# 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
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:** 

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

<u>Note:</u> 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/May2015) 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.

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  $V^{th}$  will consists 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

- 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).

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  $V^{th}$  will consists 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

- 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 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** 

1. Any one game 10 Marks

 $(With\ ground\ specifications,\ general\ rules\ and\ general\ skills)$ 

1. kho - kho

2. Badminton

3. Cricket

2. Name and identification of bones in Human Body

10 Marks

3. Athletics: (10+10) Marks

Shot Put (Measurements & Basic Techniques)

Types of Starts - Crouch Start and standing starts (Basic Technique)

4. Viva – Voce and Practical File

10 Marks

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  $V^{th}$  will consists 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.

- 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).

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  $V^{th}$  will consists 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.

- 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

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  $V^{th}$  will consists 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

- 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).
- 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).

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#### **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.

- 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** 

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	se 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 the	eir uses)
5. Viva – Voce and Practical file	10 Marks

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		PRACTICAL ATTENDA	ANCE CHART		
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6	5330619	ABSENT	ABSENT		
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T. DW	- Lord Alle Marie Control	No. of the last of	Signature & Address of the co-examiner		
			(if any) Dr. Kuldeep Singh I.G.N. College, Ladwa(Kurukshetra)		
			ecy) along with award list in the confidential		
( 7	o be sent to the Der	outy/Asstt. Registrar (secre-	cy) along with award list in the confidential		

# PRACTICAL ATTENDANCE CHART

Chart for Preparing list of each group for practicals 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: 18-5-18 Time: 9:00 am Onward Group: TT

Sr.No.	Roll No.	Signature of the candidate before the Principal	Signature of the candidate before the Practical Examiner
23	5330735	ABSENT	ABSENT
24	5330737	5achim	Sachim
25	5330739	ABSENT	ABSENT
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27	5330778	ABSENT	ABSENT
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31	5330813	Pinki	Pinki
32	5330825	Jasbollet Rause	Jaspoelet Kaller Baswant Kaller
33	5330827	Raswantkaur	Baswaht Kahr
34	5330876	Radfa Devi	ReidRei Deví
35	5330878	Sheetal	Sheltal
36	5330907	Rity Roni	Ritu Rohi
37	5330920	Poojn	Pooja
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Total number of Candidates allotted by Principal  $\mathcal{Q}$ 

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Indira Gandhi National College

LADWA Distt. Kurukshetra

Total No. of Candidates examined by the the Examiner 28

Total no. of Candidates absent in the Examination 09 Practical

Signature of Practical Examiner Polle Address Pt. CLS Govt P.G. College Karnel

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 envelop(ES-(42)(5))