

Health and Physical Education

Lab Profile



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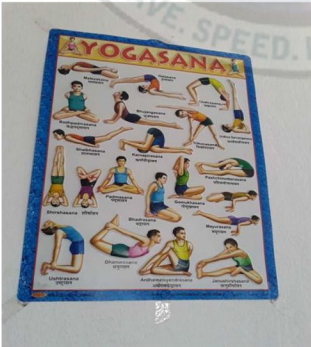
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Available Instruments of Physical Education Lab

Instruments With Their Pictures	Quantity	Purpose
	1	A measuring instrument for weighing.
	1 set	The stethoscope is an acoustic medical device for auscultation, or listening to the internal sounds of an animal or human body.
	10	For sack Race in the annual sports.

	<p>1</p>	<p>It is a football. It is used for playing football game. It is an outdoor and major game.</p>
	<p>1</p>	<p>It is required for any type of injuries and treatment.</p>
	<p>15</p>	<p>During yoga practice it is helpful to every student.</p>

	3	It is used for any type of drill and other programmes.
	10	It is also required for race in the annual sports.
	2	These are used for playing volleyball game.
	2set	The chess board is used for playing chess game.
	6	This is used for sports event. By practice of it the players can increase their endurance and reduce the weight of body.

	<p>2set</p>	<p>It is a Carom Board. It is used for playing.</p>
	<p>1</p>	<p>It is women Shot put.</p>
	<p>1</p>	<p>It is men's shot put. The shot put is a track and field event involving weight-7.265kg.</p>

Importance of Health and physical education laboratory

Physical education has a special significance, unique role and has made unlimited contribution in the modern age as it caters to the biological, Sociological and psychological necessities of the man. Physical education is of great value for the man not only for his present but also for his future health.

The importance of Physical Education in helping out the man from various self created problems arising out of modernization of the society cannot be undermined. Physical Education considers the child as a united whole of mental, social Moral, and physical qualities and provides for the optimum development of all these through of physical activities.

Physical Education through exercise and knowledge about one's body and its requirements contribute immensely to physical fitness. Regular exercise improves our physical efficiency, sense of well –being and appearance.

Physical Education lab is the place which helps the students and Teachers and teacher educators to practice different types of Activities and rehearse the performances of their game and sports.

Student's Activities





Future Plan

- Upliftment of the conditions of the lab with reference to the modern trends and research of teacher education.
- To introduce modern techniques for the new innovations of the subjects so that the interest and attitude of the students be positive towards the subjects.
- To meet up the inquisitiveness and interest of the students, instruments to be collected for the subject lab.
- For activities related to Physical Education and for providing necessary support system for student teachers.