-1-P	1	Track Events	35 hrs	U.S. Pradhan
SEMESTER 3	SEC-A1 Track and Field PEDN-G-SEC-A-3-1-P	2	Field Events	35 hrs	U.S. Pradhan
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC-4-4-TH-P	1	Introduction	8 hrs	U.S. Pradhan
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	2	Learning	9 hrs	U.S. Pradhan
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	3	Psychological Factors	9 hrs	U.S. Pradhan
SEMESTER 4	CC4 Psychology and Sociology in Physical Education and Sports PEDN-G-CC- 4-4-TH-P	4	Sociological Aspects	9hrs	U.S. Pradhan
SEMESTER 4	SEC-B1 Gymnastics and Yoga PEDN-G- SEC-B-4-1-P	1	Gymnastics	38hrs	U.S. Pradhan

SEMESTER 4	SEC-B1 Gymnastics and Yoga PEDN-G-SEC- B-4-1-P	2	Yoga	40hrs	U.S. Pradhan
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	1	Introduction	10hrs	U.S. Pradhan
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	2	Tournaments	10hrs	U.S. Pradhan
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	3	Facilities and Equipment	9hrs	U.S. Pradhan
SEMESTER 5	DSE-A1 Management in Physical Education and sports PEDN-G-DSE- A-5-1-TH-P	4	Financial Management	9hrs	U.S. Pradhan
SEMESTER 5	SEC-A2 Ball Games PEDN-G-SEC- A-5-2-P	1	FootBall	35hrs	U.S. Pradhan
SEMESTER 5	SEC-A2 Ball Games PEDN-G-SEC- A-5-2-P	2	VolleyBall	35hrs	U.S. Pradhan
SEMESTER 6	DSE-B1 Sports Training PEDN-G- DSE- B-6-1-TH-P	1	Introduction	8hrs	U.S. Pradhan
SEMESTER 6	DSE-B1 Sports Training PEDN-G-DSE- B-6-1-TH-P	2	Method of Training and Conditioning in Sports	10hrs	U.S. Pradhan
SEMESTER 6	DSE-B1 Sports Training PEDN-G-DSE- B-6-1-TH-P	3	Training Load and Adaptation	10hrs	U.S. Pradhan
SEMESTER 6	DSE-B1 Sports Training PEDN-G- DSE- B-6-1-TH-P	4	Training Techniques	9hrs	U.S. Pradhan
SEMESTER 6	SEC-B2 Indian Games and Racket Sports PEDN-G-SEC- B-6-2-P	1	Kho-Kho	38hrs	U.S. Pradhan

SWOC ANALYSIS OF THE DEPARTMENT

STRENGTHS

- Well-equipped multi gymnasium
- Qualified Gym instructor
- Large sports field with all facilities and equipments
- Interested students

WEAKNESSES

- No Full Time Faculty.
- Need of Departmental Library

OPPORTUNITIES

- Specialized training facilities for kabaddi, football
- Increase in intake as there is a huge demand of the subject in the area.

CHALLENGES

- Lack of sanctioned teaching posts
- No multi gym attendant
- Poor nutritional status of some students due to poverty.
- Lack of exposure for the students.

FUTURE PLANS

- To organize specified training camps in kabaddi.
- To set up a volleyball court.
- To introduce an honours course in Physical Education
- To organize Yoga camps for all round wellbeing.

CONCLUSION

The department of Physical Education wants to give thanks to our honorable Teacher in-charge, Dr. Debprasad Mandal and our fellow faculty members and colleagues for their support and whole-hearted cooperation.

Our objective is to lead our students to light the candle of higher education in an area of daily wage-earners. We hence forth look forward to the kind consideration of the government for promoting us to build a better future for the new generation.

It's a great honor to have the opportunity to offer thanks to the NAAC Peer Team for giving us their valuable time to kindly and patiently go through our departmental activities as provided in the departmental profile.

Thanks to the honourable NAAC Peer Team for their visit to our department. In anticipation and soliciting necessary help for betterment of the department as well as the college.

