

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

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

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

1st and 2nd Semester w.e.f. Session 2014-15

3rd and 4th Semester w.e.f. Session 2015-16

5th and 6th Semester w.e.f. Session 2016-17

Note: The students appearing in the 3rd Semester Exams in Dec. 2014, 4th Semester exams in April/May 2015, 5th Semester Exams in Dec. 2015 and 6th 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:

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

5th and 6th 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 Vth 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. -1st 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 21st 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 Vth 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. -2nd 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 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).
- Kang G.S. Deol N.S. “An introduction to Health and Physical Education 21st 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. – 1st and 2nd Semester (Practical)
(Health & Physical Education)
(From Session 2014-15)

Maximum Marks- 50

- | | |
|--|----------------------|
| 1. Any one game
(With ground specifications, general rules and general skills)
1. kho - kho 2. Badminton 3. Cricket | 10 Marks |
| 2. Name and identification of bones in Human Body | 10 Marks |
| 3. Athletics:
Shot Put (Measurements & Basic Techniques)
Types of Starts - Crouch Start and standing starts (Basic Technique) | (10+10) Marks |
| 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 Vth 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. -3rd 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,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 21st 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 Vth 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. - 4th 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 21st 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. – 3rd and 4th 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 Vth 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. -5th 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 21st 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 Vth 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. -6th 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 21st century” Patiala (2008).
- Singh Ajmer et. al. “Olympic Movement” Kalyani Publishers, Ludhiana, (2000).

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

Maximum Marks- 50

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

B.A.-VI Sem. Practical Exam 30-06-2021

6422-50,000-K.V.P

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, I.G.N. College, Ludhiana
(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 30 June, 2021

Subject Health & Phy. Edu. Practical Practical

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

Total No. of candidates examined (30)

Roll Nos. of candidates actually examined by the examiner

Date	Session	Roll No.
30/6/2021	10:00 am onwards	191071101, 105, 111, 120, 128, 144, 175, 180, 191,
	Conducted online	193, 196, 199, 209, 213, 214, 218, 222, 228, 230,
	Practical due to COVID-19	233, 242, 243, 248, 258, 276, 280,
		294, 302, 305, 318, 346, 360, 363,
		376, 377, 382 — <u>(30)</u>

Roll Nos. of ABSENTEES :

Date	Session	Roll No.
30/6/2021		191071148, 149, 156, 232, 272, 293, 306,
		310, 359 — <u>(9)</u>

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

Kuldeep Singh

(Full Signatures of Examiner or Examiners, as the case may be)

Name and Full address... DR. KULDEEP SINGH
(in capital letters) I.G.N. College, Ludhiana

Dated 30/7/2021

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

B.A.-IV Sem. H&PE 30 June 2021 (Responses)

Timestamp	Email Address	Score	Name of the S	Class of	Exam Roll No	Class Roll No	Contact No.	1 What	2 The fo	3 What	4 What	5 What	6 Whic	7 Whic	8 Whic	9 Which	10 On whi	Practical Fi	
6-30-2021 10:13:22	rajeev7malik@gmail	20 / 20	Rajeev Malik	B.A. IV	191071258	3162710042	8813893949	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:15:25	arora122000@gmail	18 / 20	Karan	B.A. IV	191071382	3162710072	9306655265	Body M	Body we	2 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:22:27	jaatbeniwal51@gmail	18 / 20	Sumit	B.A. IV	191071144	3162710018	9812678528	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:22:36	sr343326@gmail.com	12 / 20	Shree Ram	B.A. IV	191071193	3162710101	7027016201	Body M	Body we	2 kg	9M X	4All of th	To thro	Staggi	Throwi	Body hei	29 August	https://drive	
6-30-2021 10:24:24	rohitdabkhera@gmail	18 / 20	Rohit Kumar	B.A. IV	191071243	3162710158	9728203178	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:25:07	nitishkumarladwa@g	20 / 20	Nitish kumar	B.A. IV	191071376	3162710059	9050321425	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:26:00	himanshusain12709@	14 / 20	Himanshu sai	B.A. IV	191071111	3162710016	9499480359	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:26:13	souravramdasi85@g	14 / 20	Sourabh	B.A. IV	191071105	3162710086	7988236572	Body M	Body we	2 kg	9M X	4All of th	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:29:25	vishalnganghas123@c	20 / 20	Vishal	B.A. IV	191071196	3162710004	9499185561	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:29:31	sahibbasatiya789@g	14 / 20	Sahib basatiya	B.A. IV	191071276	3162710035	9306062960	Body M	Body we	1 kg	11M X	4All of th	To thro	Staggi	2. 50 M	Body wid	29 August	https://drive	
6-30-2021 10:29:31	ajayladwa60@gmail	14 / 20	Ajay	B.A. IV	191071346	3162710182	9279874183	Body M	Body we	1 kg	9M X	4All of th	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:29:41	princeban887@gmail	20 / 20	Prince	B.A. IV	191071199	3162710094	9053130910	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:29:53	abhiadhan4444@gmail	20 / 20	Yodhraj	B.A. IV	191071175	3162710010	8616990019	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:30:22	sachinjodha477@gm	8 / 20	Sachin Kumar	B.A. IV	191071180	3162710164	9896885349	None of	Body we	1 kg	9M X	4All of th	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:31:45	jagtarisinhjaggi222@	10 / 20	Jagtar Singh	B.A. IV	191071191	3162710020	9350965452	Body M	None of	2 kg	9M X	4Help to	To thro	Take	4	Throwi	Body hei	29 August	https://drive
6-30-2021 10:32:01	bajwasanjeew02@gm	18 / 20	Sanjeev kuma	B.A. IV	191071101	3162710104	7027150565	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:32:32	savirani38@gmail.co	12 / 20	Savi Rani	B.A. IV	191071280	3162720114	9992405628	Body M	Body we	2 kg	9M X	4Help to	To thro	Staggi	2. 50 M	Body wid	29 August	https://drive	
6-30-2021 10:32:45	nitinrathee024@gma	10 / 20	Nitin Kumar	B.A. IV	191071363	3162710142	8813873188	Body M	Body we	1 kg	9M X	4All of th	To thro	Take	4	2. 50 M	Body hei	29 August	https://drive
6-30-2021 10:34:33	ajaykumarbanwal02@	20 / 20	Ajay Kumar	B.A. IV	191071228	3162710021	7027274562	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:37:08	arunkalyan0001@gm	12 / 20	Arun Kumar	B.A. IV	191071305	3163010006	8930042266	Body M	Body we	1 kg	11M X	411M X	3	To thro	Staggi	None	Body hei	29 August	https://drive
6-30-2021 10:43:47	vishalrangalipura@	14 / 20	Suman devi	B.A. IV	191071248	3162720043	9817922246	Body M	Body we	2 kg	9M X	4All of th	To thro	Plasti	None	Body wid	29 August	https://drive	
6-30-2021 10:44:18	vishalsharma81980@	16 / 20	Vishal sharma	B.A. IV	191071230	3162710179	8222812447	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	2. 50 M	Body wid	29 August	https://drive	
6-30-2021 10:48:02	gurmansinghpanjeta	14 / 20	Gurman Singh	B.A. IV	191071377	3162710084	8649090003	Body M	Body we	2 kg	9M X	4All of th	To thro	Plasti	None	Body wid	29 August	https://drive	
6-30-2021 10:48:18	harishsirswal008@g	18 / 20	Harish kumar	B.A. IV	191071294	3162710056	8278969073	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:49:40	lalaj8930@gmail.com	12 / 20	Manish Kumar	B.A. IV	191071242	3162710148	8930220020	Body M	Body we	1 kg	9M X	4All of th	To thro	Plasti	Throwi	Body wid	29 August	https://drive	
6-30-2021 10:51:38	sahilsa491@gmail.c	6 / 20	SAHIL KUMAR	B.A. IV	191071315	3162710169	9499224238	Body M	Body we	1 kg	9M X	4All of th	To thro	Plasti	None	Body hei	28 August	https://drive	
6-30-2021 10:55:03	abhisheksirswal12d	18 / 20	Abhishek	B.A. IV	191071302	3162710058	9817185067	None of	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 10:57:27	mansisain745@gma	10 / 20	Mansi	B.A. IV	191071222	3162720098	9350065216	Body M	Body we	2 kg	9M X	4All of th	To thro	Take	4	None	Body hei	29 August	https://drive
6-30-2021 10:58:47	nehabadian786@gm	4 / 20	Neha	B.A. IV	191071214	3162720109	9671680085	Body M	Body we	3 kg	11M X	411M X	3	To thro	Landir	2. 50 M	Body we	29 August	https://drive
6-30-2021 11:05:45	abhishekratikhana@	18 / 20	Abhishek	B.A. IV	191071128	3162710098	7027008290	Body M	Body we	2 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 11:06:47	ramanbajwa040@gm	14 / 20	Raman	B.A. IV	191071233	3162710137	+91 97283 32	Body M	Body we	1 kg	9M X	4All of th	To thro	Staggi	Throwi	Body hei	29 August	https://drive	

6-30-2021 11:10:15	jasbeersingh6785@g	14 / 20	Jasbeer Singh	B.A. IV	191071213	3162710163	9467706904	Body M	None of	1 kg	9M X	4All of th	To thro	Staggi	Discus	Body wid	29 August	https://drive	
6-30-2021 11:14:00	parthmathana01@gm	18 / 20	Parth	B.A. IV	191071360	3162710151	9053965680	Body M	Body we	1 kg	9M X	4All of th	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 11:21:19	raniv7400@gmail.co	18 / 20	Varsha rani	B.A. IV	191071209	3162720110	8708495159	Body M	Body we	1 kg	9M X	4Help to	To thro	Staggi	None	Body wid	29 August	https://drive	
6-30-2021 11:44:47	kamladevi70270024	12 / 20	Meena Devi	B.A. IV	191071215	3162710168	7494955311	Body M	Body we	1 kg	9M X	4Help to	To thro	Take	4	Discus	Body hei	29 August	https://drive
6-30-2021 12:45:04	rajni34503@gmail.co	10 / 20	Rajni	B.A. IV	191071120	3162720108	8607834503	Body M	Body we	2 kg	9M X	4All of th	To thro	Staggi	Discus	Body hei	29 August	https://drive	

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