



From: Principal & Secretary

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sccollegednk.ac.in

Dhaniakhali, Hooghly, 712302

# Sarat Centenary College

Dhaniakhali, Hooghly

Founded: 1976

Re-Accredited by NAAC (CGPA: 2.33)

Recognised Under UGC 2F&12B

WB Govt. Aided

Affiliated to The University of Burdwan

No. \_\_\_\_\_

Date: 04-05-2023

## NOTICE

### Department of Physical Education

Programme for B.A. Semester-I, Physical Education General Practical Examination 2022 (CBCS) of the University of Burdwan.

<i>B.A Physical Education General</i>			
<i>Date</i>	<i>Paper</i>	<i>Time</i>	<i>Venue</i>
<i>16.05.2023</i>	<i>CC-1A (20 Marks)</i>	<i>11.30 am</i>	<i>Sarat Centenary College</i>

#### Relevant Documents:

- 1. Original Registration Certificate.*
- 2. Original Admit Card of SEM-I General Examination 2022.*
- 3. Practical Record Book.*

N.B-All the examinees must be present on the respective dates mentioned above with proper uniforms and report 30 minutes before of scheduled time.

04/05/2023

H.O.D.


Department of Physical Education



Dr. Sandip Kumar Basak  
Principal

Principal & Secretary  
Sarat Centenary College  
Dhaniakhali, Hooghly





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Date: 09.08.2023

**DEPARTMENT OF PHYSICAL EDUCATION**

**NOTICE**

Programme for B.A. Semester-IV, Physical Education General Practical Examination  
202 (CBCS) of the University of Burdwan.

B.A Physical Education General			
Date	Paper	Time	Venue
17.08.2023	CC-ID (20 Marks) Lab Practical	11.00 am	Sarat Centenary College
17.08.2023	SEC-2 (40 Marks) Yoga and Gymnastics	11.00 am	Sarat Centenary College


**Relevant Documents:**


1. Original Registration Certificate.
2. Original Admit Card of SEM-IV General Examination 2022-23.
3. Practical Record Book.

N.B-All the examinees must be present on the respective dates mentioned above with proper uniforms and report 30 minutes before of scheduled time.

*J. K. Banerjee*

Dr. Sandip Kumar Das  
Principal & Secretary  
Sarat Centenary College  
Dhaniakhali, Hooghly





*Sukumar Das*

Mr. Sukumar Das  
Signature of HOD  
Dept. of Physical Education



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Date: 15.05.2023

## NOTICE

### Department of Physical Education


This is to notify that the Internal Examination of 4th & 6th Semester, General, all the students of Physical Education will be held through assignment (Projects Writing). All the Projects should be submitted to the departmental teachers as per given below:

1. Sem-IV (General) by 23 May 2023
2. Sem-VI (General) by 24 May 2023

Semester	Course Code	Course title	Topic (Any two 2)	Teachers
Sem-IV (4 <sup>th</sup> )	CC1D	Health Education, Physical Fitness and Wellness	1. World health Organization (WHO) 2. Diabetes Management 3. Importance of Physical Fitness	SD
	SEC-2	Gymnastic and Yoga	1. Short note on Asanas 2. Short note on Pranayama 3. Short note on Kapalbhathi	
Sem-VI (6 <sup>th</sup> )	DSE-2	Psychology in Physical Education and Sports	1. Importance and Scope of Psychology 2. Theories and Laws of Learning 3. Stress Management	PS
	SEC-4	Ball Games (Football and Handball)	1. Draw a football ground with all measurement 2. Draw a Handball ground with all measurement	

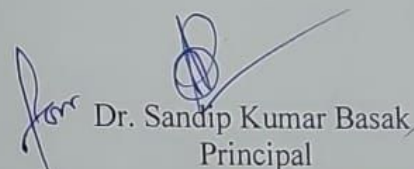
Students are requested to follow the instruction:

- ❖ Use A-4 Size paper.
- ❖ Projects should be written in hand Writing by the Examinee.
- ❖ The front page of the Project must be contained the College name, Candidate's name, Candidate's University Roll Number & Course Name.

  
15.05.2023

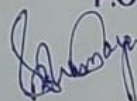
HOD, Dept. of Physical Education



  
Dr. Sandip Kumar Basak  
Principal

Principal & Secretary,  
Sarat Centenary College

P.O.- Dhaniakhali, Dist- Hooghly





# SARAT CENTENARY COLLEGE



DHANI AKHALI, HOOGHLY, WB, PIN – 712302

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e-Mail: saratcentenary@gmail.com ; principal\_scollegednk@rediffmail.com

Website: www.scollegednk.ac.in ; www.scollegednk.org.in

Date: 17.01.2023

## DEPARTMENT OF PHYSICAL EDUCATION

### NOTICE

Programme for B.A. Semester-V, Physical Education General Practical Examination 2022 (CBCS) of the University of Burdwan.

#### **B.A Physical Education General**

Date	Paper	Time	Venue
30.01.2023	SEC-3 (40 Marks)	11.00 am	Sarat Centenary College
30.01.2023	DSE-1 (20 Marks)	11.00 am	

#### Relevant Documents:

1. Original Registration Certificate.
2. Original Admit Card of SEM-V General Examination 2022.
3. Practical Record Book.

**N.B-All the examinees must be present on the respective dates mentioned above with proper uniforms and report 30 minutes before of scheduled time.**

Dr. Sandip Kumar Basak

Countersignature by Principal & Secretary

Principal & Secretary  
Sarat Centenary College  
Dhaniakhali, Hooghly

Mr. Sukumar Das

Signature of HOD

Dept. of Physical Education

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Date: 17.07.2023

## NOTICE

### Department of Physical Education

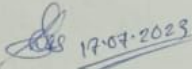
This is to notify that the Internal Examination of 2<sup>nd</sup> Semester, General, of Physical Education will be held through assignment submission (Projects Writing). All the Projects should be submitted to the departmental teachers as per given below:

Semester	Course Code	Course title	Topic	Teachers
Sem-II (2nd)	CC-1B	Management of Physical Education and Sports	1. Definition of Management. Discuss in brief about different types of Tournaments. 2. Meaning and definition of Leadership. Explain qualities of a good leader in Physical Education.	SD,PS

**Project should be Submitted on 22.07.2023**

Students are requested to follow the instruction:

- ❖ Use A-4 Size paper.
- ❖ Projects should be written in hand Writing by the Examinee.
- ❖ The front page of the Project must be contained the College name, Candidate's name, Candidate's University Roll Number & Course Name.

  
HOD, Dept. of Physical Education



  
Dr. Sandip Kumar Basak

Principal

Principal & Secretary,  
Sarat Centenary College  
P.O. Dhaniakhali, Dist. Hooghly

# SARAT CENTENARY COLLEGE



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Website: www.sccollegednk.org.in ; www.sccollegednk.ac.in

No. \_\_\_\_\_

Date: 24-01-2023

## NOTICE

### DEPARTMENT OF PHYSICAL EDUCATION

*Programme for B.A. Semester-III, Physical Education General Practical Examination 2022 (CBCS) of the University of Burdwan.*

<i>B.A Physical Education General</i>			
<i>Date</i>	<i>Paper</i>	<i>Time</i>	<i>Venue</i>
02.02.2023	SEC-1 (40 Marks)	11.00 am	<i>Sarat Centenary College</i>
02.02.2023	CC-1C (20 Marks)	11.00 am	

#### Relevant Documents:

1. *Original Registration Certificate.*
2. *Original Admit Card of SEM-III General Examination 2022.*
3. *Practical Record Book.*

**N.B-**All the examinees must be present on the respective dates mentioned above with proper uniforms and report 30 minutes before of scheduled time.

24/01/2023  
H.O.D.

Department of Physical Education

Dr. Sandip Kumar Basak  
Principal

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Sarat Centenary College  
Dhaniakhali, Hooghly







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No. \_\_\_\_\_

Date: 12-04-2023

## DEPARTMENT OF PHYSICAL EDUCATION

### NOTICE

*Programme for B.A. Semester-I, Physical Education General Practical Examination 2022 (CBCS) of the University of Burdwan.*

<i>B.A Physical Education General</i>			
<i>Date</i>	<i>Paper</i>	<i>Time</i>	<i>Venue</i>
<i>18.04.2023</i>	<i>CC-1A (20 Marks)</i>	<i>11.00 am</i>	<i>Sarat Centenary College</i>

#### Relevant Documents:

- 1. Original Registration Certificate.*
- 2. Original Admit Card of SEM-I General Examination 2022.*
- 3. Practical Record Book.*

**N.B-**All the examinees must be present on the respective dates mentioned above with proper uniforms and report 30 minutes before of scheduled time.

H.O.D.

Department of Physical Education

Dr. Sandip Kumar Basak  
Principal



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No. \_\_\_\_\_

Date: - 07.07.2023

## NOTICE

### Department of Physical Education

As per the guideline provided by the University of Burdwan, the practical examinations for Semester- VI of B.A General of CBCS courses for Physical Education Practical Examination 2023 will be held on offline mode following the revised schedule given below:

<u>Physical Education General</u>			
Paper Code	Date	Time	Venue
DSEC-2	15.07.2023	11:30 AM	Sarat Centenary College

For *Pawin Sultana*

**Mr. Sukumar Das**  
Head Department of Physical Education

*J. K. Basak*  
**Dr. Sandip Kumar Basak**  
Principal & Secretary  
Principal & Secretary,  
Sarat Centenary College  
P.O.: Dhaniakhali, Dist- Hooghly