



SEVA BHARATI MAHAVIDYALAYA

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

Vill. & P.O.-Kaggari; P.S.-Jamboni; Dist.-Jhargram (W.B.); Pin.-721505

Email: principal.sbm.dps@gmail.com / iqac.sbm@gmail.com

Website: sbmahavidyalaya.ac.in



CERTIFICATE COURSE ON FUNDAMENTAL TEACHING AND ADVANCED LEARNING IN KHO KHO

ORGANIZED BY DEPARTMENT OF PHYSICAL EDUCATION

ACADEMIC SESSION: 2022-2023 MODE OF TEACHING: BLENDED

REGISTRATION PROCESS

**STUDENTS COLLECT THE ENROLMENT FORM FROM COLLEGE
OFFICE**

COURSE COORDINATOR

**DR. MRITUNJOY DAS, ASSISTANT PROFESSOR, DEPARTMENT OF
PHYSICAL EDUCATION, SEVA BHARATI MAHAVIDYALAYA**

ABOUT THE COURSE

The Certificate Course on Fundamental Teaching and Advanced Learning in Kho Kho is a specialized program designed to foster a deeper understanding and expertise in one of India's most traditional sports. This course provides a comprehensive curriculum that covers the foundational rules and skills of Kho Kho, alongside advanced techniques and strategies for competitive play.

Participants will learn effective teaching methodologies, enabling them to structure lessons that cater to beginners and intermediate players. Emphasis is placed on creating an inclusive learning environment that encourages physical fitness, teamwork, and strategic thinking. The course includes practical sessions, where participants can apply their knowledge through hands-on training and mock matches, ensuring they gain real-world experience.

led by experienced coaches and sports educators, the course offers a blend of theoretical knowledge and practical insights.

Upon successful completion, participants will receive a certificate, validating their expertise and commitment to advancing Kho Kho. This course is ideal for physical education teachers, sports coaches, and Kho Kho enthusiasts aiming to elevate their teaching capabilities and contribute to the sport's growth and popularity.

DETAILS OF THE COURSE

**ELIGIBILITY:
(10+2)HS PASS STUDENTS**

**COURSE DURATION:
40 HOURS**

RESOURCE PERSON

DR. TANMAY SAHA, NATIONAL COACH, KHO KHO

DR. MRITUNJOY DAS, ASST. PROF, SBM

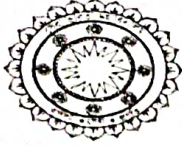
DR. SUJOY BIRBANSHI, ASST. PROF, RBC COLLEGE

DR. NEETU DUTTA, ASST. PROF, SBM

DR. SUJAN BARMAN, SACT, SBM



**FOR MORE CONTACT: 9800580012
MAIL ID: dasmritunjoy1990@gmail.com**



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Certificate Course on
FUNDAMENTAL TEACHING AND ADVANCE LEARNING IN KHO KHO
Organized by: Department of Physical Education
Academic Session:2022-2023

Objectives of this Course

The objectives of the Certificate Course on Fundamental Teaching and Advanced Learning in Kho Kho are designed to provide participants with comprehensive knowledge, skills, and practical experience in both the fundamental techniques and advanced strategies of the traditional Indian sport, Kho Kho. The course aims to achieve the following objectives:

- 1. Historical and Theoretical Understanding:**
 - Provide participants with an understanding of the history, evolution, and cultural significance of Kho Kho.
 - Familiarize participants with the rules, regulations, and field layout of Kho Kho.
- 2. Fundamental Skills Development:**
 - Equip participants with proficiency in basic techniques such as sitting positions, getting up, turning, and basic running skills.
 - Enhance participants' understanding and application of fundamental strategies and tactics in Kho Kho.
- 3. Advanced Techniques and Strategies:**
 - Introduce participants to advanced chasing and evasion techniques including chain play, ring play, pole diving, zigzag running, and shadow techniques.
 - Develop participants' ability to employ strategic thinking and adapt tactical approaches during gameplay.
- 4. Team Coordination and Communication:**
 - Foster teamwork and collaboration among participants through coordinated chasing and defensive strategies.
 - Enhance communication skills essential for effective team play and strategy execution in competitive settings.
- 5. Physical Conditioning and Endurance:**
 - Focus on physical fitness training tailored to Kho Kho, including agility, speed, endurance, and strength-building exercises.
 - Educate participants on injury prevention, recovery techniques, and maintaining peak physical performance.


Prof. (Dr.) Deba Prasad Sahu

Principal

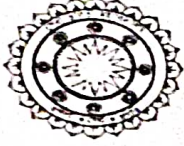
Principal
Seva Bharati Mahavidyalaya
Kaggari, Jhargram




Dr. Mritunjoy Das

Course Coordinator

Course Co-ordinator
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Objectives of this Course

6. **Mental Resilience and Strategic Thinking:**
 - o Develop participants' mental resilience, focus, and concentration required for competitive Kho Kho matches.
 - o Promote strategic thinking and decision-making abilities in dynamic and fast-paced game situations.
7. **Practical Application and Skill Demonstration:**
 - o Provide opportunities for participants to apply learned skills and strategies in practical sessions, mock matches, and competitive scenarios.
 - o Assess participants' proficiency through practical demonstrations, assessments, and constructive feedback sessions.
8. **Coaching and Leadership Skills:**
 - o Equip participants with coaching principles and leadership qualities essential for training and guiding Kho Kho players.
 - o Prepare participants to contribute effectively to the development and promotion of Kho Kho within their communities and beyond.
9. **Cultural Appreciation and Ethical Values:**
 - o Foster an appreciation for the cultural heritage and values associated with Kho Kho.
 - o Promote ethical conduct, fair play, and sportsmanship among participants by Kho Kho's traditions and principles.
10. **Certification and Continuing Development:**
 - o Provide participants with a recognized certification upon successful completion of the course, validating their proficiency in Kho Kho teaching and learning.
 - o Encourage ongoing learning and development through access to resources, further training opportunities, and engagement in Kho Kho communities.

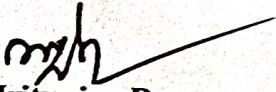
These objectives aim to empower participants with the knowledge, skills, and practical experience necessary to excel in both playing and teaching Kho Kho, contributing to the sport's growth and sustainability on local, national, and international levels.


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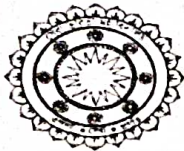
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SYLLABUS & COURSE STRUCTURE


MODULE	SUB CONTENT		RESOURCE PERSON	HOURLY	NO. OF CLASS	CREDIT
MODULE: I INTRODUCTION TO KHO KHO (8 HOURS)	History, Evolution, and Basic Rules of Kho Kho (4 hours)	Origin and historical background	Dr. Tanmoy Saha	1	1	4
		Evolution of the game	Dr. Tanmoy Saha	1	1	
		Official rules and regulations	Dr. Sujoy Birbanshi	1	1	
		Field dimensions and layout	Dr. Neetu Dutta	1	1	
	Fundamental Skills in Kho Kho (4 hours)	Sitting in the Chasing Position	Dr. Tanmoy Saha	1	1	4
		Getting up and turning techniques	Dr. Tanmoy Saha	1	1	
		Basic running techniques	Dr. Sujoy Birbanshi	1	1	
		Dodging skills for runners	Dr. Neetu Dutta	1	1	
MODULE II: ADVANCED CHASING STRATEGIES (8 HOURS)	Chasing Techniques (4 hours)	Pole diving and quick turns	Dr. Tanmoy Saha	1	1	4
		Chain play and ring play	Dr. Sujoy Birbanshi	1	1	
		Fake tagging and anticipation skills	Dr. Neetu Dutta	2	2	
	Team Coordination and Communication (4 hours)	Importance of teamwork in chasing	Dr. Tanmoy Saha	1	1	4
		Effective communication strategies	Dr. Sujoy Birbanshi	1	1	
		Role-playing and practice sessions	Dr. Sujan Barman	2	2	


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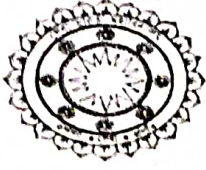
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Certificate Course on STRESS MANAGEMENT AND RELAXATION FOR ACADEMIC STUDENTS

Organized by: Department of Physical Education
Academic Session:2022-2023

SYLLABUS & COURSE STRUCTURE


MODULE	SUB CONTENT		RESOURCE PERSON	HOUR	NO. OF CLASS	CREDIT
MODULE: III ADVANCED RUNNING STRATEGIES (8 HOURS)	Evdading Techniques (4 hours)	Zigzag running and fake turns	Dr. Neetu Dutta	1	1	4
		Reverse running and shadow technique	Dr. Sujan Barman	1	1	
		Sliding and pole diving for evasion	Dr. Sujan Barman	2	2	
	Energy Management and Endurance (4 hours)	Techniques for conserving energy	Dr. Neetu Dutta	1	1	4
		Endurance-building exercises	Dr. Mritunjoy Das	1	1	
		Active recovery methods	Dr. Mritunjoy Das	2	2	
MODULE: IV TACTICAL AND STRATEGIC PLAY (8 HOURS)	Defensive and Offensive Strategies (4 hours)	Developing defensive formations	Dr. Tanmoy Saha	1	1	4
		Offensive strategies to corner runners	Dr. Sujoy Birbanshi	1	1	
		Adapting strategies based on game situations	Dr. Mritunjoy Das	2	2	
	Advanced Game Tactics (4 hours)	Triangular defense and lateral thinking	Dr. Tanmoy Saha	1	1	4
		Quick change and rapid switch techniques	Dr. Tanmoy Saha	1	1	
		Practical sessions and strategy simulations	Dr. Mritunjoy Das	2	2	


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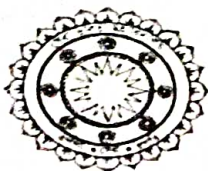
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Academic Session:2022-2023

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MODULE	SUB CONTENT		RESOURCE PERSON	HOURL	NO. OF CLASS	CREDIT
MODULE: V PHYSICAL AND MENTAL CONDITIONING (8 HOURS)	Physical Conditioning (4 hours)	Strength and Agility Training	Dr. Tanmoy Saha	1	1	4
		Flexibility and Balance Exercises	Dr. Neetu Dutta	1	1	
		Injury Prevention and Management	Dr. Mritunjoy Das	2	2	
	Mental Conditioning (4 hours)	Building Focus and Concentration	Dr. Neetu Dutta	1	1	4
		Stress Management Techniques	Dr. Mritunjoy Das	1	1	
		Visualization and Mental Rehearsals	Dr. Mritunjoy Das	2	2	
MODULE 6	Assessment and Evaluation		Dr. Mritunjoy Das	1	1	40


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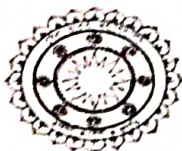
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SCHEDULE (TENTATIVE)

Sl. No.	Name of Resource Person	Date	Time	L/T/P/A	Mode of Teaching
1.	Dr. Mritunjoy Das	05.11.2022	02:00-04:30 PM	Lecture	Offline
2.	Dr. Tanmoy Saha	06.11.2022	6:00-08:30 PM	Lecture	Online
3.	Dr. Neetu Dutta	12.11.2022	02:00-04:30 PM	Lecture	Offline
4.	Dr. Mritunjoy Das	19.11.2022	02:00-04:30 PM	Practical	Offline
5.	Dr. Sujan Barman	26.11.2022	02:00-04:30 PM	Practical	Offline
6.	Dr. Tanmoy Saha	27.11.2022	06:00-08:30 PM	Lecture	Online
7.	Dr. Sujoy Birbanshi	03.12.2022	06:00-08:30 PM	Practical	Online
8.	Dr. Neetu Dutta	10.12.2022	02:00-04:30 PM	Lecture	Offline
9.	Dr. Mritunjoy Das	17.12.2022	02:00-04:30 PM	Practical	Offline
10.	Dr. Sujoy Birbanshi	18.12.2022	06:00-08:30 PM	Lecture	Online
11.	Dr. Mritunjoy Das	07.01.2023	02:00-04:30 PM	Practical	Offline
12.	Dr. Tanmoy Saha	08.01.2023	06:00-08:30 PM	Lecture	Online
13.	Dr. Sujan Barman	14.01.2023	02:00-04:30 PM	Practical	Offline
14.	Dr. Neetu Dutta	04.02.2023	02:00-04:30 PM	Lecture	Offline
15.	Dr. Tanmoy Saha	05.02.2023	06:00-08:30 PM	Lecture	Online
16.	Dr. Mritunjoy Das	11.02.2023	02:00-04:30 PM	Tutorial	Offline
17.	Dr. Mritunjoy Das	25.02.2023	02:00-04:30 PM	Assessment	Offline

[L=Lecture; T=Tutorial; P=Practical; & A=Assessment]

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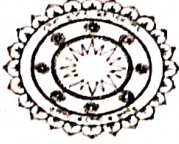
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List of Participants

Sl. No.	NAME	Registration No	Signature
1.	AMIT HEMBRAM	VU 221460712	Amit Hembram
2.	ANIMESH HEMBRAM	VU 221460713	Animesh Hembram
3.	ARABINDA MAJHI	VU 221460714	Arabinda Majhi
4.	AVEN MURMU	1460156	Aven Murmu
5.	BAPI BASKEY	1450375	Bapi Baskey
6.	BAPPADITYA MAHATO	VU221460715	Bappaditya Mahato
7.	BARSHA PRATI HAR	1460165	Barun Digar
8.	BARUN DIGAR	VU 221460708	Barun Digar
9.	BASANTI MANDI	1480293	Basanti Mandi
10.	BASUDEB SAREN	1450384	Basudeb Saren
11.	BIKRAM DAS	VU221460716 of 2022-23	Bikram Das
12.	BISWAJIT NAYEK	1480311	Biswalit Nayek
13.	CHANCHALA MANDI	VU 221460717	Chanchala Mandi
14.	CHABIRANI MAHATO	1460179	Chhabi Rani Mahato
15.	CHINMAY MANI	VU221460718	Chinmay Mani
16.	DEBDULAL SAREN	1480325	Debdulal Saren
17.	DEEP ROY	VU 221460719	Deep Roy
18.	DIPAYAN GARANG	VU 221460720	Dipayan Garang
19.	DIPESH BARMAN	VU 221460721	Dipesh Barman
20.	GANESH DULEY	VU 221460722	Ganesh Duley
21.	GANESH RUIDAS	1550465	Ganesh Ruidas

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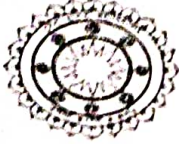
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List of Participants

Sl. No.	Name	Registration No	Signature
22.	HIRAMONI HANSDA	1960199	Hiramoni Hansda
23.	HIRAK PRASAD SAREN	1960198	Hirak Prasad Saren
24.	INDRAJIT MAHATA	VU221960723	Indrajit Mahata
25.	JAGANNATH MAJHI	VU1010620	Jagannath Majhi
26.	KAMAL KANTA MUDI	VU 22 1460729	Kamal Kanta Mudi
27.	KHOKAN MAHATA	VU 22 1960725	Khokan Mahata
28.	LAKSHIMONI TUDU	1950492	Lakshimoni Tudu
29.	MAMATA MAHATA	VU221460728	Mamata Mahata
30.	MANGALDWIP BARMAN	VU 22 1960727	Mangaldwip Barman
31.	MINATI MURMU	1960426	Minati Murmu
32.	MINU NAYEK	1220396	Minu Nayek
33.	MOHAN MANDI	VU221460728	Mohan Mandi
34.	MOUMITA CHAKROBARTY	1190650	Moumita Chakrobarty
35.	NAJBUL HOSSAIN KHAN	VU221460729	Najibul Hossain Khan
36.	NARENDRANATH TUDU	1980431	Narendranath Tudu
37.	PALASH MANDAL	1410777	Palash Mandal
38.	PANKAJ MAHATA	1560203	Pankaj Mahata
39.	PASHUPATI GOPE	VU 22 1460730	Pashupati Gope
40.	PRADIP PATAR	1190803	Pradip Patar
41.	PRIYA SAMANTA	VU22146073	Priya Samanta


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REGISTER OF ATTEND-

For the month

Sl. No.	Roll No.	NAME OF STUDENTS	DATE															
			5/3/24	6/11/24	12/11/24	19/11/24	26/11/24	3/12/24	10/12/24	17/12/24	24/12/24	31/12/24	7/1/25	14/1/25				
01	01	AMIT HEMBRAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
02	02	ANIMASH HEMBRAM	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
03	03	ARABINDA MAJHI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
04	04	AVEN MURMU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
05	05	BABI BASKEY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
06	06	BAPPADITJA MAHATO	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
07	07	BARONA PRATIHAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
08	08	BARUN DIGIAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
09	09	BASANTI MANDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10	10	BASUDEB SAREN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11	11	BIKRAM DAS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12	12	BISWAJIT NAYEK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13	13	CHANCHALA MANDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14	14	CHABT RANI MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15	15	CHINMONY MANTI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16	16	DEBDULAL SAREN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17	17	DEEP ROY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18	18	DIPJAN GIARANGI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19	19	DIPESH BARMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20	20	GANESH DULLEY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21	21	GANESH RUHIDAS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22	22	HIRA MONI HANSDA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23	23	HIRAK PRAKASH SAREN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24	24	INDRAJIT MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25	25	JAGANNATH MAJHI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26	26	KAMAL KANTA MUOTI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27	27	KHOKAN MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28	28	LAKSHMIMONTI TUDU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29	29	MAMATA MAHATO	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30	30	MANGAL DWIP BARMAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31	31	MINATI MURMU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32	32	MINU NAYEK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33	33	MOHAN MANDI	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34	34	MOUMITA CHAKRABORTY	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	35	NAJBUL HOSEN KHAN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
36	36	NARENDRA NATH TUDU	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
37	37	PALASH MANDAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38	38	PANKAJ MAHATA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
39	39	PASHUPATI GOPE MANDAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
40	40	PRADIP PATAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	41	PRIYA SAMANTA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

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Student Enrolment Form

Certificate Course

ON

FUNDAMENTAL TEACHING AND ADVANCE LEARNING IN KHO KHO

Organized by

Department of Physical Education

Academic Session: 2022-2023

Name (Block Letters):.....PRIYA SAMANTA.....
Department:.....PHYSICAL EDUCATION.....
Category (Hons./Gen.):.....(B.P.Ed) > B.P.Ed.....
Semester:.....1st SEM.....
Roll No.:.....42.....
University Registration No. with Year:.....VU.221460731 with 2022-2023.....
Address:.....V.L+P.O > DAHALA, P.S > KHATRA, DIST > BANKURA.....
Contant No.:.....7865019750.....
Email Id:.....priyasamanta722160@gmail.com.....

Priya Samanta
Signature of the Applicant

For Department Use Only

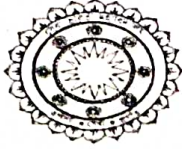
Approved/Not Approved



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Signature of the Course Coordinator
Course Co-ordinator
Seva Bharati Mahavidyalaya
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**Certificate Course on
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Organized by: Department of Physical Education
Academic Session:2022-2023

QUESTION PAPER

FULL MARKS: 50

TIME: 2 HOURS

NAME: **PRIYA SAMANTA**

REG. NO: **VU221460731**

Answers all the MCQ questions with a Tick mark

1. What is the main objective of the game Kho Kho?
a) To score goals ✓ b) To tag the opponents ✓ c) To hit a ball with a bat d) To catch a ball ✓
2. How many players are there in a standard Kho Kho team?
a) 7 b) 9 c) 11 ✓ d) 12 ✓
3. What is the length of the Kho Kho field?
a) 29 meters ✓ b) 27 meters ✓ c) 25 meters ✓ d) 23 meters ✓
4. What is the duration of an inning in Kho Kho?
a) 5 minutes b) 7 minutes ✓ c) 9 minutes ✓ d) 10 minutes ✓
5. What is the distance between two poles in Kho Kho?
a) 16 meters ✓ b) 17 meters ✓ c) 18 meters ✓ d) 19 meters ✓
6. Direction should the chasers face while sitting in a straight line?
a) Opposite direction of the pole b) Facing each other ✓ c) Alternately in opposite directions ✓
d) All facing the same direction
7. How does a runner score a point in Kho Kho?
a) By tagging the opponent b) By running around the field ✓ c) By staying untagged for the entire inning ✓
d) By crossing the midline ✓

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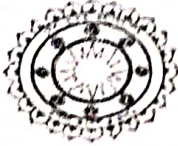
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Dr. Mritunjoy Das

Course Coordinator

Course Co-ordinator
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QUESTION PAPER

8. What is the term used for the person who tries to tag the runners?

- a) Chaser b) Defender c) Runner d) Attacker

9. How many poles are used in a Kho Kho game?

- a) 1 b) 2 c) 3 d) 4

10. What is the primary skill required for chasers in Kho Kho?

- a) Hitting b) Jumping c) Dodging d) Agility

11. What is the term for the strategy where chasers surround the runners?

- a) Pole diving b) Chain play c) Ring play d) Cornering

12. Which skill is crucial for runners to avoid getting tagged?

- a) Strength b) Speed c) Endurance d) Strategy

13. What is the primary role of a defender in Kho Kho?

- a) To tag the chasers b) To protect the runners c) To prevent the runners from getting tagged d) To score points

14. What is the purpose of 'pole diving' in Kho Kho?

- a) To score points b) To dodge the chasers c) To switch sides quickly d) To tag multiple runners at once

15. Which strategy involves chasers passing the role of tagging to each other?

- a) Chain play b) Relay play c) Cross play d) Leapfrog play

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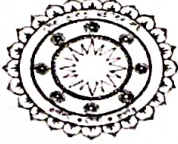
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QUESTION PAPER

16. How can a runner use the 'fake dive' technique effectively?

- a) To confuse the chaser ✓
b) To tag another runner ✓
c) To take a break
d) To signal a teammate ✓

17. What are the ideal distance runners should maintain from the pole?

- a) 1 meter ✓
b) 2 meters ✓
c) 3 meters
d) 4 meters

18. In Kho Kho, what is a 'central lane'?

- a) The area near the poles ✓
b) The midline of the field ✓
c) The running path
d) The seating area for players

19. What technique is used to change direction quickly?

- a) Pivoting ✓
b) Sprinting ✓
c) Dodging ✓
d) Dribbling

20. Which advanced skill helps runners evade multiple chasers?

- a) Sliding ✓
b) Jumping ✓
c) Zigzag running ✓
d) Backward running

21. What is a 'fake turn' in Kho Kho?

- a) Pretending to change direction ✓
b) Running in circles ✓
c) Tagging without touching ✓
d) Stopping suddenly ✗

22. How can chasers use 'fake tagging' to their advantage?

- a) To increase speed ✓
b) To confuse the runners ✓
c) To change direction
d) To signal their teammates ✓

23. Which strategy involves chasers forming a chain to corner a runner?

- a) Circular chain ✓
b) Parallel chain ✓
c) Interlocking chain ✓
d) Converging chain ✗

24. What is the purpose of the 'scissors technique' in Kho Kho?

- a) To tag from both sides ✓
b) To avoid getting tagged ✓
c) To switch chasers
d) To confuse the runner ✓

25. Which tactic helps runners conserve energy?

- a) Sprinting continuously ✓
b) Running in short bursts ✓
c) Standing still
d) Walking slowly ✗

Total Marks= 42

Grade: A

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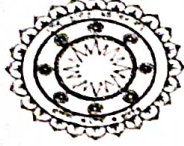
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Kapgari, Jhargram



Dr. Mritunjoy Das

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GRADE SHEET

Sl. No.	NAME	GRADE
1.	AMIT HEMBRAM	"A"
2.	ANIMESH HEMBRAM	"A"
3.	ARABINDA MAJHI	"A"
4.	AVEN MURMU	"A"
5.	BAPI BASKEY	"A"
6.	BAPPADITYA MAHATO	"A"
7.	BARSHA PRATIHAR	"A"
8.	BARUN DIGAR	"A"
9.	BASANTI MANDI	"A"
10.	BASUDEB SAREN	"A"
11.	BIKRAM DAS	"A"
12.	BISWAJIT NAYEK	"A"
13.	CHANCHALA MANDI	"A"
14.	CHABIRANI MAHATO	"A"
15.	CHINMAY MANI	"A"
16.	DEBDULAL SAREN	"A"
17.	DEEP ROY	"A"
18.	DIPAYAN GARANG	"A"
19.	DIPESH BARMAN	"A"
20.	GANESH DULEY	"A"
21.	GANESH RUIDAS	"A"

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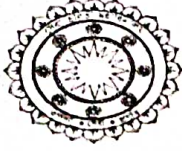
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GRADE SHEET

Sl. No.	Name	GRADE
22.	HIRAMONI HANSDA	"A"
23.	HIRAK PRASAD SAREN	"A"
24.	INDRAJIT MAHATA	"A"
25.	JAGANNATH MAJHI	"A"
26.	KAMAL KANTA MUDI	"A"
27.	KHOKAN MAHATA	"A"
28.	LAKSHIMONI TUDU	"A"
29.	MAMATA MAHATA	"A"
30.	MANGALDWIP BARMAN	"A"
31.	MINATI MURMU	"A"
32.	MINU NAYEK	"A"
33.	MOHAN MANDI	"A"
34.	MOUMITA CHAKROBARTY	"A"
35.	NAJBUL HOSSAIN KHAN	"A"
36.	NARENDRANATH TUDU	"A"
37.	PALASH MANDAL	"A"
38.	PANKAJ MAHATA	"A"
39.	PASHUPATI GOPE	"A"
40.	PRADIP PATAR	"A"
41.	PRIYA SAMANTA	"A"

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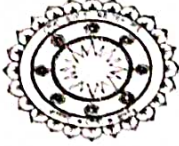
CERTIFICATE OF COMPLETION

THIS IS TO CERTIFY THAT MR. / MS. PRIYA SAMANTA, A STUDENT OF B.P.ED 1ST SEMESTER, DEPARTMENT OF PHYSICAL EDUCATION, ROLL NO. 42 HAS SUCCESSFULLY COMPLETED THE 40 HRS DURATION, CERTIFICATE COURSE ON "FUNDAMENTAL TEACHING AND ADVANCE LEARNING IN KHO-KHO" ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION, SEVA BHARATI MAHAVIDYALAYA FROM 5TH NOVEMBER 2022 TO 11TH FEBRUARY 2023 WITH GRADE 'A'.

DR. MRITUNJOY DAS
COURSE COORDINATOR



PROF. (DR.) DEBA PRASAD SAHU
PRINCIPAL



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Website: sbmahavidyalaya.ac.in

Certificate Course on FUNDAMENTAL TEACHING AND ADVANCE LEARNING IN KHO KHO

Organized by: Department of Physical Education

Academic Session:2022-2023

Learning Outcomes

Upon successful completion of the Certificate Course in Fundamental Teaching and Advanced Learning in Kho Kho, participants will achieve the following learning outcomes:

1. Knowledge of Kho Kho:

- Understand the history, evolution, and cultural significance of Kho Kho.
- Explain the basic rules, regulations, and field layout of Kho Kho.
- Describe the roles and responsibilities of players in different positions.

2. Fundamental Skills:

- Demonstrate proficiency in basic techniques such as sitting, getting up, and turning in the chasing position.
- Exhibit running and dodging skills essential for effective gameplay.
- Apply basic strategies for effective communication and teamwork among chasers.

3. Advanced Chasing Strategies:

- Implement advanced chasing techniques including chain play, ring play, and pole diving.
- Utilize tactics like fake tagging and anticipation to improve tagging efficiency.
- Coordinate effectively with teammates to maximize defensive capabilities.

4. Advanced Running Strategies:

- Employ advanced evasion techniques such as zigzag running, reverse running, and the shadow technique.
- Manage energy efficiently during gameplay through pacing and endurance building.
- Apply strategies for quick recovery and active rest periods during matches.

5. Tactical and Strategic Play:

- Develop defensive formations and offensive strategies to effectively corner runners.
- Analyze game situations and adapt tactics accordingly using lateral thinking and quick change techniques.
- Participate in strategy simulations and practical sessions to enhance tactical decision-making skills.

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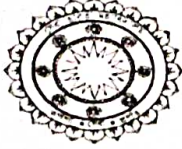
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**Certificate Course on
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Organized by: Department of Physical Education
Academic Session:2022-2023

Learning Outcomes

6. Physical and Mental Conditioning:

- Engage in physical conditioning exercises to improve agility, strength, and flexibility.
- Apply stress management techniques and visualization exercises for enhanced mental focus and resilience.
- Implement injury prevention strategies and understand the importance of maintaining physical fitness in Kho Kho.

7. Practical Application and Assessment:

- Apply learned skills and strategies in practical scenarios and practice matches.
- Demonstrate competency in both written and practical assessments covering all course modules.
- Receive constructive feedback and develop personalized improvement plans based on performance assessments.

8. Certification and Continuing Development:

- Obtain a Certificate of Completion, recognizing proficiency in Kho Kho fundamentals and advanced strategies.
- Pursue further development through recommended reading materials, articles, and digital tools related to Kho Kho coaching and gameplay.

These learning outcomes ensure that participants acquire comprehensive knowledge, skills, and practical experience in both playing and coaching Kho Kho, preparing them to contribute effectively to the sport's development and promotion.

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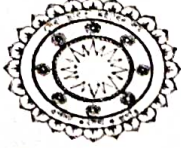
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Certificate Course on FUNDAMENTAL TEACHING AND ADVANCE LEARNING IN KHO KHO

Organized by: Department of Physical Education

Academic Session:2022-2023

REPORT

Introduction

The Certificate Course in Fundamental Teaching and Advanced Learning in Kho Kho was designed to provide participants with comprehensive knowledge and practical skills in both the fundamental techniques and advanced strategies of the traditional Indian sport, Kho Kho. This report summarizes the structure, content, outcomes, and impact of the course.

Course Structure


The course spanned a total of 40 hours and was delivered through a combination of theoretical lectures, practical demonstrations, interactive sessions, and hands-on training. It was structured into seven modules, each focusing on key aspects of Kho Kho:

1. **Introduction to Kho Kho:** History, rules, and field layout.
2. **Fundamental Skills:** Basic techniques, running, and dodging skills.
3. **Advanced Chasing Strategies:** Chain play, ring play, and defensive coordination.
4. **Advanced Running Strategies:** Evasion techniques, energy management, and endurance.
5. **Tactical and Strategic Play:** Offensive and defensive strategies, game tactics.
6. **Physical and Mental Conditioning:** Fitness training, injury prevention, and mental resilience.
7. **Practical Application and Assessment:** Skill application in practice matches, final assessment.

Learning Outcomes

Participants successfully achieved the following learning outcomes upon completion of the course:

- Acquired a deep understanding of the history, evolution, and rules of Kho Kho.
- Mastered fundamental skills such as sitting positions, running techniques, and basic strategies.


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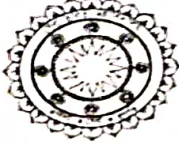
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Kappari, Jhargram




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REPORT

- Demonstrated proficiency in advanced chasing and evasion techniques, enhancing gameplay effectiveness.
- Developed tactical thinking and strategic decision-making abilities in competitive scenarios.
- Improved physical fitness, agility, and endurance through structured training sessions.
- Enhanced mental resilience, stress management, and focus during intense gameplay.
- Applied learned skills in practical situations, including mock matches and assessment exercises.
- Received personalized feedback and guidance to further improve their performance and coaching abilities.

Impact and Feedback

Participants expressed high satisfaction with the course content, delivery, and practical relevance. Many highlighted the practical sessions and simulations as particularly beneficial for understanding complex strategies and applying them effectively. Feedback indicated a notable improvement in confidence levels and overall competence in both playing and coaching Kho Kho.

Conclusion

The Certificate Course in Fundamental Teaching and Advanced Learning in Kho Kho successfully equipped participants with the essential knowledge, skills, and practical experience necessary to excel in the sport. It fostered a deeper appreciation for Kho Kho's cultural heritage while preparing individuals to contribute actively to its promotion and development. The course's structured approach ensured comprehensive learning across all aspects of Kho Kho, reinforcing its value in enhancing physical fitness, mental resilience, and strategic thinking among participants.

This report concludes the evaluation of the Certificate Course in Fundamental Teaching and Advanced Learning in Kho Kho, emphasizing its role in empowering individuals with the expertise to foster excellence in the sport.

Prof. (Dr.) Deba Prasad Sahu

Principal

Principal
Seva Bharati Mahavidyalaya
Kapgari, Jhargram



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Seva Bharati Mahavidyalaya
Kapgari, Jhargram