



KHATRA ADIASI MAHAVIDYALAYA
BANKURA UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION

LIST OF ACADEMIC ACTIVITIES (2019-2020)

SL NO.	NAME OF THE ACTIVITIES
1	STUDENT FEEDBACK
2	WALL MAGAZINE
3	NATIONAL SPORTS DAY (29TH AUGUST)
4	LEADERSHIP CAMP) (18TH TO 20TH NOVEMBER)

Nishi Roy
Head
Department of Phy. Edn.
Khatra Adibasi Mahavidyalaya

1. STUDENT FEEDBACK

STUDENT FEEDBACK ON MENTORSHIP | July 2020 - June 2020

NAME OF THE MENTOR: TITHI ROY

DESIGNATION: ASSISTANT PROFESSOR

DEPARTMENT: PHYSICAL EDUCATION



Sl	Student Name & Semester	He/She is expert in his/her fields of study. (10)	He/She is enthusiastic and always motivates us. (10)	He/She shows respect to all. (10)	He/She Meets us frequently (10)	He/She possesses great adaptability (10)	He/She encourages to value learning (10)	He/She is supportive & tries to solve our problems. (10)	He/She is responsive to our needs. (10)	He/She is an active learner also. (10)	He/She is helpful in achieving anyone's goal. (10)	Total /100	Initial/Signature of Student (with Phone Number)
1	PRIYA SAMANTA	9	10	10	10	9	10	9	9	9	10	95	Priya samanta 7365920057
2	HEMA PARBIN	9	9	10	10	10	9	10	9	9	10	95	Hema Parbin 7076373880

Alice Bhowmik
Coordinator
IQAC
Khatra Adibasi Mahavidyalaya
Khatra, Bankura



Tithi Roy
Head
Department of Phy. Edn
Khatra Adibasi Mahavidyalaya

2. WALL MAGAZINE

REPORT ON WALL MAGAZINE **2019-2020**

The wall magazine regarding sports and games, has been designed by Department of Physical Education. This occasion was held from October to March in the session of 2019 - 2020. Evolution of Indian sports and games was the main objective of the magazine.

The magazine discussed about the sports personalities and a brief discussion on Indian sports development in recent era too.

So undoubtedly the magazine was informative and helpful for the students as well as for the teachers.





The prime purpose of mobilizing Wall Magazine is to initiate writing on marvelous incidents, to develop literature-oriented habits, to provide training for the development of reading, listening, speaking and writing skills.





The students had worked really hard. Many students and teachers came from other departments as a spectator. They judged the wall magazine very well and the students were successful for their hard efforts. Their performance was very remarkable and worthy.



3. NATIONAL SPORTS DAY (29TH AUGUST)

Report 2019-2020

“The National Sports Day” Organized by Department of Physical Education.

National Sports Day is celebrated every year on 29 August to commemorate the birthday of Major Dhyan Chand whose magic with the hockey stick can never be forgotten. The day raises awareness about physical activity, sports, and overall health. Sports not only develop a sense of friendliness and team spirit but also help develop physical toughness and mental health. It shapes the body, makes it strong and active. The inauguration program started with the National Anthem followed by welcome address delivered by the H.O.D Physical Education Astit Proff Tithi Roy . TIC gave a brief speech about the National Sports day.

Students representatives presented posters about Major Dhyan Chand. They also delivered a very short speech about the biography of major Dhan Chand. Some students performed yoga asanas in a united way followed by some other minor games.

The college lays emphasis on the overall growth of the students – their physical as well as intellectual development. I hope we could lay a strong foundation of our students and seen them perform well in all the spheres of life”.



Tithi Roy
Head
Department of Phy. Edn.
Khatra Adbasi Mahavidyalaya

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DESIGNATION: ASSISTANT PROFESSOR

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1	PRIYA SAMANTA	9	10	10	10	9	10	9	9	9	10	95	Priya samanta 7365920057
2	HEMA PARBIN	9	9	10	10	10	9	10	9	9	10	95	Hema Parbin 7076373886


 Coordinator
 IQAC
 Khatra Adibasi Mahavidyalaya
 Khatra : Bankura

MENTEE RECORD

I PERSONAL INFORMATION

1. Name: PRIYA SAMANTA
2. Admission Number: _____ Reg No: 19941 of 2019-20
3. Address: VILL+P.O - DAHALA, P.S - KHATRA,
DIST - BANKURA, PIN CODE - 722160
4. Residential phone no: _____ Personal phone no: 7865019750
E-mail: Priyasamanta722160@gmail.com
5. DOB: 13 / 11 / 2000 Age: 21+ Blood Group: O+

II FAMILY PROFILE

1. Father's Name : SHYAM SUNDAR SAMANTA Phone: 9800969527
Occupation: BUSINESSMAN
2. Mother's Name : SUBHRA SAMANTA Phone: 8016173917
Occupation: HOMEMAKER
3. Category: _____ Family Income: 72000
4. No. of Siblings: 2
5. Local Residence (Tick the relevant box):
Parent's house Hostel House of relative Rented House

6. Name of the Hostel: _____

For Hostelites:

1. Local Guardian's Name : _____

2. Address: _____ P.T.O

3. Relationship with LG: _____

III. ACADEMIC INPUTS

1. Name of the previous Institution: KHATRA HIGH SCHOOL
2. Previous Course Completed: HIGHER SECONDARY EDUCATION
3. Percentage obtained in the last qualifying exam: 60.6
4. Medium of Instruction: BENGALI
5. Prizes awarded/earned in previous institutions (if any): YES

	Institution	Activity	Prize Details
Academic			
Co-Curricular			
Extra Curricular			
Cultural			
Sports	10 th A.M.S	Running (100m)	2nd position

IV. SPECIAL INTERESTS AND HOBBIES

SONG, COOKING, SPORTS

V. PERSONAL & FAMILIAL ISSUES (If Any)

VI. CO-CURRICULAR AND EXTRA CURRICULAR PERFORMANCE CHART

CO-CURRICULAR: are activities that supplement syllabi learning and enhance performance outcomes. They supplement and strengthen classroom learning. Activities like Certificate Courses in different disciplines; College sponsored Sporting Activities like Yoga Courses; Club Activities from different discipline related clubs like Literary Club, Science Club etc, are all Co-curricular Activities.

EXTRA –CURRICULAR: These are activities that are indispensable, but not directly related to curricular of college. However, they enhance the personality, well being and confidence of learners while ingraining codes of discipline and the like.NSS, NCC come under this category.

SEMESTER-I-VI :: Session: 2019-20 to 2021-22

Sl.	Description of Co-Curricular Activity	Sem.	Sl.	Description of Extra-Curricular Activity	Sem.
1	YOGA DAY		1	NSS	V-VI
2	ANNUAL SPORTS		2	NCC	V-VI
3			3		
4			4		
5			5		

SEMESTER-I-IV :: Session: 2020-21 to 2021-22

Sl.	Description of Co-Curricular Activity	Sem.	Sl.	Description of Extra-Curricular Activity	Sem.
1	YOGA DAY		1	NSS	III-IV
2	ANNUAL SPORTS		2	NCC	III-IV
3			3		
4			4		
5			5		

SEMESTER-I-II :: Session: 2021-22

Sl.	Description of Co-Curricular Activity	Sem.	Sl.	Description of Extra-Curricular Activity	Sem.
1	YOGA DAY		1	NSS	I-II
2	ANNUAL SPORTS		2	NCC	I-II
3			3		
4			4		
5			5		

P.T.O

VII. - ACADEMIC PERFORMANCE CHART



KHATRA ADIBASI MAHAVIDYALAYA FORMAT FOR MENTORING: Academic performance Chart

DEPARTMENT:

A. Information of Mentor.

1. Name : TITHI ROY
 2. Designation : ASSISTANT PROFESSOR
 3. Department : PHYSICAL EDUCATION
 4. Period of Mentoring : 2019 to 2022

B. Information of Mentee

1. Name : PRIYA SAMANTA
 2. Course : B.A PROGRAMME
 3. Year of admission : 2019-20
 4. Student ID : 19111207018
 5. Name of Hostel :
 6. Scholarship :
 7. Male/Female : FEMALE 8. Category: 9. Date of Birth: 13.11.2000
 10. Permanent Address : VILL+PO - DAHALA, P.S - KHATRA, DIST - BANKURA
 11. Phone No. :
 12. Name of Father : SHYAM SUNDAR SAMANTA
 13. Name of Mother : SUBHRA SAMANTA
 14. Name of Guardian : SHYAM SUNDAR SAMANTA
 15. Mobile No. of Guardian : 8016173917
 16. Area of Interests / Special Skill : SPORTS



Semester	Marks obtained in		Comment on Learning Attitude	Mentor-Mentee Meet		Hours Spent for Mentoring	Year of Passing	Placed After Completion
	Internal	Sem End Exam		Dates	Signature (Mentee)			
I	31	76			P. Samanta		2019-20	
	After Review							
II	34	95			P. Samanta		2019-20	
	After Review							
III	38	131			P. Samanta		2020-21	
	After Review							
IV	38	135			P. Samanta		2020-21	
	After Review							
V	39	123			P. Samanta		2021-22	
	After Review							
VI	37	130			P. Samanta		2021-22	
	After Review							

Special notes / comments by the mentor:

Tithi Roy
Signature of the Mentor

VIII - MENTORING REPORT

1. Name of Mentor : TITHI ROY
2. Department : PHYSICAL EDUCATION
3. Designation : ASSISTANT PROFESSOR
4. Period of Mentoring : Entry year 2019 Exit year 2022
[2019-2020] [Session 2021-2022]
Session
5. Mentoring Details
- i) Name of mentee : PRIYA SAMANTA
- ii) UID : 19111207018
- iii) Programme : B.A. Programme
- iv) Semester : 1st SEM
- v) Department : PHYSICAL EDUCATION
- vi) Mobile No. : 7865019750
- vii) Email ID : Priyasamanta722160@gmail.com
- viii) Issues / problems raised by the mentee (pointwise):

..... Her home is situated in an interior part.
..... so she can not able to come college everyday.
.....

- ix) Resolved by the mentor through counseling or otherwise (pointwise):

..... She was good in study good in behaviour and
..... having enormous urge to study further. I found she was
..... absent in many of my class. While I asked her
..... about the reason she revealed that she came from
..... a ^{very} rural interior and could not manage to come college
..... every day. I started taking remedial class and like this
..... at the time she was ~~absent~~ ^{absent} like this. This way I resolved
..... the problem.

.....
Tithi Roy
.....
Signature of the Mentor



MENTEE RECORD

I PERSONAL INFORMATION

1. Name: HEMA PARBIN
2. Admission Number: _____ Reg No: 13932 of 2019-20
3. Address: KHATRA SBI (NEAR), KA
4. Residential phone no: 7076373886 Personal phone no: 7076373886
E-mail: _____
5. DOB: 04/07/2002 Age: 20 Blood Group: _____

II FAMILY PROFILE

1. Father's Name : SAMSUL ANSARI Phone: 9635047895
Occupation: CAR MECHANIC
2. Mother's Name : SHAMA PEARWEEN Phone: 7076373886
Occupation: HOUSE WIFE
3. Category: OBC A Family Income: ₹2,000
4. No. of Siblings: 3 sisters, 1 BROTHER
5. Local Residence (Tick the relevant box):
Parent's house Hostel House of relative Rented House
6. Name of the Hostel: _____
For Hostelites:
 1. Local Guardian's Name : SAMSUL ANSARI
 2. Address: KHATRA S.B.I (NEAR)

P.T.O

3. Relationship with LG: FATHER

III. ACADEMIC INPUTS

1. Name of the previous Institution: KHATRA HIGH SCHOOL

2. Previous Course Completed: HIGHER SECONDARY EDUCATION

3. Percentage obtained in the last qualifying exam: 62

4. Medium of Instruction: BENGALI

5. Prizes awarded/earned in previous institutions (if any): NO

	Institution	Activity	Prize Details
Academic			
Co-Curricular			
Extra Curricular			
Cultural			
Sports			

IV. SPECIAL INTERESTS AND HOBBIES

COOKING

V. PERSONAL & FAMILIAL ISSUES (If Any)

VI. CO-CURRICULAR AND EXTRA CURRICULAR PERFORMANCE CHART

CO-CURRICULAR: are activities that supplement syllabi learning and enhance performance outcomes. They supplement and strengthen classroom learning. Activities like Certificate Courses in different disciplines; College sponsored Sporting Activities like Yoga Courses; Club Activities from different discipline related clubs like Literary Club, Science Club etc, are all Co-curricular Activities.

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SEMESTER-I-VI :: Session: 2019-20 to 2021-22

Sl.	Description of Co-Curricular Activity	Sem.	Sl.	Description of Extra-Curricular Activity	Sem.
1	YOGA DAY		1	NCC	
2	ANNUAL SPORTS		2		
3			3		
4			4		
5			5		

SEMESTER-I-IV :: Session: 2020-21 to 2021-22

Sl.	Description of Co-Curricular Activity	Sem.	Sl.	Description of Extra-Curricular Activity	Sem.
1	YOGA DAY		1	NCC	
2	ANNUAL SPORTS		2		
3			3		
4			4		
5			5		

SEMESTER-I-II :: Session: 2021-22

Sl.	Description of Co-Curricular Activity	Sem.	Sl.	Description of Extra-Curricular Activity	Sem.
1	YOGA DAY		1	NCC	
2	ANNUAL SPORTS		2		
3			3		
4			4		
5			5		

P.T.O

VII. - ACADEMIC PERFORMANCE CHART



KHATRA ADIBASI MAHAVIDYALAYA FORMAT FOR MENTORING: Academic performance Chart

DEPARTMENT:

A. Information of Mentor

1. Name : TITHI ROY
 2. Designation : ASSISTANT PROFESSOR
 3. Department : PHYSICAL EDUCATION
 4. Period of Mentoring : 2019 to 2022


B. Information of Mentee

1. Name : HEMA PARBIN
 2. Course : B.A GENERAL
 3. Year of admission : 2019
 4. Student ID : 1111902439
 5. Name of Hostel :
 6. Scholarship :
 7. Male/Female : FEMALE
 8. Category : OBCA
 9. Date of Birth : 4.07.2002
 10. Permanent Address : KHATRA SBI (NEAR)
 11. Phone No. : 7076373886
 12. Name of Father : SAMSUL ANSARI
 13. Name of Mother : SHAMA PEARNEEN
 14. Name of Guardian : SAMSUL ANSARI
 15. Mobile No. of Guardian : 7076373886
 16. Area of Interests / Special Skill :



Semester	Marks obtained in		Comment on Learning Attitude	Mentor-Mentee Meet		Hours Spent for Mentoring	Year of Passing	Placed After Completion
	Internal	Sem End Exam		Dates	Signature (Mentee)			
I	29	90			Hema Parbin		2019-20	
	After Review							
II	33	130			Hema Parbin		2019-20	
	After Review							
III	34	162			Hema Parbin		2020-21	
	After Review							
IV	39	170			Hema Parbin		2020-21	
	After Review							
V	38	158			Hema Parbin		2020-22	
	After Review							
VI					Hema Parbin		2020-22	
	After Review							

Special notes / comments by the mentor:


 Signature of the Mentor

VIII - MENTORING REPORT

1. Name of Mentor : TITHI ROY
2. Department : PHYSICAL EDUCATION
3. Designation : ASSISTANT PROFESSOR
4. Period of Mentoring :
5. Mentoring Details

- i) Name of mentee : HEMA PARBIN
ii) UID : 19111207009
iii) Programme : B.A. Programme
iv) Semester : VI
v) Department : PHYSICAL EDUCATION
vi) Mobile No. : 7076373886
vii) Email ID :

viii) Issues / problems raised by the mentee (pointwise):
.....
..... She was not comfortable with college
..... ERP process.
.....

ix) Resolved by the mentor through counseling or otherwise (pointwise):
.....
..... 1- She was quite afraid about computer, and could not
..... able to handle the college ERP, I sat with
..... her personally arranging one laboratory computer
..... and made her understand about the easy process
..... of ERP.
..... 2- Later I arrange one laboratory computer for her for
..... the purpose of practice only.

Tithi Roy

Signature of the Mentor



KHATRA ADIBASI MAHAVIDYALAYA

LEADERSHIP CAMPING PROGRAMME



2019-2020

FOR STUDENT OF SEMESTER -V

AT SUSUNIA HILL, BANKURA, WESTBENGAL

DEPARTMENT OF **PHYSICAL EDUCATION**

KHATRA ADIBASI MAHAVIDYALAYA



LEADERS TRAINING CAMP-2019-2020

FOR STUDENT OF SEMESTER -V

AT SUSUNIA HILL, BANKURA, WESTBENGAL

(FROM.18TH NOVEMBER TO 20 NOVEMBER 2019)

CAMPING EDUCATION

- To learn new skill and attitudes
- To work and worship
- To develop social consciousness and sprit of service
- To natural and human companionship

THROUGH

CAMPING ACTIVITIES

Flag hosting ceremony

Prayer

Arts and crafts

Community singing

Stunts and contests

Camp games

Group discussion

Hikes

Camp fire

Camp song

Cleanliness

Camp is not built around things. They are built around personalities.

Objectives and Goals

1. To further the welfare of campers and leaders, through camping.
2. To extend the recreational and educational benefits of out of doors living.
3. To give emphasis in camping to leadership and citizenship training in keeping with the principles and traditions of democracy.
4. To give emphasis to spiritual opportunities through camping.
5. To provide opportunities for fellowship among campers, 6. To stimulate high professional standards of camp leadership.
7. To provide for exchange of experiences and successful practices, and for development of materials, standards and other aids for the progress of P Camping.
8. To interpret camping to related groups and to the public.



PROGRAMME AT CAMP

- | | |
|-----------------------|---------------------------------------------------|
| ○ 10 A.M - | <i>Assembly, Attendance, Prayer, Flag Hosting</i> |
| ○ 11 am - 12 am- | <i>Campus Cleaning</i> |
| ○ 12.05pm - 12.30 pm- | <i>Camp Song Practice</i> |
| ○ 12.30 pm - 1.00 pm- | <i>Bathing</i> |
| ○ 1.00 pm - 1.30 pm- | <i>Lunch</i> |
| ○ 1.30 pm - 2.00 pm- | <i>Break</i> |
| ○ 2.00 pm - 3.00 pm | <i>Programme Practice</i> |
| ○ 3.15pm - 4.15 pm - | <i>Game</i> |
| ○ 5.00 pm - 5.30pm- | <i>Tiffin</i> |
| ○ 6.30 pm - 8.30 pm- | <i>Camp Fire</i> |
| ○ 9.00 pm - 9.30 pm- | <i>Dinner</i> |
| ○ 9:30- | <i>Light Off</i> |



PROGRAMME AT CAMP

<i>5.30 am-</i>	<i>Rising Call</i>
<i>6.30am-</i>	<i>Tea</i>
<i>7.00 am-</i>	<i>Assembly, Attendance, Prayer, Flag Hosting.</i>
<i>7.15 am-</i>	<i>Conditioning</i>
<i>8.15 am-</i>	<i>Cleaning up Inspection of camp unit and areas.</i>
<i>9.00 am -</i>	<i>Break Fast</i>
<i>10.00 am- 1pm</i>	<i>Rock climbing</i>
<i>1.00 pm-1.30pm-</i>	<i>Lunch</i>
<i>3.15 pm-4.15 pm -</i>	<i>Game</i>
<i>5.00 pm-5.30 pm-</i>	<i>Tiffin</i>
<i>6.30 pm-8.30 pm-</i>	<i>Camp fire</i>
<i>9.00 pm 9.30 pm-</i>	<i>Dinner</i>
<i>9.30 pm-</i>	<i>Light Off</i>



PROGRAMME AT CAMP

- 5:30 am- *Rising Call*
- 6:30 am- *Tea*
- 7:00 am -7:30 am- *Flag down*
- 7:30 am-8:30 am- *Campus cleaning*
- 8:30 am-9.00 am- *Evalution*
- 9:00am – 9:30 am- *Packing up*
- 9.30am- *CAMPING SITE -SUSUNIA HILL*



CAMP FIRE LIGHTING CEREMONY

1. SPIRIT OF CHARACTER:

"I am the spirit of Character who is spotless. With my presence in this camp, there shall be purity, Unselfishness, sportsmanship and respect for all in thought, word and deed of all the campers. Their character shall be as pure as the flame of my torch."

2. SPIRIT OF HEALTH:

"I am the spirit of Health. I shall give strength to the body, mind, and the spirit of the campers. I shall keep them free from all sickness moral, mental and physical. They shall be as powerful as the flame of my torch."

3. DEMOCRACY:

"I am the spirit of Democracy. I shall prevail over the privileges and duties of the campers. I shall enable them to establish self-Government, self-discipline and self-sacrifice. My torch is the symbol of equality of all human beings like the flames of all kinds of fire."

4. SPIRIT OF FRIENDSHIP:

"I am the spirit of Friendship. I shall establish understanding, loyalty, co-operation and love amongst all the campers. Their love shall be as bright as the brightness of my torch."

5. SPIRIT OF CITIZENSHIP:

"I am the spirit of Citizenship. I shall make the campers a happy community. They shall develop patriotism, leadership, fellowship and consideration for others, and above all the love of God and service to mankind, irrespective of race, caste, colour or creed. They shall feel as the flame of my torch."

6. SPIRIT OF FUN AND HAPPINESS:

"I am the spirit of Fun and Happiness; I shall be in this camp through rain or sunshine. I shall replace the hardships and difficulties of camp life. The flame of my torch is like the cheerfulness which overcomes all troubles."

7. ALL THE SPIRITS:

We put torches to light your campfire (First one leads and all present repeat after him). Let this fire purify our thoughts and action and make us a community united in love for the glory of God, country and mankind."

KHATRA ADIBASI MAHAVIDYALAYA

> STUDENTS NAME

1. **PIJUS SINGHA**
2. **KADAM LOHAR**
3. **INDRAJIT DULEY**
4. **HIRALAL MAHATA**
5. **RAMESH GHOSH**
6. **SALMA KISKU**
7. **RANJANA MURMU**
8. **BIKASH MANDI**
9. **TAPAS GARAI**
10. **KUNAMI**
- SAREN11. **PIYALI**
- MANDAL
12. **RAHUL MAHATA**

13. **LAKMIMONI MURMU**
14. **SUKUMAR TUDU**
15. **CHAKRADHAR SING**
16. **PRADIP SARDAR**
17. **NAMITA HEMBRAM**
18. **SAGEN MANDI**
19. **GITA MONI PAL**
20. **SAMPA MUDI**

> TEACHERS NAME

- ❖ **MONOJIT MONDAL**
- ❖ **TITHI ROY**
- ❖ **KOUSHIK MOLLIK**



Tithi Roy
Head
Department of Phy. Edn.
Khatra Adibasi Mahavidyalaya