

Report on MoU partnership related activities

(1) MoU with GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, CHINSURAH, HOOGHLY

- A Memorandum of Understanding has been signed by and between Government General Degree College, Singur, and Government Physical Education College for Women, Chinsurah, Hooghly, in 2018. This collaboration promotes cooperation between these two institutes of learning, making effective use of each of their resources, and providing each of them with enhanced opportunities within the area of Higher Education, Sports, Physical Education and Skill Based Training.
- This MoU provides a rare opportunity to the students to gain a convenient access to conventional education imparted by reputed and competent faculty, as well as build physical fitness for a healthy life and wholesome personality. The two colleges assist each other, in the interest of mutual benefit, to arrange online and offline classes on different subjects at regular basis, and also carry out joint activities in the fields of Sports Management, Physical Education and allied sciences.
- Government Physical Education College for Women, Chinsurah, Hooghly, conducts all sports and games competitions organized by Government General Degree College, Singur.
- Government General Degree College, Singur, helps to train the students of Government Physical Education College for Women, Chinsurah, Hooghly, on the emerging technological trends in order to bridge the skill gap and also train to develop communicative & research skills.

ANNUAL SPORTS of Government General Degree College, Singur conducted by experts from Government Physical Education College for women, Chinsurah, Hooghly

09.02.2018 (Friday) 100 mtr race (Boys)

Long jump (Boys)

High Jump (Boys)

Discus throw (Boys)

Shot Put (Boys)

100 mtr race (Girls)

Balance race (Girls)

Needle race (Girls)

Long jump (Girls)

20.04.2018 (Friday): Lecture at GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, CHINSURAH, HOOGHLY

Speaker-Dr. Susanta Nath

Topic- Respiratory size particles in lung function of athletes

ANNUAL SPORTS of Government General Degree College, Singur conducted by Government Physical Education College for women, Chinsurah, Hooghly

19..02.2019

100 mtr race (Boys)



Long jump (Boys)
High jump (Boys)
Discus throw (Boys)
Shot put (Boys)
100 mtr race (Girls)
Balance race (Girls)
Needle race (Girls)
Long jump (Girls)
Discus throw (Girls)

16.04.2019(Tuesday): Lecture at **GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, CHINSURAH, HOOGHLY**

Speaker-Dr. Supratim Mukherjee

Topic- Lipid metabolism and its implications in sports

ANNUAL SPORTS of Government General Degree College, Singur conducted by Government Physical Education College for women, Chinsurah, Hooghly

01.02.2020

100 mtr (Boys)
Long jump (Boys)
High jump (Boys)
Discus throw (Boys)
Shot put (Boys)
100 mtr race (Girls)
Balance race (Girls)
Needle race (Girls)

05.03.2020 (Thursday): Lecture at **GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, CHINSURAH, HOOGHLY**

Speaker- Saikat Sarkar

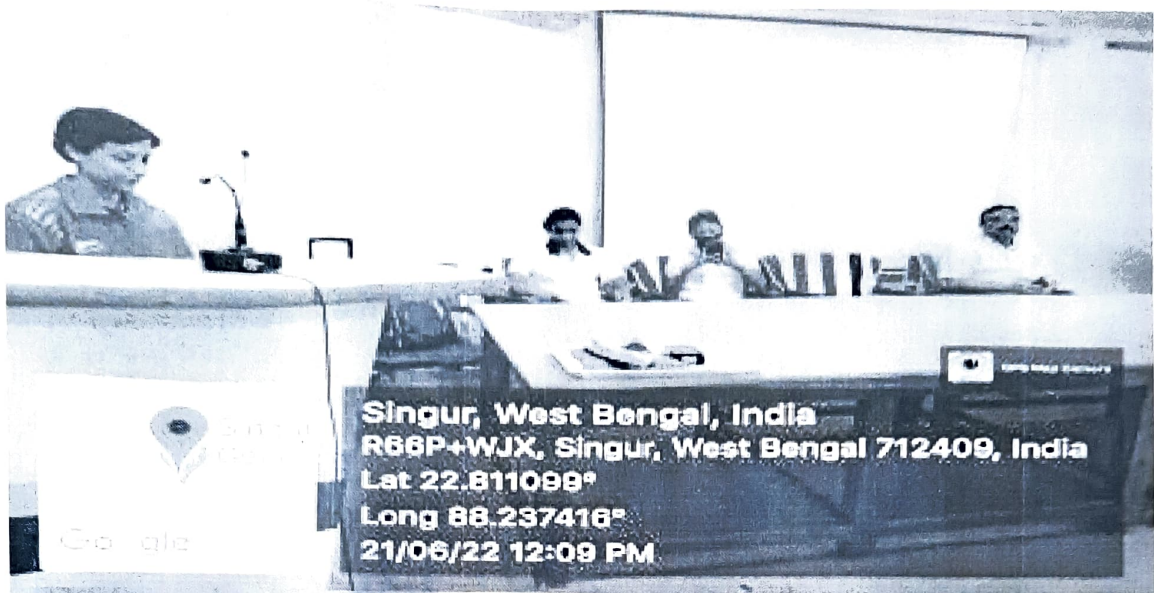
Topic- Snakes- curious bonanza

15.03.2022 (Tuesday): Lecture at **GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, CHINSURAH, HOOGHLY**

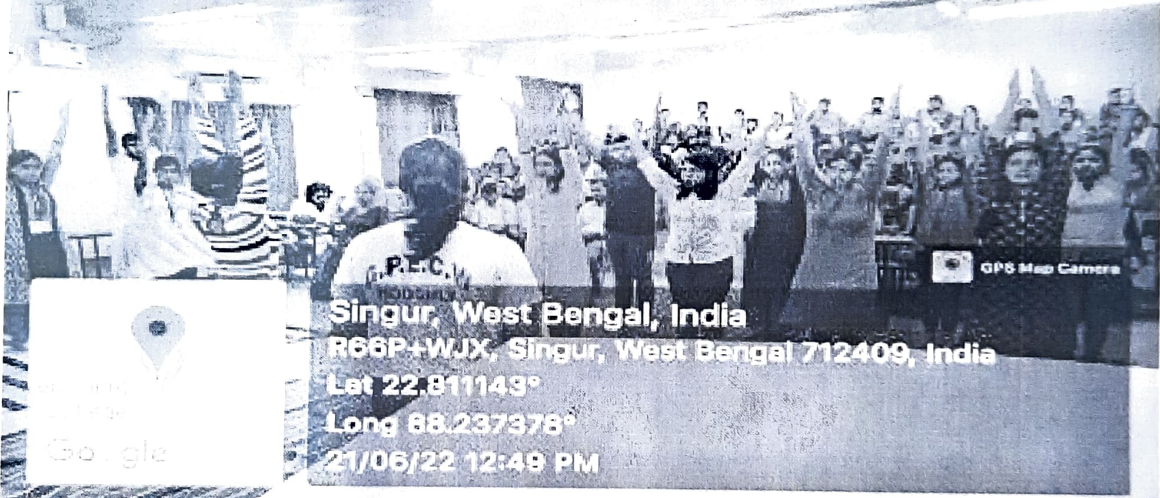
Speaker-Dr. Santanu Chakrabarti

Topic- E-Learning as a tool of modern teaching learning endeavour





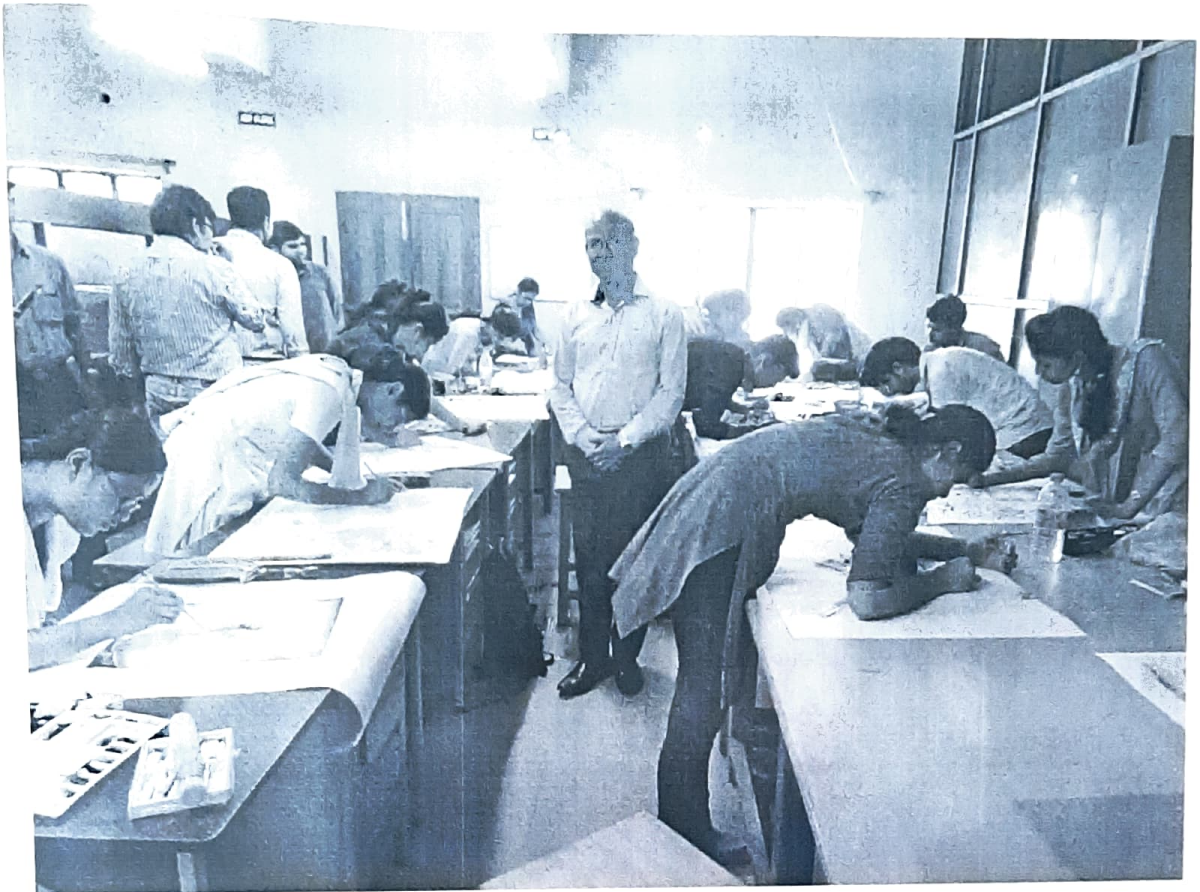
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Principal, Government Physical Education College For Women at GGDC, Singur

Date- 13.09.2018

Principal

GOVERNMENT PHYSICAL EDUCATION COLLEGE

FOR WOMEN, CHINSURAH, HOOGHLY
Dr. Shyamal Mazumder
Principal, WBSES
Govt. Physical Education College
for Women
Chinsurah (RS), Hooghly

Principal

GOVERNMENT GENERAL DEGREE COLLEGE, SINGUR

 **Principal**
Govt. General Degree College, Singur



GOVERNMENT OF WEST BENGAL
OFFICE OF THE PRINCIPAL
GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, HOOGHLY
P.O & DISTRICT: HOOGHLY PIN -712103

Rules for Inter College Yoga Competition

1. Only bonafied students of the college will be allowed to participate in the competition.
2. A college team comprises with 3(three) Male members & 3(three) Female along with one Teacher escort will be considered for the competition.
3. Champion and Runners up trophies will be awarded.
4. A token of consolidated conveyance charge will be given to the participating college
5. The Yoga competition will be held on 12th January, 2018 at 1.30 P.M and college has to report at least 30 minutes before the commencement of the competition.
6. Participants of the concerned college have to produce a certificate of the Head of the Institution with passport size photographs dully signed by the Head of the Institution.
7. No college team will be entertained without Teacher escort.
8. No accommodation will be provided to the participating college.
9. Last date of submission the entry for Inter College Yoga Competition is 15th December, 2017


Yoga Competition Schedule

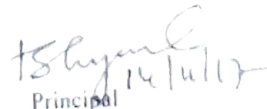
Warm up

1. Surjo Namaskar-3 mins.
2. Compulsory 5 Asanas

Sl No.	Activity	Time	
		Min. Holding time	Max. time
1.	Padahastasan	30 Sec.	1min.
2.	Ardha Matsendrasan	30 Sec.	1min.
3.	Pachimottanasan	30 Sec.	1min.
4.	Halasan	30 Sec.	1min.
5.	Sarbangasan	30 Sec.	1min.

3. Choice based 5 Asanas
Min. Holding time- 30 sec. Max. time- 1 min.


 Programme Coordinator
 (Celebration Committee)
 Govt. Physical Education
 College for Women, Hooghly


 Principal
 Govt. Physical Education College for
 Women, Hooghly



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OFFICE OF THE PRINCIPAL
 GOVERNMENT PHYSICAL EDUCATION COLLEGE FOR WOMEN, HOOGHLY
 P.O & DISTRICT: HOOGHLY PIN - 712103

Memo. No.- 449(16)/63-PROG/17

Date: 14/11/17

To

The Principal/H.O.D/O-I-C

Dr. Santam Chakraborty
Govt. General Degree College,
Singur, Hooghly, Pin - 712609

Sub: Celebration of Swami Vivekananda's 155th Birth Anniversary and Youth Physical
 Activities on & from 12th January to 17th January, 2018.

Dear Sir/Madam

I have the pleasure to inform you that the Govt. Physical Education College for Women, Hooghly is going to celebrate 155th Birth Anniversary of swami Vivekananda on 12th January, 2018 to 17th January, 2018 in the college campus.

In view of above the undersigned cordially invite you all to witness the programme as mentioned hereunder :

Sl. No.	Programme/Activity	Date
1	Inaugural Programme of Swami Vivekananda's Birth Anniversary & Inter College Yoga Competition.	12/01/18
2	Inter Govt. Physical Education College Kho-kho Championship.	13/01/18
3	Inter School Debate Competition & Inter School Mass Drill Competition.	15/01/18
4	Workshop on Teaching Internship[and preparation of format of different Lesson Plans.	16/01/18
5	Closing Ceremony and Panel Discussion on Physical Education- "Physical Education as a Challenging Profession for New Generation.	17/01/18

In connection with the above mentioned celebration an Invitational Inter College Yoga Competition will be organised by the college on 12th January, 2018 at 10.30 A.M. in the college ground and you are requested to send your Yoga team for the said competition. Rules & regulations for the Yoga competition and Entry format are attached here with. For further clarification you feel free to contact Dr. Biplob Chowdhury, Asst. Professor, Programme Co-ordinator, mob No. 9732305337.

College will be eagerly waiting for your arrival on 12th January, 2018.

With Best wishes and regards

Yours Sincerely

Prof. (Dr.) Shyamal Mazumder
 Principal, WBSES
 Govt. Physical Education College for
 Women

Principal
 Govt. Phy. Edu. College for Women
 Hooghly