

SEVA BHARATI MAHAVIDYALAYA, KARGARI, DIST : JHARGRAM, PIN : 721505
DEPARTMENT OF PHYSICAL EDUCATION, B.P.Ed CLASS ROUTINE, SESSION : 2022-2024(THIRD Semester)

ROUTINE

DAY	MORNING PRACTICAL			THEORY CLASS			AFTERNOON PRACTICAL		
	06:30-07:15	07:20-08:10	08:10-09:00	11:00-11:45	11:45-12:30	12:30-01:15	03:30-04:30	04:30-05:15	
CONDITIONING				1st Period	2nd Period	3rd period			
MON	D.Mahata A.Mallick	Throwing- A.M		Psycho-S.D Unit-II & IV	Comp. - P.B Unit-III & IV	Spt. Medi- S.L - U- I	Netball- Gr- A - S.L Lathi-Gr-B- S.D	Game Specification	
TUE	N.D A.S.B	Net Ball- S.L Teaching- Gr-B -Aerobics- N.D	Teach-KB-ASB	Spt. Trg.- N.D Unit- III & IV	Psycho- M.D Unit-I&III	Spt. Medici- A.M Unit- II	Throw Ball- Gr- A- K.C.G Netball- Gr- B S.Lohar	Game Specification	
WED	M.Das K.C.Gope	Throw Ball- Gr-A- K.C.G Teaching-Gr-B Kho-Kho - MD		Comp. - P.B Unit- III & IV	Psycho- M.D Unit-1&III	Spt. Medi- S.B- U- II	Football- Gr- A- P.B Football - Gr-B-DM	Game Specification	
Thus	A.Mallick P.B	Teaching- Gr-A Aerobics Teaching-Gr-B Football- P.B		Spt. Medi- A.Bag - U- IV	Spt. Trg.- N.D Unit-III & IV	Spt. Trg.- K.C.G Unit- I	Teaching Yoga Gr-A- PKG Teaching V.B Gr-B S.Das	Game Specification	
FRI	P.K.G Sujan	Teaching-Gr-A Football- P.B T & F - Gr-B- A.Bag		Comp. - A.S.B Unit- I & II	Spt. Trg.- P.K.G Spt. Medi- Unit- II	A.Bhow. - U- III	T & F - Gr-A- A.Bag Throw Ball-Gr-B-KCG	Game Specification	
SAT	A.Bag A.Bhow.	Teaching- Kabaddi- ASB Teaching- Yoga- A.S.B		Psycho-S.D Unit-II & IV	Comp. - A.S.B Unit- I & II				

Over all Incharge of Coaching Lesson- A.Bag
 Over all Incharge of School Teaching- S.Das

(Signature)
Principal
 Principal
 Seva Bharati Mahavidyalaya
 Kargari, Jhargram

(Signature)
Head
 Dept. Of Phy. Edu.
H.O.D
 Physical Education
 S.B. Mahavidyalaya
 Kargari West, Bargarh, 721505



DEPARTMENT OF PHYSICAL EDUCATION

SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

P.O. Kaggari: Dist. Jhargram (W.B.): Pin. – 721 505:

Routine for CCFUP- 2023 – First Semester
Physical Education

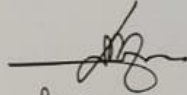
MAJOR-A1 2023 Credit- 04

Subject: Foundation and History of Physical Education and Sports – Incharge- S. DAs

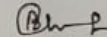
<u>DAY</u>	<u>Time</u>	<u>Teacher</u>
<u>Tuesday</u>	<u>01:00- 02:00 P.M</u>	<u>ASB – UNIT-IV</u>
<u>Thursday</u>	<u>01:00- 02:00 P.M</u>	<u>N.D – UNIT-III</u>
<u>Saturday</u>	<u>01:00- 02:00 P.M</u>	<u>S.Das – UNIT-I & II</u>

Major:A1/B1 P Field Practical

1. Marching – K.C.G
2. Callisthenics – D.M
3. Aerobics – A.M


PRINCIPAL

Principal
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Kaggari, Jhargram


Head

Department of Physical Education

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Physical Education
S. B. Mahavidyalaya
Kaggari, West Bengal, 721505

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Website: www.sbmahavidyalaya.com



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Routine for CCFUP- 2023

MDC-01 2023 Credit- 03

Subject: SPORTS AND FITNESS – Incharge- Dr. P.Giri

<u>DAY</u>	<u>Time</u>	<u>Teacher</u>
<u>Monday</u>	<u>02:30- 03:30 P.M</u>	<u>Dr. P.GIRI – UNIT-1</u>
<u>Tuesday</u>	<u>10:30- 11:30 A.M</u>	<u>Mr. A. MALLICK – UNIT-3</u>
<u>Friday</u>	<u>11:30- 12:30 P.M</u>	<u>Dr. S. Barman– UNIT-2</u>

SYLLABUS- of Common Courses under Curriculum &Credit Framework for Undergraduate Programmes, 2023 &NEP-2020

Unit-1: Introduction to sports- Dr. P.Giri


- 1.1- Concept of play, Games and Sports.
- 1.2- Objectives and importance of play, Games and Sports.
- 1.3- Fundamental movements of spots in relation to joints.
- 1.4- Warming up and Limbering down-
 - a) General warm up exercise
 - b) Specific warm up exercise

Unit- 2: Health and Performance related Physical Fitness – Dr. S. Barman

- 2.1 Meaning and Definition of fitness and Physical Fitness.
- 2.2 Components of Health and Performance Related Physical Fitness.
- 2.3 Importance of Physical Fitness in present society.
- 2.4 Assessment of Health and Performance Related Physical Fitness.

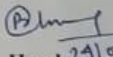
Unit-3: Rules and Regulatios of the Games: - Mr. A .Mallick

- 3.1 Football – P.Barman
- 3.2 Handball – A.Bhowmik
- 3.3 Volleyball- S.Das
- 3.4 Basketball- P.Giri
- 3.5 Badminton- N. Dutta
- 3.6 Table Tennis. A.Mallick
- 3.7 Cricket- S.Lohar
- 3.8 Kabaddi- A.S Barman
- 3.9 Kho-Kho – M.Das
- 3.10 Basic Techniques and Tactics of these games


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Website: www.sbmahavidyalaya.com


Head 24/08/2023
Department of Physical Education

S. B. Mahavidyalaya
Kaggari, West Bengal, 721505

DEPARTMENT OF PHYSICAL EDUCATION

SEVA BHARATI MAHAVIDYALAYA, KAPGARI, DIST : JHARGRAM, PIN : 721505
DEPARTMENT OF PHYSICAL EDUCATION, General CLASS ROUTINE, SESSION : (Third Semester) 2023

Subject:- Anatomy, Physiology and Exercise Physiology DSC-1C

Days	01:00- 02:00	Teacher
WED	Anatomy, Physiology and Exercise Physiology DSC-1C	K.C.G
THURS	Anatomy, Physiology and Exercise Physiology DSC-1C /Practical	K.C.G/ A.M
FRI	Anatomy, Physiology and Exercise Physiology DSC-1C	K.C.G

In absence of Incharge SUJAN BORMAN is detailed for the arrangement of all classes.

Incharge of Third Semester General Theory Paper- Dr. K.C Gope

Incharge of Third Semester General Practical Paper- A. Mallick.


Practical-

SEC-1 INDIAN GAMES AND RACKET SPORTS

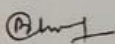
Kho-Kho- M.Das/ KCG

Kabaddi- ASB/DM

Racket Sporta- N.D& A.M


PRINCIPAL

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SEVA BHARATI MAHAVIDYALAYA, KAPGARI, DIST : JHARGRAM, PIN : 721505
DEPARTMENT OF PHYSICAL EDUCATION, General CLASS ROUTINE, SESSION : (5th Semester) 2023

Subject:-Psychology in Physical Education

Days	01:00- 02:00	Teacher
Tuesday	Unit-3 & 4	S. Das
Wednesday	Unit-I & 2	M.Das

Subject- Sports traing -

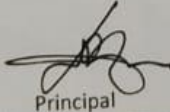
Days	01:00- 02:00	Teacher
Tuesday	Unit-I & 2	N.D
Wednesday	Unit - 3 & 4	P. Barman

Subjecct- Management of Phy. Edu.


Days	01:00- 02:00	Teacher
Tuesday	Unit-I & 2	A.B.S
Wednesday	Unit - 3 & 4	D.M

Gymnastic & Yoga

Days	10:00- 11:00	Teacher
Thursday	Gymnastic/Yoga	PKG/S.B
Thursday	Gymnastic/Yoga	S.B/PKG


Principal

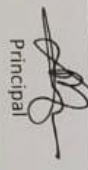
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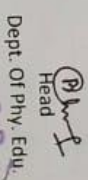
SEVA BHARATI MAHAVIDYALAYA, KARGARI, DIST : JHARGRAM, PIN : 721505
DEPARTMENT OF PHYSICAL EDUCATION, B.P.ED CLASS ROUTINE, SESSION : 2023-2025 (First Semester)

DAY	CONDITIONING	MORNING PRACTICAL			AFTERNOON PRACTICAL				
		06:30-07:15	07:20-08:10	08:10-09:00	11:00-11:45	11:45-12:30	12:30-01:15	03:30-04:30	04:30-05:15
						THEORY CLASS			
					1st Period	2nd Period	3rd period		
MON	A.Mallick D.M	Calles- Gr- B- D.M	Calles- Gr- A- D.M	Health S.Lohar- U- I	History- N.D U- II	Offici- P.K.G U- I	Yoga- Gr-A-P.K.G Kabaddi- Gr-B-A.S.B	Game Specialization	
TUE	P.K.Giri P.Barron	Wt. Trg- Gr-A - P.B Yoga -Gr- B- P.K.G	Yoga -Gr- A- P.K.G Wt. Trg- Gr-B - P.B	Officiating - ND Unit- IV	EVS- A. M Unit-IV	Anatomy- KCG Unit- III	kho-kho-Gr-A - M.Das Aerobics- Gr-B A.M	Game Specialization	
WED	S.Lohar S. Das	Dumbbell- Gr-A S.L Leziurn- Gr-B - S.D	leziurn- Gr-A - S.D Dumbbell- Gr-B S.L	Offici- P.B Unit- II	Anatomy-S.B Unit- I & II	Health- D.M Unit- II	Calles- Gr- A- D.M Marching-Gr- B -K.C.G/B.C	Game Specialization	
Thurs	M.Das K.C.Gope	Kho-kho-Gr-A - M.D Marching-Gr- B -K.C.G	Marching-Gr- A- K.C.G kho-kho-Gr-B - M.D	Oly. Mov - A. S. B Unit-IV	Anatomy-S.B Unit- I & II	EVS - A.Mallick Unit-IV	Gym- Gr- A- S.B T & F -Gr- A -A.Bag	Game Specialization	
FRI	A.S.Barron N.D	Kabaddi-Gr-A- ASB Hoops-Gr-B- ND	Hoops-Gr-A- ND Kabaddi-Gr-B- ASB	EVS - A. Bhow Unit- III	Principle of P.E Unit- I	Anatomy- A.Bag Unit- IV	Wands- A - A.Bhow Hand ball - B- A. Bhow	Game Specialization	
SAT	A. Bag A. Bhowmik	T & F - Gr- A - A.Bag Wands-Gr-B-A.Bh.	Wands-Gr-A-A.Bh. T & F - Gr- B - A.Bag	Officiating - MD Unit- III	Foundation- S.D Unit-III				

Head PE Edu - D.P.S.


Principal

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Kargari, Jhargram


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