

**Scheme of Examination for Health and Physical Education**  
**From Session 2014-15 (B.A. 1<sup>st</sup> to 6<sup>th</sup> Semester)**

Semester	Theory Marks	Internal Assessment	Time	Practical Marks	Total	W.E. From Session	Exam to be Conducted
1 <sup>st</sup>	60	15	3 hours	--	75	2014-15	Dec. 2014
2 <sup>nd</sup>	60	15	3 hours	50	125	2014-15	May 2015
3 <sup>rd</sup>	60	15	3 hours	--	75	2015-16	Dec. 2015
4 <sup>th</sup>	60	15	3 hours	50	125	2015-16	May 2016
5 <sup>th</sup>	60	15	3 hours	--	75	2016-17	Dec. 2016
6 <sup>th</sup>	60	15	3 hours	50	125	2016-17	May 2017
<b>Total</b>	<b>360</b>	<b>90</b>		<b>150</b>	<b>600</b>		

The above New Scheme of examination was approved and will be implemented for **Health and Physical Education in B.A. in the following sessions:**

1<sup>st</sup> and 2<sup>nd</sup> Semester w.e.f. Session 2014-15

3<sup>rd</sup> and 4<sup>th</sup> Semester w.e.f. Session 2015-16

5<sup>th</sup> and 6<sup>th</sup> Semester w.e.f. Session 2016-17

**Note:** The students appearing in the 3<sup>rd</sup> Semester Exams in Dec. 2014, 4<sup>th</sup> Semester exams in April/May 2015, 5<sup>th</sup> Semester Exams in Dec. 2015 and 6<sup>th</sup> Semester exams in April/May 2016 **will follow the old scheme approved in 2013-14.** The practical examination of these students will be conducted with following pattern:

3<sup>rd</sup> and 4<sup>th</sup> Semester Practical will be conducted together in 4th semester (April/May 2015)

5<sup>th</sup> and 6<sup>th</sup> Semester Practical will be conducted together in 6th semester (April/May 2016)

**Work Load for teaching the Physical Education as an optional subject in B.A. will be as under:**

- **Six Periods per Week for each class (*Four theories and two practical*).**
- **Strength of students in practical class shall not exceed 25 students per group in any case.**
- **Keeping the view nature of practical and climatic conditions, it is recommended that all the practicals must be conducted before the theory exams in all even semesters.**

### **Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

### **Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

### **B.A. -1<sup>st</sup> Semester (Health & Physical Education) (From Session 2014-15)**

**Time- 3 hours**

**Theory- 60 Marks  
(Internal Assessment- 15 Marks)**

#### **Unit - 1: Introduction to Physical Education-**

1. Meaning, definition and scope of Physical Education.
2. Relationship of Physical Education with General Education
3. Aim, Objectives and Importance of Physical Education in modern society.
4. Misconceptions regarding Physical Education

#### **Unit- II: Health & Hygiene**

1. Meaning, definition and importance of Health.
2. Factors influencing Health.
3. Meaning and importance of Personal Hygiene
4. Hygiene of various body parts and Factors influencing Personal Hygiene

#### **Unit- III: Introduction to Yoga**

1. Yoga - Meaning, Concept and Historical development
2. Types of Yoga
3. Importance of yoga in healthy living
4. Pranayam - Meaning, types and their benefits.

#### **Unit- IV: Introduction to Human Anatomy and Physiology**

1. Meaning and definition of Human Anatomy and Physiology
2. Importance of Human Anatomy and Physiology in Physical Education
3. Definition of Cell, Tissue, Organ and System
4. Structure and Properties of Cell

### **Text Books and References**

- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Sharma, V.K., “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Sharma, V.K., “ Yog Shiksha” Saraswati House Pvt.Ltd. Daryaganj, New Delhi (2011)
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000)
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press.New Delhi, (2003). .
- Iyengar, B.K.S. “Light on life” Oxford, Pan Macmillan Ltd. (2005).
- Iyengar, B.K.S. “The Tree of Yoga” New Delhi, Harper Collins. (2009).
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

### **Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

### **Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

### **B.A. -2<sup>nd</sup> Semester (Health & Physical Education) (From Session 2014-15)**

**Time- 3 hours**

**Theory- 60 Marks  
(Internal Assessment- 15 Marks)**

#### **Unit – I Introduction to Health Education**

1. Definition, Aim, Objectives and Scope of Health Education.
2. Importance of Health Education in modern society
3. First Aid: Meaning, Aim, Objectives and General Principles of First Aid.
4. First Aid for Common injuries - Bleeding, Burns, Electric Shock, Drowning and Snake Bite

#### **Unit –II Historical Prospects of Physical Education**

1. Pre-independence and Post – independence historical development of Physical Education in India.
2. Role of IOA, SAI, NSNIS and YMCA in the development of Physical Education and Sports in India.
3. Sports Policy of Haryana State
4. National Sports Policy

#### **Unit II Introduction to Physical Fitness**

1. Meaning, definition and importance Physical Fitness
2. Components and Principles of Physical Fitness
3. Factors influencing of Physical Fitness.
4. Meaning of Isometric, Isotonic and Isokinetic exercises

#### **Unit IV Introduction to Human Anatomy and Physiology**

1. Anatomy of Human Bone
2. Types and Function of bones in Human Body
3. Meaning and types of joints in Human Body.
4. Types of synovial joints in Human Body

### **Text Books and References**

- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi.(2013).
- Kamlesh & Sangral,” Methods in Physical Education” Parkash Brothers, Ludhiana(2000).
- Bucher Olsen and Willgoose; “The Foundation of Health” Prentice Hall inc.Englewood Cliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana,(2010).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000)
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press.New Delhi, (2003). .
- Verma, K.K., “Health & Physical Education” Parkash Brothers, Ludhiana.(2005).

**B.A. – 1<sup>st</sup> and 2<sup>nd</sup> Semester (Practical)**  
**(Health & Physical Education)**  
**(From Session 2014-15)**

**Maximum Marks- 50**

- |  |                      |
|--|----------------------|
| <b>1. Any one game</b><br>(With ground specifications, general rules and general skills)<br>1. kho - kho      2. Badminton      3. Cricket | <b>10 Marks</b>      |
| <b>2. Name and identification of bones in Human Body</b>   | <b>10 Marks</b>      |
| <b>3. Athletics:</b><br>Shot Put (Measurements & Basic Techniques)<br>Types of Starts - Crouch Start and standing starts (Basic Technique) | <b>(10+10) Marks</b> |
| <b>4. Viva – Voce and Practical File</b>   | <b>10 Marks</b>      |

### **Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

### **Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

### **B.A. -3<sup>rd</sup> Semester (Health & Physical Education) (From Session 2015-16)**

**Time- 3 hours**

**Theory- 60 Marks  
(Internal Assessment- 15 marks)**

#### **Unit- 1 Concept of Safety Education**

1. Meaning, need and importance of Safety Education
2. Sports Injuries: Types and causes
3. Principles for prevention of sports Injuries.
4. General treatment for common sports injuries i.e Abrasion, Contusion, Sprain , Strain, Fracture and Dislocation of joints

#### **Unit –II Common Diseases**

1. Meaning of Communicable and Non – Communicable diseases
2. Modes of transmission, prevention and control of communicable diseases.
3. Common diseases: HIV/ AIDS, Hepatitis, Dengue, Typhoid, Malaria and Influenza.
4. Allergy related diseases: Asthma and Sinuses

#### **Unit – III Concept of Balanced Diet**

1. Balanced Diet: Meaning and importance
2. Components of balanced diet and their sources
3. Factors affecting balanced diet
4. Harmful effects of Junk Food

#### **Unit –IV Anatomy and Physiology of Body System**

1. Circulatory System: Structure of Heart
2. Functioning of Heart
3. Types of Circulation: Systemic and Pulmonary
4. Effects of exercise on Circulatory System.

### **Text Books and References:**

- Mathews D.K.& Fox D.K “The Physiological basis of Physical Education and Sprots,2<sup>nd</sup> .Philadelphia.K.B.Sanuders & Co.,(1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd . Daryagani, New Delhi.(2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana.(2000).
- Bucher Olsen and Willgoose “The Foundation of Health” Prentice Hall inc.Englewood Fliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Loius (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press. New Delhi (2003). .
- Verma K.K., “Health & Physical Education” Parkash Brothers, Ludhiana (2005).



### **Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

### **Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

### **B.A. - 4<sup>th</sup> Semester (Health & Physical Education) (From Session 2015-16)**

**Time- 3 hours**

**Theory- 60 Marks  
(Internal Assessment- 15 marks)**

#### **Unit-1 Warming Up and Cooling Down:**

1. Meaning, types and significance of warming up
2. Meaning, types and significance of cooling down.
3. Methods of warming up and cooling down.
4. Physiological aspects of warming up and cooling down

#### **Unit –II Psychological aspects of Physical Education:**

1. Meaning of Psychology and sports Psychology
2. Need and importance of sports psychology
3. Learning: meaning and laws
4. Learning curve

#### **Unit –III Major Sports Events**

1. Ancient Olympic Games
2. Modern Olympic Games
3. Asian Games
4. Common Wealth Games

#### **Unit - IV Anatomy and Physiology of Human Body System**

1. Structure of Respiratory Organs.
2. Physiology of respiratory System.
3. Effect of exercise on respiratory System
4. Terminology of respiration: Tidal Volume, Residual Volume and Total Lung Capacity.

### **Text Books and References**

- H.H. Clark & D.H. Clark: Development and adopted physical education, Englewood cliffs, New Jersey, Prentice Hall, 1987.
- Mathews D.K. & Fox D.K “The Physiological basis of Physical Education and Sprots, 2nd .Philadelphia. K .B. Sanuders & Co., (1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh, Ajmer et. Al.” Olympic Movement”Kalyani Publishers, Ludhiana, (2000).
- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana (2000).
- Mangal, S.K.,”Psychology for Physical Education” Parkash Brothers, Ludhiana (2008).
- Kamlesh & Sangral,” Methods in Physical Education” Parkash Brothers, Ludhiana (2007).
- Jensen Fisher:9 “Scientific Basis of Athletic Conditioning” Philadelphia, Lee and Febiger (1975).

**B.A. – 3<sup>rd</sup> and 4<sup>th</sup> Semester (Practical)**  
**(Health & Physical Education)**  
**(From Session 2015-16)**

**Maximum Marks- 50**

- 1. Measurement of Body Mass Index** **10 Marks**  
(Normal Range of B.M.I for Children, Women and Men)
- 2. Any one Game of the following:** **10 Marks**  
(With ground specifications, general rules and general skills)
  1. Basketball
  2. Foot ball
  3. Kabaddi
- 3. Athletics:** **(10 + 10) Marks**  
Discus throw and Long Jump  
(Specifications, general rules and general skills)
- 4. Viva – Voce and Practical File** **10 Marks**

### **Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

### **Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

### **B.A. -5<sup>th</sup> Semester (Health & Physical Education) (From Session 2016-17)**

**Time- 3 hours**

**Theory- 60 Marks  
(Internal Assessment- 15 marks)**

#### **Unit -I Growth & Development**

1. Meaning and definition of Growth and Development
2. Stages of Growth and Development.
3. Principles and factors influencing growth and development
4. Age and sex difference in relation to physical activities and sports

#### **Unit – II Concept of Sports Organization and Administration**

1. Meaning and importance of organization and administration in Physical Education and Sports
2. Principles of sports organization and administration
3. Organization and administration of Intramural and Extramural activities
4. Tournaments and their types (League and Knock out )

#### **Unit – III Concept of Posture**

1. Meaning of posture and importance of good posture
2. Causes of poor posture
3. Symptoms and causes of Postural Deformities: Lordosis, Kyphosis, Scoliosis, Flat Feet, Knock Knee and Blow Legs.
4. Precautions and Remedies for postural deformities

#### **Unit-IV Anatomy and Physiology**

1. Gross Anatomy of muscle, Types of Muscles in human body
2. Effects of exercise on Muscular System
3. Composition of Human Blood
4. Functions of Blood

### **Text Books and References**

- Kamlesh & Sangral, “Principles & History of Physical Education”, Parkash Brothers, Ludhiana. (2000).
- Bucher Olsen and Willgoose “The Foundation of Health” Prentice Hall inc.Englewood Cliffs,New Jersey,(1976).
- Turner S and Smith “School Health and Health Education” The C.V. Mos by Company St.Louis (1961).
- Singh Ajmer et.al. “Modern Text Book of Physical Education, Health and Sports”, Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., “Anatomy and Physiology for Nurses”Oxford University Press. New Delhi (2003).
- Verma K.K., “Health & Physical Education” Parkash Brothers, Ludhiana (2005).
- Mathews D.K. & Fox D.K “The Physiological basis of Physical Education and Sports, 2nd .Philadelphia.K.B.Sanuders & Co., (1996).
- Sharma, V.K, “Health & Physical Education” Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21<sup>st</sup> century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).

### **Instructions for Paper- Setter:**

The question paper will consist of five Units I, II, III, IV and V. Units I, II, III & IV will have two questions from their respective Units of the Syllabus and will carry 10 marks each. Unit V<sup>th</sup> will consist of 10 short answer type questions, which will cover the entire syllabus and will carry 2 marks for each question.

### **Instructions for Candidates**

Candidates are required to attempt one question each from Unit I, II, III and IV. Unit - V is compulsory for all.

### **B.A. -6<sup>th</sup> Semester (Health & Physical Education) (From Session 2016-17)**

**Time- 3 hours**

**Theory- 60 Marks  
(Internal Assessment- 15 marks)**

#### **Unit-1 Concept of Motivation and Socialization**

1. Meaning and definition of motivation.
2. Types of motivation and importance of motivation in sports.
3. Meaning of Socialization and Socialization through sports.
4. Effect of social behavior on performance of sports person.

#### **Unit- II Concept of Sports Training and Doping**

1. Meaning and definition of sports training
2. Factors affecting sports training
3. Types of sports training: Circuit training, Interval Training and Continuous Training
4. Doping: Meaning, types and its effects on health.

#### **Unit – III Concept of Sports Biomechanics**

1. Meaning and definition of sports biomechanics
2. Importance of Biomechanics in Sports
3. Newton's Laws of motion and their application in sports
4. Levers: Meaning, types and their application in Sports

#### **Unit – IV Anatomy and Physiology**

1. Organs of Digestive System
2. Structure of Digestive System
3. Mechanism of food digestion
4. Effects of exercise on Digestive System.

### **Text Books and References**

- Kamlesh & Sangral, "Principles & History of Physical Education", Parkash Brothers, Ludhiana. (2000).
- Dick F "Sports Training Principles" .London Lepus Book, (1980).
- Desch and Burk "knesiology and applied Anatomy", 2nd ed.lee and Febiger, (1963).
- Show D, "Kinesiology' Friends Publications, New Delhi, (2001).
- Singh Ajmer et.al. "Modern Text Book of Physical Education, Health and Sports", Kalyani Publishers, Ludhiana (2010).
- Avelin C. Pearce., "Anatomy and Physiology for Nurses"Oxford University Press. New Delhi (2003). .
- Verma K.K., "Health & Physical Education" Parkash Brothers, Ludhiana (2005).
  
- Mathews D.K. & Fox D.K "The Physiological basis of Physical Education and Sprots, 2nd .Philadelphia.K.B.Sanuders & Co., (1996).
- Sharma, V.K, "Health & Physical Education" Saraswati House Pvt. Ltd. Daryagani, New Delhi. (2013).
- Kang G.S. Deol N.S. "An introduction to Health and Physical Education 21<sup>st</sup> century" Patiala (2008).
- Singh Ajmer et. al. "Olympic Movement" Kalyani Publishers, Ludhiana, (2000).

**B.A. – 5<sup>th</sup> and 6<sup>th</sup> Semester (Practical)**  
**(Health & Physical Education)**  
**(From Session 2016-17)**

**Maximum Marks- 50**

- |   |                 |
|---|-----------------|
| <b>1. Pranayam:</b>   | <b>10 Marks</b> |
| a) Bhramari    b) Anulom Vilom    c) Kapal Bhati  |                 |
| <b>2. Any one Game of the following</b>   | <b>10 Marks</b> |
| (Ground Specifications, General rules and General Skill)  |                 |
| a) Volleyball                      b) Hockey                      c) Judo/Boxing/Wrestling/Self-defense tactics |                 |
| <b>3. Tying of different types of Bandages and Arm Slings.</b>  | <b>10 Marks</b> |
| <b>4. First Aid</b>   | <b>10 Marks</b> |
| (First aid for different injuries and circumstances, items of First aid box and their uses)                     |                 |
| <b>5. Viva – Voce and Practical file</b>  | <b>10 Marks</b> |



# Practical Exam Notice

Date: 29 June, 2022

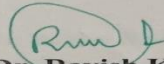
## B.A. I, II & III Year of Health & Physical Education

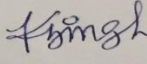
Practical Exam of Health & Physical Education subject for Regular and Re-appear students of B.A. classes will be held according to the below mentioned schedule.

Concerned students will report at college playground in sports kit (Track Paint, white T-Shirt and Sports Shoes) with Practical File, College Identity Card and Exam Roll no. Slip.

### **Practical Exam Schedule of Health & Physical Education Subject**

Sr.	Class	Date of Practical	Reporting Date & Time
1	B.A. -II Semester	4 & 5 July, 2022	4 July, 2022 at (8:45am)
2	B.A. -IV Semester	7 July, 2022	7 July, 2022 at (8:45am)
3	B.A. -VI Semester	14 July, 2022	14 July, 2022 at (8:45am)

  
**(Dr. Ravish Kumar Chauhan)**  
 Principal

  
**(Dr. Kuldeep Singh)**  
 Associate Prof. of Phy. Edu.)

**KURUKSHETRA UNIVERSITY, KURUKSHETRA**  
(Established by the State Legislature Act XII of 1956)

Ec-V/4

**FORWARDING MEMO FOR PRACTICAL AWARD LIST**

The Memo must be filled in by the Examiners in Practical and forwarded along with their award list and the attendance charts, so that the payment is not delayed

Centre of Examination: \_\_\_\_\_  
 (In case the examiner is to conduct exam. at more than one centre, he may prepare and send to this office separate forwarding Memo's for each (centre) )

Examiner's Serial number given with the centre of exam. in the programme chart for practical exam. ....

Name of examination B.A. IV Sem held on 7 July, 2022

Subject Health & Phy. Edu. Practical

Date on which result submitted to the Assistant Registrar (Secrecy) \_\_\_\_\_

Total No. of candidates examined 36 Thirty six only

Roll Nos. of candidates actually examined by the examiner

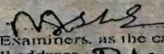
Date 7/22 Session I Group Roll No. 110138801, 191071289, 201067209, 212, 214, 215, 201067220, 225, 243, 250, 255, 258, 259, 265, 269, 201067273, 293, 294

Roll Nos. of ABSENTEES:

Date 7/22 Session I Group Roll No. 201067201, 226, 249, 270 19+17=36

II Group Roll No. 201067318, 201067337, 352, 354, 369, 377, 406, 201067407, 410 4

Candidates who were absent and have been shown as such against their Roll Nos. in the attached award list. 4+9=13

  
 (Full Signatures of Examiner or Examiners, as the case may be)  
 Name and Full address. Dr. MAHABIR-SINGH  
 (in capital letters) Head.C. for Women, Taraori KNL

Principal  
**Indira Gandhi National College**  
**Ladwa (Dhanora) Kurukshetra**

Dated \_\_\_\_\_ 20

Examiner's Serial No. as shown in the Programme Chart for Practical Exam. ....

Centre for Practical Examination: **Indira Gandhi National College, Ladwa, Kurukshetra**  
 Subject: **Health & Physical Education** Date: **07-07-2022**  
 Group: **I** Time: **8:45 am onward.**

Sr.No.	Roll No.	Signature of the candidate before the Principal	Signature of the candidate before the Practical Examiner
1	110138801	Sajan	Sajan
2	191071289	Aurkush	Aurkush
3	201067201	ABSENT	ABSENT
4	201067209	Anju Rani	Anju Rani
5	201067212	Ashwani Kumar	Ashwani Kumar
6	201067214	SHUBHAM	SHUBHAM
7	201067215	CHITSEY	CHITSEY
8	201067220	Vijesh	Vijesh
9	201067225	Rahul Kumar	Rahul
10	201067226	ABSENT	ABSENT
11	201067243	Mansi	ABSENT
12	201067249	ABSENT	Mansi
13	201067250	ABSENT	ABSENT
14	201067255	Suman Kaur	Suman Kaur
15	201067258	Bhinet Kaur	Bhinet Kaur
16	201067259	Megha	Megha
17	201067265	Amrita Singh	Amrita Singh
18	201067269	ABSENT	ABSENT
19	201067270	ABSENT	ABSENT
20	201067273	ABSENT	ABSENT
21	201067293	ABSENT	ABSENT
22	201067294	ABSENT	ABSENT

Total number of Candidates allotted by Principal **18**  
 Total No. of Candidates examined by the Examiner **18**  
 Total no. of Candidates absent in the Practical Examination **04 four**

Signature of Principal  
 Address: **Principal, Indira Gandhi National College, Ladwa (Dhanora) Kurukshetra**

Signature of Practical Examiner **DR. MAHADEVI KUMAR**  
 Address: **Asst. Prof. in Phy. Edu., G.C.G. Tarnan, Karnal**

Signature & Address of the co-examiner (if any) **Dr. Kuldeep Singh, I.G.N. College, Ladwa(Kurukshetra)**

(Established by the state legislature act XII of 1956)  
 B.A. II<sup>nd</sup> Year (IV<sup>th</sup> Semester) EXAMINATION, June, 2022

PRACTICAL ATTENDANCE CHART  
 Chart for preparing list of each group for practical's in science and other subjects.  
 Centre for Written Examination: **Indira Gandhi National College, Ladwa, Kurukshetra**  
 Centre for Practical Examination: **Indira Gandhi National College, Ladwa, Kurukshetra**  
 Subject: **Health & Physical Education** Date: **07-07-2022**  
 Group: **I** Time: **8:45 am onward.**

Sr.No.	Roll No.	Signature of the candidate before the Principal	Signature of the candidate before the Practical Examiner
23	201067295	Divanshu	Divanshu
24	201067302	Nikita Rani	Nikita Rani
25	201067305	Trishu Kumar	Trishu Kumar
26	201067309	Nikita Singh	Nikita Singh
27	201067312	LOVE	LOVE
28	201067316	Lovejeet	Lovejeet
29	201067318	ABSENT	ABSENT
30	201067322	Sawan Singh	Sawan Singh
31	201067323	Anam Bheet Kaur	Anam Bheet Kaur
32	201067329	Bhul	Bhul
33	201067330	Palak	Palak
34	201067337	ABSENT	ABSENT
35	201067351	Ashdeep Singh	Ashdeep Singh
36	201067352	ABSENT	ABSENT
37	201067354	ABSENT	ABSENT
38	201067355	Toumshajump	Toumshajump
39	201067359	Uday Singh	Uday Singh
40	201067361	Harsh	Harsh
41	201067368	Kautila	Kautila
42	201067369	ABSENT	ABSENT
43	201067370	Farvud Singh	Farvud Singh
44	201067377	ABSENT	ABSENT

Total number of Candidates allotted by Principal **16**  
 Total No. of Candidates examined by the Examiner **16**  
 Total no. of Candidates absent in the Practical Examination **08 (Six only)**

Signature of Principal  
 Address: **Principal, Indira Gandhi National College, Ladwa (Dhanora) Kurukshetra**

Signature of Practical Examiner **DR. MAHADEVI KUMAR**  
 Address: **Asst. Prof. in Phy. Edu., G.C.G. Tarnan, Karnal**

Signature & Address of the co-examiner (if any) **Dr. Kuldeep Singh, I.G.N. College, Ladwa(Kurukshetra)**

B.A. II<sup>nd</sup> Year (IV<sup>th</sup> Semester)

PRACTICAL ATTENDANCE CHART  
 Chart for preparing list of each group for practical's in science and other subjects.  
 Centre for Written Examination: **Indira Gandhi National College, Ladwa, Kurukshetra**  
 Centre for Practical Examination: **Indira Gandhi National College, Ladwa, Kurukshetra**  
 Subject: **Health & Physical Education** Date: **07-07-2022**  
 Group: **II** Time: **8:45 am onward.**

Sr.No.	Roll No.	Signature of the candidate before the Principal	Signature of the candidate before the Practical Examiner
45	201067379	Rahul	Rahul
46	201067392	Himasha	Himasha
47	201067406	ABSENT	ABSENT
48	201067407	ABSENT	ABSENT
49	201067410	ABSENT	ABSENT
50			
51			
52			
53			
54			
55			
56			
57			
58			
59			
60			
61			
62			
62			
64			
65			
66			

Total number of Candidates allotted by Principal **02**  
 Total No. of Candidates examined by the Examiner **02**  
 Total no. of Candidates absent in the Practical Examination **03**

Signature of Principal  
 Address: **Principal, Indira Gandhi National College, Ladwa (Dhanora) Kurukshetra**

Signature of Practical Examiner **DR. MAHADEVI KUMAR**  
 Address: **Asst. Prof. in Phy. Edu., G.C.G. Tarnan, Karnal**

Signature & Address of the co-examiner (if any) **Dr. Kuldeep Singh, I.G.N. College, Ladwa(Kurukshetra)**

(To be sent to the Deputy/Asstt. Registrar (secrecy) along with award list in the confidential)

KURUKSHETRA UNIVERSITY, KURUKSHETRA

(Established by the State Legislature Act XII of 1956)  
 A+ Grade, NAAC Accredited  
 Practical Marks Entry For: Class Name: **Bachelor of Arts(B.A.)**  
 Paper Type: **FULL PAPERS** | Semester: **SEMESTER-04** | Session: **May-June 2022**  
 Subject Name: **HEALTH AND PHYSICAL EDUCATION (PE24)**  
 Examiner ID : **17304** | College Name : **IG National College Ladwa**

Maximum Marks : 50

S.No.	University Roll No	Obtained Marks	Absent
1	110138801	44	
2	191071289	47	
3	201067201		Absent
4	201067209	46	
5	201067212	48	
6	201067214	40	
7	201067215	45	
8	201067220	43	
9	201067225	42	
10	201067226		Absent
11	201067243	41	
12	201067249		Absent
13	201067250	45	
14	201067255	39	
15	201067258	48	
16	201067259	39	
17	201067265	46	
18	201067269	46	
19	201067270		Absent
20	201067273	44	
21	201067293	42	
22	201067294	31	
23	201067295	40	
24	201067302	43	
25	201067305	45	
26	201067309	39	
27	201067312	39	
28	201067316	33	
29	201067318		Absent

Internal Examiner Signature: **[Signature]** HOD Signature: **[Signature]** External Examiner Signature: **[Signature]**

**KURUKSHETRA UNIVERSITY, KURUKSHETRA**  
(Established by the State Legislature Act XII of 1956)  
A+ Grade, NAAC Accredited

Practical Marks Entry For: Class Name : Bachelor of Arts(B.A.)  
Paper Type: FULL PAPERS || Semester : SEMESTER-04 || Session : May-June 2022  
Subject Name : HEALTH AND PHYSICAL EDUCATION (PE24)  
Examiner ID : 17304 || College Name : IG National College Ladwa

Maximum Marks : 50

S.No.	University Roll No	Obtained Marks	Absent
30	201067322	47	
31	201067323	33	
32	201067329	48	
33	201067330	44	
34	201067337		Absent
35	201067351	30	
36	201067352		Absent
37	201067354		Absent
38	201067355	41	
39	201067359	44	
40	201067361	46	
41	201067368	37	
42	201067369		Absent
43	201067370	38	
44	201067377		Absent
45	201067379	39	
46	201067392	36	
47	201067406		Absent
48	201067407		Absent
49	201067410		Absent

Internal Examiner Signature : *K Singh* HOD Signature : *K Singh* External Examiner Signature : *R Singh*