

# SEVA BHARATI MAHAVIDYALAYA

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

Vill. & P.O.-Kappari: 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 PHYSICAL FITNESS AND QUALITY OF LIFE

04.03.2023-10.06.2023

ACADEMIC SESSION - 2022-2023

### List of Participants

SL.NO	NAME	COLLEGE ID	SIGNATURE
1	Arpita Mahata	SBM/BPED/202190008	Arpita Mahata
2	Arpita Bhanja	SBM/BPED/202190007	Arpita Bhanja
3	Anjali Soren	SBM/BPED/202190003	Anjali Soren
4	Anjali Sing	SBM/BPED/202190004	Anjali Sing
5	Arjun Hembram	SBM/BPED/202190006	Arjun Hembram
6	Akshay Majhi	SBM/BPED/202190001	Akshay Majhi
7	Animesh Doli	SBM/BPED/202190002	Animesh Doli
8	Asis Maity	SBM/BPED/202190009	Asis Maity
9	Asit Dolai	SBM/BPED/202190010	Asit Dolai
10	Bablu Kumar	SBM/BPED/202190011	Bablu Kumar
11	Bandita Modak	SBM/BPED/202190012	Bandita Modak
12	Baul Tudu	SBM/BPED/202190013	Baul Tudu
13	Binoy Hansda	SBM/BPED/202190014	Binoy Hansda
14	Bisnupada Sing	SBM/BPED/202190015	Bisnupada Sing
15	Chandan Das	SBM/BPED/202190016	Chandan Das
16	Dasarath Tudu	SBM/BPED/202190017	Dasarath Tudu
17	Debashish Hansda	SBM/BPED/202190018	Debashish Hansda
18	Debesh Hembram	SBM/BPED/202190019	Debesh Hembram
19	Debkumar Kisku	SBM/BPED/202190020	Debkumar Kisku
20	Dibakar Paul	SBM/BPED/202190021	Dibakar Paul
21	Durya Mahata	SBM/BPED/202190022	Durya Mahata
22	Ganesh Murmu	SBM/BPED/202190023	Ganesh Murmu
23	Gayaram Soren	SBM/BPED/202190024	Gayaram Soren
24	Indrajit Pal	SBM/BPED/202190025	Indrajit Pal
25	Jayanti Hansda	SBM/BPED/202190026	Jayanti Hansda
26	Kallal Mondal	SBM/BPED/202190027	Kallal Mondal
27	Kherwal Bir Soren	SBM/BPED/202190028	Kherwal Bir Soren
28	Koushik Mandal	SBM/BPED/202190029	Koushik Mandal
29	Krishna Gopal Mal	SBM/BPED/202190030	Krishna Gopal Mal
30	Krishna Pada Murmu	SBM/BPED/202190031	Krishna Pada Murmu

Signature of Coordinator  
Course Co-ordinator  
Seva Bharati Mahavidyalaya  
Kappari, Jhargram



Signature of Principal

Principal  
Seva Bharati Mahavidyalaya  
Kappari, Jhargram



**SEVA BHARATI MAHAVIDYALAYA**  
(A MULTI-FACULTY COLLEGE AFFILIATED TO VIDYASAGAR UNIVERSITY AND FUNDED BY UGC & GOVT. OF W.B.)  
P.O. - KARGARI, P.S. - JAMBONI, DIST. - JHARGRAM (W.B.): PIN. - 721 505

## Certificate of Completion

THIS IS TO CERTIFY THAT MR. / MS. Shruti Mahata, A STUDENT OF  
B.P.ED 2022-2023, DEPARTMENT OF PHYSICAL EDUCATION, ROLL NO. SBM/BPED/202190008  
HAS SUCCESSFULLY COMPLETED THE 40 HRS DURATION, CERTIFICATE COURSE ON "PHYSICAL FITNESS AND QUALITY  
OF LIFE" ORGANISED BY THE DEPARTMENT OF PHYSICAL EDUCATION, SEVA BHARATI MAHAVIDYALAYA FROM 4TH  
MARCH 2023 TO 10TH JUNE 2023 WITH GRADE 'A'+

Neetu Dutta

DR. NEETU DUTTA  
COURSE COORDINATOR

Seva Bharati Mahavidyalaya  
Kargari, Jhargram

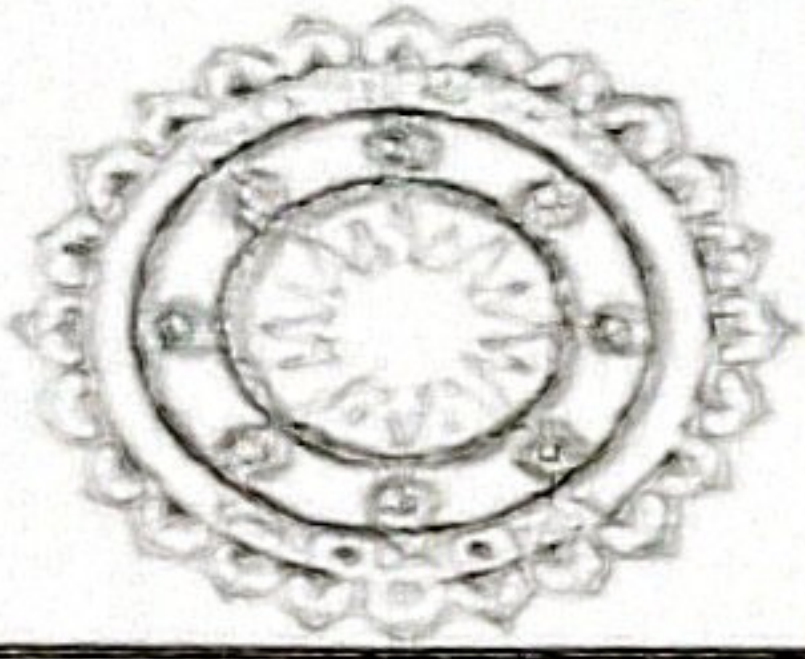
Deba Prasad Sahu

PROF. (DR.) DEBA PRASAD SAHU

PRINCIPAL

Seva Bharati Mahavidyalaya  
Kargari, Jhargram





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## CERTIFICATE COURSE ON PHYSICAL FITNESS AND QUALITY OF LIFE

SL.NO	NAME OF THE CANDIATE	GRADE
1	Arpita Mahata	A
2	Arpita Bhanja	A
3	Anjali Soren	A
4	Anjali Sing	A
5	Arjun Hembram	A
6	Akshay Majhi	A
7	Animesh Doli	A
8	Asis Maity	A+
9	Asit Dolai	A
10	Bablu Kumar	A
11	Bandita Modak	A
12	Baul Tudu	A
13	Binoy Hansda	A
14	Bisnupada Sing	A
15	Chandan Das	A
16	Dasarath Tudu	A
17	Debashish Hansda	B+
18	Debesh Hembram	A
19	Debkumar Kisku	A
20	Dibakar Paul	A+
21	Durya Mahata	B+
22	Ganesh Murmu	B+
23	Gayaram Saren	
24	Indrajit Pal	A+
25	Jayanti Hansda	A
26	Kallal Mondal	A
27	Kherwal Bir Soren	A
28	Koushik Mandal	A+
29	Krishna Gopal Mal	A
30	Krishna Pada Murmu	A

Grade	Grade Scale	Performance Indicator
A+	95-100%	Outstanding
A	80-90%	Excellent
B+	70-79%	Very Good
B	60-69%	Good
C	50-59%	Satisfactory
D	40-49%	Marginal

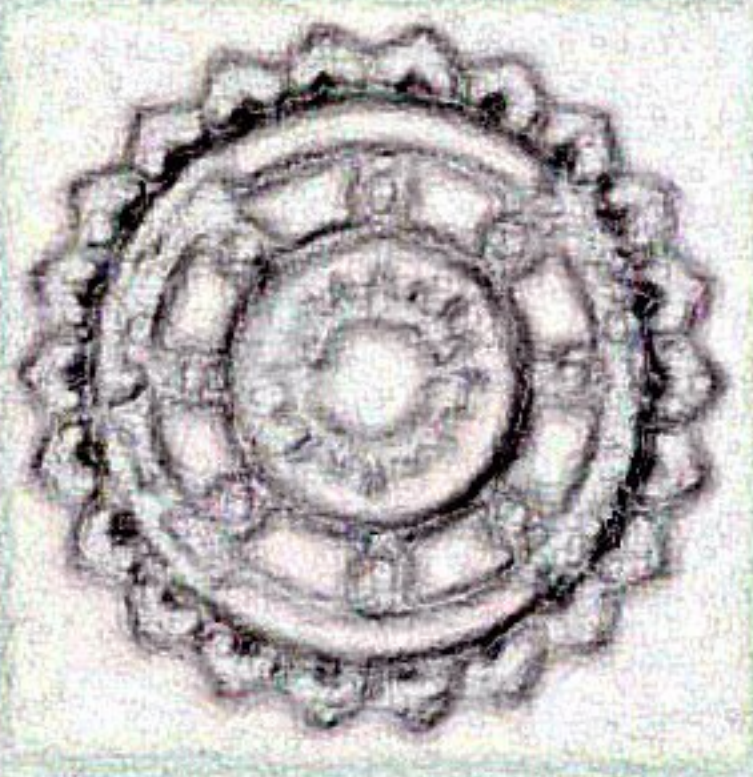
Signature of Coordinator

Course Co-ordinator  
Seva Bharati Mahavidyalaya  
Kapgari, Jhargram

Signature of Principal

Principal  
Seva Bharati Mahavidyalaya  
Kapgari, Jhargram





# SEVA BHARATI MAHAVIDYALAYA

(A MULTI-FACILITY COLLEGE AFFILIATED TO VEKASARH UNIVERSITY AND FUNDED BY THE GOVT. OF INDIA)

P.O. - RAPORE P.S. - JAMNEDAR DIST. - GUJARAT (INDIA) PIN - 381153

COURSE DATE - 01.03.2023 - 10.09.2023

## DEPARTMENT OF PHYSICAL EDUCATION

### PRESENTS

## A CERTIFICATE COURSE ON PHYSICAL FITNESS AND QUALITY OF LIFE

### NOTABLE ASPECTS-->

- 1 Introduction to Physical Fitness and Wellness
- 2 Exercise and Training Principles
- 3 Nutrition and Lifestyle Management
- 4 Specialized Fitness Programs
- 5 Practical Applications and Assessment

MODE - HYBRID

### CONTACT-->

DR. NEETU DUTTA

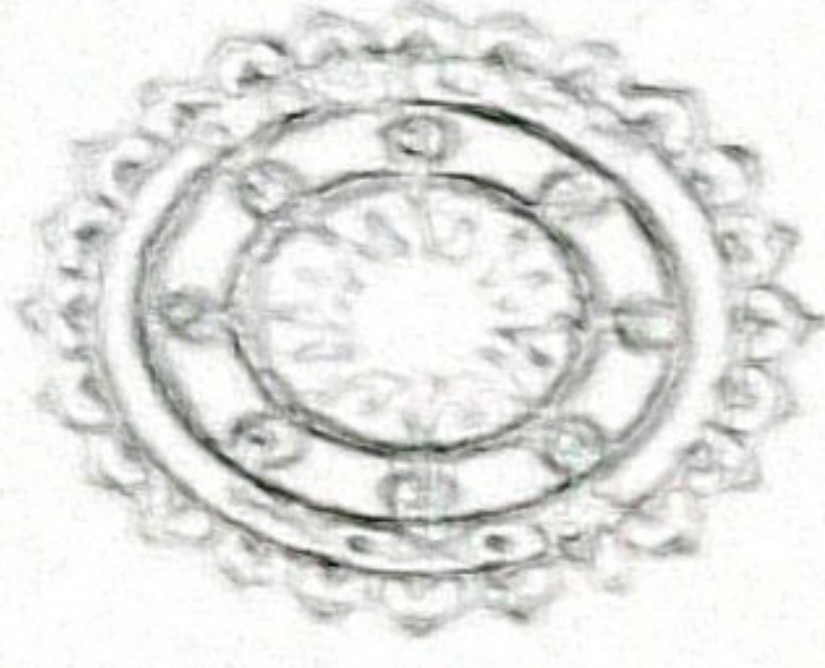
COURSE COORDINATOR

PHN: 9681222383

EMAIL: neetu4babi@gmail.com

OPEN TO ALL STUDENTS OF SEVA BHARATI MAHAVIDYALAYA

REGISTRATION: DEPARTMENT OF PHYSICAL EDUCATION



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**Schedule (Tentative)**  
**Certificate Course "Physical Fitness And Quality Of Life"**  
**Organized by Department of Physical Education**  
**Academic Session:2022-2023**

Sl. No.	Name of Assign Teacher	Date	Time	L/T/P/A	Mode of Teaching
1.	Dr. Neetu Dutta	04.03.2023 Saturday	02:00-04:30PM	Lecture	Off line
2.	Dr. Alope Sen Burman	05.03.2023 Sunday	06:00-08:30PM	Lecture	On line
3.	Dr. Prosenjit Barman	11.03.2023 Saturday	02:00-04:30PM	Lecture	Off line
4.	Dr. Neetu Dutta	18.03.2023 Saturday	02:00-04:30PM	Practical	Off line
5.	Dr. Mritunjoy Das	25.03.2023 Saturday	02:00-04:30PM	Lecture	Off line
6.	Dr. Pradipto Kumar Giri	01.04.2023 Saturday	02:00-04:30PM	Lecture	Off line
7.	Dr. Neetu Dutta	02.04.2023 Sunday	02:00-04:30PM	Lecture	On line
8.	Dr. Prosenjit Barman	29.04.2023 Saturday	02:00-04:30PM	Lecture	Off line
9.	Farhat Naaz	30.04.2023 Sunday	02:00-04:30PM	Lecture	On line
10.	Dr. Mritunjoy Das	06.05.2023 Saturday	02:00-04:30PM	Lecture	On line
11.	Dr. Neetu Dutta	07.05.2023 Sunday	02:00-04:30PM	Lecture	Online
12.	Dr. Prosenjit Barman	13.05.2023 Saturday	02:00-04:30PM	Lecture	Off line
13.	Farhat Naaz	20.05.2023 Saturday	02:00-04:30PM	Lecture	Off line
14.	Dr. Alope Sen Burman	27.05.2023 Saturday	02:00-04:30PM	Lecture	Off line
15.	Dr. Mritunjoy Das	03.06.2023 Saturday	02:00-04:30PM	Practical	Off line
16.	Dr. Neetu Dutta	10.06.2023 Saturday	02:00-04:30PM	Assessment	Off line

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

Signature of Coordinator

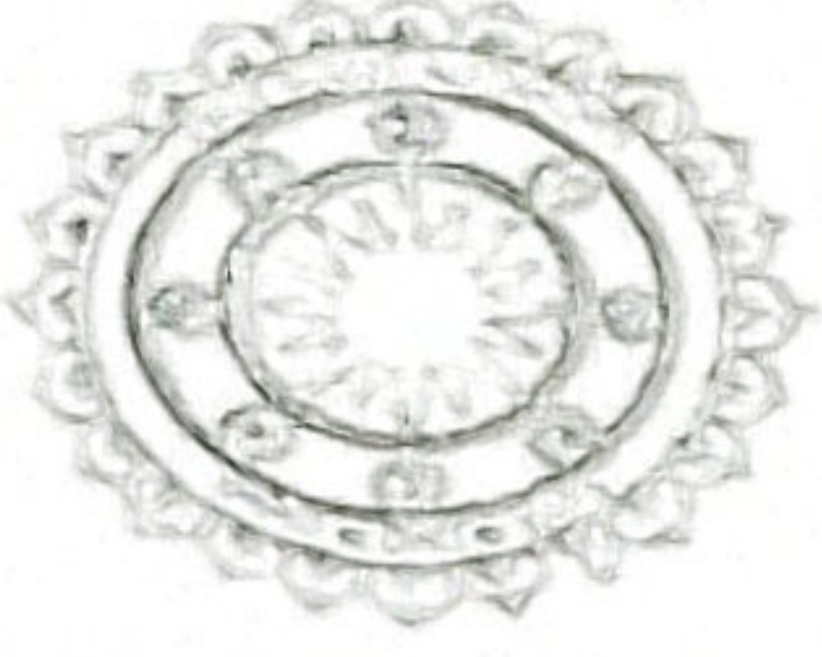
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## Certificate Course on Physical Fitness And Quality Of Life

Organized by: Department of physical education

Academic Session: 2022-2023

### Summary Report:

Certificate course on "Physical Fitness And Quality Of Life" was started during the academic year 2022-2023 under the department of physical education. Department has hosted the course from 04/03/2023 to 10/06/2023 and the classes has been held on every Saturdays and Sundays on hybrid mode. from 2:00 pm to 4:30 pm. The 15-day certificate course on Physical Fitness and Quality of Life was designed to provide participants with a comprehensive understanding of physical fitness and its impact on overall wellness. The course combined theoretical knowledge with practical applications, covering various aspects of fitness, nutrition, and lifestyle management. The prime objective of The 15-day certificate course on Physical Fitness and Quality of Life was successful in achieving its objectives and outcomes. Participants gained valuable knowledge and practical skills that will help them enhance their physical fitness and overall quality of life. The course evaluations indicated high satisfaction levels, and participants expressed a strong commitment to applying what they learned in their daily lives. Future courses can build on this success by incorporating more advanced topics and additional practical sessions.

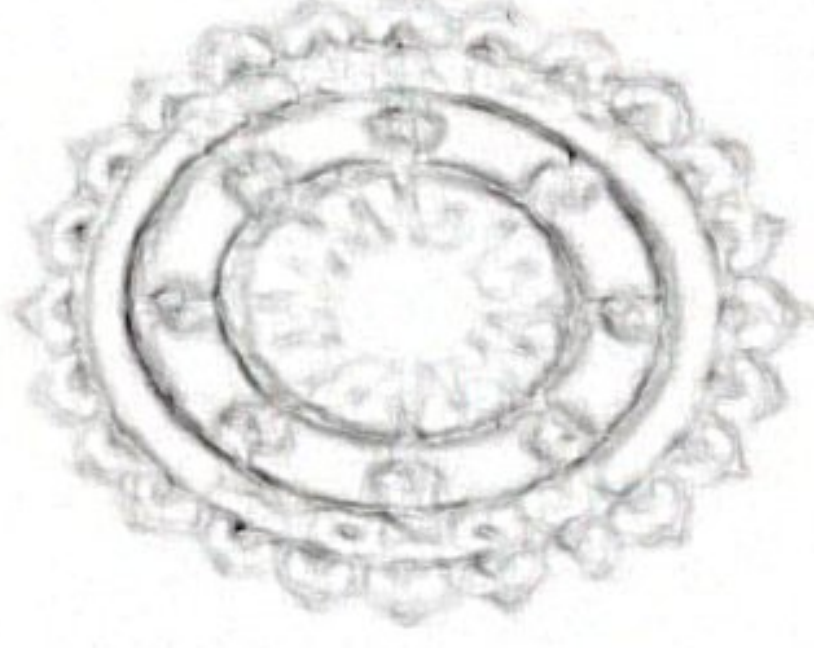
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Kapgari, Jhargram

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Organized by Department of Physical Education

Academic Session:2022-2023

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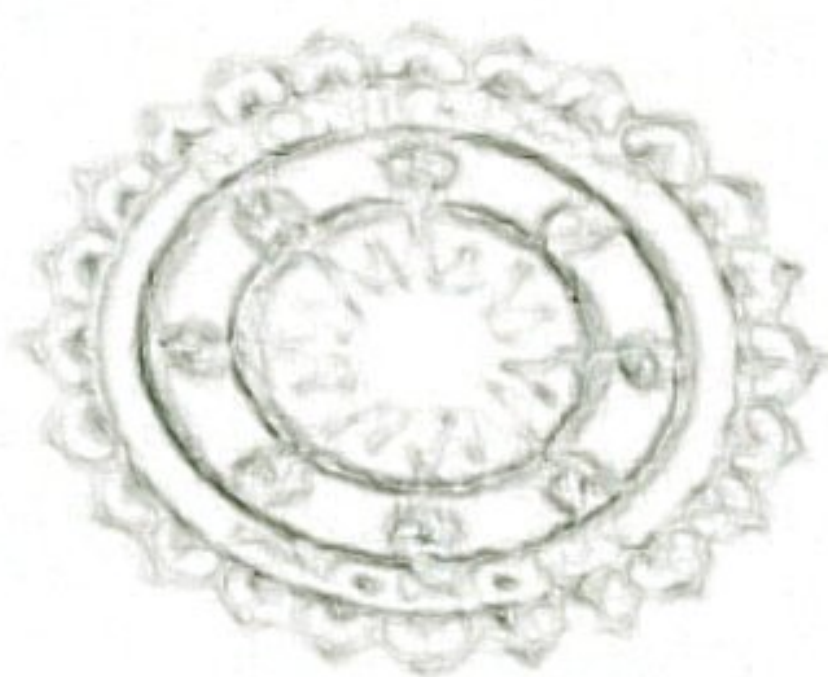
Course Co-ordinator

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Kapgari, Jhargram



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## Certificate Course on "Physical fitness and quality of life"

Organised By

Department of physical Education

Academic Session -2022-2023

Syllabus distribution

### Syllabus For The Course of "Physical Fitness and Quality of Life."

Full Marks-50

Total Duration-40 Hours

#### Unit - 1: Introduction to Physical Fitness and Wellness

- Course Orientation and Objectives
- Importance of Physical Fitness
- Wellness and Quality of Life
- Components of Physical Fitness: Cardiovascular Endurance, Muscle Strength, Flexibility, Body Composition
- Assessing Your Fitness Level

#### Unit - 2: Exercise and Training Principles

- Basics of Exercise Physiology
- Principles of Training: Overload, Progression, Specificity, and Recovery
- Designing a Personal Fitness Program
- Setting Realistic Fitness Goals
- Cardiovascular Training: Benefits and Techniques
- Aerobic vs. Anaerobic Exercise
- Flexibility Training: Importance and Techniques
- Stretching Exercises

#### Unit - 3: Nutrition and Lifestyle Management

- Basics of Nutrition for Fitness
- Macronutrients and Micronutrients
- Creating a Balanced Diet Plan
- Hydration and Its Importance
- Healthy Lifestyle Choices
- Managing Stress and Mental Health
- Sleep and Recovery
- Role of Rest in Physical Fitness

#### Unit - 4: Specialized Fitness Programs

- Fitness for Different Age Groups
- Adapting Exercise Routines for Seniors, Adults, and Youth
- Fitness for Special Populations
- Exercise Modifications for Individuals with Chronic Conditions
- Functional Training and Mobility
- Exercises for Daily Life Activities

#### Unit - 5: Practical Applications and Assessment

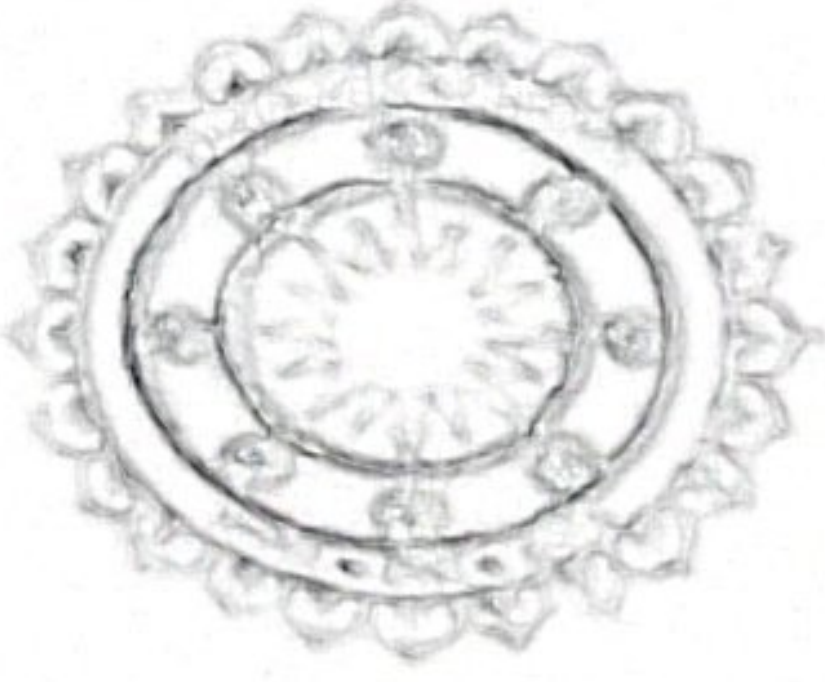
- Practical Session: Demonstration and Participation in Various Exercise Routines
- Final Fitness Assessment
- Certificate Distribution Ceremony

Signature of Coordinator  
Course Co-ordinator  
Seva Bharati Mahavidyalaya  
Kopgari, Jhargram



Signature of Principal  
Seva Bharati Mahavidyalaya  
Kargari, Jhargram





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## CERTIFICATE COURSE ON "PHYSICAL FITNESS AND QUALITY OF LIFE"

Organised By

Department of Physical Education

Academic Session -2022-2023

Date -10.06.2023.

Time - 1hour

Put a tick mark on correct answer

Name of the candidate : Arpita Mahata

Full marks : 2X10

Enrolment No. : SBM/BPED/202190008

Marks Obtained : 38/40

1. What is the recommended amount of moderate-intensity aerobic activity for adult per week according to the CDC?  
A) 75 minutes  
B) 150 minutes  
 C) 200 minutes  
D) 300 minutes
2. Which of the following is NOT a component of physical fitness?  
A) Flexibility  
B) Strength  
 C) Speed  
D) Sleep
3. What does BMI stand for?  
A) Body Mass Index  
 B) Body Muscle Index  
 C) Body Measurement Index  
D) Body Mass Involvement
4. Which type of exercise is most effective for improving cardiovascular fitness?  
A) Weightlifting  
B) Yoga  
 C) Running  
D) Pilates
5. What is the primary benefit of flexibility exercises?  
A) Increased muscle mass  
 B) Improved joint range of motion  
C) Enhanced cardiovascular endurance  
D) Better balance
6. Which nutrient is essential for muscle repair and growth?  
A) Carbohydrates  
B) Fats  
 C) Proteins  
D) Vitamins
7. What is the term for the ability of the heart and lungs to supply oxygen to the muscles during prolonged physical activity?  
A) Muscular strength  
B) Muscular endurance  
 C) Cardiovascular endurance  
D) Flexibility
8. Which of the following exercises primarily targets the core muscles?  
A) Squats  
B) Push-ups  
 C) Planks  
D) Lunges

9. How many steps per day are generally recommended for maintaining good health?  
A) 3,000  
B) 5,000  
C) 7,000  
D) 10,000
10. What is a common sign of dehydration during exercise?  
A) Increased energy  
B) Clear urine  
C) Dizziness  
D) Sweating
11. Which vitamin is known to help in the absorption of calcium?  
A) Vitamin A  
B) Vitamin B  
C) Vitamin C  
D) Vitamin D
12. What is the purpose of a warm-up before exercise?  
A) To increase flexibility  
B) To prevent injuries  
C) To build muscle  
D) To improve sleep
13. Which of the following activities is considered a weight-bearing exercise?  
A) Swimming  
B) Cycling  
C) Running  
D) Stretching
14. What does RPE stand for in the context of exercise?  
A) Relative Physical Effort  
B) Rate of Perceived Exertion  
C) Resting Pulse Estimate  
D) Recommended Physical Exercise
15. Which type of fat is considered the most harmful to health?  
A) Unsaturated fat  
B) Saturated fat  
C) Trans fat  
D) Omega-3 fat
16. What is the benefit of resistance training?  
A) Increased flexibility  
B) Improved cardiovascular health  
C) Enhanced muscle strength and endurance  
D) Better sleep patterns
17. Which hormone is primarily responsible for muscle growth?  
A) Insulin  
B) Estrogen  
C) Cortisol  
D) Testosterone
18. How often should adults engage in muscle-strengthening activities?  
A) Once a week  
B) Twice a week  
C) Every day  
D) Once a month
19. What is the primary function of antioxidants in the body?  
A) Build muscle  
B) Improve digestion  
C) Protect cells from damage  
D) Increase metabolism
20. Which of the following is an example of a low-impact exercise?  
A) Jumping rope  
B) Running  
C) Swimming  
D) Hiking

v. good

