



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

EXTERNAL TEACHING PRACTICE LESSON 2023-2024





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NOTICE

It is hereby notified to all BPED 3rdSem students that, the Department of Physical Education is going to organize External Practice Teaching for the session 2022-2024 B. P. Ed Batch from 22.01.2024. Therefore all the concerned students are hereby requested to be prepared and report positively to their respective schools without any delay. The details of your Teaching practice mentioned below. After completion of the program students are also requested to obtain their Content page along with regular attendance sheet from the respective schools. Lastly you all have to prepare a report of your teaching experience along with all the Lesson plans, Certificate and attendance sheet.

List of students and Institute for External Teaching practice:-

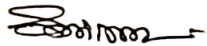
Sl. No.	School name	Roll no. allotted to the school	H. M./ P. E. Teacher's Contact No.	SUPERV ISOR
01	JUKHIA BANIMANDIR HIGH SCHOOL	53, 2, 15, 96, 41, 21, 42, 23, 50		SK, BSP
02	BAGHADARI DESHAPRAN HIGH SCHOOL	84, 19, 16, 34, 26, 27, 72, 89		AM
03	NEKURSENI VIVEKANANDA	45, 36, 29, 22, 74, 92, 78, 77, 79, 47, 4,		SD, MB



	VIDYAYATAN	40, 13, 49		
04	RASHIKNAGAR HIGH SCHOOL	8, 61, 66, 67, 70, 76, 86, 87, 68		ANA
05	BARBARIA HAZRA VIDYAPITH	14, 54, 56, 83, 95, 58, 94, 43		BD
06	MANIKJORE K. K. HIGH SCHOOL	59, 60, 10, 82, 3, 25, 4, 12,		AK
07	MUGBERIA HIGH SCHOOL	31, 38, 46, 80, 93, 11, 7, 20, 11,		MS
08	NARUABILA GANGADHAR ADARSHA VIDYAYATAN (H.S.)	51, 18, 9, 85, 75, 39, 71, 39,		MS1
09	RAGHUNATHCHAK HIGH SCHOOL			DG

*All Supervisors are requested to visit and supervise the student's external practice teaching at their respective venue.

Bodhi Salitra Pradhan.
Teaching Practice coordinator


17.01.2023
Principal
Mugberia Gangadhar Mahavidyalaya

Dated 17.01.23





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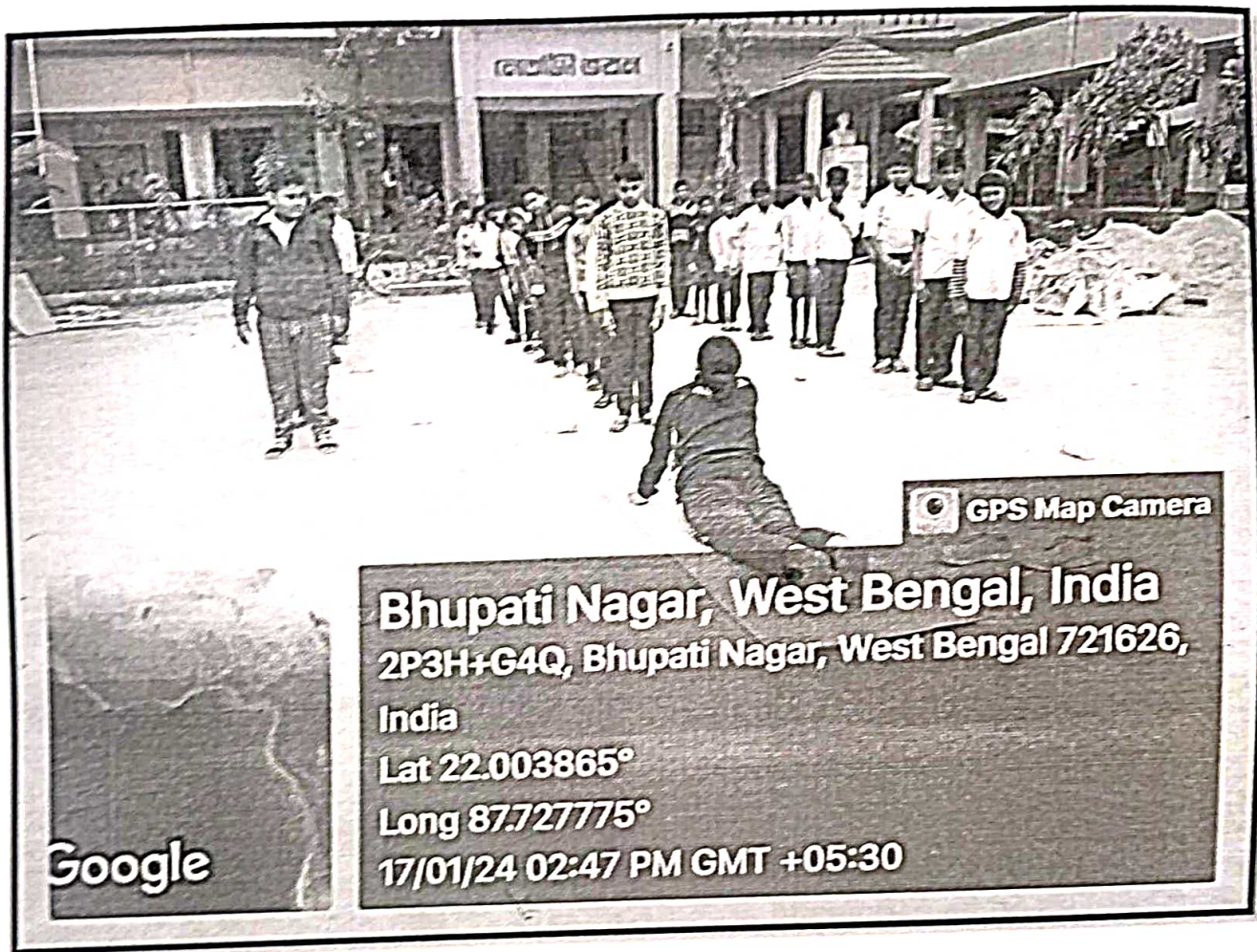
REPORT ON EXTERNAL PRACTICE TEACHING OF BPED SEM 3RD 2023 - 2024

The Department of Physical Education BPED & MPED, Muberia Gangadhar Mahaviyalay has conducted external practice teaching in different school from 22.01.24 to 31.01.24. All the students of Bped Sem III students were divided in different groups including male and female candidate. All the teachers were deputed for supervision of the lesson in different school. The following schools were adopted for the said purpose. The programme was conducted on the basis of their course curriculum.

The names of the School are as follows which were adopted for the External teaching lesson plan 20232024

1. Jukhia Banimandir K.N. High school
2. Manikjjore K.K .Hihschool
3. Naruabilla Gangadhar high school
4. Nekursani High school
5. Raghunathchalk Hgh school
6. Barbaria hazra vidyapith
7. Dubairasiknagar high school.
8. Baghdadari Desapran high school





Bhupati Nagar, West Bengal, India
2P3H+G4Q, Bhupati Nagar, West Bengal 721626,
India

Lat 22.003865°

Long 87.727775°

17/01/24 02:47 PM GMT +05:30

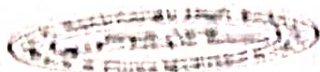
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Semester - III

Part A: Theoretical Course						
Course Code	Title of the Papers	Total Hours	Credit	Internal Marks	External Marks	Total Marks
Core Course						
CC-301	Sports Training	4	4	30	70	100
CC-302	Computer Applications in Physical Education and Sports Science	4	4	30	70	100
CC-303	Sports Psychology and Sociology in Physical Education and Sports	4	4	30	70	100
Elective Course (Anyone)						
EC-301	Sports Medicine, Physiotherapy and Rehabilitation	4	4	30	70	50+50 =100
EC-302	Curriculum Design and Gender Education					
Part-B Practical Course						
PC-301	Track and Field (Throwing Events)	6	4	30	70	100
PC-302	Combative Sports: Martial Art/ Karate/ Judo/ Fencing/ Boxing/ Taekwondo/ Wrestling/Lathi (Any two out of these)	6	4	30	70	100
PC-303	Team Games: Baseball/ Cricket/ Football/ Hockey/ Softball/ Volleyball/ Handball/ Basketball/ Netball (Any two of these)	6	4	30	70	100
Part – C Teaching Practices						
TP-301	Sports specialization: Coaching lessons Plans (For One Sports - 5 lessons)- Internal – One lesson will be evaluated by external examiner (30+70)	6	4	30	70	100
Total		40	32	240	560	800





INSTITUTION: SRINIVASA UNIVERSITY DATE: 22/01/2024

COURSE: BA POLITICAL SCIENCE

PAPER: INDIAN HISTORY

Sl. No.	Topic	Mark	Obtain
1	Early History (Pre-historic)	10	10/10
2	Early History (Pre-historic)	10	10/10
3	Early History (Pre-historic)	10	10/10
4	Early History (Pre-historic)	10	10/10
5	Early History (Pre-historic)	10	10/10
6	Early History (Pre-historic)	10	10/10
7	Early History (Pre-historic)	10	10/10
8	Early History (Pre-historic)	10	10/10
9	Early History (Pre-historic)	10	10/10
10	Early History (Pre-historic)	10	10/10

EXTERNAL COACHING LESSON PLAN

NAME: PRADYU PARAGITA DAS

ROLL NO: 1946511

NO: 226133

REG. NO: 3840424

SESSION: 2022-2024

R.P.ED 3rd SEM

Lesson No.	Date	Topic	Mark	Remark	Sl. No.
1	22/01/2024	Early History (Pre-historic)	10		1
2	23/01/2024	Early History (Pre-historic)	10		2
3	24/01/2024	Early History (Pre-historic)	10		3
4	25/01/2024	Early History (Pre-historic)	10		4
5	26/01/2024	Early History (Pre-historic)	10		5
6	27/01/2024	Early History (Pre-historic)	10		6
7	28/01/2024	Early History (Pre-historic)	10		7
8	29/01/2024	Early History (Pre-historic)	10		8
9	30/01/2024	Early History (Pre-historic)	10		9
10	31/01/2024	Early History (Pre-historic)	10		10



Pradyu

Signature of the student
Date: 22/01/2024

MUGBERIA GANGADHAR MAHAVIDYALAYA

EXTERNAL COACHING LESSON PLAN

NAME → Mousumi Garai

ROLL → 20

NO →

REG NO →

SESSION : 2022-2024
B.P.ED 3rd Sem

Lesson NO.	Date	Topic	Mark	Remark	Signature
1.	22/01/24	Kho Kho	8		
2.	22/01/24	Kho Kho	8.5		
3.	22/01/24	Kho Kho	8.5		
4.	24/01/24	Kabaddi	9		
5.	24/01/24	Kabaddi	8		
6.	24/01/24	Kabaddi	8.5		
7.	25/01/24	yoga	9		
8.	25/01/24	yoga	8.5		
9.	27/01/24	Weight Training	8.		
10.	27/01/24	Weight Training	8.5		



EXTERNAL COACHING LESSON PLAN

NAME: PIYALI DAS MAHAJITTI

ROLL: 23

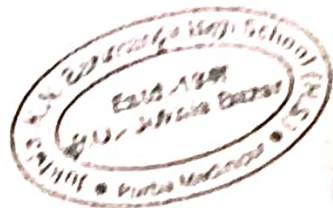
NO:

REG. NO:

SESSION: 2022-2024

B.P.ED 3rd SEM

PAPER: TEACHING



Lesson No.	Date	Topic	Mark	Remark	Sig
1	22.01.24	Football (inside kick)	9.5		Dalai 22/01/24
2	22.01.24	Football (thigh receive)	10		Dalai 22/01/24
3	25.01.24	Football (goal keeping)	10		Dalai 25/01/24
4	22.01.24	Kho-Kho (single chain with link)	9.5		Dalai 22/01/24
5	22.01.24	Kho-Kho (covering)	10		Dalai 22/01/24
6	25.01.24	Kho-Kho (dodging)	9.5		Dalai 25/01/24
7	25.01.24	Weight training (lean and jerk)	10		Dalai 25/01/24
8	25.01.24	Weight training (squat and lunge)	9.5		Dalai 25/01/24
9	22.01.24	Yogasana (Bhujangasana)	10		Dalai 22/01/24
10	25.01.24	Yogasana (Uttitha Lakshmi)	10		Dalai 25/01/24



MURBERIA GURANGADHAR MAHARAJA

EXTERNAL CONCILIATION LESSON PLAN

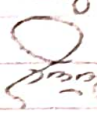
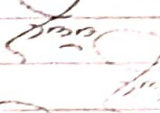
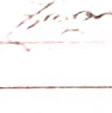
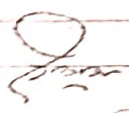
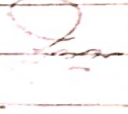
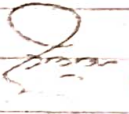
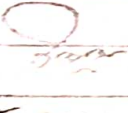
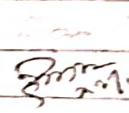
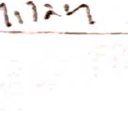
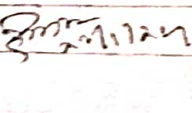
NAME - BAISAKH MAHA

Roll -

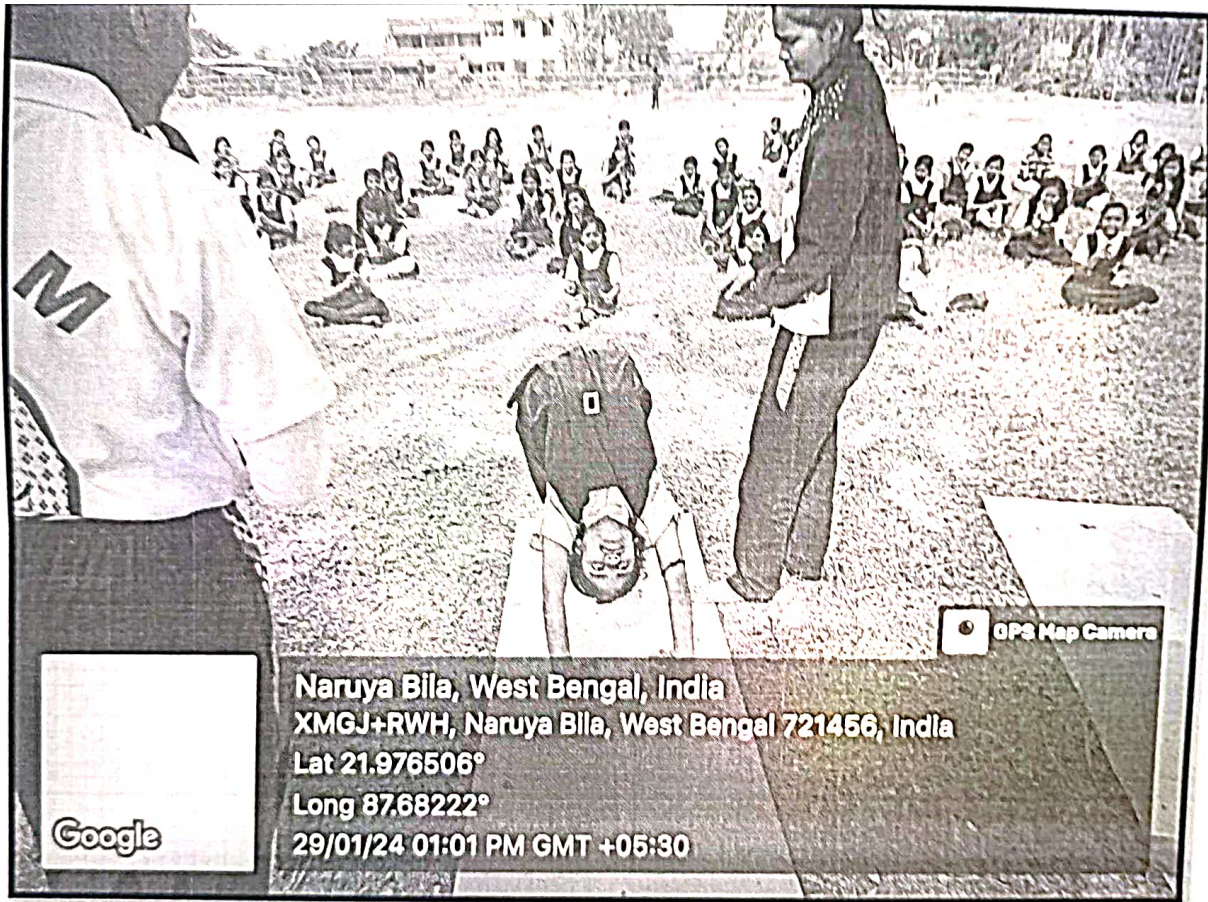
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REG. NO -

SESSION: 2022 - 2024
B.P.Ed 3rd Sem.

Lesson No.	Date	Topic	Mark	Remark	Sig
1	22/1/24	KHO - KHO	8.5		
2	22/1/24	KHO - KHO	8		
3	22/1/24	KHO - KHO	8.5		
4	24/1/24	Kabaddi	9		
5	24/01/24	Kabaddi	8.5		
6	24/01/24	Kabaddi	8		
7	27/01/24	Weight Training	8.5		
8	27/01/24	Weight Training	8.5		
9	27/01/24	Yoga	8		
10	27/01/24	Yoga	8.5		

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Out Comes :

- Developing social and personal skills of the students those who were taking the external teaching lesson.
- Developing observation and perception skills during the class.
- Adding relevance and meaning of learning
- Providing first-hand and real-world experiences
- Enhancing intrinsic motivation and interest in the subject



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- 024
- The students of Bped semester III can learn knowledge transfer and knowledge recall
 - External teaching practice can increased relevance, improved perspective-taking, and increased autonomy
 - It can also develop the concept of the students during their class.
 - This types of experience can develop understanding about the course content, performance on course assignments, and interest in the subject.
 - It can increase relatedness with instructors and peers, competence with other students of Bped

Dated: 02.02.2024

Bodhi Sahu Pradhan.
Coordinator



NARUYA BILA (H.S)

NAME	Roll
1) Titthi Chatterjee	51
2) Mila Pradhan	18
3) Chandrabati Das	09
4) Subho Roy	85
5) Sagen Mandi	75
6) Sarmistha Nayek	39
7) Punno Chandra Mandi	71



S.)
1/24
/2024

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Raghunathchak Gunadhar Vidyomandir

<u>Name</u>	<u>Roll</u>
Anamika Barman	(1)
Baisakhi Mali	(7)
Ishika Bowri	(11)
Mousumi Garai	(20)
Puja Yadav	(30)
6) Rani Hansda	(33)
7) Rajashree Mandi	(32)
8) Aparna Barman	(5)
9) Priyanka Das	(28)
10) Manbir Murenu	(64)



[Coaching Lesson Plan]

School Name - Manikjore K.K. High School

S.)

Date of going to school : 22/01/24 to 31/01/24 12024

Roll's No. - Anjali Bauri (3), Dipali Hembrom (10)

Janaki Barman (12), Prajna Paramita Das (25), Dharmoraj Sing (59), Gourav Kumar Routh (60), Somnath Pahari (82).



2. Samir Das

BARBARIA HAZRA VIDYAPITH (H.S.)

22/01/2024 to 30/01/2024

1. Soumen Maity. (83)
2. Anupam Mondal. (93)
3. Madan Mohan Ballabh. (94)
4. Abhijit Sing. (54)
5. Saroj Kumar Das. (20)
6. Atanu Gharra. (56)
7. Charanteek Dhara. (52)
8. Samir Das. (95)
9. Jirihiri Hembram. (14)
10. Shreya Sarkar. (43)



NEKURSUNI KRISHI & SILPA SIKSA SADAN

(17.1.2024 - 31.1.2024)

1. Sima Sarkar - 45
2. Pritha Biswas - 29
3. Rubi Bauri - 36
4. Pallabi Mondal - 22
5. Suprama Paul - 47
6. Ankita Mukherjee - 04
7. Joyita Borman - 13
8. Sandip Mandal - 77
9. Sanjoy Santra - 79
10. Sabuj Das - 74
11. Sandip singha - 78
12. Ujjal Subba - 92
13. Sutapa Shit - 49
14. Sheuli Mandal - 40



Dubai-Rasiknagar Vivekananda Vidyathan

Date $\Rightarrow$ 22/01/24 - 30/01/24

- ① Nantu Kumar Bag (67)
- ② Samir Jona (83)
- ③ Prithwiraj Soren (70)
- ④ Minmoy Sau (66)
- ⑤ Nitish Das (68)
- ⑥ ~~Satish~~ Shubhajit Mondal (86)
- ⑦ Shubhajit Mondal (87)
- ⑧ Joyanta Mondal (61)
- ⑨ Barsha Mondal (08)



School, Name $\rightarrow$ Bhagadori Deshapran High
School (H.S)

Date $\rightarrow$ 16.01.2024 - 31.01.2024

Name $\rightarrow$

1. Moumita Kuila
2. Puspa Mahanta
3. Priya Mondal
4. Kalpani Boruah
5. Sarifa Khatun
6. Subhashri Mondal
7. Riddita Roy
8. Sumon Mahanta
9. Priyanka Borui
10. Rahul Murmu
11. Soyel Sabbir Mia



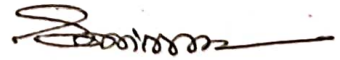
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Date - 16.01.24 - 27.01.24

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~~ବିଷୟ~~

1. Kakun Barman (15)
2. Nurima Khatun (21)
3. Anima Barman (02)
4. Shova Patra (42)
5. Shipra Hazra (41)
6. Piyali Das Mahapatra (23)
7. Tanushree Mahata (50)
8. Susanta Das (06)
9. Nibedita Dey (53)



2.02.2024

Principal

Mugberla Gangadhar Mahavidyalaya

