

### 3. The Credit and Bonus Credits:

#### A) The Credit System -

The programmes of B.P.Ed. are to be run on Credit System (CS).

The term 'Credit' refers to a unit by which the programme is measured. It determines the number of hours of instructions required per week. One credit is equivalent to one hour of teaching (lecture) or one and half/two hours of practical work/field work per week. The term 'Credit' refers to the weight given to a course, usually in relation to the instructional hours assigned to it.

The total minimum credits, required for completing a B.P.Ed. Programme is 90 credits and for each semester, 20 credits.

#### B) The Provision of Bonus Credits -

Table No. 1  
Bonus Credits

| Sr. No. | Special Credits for Extra Co-curricular Activities                            | Credit |
|---------|---|--------|
| 1       | Sports participation International level Competition (Position winner)        | 6      |
|         | (Only participation)  | 4      |
|         | Sports Achievement National level Competition (Medal Winner)                  | 2      |
|         | (Only participation)  | 1      |
| 2       | Sports Achievement at State level Competition (Medal Winner)                  | 1      |
|         | (Only participation)  | 0.5    |
| 2       | Inter University Participation (position winner - any one game)               | 3      |
|         | Inter University Participation only (any one game)                            | 2      |
| 3       | Inter Collegiate Participation (min. Two games/activities)                    | 1      |
| 5       | Blood donation / Cleanliness drive / Community services / >                   | 2      |
| 6       | Mountaineering - Basic Camp, Advance Camp / Adventure Activities              | 2      |
| 7       | Organization/Officiating - Division/State/National level in any two games     | 2      |
| 8       | Organization/Officiating - University/District/Local level in any three games | 1      |
| 9       | News Reporting / Article Writing / book writing / progress report writing     | 1      |
| 10      | Research Project  | 4      |

Students can earn maximum 06 Bonus credits in each semester by his/her participation in the above mentioned activities duly certified by the Head of the institution/Department. This Bonus credit will be used only to compensate loss of credits in academic activities.

#### 4. Course:

The term 'course' usually referred to as *papers*, is a component of the programme. All courses are carrying the same weights. The courses are also defined with its learning objectives and learning outcomes. A course is designed to comprise Lectures/Laboratory work/ Field-work/Outreach activities/Project work/Vocational training/Viva/ Seminars/Quiz/Term-papers/Assignments/ Presentations/Self-study etc. or a combination of some of these.

#### 5. Courses of Programme:

B.P.Ed. Programme consists of a number of courses, the term 'Course' applied to indicate a logical part of subject matter of the programme and is invariably equivalent to the subject matter of a "paper" in the conventional sense.

The four categories of courses suggested for the B.P.Ed. Programme is

- a) Theory (Core & Elective) Courses: Part I - 400+400+400+400 = 1600
- b) Practicum: Part II - 400+300+300+200 = 1200
- c) Practice-Teaching cum School Internship: Part III - 000+100+100+200 = 400

### Teaching-Learning Process & Internship-Teaching Practices:

The B.P.Ed. programme shall be of provisioning sustained field work with trainee-learners and the school, thereby creating congenial atmosphere. The programme includes teaching basic skills in sports and games and indigenous activities giving exposure to teachers in the teaching-learning process. School internship/practice teaching includes community engagement.

The School-Internship/Teaching-Practice Programme shall have the following components: i.e. Minimum 30 lessons out of which 20 shall be in schools and 10 lessons shall be in the college/institution/department through the entire programme of B.P.Ed.

Institution shall have easy access to sufficient number of recognized elementary schools for field work and practice teaching-related activities of student-teachers. It is desirable that it has an attached secondary school of its own. The respective college/institution shall obtain undertaking from any schools (within the area of the college) willing to provide facilities for practice teaching.

### School Internship -

Trainee-learners (Pupil-teachers) are to be equipped to cater to diverse needs of trainee-learners in schools. Student-teachers are to be actively engaged in teaching at two levels, namely, upper primary and secondary. They are to be provided opportunities to teach in government and private schools with systematic supervisory support and feedback from faculty.

It is desirable that Internship in schools is to be done for a minimum duration of 04 weeks for the entire B.P.Ed. Programme (Minimum 2 weeks for one semester). This should include an initial phase of one week for observing a regular classroom with a regular teacher and would also include peer observations, teacher observations and observations of interns' lessons by faculty.

It is important that the pupil-teachers consolidate and reflect on their teaching experience during and after the school internship. Therefore, along with writing reflective projects during the internship programme, there shall be space for extended discussions and presentations on different aspects of the teaching experience after the internship.

An *internship* is an opportunity offered by one institution to potential students or students of class undergoing a training/professional programme in the institution, in one of the semester in the final year i.e. at the end of the final semester of the programme (either in any one or both of the semesters in the final year or after the end of the final semester of the programme usually).

Particularly, the programme of B.P.Ed. (2 years), Internship refers an exchange and extending of services for professional experience to be continued for 15 days/year in a school, between the student and organization so that as experienced interns of few need little or no training when they begin regular employment, such work experiences internship, during this period, the intern is expected to use the things he/she has learned in the institution and put them in to practice thus the students gain with experience in this field of study.

It is a mandatory part of the completion of the said programme.

### Duty Discharge Recording:

Internal 30 marks for be assessed on the basis of the following aspects and its record.

1. The intern shall conduct at least three assemblies for the students of whole school/organization.
2. The intern shall conduct classroom theory lessons (opted specialized teaching subject) on, at least any three lessons pertaining to any topics learned in the course.
3. The intern shall conduct practical lessons on, at least any four lessons related to any learned physical activities (Mass-Demonstrative) from the course.
4. The intern further shall conduct sports skill lesson practically, at least three lesson (specific lesson) pertaining to his or her individual game specialization.
5. The interns shall show their sincerity and dedication, discipline, while carrying out the concerned work. The efficiency as a whole of the intern should be placed on record thoroughly.

## SEMESTER - I

| Part I: THEORITICAL COURSE |   |                            |        |                |                  |             |
|----------------------------|---|----------------------------|--------|----------------|------------------|-------------|
| Total Marks: 400;          |   | Total Hours/Week/course:16 |        |                | Total Credits:16 |             |
| Course Code                | Title of the course   | Total Hours                | Credit | Internal Marks | External Marks   | Total Marks |
| BPEd<br>CC-101             | DSC-101 History, Principles and Foundation of Physical Education  | 4                          | 4      | 30             | 70               | 100         |
| BPEd<br>CC-102             | DSC-102 Anatomy and Physiology  | 4                          | 4      | 30             | 70               | 100         |
| BPEd<br>CC-103             | DSC-103 Management of Physical Education and Sports & Games   | 4                          | 4      | 30             | 70               | 100         |
| ELECTIVE COURSE (Any One)  |   |                            |        |                |                  |             |
| BPEd<br>EC-101             | DSE-101 Information & Communication Technology in Physical Education and Sports & Games   | 4                          | 4      | 30             | 70               | 100         |
| BPEd<br>EC-102             | DSE-102 Olympic Movement  |                            |        |                |                  |             |
| Part II: PRACTICAL COURSE  |   |                            |        |                |                  |             |
| Total Marks: 400;          |   | Total Hours/Week/course:20 |        |                | Total Credits:10 |             |
| BPEd<br>PC-101             | EPC-101 Track and Field: (Running Events)<br>A. Sprints, Medium<br>B. Long distance Races,<br>C. Hurdles.<br>(One event from each Race)   | 4                          | 4      | 30             | 70               | 100         |
| BPEd<br>PC-102             | EPC-102 Indoor & Water Sports: Gymnastics/Weight Lifting/ Swimming (any One Sports).  | 4                          | 4      | 30             | 70               | 100         |
| BPEd<br>PC-103             | EPC-103 Indigenous Sports:<br>A. Kabaddi / Kho-Kho And<br>B. Malakhamb/Rope Malakhamb<br>(One from each A & B)  | 4                          | 4      | 30             | 70               | 100         |
| BPEd<br>PC-104             | EPC-104 Mass Demonstration Activities:<br>A) Exercises (One from each)<br>1. without apparatus (Drills & P.T.);<br>2. with apparatus (light & other);<br>3. Marching and<br>4. Folk Dances.<br>B) Band: (Any three)<br>Bass Drum, Side Drum, Flute, and Regule.<br>C) Aerobics. | 4                          | 4      | 30             | 70               | 100         |
| <b>Total</b>               |   | 36                         | 26     | 240            | 560              | 800         |

Note: Total Number of hours required to earn 4 credits for each Theory Course are 51-60 hours per semester whereas 60-90 hours for each Practicum Course.

  
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**SEMESTER - I**

| <b>Part I: THEORITICAL COURSE</b> |  |                                   |           |                         |                |             |
|-----------------------------------|--|-----------------------------------|-----------|-------------------------|----------------|-------------|
| <b>Total Marks: 400;</b>          |  | <b>Total Hours/Week/course:16</b> |           | <b>Total Credits:16</b> |                |             |
| Course Code                       | Title of the course  | Total Hours                       | Credit    | Internal Marks          | External Marks | Total Marks |
| BPE4<br>CC-101                    | DSC-101 History, Principles and Foundation of Physical Education   | 4                                 | 4         | 30                      | 70             | 100         |
| BPE4<br>CC-102                    | DSC-102 Anatomy and Physiology   | 4                                 | 4         | 30                      | 70             | 100         |
| BPE4<br>CC-103                    | DSC-103 Management of Physical Education and Sports & Games  | 4                                 | 4         | 30                      | 70             | 100         |
| <b>ELECTIVE COURSE (Any One)</b>  |  |                                   |           |                         |                |             |
| BPE4<br>EC-101                    | DSE-101 Information & Communication Technology in Physical Education and Sports & Games  | 4                                 | 4         | 30                      | 70             | 100         |
| BPE4<br>EC-102                    | DSE-102 Olympic Movement   |                                   |           |                         |                |             |
| <b>Part II: PRACTICAL COURSE</b>  |  |                                   |           |                         |                |             |
| <b>Total Marks: 400;</b>          |  | <b>Total Hours/Week/course:20</b> |           | <b>Total Credits:16</b> |                |             |
| BPE4<br>PC-101                    | EPC-101 Track and Field: (Running Events)<br>A. Sprints, Medium<br>B. Long distance Races,<br>C. Hurdles.<br>(One event from each Race)  | 4                                 | 2         | 30                      | 70             | 100         |
| BPE4<br>PC-102                    | EPC-102 Indoor & Water Sports: Gymnastics/Weight Lifting/ Swimming (any One Sport).  | 4                                 | 2         | 30                      | 70             | 100         |
| BPE4<br>PC-103                    | EPC-103 Indigenous Sports:<br>A. Kabaddi / Kho-Kho And<br>B. Malakhamb/Rope Malakhamb (One from each A & B)  | 4                                 | 2         | 30                      | 70             | 100         |
| BPE4<br>PC-104                    | EPC-104 Mass Demonstration Activities:<br>A) Exercises (One from each)<br>1. without apparatus (Drills & P.T.);<br>2. with apparatus (light & other);<br>3. Marching and<br>4. Folk Dances.<br>B) Band. (Any three)<br>Bass Drum, Side Drum, Flute, and Bugle.<br>C) Aerobics. | 6                                 | 3         | 30                      | 70             | 100         |
| <b>Total</b>                      |  | <b>36</b>                         | <b>26</b> | <b>240</b>              | <b>560</b>     | <b>800</b>  |

Note: Total Number of Hours required to earn 4 credits for each Theory Course are 11-00 hours per semester whereas 00-30 hours for each Practical Course.

**Part B**  
**Syllabus Prescribed for Two Years M.P.Ed. (Master of Physical Education)**

**Programme: Semester I**

| Code of the Course/Subject | Title of the Course/Subject                                | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPCC-101                   | DSC-I: RESEARCH METHODOLOGY IN PHYSICAL EDUCATION & SPORTS | 60 ✓                      |

**COs**

- Determine need and scope of research in Physical Education. Design of conducting research.
- Identify potential research areas in Physical Education & Sports Sciences
- Knowledge of ethics of research.

| Unit     | Content  |
|----------|--|
| Unit I   | <b>Introduction</b> -Meaning and Definition of Research - Need, Nature and Scope of research in Physical Education. Classification of Research. Location of Research Problem. Criteria for selection of a problem. Qualities of a good researcher. Research ethics - concept, meaning and importance. (12)   |
| Unit II  | <b>Methods of Research</b> -Descriptive Methods of Research: Survey Study. Meaning of Survey. Tools of Survey Research. Questionnaire. Construction of Questionnaire. Interview. Procedure of conducting interview. Case study. Introduction of Historical Research. Steps in Historical Research. Sources of Historical Research: Primary Data and Secondary Data. Historical Criticism: Internal Criticisms and External Criticism. (12) |
| Unit III | <b>Experimental Research</b> - Experimental Research - Meaning, Nature and Importance. Meaning of Variable. Types of Variables. Experimental Design - Single Group Design. Reverse Group Design. Repeated Measures Design. Static Group Comparison Design. Equated Group Design. Factorial Design. (12)  |
| Unit IV  | <b>Sampling</b> - Meaning and Definition of Sample and Population. Types of Sampling: Probability Methods: Systematic Sampling. Cluster sampling. Stratified Sampling. Area Sampling - Multistage Sampling. Non- Probability Methods. Convenience Sample. Judgment Sampling. Quota Sampling (12)   |
| Unit V   | <b>Research Proposal and Report</b> - Characterisation of Thesis / Dissertation. Front Materials. Body of Thesis - Back materials. Method of Writing Research proposal. Thesis / Dissertation; Method of writing abstract and full paper for presenting in a conference and to publish in journals. Mechanics of writing Research Report. Footnote and Bibliography writing. (12)  |

- \*\*Activities**
1. Lecture
  2. Journals
  3. Fieldwork
  4. Library work
  5. Seminars
  6. Assignment
  7. Self-studies

**Course Material/Learning Resources**

1. Best, W. (1977) *Research in Education*, New Jersey, Prentice Hall, Inc
2. C.R. Kumar, *Research Methodology - Methods And Techniques*, New Age International Publishers, Fourth edition
3. Clarke David H & Clark H, Harrison (1984) *Research processes in Physical Education*, New Jersey, Prentice Hall Inc.
4. Craig Williams and Chris Wright (2006) *Data Analysis and Research in Sport and Exercise Science*, London: Routledge Press
5. D.N. Sainurwal, *Research Methodology And Applied Statistics*, Shipra Publications, ASIN : 933869155 ISBN-13 : 978-9338691543
6. Jerry R. Charness & Jack K. Nelson (2000) *Research Methods in Physical Activity: An Introduction to Human Kinetics*.
7. John W. Creswell, *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*, SAGE Publications, Inc. 9th edition, ISBN-13 : 978-1506186706
8. Kamlesh, M. L. (1999) *Research Methodology in Physical Education and Sports*, New Delhi: Himalaya, A. & (1995) *How to Write Thesis, Seminar, Project paper* Patilppagan.
9. Clardy A. M. *Research Processes in Physical Education* (2010), Friends Publications, New Delhi
10. Robinson, A. (1985) *Research Design and Statistics for Physical Education*, Englewood Cliffs, Prentice Hall, Inc
11. Subramanian, R., Thirumala, Kumar S & Arunagan C. (2010) *Research Method in Health, Physical Education and Sports*, New Delhi: Friends Publication.

*BRP*

Coordinator

MPCC-101

*BRP*

MPCC-101

Code of the Course/Subject Title of the Course/Subject (Total Number of Periods)

MPCC-102 DSC-2: PHYSIOLOGY OF EXERCISE 60

**COs**

- To create awareness of human body & physiological systems.
- To know the effect of exercise on various systems.
- Discuss metabolic and energy transformation.
- Associate climatic condition and sports performance.
- Describe ergogenic aids

**Unit Content**

- Unit I** **Skeletal Muscles and Exercise:** Macro & Micro Structure of the Skeletal Muscles, Chemical Composition, Sliding Filament Theory of Muscular Contraction, Types of Muscle fiber, Muscle Tone, Chemistry of Muscular Contraction – Heat Production in the Muscle, Effect of exercises and training on the muscular system. (12)
- Unit II** **Cardiovascular System and Exercise:** Heart Valves and Direction of the Blood Flow – Conduction System of the Heart – Blood Supply to the Heart – Cardiac Cycle – Stroke Volume – Cardiac Output – Heart Rate – Factors Affecting Heart Rate – Cardiac Hypertrophy – Effect of exercises and training on the Cardio vascular system. (12)
- Unit III** **Respiratory System and Exercise:** Mechanics of Breathing – Respiratory Muscles, Minute Ventilation – Ventilation at Rest and During Exercise, Diffusion of Gases – Exchange of Gases in the Lungs – Exchange of Gases in the Tissues – Control of Ventilation – Ventilation and the Anaerobic Threshold, Oxygen Debt – Lung Volumes and Capacities – Effect of exercises and training on the respiratory system. (12)
- Unit IV** **Metabolism and Energy Transfer:** Metabolism – ATP – PC or Phosphagen System – Anaerobic Metabolism – Aerobic Metabolism – Aerobic and Anaerobic Systems during Rest and Exercise, Short Duration High Intensity Exercises – High Intensity Exercise Lasting Several Minutes – Long Duration Exercises (12)
- Unit V** **Climatic conditions and sports performance and ergogenic aids:** Variation in Temperature and Humidity – Thermoregulation – Sports performance in hot climate, Cold Climate, high altitude, Influence of Amphetamines, Anabolic steroids, Androstenedione, Beta Blockers, Choline, Creatine, Human growth hormone on sports performance. Nicotine, Vitamins, Amphipamines, Caffeine, Ephedrine, Sympathomimetic amines, Stimulants and sports performance (12)

*Note: Laboratory/Practical in Physiology to be designed and arranged internally.*

- \*\*Activities**
1. Lecture
  2. Tutorial
  3. Tutorial
  4. Library work
  5. Seminars
  6. Assignment
  7. self-studies

**Course Material/Learning Resources**

1. Ashtu Kumar, R, Moses. (1993). Introduction to Exercise Physiology Madras: Poojapaga Publications.
2. Anne Waugh & Alison Goss, (2008) Rows & Wilson Anatomy and Physiology in Health and Illness, Elsevier, London.
3. Beetsu Akar (2000) Drug Education Handbook on Drug Abuse in Sports, Sports Authority of India Delhi.
4. Clabe, D.H. (1973) Exercise Physiology, New Jersey Prentice Hall Inc, Englewood Cliffs.
5. David L. Costill (2004), Physiology of Sports and Exercise, Human Kinetics.
6. Fox, C.L. and Mathews, J.K. (1991) The Physiological Basis of Physical Education and Athletics, Philadelphia: Saunders College Publishing.
7. Guyton, A.C. (1976) Textbook of Medical Physiology, Philadelphia: W. B. Saunders Co; Richard, W. Borner (1999) Sport Physiology, W.B. Saunders Publishers.
8. Sandhya Dasgupta (1995) Exercise Physiology, Sports Publishers.
9. Shaver, J. (1984) Essential and Clinical Physiology, New Delhi: Narayana Publications; Vincent, T. Marchal (2007) Human Physiology: Hypertonic Sports Publications.
10. William D Mc, Ainslie (1998) Exercise Physiology, Energy Nutrition and Human Performance, Philadelphia: Lippincott Williams & Wilkins Company.

Part A

Faculty: Interdisciplinary studies

Programme: MPEd.CBCS (Master of Physical Education) (Two year(4 sem))

POs:

1. Maintain health & Fitness of society.
2. Promote all round development of society (physical, mental, social, and spiritual)
3. Effective Communication: Speak, read, write and listen clearly in person and through electronic media.
4. Effective Citizenship: Demonstrate empathetic social concern and equity centred national development, and the ability to act with an informed awareness of issues and participate in civic life through volunteering.
5. Self-directed and Life-long Learning: Acquire the ability to engage in independent and life-long learning in the broader context socio-technological changes

PSOs:

1. Prepare physical education teacher.
2. Fulfill the need of physical education teachers of the society from grass root level to higher education.
3. Develop the need based Teaching resources in sports and Physical Education.
4. Contribute as trained Workforce to provide teaching learning support from school level to higher education.
5. Contribute as researcher in making sports policy, curriculum design and in evaluation reforms.

Employability Potential of the Programme:

**Employability in Physical Education** - Physical education is one of the developing fields of educational study as well as the profession. Physical education comprises the knowledge and study of all body activities and psychomotor activities during the playing and movement. Physical education or PE is the study of physical movement, safety and health and well-being. There is a wide range of activities linked with PE including sports, dance and weight training.

Skillset Requirements:

The applicants seeking a career in the field of physical education need to be skilled and competent. They must possess a deep understanding of the subject and practical experience in the field. By perfecting and honing the necessary skills in daily work, one can have a flourishing career in the field. Check below the necessary skills required for a coach in physical education.

**Athletic Skills**- The applicants wishing to make a career in the field must be a good athlete. He or She must reflect good health, physical condition and vitality. The applicants who are confident and strong, physically fit will be able to demonstrate the techniques needed for competitive sports and exercise routines.

**Organizational Skills**-Physical education teachers are required to have very strong organizational skills. They often coordinate the collection of parental permission forms and additional fees significant for field trips and sporting events involving other schools.

**Teaching Skills**-The physical education teachers need to be able to break down complex concepts and instructions into smaller, more manageable steps. He or she must be able to recognize which students require encouragement and deliver it when needed.

Other Skills

- Attention to Detail Skills
- Awareness of the environmental effect on human health
- Good Explanation Ability
- Interpersonal Skills
- Knowledge of Health Issues and Physical Activity
- Monitoring & Guiding skills
- Motivation, Empathy and Leadership Skills
- Observation & Analytical Skills
- Career in Physical Education: Job Profiles

These skills can be developed through our Masters programme.

Presently, the field of sports is becoming wider at the worldwide level. There are a plethora of requirements for experts in physical education. To produce such experts in Physical education and sports has been set up everywhere. Physical education and profession is a very demanding profession where one with skill, can earn handsome salary. It is a very good career with a person who wishes to spend summers regarding physical fitness.

Like the completion of this course the student may go for the highest study in sports and physical education to get a job in health and sports industries. There are several job possibilities available for the aspirants in the field of Physical Education. You can also start their own fitness centre. Check below the job profiles available in the field of physical education.

Career in Physical Education:

**Physical Education Teachers**-A Physical Education Teacher (PE teacher) is a professional responsible for developing and delivering physical education to students. PE teachers promote sports and health. They teach the students and they also monitor their health.

They also monitor the students' health, providing and developing the activities of a programme to develop their health.

**Physical Education Researcher**-Physical education researchers are responsible for conducting research and developing theories about physical education and sports.

**Physical Education Consultant**-Physical education consultants provide advice and support to schools and organizations on physical education and sports.

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help people indulge in exercise activities.

**Lifestyle Trainer** - is a mentor responsible for providing food and lifestyle changes to the people to help them fit and acquire a healthy lifestyle.

**Team Manager** - Team Managers are responsible for handling the business side of sports. Bringing in and managing media and press, organizing events and competitions etc. are some of their duties.

**Interpersonal Skills**: Teams that promote positive communication and respect among players improve motivation. Coaches who learn to communicate effectively with their athletes can deliver positive feedback and constructive criticism in ways that actually influence players. Technological precision, scouts have an entire chart of information that an athlete can run, how high they can jump and how accurate their passing.

**Critical Thinking Skills**: help athletes to perform at their best when they are under high pressure and stress. These basic thinking skills are most well-organized, athletes' performance will be improved and maintained at a high level performance even under high pressure of the professional competition.

**Consultant** - Consultants are experts in their field and are hired in organizations and institutions periodically to use and use their expertise for the overall improvement of the team.

A career in physical education can make way for a vast range of career options: from being a part of the sports, health clubs, sports goods manufacturer, marketing, commentator, sports photographer, journalism, trainer and other related options. Sportspeople on retiring can also look forward to satisfying jobs or assignments such as umpire, referees.

Also in a country like India, sports and yoga centers are at a rise. The aspirants can also see higher openings in such places. People nowadays look for jobs in the field of Physical Education and Sport as they have the best regarding rehabilitative and therapeutic modalities like Cryotherapy, Thermotherapy etc. Trained Physical Education personnel get opportunities in defense and police services with special recruitment drives.



**SEMESTER – IV**

| <b>Part I: THEORETICAL COURSE</b>                  |   |                                   |            |                |                         |             |
|--|---|-----------------------------------|------------|----------------|-------------------------|-------------|
| <b>Total Marks: 400;</b>                           |   | <b>Total Hours/Week/course:16</b> |            |                | <b>Total Credits:16</b> |             |
| Course Code  | Title of the Papers   | Total Hours                       | Credit     | Internal Marks | External Marks          | Total Marks |
| BPE4<br>CC-401                                     | DSC-401 Test, Measurement and Evaluation in Physical Education.   | 4                                 | 4          | 30             | 70                      | 100         |
| BPE4<br>CC-402                                     | DSC-402 Kinesiology & Biomechanics.   | 4                                 | 4          | 30             | 70                      | 100         |
| BPE4<br>CC-403                                     | DSC-403 Basics of Research and Statistics in Physical Education and Sports.   | 4                                 | 4          | 30             | 70                      | 100         |
| <b>ELECTIVE COURSE (Any One)</b>                   |   |                                   |            |                |                         |             |
| BPE4<br>EC-401                                     | DSE-401 Officiating and Coaching in Games and Sports.   | 4                                 | 4          | 30             | 70                      | 100         |
| BPE4<br>EC-402                                     | DSE-402 Health Education and Adapted Physical Education.  |                                   |            |                |                         |             |
| <b>Part II: PRACTICAL COURSE</b>                   |   |                                   |            |                |                         |             |
| <b>Total Marks: 200;</b>                           |   | <b>Total Hours/Week/course:8</b>  |            |                | <b>Total Credits:04</b> |             |
| BPE4<br>PC-401                                     | EPC-401 Sports Specialization: Track & Field/ Gymnastics/ Swimming/ (Any One with Internal two events)  | 4                                 | 2          | 30             | 70                      | 100         |
| BPE4<br>PC-402                                     | EPC-402 Major Team Games: Baseball/ Cricket/ Hockey/ Softball/ (Any Two)  | 4                                 | 2          | 30             | 70                      | 100         |
| <b>Part III: TEACHING PRACTICES CUM INTERNSHIP</b> |   |                                   |            |                |                         |             |
| <b>Total Marks: 200;</b>                           |   | <b>Total Hours/Week/course:12</b> |            |                | <b>Total Credits:06</b> |             |
| BPE4<br>TP-401                                     | PTP-401 Internship in practicing School<br><br>OR<br>(5 Lessons on any one Sports i.e. Track and Field/ Gymnastics / Swimming)                        | 6                                 | 3          | 30             | 70                      | 100         |
| BPE4<br>TP-402                                     | PTP-402 Specific Lessons Plans : (5 lessons on any one Team Game) Baseball/Basketball/Cricket/Football/ Handball/Hockey/Netball/Softball/ Volleyball. | 6                                 | 3          | 30             | 70                      | 100         |
| <b>Total</b>                                       |   | <b>36</b>                         | <b>26</b>  | <b>240</b>     | <b>560</b>              | <b>800</b>  |
| <b>Grand Total</b>                                 |   | <b>144</b>                        | <b>104</b> | <b>960</b>     | <b>2240</b>             | <b>3200</b> |

Note: Total Number of hours required to earn 4 credits for each Theory Course are 51-60 hours per semester whereas 60-90 hours for each Practicum Course.

**SEMESTER III**

| <b>Part I: THEORITICAL COURSE</b>                  |  |                                    |           |                |                          |             |
|--|--|------------------------------------|-----------|----------------|--------------------------|-------------|
| <b>Total Marks: 400;</b>                           |  | <b>Total Hours/Week/course: 16</b> |           |                | <b>Total Credits: 16</b> |             |
| Course Code  | Title of the Papers  | Teaching Hours/week                | Credit    | Internal Marks | External Marks           | Total Marks |
| BPEd<br>EC-301                                     | DSC-301 Sports Training  | 4                                  | 4         | 30             | 70                       | 100         |
| BPEd<br>EC-302                                     | DSC-302 Sports Sociology and Environmental Studies   | 4                                  | 4         | 30             | 70                       | 100         |
| BPEd<br>EC-303                                     | DSC-303 Educational and Sports Psychology  | 4                                  | 4         | 30             | 70                       | 100         |
| <b>ELECTIVE COURSE (Any One)</b>                   |  |                                    |           |                |                          |             |
| BPEd<br>EC-301                                     | DSE-301 Curriculum Designing   | 4                                  | 4         | 30             | 70                       | 100         |
| BPEd<br>EC-302                                     | DSE-302 Sports Medicine, Physiotherapy and Rehabilitation  |                                    |           |                |                          |             |
| <b>Part II: PRACTICAL COURSE</b>                   |  |                                    |           |                |                          |             |
| <b>Total Marks: 300;</b>                           |  | <b>Total Hours/Week/course: 14</b> |           |                | <b>Total Credits: 7</b>  |             |
| BPEd<br>PC-301                                     | EPC-301 Track and Field: (Throwing Events) –<br>1. Shot Put;<br>2. Discus Throw;<br>3. Javelin Throw; and<br>4. Hammer Throw)<br>(Any Three)   | 4                                  | 2         | 30             | 70                       | 100         |
| BPEd<br>PC-302                                     | EPC-302 Combative Sports: Boxing; Fencing; Judo; Karate; Martial Art; Taekwondo; and Wrestling.<br>(Any two)   | 4                                  | 2         | 30             | 70                       | 100         |
| BPEd<br>PC-303                                     | EPC-303 Major Team Games: Basketball/ Football/ Handball/ Netball/ Volleyball.<br>(any two)  | 6                                  | 3         | 30             | 70                       | 100         |
| <b>Part III: TEACHING PRACTICES CUM INTERNSHIP</b> |  |                                    |           |                |                          |             |
| <b>Total Marks: 100;</b>                           |  | <b>Total Hours/Week/course: 6</b>  |           |                | <b>Total Credits: 03</b> |             |
| BPEd<br>TP-301                                     | PTP-301 Specific Lesson Plans of Racket and Indigenous Sports; 10 Lessons<br>5 Lesson Plans each from Racket Sports and Indigenous Sports (Kho-Kho/ Kabaddi).<br>Out of 10 lessons 4 internal and rest 6 in practicing school. | 6                                  | 3         | 30             | 70                       | 100         |
| <b>Total</b>                                       |  | <b>36</b>                          | <b>26</b> | <b>240</b>     | <b>560</b>               | <b>800</b>  |

Note: Total Number of hours required to earn 4 credits for each Theory Course are 52-60 hours per semester whereas 60-90 hours for each Practicum Course.

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## COs

- Demonstrate an understanding of professional ethics in yoga science.
- Recognize the need to engage in lifelong learning through continuing education and research.
- Learning and professional development through self-study.
- Categorization mudras and kriyas.
- Application of Yogic science for sports performance.

## Unit

## Content

|          |   |
|----------|---|
| Unit I   | <b>Introduction: Meaning and Definition of Yoga. Asanga Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Uddhara, Dhyana, Samadhi, Concept of Yogic Practices; Principles of Breathing – Awareness – Relaxation, Sequence – Counter pose – Time – Place – Clothes – Bathing – Emptying the bowels – Stomach – Diet – No Smoking – Age – Contra- Indication – Inverted asana – Sunbathing. (12)</b>   |
| Unit II  | <b>Asana and Pranayama: Lowering exercise: Techniques and benefits. Asana: Types- Techniques and Benefits. Surya Namaskar: Methods and benefits, Pranayama: Types- Methods and benefits. Nadis: Meaning, methods and benefits, Chakras: Major Chakras- Benefits of clearing and balancing Chakras. (12)</b>   |
| Unit III | <b>Kriyas: Six Kriyas- Meaning, Techniques and Benefits of Neti – Dhani – Kapalabhati- Trataka – Nadi – Shiro, Bandha; Meaning, Techniques and Benefits of Isandra Bandha, Jihva Bandha, Uddiyani Bandha, Mula Bandha. (12)</b>   |
| Unit IV  | <b>Mudras: Meaning, Techniques and Benefits of Hasta Mudra, Anahyasthastam, Sanyuktasthastam, Mula Mudra, Kaya Mudra, Bando Mudra, Adhan Mudra. Meditation: Meaning, Techniques and Benefits of Meditation – Passive and active, Saguna Meditation and Nirguna Meditation. (12)</b>   |
| Unit V   | <b>Yoga and Sports: Yoga Supplemental Exercise – Yoga Compensation Exercise – Yoga Regeneration Exercise- Power Yoga. Role of Yoga in Psychological Preparation of athlete: Mental Wellbeing, Anxiety, Depression, Concentration, Self Actualization, Effect of Yoga on Physiological System: Circulatory, Skeletal, Digestive, Nervous, Respiratory, Excretory System.</b><br><b>Note: Laboratory Practices to be designed and arranged internally. (12)</b> |

## Activities

1. Lectures
2. Tutorials
3. Fieldwork
4. Library work
5. Seminars
6. Assignment
7. Self-studies

## Course Material/Learning Resources

1. D.P.Ram, Winning Habits, Techniques for Excellence in Sports, Pearson: First edition, 1988-15 – 876- 8131710209
2. M.L.Ghosh, Sri S.K.Ganguly, Teaching method for yoga- Practices, Kavyakalpana, 4th edition (2001), Kavyajyotsham Yoga Institute
3. R.Nagamina (Author), Dr.H.R.Nagesh (Asst Prof), Dr.Sankar P.N.Padhi, New Perspectives on Stress Management, Swami Vivekananda Yoga Prakashani, 3rd (1986)
4. George Feuerstein, (1975) Text Book of Yoga, London: Moonlight Publications (P.Ltd. Group, (1976), Anatomy and Physiology of Yogic Practices, Lotusar, Krishan Prakashan
5. Helen Papperhart (2004), The Yoga Adventure for Children, Netherlands: A Hunter House book, (Yoga), B.K.S. (2000), Light on Yoga, New Delhi: Harper Collins Publishers
6. Karelise N.V. (1993) Pratyahara and Abhyasa (Marathi Edition) Anantam, Harman VyasanPrastak Mandal
7. Kenghe, C.T. (1976) Yoga as Depth Psychology and para-Psychology (Vol.4): Historical Background, Varanasi: BharatMandira
8. Kavyajyotsham Swami & S.L. Vankar, (1965), Yogic Therapy - Basic Principles and Methods, New Delhi: Govt. of India, Central Health Education and Research
9. Moorthy A.M. & Anjan, S. (2004) Yoga Therapy: Contributions, Fischer Publications, Haryana, Swami Kavyajyotsham, (1998), Asana, Lotusar, Kavyajyotsham.
10. Swami Satyananda Saraswati (1969), Asana Pranayama Mudra Bandha, Mysore: Bihar School of Yoga
11. Swami Satyanandakrishnan, (1984), Kundalini and Tantra, Ganga Yoga Publications, Triv. Swami Sivananda, (1971), The Science of Pranayama, Chennai: A Divine Life Society Publications.
12. Thirumalai Kumar, S and Indira, S (2011) Yoga in Your Life, Chennai: The Parka Publication, Tamil (2008), Asana-Why and How, Lotusar, Kavyajyotsham.

| Code of the Course/Subject | Title of the Course/Subject                                   | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPCC-104                   | DSC-4: TEST, MEASUREMENT AND EVALUATION IN PHYSICAL EDUCATION | 60 ✓                      |

#### COs

- Develop an assessment instrument (a health & fitness test, skill test of various games and sports etc.) and a scoring system.
- Develop knowledge, skills, and abilities related to health and fitness assessment.
- Technique of Examiner (student) performance assessment of various instruments and create new tests.

#### Unit Contents

| Unit     | Contents  |
|----------|---|
| Unit I   | <b>Introduction:</b> Meaning and Definition of Test, Measurement and Evaluation, Need and Importance of Measurement and Evaluation, Criteria for Test Selection - Scientific Authenticity, Meaning, definition and establishing Validity, Reliability, Objectivity, Norms - Administrative Considerations. (12)   |
| Unit II  | <b>Motor Fitness Tests:</b> Meaning and Definition of Motor Fitness, Test for Motor Fitness, Indiana Motor Fitness Test (for elementary and high school boys, girls and College Men) Oregon Motor Fitness Test (Separately for boys and girls) - ICR test, Motor Ability, Barrow Motor Ability Test - Newton Motor Ability Test - Muscular Fitness - Kraus Weber Minimum Muscular Fitness Test. (12)  |
| Unit III | <b>Physical Fitness Tests:</b> Physical Fitness Test; AAIPEED Health Related Fitness Battery (revised in 1984), ACSM Health Related Physical Fitness Test, Rugg's physical fitness Index, Cardio vascular test, Harvard step test, 12 minutes run / walk test, Multi-stage fitness test (Beep test). (12)   |
| Unit IV  | <b>Anthropometric and Aerobic-Anaerobic Tests:</b> Physiological Testing: Aerobic Capacity: The Bruce Treadmill Test Protocol, 1.5 Mile Run test for college age males and females, Anaerobic Capacity: Margaria-Kalonen test, Wingate Anaerobic Test, Anthropometric Measurements: Method of Measuring Height, Standing Height, Sitting Height, Method of measuring Circumference: Arm, Waist, Hip, Thigh, Method of Measuring Skin folds: Triceps, Sub-scapular, Suprailiac. (12) |
| Unit V   | <b>Skill Tests:</b> Specific Sports Skill Test, Badminton: Abiter Wall Volley Test, Basketball: Johnson Basketball Test, Harrison Basketball Ability Test, Hockey: Roundel Field Hockey Test, Harbin's Hockey Test, Volleyball, Russel Lange Volleyball Test, Brady Volleyball Test, Football: Mac-Christan General Soccer Ability Skill Test Battery, Johnson Soccer Test, Mc-Donald Volley Soccer Test, Tennis: Dyer Tennis Test. (12)  |

Note: Practicals of indoor and out door tests be designed and arranged internally.

| Activities      |  |
|-----------------|--|
| 1. Lecture      |  |
| 2. Tutorials    |  |
| 3. Labwork      |  |
| 4. Library work |  |
| 5. Seminars     |  |
| 6. Assignment   |  |
| 7. Self-study   |  |

#### Course Material/Learning Resources

1. Authors Guide (2013) ACSM's Health Related Physical Fitness Assessment Manual, USA: ACSM Publications
2. Collins, A.J., & Hodges P.B. (2001) A Comprehensive Guide to Sports Skills Tests and Measurement (3rd edition) Lasham: Science Press
3. Coover F.R. (1947) Physical Fitness: Appraisal and Guidance, St. Louis: The C. Mosby Company
4. Ginnell B (1979) Physical Fitness: A Way of Life, 2nd Edition New York, John Wiley and Sons, Inc
5. Jensen, Clayton R and Cynthia, C. Hirt (1980) Measurement in Physical Education and Athletics, New York: Macmillan Publishing Co. Inc.
6. Kaur D.K. (1996) Test and Measurement in Sports and Physical Education, New Delhi: DVS Publications
7. Krishnamoorti (2007) Evaluation in Physical Education and Sports, New Delhi: New Vistas Publications
8. Vyas H. Hiranand (2005) Advanced Fitness Assessment and Exercise Prescription, 3rd Edition, Dallas TX: The Cooper Institute for Aerobic Research
9. Wilmore JH and Costill DL. (2005) Physiology of Sport and Exercise, 3rd Edition, Champaign IL: Human Kinetics
10. Yada, A.S. (2010) Test, Measurement and Evaluation in Physical Education in Physical Education and Sports, New Delhi: Friends Publications.

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPPC-181

TRACK & FIELD  
(Track event performance)

60 ✓

## COs

- Demonstrate Fundamental skills-Short and Middle distance running.
- Use of Starting blocks- stance on the blocks, Body position at the start & starting technique, Change in body position during running.
- Modified movements of the arms, stride length and frequency.
- Interpret Position of torso while running and at finish.
- Application of Advanced Skills & Various techniques of start: Sitting start, standing start and Active game practice.
- Interpretation of Lead up activities, General rules, Duties of officials
- Able to Officiating in various level Competitions and Marking of the play area.

## Content

## Performance

## For Boys- (Any Two)

1. Sprint Events - 100 Mts./200 Mts.
2. Hurdles 110 mts.
3. Middle Distance Running 800mts / 1500mts

## For Girls- (Any Two)

1. Sprint Events - 100 Mts./200 Mts.
2. Hurdles 100 mts.
3. Middle Distance Running 800mts.

## Fundamental skills

## -Short and Middle distance.

1. Use of Starting blocks- stance on the blocks.
2. Body position at the start- starting technique, change in body position during running, movements of the arms, stride length and frequency, position of torso while running and at finish.

## Advanced Skills

## Various techniques of sprint start:

-Bull start &amp; standing start.

## Active game practice

Distribution of marks for game Examination is given below:

Performance of any two track events:

| Sl. No. | Roll No. | Event 1     |                 | Event 2     |                 | Project Report | Class Work | Total |
|---------|----------|-------------|-----------------|-------------|-----------------|----------------|------------|-------|
|         |          | Performance | Style/Technique | Performance | Style/Technique |                |            |       |
|         |          | 10          | 10              | 10          | 10              |                |            |       |
|         |          |             |                 |             |                 | 20             | 10         | 30    |

(The performance table is given in appendix.)

## Activities

1. Demonstration
2. Tutorials
3. Fieldwork
4. sports and game Seminars
5. Assignment
6. Self practice

## Notes:

- Students' Project report on Track Events Must be written by their handwriting (Details regarding all track events, various styles and techniques of each event.)
- Tournaments held at National and International levels, Distinguished sports events and personalities related to the events.
- Warming-up- General free hand exercises, specific work out, Fundamental skills, Lead up activities, General rules and their interpretations, Duties of officials, officiating in class competitions and Intramurals, Marking of the play area.

30/1/2019  
 P.P.C.  
 MPPC-181

Chandrasekhar  
 P.P.C.  
 MPPC-181  
 MPPC-181

| Code of the Course/Subject | Title of the Course/Subject                      | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPPC- 102                  | SPECIALIZATIONS IN INDIGENOUS GAME (INDIAN GAME) | 60                        |

#### COs

- Explain History of the various Indigenous games.
- Able to design and prepare play fields, Equipment's and materials required.
- Demonstrate Fundamental skill, Lead up games, system of play, rules, Regulations of game, Officials and their signals.
- Create and explain Strategy's, Techniques, Tactics in game situation.
- Give original example and application various Methods of coaching.
- Evaluate Modern trends in the game, latest record, awards of the game.

#### Content

The Candidate has choice to select any one of the following games in the Indian Game Specialization in 1st Semester.

1. Kabaddi
2. Kho-Kho
3. Mallakhamb (Boys)
4. Epp-mallakhamb (girls)

Distribution of marks for game Examination is given below:

| Sl. No. | Skill No. | Knowledge + application skill | Playing efficiency | Utilizing self-defense | Project Report | Visit score | Total |
|---------|-----------|-------------------------------|--------------------|------------------------|----------------|-------------|-------|
|         |           | 20                            | 20                 | 10                     | 10             | 10          | 70    |

#### \*\*Activities

1. Demonstration
2. Tutorial
3. Fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

Note: History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in own hand writing at the time of exam.

| Code of the Course/Subject | Title of the Course/Subject | (Total Number of Periods) |
|----------------------------|-----------------------------|---------------------------|
| MPPC- 103                  | YOGA                        | 60                        |

#### COs

- Able to demonstrate proficiency at the Yoga-asana.
- Understand execute Kriya in yoga.
- Explain key concepts of Pranayama and its benefits.
- Learning Aerobics and its practical uses.
- Demonstrate and categorization of Mudras.

#### Content

- Yoga Asana: Ewing, Standing and Laying Asana
- Suryanamaskar (12 count)
- Kriya: Shodhi Kriya, Jalneti, Nalineti, Dighabandhi, Kungul, Nadi
- Pranayama (Bhastika, Pranayama, Anulom-vilom, Kapalabhati)
- Aerobics (Rhythmic Aerobics - dance, Low impact aerobics, High impact aerobics, being successful in exercise and adaptation to aerobic workout.)
- Mudras (Eight types of Mudra)
- Bandha

Distribution of marks for game Examination is given below:

| Sl. No. | Skill No. | Yogasana (Two Asana choice & one exercise choice) | Surya Kriya* | Pranayama* Aerobics* Mudras* Bandha* (Yes/No) | Project Report | Total |
|---------|-----------|---|--------------|---|----------------|-------|
|         |           | 20  | 10           | 10  | 10             | 50    |

#### Activities

1. Demonstration

2. Tutorials
3. Fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPPC- 104

TEACHING/COACHING LESSON  
ATHLETICS (TRACK EVENTS)

90

**COs**

- Develop proficiency in taking teaching classes in Track events under school/college situation.
- Provided teaching experience to students.
- Interpret Methods of coaching, Officials and their signals.
- Evaluate Modern trends in the game, latest record, awards of the game.

**Content**

The students need to develop proficiency in taking teaching classes in Track events under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the first semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for game Examination is given below:

| Sl. No. | Roll No. | Lesson plan. | Knowledge of subject | Teaching aptitude | Use of audio-visual aids | Class Control (Student Creativity/Aid) | Total |
|---------|----------|--------------|----------------------|-------------------|--------------------------|--|-------|
|         |          | 10           | 20                   | 30                | 10                       | 10                                     | 70    |

**\*\*Activities**

1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

*Signature*

*Signature*

✓  
**Semester II**

| Code of the Course/Subject | Title of the Course/Subject                                | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MIPCC-201                  | DSC-1: APPLIED STATISTICS IN PHYSICAL EDUCATION AND SPORTS | 60                        |

**COs**

- Convert a problem description into testable research hypotheses.
- Select appropriate statistical tools to investigate a research hypothesis.
- Select standard experiment designs, with application of statistical analysis of research hypothesis.
- Application of computer software for statistics.

| Unit         | Content  |
|--------------|--|
| Unit I       | <b>Introduction</b><br>Meaning and Definition of Statistics, Fraction, need and importance of Statistics, Types of Statistics, Meaning of the terms, Population, Sample, Data, types of data, Variables, Discrete, Continuous, Parametric and non-parametric statistics. (12)  |
| Unit II      | <b>Data Classification, Tabulation and Measures of Central Tendency</b><br>Meaning, uses and construction of frequency table, Meaning, Purpose, Calculation and advantages of Measures of central tendency – Mean, median and mode (12)  |
| Unit III     | <b>Measures of Dispersion and Scales</b><br>Meaning, Purpose, Calculation and advances of Range, Quartile, Deviation, Mean Deviation, Standard Deviation, Probable Error, Meaning, Purpose, Calculation and advantages of scoring scales, Sigma scale, Z Scale, Hall scale (12)  |
| Unit IV      | <b>Probability Distributions and Graphs</b><br>Normal Curve: Meaning of probability-Principles of normal curve – Properties of normal curve, Divergence from normality – Skewness and Kurtosis, Graphical Representation in Statistics, Line diagram, Bar diagram, Histogram, Frequency Polygon, Ogive Curve (12)  |
| Unit V       | <b>Inferential and Comparative Statistics</b><br>Tests of significance: Independent "Y" test, Dependent "Y" test – chi – square test, level of confidence and interpretation of data, Meaning of correlation – co-efficient of correlation – calculation of co-efficient of correlation by the product moment method and rank difference method, Concept of ANOVA and ANCOVA (12)<br><b>Note :</b> It is recommended that the theory topics be accompanied with practical, based on computer software of statistics. |
| **Activities | 1. Lecture<br>2. Tutorials<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self studies   |

**Course Material/Learning Resources**

1. Best J. W (1977) Research in Education, New Jersey, Prentice Hall, Inc.
2. Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.
3. Jerry R. Thomas & Jack K. Nelson (2000) Research Methods in Physical Activities, Boston; Human Kinetics.
4. Kaulash, M. L. (1999) Research Methodology in Physical Education and Sports, New Delhi: Rastharn A. (1987) Research Design and Statistics for Physical Education, Englewood Cliffs: Prentice Hall, Inc.
5. Prof. J. P. Verma (A Text Book on Sports Statistics, SPORTS PUBLICATION, First edition (1 Jan. 2019); Sports Publication- 7/26, Ground Floor, Ansari Road, Darya Ganj, Delhi
6. Prof. J. P. Verma, Statistics for Psychology, SPORTS PUBLICATION, First edition (1 Jan. 2019); Sports Publication- 7/26, Ground Floor, Ansari Road, Darya Ganj, Delhi
7. Sravanakrishnan, S. (2006) Statistics for Physical Education, Delhi, Francis Publication, Thiruvananthapuram (1998); Statistics in Physical Education, Kanyakumari, Venukumar Publications.
8. <https://www.researchgate.net/publication/321111111>



Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPCC-202

DSC-2: SPORTS BIOMECHANICS AND KINESIOLOGY

60

COs

1. Describe terminology of sports biomechanics and Kinesiology.
2. Identify biomechanical, health, physiological, and psychological limitations to and interventions for improving physical performance.
3. Identify and explain the mechanisms underlying biomechanical, physiological changes that occur during after acute and chronic exercises.
4. Understand how mechanical principles can be applied to the analysis of human movement to assess and improve performance and reduce risk of injury.
5. Application of mechanical principle to analysis human movement for performance.
6. To design safety devices.
7. To prepare a mode of reduce the risk of injury.
8. To invent and event new techniques, styles of various sports.

| Unit         | Content   |
|--------------|---|
| Unit I       | <b>Introduction</b><br>Meaning, nature, role and scope of Applied kinesiology and Sports Biomechanics. Meaning of Axis and Planes, Dynamics, Kinematics, Kinetics, Statics- Centre of gravity -Line of gravity plane of the body and axis of motion. Vectors and Scalars.(12)   |
| Unit II      | <b>Muscle Action</b><br>Origin, Insertion and action of muscles: Pectoralis major and minor, Deltoid, Biceps, Triceps (Anterior and Posterior), Trapezius, serratus, Sartorius, Rectus femoris, Abdominis, Quadriceps, Hamstring, Gastrocnemius.(12)  |
| Unit III     | <b>Motion and Force</b><br>Meaning and definition of Motion. Types of Motion: Linear motion, angular motion, circular motion, uniform motion. Guiding principles of motion, Principles related to the law of Inertia, Law of acceleration, and law of counter force. Meaning and definition of force- Sources of force -Force components. Force applied at an angle - friction, Spin - Centripetal force - Centrifugal force.(12)   |
| Unit IV      | <b>Projectile and Lever</b><br>Freely falling bodies -Projectiles -Equation of projectile stability Factors influencing equilibrium - Guiding principles for stability -static and dynamic stability. Meaning of work, power, energy, Kinetic energy and potential energy. Leverage - classes of lever - practical application. Water resistance - Air resistance-Aerodynamics.(12)<br><b>Note:</b> Laboratory practical should be designed and arranged for students internally. |
| Unit V       | <b>Movement Analysis</b><br>Analysis of Movement: Types of analysis: Kinesiological, Biomechanical, Cinematographic. Methods of analysis - Qualitative, Quantitative, Predictive, Mechanical analysis of track and field events.(12)  |
| **Activities | 1. Lecture<br>2. Tutorials<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-studies  |

## Course Material/Learning Resources

1. Deshpande S.H.(2002). Manav-Krya Vigyan - Kinesiology (Hindi Edition) Anuravi: Hanuman Vidyapeeth Prakash Mandal.
2. Hoffman S.J. Introduction to Kinesiology (Human Kinesiology publications) 2005. Seven Roy, A. Richard Irwin (1987). Sports Medicine. New Jersey: Prentice Hall. Thomas. (2001) Manual of structural Kinesiology, New York: Mc Graw Hill.
3. Uppal A.K. Lawrence Mahto MP Kinesiology (Friends Publication India, 2004)
4. Uppal, A (2004). Kinesiology in Physical Education and Exercise Science. Delhi Friends publications.
5. Williams M (1982) Biomechanics of Human Motion. Philadelphia: Saunders Co.
6. Hoy, James G. The Biomechanics of Sports Techniques, Fourth Edition (Englewood cliffs, New Jersey: Prentice Hall, 1993)
7. Hoy, James G. and Reid J. (1986). Anatomy, Mechanics and Human motion, Second Edition (Englewood cliffs, New Jersey: Prentice Hall, 1988).
8. Robertson, D. Costello E. et. Al. Research Methods in Biomechanics. (Champaign ill.: Human Kinetics publications, 2004)
9. La Rainech, M. (2000). Mechanical Aspects of human motion (Malabar publish): Aspen Publications, 2000)

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPCC-203

DSC-3: INFORMATION &amp; COMMUNICATION TECHNOLOGY (ICT) IN PHYSICAL EDUCATION

60

## COs

1. Describe information and communication technology.
2. The purpose and scope of ICT in physical education.
3. Application basic ICT skills in planning and teaching at school level, create web-based learning environment using virtual classrooms and web based educational applications.
4. To educate required social, ethical, and legal issues surrounding technology.
5. To create scoring and recording of raw data and organizing using ICT.
6. Learn to design sport related software.
7. Use a system map or a block diagram to identify the components of an ICT system.

| Unit         | Content   |
|--------------|---|
| Unit I       | <b>Communication &amp; Classroom Interaction</b><br>Concept, Elements, Process & Types of Communication Communication Barriers & Facilitators of communication, Communicative skills of English - Listening, Speaking, Reading & Writing Concept & Importance of ICT Need of ICT in Education Scope of ICT: Teaching Learning Process, Publication Evaluation, Research and Administration, Challenges in Integrating ICT in Physical Education(12) |
| Unit II      | <b>Fundamentals of Computers</b><br>Characteristics, Types & Applications of Computer Hardware of Computer: Input, Output & Storage Devices Software of Computer: Concept & Types Computer Memory: Concept & Types Viruses & its Management Concept, Types & Functions of Computer Networks Internet and its Applications Web Browsers & Search Engines Legal & Ethical Issues(12)  |
| Unit III     | <b>Software and Applications</b><br>MS-Word: Main Features & its Uses in Physical Education ; MS Excel: Main Features & its Applications in Physical Education ; Jamovi, SPSS: Creating a Database, Creating a Table, Queries, Forms & Reports on Tables and its Uses in Physical Education; MS-Power Point: Preparation of Slides with Multimedia Effects MS Publisher: Newsletter & Brochure. (12)  |
| Unit IV      | <b>ICT Integration in Teaching Learning Process</b><br>Approaches in Integrating ICT in Teaching Learning Process Project Based Learning (PBL), Co-Operative Learning Collaborative Learning ICT and Constructivism: A Pedagogical Dimension(12)  |
| Unit V       | <b>E-Learning &amp; Web Based Learning</b><br>E-Learning, Web Based Learning, Virtual Classroom(12)   |
| **Activities | <ol style="list-style-type: none"> <li>1. Lecture</li> <li>2. Tutorials</li> <li>3. Fieldwork</li> <li>4. Library work</li> <li>5. Seminars</li> <li>6. Assessment</li> <li>7. Self-studies</li> </ol>  |

## Course Material/Learning Resources

1. B. Ram, New Age International Publication, Computer Fundamental, Third Edition-2006
2. Brain trustr IDG Book (India) Pvt Teach Yourself Office 2000, Fourth Edition-2001
3. Douglas E. Comer, The Internet Book, Purdue University, West Lafayette in 2005
4. Hindi: Hindi Low price Edition, Microsoft Office Word 2003-2004
5. IITL Education Software Ltd. Introduction to Information Technology, Research and Development Wing, 2006
6. Pradyot K. Sinha: APPril Sinha, Foundations computing DPP Publications-2006.
7. Rebecca Dodge- Altman Peach pit Press, Power point for windows, 1999
8. Sanjay Saxena, Vikas Publication House, Pvt. Ltd. Microsoft Office for ever one, Seventh Edition-2006
9. Tom J. Cleghon, Acikla H. Zwinderman, SPSS for Statistcs, Springer, 2010 edition
10. J.P. Venosa, Data Analysis in Management with SPSS Software, Springer, 2013 edition

## COs

- To know the concept of sports management.
- Differentiate between formal, informal and co-curricular activity.
- Outline the process of designing curriculum.
- Analysis of various models of curriculum. Incorporate an understanding of ethical, legal, and socio-cultural issues in managerial decision making and policy determinations in sport.
- Employ sound principles of strategic planning, financial management, risk management, and human resource management in sport.
- Apply a fundamental knowledge and practical understanding of sport marketing, communication, and event management principles.
- Creative use of available resources.

| Unit         | Content   |
|--------------|---|
| Unit I       | <b>Introduction to Management</b><br>Modern concept and scope of Management, Functions and Importance of Management; Qualities and responsibility of Manager. Base of philosophy in Management; Competency approaches and implementation in physical education and sports Management; Progressive concepts of management; General Administration theories, Personnel and Material management, Management for instruction and activities programming. (12)   |
| Unit II      | <b>Financial management in Physical education and Sports</b><br>Financial management of education, sports in schools, Colleges and Universities; Cost Accounting and controlling; Funds, discretionary funds and Auditing; Criteria of a good Budget, Steps of budget preparation (12)  |
| Unit III     | <b>Management of Programme, Facilities, Equipment and supplies.</b><br>Programme Management-Instructional Management, selecting, teaching activities, selection teaching aid and materials, class management grouping of students, Dress, roll, roll, class size Time allotment, scheduling, criteria for evaluating the instructional programme, problem of instrumental programme. Management of competitions & Participations intraschool (intra-collegiate, Inter-school, and Handicapped, Management of Equipment and supplies Need, selection, purchase, storing, Issuing and maintenance of equipment & supplies. (12) |
| Unit IV      | <b>Legal Aspects Supervision in Physical education and sport</b><br>Legal Aspects of Management: Legal implications for requiring physical education, legal liability, Rights, School, state, college, code, University code & Creption, code related to physical education and sports. Concept and techniques of supervision; Principles and functions of Supervision Personality trait of Supervision; Nature, need and concept of Evaluation, Follow-up (12)   |
| Unit V       | <b>Marketing, Sponsorship and Future trends of Management</b><br>Concept of Marketing, Marketing management of competitive sports, Factors affecting on marketing programme; Advertisement and Multimedia; Role of sponsorship in sports management; Concept and need of system approach and its implementation in physical education and sports (12)   |
| **Activities | 1. Lecture<br>2. Tutorial<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-studies   |

## Course Material/Learning Resources

- Barrow H. M. "Man and Movement: Principles of Physical Education," Lea & Febiger, Philadelphia, USA, 1977 (Ch. II)
- Bunnie, L. (1991). The Management of Sports. St. Louis: Mosby Publishing Company, Park House.
- Bucher C. A. "Administration of Physical Education & Athletic Programmes", 20 edition, St. Louis: the C.V. Mosby Co., 1979.
- Rubin W.H. & Bruckner L.J., "Supervision: A Social Process", Appleton - Century - Crofts, Inc. New York Third Edition, 1953.
- Chakrabarty & Samson. (1990). Sports Management. New Delhi: Sports Publication.
- Charles, A. Bucher & March, L. Keener (1991). Management of Physical Education and Sports. St. Louis, Mosby Publishing Company.
- Chelladurai, P. (1999). Human Resources Management in Sports and Recreation. Human Kinetics.
- Dr. M. L. Chidder, "Leadership - Book for Youth, Parents and Teachers", Pratham Sahityam - Sri Sree Sri Sports and Publications Trust, 2004.
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- Chakrabarty, P. & Samson, L. (1990). Sports Management. New Delhi: Sports Publication.

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Chairperson

11. Harry Scott and Richard B. West-Kemper-From Programmes to faculties in Physical Education, Harper and Brothers, New York.
12. John, E. Nease & Ann, E. Jewett. (1964). Physical Education Curriculum, New York: The Ronald Press Company.
13. Rensis Likert, "New Patterns of Management", McGraw Hill, Kogakusha Ltd, New Delhi, 1961.
14. Williams, J.P. (2002). Principles of Physical Education. Meerut: College Book House.
15. Valmidevi Singh. Sports Management, New Delhi: Lakshay Publication.

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPPC- 201

TRACK & FIELD  
(FIELD EVENTS PERFORMANCE)

60

COs

- Demonstrate Fundamental skills-
  - A. Jumping Events(High Jump/Long Jump/Triple Jump)
  - B. Throwing Events(Shot-put/Discus/ Javelin/Hammer Throw)
- Knowing the importance ofwarming-up- general free hand exercises, specific work out related to the events.
- Use and maintain of Field, equipment, jumping pit, the board etc.
- Discuss the body position in the runway & jumping / vaulting technique and Change in body position during running, jumping, and throwing.
- Application of Advanced Skills & Various techniques of:
  - A. Jumping Events(High Jump/Long Jump/Triple Jump)
  - B. Throwing Events(Shot-put/Discus/ Javelin/Hammer Throw)
- Interpretation of Lead up activities, General rules, Duties of officials
- Able to Officiating in various level Competitions and Marking of the play area.

| Unit         | Content  |             |          |                   |       |                    |    |                |           |       |                |           |             |       |  |  |    |    |    |    |    |    |    |
|--------------|--|-------------|----------|-------------------|-------|--------------------|----|----------------|-----------|-------|----------------|-----------|-------------|-------|--|--|----|----|----|----|----|----|----|
|              | <p><b>Performance</b><br/>(Any One from Each Group)</p> <ol style="list-style-type: none"> <li>1. Jumping Events<br/>(High Jump/Long Jump/Triple Jump)</li> <li>2. Throwing Events<br/>(Shot-put/Discus/ Javelin/Hammer Throw)</li> </ol>  |             |          |                   |       |                    |    |                |           |       |                |           |             |       |  |  |    |    |    |    |    |    |    |
|              | <p>Active game practice</p> <p>Performance of any two track events:</p> <p>Distribution of marks for game Examination is given below:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th rowspan="2">Sl. No.</th> <th rowspan="2">Roll No.</th> <th colspan="2">Event 1 (Jumping)</th> <th colspan="2">Event 2 (Throwing)</th> <th rowspan="2">Project Report</th> <th rowspan="2">Viva Voce</th> <th rowspan="2">Total</th> </tr> <tr> <th>Performance</th> <th>Style</th> <th>Performance</th> <th>Style</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>10</td> <td>10</td> <td>10</td> <td>10</td> <td>20</td> <td>10</td> <td>50</td> </tr> </tbody> </table> <p>(The performance table is given in appendix.)</p> | Sl. No.     | Roll No. | Event 1 (Jumping) |       | Event 2 (Throwing) |    | Project Report | Viva Voce | Total | Performance    | Style     | Performance | Style |  |  | 10 | 10 | 10 | 10 | 20 | 10 | 50 |
| Sl. No.      | Roll No.   |             |          | Event 1 (Jumping) |       | Event 2 (Throwing) |    |                |           |       | Project Report | Viva Voce | Total       |       |  |  |    |    |    |    |    |    |    |
|              |  | Performance | Style    | Performance       | Style |                    |    |                |           |       |                |           |             |       |  |  |    |    |    |    |    |    |    |
|              |  | 10          | 10       | 10                | 10    | 20                 | 10 | 50             |           |       |                |           |             |       |  |  |    |    |    |    |    |    |    |
| **Activities | <ol style="list-style-type: none"> <li>1. Deconcentration</li> <li>2. Funerals</li> <li>3. Fieldwork</li> <li>4. sports and game Sessions</li> <li>5. Assignment</li> <li>6. Self-practice</li> </ol>  |             |          |                   |       |                    |    |                |           |       |                |           |             |       |  |  |    |    |    |    |    |    |    |

Notes

- Athlete's Project report on Field Events must be written by own handwriting (Details regarding all Field events, various styles and techniques of each event.)
- Tournaments held at National and International levels, Distinguished sports awards and personalities related to the events. Warming-up-General free hand exercises, specific work out, Fundamental skills, Lead up activities, Official rules and their interpretations, Duties of officials, officiating in a fair competition and interpretation, Marking of the play area.

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPPC- 202

TEAM GAMES SPECIALIZATION  
(FOREIGN GAME)

60

COs

- Explain History of the various foreign games.
- Able to design and prepare the play fields, Equipment's and materials required.
- Demonstrate Fundamental skill, Lead up games, system of play, rules, Regulations of game, Officials and their signals.
- Create and explain Strategy's, Techniques, Tactics in game situation.
- Give original example and applications various Methods of coaching.
- Evaluate Modern trends in the game, latest record, awards of the game.

Unit Content

The Candidate has choice to select any one of the following games as the Specialization in 2nd Semester

|            |            |
|------------|------------|
| Baseball   | Volleyball |
| Basketball | Cricket    |
| Football   | Handball   |
| Hockey     | Softball   |

Distribution of marks for game Examination is given below:

| Sr. No. | Roll No. | Knowledge of fundamental skill | Playing efficiency | Officiating (with Game) | Project Report | Viva voce | Total |
|---------|----------|--------------------------------|--------------------|-------------------------|----------------|-----------|-------|
|         |          | 20                             | 20                 | 10                      | 10             | 10        | 30    |

\*\*Activities

1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

Note: History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in either way handwriting at the time of exam.

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPPC- 203

PRACTICAL I.C.T.

90

COs

- Describing the influences of ICT history.
- Acknowledging the role of technologies in modern society and its potential.
- Comprehend the role of MS software in physical education, like MS Word, MS Excel, MS PowerPoint.
- Create E-mail address, send E-mail, and receive E-mail ID.
- Internet: Searching Web-site, Searching information on the Internet about a pre-established topic.
- Use ICT to refine basic and complex motor skills and apply them to increasingly complex games, activities and sport-specific situations.

Content

The Examination will be conducted in any two items selected by examiner and also two choice items of the examination from the following contents.

The contents of the computer practical is follows:

MS Word: Copy file & paste, Create file, Create & save, File open, Print, save & delete, create file

MS Excel: Create & save, Sorting, Ascending and descending number, Year, average &

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Chairperson  
H.C.C.

MSKAP Phys. Edu. College  
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**M.S. PowerPoint:** Create slides, background color, slide effects, hide slide, Presentation.

**E-mail:** Create E-mail address, send E-mail, receive E-mail ID

**Internet:** surfing Web-site, download, Searching information on the Internet about a pre-established topic.

Distribution of marks for ICT Examination is given below:

| Sl. No. | Roll No. | Examiner Choice (2 Items) | Candidate Choice (2 Items) | Total |
|---------|----------|---------------------------|----------------------------|-------|
|         |          | 20                        | 20                         | 70    |

\*\*Activities

1. Demonstration
2. Tutorials
3. Selfwork
4. sports and game Seminars
5. Assignment
6. Self-practice

Code of the Course/Subject

MPPC-204

Title of the Course/Subject

TEACHING / COACHING  
LESSON ATHLETICS  
(FIELD EVENTS)

(Total Number of Periods)

00

**COs**

- Develop proficiency in taking teaching classes in field events under school/college situation.
- Provide teaching experience to students.
- Interpret Methods of coaching, Officials and their signals.
- Evaluate Modern trends in the game, latest record, awards of the field events.

**Content**

The students need to develop proficiency in taking teaching classes in field events under school situation. In view of this, the students shall be provided with teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the annual semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for ICT Examination is given below:

| Sl. No. | Roll No. | Lesson plan | Knowledge or observation | Teaching aptitude | Use of materials/signals | Class Control (Student Creativity/ Ability) | Total |
|---------|----------|-------------|--------------------------|-------------------|--------------------------|---|-------|
|         |          | 10          | 20                       | 20                | 10                       | 10  | 70    |

\*\*Activities

1. Demonstration
2. Tutorials
3. Selfwork
4. sports and game Seminars
5. Assignment
6. Self-practice

## Semester 3

| Code of the Course/Subject | Title of the Course/Subject                     | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPCC-391                   | DSC-1: Scientific Principles of Sports Training | 60                        |

## COs

- Develop physical conditioning programs based on scientific principles
- Design physical fitness programs.
- Improve and evaluate coaching styles, including coaching objectives and philosophy.
- enhance sports performance
- Develop teaching strategies.
- Enable to Understand Periodization of training for team Games & Individual sports season.

| Unit         | Content  |
|--------------|--|
| Unit I       | <b>Introduction:</b> Sports training: Definition - Aim, Characteristics, Principles of Sports Training, Over Load: Definition, Causes of Over Load, Symptoms of Overload, Remedial Measures - Super Compensation - Altitude Training - Cross Training (12)   |
| Unit II      | <b>Components of Physical Fitness:</b> Strength: Methods to improve Strength: Weight Training, Isometric, Isotonic, Circuit Training, Speed: Methods to Develop Speed: Repetition Method, Downhill Run, Parachute Running, Wind Sprints, Endurance, Methods to Improve Endurance: Continuous Method, Interval Method, Repetition Method, Cross Country, Fartlek Training (12)  |
| Unit III     | <b>Flexibility:</b> Methods to improve the Flexibility- Stretch and Hold Method, Ballistic Method, Special Type Training: Plyometric Training, Training for Coordinative abilities: Methods to improve Coordinative abilities: Sensory Method, Variation in Movement Execution Method, Variation in External Condition Method, Combination of Movement Method, Types of Stretching Exercises (12)  |
| Unit IV      | <b>Training Plan:</b> Training Plan: Macro Cycle, Meso-cycle, Short Term Plan and Long Term Plans - Periodization: Meaning, Single, Double and Multiple Periodization, Preparatory Period, Competition Period and Transition Period (12)   |
| Unit V       | <b>Doping:</b> Definition of Doping - Side effects of drugs - Dietary supplements - Blood Doping - The use of erythropoietin in blood boosting - Blood doping control - WADA and NADA introduction and function, The testing programmes - Problems in drug detection - Blood testing in doping control: IOC list of doping classes and methods, Problems with the supply of medicines Subject to IOC regulations: Over-the-counter drugs (OTC) - prescription only medicines (POMs) - Concealed drugs (CDs), Reporting test results - Education (12) |
| **Activities | 1. lecture<br>2. tutorials<br>3. fieldwork<br>4. library work<br>5. Seminars<br>6. assignment<br>7. self-studies<br>Note: Physicals of indoor and out-door tests be designed and arranged internally   |

## Course Material/Learning Resources

1. Benusaika, (2000), Drug Education Handbook on Drug Abuse in Sports, Delhi: Sports Authority of India.
2. Hunt, J.N. (1998) Scientific Principles of Coaching, New Jersey Engle Wood Cliffs, Prentice Hall Inc.
3. Carl, E. Klafis & Daniel, D. Arntzen (1999) Modern Principles of Athletic Training St. Louis C.V. Mosby Company
4. Daniel, D. Arntzen (1991) Principles of Athletic Training, St. Louis, Mosby Year Book
5. David B. Mastran (1996) Drugs in Sport, School of Pharmacy, Liverpool, John Moores University
6. Gony, T. Moran (1997) - Cross Training for Sports, Canada: Human Kinetics Bookery Singh (1991) Science of Sports Training, New Delhi, DVS Publications
7. Louis, C.R. & Pieber, A.D. (2000) Scientific Basis of Athletic Conditioning, Philadelphia Kinfit, P. Meiter (1998) Concepts of Athletics Training 2nd Edition, London: Jones and Bartlett Publications
8. Yoganandan (2003), Sports Training, Delhi: Sports Publications

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Coordinator  
MPCC  
TJVNDRP The Edu College  
Yamunanagar

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Chairperson  
MPCC  
TJVNDRP The Edu College  
Yamunanagar

| Code of the Course/Subject | Title of the Course/Subject ✓              | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPC302                     | DSC-II<br>Sports Medicine & Rehabilitation | 60                        |

#### Out

- Educate regarding clinical reasoning skills in the clinical education setting.
- Co-operate and facilitate injured players.
- Provide students with hands-on training through handling injured players.
- Clarify therapeutic modules for sport injuries.
- Develop understanding of the key concepts of underpinning Sport Rehabilitation and prevention of injuries.
- Build on pre-existing skills of anatomy and physiology and develop them to a more advanced level.
- Develop the ability to reflect on, and critically evaluate, their own performance within a wider professional and academic outline.

| Unit   | Content   |
|--|---|
| Unit I   | <b>Introduction:</b> Meaning and concept of sports medicine, Aims & objectives of Sports medicine, Need & scope of sports medicine in physical education & sports sciences, History of sports medicine in India & abroad, Role of physical education teacher/coaches in athlete's care & rehabilitation (12)  |
| Unit II  | <b>Injury in Sports:</b> Definition of acute, sub-acute and chronic injuries: Soft tissue injuries: injury to skeletal muscle, tendon strain, pull, cramp, muscle tears (myositis) and tendinitis. Injuries to Cartilage & ligaments sprain, Synovitis and tear. Injuries to Hard tissue: skull injuries, Fractures and its types, Dislocation: common joints involve in Dislocation (12) |
| Unit III   | <b>Injuries management:</b> Spine injuries and their management, Common regional injuries (Head, Neck, Face, Thorax, Abdomen, Pelvis), Upper (Shoulder, elbow, wrist & fingers) & Lower limbs (Hip, Knee, Ankle & foot), Overuse problems and their management. (12)  |
| Unit IV  | <b>First aid:</b> Principle and techniques of Strapping and Bandages, Care and treatment of exposed and unexposed injuries in sports, First aid to Fractures, Advantages and Disadvantages of PRICE & PRINCE therapy, First aid box, contents of first aid box & its requirement on play field. (12)  |
| Unit V   | <b>Basis of Rehabilitation:</b> Types of stretching: Isometric, Isometric, Isokinetic & PNF stretching, Advantages, contraindications of stretching, Supporting and aiding techniques & equipment for rehabilitation, Principles pertaining to the prevention of sports injuries (care and treatment). (12)   |
| <b>Note:</b> Each student shall submit Physiotherapy record of attending the Clinic and observing the cases of athletic injuries and their treatment procedure (To be assessed internally) |   |
| **Activities   | 1. Lecture<br>2. Tutorial<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignments<br>7. Self-studies  |

#### Course Material/Learning Resources

1. Dubony J. Mem. Work. Model D(2000) Track & Field, Englewood Cliffs, Prentice Hall Inc.
2. Fliegel, Melissa J. Sport first aid, Human Kinetics, 2013
3. Luce, M.V. (1971) Massage and Medical Gymnastics, London: J & A Churchill Ltd.
4. Mc-Goyard Young (1958) Tests and Measurement, New York: Appleton Century
5. Neri, C. L. (1967) Manual of Massage and Movement, London: Fehrs and Fehrs Ltd.
6. Radtome, J.J. (1963) Corrective Physical Education, London: W.B. Saunders & Co
7. Stullweiss/Kelly (1986) Prevent (sex) Corrective Physical Education, New York.
8. Park, J.B. and Park, K. "Preventive and Social Medicine". 1982
9. Bock, Yashpal "Social and preventive Medicine", Anandam and Sons, New Delhi, 1983.
10. Ghosh, S.N. "Hygiene and Public Health", Calcutta Scientific Publishing Co. 1989
11. Anderson, C.L. and Cheswell, William H. "School Health Practice", St. Louis The M. Mosby Company, 1966.
12. Pender, P.K. and Gangepathy, S.R. "Health Education for School Children, Friends publication, New Delhi, 1991.



Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPCC-303

D5C-3: Health Education and Sports Nutrition

60

## COs

- Contribute to the sports nutrition and dietetic fields in the different sports environments, including Nutrition Education and Research on Sports Nutrition.
- Demonstrate cultural competence in providing nutrition information and care, including knowledge of multicultural food practices, community programs and disparities in food, nutrition and healthcare.
- Understand the role of nutrition in maintaining health and performance.

| Unit         | Content  |
|--------------|--|
| Unit I       | <b>Health Education:</b> Concept, Dimensions, Spectrum and Determinants of Health, Definition of Health, Health Education, Health Instruction, Health Supervision, Aim, objective and Principles of Health Education, Health Service and guidance instruction in personal hygiene(12)  |
| Unit II      | <b>Health Problems in India:</b> Communicable and Non Communicable Diseases; Obesity, Malnutrition, Adaptation in food, Environmental sanitation, Explosives, Population, Personal and Environmental Hygiene for schools, Objective of school health service, Role of health education in schools, Health Services - Care of skin, Nails, Eye health service, Nutritional service, Health appraisal, Health record, Healthful school environment, first-aid and emergency care etc. (12) |
| Unit III     | <b>Hygiene and Health:</b> Meaning of Hygiene, Type of Hygiene, dental Hygiene, Effect of Alcohol on Health, Effect of Tobacco on Health, Life Style Management, Management of Hypertension, Management of Obesity, Management of Stress(12)   |
| Unit IV      | <b>Introduction to Sports Nutrition:</b> Meaning and Definition of Sports Nutrition, Role of nutrition in sports, Basic Nutrients guidelines, Nutrients: Ingestion to energy metabolism (Carbohydrate, Protein and Fat), Role of carbohydrates, Fat and protein during exercise(12)  |
| Unit V       | <b>Nutrition and Weight Management:</b> Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control, Maintaining a Healthy Lifestyle, Weight management program for sporty child, Role of diet and exercise in weight management, Design diet plan and exercise schedule for weight gain and loss. (12)   |
| **Activities | 1. Lecture<br>2. Tutorial<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-study  |

## Course Material/Learning Resources

- Bucher, Charles A. "Administration of Health and Physical Education Programs". Delton, Overhoffer, et. al. "The School Health Education"
- Ghosh, B.N. "Textbook of Hygiene and Public Health".
- Hinton, John I. "Principles of Public Health Administration" 2003. Turner, C.E. "The School Health and Health Education".
- Moss and et. Al. "Health Education" (National Education Association of U.T.A.) Norris A. "The School Health Education" (Holt and Brothers, New York).
- Nutrition Encyclopedia, edited by Dolores C.S. James, The Gale Group, Inc.
- Boyd-Eaton S. et al (1989) The Stone-Age Health Programme: Diet and Exercise in Native Inuit. Angus and Robertson.
- Terras S. (1994) Stone, How Your Diet can Help: The Practical Guide to Positive Health Using Diet, Vitamins, Minerals, Herbs and Amino Acids, Thomas.

*[Signature]*  
 Associate Professor  
 HVS

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 Chairperson  
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| Code of the Course/Subject | Title of the Course/Subject                   | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPEC 301                   | <b>OSE-1</b><br>Sports Engineering (Elective) | 60                        |

#### COs

- Understand the sport engineering and associated technology.
- General Principles and purpose of
- Instrumentation in sports.
- Describe the basic structure and function of connective, muscle and nerve cells and tissues, and their interactions in the musculoskeletal and nervous systems.
- Understanding the construction and maintenance of infrastructure.

| Unit         | Content   |
|--------------|---|
| Unit I       | <b>Introduction to sports engineering and Technology:</b> Meaning of sports engineering, human motion detection and recording, human performance, assessment, equipment and facility designing and sports related instrumentation and measurement. (12)   |
| Unit II      | <b>Mechanics of engineering materials:</b> Concept of internal force, axial force, shear force, bending moment, torsion, energy method to find displacement of structure, strain energy. Biomechanics of daily and common activities – Gait, Posture, Body levers, ergonomics, Mechanical principles in movements such as lifting, walking, running, throwing, jumping, pulling, pushing etc. (12)  |
| Unit III     | <b>Sports Dynamics:</b> Introduction to Dynamics, Kinematics to particles – rectilinear and plane curvilinear motion coordinate system, Kinetics of particles – Newton's laws of Motion, Work, Energy, Impulse and momentum. (12)   |
| Unit IV      | <b>Building and Maintenance:</b> Sports Infrastructure- Gymnasium, Pavilion, Swimming Pool, Indoor Stadium, Out-door Stadium, Play Park, Academic Block, Administrative Block, Research Block, Library, Sports Hotels, etc.<br><br><b>Requirements:</b> Air ventilation, Day light, Lighting arrangement, Galleries, Store rooms, Office, Toilet Blocks (M/F), Drinking Water, Sewage and Waste Water disposal system, Changing Rooms ( M/F), Sound System (Acoustic), Internal arrangement according to need and nature of activity to be performed, Corridors and Gates for free movement of people, Emergency provisions of lighting, fire and exits, Eco-friendly water surrounding, Maintenance staff, financial consideration. (12) |
| Unit V       | <b>Building process-</b> design phase(including brief documentation), construction phase functional/occupational life, Re-evolution, refurbish, demolish. Maintenance policy, preventive maintenance, corrective maintenance, record and register for maintenance.<br><br><b>Facility life cycle costing:</b> Basics of theoretical analysis of cost, total life cost concepts, maintenance costs, energy cost, capital cost and taxation. (12)   |
| **Activities | 1. Lecture<br>2. Tutorials<br>3. Videos<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-study   |

#### Course Material/Learning Resources

1. Franz K. F. et. al., Editor, *Routledge Handbook of Sports Technology and Engineering* (Routledge, 2013)
2. Steve Nake, Editor, *The Engineering of Sport* (CRC Press, 1996)
3. Franz K. F. et. al., Editor *The Impact of Technology on Sports II* (CRC Press, 2007) Helge N., *Sports Aerodynamics* (Springer Science & Business Media, 2009)
4. Yuelin Hong, Editor *Routledge Handbook of Ergonomics in Sport and Exercise* (Routledge, 2013)
5. Jenkins M., Editor *Materials in Sports Equipment, Volume I* (Elsevier, 2001) Colin Whit, *Projectile Dynamics in Sport: Principles and Applications*
6. Eric C. et al., Editor *Sports Facility Operations Management* (Routledge, 2010)

MPEC302

DSE-I ✓  
Physical Fitness and Wellness  
(Elective)

60

## CO4

- Understand the basic principles of warming up and cooling down prior to training and their implication for safe participation.
- Understand the physical fitness requirements for undertaking a training programme in which all parts of the body are worked at intensities appropriate for high levels of performance.
- Understand how to improve performance & health related fitness components.

| Unit         | Content   |
|--------------|---|
| Unit I       | <b>Introduction:</b> Meaning and Definition of Physical Fitness, Physical Fitness Concepts and Techniques, Principles of physical fitness, Physiological principles involved in human movement, Components of Physical Fitness. Leisure time physical activity and identify opportunities in the community to participate in this activity, Current trends in fitness and conditioning, components of total health fitness and the relationship between physical activity and lifelong wellness. (12) |
| Unit II      | <b>Nutrition:</b> Nutrients, Nutrition labelling information, Food Choices, Food Guide Pyramid, Influences on food choices-social, economic, cultural, food sources, Comparison of food values, Weight Management-proper practices to maintain, lose and gain, Eating Disorders, Proper hydration, the effects of performance enhancement drugs (12)  |
| Unit III     | <b>Aerobic Exercise:</b> Cardio respiratory Endurance Training: proper movement forms, i.e., correct stride, arm movements, body alignment, proper warm-up, cool down, and stretching, monitoring heart rates during activity, Assessment of cardio respiratory fitness and set goals to maintain or improve fitness levels Cardio respiratory activities including i.e. power walking, pacer test, interval training, incline running, distance running, aerobics and circuits (12)                  |
| Unit IV      | <b>Anaerobic Exercise:</b> Resistance Training for Muscular Strength and Endurance: principles of resistance training, Safety techniques (spotting, proper body alignment, lifting techniques, spinal awareness and proper breathing techniques) Weight training principles and concepts, basic resistance exercises (including free hand exercise, free weight exercise, weight machines, exercise bands and tubing, medicine balls, fit balls) Advanced techniques of weight training. (12)         |
| Unit V       | <b>Flexibility Exercises:</b> Flexibility Training, Relaxation Techniques and Core Training, Safety techniques (stretching protocol, breathing and relaxation techniques) types of flexibility exercises (i.e. dynamic, static), Develop basic competency in relaxation and breathing techniques, Pilates, Yoga (12)  |
| **Activities | 1. Lectures<br>2. Tutorials<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-studies   |

## Course Material/Learning Resources

1. Davis K. Miller & T. Barfield, Fitness, Abolition of common sense, Subject Publications Delhi 1989.
2. DiCorleone Judy, The complete guide to the postural fitness, A & C Black Publishers Ltd 35 Bedford Row, London 1998
3. Dr A. K. Uppal, Physical Fitness, Fitness Publications (India), 1992 Warner W. K. Ogden & Sharon A. Hoeger, Fitness and Wellness, Mosby Publishing Company, 1996.
4. Hinchwell & Keady, Special fitness for women, B. T. Batsford Ltd London, 1986.
5. Evely R. Foster, Earyn Hariger & Katherine A. Smith, Fitness For Human Kinetics Publishers 2002.
6. Lawrence, Debbie, Exercise Music, A & C Black Publishers Ltd 37, Soho Square, London 1999
7. Robert Malt, 90 Day fitness plan, D.K. publishing, Inc 95 Madison Avenue, New York 2001

B. Prasad  
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Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

NPEC-305

OSE-1  
Sports Technology (Elective)

60

## COs

- To familiarise the students with the latest technology involved in sports and games.
- General Principles and purpose of instrumentation in sports, Understand technological advancement.
- Perform and report on the exploratory analysis of data collected using sportstechnology.
- Instrumentation in sports/science of Sports Materials, Information regarding modern equipment and Training Gadgets.

| Unit  | Content   |
|---|---|
| Unit I  | <b>Sports Technology</b> : Meaning, definition, purpose, advantages and applications. General Principles and purpose of instrumentation in sports, Workflow of instrumentation and business aspects. Technological impacts on sports. (12)  |
| Unit II   | <b>Science of Sports Materials</b> : Adhesives- Nano glue, nanomoulding technology, Nano turf. Foot wear production. Factors and application in sports, constraints. Foams- Polyurethane, Polystyrene, Styrofoam, closed-cell and open-cell foams, Neoprene, Foam. Smart Materials - Shape Memory Alloy (SMA), Thermo chromic film, High-density oxidizing foam (12)  |
| Unit III  | <b>Surfaces of Playfields</b> : Modern surfaces for playfields, construction and installation of sports surfaces. Types of materials - synthetic, wood, polyurethane. Artificial turf. Modern technology in the construction of indoor and outdoor facilities. Technology in manufacture of modern play equipment. Use of computer and software in Match Analysis and Coaching. (12)  |
| Unit IV   | <b>Modern equipment</b> : Playing Equipment: Balls: Types, Materials and Advantages, Bat/Stick/ Racquets: Types, Materials and Advantages. Clothing and shoes: Types, Materials and Advantages. Measuring equipment: Throwing and Jumping Events. Protective equipment: Types, Materials and Advantages. Sports equipment with nano technology. Advantages. (17)  |
| Unit V  | <b>Training Gadgets</b> : Basketball: Ball Feeder, Mechanism and Advantages. Cricket: Bowling Machine, Mechanism and Advantages. Tennis: Serving Machine, Mechanism and Advantages. Volleyball: Serving Machine Mechanism and Advantages. Lighting Facilities: Method of erecting Flood Light and measuring luminous. Video Coverage: Types, Size, Capacity, Place and Position of Camera in Live coverage of sporting events. (12) |
| <p><b>Note:</b> Students should be encouraged to design and manufacture improved sports testing equipment in the laboratory/workshop and visit sports technology factory/ sports goods manufacturers.</p> |   |
| **Activities  | 1. Lecture<br>2. Tutorials<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-studies  |

## Course Material/Learning Resources

## REFERENCE:

1. Charles J.A. Cant, F.A.A. and Furness, J.A.G. (1987) "Selection of Engineering Materials" UK: Butterworth-Heinemann.
2. Fryer, R.A and Toynon P.K. (1999) "Engineering Materials and their Applications" UK: John Publisher.
3. John Margolis, (2001), "Nano Technology 101", New York: Green wood publishing group. Walla, I.S. Principles and Methods of Education (Paul Publishers, Jalandhar), 1999.
4. Kothari, S.K. Methods and Techniques of Teaching (New Delhi, Jalandhar, Sterling Publishers Pvt. Ltd., 1982)
5. Kottler, Conrad and Jackson, Methods in Physical Education (W.B. Saunders Company, Philadelphia and London), 1977.

Code of the Course/Subject

Title of the Course/Subject

(Total Number of Periods)

MPPC-301

MPPC 301  
Individual Game Specialization

60

## COs

- Student get History of the game, Measurement and Preparation of the Fields, Equipment and materials required.
- Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and Regulations of game.
- Methods of coaching, Officials and their signals.
- Modern trends in the game, latest record of the game awards.

| Content  |          |  |                    |                         |                |           |       |
|--|----------|--|--------------------|-------------------------|----------------|-----------|-------|
| The Candidate has choice to select any one of the following games as the Specialization in 3rd Semester. |          |  |                    |                         |                |           |       |
| Badminton, Archery, Table Tennis,  |          |  |                    |                         |                |           |       |
| Lawn Tennis, Judo, Karate,   |          |  |                    |                         |                |           |       |
| Boxing, Wrestling, Swimming  |          |  |                    |                         |                |           |       |
| Distribution of marks for game Examination is given below:   |          |  |                    |                         |                |           |       |
| Sl. No.  | Part No. | Knowledge of Fundamental skill   | Playing efficiency | Officiating of the Game | Project Report | Viva voce | Total |
|  |          | 20   | 20                 | 10                      | 10             | 10        | 70    |
| **Activities   |          | 1. Demonstration<br>2. Tutorials<br>3. fieldwork<br>4. sports and game Seminars<br>5. Assignment<br>6. Self-practice |                    |                         |                |           |       |

Note: History of the game, Measurement and Preparation of the Fields, Equipments and materials required, Fundamental skill, Lead up games, Techniques, Tactics, system of play, rules and regulations of game, Methods of coaching, Officials and their signals, Modern trends in the game, latest record of the game awards.

The student will submit the project report in his/her own handwriting at the time of exam.

Code of the Course/Subject  
MPPC-302Title of the Course/Subject  
INTERNSHIP(Total Number of Periods)  
90

## COs

- Student establish a positive classroom environment and deliver instruction that is clear, structured, engaging, flexible, and designed and adapted for diverse learning Through Physical education.
- Student effectively plan for establishing a positive classroom community and plan for instruction that meets diverse student needs.
- Pupil Teacher analyse student work to determine student progress toward and mastery of lessons and unit learning objectives while identifying trends in the data that may reveal inequitable outcomes for various student groups.
- Student identifies aspects of their plan and examine or other factors which did or did not support students learning. Candidates determine next steps based upon evidence.

## Content

The students need to be develop proficiency in taking coaching/teaching/officiating lessons at school/college/club/organization level. He/She must able to organize/coordinate/manage/administrate sports tournaments and various sports activities at different level.

## \*\*Activities

1. Demonstration
2. Tutorials
3. fieldwork
4. sports and game Seminars
5. Assignment
6. Self-practice

| Code of the Course/Subject | Title of the Course/Subject   | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPPC- 303                  | <b>CLASS ROOM TEACHING LESSON</b><br>(Lessons On Theory Of Different Indigenous Sports & Games) | 90                        |

#### COs

- Lessons on theory of different indigenous sports & games.
- The students need to develop proficiency in taking teaching lessons as per selected.
- Develop class control skill in pupil teacher.

#### Content

The students need to develop proficiency in taking teaching lessons as per selected indigenous games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons (Four internal and one external) during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for ICT Examination is given below:

| Sl. No. | Roll. No. | Lesson explain | Knowledge on subject | Teaching aptitude | Use of audio-visuals | Class Control (Student-Created/ty/ Ability) | Total |
|---------|-----------|----------------|----------------------|-------------------|----------------------|---|-------|
|         |           | 10             | 20                   | 20                | 10                   | 10  | 70    |

#### \*\*Activities

1. Demonstration
2. Tutorials
3. Selfwork
4. sports and game Seminars
5. Assignment
6. Self-practice

| Code of the Course/Subject | Title of the Course/Subject                            | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPPC- 304                  | <b>Coaching Lesson</b><br>(Indigenous Activity & Yoga) | 90                        |

#### COs

- The students need to develop proficiency in taking coaching classes in indigenous games under school situation.
- Learning Aerobics and its practical uses.
- In view of this, the students shall be provided with coaching experience.

#### Content

The students need to develop proficiency in taking coaching classes in indigenous games under school situation. In view of this, the students shall be provided with coaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class time they are going to handle at school and college level.

Each student teacher is expected to take at least five lessons during the course of the third semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively.

Distribution of marks for ICT Examination is given below:

| Sl. No. | Roll. No. | Lesson explain | Knowledge on subject | Teaching aptitude | Use of audio-visuals | Class Control (Student-Created/ty/ Ability) | Total |
|---------|-----------|----------------|----------------------|-------------------|----------------------|---|-------|
|         |           | 10             | 20                   | 20                | 10                   | 10  | 70    |

#### \*\*Activities

1. Demonstration
2. Tutorials
3. Selfwork
4. sports and game Seminars
5. Assignment
6. Self-practice

SEMESTER 4<sup>th</sup>

| Code of the Course/Subject | Title of the Course/Subject                | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPCC 401                   | DS-1: Athletic Care and Remedial Therapies | 60                        |

## COs

- Develop understanding of the key concepts of encompassing Sport Rehabilitation and prevention of injuries.
- Build on pre-existing skills of anatomy and physiology and develop them to a more advanced level.
- Develop the ability to reflect on, and critically evaluate, their own performance within a wider professional and academic outline.

| Unit         | Content  |
|--------------|--|
| Unit I       | <b>Corrective Physical Education:</b> Definition and objectives of corrective physical Education. Posture and body mechanics. Standards of Standing Posture. Value of good posture. Drawbacks and causes of bad posture. Posture test - Examination of the spine.  |
| Unit II      | <b>Posture:</b> Normal curve of the spine and its utility. Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knees, Bow leg, Flat foot. Causes for deviations and treatment including exercises.   |
| Unit III     | <b>Massage:</b> Brief history of massage - Massage as an aid for relaxation - Points to be considered in giving massage - Physiological, Chemical, Psychological effects of massage - Indication / Contra indication of Massage - Classification of the manipulation used massage and their specific uses in the human body - Spiking manipulation: Effleurage - Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) rolling Skin Rolling - Percussion manipulation: Tapping, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage. |
| Unit IV      | <b>Physiotherapy:</b> Exercise therapy Active & Passive Movements, Breathing exercise, Relaxation, Tractions. Its uses and application.<br><br>Hydro therapy: aquatic therapy, Supportive therapy: Gait training, Balance & co-ordination exercise, Crutch walking.  |
| Unit V       | <b>Hot &amp; cold therapy:</b> Hot water immersion. Its uses and effect. Ice cold treatment, ice pack uses & its effects.<br><br>Electrotherapy: Ultra violet light, infrared light, ultrasonic therapy, Short wave diathermy therapy.   |
| **Activities | 1. Lecture<br>2. Tutorials<br>3. fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignment<br>7. Self-studies   |

## Course Material/Learning Resources

1. Balke, M., & Fischer-Cook, P. (2018). Practical exercise therapy. Blackwell Science.
2. Liebmann, M. (2004). Art therapy for groups: A handbook of themes and exercises. Psychology Press.
3. Winnick, J. P., & Parnata, D. L. (2016). Adapted physical education and sport. Human Kinetics.
4. Obermaier, D. (1950). Preventive and Corrective Physical Education.
5. Arnold, K. (Ed.). (2014). Pedagogical cases in physical education and youth sport. Routledge.
6. Beck, M. F. (2012). Theory and practice of therapeutic massage. Cengage Learning.
7. Brack, L. R. (2014). Writing resistance: The rhetorical imagination of Hindi Dalit literature. Columbia University Press.
8. Singleton, M. (2010). Yoga body: The origins of modern posture practice. Oxford University Press.

*[Signature]*  
Coordinator

2023/24

*[Signature]*  
Coordinator

2023/24

| Code of the Course/Subject | Title of the Course/Subject | (Total Number of Periods) |
|----------------------------|-----------------------------|---------------------------|
| MPCC-402                   | DSC-2: Sports Psychology    | 60                        |

#### COs

- Understand the role of the brain in human performance and apply psychological techniques and theories to human performance within sports condition on Players.
- To develop positive attitude of sports para and teach players to cope with adverse situations.
- Explain the major perspectives of psychology (e.g. biological, cognitive, behavioural, sociocultural, etc.)
- Effectively develop and apply health, physical activity, and psychological principles as they relate to human performance.

| Unit       | Content  |
|------------|--|
| Unit I     | <b>Introduction:</b> Meaning, Definition, History, Need and Importance of Sports Psychology. Present Status of Sports Psychology in India. <b>Motor Learning:</b> Basic Considerations in Motor Learning – Motor Perceptives – Factors Affecting Perception – Perceptual Mechanism. <b>Personality:</b> Meaning, Definition, Structure – Measuring Personality Traits. Effects of Personality on Sports Performance. (17)                    |
| Unit II    | <b>Goal Setting:</b> Meaning and Definition, Process of Goal Setting in Physical Education and Sports. <b>Relaxation:</b> Meaning and Definition, types and methods of psychological relaxation. <b>Motivation:</b> Meaning and Definition, Types of Motivation: Intrinsic, Extrinsic. <b>Achievement Motivation:</b> Meaning, Measuring of Achievement Motivation. <b>Self-Concept:</b> Meaning and Definition, Method of Measurement. (12) |
| Unit III   | <b>Anxiety:</b> Meaning and Definition, Nature, Causes, Method of Measuring Anxiety. <b>Competitive Anxiety and Sports Performance.</b> <b>Stress:</b> Meaning and Definition, Causes, Stress and Sports Performance. <b>Aggression:</b> Meaning and Definition, Concept and causes of aggression in sports, Role of aggression in sports performance, Methods of controlling aggression, Method of Measurement (12)                         |
| Unit IV    | <b>Group Cohesion:</b> Group: Definition and Meaning, Group Size, Groups on Composition, Group Cohesion, Group Interaction, Group Dynamics.<br><b>Fans and Spectators:</b> Meaning and definition, Advantages and disadvantages on Sports Performance. <b>Leadership:</b> Meaning, Definition, types Leadership and Sports Performance. (12)   |
| Unit V     | <b>Sports Sociology:</b> Meaning and Definition – Sports and Socialization of Individual Sports as Social Institution. National Integration through Sports. Current Problems in Sports and Future Directions – Sports Social Crisis Management – Women in Sports: Sports Women in the Society, Participation pattern among Women, Gender inequalities in Sports. (12)  |
| Activities | 1. Lecture<br>2. Tutorial<br>3. Homework<br>4. Library work<br>5. Seminars<br>6. assignments<br>7. self-studies<br><br><b>Practicals:</b> About five experiments related to the topics listed in the Units above should be conducted by the students in laboratory. (Internal assessment.)   |

#### Course Material/Learning Resources

1. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Tests, New Delhi: National Council of Educational Research and Training Publications.
2. Authors Guide (2013) National Library of Educational and Psychological Test (NLEPT) Catalogue of Test, New Delhi: National Council of Educational Research and Training Publications.
3. Jais (2002). Sports Sociology, Hiral Library Kendra Publishers.
4. Gij Conduley (2001) Sports in Society - Issues and Controversies in International Education, Mc-Graw Seventh Ed.
5. John D Lumbis (2000) Psychology of Coaching, Sarbery, Penzance Hall Inc. John D. Luthier (1998) Sports Psychology, Englewood, Prentice Hall Inc.
6. Howard Vanook Bryan Coats (1995). Psychology and the Superior Athlete. London: The Macmillan Co.
7. Richard, J. Camp. (2008). Essential Social Psychology. Sage Publications.
8. Robert M. Singer (2001). Motor Learning and Human Performance. New York: The Macmillan Co.
9. Robert N. Singer. (1989) The Psychology Domain Movement Behaviour. Philadelphia: Lea and Febiger.
10. Tealini Herz (2002). Advances in Sports Psychology. Human Kinetic.
11. Wooding, K. Korman, Hindey J. O. & Jones M.G. (1999) Personality and Performance in Physical Education and Sports. London: Hendo Kinpton Publishers.



| Code of the Course/Subject | Title of the Course/Subject | (Total Number of Periods) |
|----------------------------|-----------------------------|---------------------------|
| MPCC-403                   | DSE III<br>Research Project | 60                        |

**COs**

- Creating synopsis for Research Project on subject.
- Finding Relevant reviews for the study.
- Develop a thorough understanding of the chosen subject area.
- Demonstrate the ability to collate and critically assess/interpret data.
- Develop an ability to effectively communicate knowledge in a scientific manner.
- Provide recommendations based on research findings.

| Notes   |   |
|---|---|
| <p>1. A candidate shall have Research Project for M.P.Ed. - IV Semester and must submit his/her Synopsis (on or before 10th October) and get it approved by the Head of Department/Principal on the recommendation of D.R.C. (Departmental Research Committee).</p> <p>2. A candidate must submit his/her Research Project on or before 15th April, the beginning of the IVth Semester Examination.</p> <p>3. The candidate has to face the external Viva-Voce conducted by College / Department.</p> |   |
| **Activities  | <p>1. Searching Research problem</p> <p>2. Collagey</p> <p>3. Fieldwork</p> <p>4. Library work</p> <p>5. Data Collection</p> <p>6. Data Analysis</p> <p>7. Inferences of the study.</p> |

| Code of the Course/Subject | Title of the Course/Subject                          | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPEC-401                   | DSE-1: Value & Environmental Education<br>(Elective) | 60                        |

**COs**

- Understand key concepts from economic, political, and social analysis as they pertain to the design and evaluation of environmental policies and institutions.
- Associate concepts and methods from ecological and physical sciences and their application in environmental problem solving.
- Appreciate the ethical, cross-cultural, and historical context of environmental issues and the links between human and natural systems.
- To understand role of sports in moral value development.

| Unit     | Content   |
|----------|---|
| Unit I   | Introduction to Value Education: Values: Meaning, Definition, Concepts of Values: Value Education: Need, Importance and Objectives, Moral Values: Need and Theories of Values, Classification of Values: Basic Values of Religion, Classification of Values.  |
| Unit II  | Value Systems: Meaning and Definition, Personal and Community Values, Consistency, Internally consistent, externally inconsistent, Judging Value-System, Commitment, Commitment to values.  |
| Unit III | Environmental Education: Definition, Scope, Need and Importance of environmental studies, Concept of environmental education, Historical background of environmental education, Celebration of various days in relation with environment, Plastic recycling, Prohibition of plastic bag / cover, Role of school in environmental conservation and sustainable development, Pollution free eco-system. |
| Unit IV  | Rural Sanitation and Urban Health: Rural Health Problems, Causes of Rural Health Problems, Points to be kept in Mind for improvement of Rural Sanitation, Urban Health Problems, Process of Urban Health, Services of Urban Area, Suggested Education Activity, Services in Urban Area, Sanitation in Pubs & Restaurants, Mass Education.   |
| Unit V   | Nature, Resources and related environmental issues: Water resources, land resources and Land resources, Definition, effects and control measures of Air Pollution, Water Pollution, Soil Pollution, Noise Pollution, Thermal Pollution, Management of Environment and Govt. policies, Role of pollution control board.  |

|              |  |
|--------------|--|
| **Activities | 1. Lecture<br>2. tutorials<br>3. Fieldwork<br>4. library work<br>5. Seminars<br>6. assignment<br>7. self-studies<br>Note: Practical of indoor and out-door tests be designed and arranged internally |
|--------------|--|

#### Course Material/Learning Resources

1. Miller T.G. J., Environmental Science (Wadsworth Publishing Co.) Olan, U.P. Fundamentals of Ecology (U.S.A.: W.B. Saunders Co.) 1971
2. Rao, M.N. & Das, A. K. Waste Water Treatment (Jaipur & IBH Publication Co., Pvt. Ltd.) 1987 Treatment 'C' and others, Essentials of Ecology (Black well Science)
3. Heywood, V.H. and Watson V.M., Global Biodiversity Assessment (U.K.: Cambridge University Press), 1995.
4. Jaitav, H. and Bhargava, V.M. Environmental Protection and Law (Delhi: Himalaya Pub. House), 1995.
5. Mc Kinney, M.L. and Schae, R.M. Environmental Science System and Solution (Web enhanced Ed.) 1996.
6. Miller T.G. J., Environmental Science (Wadsworth Publishing Co.)

| Code of the Course/Subject | Title of the Course/Subject                                     | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| NIPEU-402                  | DSE-I : Educational technology in Physical Education (Elective) | 60                        |

#### COs

- Identify, describe, and apply emerging technologies in teaching and learning environments.
- Plan, design, and assess effective learning environments and experiences.
- Implement curriculum methods and strategies that use technology to maximize student learning.
- Develop technology-enabled assessment and evaluation strategies.
- Facilitate instruction in the new literacies that emerge within digital / interactive learning environments.

| Unit         | Content  |
|--------------|--|
| Unit I       | <b>Nature and Scope:</b> Educational technology-concept, Nature and Scope- Form of educational technology: teaching technology, instructional technology, and behaviour technology; Transitional stage of educational technology: integrational, complementary, supplementary stand-alone (independent), programmed learning stage, media application stage and complete application stage. (12)   |
| Unit II      | <b>Systems Approach to Physical Education and Communication:</b> Systems Approach to Education and its Components: Goal Setting, Task Analysis, Content Analysis, Context Analysis and Evaluation Strategies; Instructional Strategies and Media for Instruction; Effectiveness of Communication in instructional system; Communication Modes, Barriers and Process of Communication. (12)   |
| Unit III     | <b>Instructional Design:</b> Instructional Design: Concept, Views, Process and stages of Development of instructional Design; Overview of Models of Instructional Design; Instructional Design for Competency Based Teaching; Models for Development of Self Learning Material. (12)   |
| Unit IV      | <b>Audio Visual Media in Physical Education:</b> Audio-visual media - meaning, importance and various forms: Audio/Radio: Broadcast and audio recordings - strengths and limitations, criteria for selection of instructional units, script writing, pre-production, post-production process and practices; Audio Conferencing and Interactive Radio Conference; Video/Educational Television: Telecast and Video recordings Strengths and limitations; Use of Television and CCTV in instruction and Training; Video Conferencing, NITE experiment, communitywide classroom project and Satellite based instruction; Use of animation films for the development of children's imagination. (12) |
| Unit V       | <b>New Horizons of Educational Technology:</b> Recent innovations in the area of ET: interactive video - Hypertext, video-texts, optical fiber technology - laser disk, computer conferencing, etc. Procedure and organization of ET; e-learning/interactive video-experiences of institutions, schools and universities; Recent experiments in the third world countries and pointers for India with reference to Physical education; Recent trends of Research in Educational Technology and its future with reference to education. (12)  |
| **Activities | 1. Lecture<br>2. tutorials<br>3. Fieldwork<br>4. library work<br>5. Seminars<br>6. assignment<br>7. self-studies   |

1. Amrita Bhardwaj, *New Media of Educational Planning*, Sarup of Sons, New Delhi-2003 Bhatta and Bhatta, *The Principles and Methods of Teaching* (New Delhi: DoobaHouse), 1959. Communication and Education, D. N. Dasgupta, Pioneer Publishers New Delhi
2. *Education and Communication for development*, O. P. Daham, O. P. Bhargava, Oxford Page 68 of TISHH Publishing company, New Delhi
3. *Essentials of Educational Technology*, Madan Lal, Anmol Publications
4. K. Sampath, A. Pannivelvam and S. Sankaranam, *Introduction to Educational Technology* (New Delhi: Sterling Publishers Pvt. Ltd.) 1981.
5. Kocher, S.K. *Methods and Techniques of Teaching* (New Delhi, Islandhar, Sterling Publishers Pvt. Ltd.), 1982
6. Kozman, Curridy and Jackson, *Methods in Physical Education* (W.B. Saunders Company, Philadelphia and London), 1952

| Code of the Course/Subject | Title of the Course/Subject                             | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPEC 403                   | DSE-I<br>Sports Journalism and Mass media<br>(Elective) | 60                        |

#### COs

- Build public relation and empower the confidence to ask reasonable questions.
- Creative use of writing, imaginative use of sound and astute use of pictures.
- Write precise briefs or reports and technical documents.
- Actively participate in group discussion / meetings / interviews and prepare & deliver presentations
- Encourage critical thinking about sport Journalism.

| Unit  | Content  |
|---|--|
| Unit I  | <b>Introduction:</b> Meaning and Definition of Journalism, Ethics of Journalism – Canon of journalism- Sports Ethics and Sportmanship – Reporting Sports Events, National and International Sports News Agencies. (12)   |
| Unit II   | <b>Sports Bulletin:</b> Concept of Sports Bulletin: Journalism and sports education – Structure of sports bulletin– Composing a bulletin – Types of bulletin – Role of Journalism in the Field of Physical Education. Sports as an integral part of Physical Education – Sports organization and sports journalism – General news reporting and sports reporting. (12) |
| Unit III  | <b>Mass Media:</b> Mass Media in Journalism: Radio and T.V. Commentary – Running commentary on the radio – Sports expert's comments, Role of Advertisement in Journalism, Sports Photography, Equipment- Editing – Publishing. (12)  |
| Unit IV   | <b>Report Writing on Sports:</b> Brief review of Olympic Games, Asian Games, Common Wealth Games, World Cup, National Games and Indian Traditional Games. Preparing report of an Annual Sports Meet for Publication in Newspaper. Organization of Press Meet. (12)   |
| Unit V  | <b>Journalism:</b> Sports organization and Sports Journalism – General news reporting and sports reporting. Methods of editing a Sports report. Evaluation of Reported News. Interview with and elite Player and Coach (12)  |
| <b>Note:</b> Practical assignments to observe the matches and prepare report and news of the same, visit to News Paper office and TV Centre to know various departments and their working. Collection of Album of newspaper cuttings of sports news. (12) |  |
| **Activities  | 1. Lecture<br>2. Tutorials<br>3. Fieldwork<br>4. Library work<br>5. Seminars<br>6. Assignments<br>7. Self-studies  |

#### Course Material/Learning Resources

1. Abaya B.N. (1988) *Theory and Practice of Journalism: Set in Indian context* Ed.1. Delhi: Sarjeet Publications
2. Abaya B.N., Chakra S.S.A. (1990) *Concise Course in Reporting*. New Delhi: Sarjeet Publication Bhat S.C. (1993) *Broadway Journalism: Basic Principles*. New Delhi: Harward Publication Dhansrajy Jaisi (2010) *Value Education in Global Perspective*. New Delhi: Lotus Press.
3. Kataria K (2009) *Soft Skills*, Madurai: Madurai: Yashwanth College Publication
4. Moha Chaitanya (2008) *Value Education: Changing Perspective*, New Delhi: Kambika Publication.
5. Padmasubhar, A & Perumal A (2009). *Science and Art of Living*, Madurai: Palarathi Publication.
6. Shiv Khori (2002), *You Can Win*, New Delhi: Macmillan India Limited.
7. Varma A.K. (1993) *Journalism in India from Earliest Times to the Present Period*, Sterling publication Pvt. Ltd.
8. Vaidyanath, N. (2009) *Value Education*. New Delhi: APH Publishing Corporation. 43

  
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| Code of the Course/Subject | Title of the Course/Subject      | (Total Number of Periods) |
|----------------------------|----------------------------------|---------------------------|
| MPPC 401                   | MPPC 401<br>Laboratory Practical | 10                        |

**COs**

- Understanding Application of Instrument based Psychological Tests for the sport person.
- Understanding Application of Questionnaire base test for the sport person.
- Physiology of Exercise practicals like Pulse rate, Heart rate, Blood pressure, Haemoglobin & Vital Capacity test in physiological lab environments.
- Sports Biomechanics and Kinesiology Anthropometry measurements, Mechanical analysis of various athletic skills.

| Content   |   |                        |                                     |                |           |       |
|---|---|------------------------|-------------------------------------|----------------|-----------|-------|
| <b>Sports Psychology:</b><br>Psychological Tests: Types of Psychological Test: Instrument based tests: Reaction times, Finger dexterity board, Depth perception box. Questionnaire: Sports Achievement Motivation, Sports Competition Anxiety, Personality Profile test, I.Q.test, Aminate test, Reaction time, hand eye coordination test. |   |                        |                                     |                |           |       |
| <b>Physiology of Exercise:</b><br>Pulse rate, Heart rate, Blood pressure, Haemoglobin, Vital Capacity.  |   |                        |                                     |                |           |       |
| <b>Sports Biomechanics and Kinesiology:</b><br>Anthropometry measurements, Mechanical analysis, Study of two injury cases.  |   |                        |                                     |                |           |       |
| Distribution of marks for game Examination is given below:  |   |                        |                                     |                |           |       |
| S.No.   | Sports Psychology   | Physiology of Exercise | Sports Biomechanics and Kinesiology | Project Report | Viva-voce | Total |
|   | 20  | 20                     | 10                                  | 10             | 10        | 70    |
| **Activities  | 1. Demonstration<br>2. Tutorials<br>3. Homework<br>4. quiz and game Seminars<br>5. Assignment<br>6. Self-practice |                        |                                     |                |           |       |

Note: Two Practical for each subjects.

The student will submit the project report to his/her own handwriting at the time of exam.

| Code of the Course/Subject | Title of the Course/Subject                                    | (Total Number of Periods) |
|----------------------------|--|---------------------------|
| MPPC 402                   | MPPC 402<br>Project Practical<br>(Management and Organisation) | 60                        |

**COs**

- To develop skills and competencies to organize school and community games and sports.
- To empower Pupil-Teachers to engage their students to actively participate in Physical Exercises, Games.
- To acquire necessary skills like National Flag, Opening and Closing Ceremonies, Protocol of the organization of Sports / Athletic Meet, Tournament, Organization of Sports Festival etc.

| Content  |  |
|--|--|
| Seminar, Conference, Debate, Class Formation, Flag hoisting, Tournament, Play day, Exhibition, Demonstration, Choir, Time table, Picnic, Tour.   |  |
| Note book of Azy Five and Conduct any one for Examination  |  |
| National Flag: Meaning, concept and significance of National Flag, Symbolism of the flag and what Code of hoisting or lowering of Flag, Dimensions of the Flag & various regulations, Honour to the Flag and its use, Priority of raising or showing the Flag. |  |

APPENDIX-I

Athletic Performance Conversion Scoring Table (Men) Running Events

| Marks | 100              | 200              | 800 Mtrs.                  | 1500 Mtrs.                 | 110                  |
|-------|------------------|------------------|----------------------------|----------------------------|----------------------|
|       | Mtrs. in Seconds | Mtrs. in Seconds | Mtrs. in Minutes & Seconds | Mtrs. in Minutes & Seconds | in Minutes & Seconds |
| 10    | 12.5             | 26.3             | 2.40                       | 4.50                       | 17.3                 |
| 9.5   | 12.7             | 26.7             | 2.42                       | 4.53                       | 17.6                 |
| 9     | 12.9             | 26.9             | 2.44                       | 4.56                       | 17.7                 |
| 8.5   | 13.1             | 27.1             | 2.46                       | 4.59                       | 17.8                 |
| 8     | 13.3             | 27.3             | 2.48                       | 5.02                       | 17.9                 |
| 7.5   | 13.5             | 27.5             | 2.50                       | 5.03                       | 18.0                 |
| 7     | 13.7             | 27.7             | 2.52                       | 5.08                       | 18.2                 |
| 6.5   | 13.9             | 27.9             | 2.54                       | 5.11                       | 18.4                 |
| 6     | 14.1             | 28.1             | 2.56                       | 5.14                       | 18.6                 |
| 5.5   | 14.3             | 28.3             | 2.58                       | 5.17                       | 18.8                 |
| 5     | 14.5             | 28.5             | 3.00                       | 5.20                       | 19.0                 |
| 4.5   | 14.6             | 28.7             | 3.02                       | 5.23                       | 19.1                 |
| 4     | 14.7             | 28.9             | 3.04                       | 5.26                       | 19.2                 |
| 3.5   | 14.8             | 29.1             | 3.06                       | 5.29                       | 19.3                 |
| 3     | 14.9             | 29.3             | 3.08                       | 5.32                       | 19.4                 |
| 2.5   | 15.0             | 29.5             | 3.10                       | 5.35                       | 19.5                 |
| 2     | 15.1             | 29.7             | 3.12                       | 5.38                       | 19.6                 |
| 1.5   | 15.2             | 29.8             | 3.14                       | 5.41                       | 19.7                 |
| 1     | 15.3             | 29.9             | 3.16                       | 5.42                       | 19.8                 |
| 0.5   | 15.4             | 30.0             | 3.18                       | 5.47                       | 19.9                 |
| 0     | 15.5             | 30.1             | 3.20                       | 5.50                       | 20.0                 |

APPENDIX-II

Athletic Performance Conversion Scoring Table (Women) Running Events

| Marks | 100 Mtrs.  | 200 Mtrs.  | 800 Mtrs. in   | 100 Mtrs.       |
|-------|------------|------------|----------------|-----------------|
|       | in Seconds | in Seconds | Min. & seconds | Hand in Seconds |
| 10    | 15.0       | 31.5       | 3.00           | 19.5            |
| 9.5   | 15.2       | 31.7       | 3.03           | 19.6            |
| 9     | 15.4       | 31.9       | 3.06           | 19.7            |
| 8.5   | 15.6       | 32.1       | 3.09           | 19.8            |
| 8     | 15.8       | 32.3       | 3.12           | 20.0            |
| 7.5   | 16.0       | 32.5       | 3.15           | 20.2            |
| 7     | 16.2       | 32.7       | 3.18           | 20.4            |
| 6.5   | 16.4       | 32.9       | 3.21           | 20.7            |
| 6     | 16.6       | 33.0       | 3.24           | 21.0            |
| 5.5   | 16.8       | 33.3       | 3.27           | 21.5            |
| 5     | 17.0       | 33.8       | 3.30           | 22.0            |
| 4.5   | 17.2       | 34.0       | 3.33           | 22.2            |
| 4     | 17.4       | 34.2       | 3.36           | 22.4            |
| 3.5   | 17.6       | 34.4       | 3.34           | 22.6            |
| 3     | 17.8       | 34.8       | 3.42           | 22.8            |
| 2.5   | 18.0       | 34.8       | 3.45           | 23.0            |
| 2     | 18.2       | 34.0       | 3.48           | 23.2            |
| 1.5   | 18.3       | 34.2       | 3.52           | 23.4            |
| 1     | 18.4       | 34.4       | 3.55           | 23.6            |
| 0.5   | 18.5       | 34.6       | 3.58           | 23.8            |
| 0     | 18.6       | 34.7       | 4.00           | 24.5            |

*[Signature]*

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## APPENDIX-III

Athletic Performance Conversion Scoring Table (Men) Throwing Events

| Mark | Shot Put<br>(7Kg 260Grams)<br>in Meters | Hammer Throw<br>in Meters | Discus Throw<br>in Meters | Javelin Throw<br>in Meters |
|------|---|---------------------------|---------------------------|----------------------------|
| 10   | 8.00                                    | 35.00                     | 33.00                     | 55.00                      |
| 9.5  | 8.40                                    | 34.00                     | 32.00                     | 48.00                      |
| 9    | 8.10                                    | 33.00                     | 31.00                     | 46.00                      |
| 8.5  | 7.90                                    | 32.00                     | 30.00                     | 44.00                      |
| 8    | 7.50                                    | 31.00                     | 29.00                     | 42.00                      |
| 7.5  | 7.30                                    | 30.00                     | 27.50                     | 40.00                      |
| 7    | 6.80                                    | 29.00                     | 26.00                     | 37.00                      |
| 6.5  | 6.40                                    | 28.00                     | 24.50                     | 34.00                      |
| 6    | 6.00                                    | 26.50                     | 23.00                     | 31.00                      |
| 5.5  | 5.90                                    | 25.00                     | 21.50                     | 28.00                      |
| 5    | 5.80                                    | 23.50                     | 20.00                     | 25.00                      |
| 4.5  | 5.70                                    | 22.00                     | 19.00                     | 24.50                      |
| 4    | 5.60                                    | 21.00                     | 18.00                     | 24.00                      |
| 3.5  | 5.50                                    | 20.00                     | 17.00                     | 23.50                      |
| 3    | 5.40                                    | 19.00                     | 16.00                     | 23.00                      |
| 2.5  | 5.35                                    | 18.00                     | 14.00                     | 22.50                      |
| 2    | 5.30                                    | 17.00                     | 13.00                     | 22.00                      |
| 1.5  | 5.25                                    | 16.00                     | 12.50                     | 21.50                      |
| 1    | 5.20                                    | 15.00                     | 12.00                     | 21.00                      |
| 0.5  | 5.15                                    | 14.50                     | 11.50                     | 20.50                      |
| 0    | 5.10                                    | 14.00                     | 11.00                     | 20.00                      |

## APPENDIX-IV

Athletic Performance Conversion Scoring Table  
(Women) Throwing and Jumping Events

| Mark | Shotput<br>jump (4Kg) in Meters | Discus<br>in Meters | Javelin<br>in Meters | Long Jump<br>in meters | High<br>in Meters |
|------|---------------------------------|---------------------|----------------------|------------------------|-------------------|
| 10   | 8.50                            | 30.00               | 35.00                | 4.00                   | 1.30              |
| 9.5  | 8.30                            | 29.00               | 33.50                | 3.90                   | 1.28              |
| 9    | 8.10                            | 28.00               | 32.00                | 3.80                   | 1.26              |
| 8.5  | 7.80                            | 26.50               | 30.50                | 3.70                   | 1.24              |
| 8    | 7.50                            | 25.00               | 29.00                | 3.60                   | 1.22              |
| 7.5  | 7.20                            | 23.50               | 27.50                | 3.50                   | 1.20              |
| 7    | 6.80                            | 22.00               | 26.00                | 3.40                   | 1.18              |
| 6.5  | 6.40                            | 20.50               | 24.50                | 3.30                   | 1.15              |
| 6    | 6.00                            | 19.00               | 23.00                | 3.20                   | 1.10              |
| 5.5  | 5.80                            | 17.50               | 21.50                | 3.10                   | 1.05              |
| 5    | 5.20                            | 16.00               | 20.00                | 3.00                   | 1.00              |
| 4.5  | 5.05                            | 15.00               | 19.00                | 2.95                   | 0.95              |
| 4    | 4.90                            | 14.50               | 18.00                | 2.90                   | 0.90              |
| 3.5  | 4.75                            | 14.00               | 17.00                | 2.85                   | 0.85              |
| 3    | 4.60                            | 13.50               | 16.00                | 2.80                   | 0.80              |
| 2.5  | 4.45                            | 13.00               | 15.50                | 2.75                   | 0.85              |
| 2    | 4.30                            | 12.50               | 15.00                | 2.70                   | 0.76              |
| 1.5  | 4.20                            | 12.00               | 14.50                | 2.65                   | 0.74              |
| 1    | 4.10                            | 11.50               | 14.00                | 2.60                   | 0.72              |
| 0.5  | 4.00                            | 11.00               | 13.50                | 2.55                   | 0.70              |
| 0    | 3.90                            | 10.50               | 13.00                | 2.50                   | 0.68              |

APPENDIX-V

Athletic Performance Conversion Scoring Table (Men) Jumping Events

| Marka | Long Jump<br>in Meters | Hop/Step Jump<br>in Meters | High Jump<br>in Meters | Pole Vault<br>in Meters |
|-------|------------------------|----------------------------|------------------------|-------------------------|
| 10    | 6.00                   | 13.80                      | 1.50                   | 3.40                    |
| 9.5   | 5.90                   | 13.40                      | 1.48                   | 3.37                    |
| 9     | 5.80                   | 13.20                      | 1.46                   | 3.34                    |
| 8.5   | 5.70                   | 13.00                      | 1.44                   | 3.30                    |
| 8     | 5.60                   | 12.80                      | 1.42                   | 3.25                    |
| 7.5   | 5.50                   | 12.60                      | 1.40                   | 3.20                    |
| 7     | 5.40                   | 12.40                      | 1.38                   | 3.15                    |
| 6.5   | 5.30                   | 12.20                      | 1.36                   | 3.10                    |
| 6     | 5.20                   | 12.00                      | 1.34                   | 3.05                    |
| 5.5   | 5.10                   | 11.80                      | 1.32                   | 3.00                    |
| 5     | 5.00                   | 11.60                      | 1.30                   | 2.90                    |
| 4.5   | 4.95                   | 11.50                      | 1.28                   | 2.85                    |
| 4     | 4.90                   | 11.40                      | 1.26                   | 2.80                    |
| 3.5   | 4.85                   | 11.30                      | 1.24                   | 2.75                    |
| 3     | 4.80                   | 11.20                      | 1.22                   | 2.70                    |
| 2.5   | 4.75                   | 11.10                      | 1.20                   | 2.65                    |
| 2     | 4.70                   | 11.00                      | 1.18                   | 2.60                    |
| 1.5   | 4.65                   | 10.90                      | 1.16                   | 2.55                    |
| 1     | 4.60                   | 10.80                      | 1.15                   | 2.50                    |
| 0.5   | 4.55                   | 10.70                      | 1.14                   | 2.45                    |
| 0     | 4.50                   | 10.60                      | 1.13                   | 2.40                    |

Table-1: Semester wise distribution of hours per week

| Semester | Theory | Practicum | Total |
|----------|--------|-----------|-------|
| I        | 16     | 20        | 36    |
| II       | 16     | 20        | 36    |
| III      | 16     | 20        | 36    |
| IV       | 16     | 20        | 36    |
| Total    | 64     | 80        | 144   |

Minimum of 72 teaching hours per week is required in five or six days in a week.

Table-2: Number of credits per semester

| Semester | Theory | Practicum | Total |
|----------|--------|-----------|-------|
| I        | 16     | 10        | 26    |
| II       | 16     | 10        | 26    |
| III      | 16     | 10        | 26    |
| IV       | 16     | 10        | 26    |
| Total    | 64     | 40        | 104   |

Minimum of 56 teaching hours per week is required in five or six days in a week.

  
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of Flag, Flame lighting, Oath, March-Past of player/teams, Salutation, Declaration of Opening of the Meet Brief address by the guests, announcement of beginning of competition Victory & Prize distribution Ceremony- Planning of schedule for victory ceremony.

Closing Ceremony: Assembly of sports-persons, March-Past, Salutation, re-assembly, brief address of the guests, Declaration of results and distribution of Prizes/ Certificates, Vote of thanks, Ceremonial Flag-lowering, Flame extinguishing, Declaration of Closing of the Meet.

Practical of the organization: Sports / Athletic Meet, Seminar, Conference, Debate, Class Formation, Tournament, Exhibition, Demonstration, Clinic, Time table, Plan, Tour, Organization of Sports Festival, Play Day, Social Party games, etc. should be organized.

Distribution of marks for game Examination is given below:

| Sl.No. | Practical Note Book | Actual Organization of Event | Event Conducting Ability | Viva-voce | Total |
|--------|---------------------|------------------------------|--------------------------|-----------|-------|
|        | 20                  | 20                           | 20                       | 10        | 70    |

|              |  |
|--------------|--|
| **Activities | <ol style="list-style-type: none"> <li>1. Demonstration</li> <li>2. Tutorials</li> <li>3. fieldwork</li> <li>4. sports and game Seminars</li> <li>5. Assignment</li> <li>6. Self-practice</li> </ol> |
|--------------|--|

Note: Practical Note Book of Any Five and Conduct any one for Examination

The students should be submit the Note Book in better and handwriting.

| Code of the Course/Subject | Title of the Course/Subject             | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPPC 403                   | MPPC 403 Coaching Lesson (FOREIGN GAME) | 60                        |

#### COs

- To develop skills and competencies to organize school and global community games and sports.
- The students need to develop proficiency in taking coaching classes in foreign games under school situation. In view of this, the students shall be provided with coaching experience.

| Content  |  |                      |                   |                          |  |       |
|--|--|----------------------|-------------------|--------------------------|--|-------|
| The students need to develop proficiency in taking coaching classes in foreign games under school situation. In view of this, the students shall be provided with coaching experience. The duration of the lesson to be conducted by these students shall be in the range of 30 to 40 minutes depending on the class they are going to handle at school and college level.               |  |                      |                   |                          |  |       |
| Each student teacher is expected to take at least five lessons during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these lessons, the duration should slowly increase and all the parts of the lesson covered progressively. |  |                      |                   |                          |  |       |
| Distribution of marks for game Examination is given below:   |  |                      |                   |                          |  |       |
| Sl.No.   | Lesson plan  | Knowledge of subject | Teaching aptitude | Use of audio-visual aids | Class Control (Student Creativity/Ability) | Total |
|  | 20   | 20                   | 20                | 20                       | 20   | 70    |
| **Activities   | <ol style="list-style-type: none"> <li>1. Demonstration</li> <li>2. Tutorials</li> <li>3. fieldwork</li> <li>4. sports and game Seminars</li> <li>5. Assignment</li> <li>6. Self-practice</li> </ol> |                      |                   |                          |  |       |

*Signature*

*Signature*



| Code of the Course/Subject | Title of the Course/Subject   | (Total Number of Periods) |
|----------------------------|---|---------------------------|
| MPPC 404                   | MPPC 404<br>CLASS ROOM TEACHING LESSON<br>(LESSONS ON THEORY OF DIFFERENT FOREIGN SPORTS & GAMES) | 60                        |

**COs**

- Student gets History of the game, Measurement and Preparation of the Fields, Equipment and materials required.
- Lessons on theory of Different foreign sports & games.
- The students need to develop proficiency in taking teaching lessons as per selected foreign games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience.

| Content   |  |                   |                          |   |       |
|---|--|-------------------|--------------------------|---|-------|
| <p>The students need to develop proficiency in taking teaching lessons as per selected foreign games and sport or game specialization. In view of this, the students shall be provided with selected or specialized game teaching experience. The duration of the lessons to be conducted by these students shall be in the range of 50 to 60 minutes depending on the class time they are going to handle at school and college level.</p> <p>Each student teacher is expected to take at least five lessons (Five internal and one external) during the course of the fourth semester. The lessons will be supervised by the faculty members and experts who would discuss the merits and demerits of the concerned lesson and guide them for the future. In these teaching lessons, the duration should slowly increase and all the parts of the lesson covered progressively.</p> |  |                   |                          |   |       |
| Distribution of marks for game Examination is given below:  |  |                   |                          |   |       |
| Sl.No. Lesson plan  | Knowledge of subject   | Teaching aptitude | Use of audio-visual aids | Class Control (Student Creativity/ Ability) | Total |
| 10  | 20   | 20                | 10                       | 10  | 70    |
| → Activities  | <ol style="list-style-type: none"> <li>1. Demonstration</li> <li>2. Tutorials</li> <li>3. Fieldwork</li> <li>4. sports and game literature</li> <li>5. Assignment</li> <li>6. Self practice</li> </ol> |                   |                          |   |       |

**Note:**

- Where ever details of any activities are not mentioned, it is expected to elaborate skills by the competent bodies of local Universities/ Autonomous Colleges.
- Practical Examination shall be conducted by internal and external examiners.

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दिनांक : ३/६/२०२३

प्रति,  
प्राचार्य,  
हनुमान व्यायाम शाळा क्रीडा मंडळ,  
शारीरिक शिक्षण महाविद्यालय,  
यवतमाळ.

विषय : प्रवास वन ला भेट देण्याची परवानगी मिळणे बाबत.

आपल्या हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालयाच्या वतीने दिनांक ५ जुन २०२३ रोजी महाविद्यालयाने यवतमाळ येथील प्रवास वन ला भेट देण्याचे आयोजन करण्याचे ठरविण्यात आले आहे. कृपया प्रवास वन ला भेट देण्याची परवानगी द्यावी ही विनंती.

आपला विश्वासु



  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
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**सुचना**

दिनांक : ३/६/२०२३

महाविद्यालय के बी.पी.ई.एस., बी.पी.एड. और एम.पी.एड. के विद्यार्थियोंको सुचित किया जाता है की, दिनांक ५ जुन २०२३ को महाविद्यालयके द्वारा प्रयास वन दौरे का आयोजन किया गया है । सभी विद्यार्थी दोपहर ३.३० बजे प्रयास वन मे उपस्थित रहना अनिवार्य है ।

  
प्राचार्य

  
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## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

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(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

### प्रयास वनला भेट अहवाल.

हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालयाच्या वतीने यवतमाळ महिला वन खाते व प्रयास वन संस्था यांच्या प्रयासाने प्रयास वन या नावाने मानव निर्मित वन तयार करण्यात आले आहे. या प्रयास वनामध्ये यवतमाळ महिला नागरिकांनी स्वेच्छेने व देणगी दानाच्या माध्यमाने वृक्ष स्वरूपात दान देवून या प्रयास वनाची निर्मित केली आहे.

महाविद्यालयाच्या वतीने पर्यावरण जागृती, वन संगोपन व झाडे लावा झाडे जगवा या अभियानाची जागृती करण्यासाठी महाविद्यालयाच्या विद्यार्थ्यांसाठी प्रयास वनाला भेट आयोजित करण्यात आली व विद्यार्थ्यांना झाडे व वन विषयी माहिती देवून पर्यावरण जागृती करण्यात आली. प्राचार्य डॉ.व्ही.आर.तलरेजा यांनी झाडे व पर्यावरण जागृती विषयी तसेच डॉ.अजय कोलारकर यांनी झाडे लावा झाडे जगवा विषयी मार्गदर्शन केले.

या प्रयास वन भेटीचे आयोजन मा.प्राचार्य डॉ.विरेंद्र तलरेजा यांचे मार्गदर्शनाखाली करण्यात आले. महाविद्यालयातील बी.पी.ई.एस., बी.पी.एड. व एम.पी.एड. च्या विद्यार्थ्यांनी या भेटीमध्ये सहभाग नोंदविला. या कार्यक्रमासाठी प्राचार्य व महाविद्यालयातील प्राध्यापक डॉ.सुहास तिवळकर, प्रा.अभय भिष्म, प्रा.प्रेमेश्वर रामपुरकर, डॉ. अजय कोलारकर उपस्थित होते.

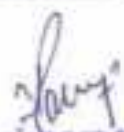
  
Co-ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

## EDUCATIONAL VISIT TO PRYAS VAN , YAVATMAL



  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

**Subject :** Permission regarding for social awareness program on AIDS Day.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going social awareness program on AIDS Day on 1<sup>st</sup> Dec. 2018. As a cultural head and literary Head I planned this program for awareness of AIDS among our student to cater the information in society. All the student of First year and second year student will participate in this program.


Nature of this program is follows

1. Various Ground Marking
2. Speech of Students

Sir please give us permission for arranging this programme.

Date : 28/11/2018

Cultural Head

  
श. राजेश प्र. ठोकार

1120

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

# Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of National Unity Day.

Respected Sir,


With response to the above mentioned subject we would like to inform you that we are going to organize rally on National Unity Day. As a cultural head I planned this rally for Second year students Semester III on 31<sup>st</sup> October 2018. All the students of second year will participate in this rally. The nature of this rally is follows.

|                      |   |                      |
|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12.p.m. to 1 p.m.    | - | Closing of rally     |


Sir please give us permission for arranging this rally and programme.

Date : 29/9/2018

Cultural Head

  
श. अमरा प्र. कु. मंडल

5.120  
  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of National Unity Day.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize rally on National Unity Day. As a cultural head I planned this rally for Second year students Semester III on 31<sup>st</sup> October 2019. All the students of second year will participate in this rally. The nature of this rally is follows.

|                      |   |                      |
|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12 p.m. to 1 p.m.    | - | Closing of rally     |

Sir please give us permission for arranging this rally and programme.

Date : 29/9/2019

Cultural Head

  
श्री. राजेश ए. डोळारकर

  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

5320

  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Yavatmal



## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of National Unity Day.

Respected Sir,


With response to the above mentioned subject we would like to inform you that we are going to organize rally on National Unity Day. As a cultural head I planned this rally for Second year students Semester III on 31<sup>st</sup> October 2021. All the students of second year will participate in this rally. The nature of this rally is follows.

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|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12.p.m. to 1 p.m.    | - | Closing of rally     |

Sir please give us permission for arranging this rally and programme.

Date : 29/9/2021

Cultural Head

  
S.P. Anand S. Bhatnagar

5120

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of National Unity Day.

Respected Sir,


With response to the above mentioned subject we would like to inform you that we are going to organize rally on National Unity Day. As a cultural head I planned this rally for Second year students Semester III on 31<sup>st</sup> October 2022. All the students of second year will participate in this rally. The nature of this rally is follows.

|                      |   |                      |
|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12.p.m. to 1 p.m.    | - | Closing of rally     |

Sir please give us permission for arranging this rally and programme.


Date : 28/9/2022

Cultural Head

  
S.P. आनंद प्र. उस्ताद

1.1.20

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging World Environment Day .

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize World Environment Day. As a cultural Head I planned this for second year students & Staff Members on 5 June 2018. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Nature of activity                   |
|-----------|--------------------------------------|
| 8.00 a.m. | - Tree Plantation in college campus. |

Sir please give us permission for arranging this programme.

Date : 3/6/2018


Cultural Head



Dr. Anand Chitambar

1.1.20

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging World Environment Day .

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize World Environment Day. As a cultural Head I planned this for second year students & Staff Members on 5 June 2019. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Nature of activity                   |
|-----------|--------------------------------------|
| 8.00 a.m. | - Tree Plantation in college campus. |

Sir please give us permission for arranging this programme.

Date : 2/6/2019

Cultural Head



श्री. अश्विनी ए. अ. अ. अ. अ.

1130

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging World Environment Day .

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize World Environment Day. As a cultural Head I planned this for second year students & Staff Members on 5 June 2021. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Nature of activity                   |
|-----------|--------------------------------------|
| 8.00 a.m. | - Tree Plantation in college campus. |

Sir please give us permission for arranging this programme.

Date : 3/6/2021

Cultural Head



Dr. Anand P. Ghoshale

5.1.10

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

# Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging World Environment Day .

Respected Sir,


With response to the above mentioned subject we would like to inform you that we are going to organize World Environment Day. As a cultural Head I planned this for second year students & Staff Members on 5 June 2022. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Nature of activity                   |
|-----------|--------------------------------------|
| 8.00 a.m. | - Tree Plantation in college campus. |

Sir please give us permission for arranging this programme.

Date : 2/6/2022

Cultural Head

  
Dr. Anand Prakash

1.3.20

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging World Environment Day .

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize World Environment Day. As a cultural Head I planned this for second year students & Staff Members on 5 June 2023. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Nature of activity                   |
|-----------|--------------------------------------|
| 8.00 a.m. | - Tree Plantation in college campus. |

Sir please give us permission for arranging this programme.

Date : 3/6/2023

Cultural Head



डॉ. काजल प्र. ओजपुर.

  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

8.1.20

  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging Yoga Day .

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize Yoga Day. As a cultural Head I planned this for second year students & Staff Members on 21 June 2018. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Place             |
|-----------|-------------------|
| 7.00 a.m. | - Assembly Ground |

Sir please give us permission for arranging this programme.


Date : 18/6/2018

Cultural Head

  
Dr. Anand S. Patil

3.1.20

  
Co-ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal





**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging Yoga Day .

Respected Sir,

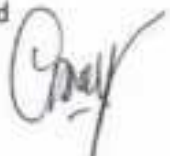
With response to the above mentioned subject we would like to inform you that we are going to organize Yoga Day. As a cultural Head I planned this for second year students & Staff Members on 21 June 2021. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Place           |
|-----------|-----------------|
| 7.00 a.m. | Assembly Ground |

Sir please give us permission for arranging this programme.

Date : 19/6/2021

Cultural Head

  
M. BHARADWAJ

1.1.20

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal



## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging Yoga Day .

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize Yoga Day. As a cultural Head I planned this for second year students & Staff Members on 21 June 2023. All the students of second year will participate in this programme. The nature of this programme is follows.

| Time      | Place           |
|-----------|-----------------|
| 7.00 a.m. | Assembly Ground |

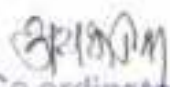
Sir please give us permission for arranging this programme.

Date : 19/6/2023

Cultural Head

  
Dr. Anand Anand

1.120

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of Swaccha Bharat Abhiyan.

Respected Sir,


With response to the above mentioned subject we would like to inform you that we are going to organize rally on Swaccha Bharat Abhiyan. As a cultural head I planned this rally for first year students Semester 1 on 2<sup>nd</sup> October 2018. All the students of second year will participate in this rally. The nature of this rally is follows.

|                      |   |                      |
|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12.p.m. to 1 p.m.    | - | Closing of rally     |

Sir please give us permission for arranging this rally and programme.

Date : 1 Oct. 2018

Cultural Head

  
S.P. BHARAT DIXIT

5.3.2D

  
Chairperson  
IQAC  
HVS(KM) Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS(KM) Phy.Edu.College  
Yavatmal

# Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of Swaccha Bharat Abhiyan.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize rally on Swaccha Bharat Abhiyan. As a cultural head I planned this rally for first year students Semester 1 on 2<sup>nd</sup> October 2019. All the students of second year will participate in this rally. The nature of this rally is follows.

- |                      |   |                      |
|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12.p.m. to 1 p.m.    | - | Closing of rally     |

Sir please give us permission for arranging this rally and programme.

Date : 30 Nov. 2019

Cultural Head

Dr. Anurag Chaudhary

1320

Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

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To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Permission regarding arranging rally of Swaccha Bharat Abhiyan.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to organize rally on Swaccha Bharat Abhiyan. As a cultural head I planned this rally for first year students Semester 1 on 2<sup>nd</sup> October 2021. All the students of second year will participate in this rally. The nature of this rally is follows.

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|----------------------|---|----------------------|
| 7.30 a.m.            | - | Assembly in College  |
| 9.00 a.m. to 11 a.m. | - | Prabhat feri (rally) |
| 11.00 am. to 12 p.m. | - | Speech of students   |
| 12.p.m. to 1 p.m.    | - | Closing of rally     |

Sir please give us permission for arranging this rally and programme.


Date : 30 Nov. 2021

Cultural Head

  
Dr. Anurag Dhanraj

1.1.20

  
Co.ordinater  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**  
Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

दिनांक : २०/२/२०२०


प्रति,  
प्राचार्य,  
हनुमान व्यायाम शाळा क्रीडा मंडळ,  
शारीरिक शिक्षण महाविद्यालय,  
यवतमाळ

विषय : लोहारा गावामध्ये स्वच्छता अभियान राबविण्याची परवानगी मिळणे बाबत.

आपल्या हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालयाच्या वतीने दिनांक २३ फरवरी २०२० रोजी लोहारा गाव परिसराची स्वच्छता करण्यासाठी स्वच्छता अभियान राबवावयाचे आहे. या कार्यक्रमाला महाविद्यालयातील बी.पी.ई.एस., बी.पी.एड. व एम.पी.एड. चे विद्यार्थी व महाविद्यालयाचे प्राध्यापक सहभागी होतील. कृपया या कार्यक्रमाला परवानगी द्यावी ही विनंती.

आपला विश्वासु

  
Co-ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal



**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

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### सुचना

दिनांक : २०/२/२०२०

महाविद्यालय के बी.पी.ई.एस., बी.पी.एड. और एम.पी.एड. के विद्यार्थियोंको सुचित किया जाता है की, दिनांक २३ फरवरी २०२० को सुबह ७ बजे लोहारा गांव मे स्वच्छता अभियान का आयोजन किया गया है । सभी विद्यार्थियोंको लोहारा स्थिती नंदी चौक मे सुबह ७ बजे उपस्थित रहना अनिवार्य है ।

  
प्राचार्य

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

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दिनांक : २४/२/२०२०

**स्वच्छता अभियान अहवाल.**

हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालय यवतमाळच्या वतीने लोहारा गावामध्ये दिनांक २३/२/२०२० ला स्वच्छता अभियान राबविण्यात आले. उपरोक्त कार्यक्रमाला महाविद्यालयाचे प्राचार्य यांनी स्वच्छता अभियानाला हिरवी झेंडी दाखवुन सुरुवात केली. कार्यक्रम लोहारा चौक स्थित नंदी मुर्ती पासून स्वच्छता अभियानाला सुरुवात करण्यात आली व लोहारा गावामधिल रस्ते स्वच्छता व स्थानिक लोकांना स्वच्छतेचे महत्व महाविद्यालयाच्या विद्यार्थ्यांनी समजवुन सांगितले. स्थानिक लोकांच्या मदतीने स्वच्छता अभियान राबविण्यात आले.

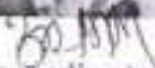
या कार्यक्रमाच्या यशस्वीतेसाठी प्रमुख डॉ.अजय कोलारकर यांनी अथक परिश्रम घेतले. तसेच या कार्यक्रमाला महाविद्यालयातील बी.पी.ई.एस. बी.पी.एड. व एम. पी.एड. चे विद्यार्थी उपस्थित होते. तसेच महाविद्यालयाचे प्राचार्य डॉ.व्ही.आर.तलरेजा व महाविद्यालयातील प्राध्यापक डॉ.सुहास तिवळकर, प्रा.अभय भिष्म, प्रा.प्रेमेश्वर रामपुरकर, डॉ. अजय कोलारकर उपस्थित होते.

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## Swachhata Abhiyan 2019 -20



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

दिनांक : २१/२/२०२२

प्रति,  
प्राचार्य,  
हनुमान व्यायाम शाळा क्रीडा मंडळ,  
शारीरिक शिक्षण महाविद्यालय,  
यवतमाळ

विषय : लोहारा गावामध्ये स्वच्छता अभियान राबविण्याची परवानगी मिळणे बाबत.

आपल्या हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालयाच्या वतीने दिनांक २३ फरवरी २०२२ रोजी लोहारा गाव परिसराची स्वच्छता करण्यासाठी स्वच्छता अभियान राबवावयाचे आहे. या कार्यक्रमाला महाविद्यालयातील बी.पी.ई.एस., बी.पी.एड. व एम.पी.एड. चे विद्यार्थी व महाविद्यालयाचे प्राध्यापक सहभागी होतील. कृपया या कार्यक्रमाला परवानगी द्यावी ही विनंती.

आपला विश्वासु

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shaia Krida Mandal's Physical Education College,**  
Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

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### सुचना

दिनांक : २१/२/२०२२

महाविद्यालय के बी.पी.ई.एस., बी.पी.एड. और एम.पी.एड. के विद्यार्थियोंको सुचित किया जाता है की, दिनांक २३ फरवरी २०२२ को सुबह ७ बजे लोहारा गांव मे स्वच्छता अभियान का आयोजन किया गया है । सभी विद्यार्थियोंको लोहारा स्थिती नंदी चौक मे सुबह ७ बजे उपस्थित रहना अनिवार्य है ।

  
प्राचार्य

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
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Yavatmal

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दिनांक : २४/२/२०२२

**स्वच्छता अभियान अहवाल.**

हनुमान व्यायाम शाला क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालय यवतमाळच्या वतीने लोहारा गावामध्ये दिनांक २३/२/२०२२ ला स्वच्छता अभियान राबविण्यात आले. उपरोक्त कार्यक्रमाला महाविद्यालयाचे प्राचार्य यांनी स्वच्छता अभियानाला हिरवी झेंडी दाखवून सुरुवात केली. कार्यक्रम लोहारा चौक स्थित नंदी मुर्ती पासून स्वच्छता अभियानाला सुरुवात करण्यात आली व लोहारा गावामधिल रस्ते स्वच्छता व स्थानिक लोकांना स्वच्छतेचे महत्व महाविद्यालयाच्या विद्यार्थ्यांनी समजवून सांगितले. स्थानिक लोकांच्या मदतीने स्वच्छता अभियान राबविण्यात आले.


या कार्यक्रमाच्या यशस्वीतेसाठी प्रमुख डॉ.अजय कोलारकर यांनी अथक परिश्रम घेतले. तसेच या कार्यक्रमाला महाविद्यालयातील बी.पी.ई.एस. बी.पी.एड. व एम. पी.एड. चे विद्यार्थी उपस्थित होते. तसेच महाविद्यालयाचे प्राचार्य डॉ.व्ही.आर.तलरेजा व महाविद्यालयातील प्राध्यापक डॉ.सुहास तिवळकर, प्रा.अभय भिष्म, प्रा.प्रेमेश्वर रामपुरकर, डॉ. अजय कोलारकर उपस्थित होते.

  
Co.Ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

Swachhata Abhiyan 2021-22



  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College

  
Chairperson  
IQAC  
HVS KM Phy. Edu. College

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

दिनांक : २१/२/२०२३

प्रति,  
प्राचार्य,  
हनुमान व्यायाम शाळा क्रीडा मंडळ,  
शारीरिक शिक्षण महाविद्यालय,  
यवतमाळ

विषय : लोहारा गावामध्ये स्वच्छता अभियान राबविण्याची परवानगी मिळणे बाबत.

आपल्या हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालयाच्या वतीने दिनांक २३ फरवरी २०२३ रोजी लोहारा गाव परिसराची स्वच्छता करण्यासाठी स्वच्छता अभियान राबवावयाचे आहे. या कार्यक्रमाला महाविद्यालयातील बी.पी.ई.एस., बी.पी.एड. व एम.पी.एड. चे विद्यार्थी व महाविद्यालयाचे प्राध्यापक सहभागी होतील. कृपया या कार्यक्रमाला परवानगी द्यावी ही विनंती.

आपला विश्वासु

  
Co.ordinator  
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HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal



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Plot No.P-10, 11 MIDC Lohara, Yavatmal  
(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

### सुचना

दिनांक : २१/२/२०२३

महाविद्यालय के बी.पी.ई.एस., बी.पी.एड. और एम.पी.एड. के विद्यार्थियोंको सुचित किया जाता है की, दिनांक २३ फरवरी २०२३ को सुबह ७ बजे लोहारा गांव मे स्वच्छता अभियान का आयोजन किया गया है। सभी विद्यार्थियोंको लोहारा स्थिती नंदी चौक मे सुबह ७ बजे उपस्थित रहना अनिवार्य है।

  
प्राचार्य

  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

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दिनांक : २४/२/२०२३

**स्वच्छता अभियान अहवाल.**

हनुमान व्यायाम शाळा क्रीडा मंडळ, शारीरिक शिक्षण महाविद्यालय यवतमाळच्या वतीने लोहारा गावामध्ये दिनांक २३/२/२०२३ ला स्वच्छता अभियान राबविण्यात आले. उपरोक्त कार्यक्रमाला महाविद्यालयाचे प्राचार्य यांनी स्वच्छता अभियानाला हिरवी झेंडी दाखवून सुरुवात केली. कार्यक्रम लोहारा चौक स्थित नंदी मुर्ती पासून स्वच्छता अभियानाला सुरुवात करण्यात आली व लोहारा गावामधिल रस्ते स्वच्छता व स्थानिक लोकांना स्वच्छतेचे महत्व महाविद्यालयाच्या विद्यार्थ्यांनी समजवून सांगितले. स्थानिक लोकांच्या मदतीने स्वच्छता अभियान राबविण्यात आले.

या कार्यक्रमाच्या यशस्वीतेसाठी प्रमुख डॉ.अजय कोलारकर यांनी अथक परिश्रम घेतले. तसेच या कार्यक्रमाला महाविद्यालयातील बी.पी.ई.एस. बी.पी.एड. व एम. पी.एड. चे विद्यार्थी उपस्थित होते. तसेच महाविद्यालयाचे प्राचार्य डॉ.व्ही.आर.तलारेजा व महाविद्यालयातील प्राध्यापक डॉ.सुहास तिवळकर, प्रा.अभय भिष्म, प्रा.प्रेमेश्रं रामपुरकर, डॉ. अजय कोलारकर उपस्थित होते.

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## Swachhata Abhiyan 2022-23



*Balaram*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College

*Praveen*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Approval regarding Celebration of Different Days.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going celebrate different important days which have social values, rational values and give respect to the great leaders who devoted their life for social upliftment by celebrating their birth and death anniversaries. We want to implement student ideas in different innovative ways like making posters, speeches, rallies and organizing speeches of different renowned guest. As a cultural head I planned these activities for first year and second year student for the session 2019-20.

I request you to give permission for above mentioned activities.  
Thanking You I


Date : 23/8/2019  
Place : Yavatmal

Cultural Head



श्री. अमरा जोशकर

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Approval regarding Celebration of Different Days.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going celebrate different important days which have social values, rational values and give respect to the great leaders who devoted their life for social upliftment by celebrating their birth and death anniversaries. We want to implement student ideas in different innovative ways like making posters, speeches, rallies and organizing speeches of different renowned guest. As a cultural head I planned these activities for first year and second year student for the session 2020-21.

I request you to give permission for above mentioned activities.  
Thanking You I

Date : 20/8/2020  
Place : Yavatmal

Cultural Head

  
श्री. कामेश प्र. ठोकरकर

  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

1.3.20

  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Approval regarding Celebration of Different Days.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to celebrate different important days which have social values, rational values and give respect to the great leaders who devoted their life for social upliftment by celebrating their birth and death anniversaries. We want to implement student ideas in different innovative ways like making posters, speeches, rallies and organizing speeches of different renowned guest. As a cultural head I planned these activities for first year and second year student for the session 2021-22.

I request you to give permission for above mentioned activities.  
Thanking You !

Date : 23/9/2021  
Place : Yavatmal

Cultural Head

  
श्री.अपराजिता कुमारी

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

**Hanuman Vyayam Shala Krida Mandal's Physical Education College,**

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Approval regarding Celebration of Different Days.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going celebrate different important days which have social values, rational values and give respect to the great leaders who devoted their life for social upliftment by celebrating their birth and death anniversaries. We want to implement student ideas in different innovative ways like making posters, speeches, rallies and organizing speeches of different renowned guest. As a cultural head I planned these activities for first year and second year student for the session 2022-23.

I request you to give permission for above mentioned activities.  
Thanking You !

Date : 16/8/2022  
Place : Yavatmal

Cultural Head

  
ॐ. ज्ञानेश्वर प्र. अकारकर

  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

13.20

  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

## Hanuman Vyayam Shala Krida Mandal's Physical Education College,

Plot No.P-10, 11 MIDC Lohara, Yavatmal

(Affiliated to Amravati University Amravati and recognized by N.C.T.E.)

---

To,  
The Principal,  
Hanuman Vyayam Shala Krida Mandal's  
Physical Education College,  
Yavatmal.

Subject : Approval regarding Celebration of Different Days.

Respected Sir,

With response to the above mentioned subject we would like to inform you that we are going to celebrate different important days which have social values, rational values and give respect to the great leaders who devoted their life for social upliftment by celebrating their birth and death anniversaries. We want to implement student ideas in different innovative ways like making posters, speeches, rallies and organizing speeches of different renowned guest. As a cultural head I planned these activities for first year and second year student for the session 2023-24.


I request you to give permission for above mentioned activities.

Thanking You !

Date : 23/11/2023


Place : Yavatmal

Cultural Head

  
श्री. अजय प्रदीपसकर

  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

5120

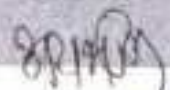
  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal




2018-19  
2019-20

# WORLD ENVIRONMENT DAY



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yashwanth

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yashwanth

## INTERNATIONAL YOGA DAY

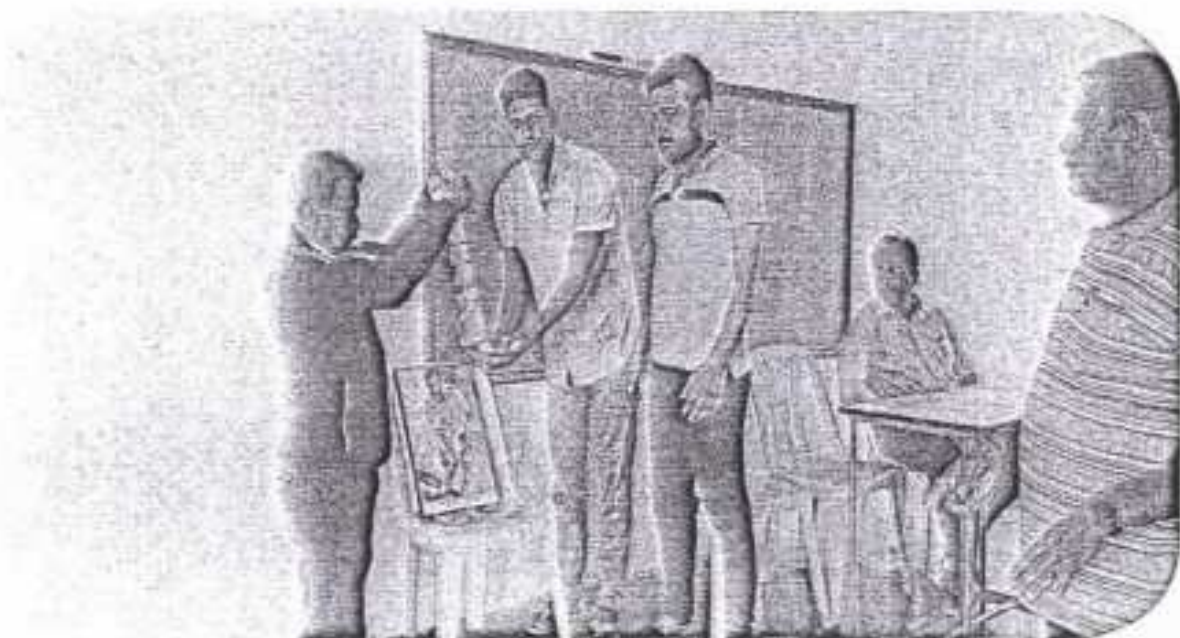
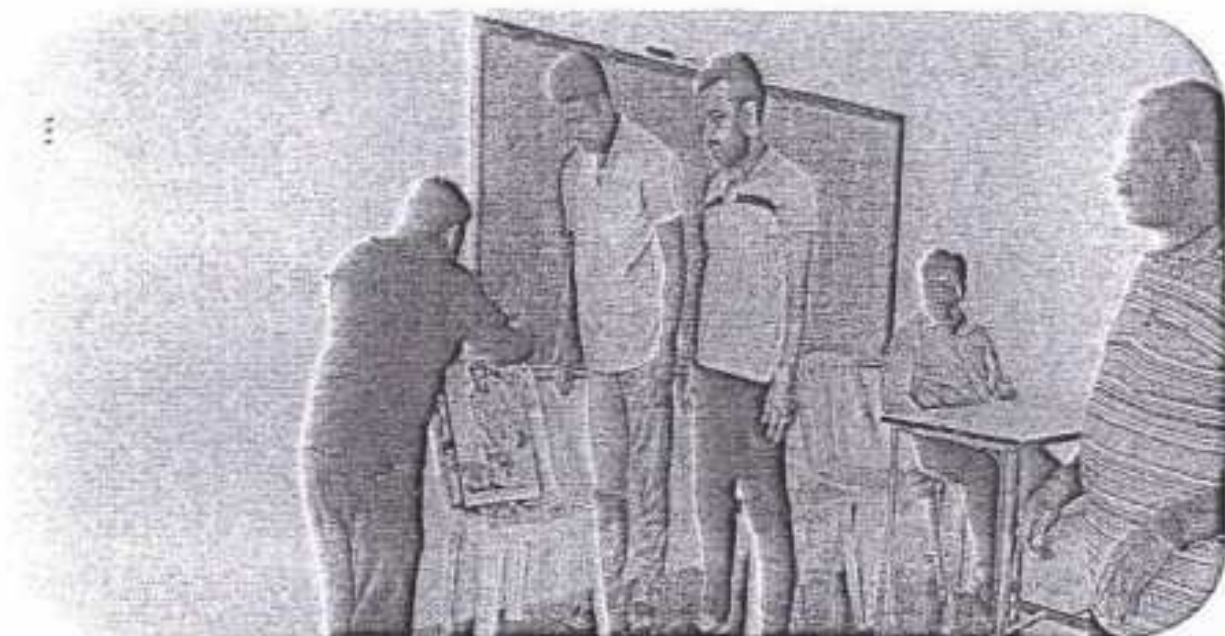


*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

# National Sports Day

2019-2020



*B. Lakshmi*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*P. Jany*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

## TEACHERS DAY CELEBRATION 2019-20




*[Signature]*  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

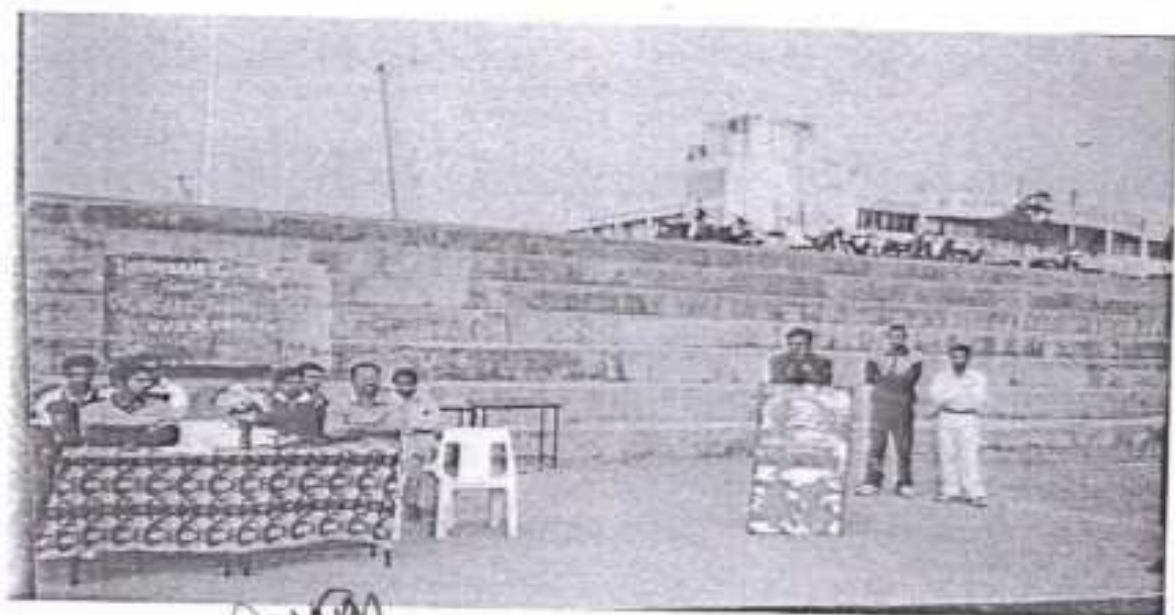
## MAHATMA GANDHI BIRTH ANNIVERSARY



  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yaswanth

  
Chairperson  
IQAC  
HVS KM Phy. Edu. College

## COLLEGE INTRAMURAL COMPETITION



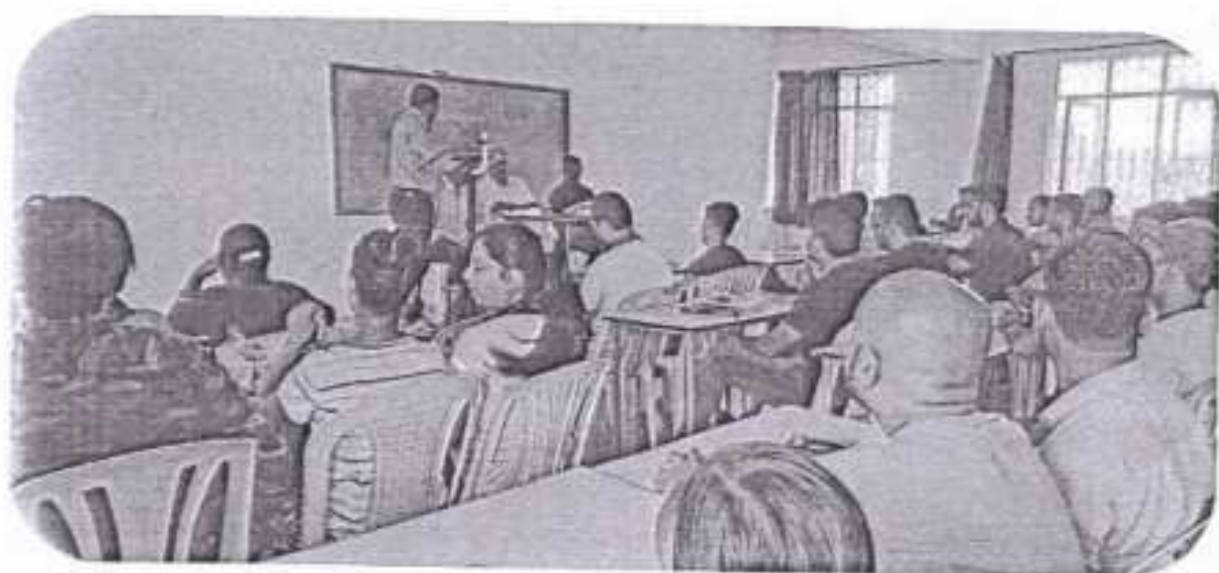
*[Signature]*  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Tayyathal

*[Signature]*  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Tayyathal

## TOURNAMENT ORGANIZATION WORKSHOP 2019-20



*Devaran*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

## BHOYAR VILLEGE SOCIAL WORK

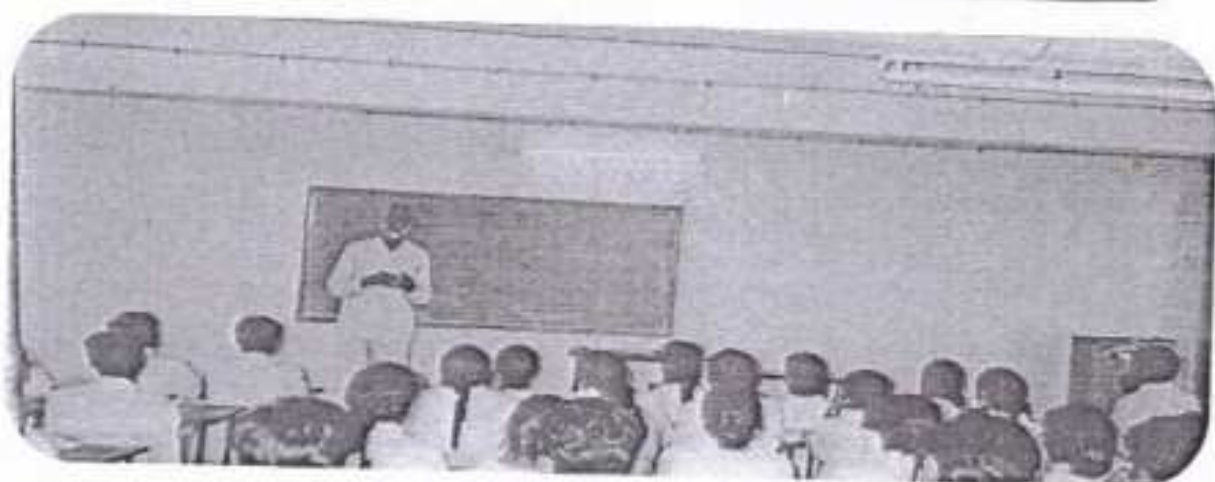


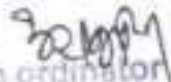
*Secretary*  
Co.ordinator  
I, QAC  
HVS KM Phy. Edu. College  
Yavatmal

*Chairperson*  
IDAC  
HVS KM Phy. Edu. College  
Yavatmal



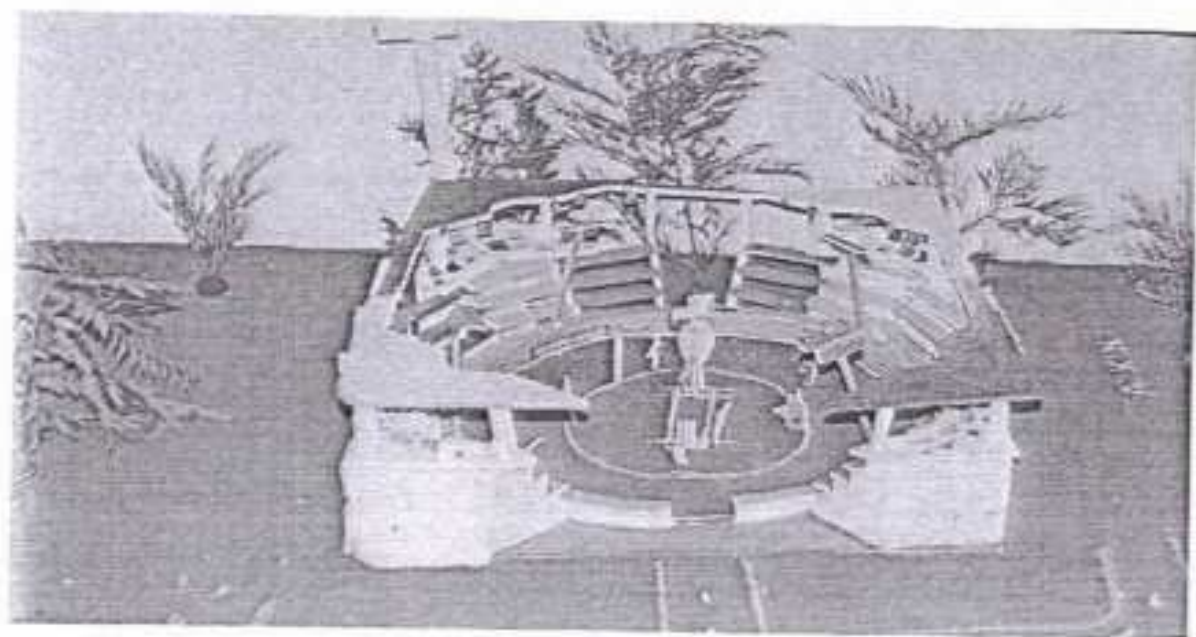
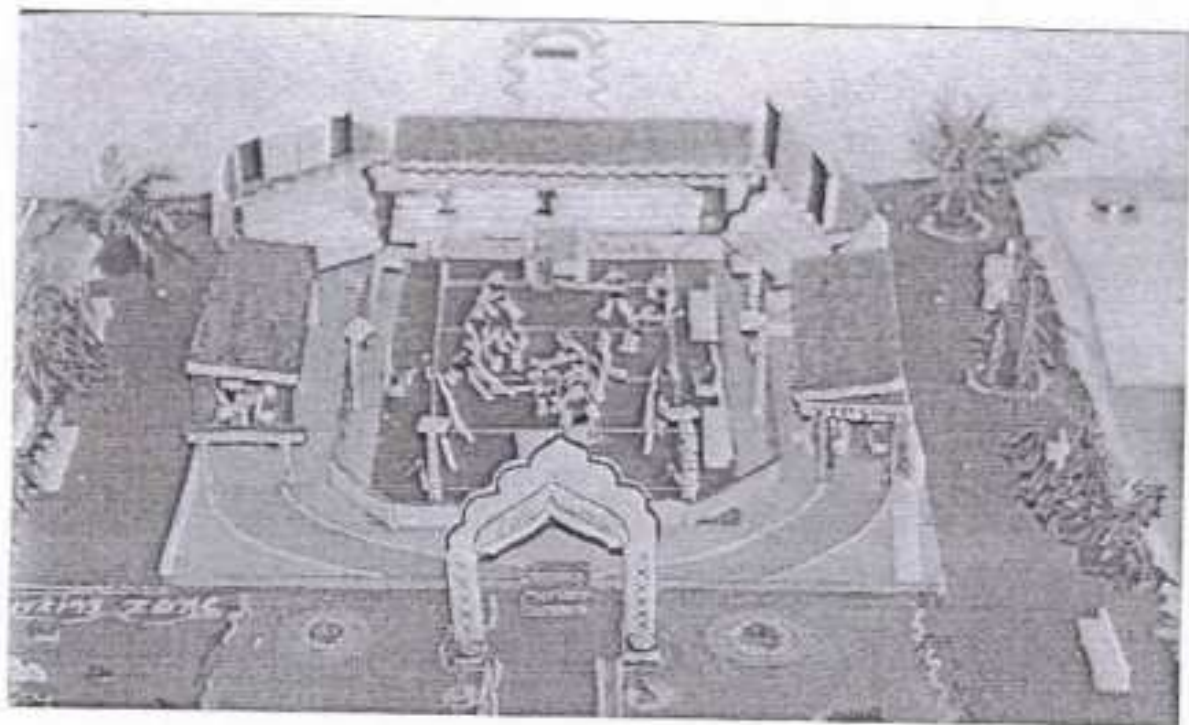
## TEACHING SKILL WORKSHOP 2019-20




  
Co-ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

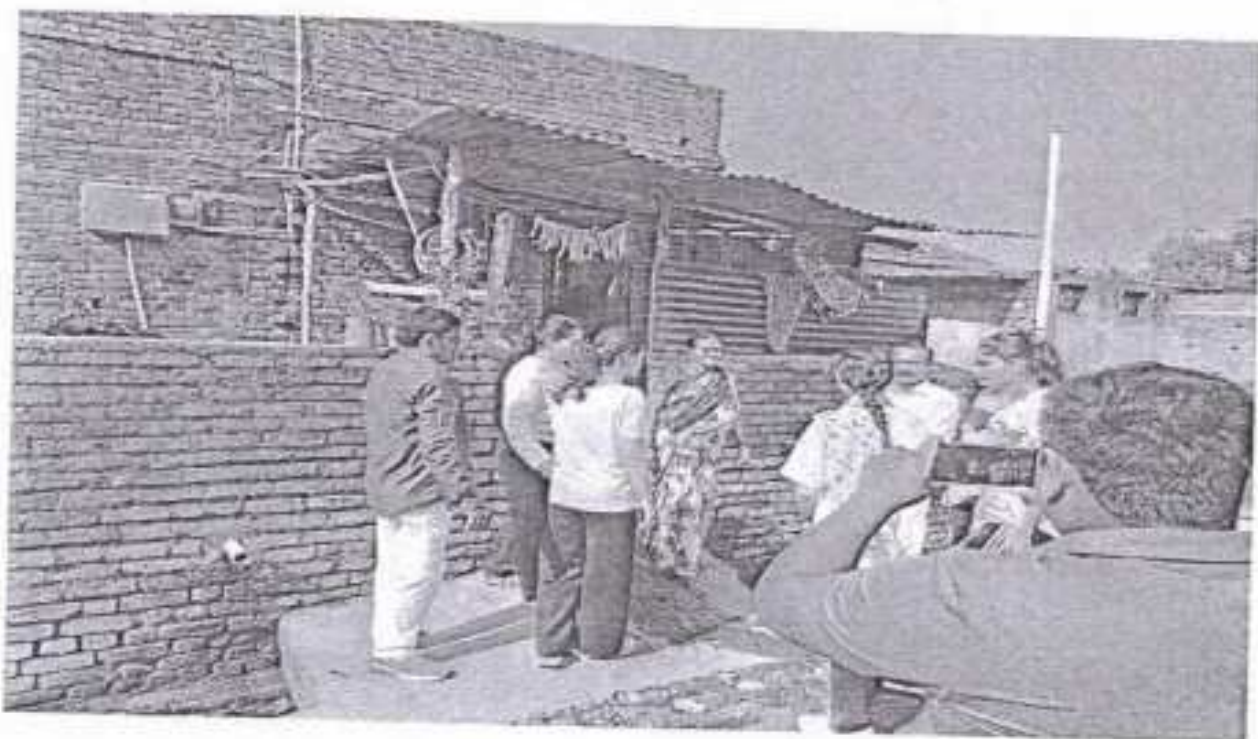
## STUDENTS PROJECT WORK



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

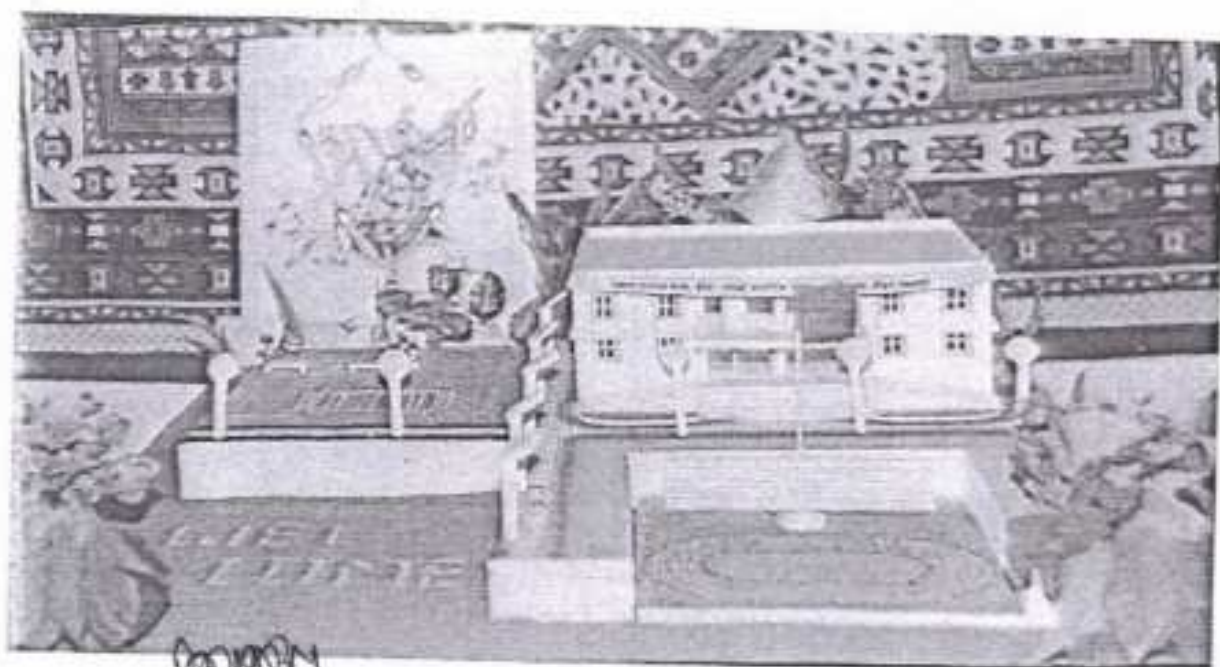
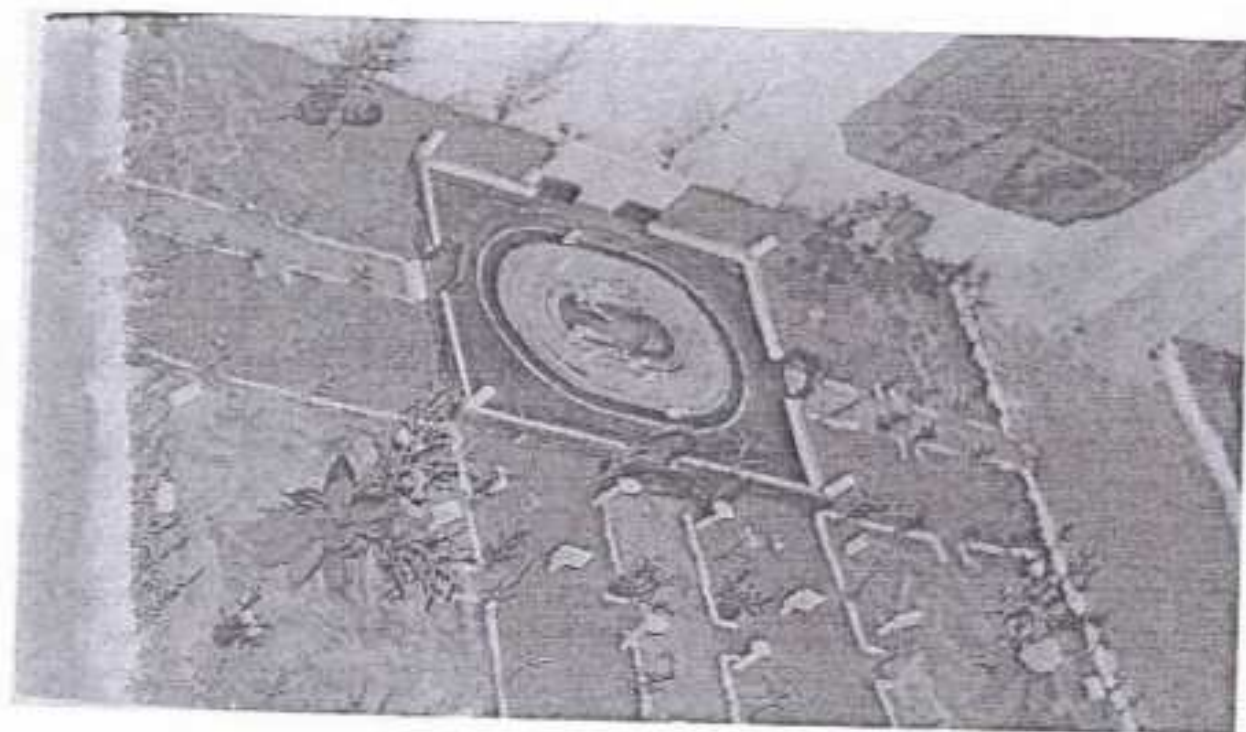
WORLD AIDS DAY 2018



*[Handwritten Signature]*  
Co.ordinator  
IQAC  
HVSRII Phy.Edu.College  
Yavatmal

*[Handwritten Signature]*  
Chairperson  
IQAC  
HVSRII Phy.Edu.College  
Yavatmal

## STUDENTS PROJECT WORK



*[Signature]*  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC

HVSKM Phy.Edu.College

# FLAG HOSTING WORKSHOP 2019-20




  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy Edu College  
Yavatmal

## COLLEGE CONVOCATION PROGRAM



  
Co-ordinator  
IQAC  
HVSKM Phy.Edu.College

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Pune

## COLLEGE CONVOCATION PROGRAM



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

# CHHATRAPATI SHIVAJI MAHARAJ JAYANTI 2019-20

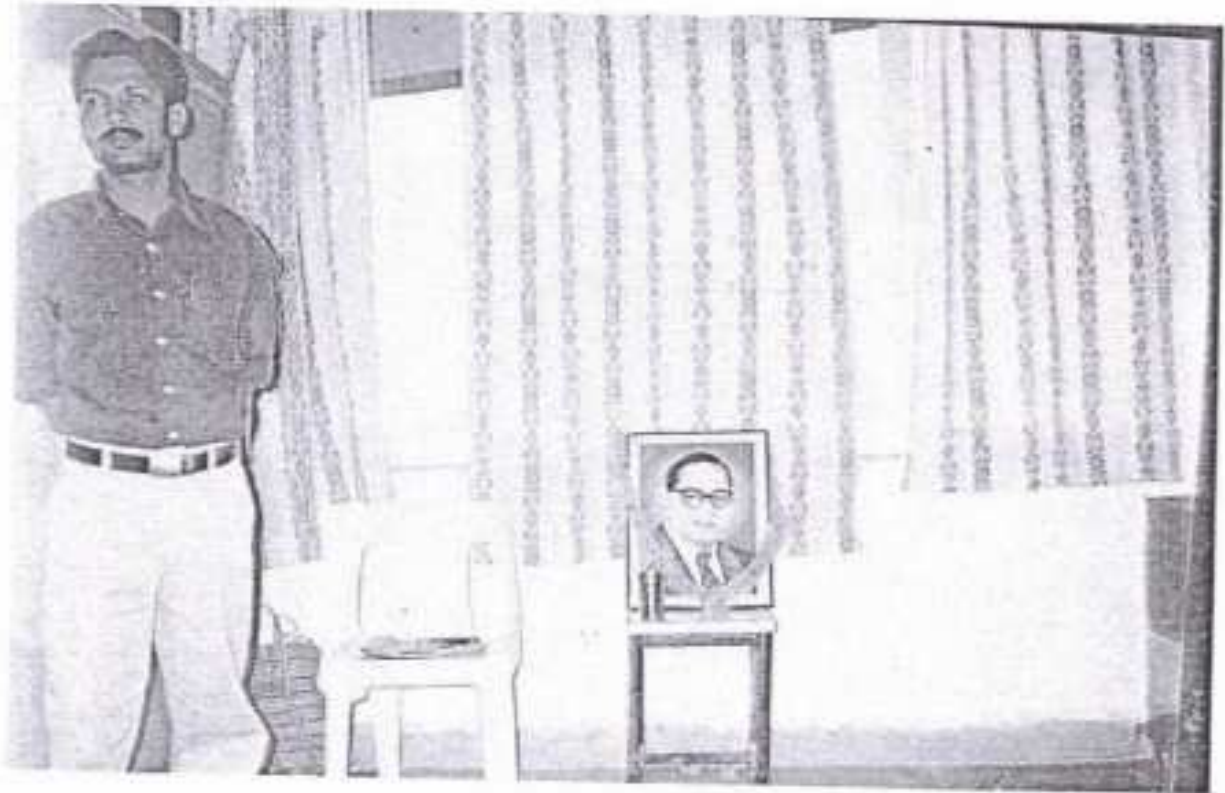


*Prakash*  
Co.ordinator  
IQAC  
HVSMT Phy.Edu.College  
Yavatmal

*Prakash*  
Chairperson  
IQAC  
HVSMT Phy.Edu.College  
Yavatmal



# DR BABASAHEB AMBEDKAR BIRTH ANNIVERSARY



*Balaram*  
Co.ordinator  
ICAC  
HVS KM Phy. Edu. College  
Yavatmal

*Kamini*  
Chairperson  
ICAC  
HVS KM Phy. Edu. College  
Yavatmal

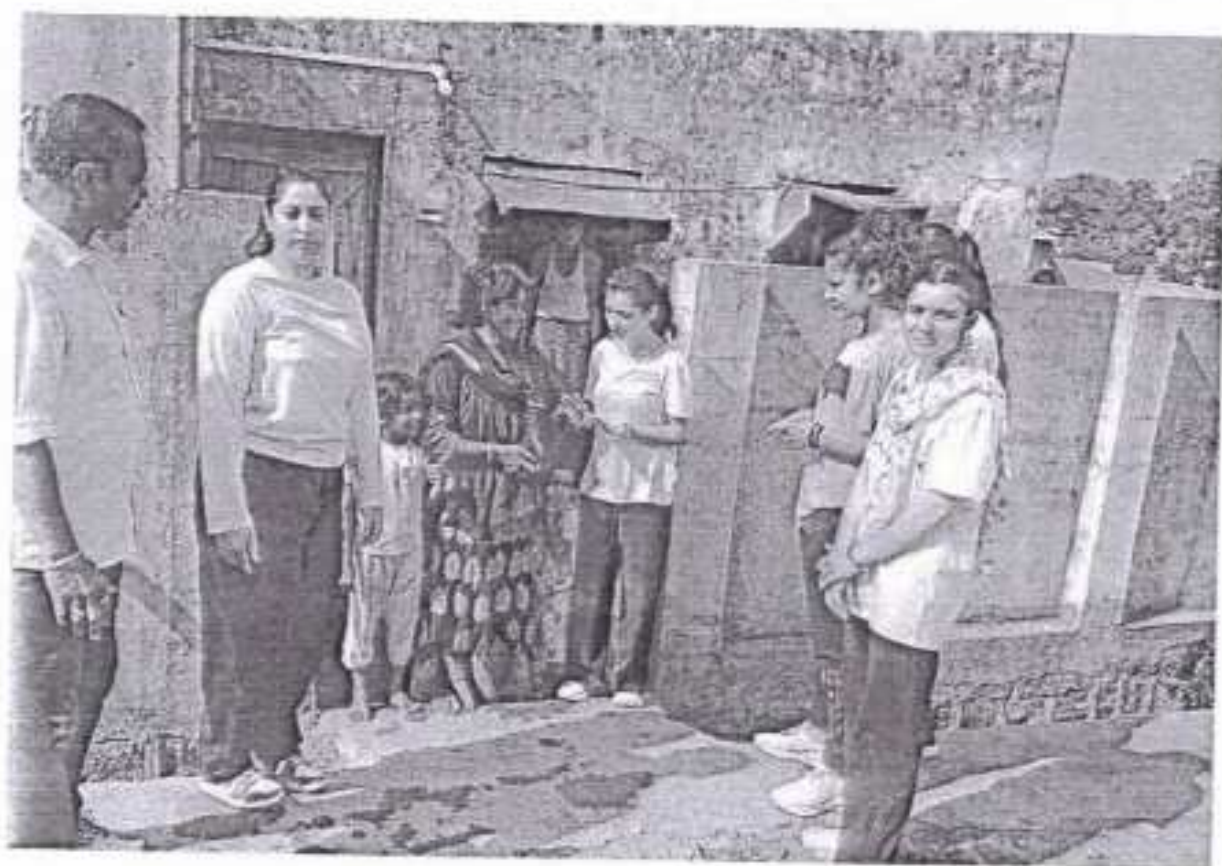
# WORLD ENVIRONMENT DAY




*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College

# WORLD AIDS DAY 2019



  
Co.ordinator  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

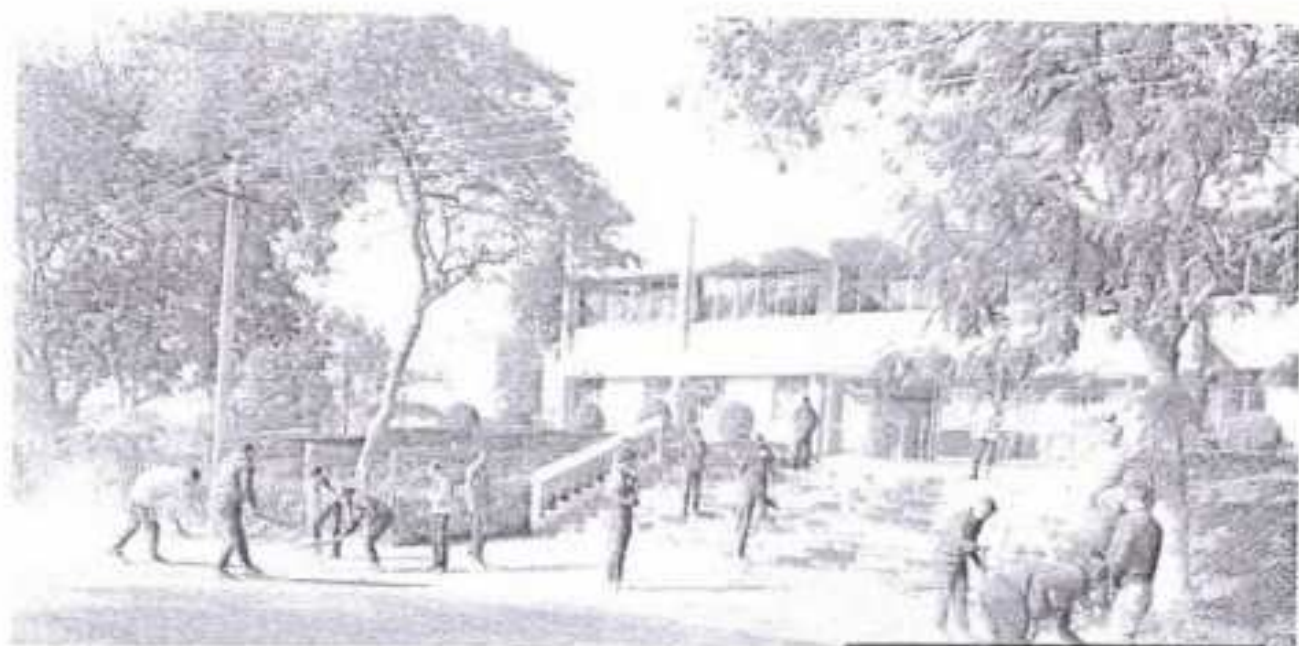
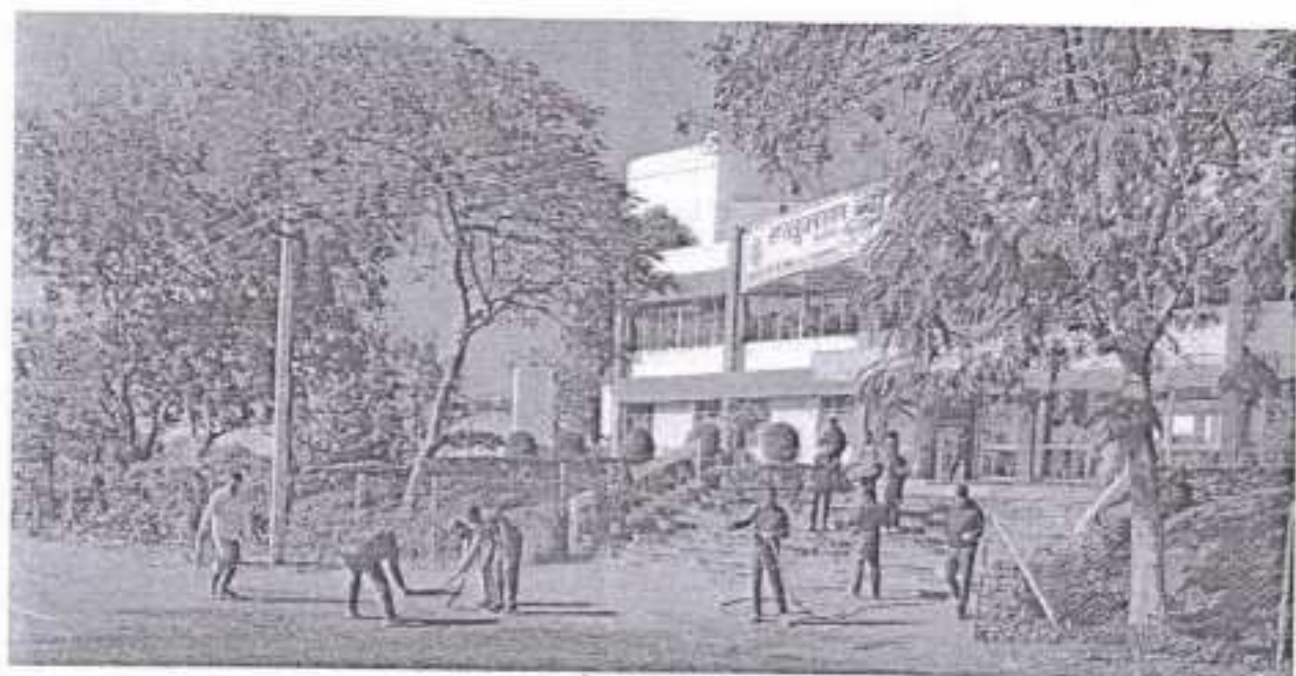
## INTERNATIONAL YOGA DAY



अपुजित  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

अपुजित  
Chairperson  
IQAC  
HVS KM Phy. Edu. College

## COLLEGE CAMPAS SOCIAL WORK

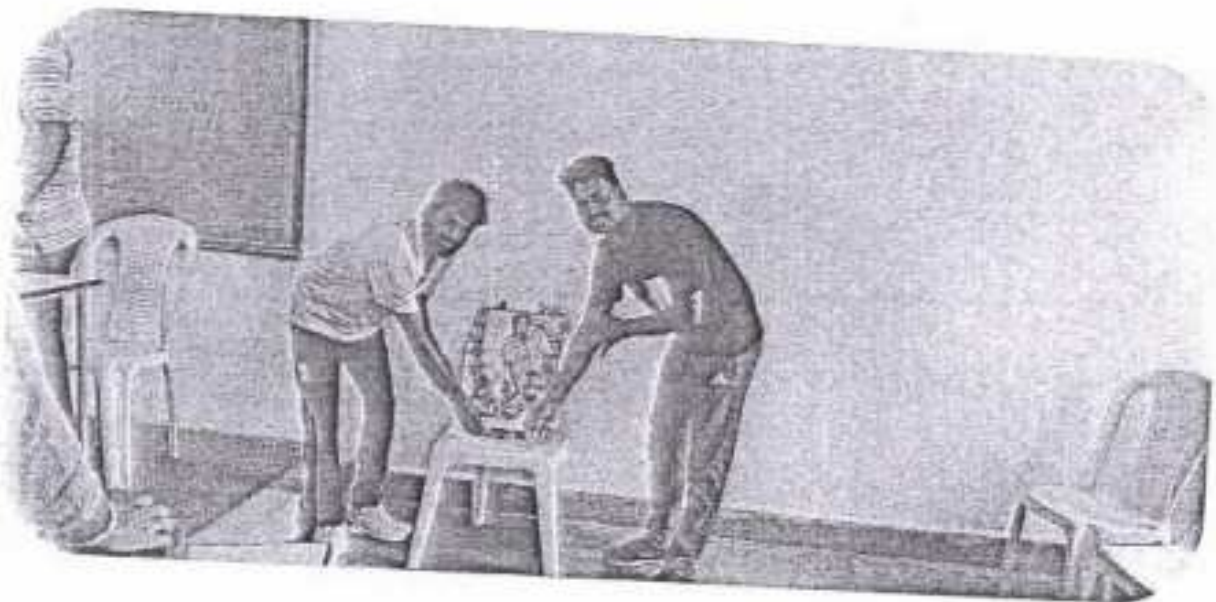


*Co.ordinator*  
Co.ordinator  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

*Chairperson*  
Chairperson  
IQAC  
HVS KM Phy.Edu.College  
Yavatmal

# National Sports Day

2021-2022



National Sports Day

*Z. Lakshmi*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*S. Jay*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## TEACHERS DAY CELEBRATION 2021-22



*Zareen*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Zareen*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## MAHATMA GANDHI BIRTH ANNIVERSARY

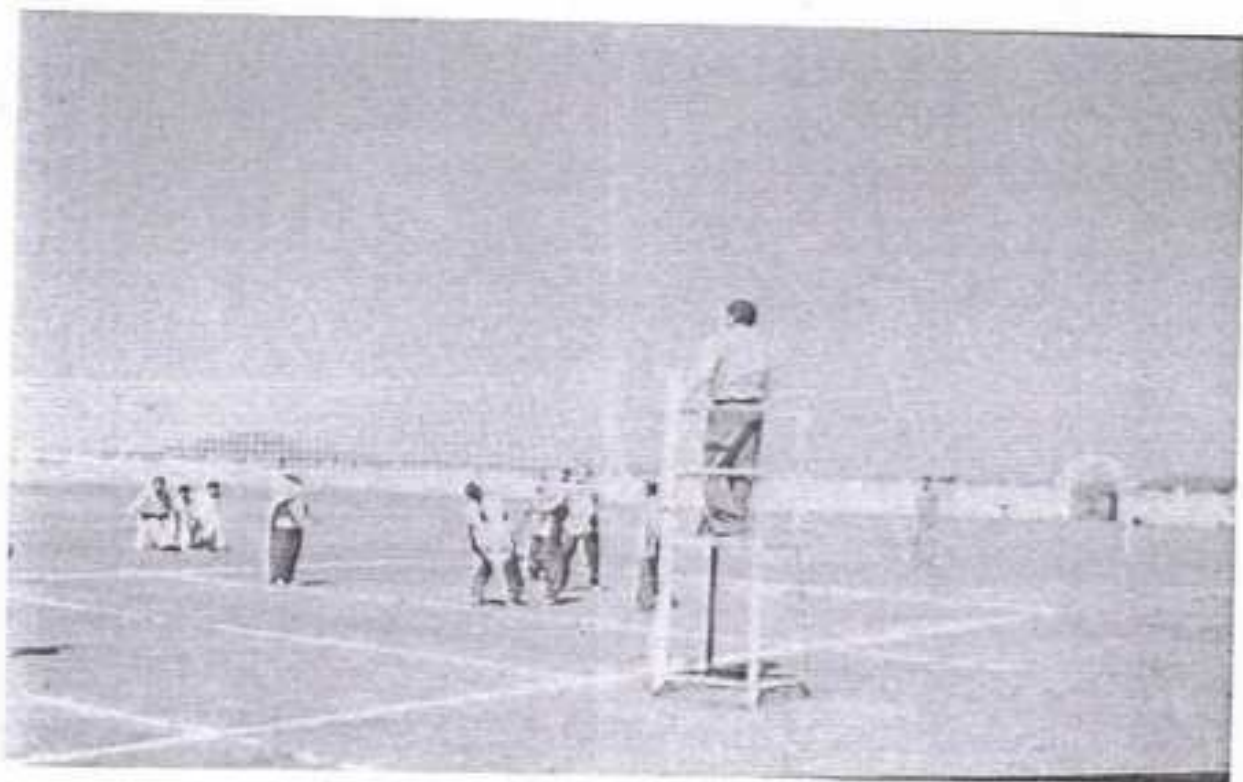
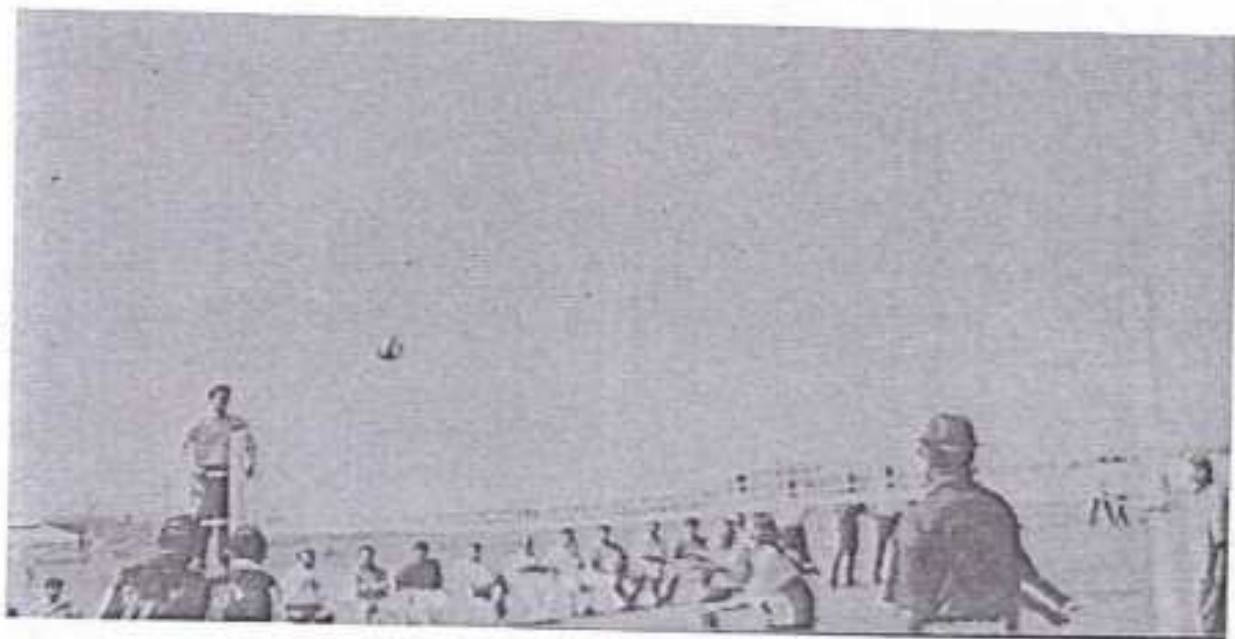


*Co-ordinator*  
Co-ordinator  
IQAC  
HVSK's Phy.Edu.College  
Yavatmal

*Chairperson*  
Chairperson  
IQAC  
HVSK's Phy.Edu.College  
Yavatmal



COLLEGE INTRAMURAL COMPETITION



*[Handwritten Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Handwritten Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## COLLEGE INTRAMURAL COMPETITION



*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmai

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmai

## FLAG HOSTING WORKSHOP 2019-20



*[Signature]*  
Co.ordinator  
IQAC

VVSKIT Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC

VVSKIT Phy.Edu.College  
Yavatmal

## TOURNAMENT ORGANIZATION WORKSHOP 2021-22



*[Signature]*  
Co.ordinator  
ICAC  
HVS KM Phy. Edu. College  
Yavatmal

*[Signature]*  
Chairperson  
ICAC  
HVS KM Phy. Edu. College

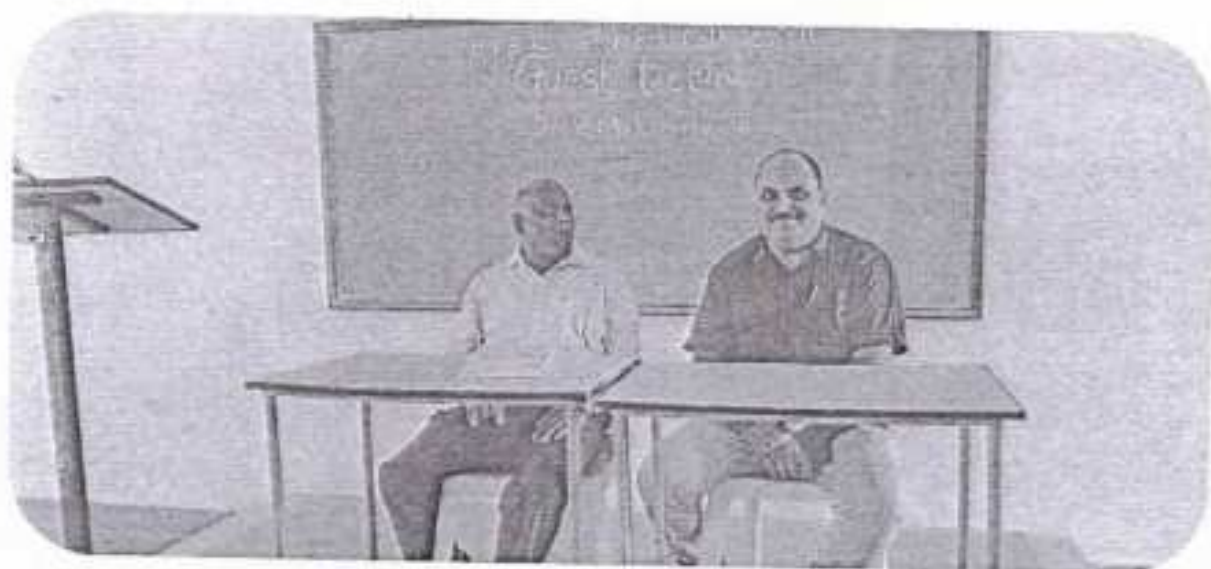
# TEACHING SKILL WORKSHOP 2021-22



*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

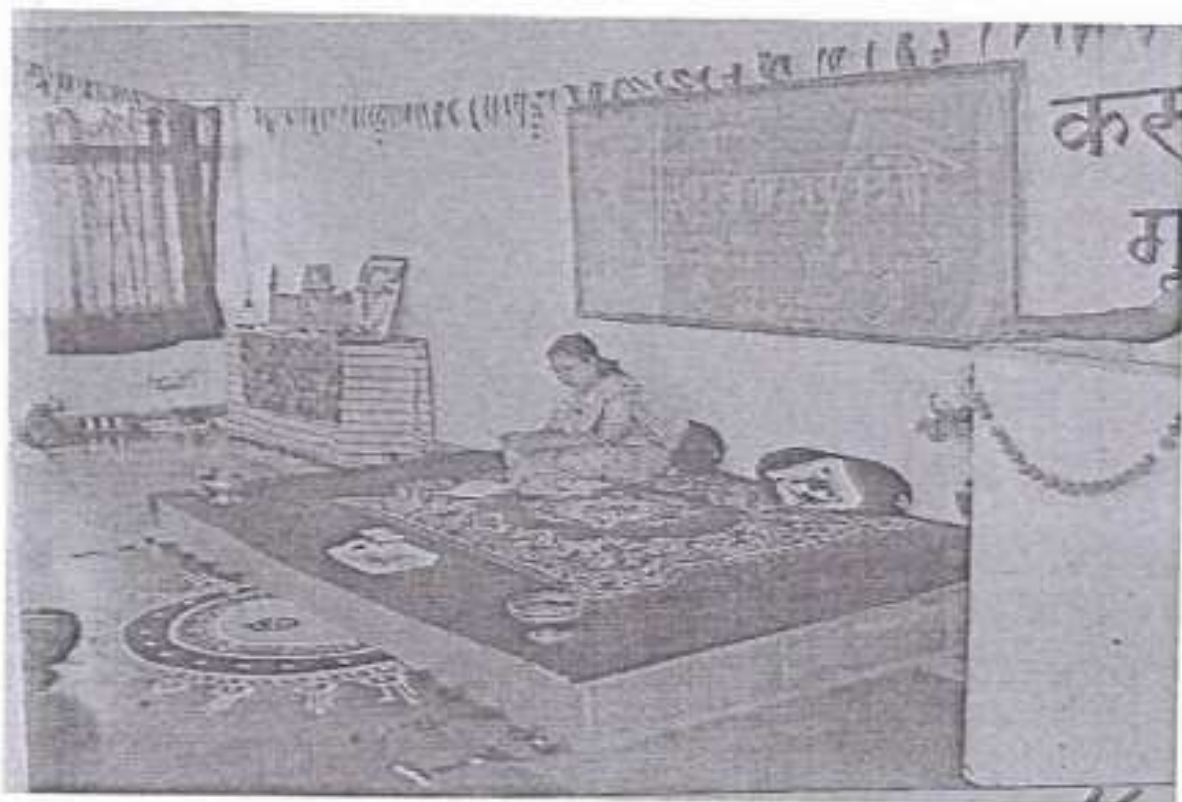
## WORKSHOP OF STRESS MANGMENT 2021-22



*Prabhakar*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*Prabhakar*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

# CHHATRAPATI SHIVAJI MAHARAJ JAYANTI 2021-22



*[Signature]*  
Co.ordinator  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

## COLLEGE CONVOCATION PROGRAM



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal



DR. BABASAHEB AMBEDKAR BIRTH ANNIVERSARY

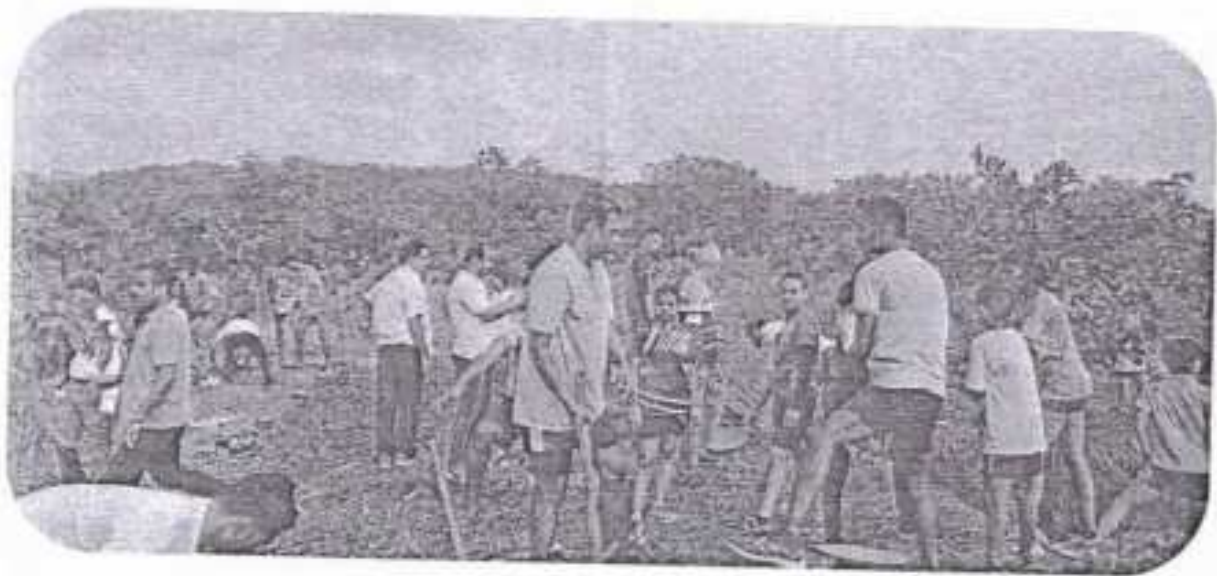


*2021*  
Co.ordinator  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVKM Phy Edu.College  
Yavatmal

2012-13

# WORLD ENVIRONMENT DAY



*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

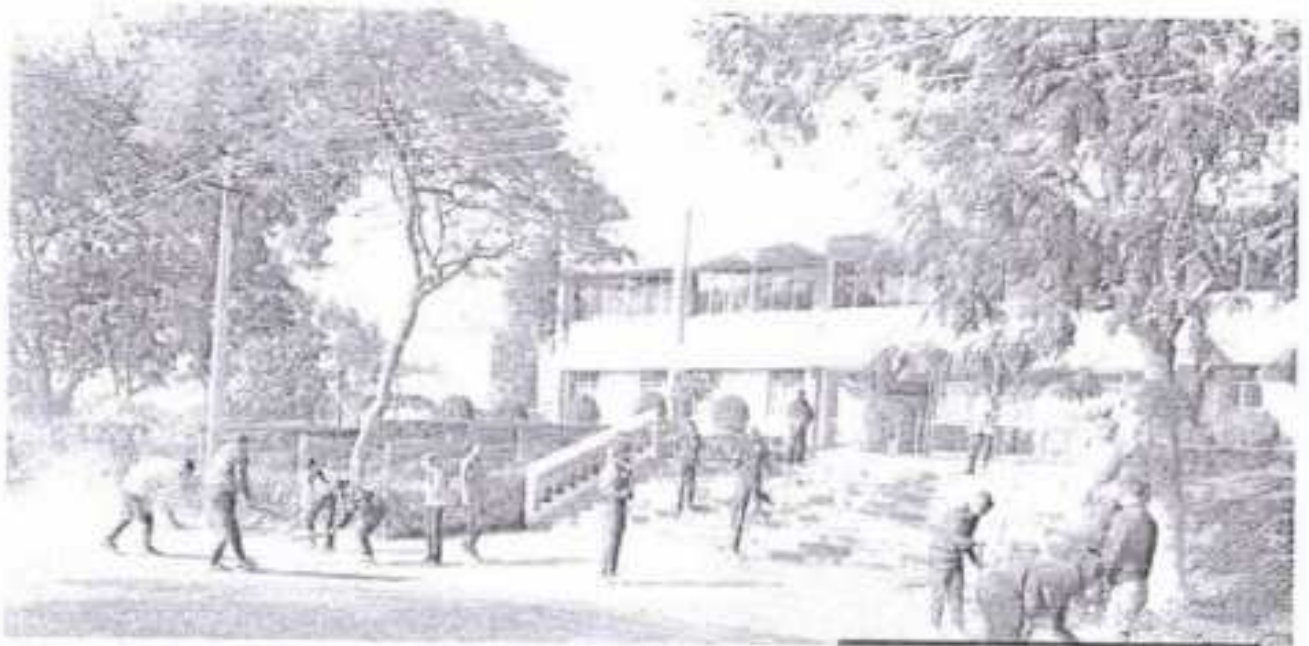
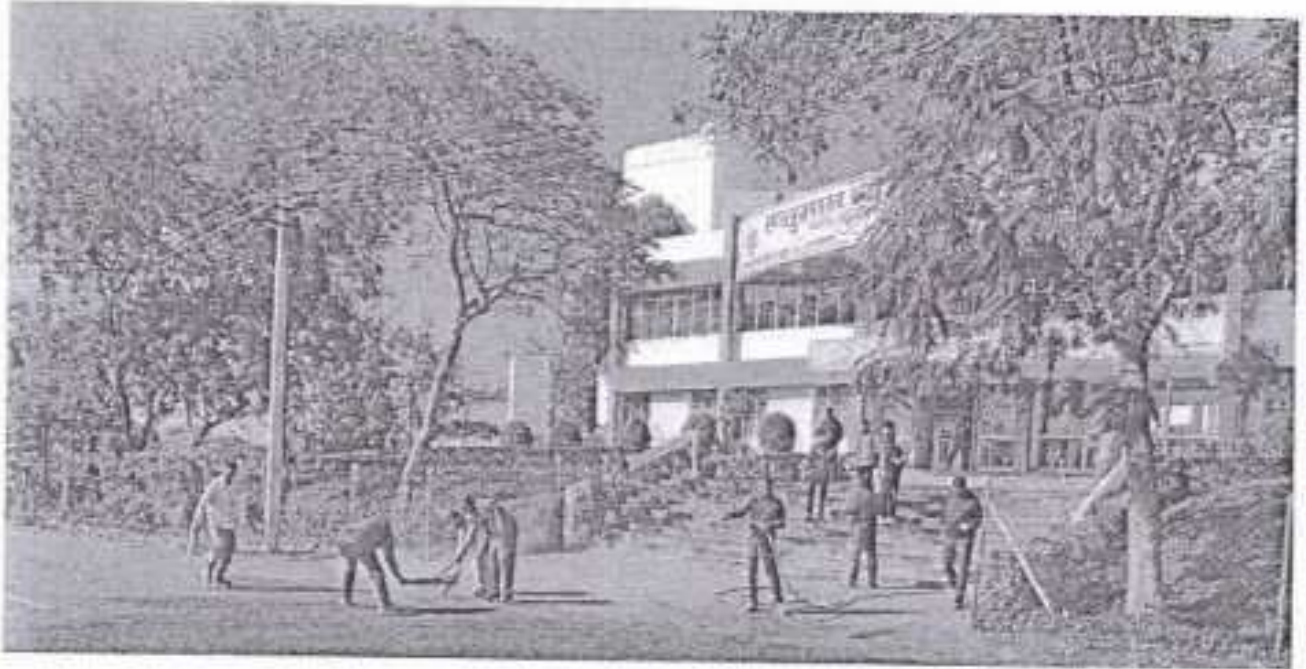
## INTERNATIONAL YOGA DAY



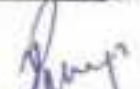
*Zainab*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Pratik*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

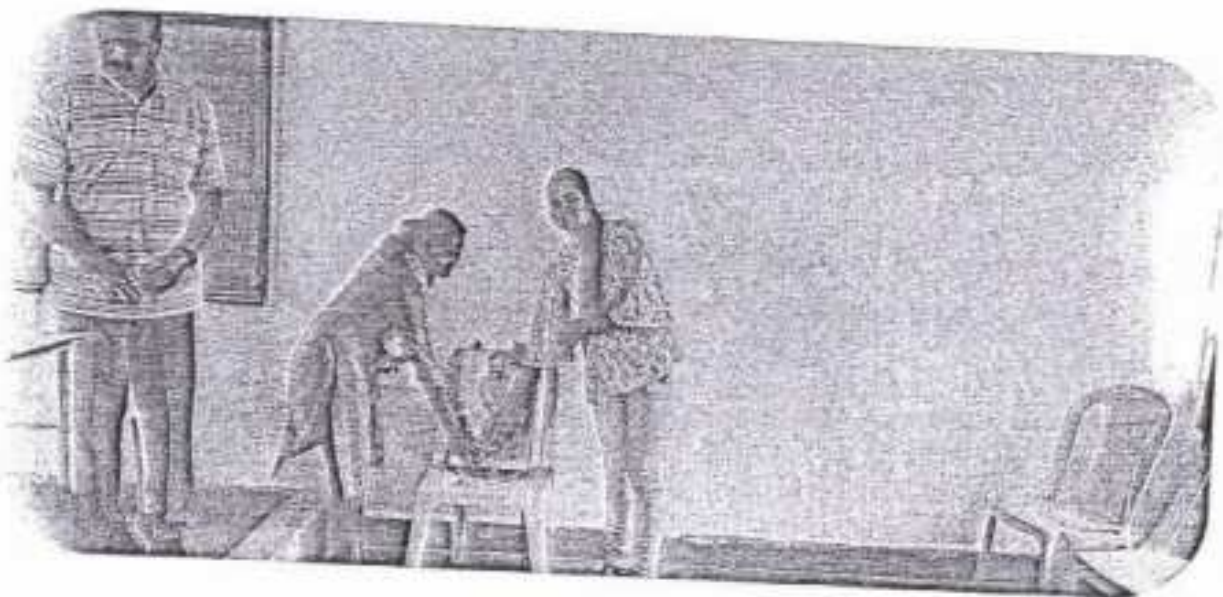
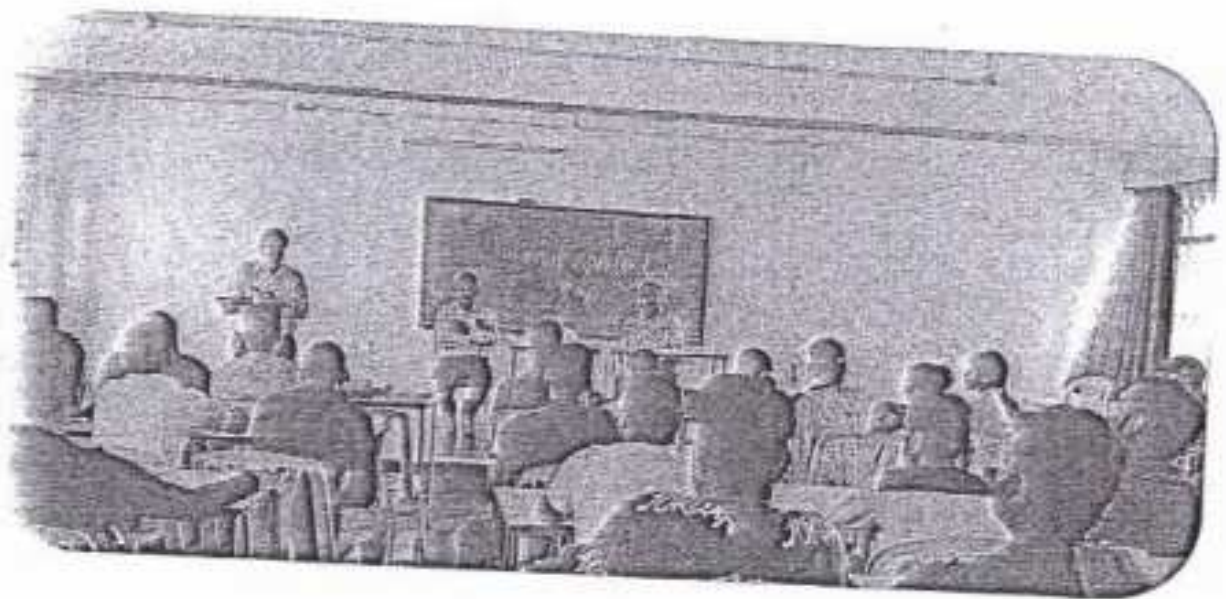
## COLLEGE CAMPAS SOCIAL WORK



  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

2022-2023



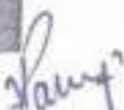
  
Co.Ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yevahmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yevahmal

## TEACHERS DAY CELEBRATION 2022-23



  
 Co.ordinator  
 IQAC  
 HVSMM Phy.Edu.College  
 Mysuru

  
 Chairperson  
 IQAC  
 HVSMM Phy.Edu.College  
 Mysuru

**TOURNAMENT ORGANIZATION WORKSHOP 2022-23**



*Dr. P. S. Rao*  
Co.ordinator  
IQAC  
HVSRII Phy.Edu.College  
Yavatmal

*P. S. Rao*  
Chairperson  
IQAC  
HVSRII Phy.Edu.College  
Yavatmal

# TEACHING SKILL WORKSHOP 2022-23



*Zimber*  
Co.ordinator  
IQAC

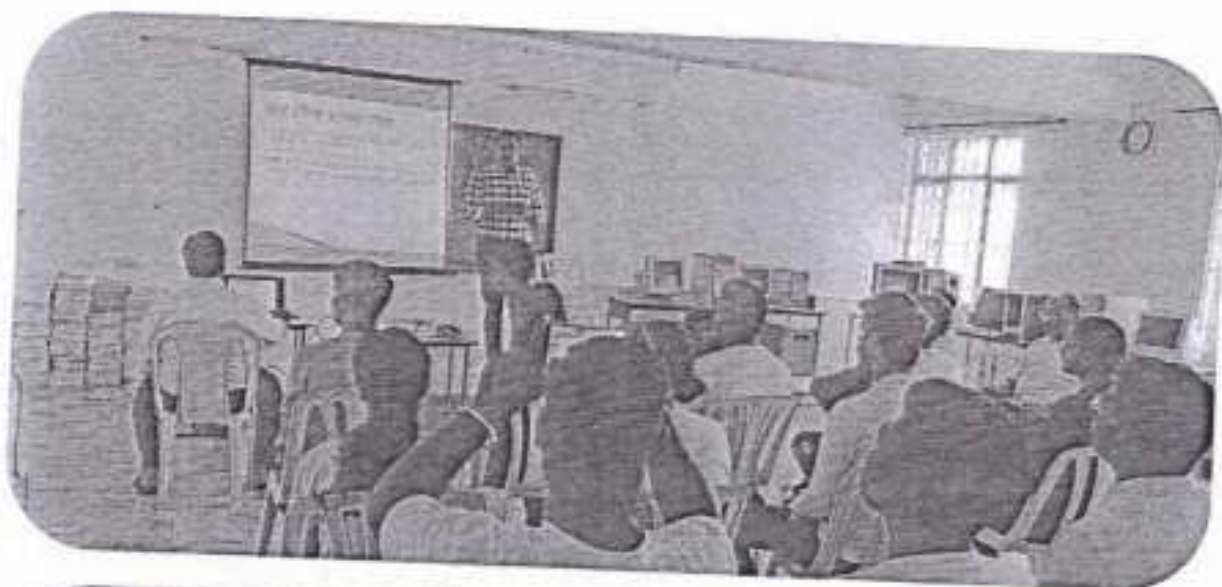
HVSKM Phy.Edu.College  
Yavatmal

*Yayy*  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Yavatmal



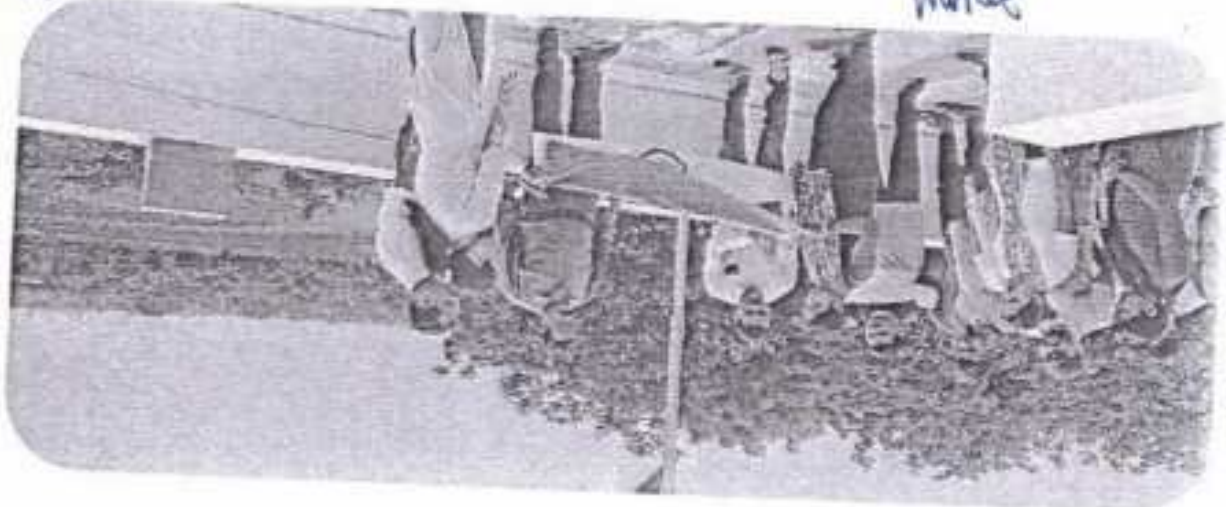
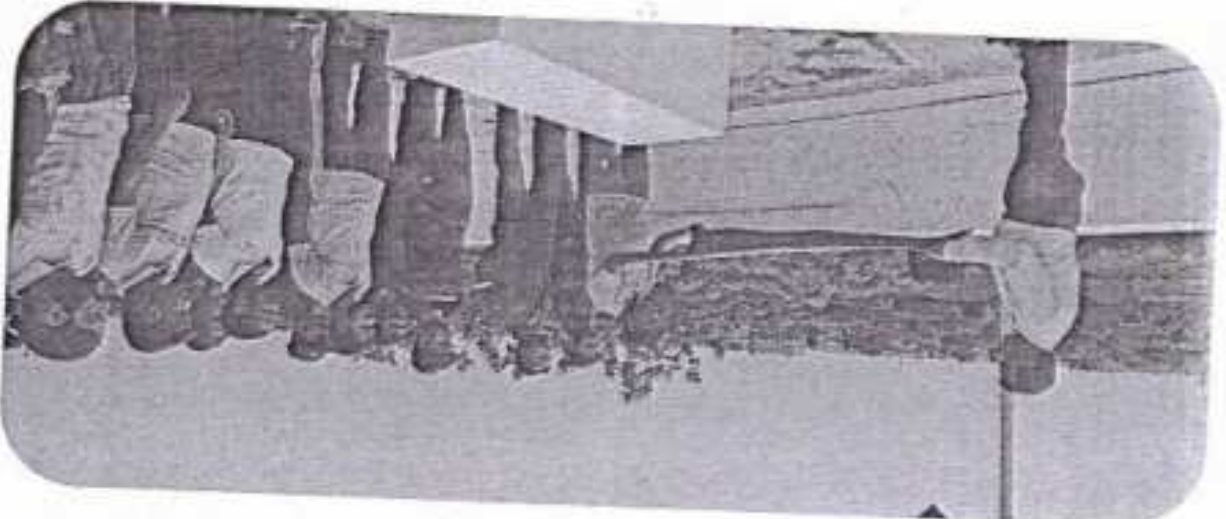
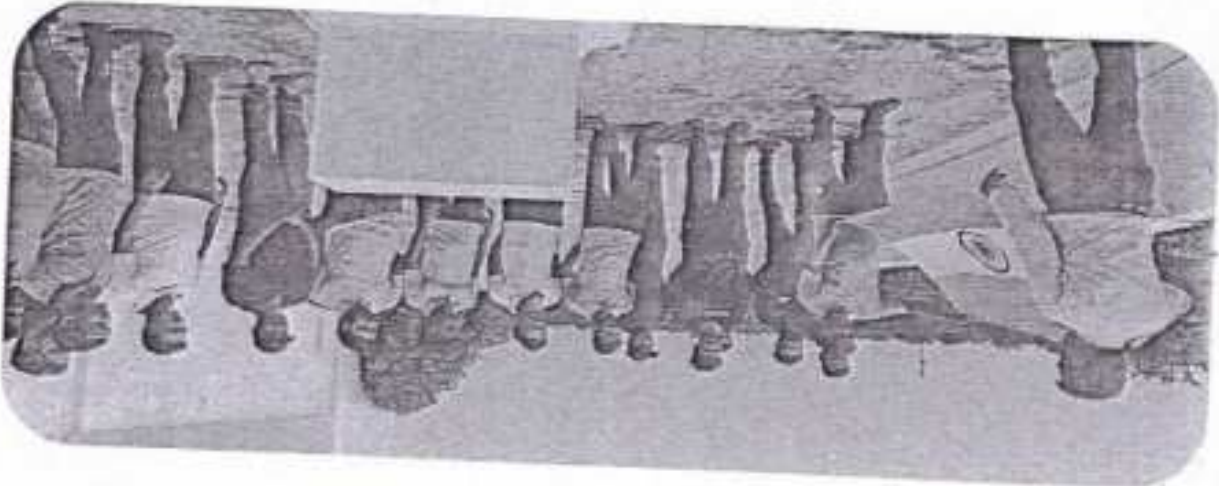
# TEACHING SKILL WORKSHOP 2022-23



*Signature*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Signature*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College

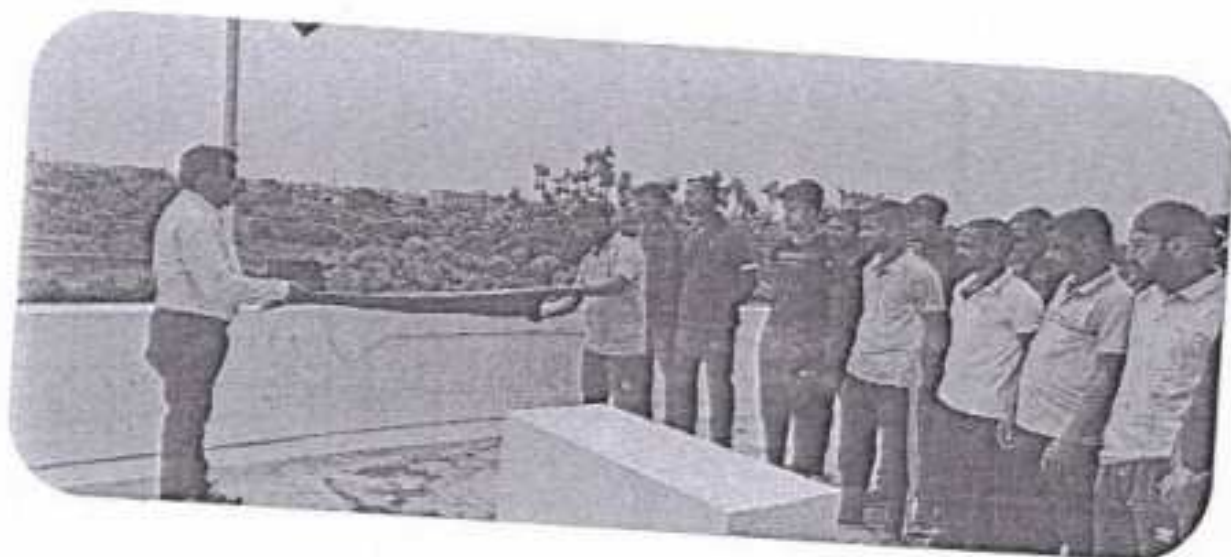
FLAG HOSTING WORKSHOP 2022-23



Chairperson  
ICAC  
HVSKM Phys.Edu. College  
Tayalnal

Chairperson  
ICAC  
HVSKM Phys.Edu. Coll

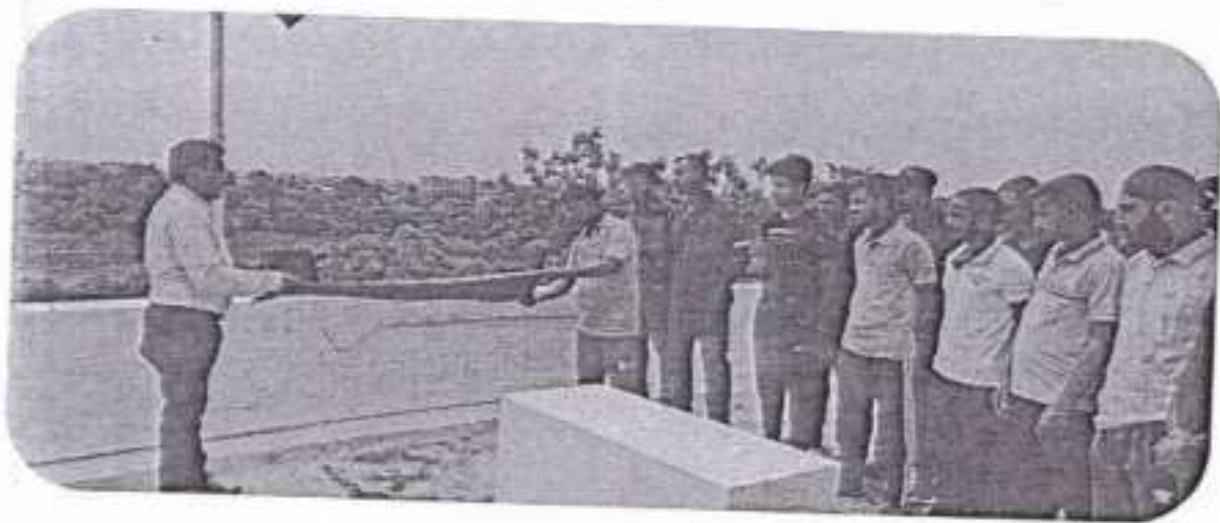
# FLAG HOSTING WORKSHOP 2022-23



*[Signature]*  
Co.ordinator  
IQAC  
HVKM1 Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVKM1 Phy.Edu.College  
Yavatmal

# FLAG HOSTING WORKSHOP 2022-23

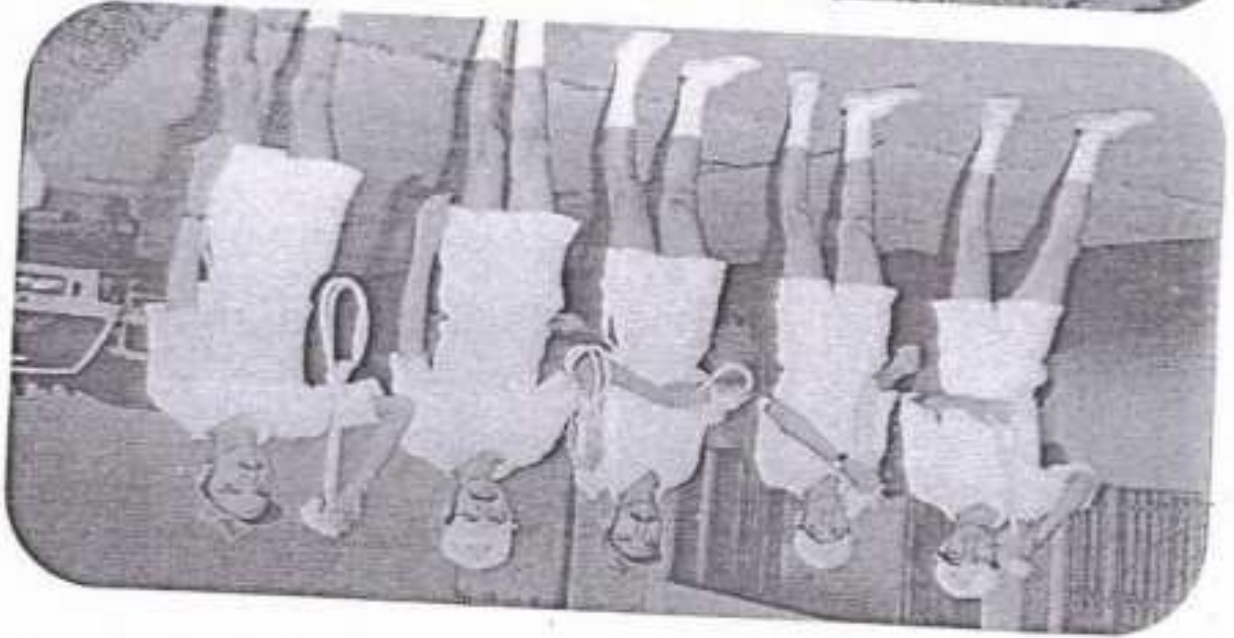
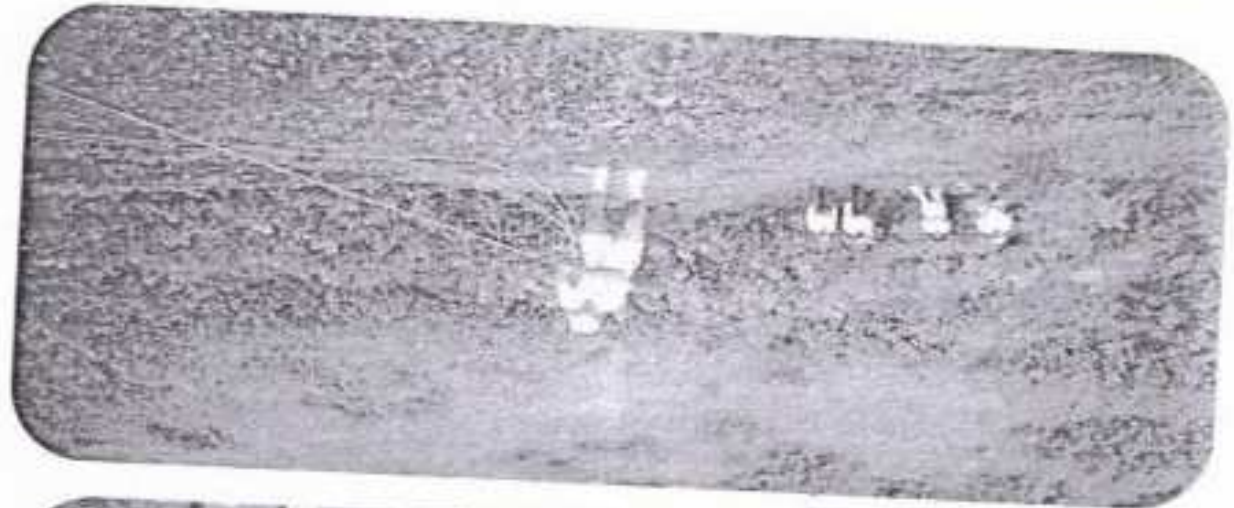
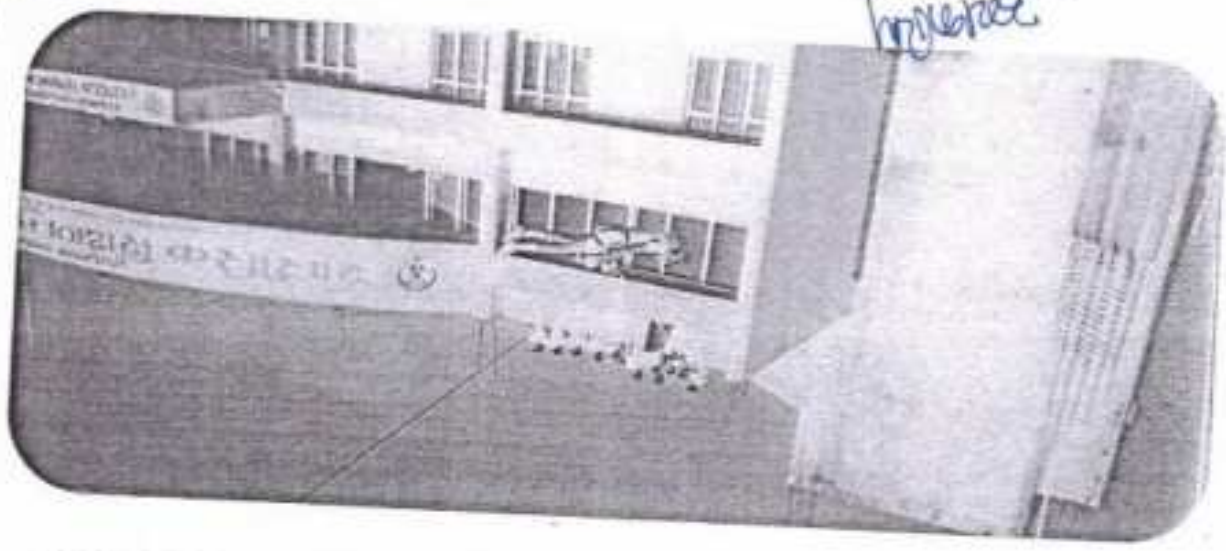


*Bakshi*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*Shri...*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

Chairperson  
IDAC  
HVSKM Phys. Edu. College

Co.ordinator  
IDAC  
HVSKM Phys. Edu. College



ADVENTURE SPORTS WORKSHOP 2022-23

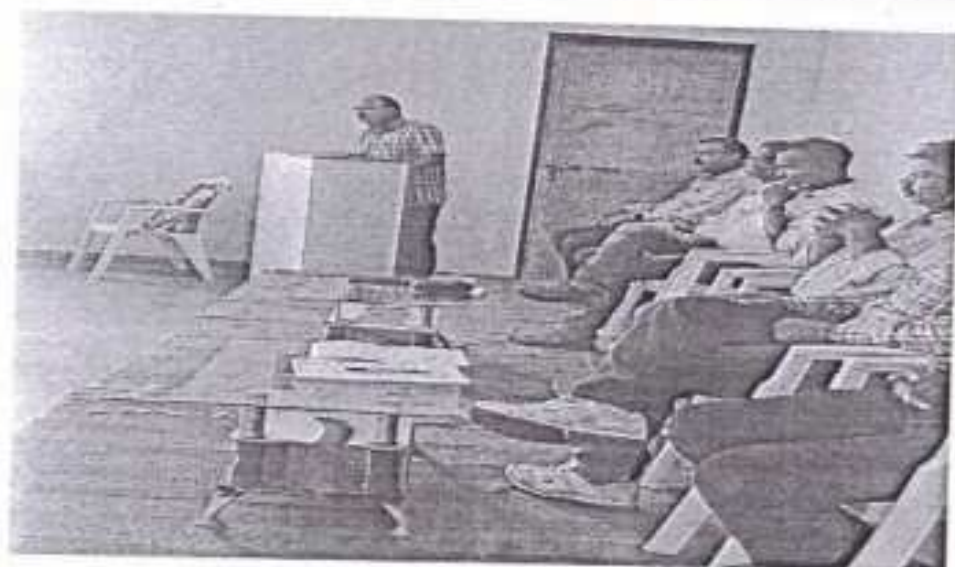
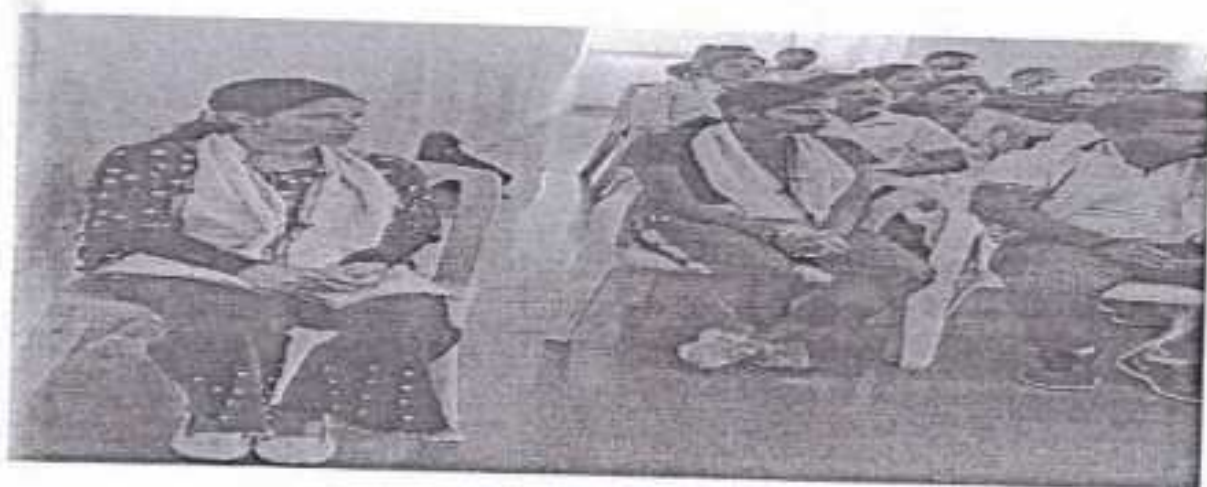
CHHATRAPATI SHIVAJI MAHARAJ JAYANTI 2022-23



*अपवर्ण*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*अपवर्ण*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

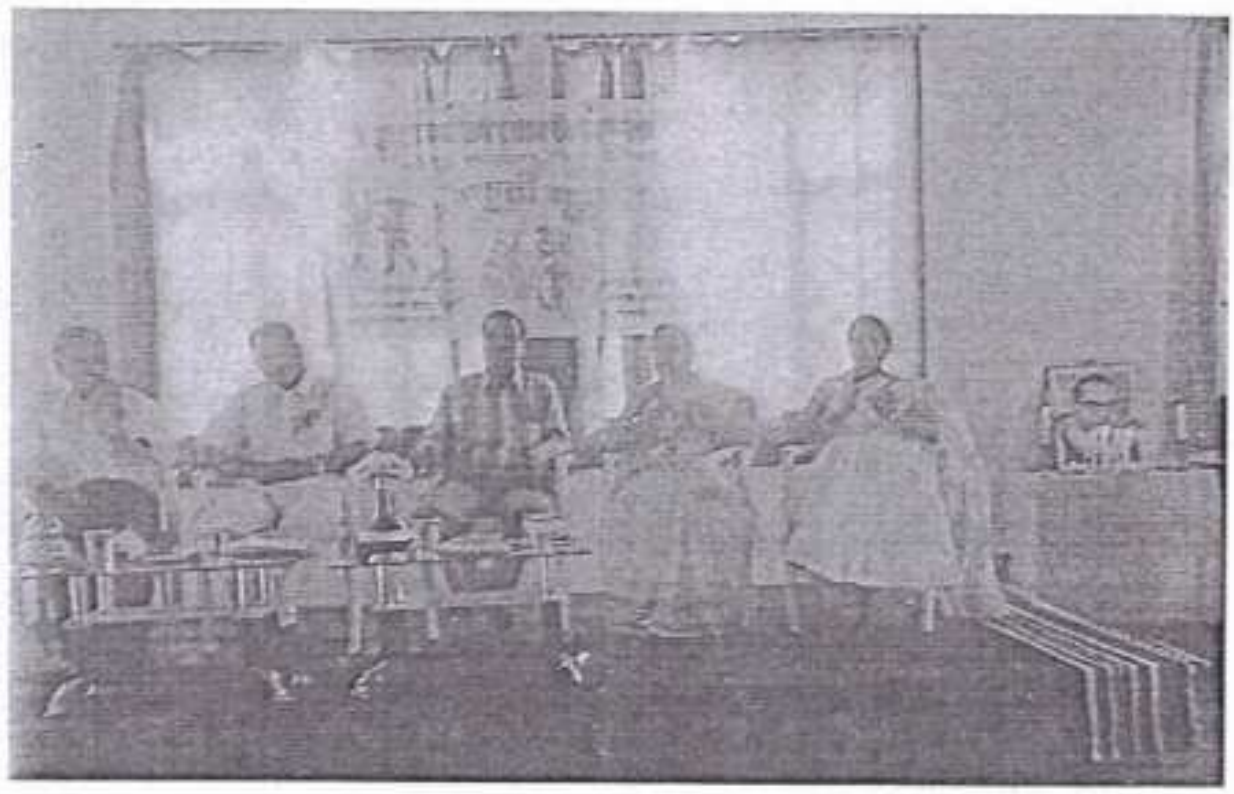
## COLLEGE CONVOCATION PROGRAM



*Zaunty*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Kavayal

*Zaunty*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Kavayal

# DR. BABASAHEB AMBEDKAR BIRTH ANNIVERSARY



*[Handwritten Signature]*  
Co.ordinator  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

*[Handwritten Signature]*  
Chairperson  
IQAC  
HVKM Phy.Edu.College  
Yavatmal



2023-24

# WORLD ENVIRONMENT DAY



*Balaram*  
Co.ordinator  
IQAC  
HYSKM Phy.Edu.College  
Yavatmal

*Sany*  
Chairperson  
IQAC  
HYSKM Phy.Edu.College  
Yavatmal

## WORLD ENVIRONMENT DAY



*Sachin*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Sachin*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

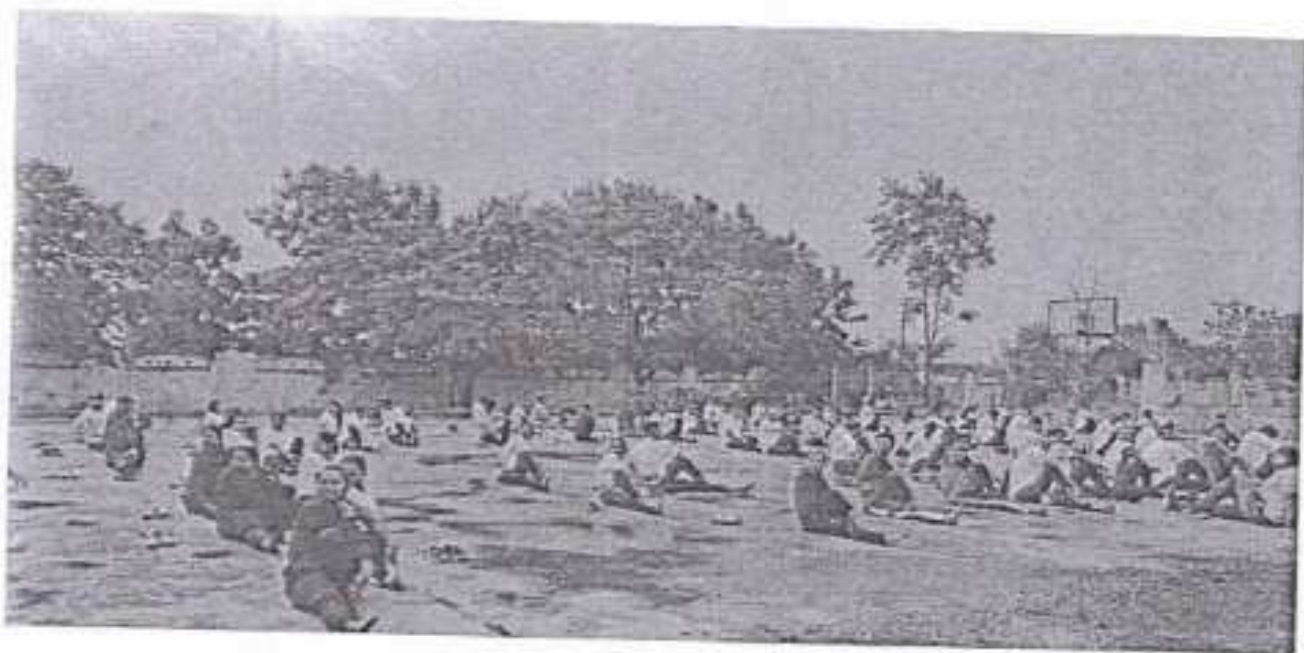
## WORLD ENVIRONMENT DAY



*Pranav*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Ravi*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

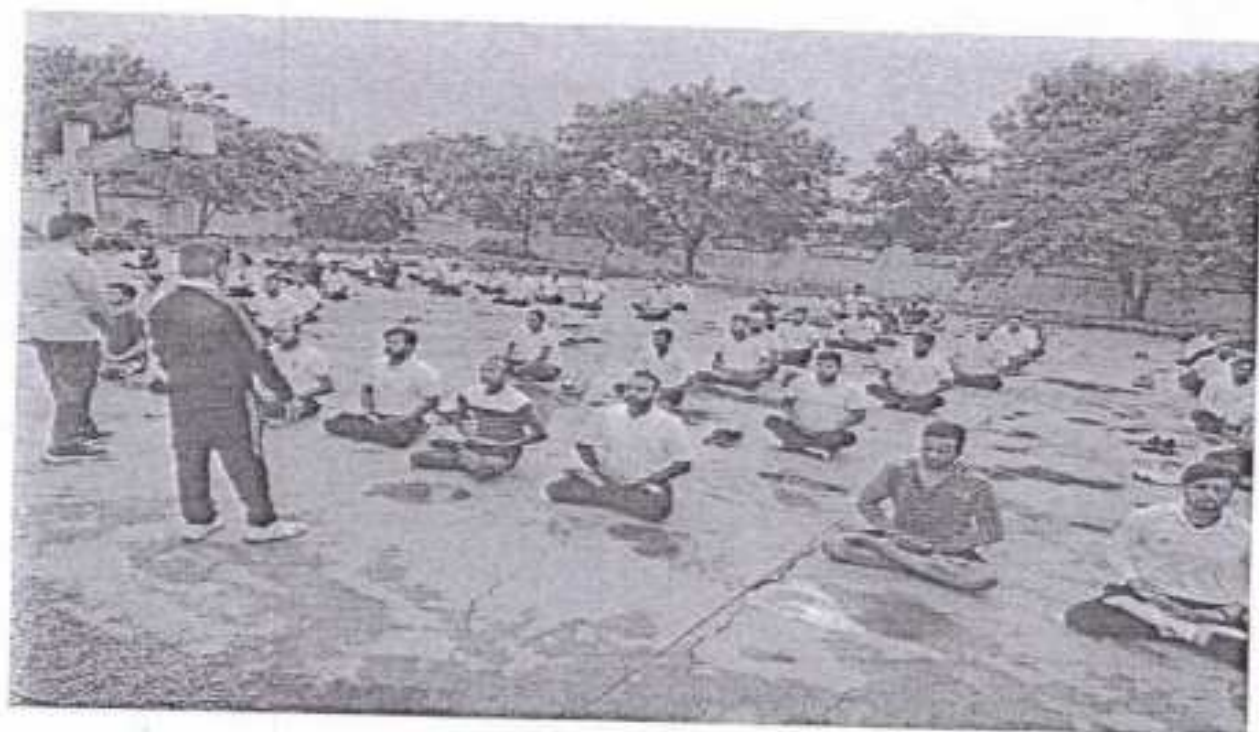
# INTERNATIONAL YOGA DAY



*B. Lakshmi*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*Palwey*  
Chairperson  
IQAC  
HVS KM Phy. Edu. Colleg  
Yavatmal

## INTERNATIONAL YOGA DAY



*B. R. R. R.*  
Co.ordinator  
IQAC  
NSSKM Phy.Edu.College  
Yavatmal

*S. S. S.*  
Chairperson  
IQAC  
NSSKM Phy.Edu.College  
Yavatmal

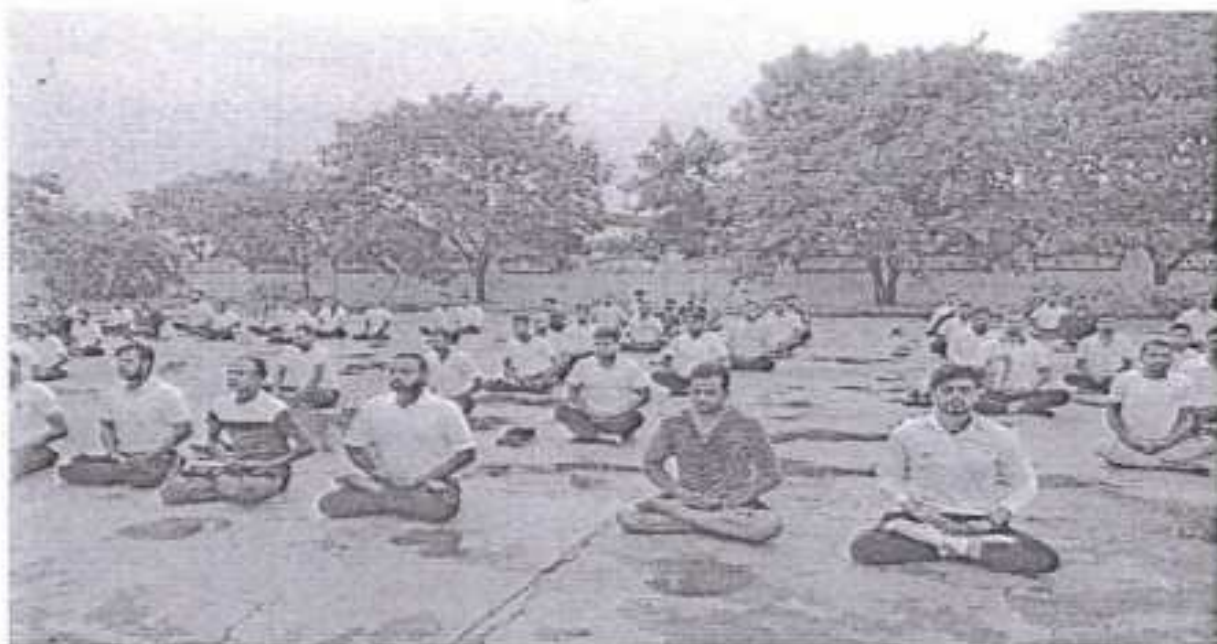
## INTERNATIONAL YOGA DAY



  
Co.ordinator  
IQAC  
HYSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HYSKM Phy.Edu.College  
Yavatmal

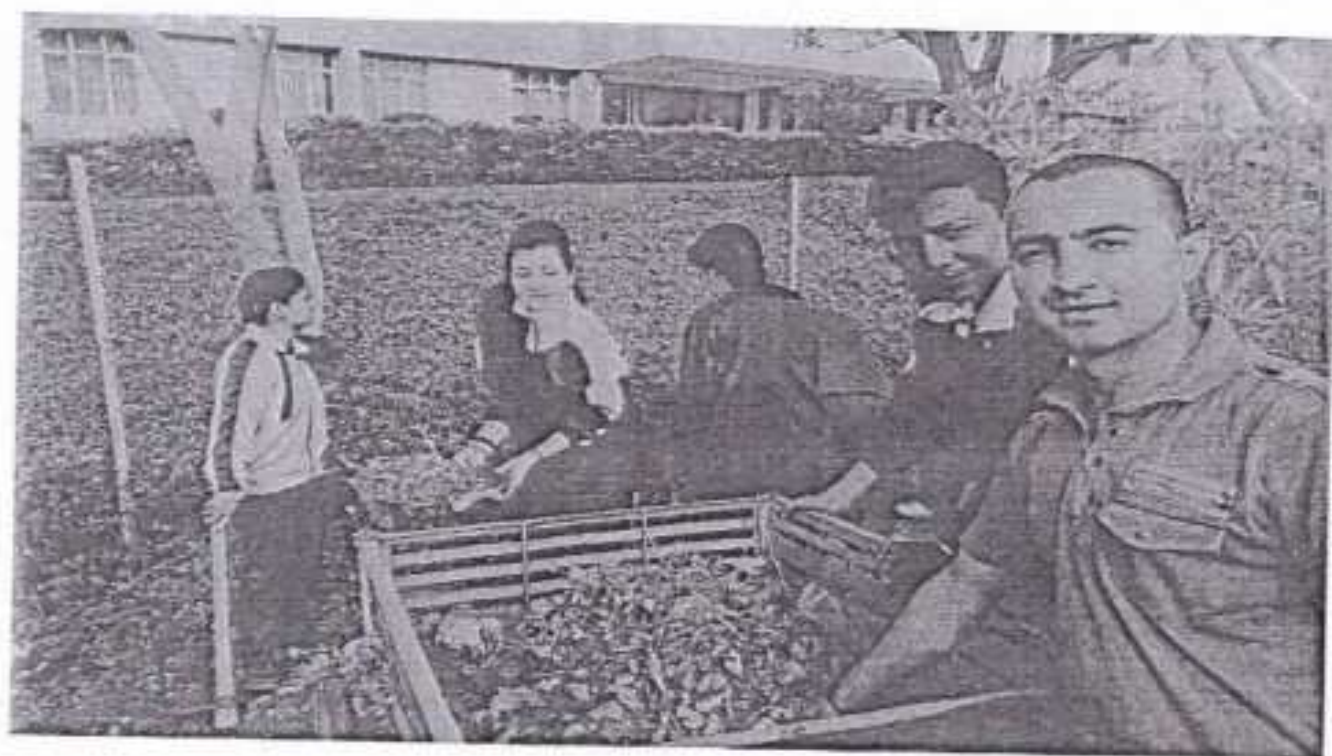
## INTERNATIONAL YOGA DAY



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## COLLEGE CAMPAS SOCIAL WORK



*[Signature]*  
Coordinator  
ICAC

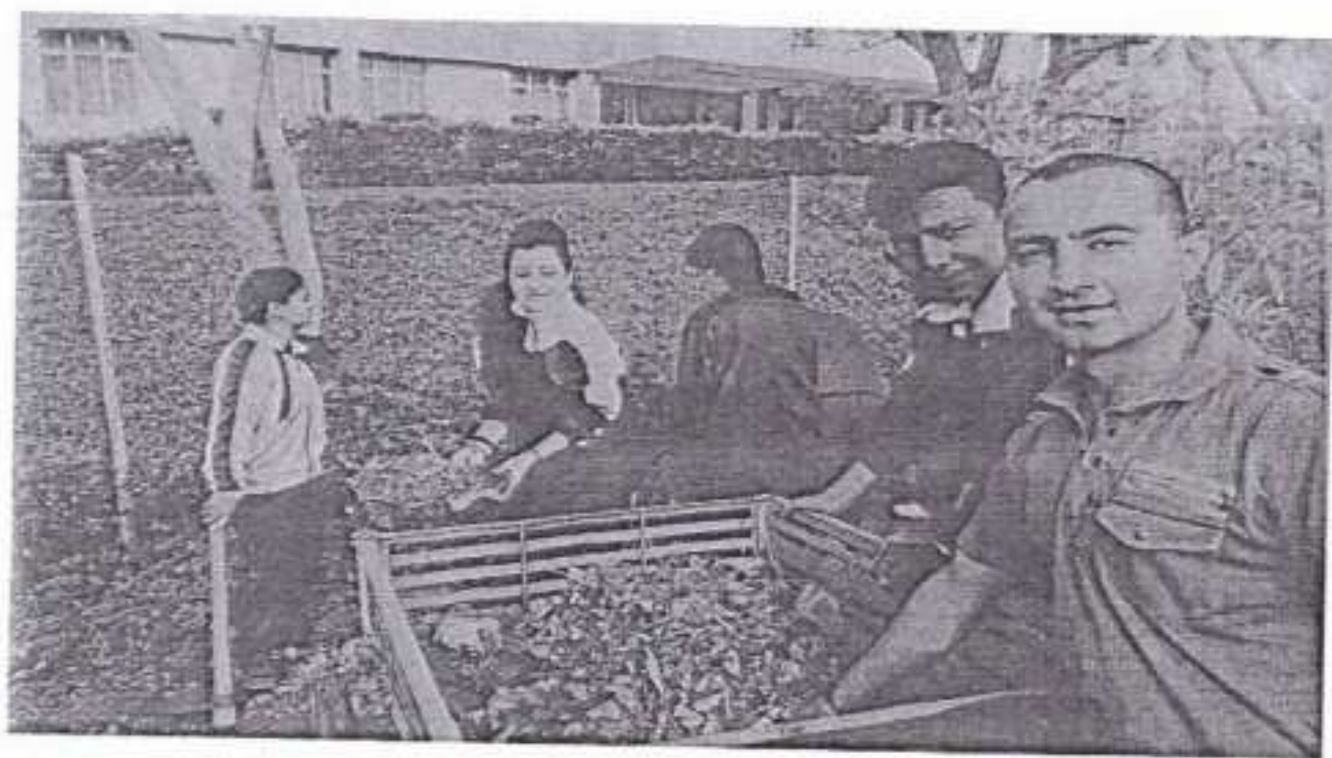
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
ICAC

HVSKM Phy.Edu.College  
Yavatmal



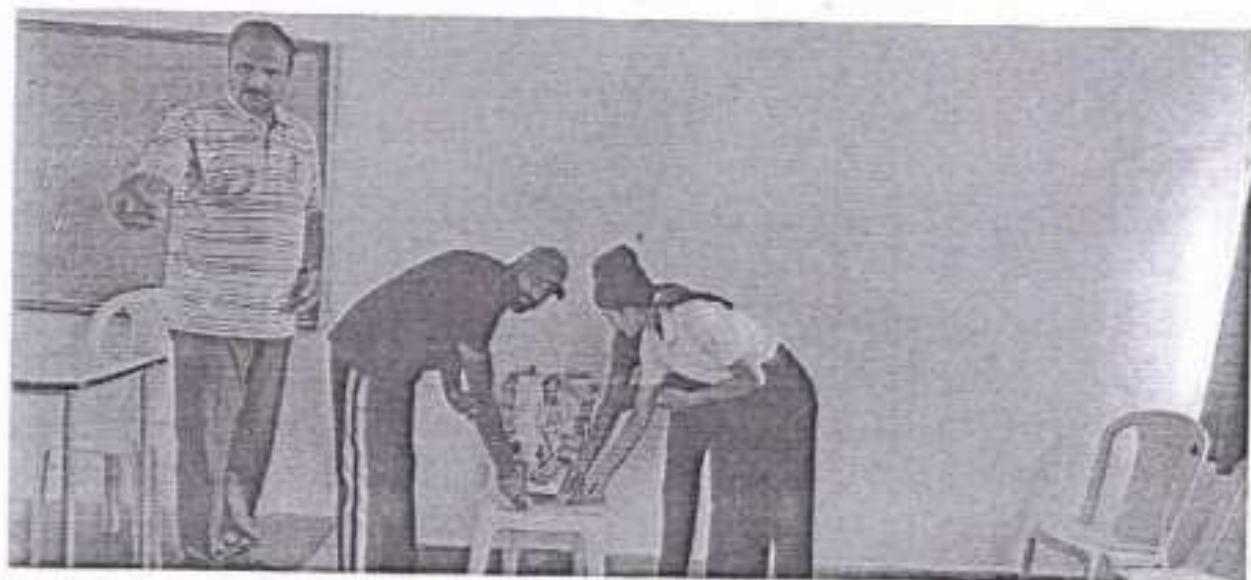
## COLLEGE CAMPAS SOCIAL WORK



*Zelma*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Zaney*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

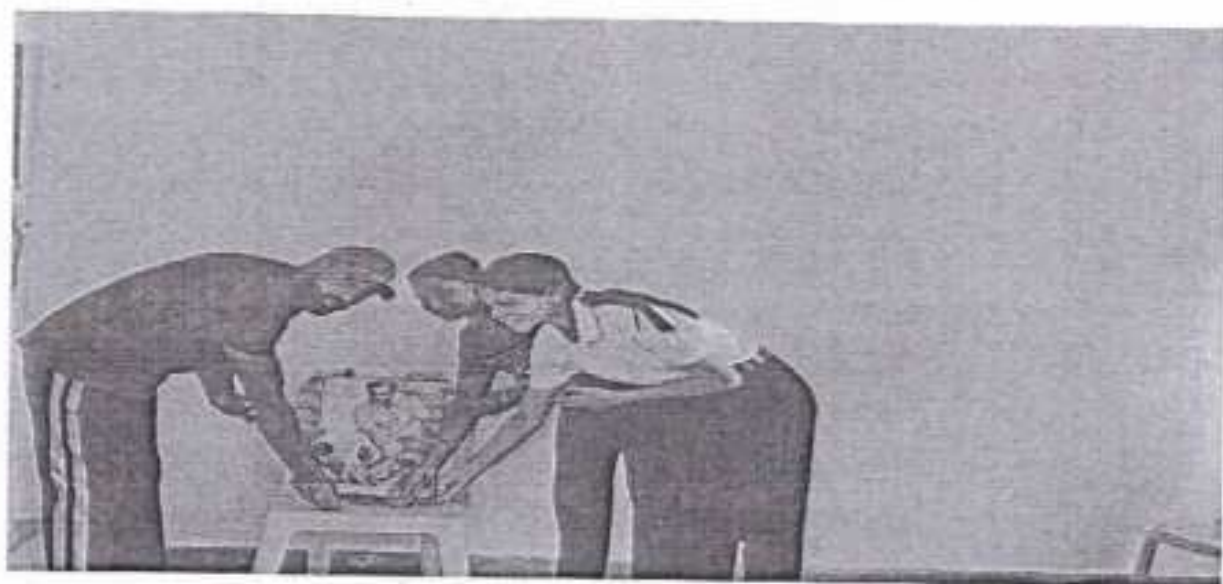
## NATIONAL SPORTS DAY 2023-24



*B. M. M. M.*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*P. S. S.*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

# NATIONAL SPORTS DAY 2023-24



*3R12/24*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Yavaf*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

# TEACHERS DAY



જયશાંભુ  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yaxmat

જયશાંભુ  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yaxmat

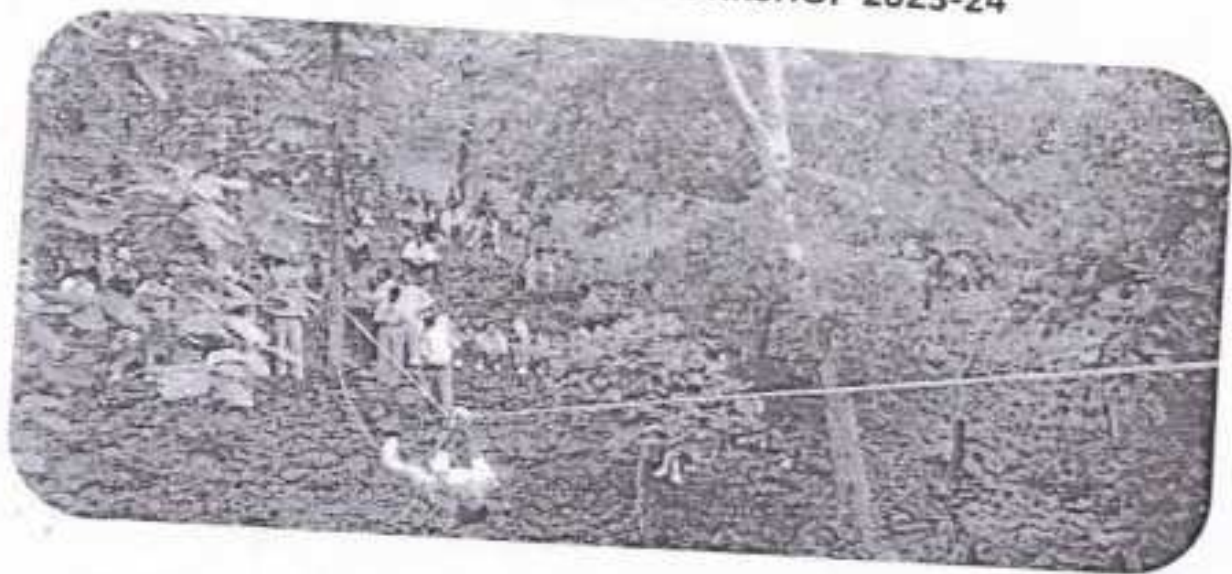
# TEACHERS DAY



*[Handwritten Signature]*  
Co.ordinator  
IQAC  
MVSKM Phy.Edu.College

*[Handwritten Signature]*  
Chairperson  
IQAC  
MVSKM Phy.Edu.College

ADVENTURE SPORTS WORKSHOP 2023-24



  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

  
Chair person  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

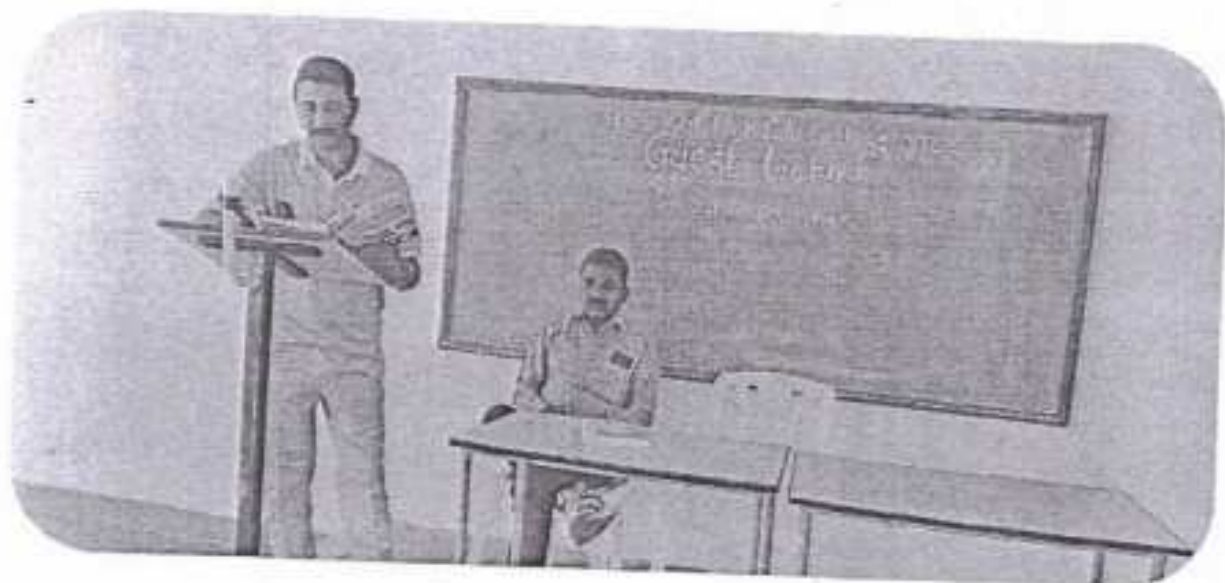
ADVENTURE SPORTS WORKSHOP 2023-24



*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

WORKSHOP OF HELTH HYGIENE 2023-24



*Sulami*  
Co.ordinator  
IQAC  
HVKM Phy.Edu.College  
Yavatnal

*[Signature]*  
Chairperson  
IQAC  
HVKM Phy.Edu.College  
Yavatnal



## WORLD AIDS DAY



  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## WORLD AIDS DAY 2022



*Zelma*  
Coordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Deep*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## TEACHING SKILL WORKSHOP 2023-24



*Pratik*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Pratik*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

# TEACHING SKILL WORKSHOP 2023-24



*20/06/24*  
Co.ordinator  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

*20/06/24*  
Chairperson  
IQAC  
HVS KM Phy. Edu. College  
Yavatmal

# TOURNAMENT ORGANIZATION WORKSHOP 2023-24



*B. R. B. B.*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Janif*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

## ADD ON COURSE ON YOGA



*[Signature]*  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

## ADD ON COURSE ON YOGA



*[Signature]*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

MAHARASHTRA RAJYA KRIDA DIN 15 JANUARY

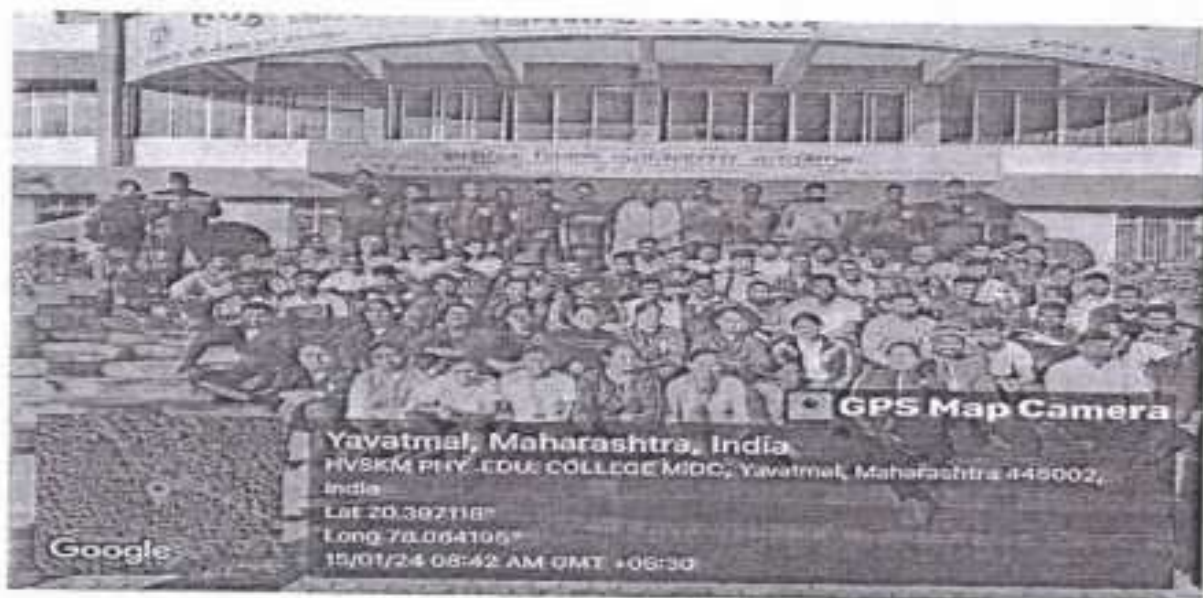


*[Signature]*  
Co.Ordinator  
IQAC  
HVKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
HVKM Phy.Edu.College  
Yavatmal



# MAHARASHTRA RAJYA KRIDA DIN 15 JANUARY



*Pravin*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Rajesh*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

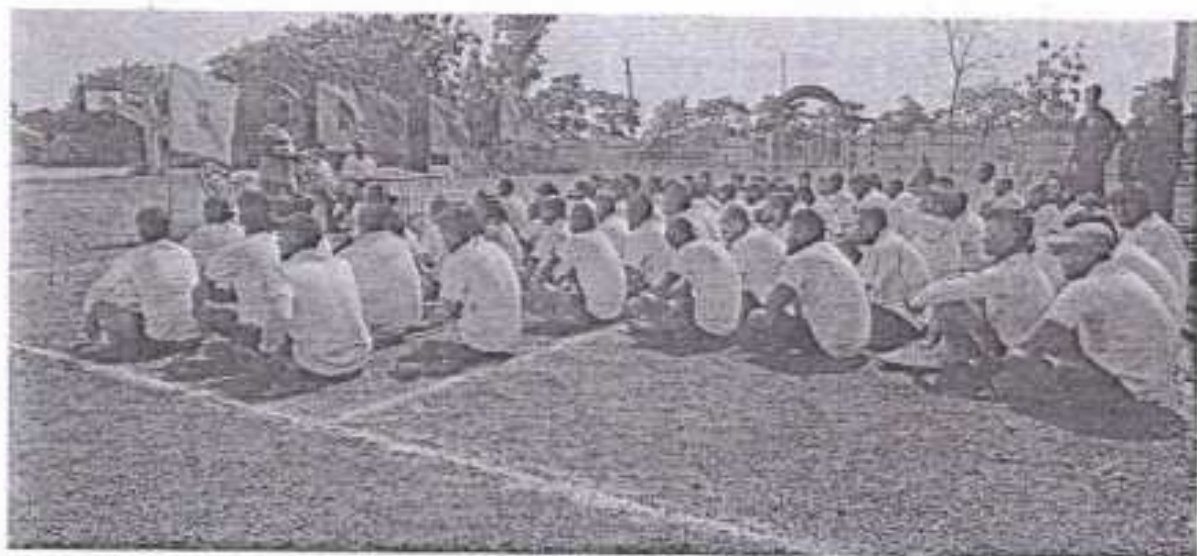
# FLAG HOSTING WORKSHOP 2023-24



*Co.ordinator*  
Co.ordinator  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

*Chairperson*  
Chairperson  
IQAC  
HVSKM Phy.Edu.College  
Yavatmal

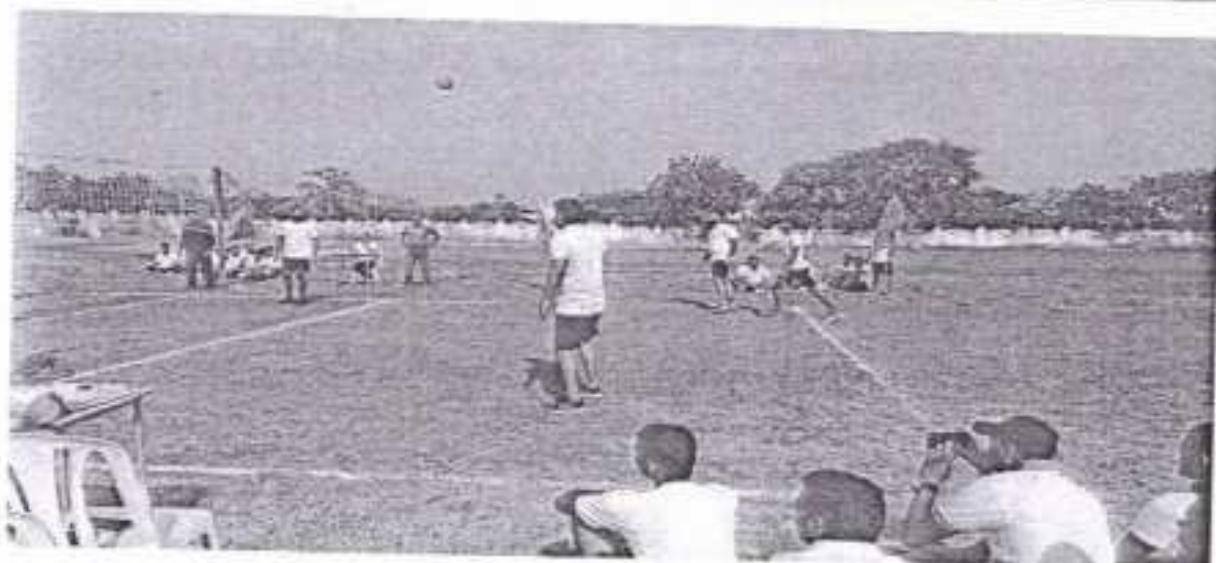
## INTRAMULAR COMPUTATION



*2021/2022*  
Co.ordinator  
IQAC  
VVSVM Phy.Edu.College  
Vavunni

*Ray*  
Chairperson  
IQAC  
VVSVM Phy.Edu.College  
Vavunni

## INTRAMURAL COMPETITION



*[Signature]*  
Co.ordinator  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC

HVSKM Phy.Edu.College  
Yavatmal

DR. BABASAHEB AMBEDKAR BIRTH ANNIVERSARY



*[Signature]*  
Co.ordinator  
IQAC  
NVSKM Phy.Edu.College  
Yavatmal

*[Signature]*  
Chairperson  
IQAC  
NVSKM Phy.Edu.College  
Yavatmal