



UGC Recommended Value Added Course for All Faculty Members and Students

# Online **30** Hours Certificate Course

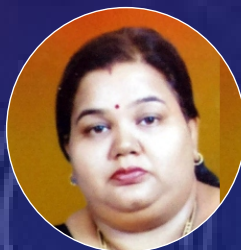
Under the aegis of IQAC

21.01.2021 to 03.02.2021

Subject  
**Physical Education**



**Dr. Monika Hardikar**  
Course Coordinator



**Dr. Anjana Nema**  
IQAC Coordinator



**Dr. B. D. Ahirwar**  
Principal

**REPORT**

Organized by  
**Department of Physical Education**  
**Government Autonomous Girls P.G. College**  
**of Excellence, Sagar (M.P.)**



# Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

Under the aegis of IQAC

## On Line 30 Hrs. Certificate Course

Date : 21.01.2021 to 05.02.2021

**SUBJECT - PHYSICAL EDUCATION**

**Organized by - Department of Sports**

**Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)**

(UGC Recommended Value Added Course for all Faculty Members and Students)



**Professor T. R. Thapak**  
Vice Chancellor  
Maharaja Chhatral Bundelkand  
Vishwavidyala, Chhatarpur



**Shri Shailendra Jain**  
MLA, SAGAR  
Special Guest of honour



**Dr. B.D. Ahirwar**  
Principal  
Govt. Autonomour Girls P.G.  
College of Excellence, Sagar



**Dr. Rajendra Singh**  
Ex Director  
Physical Education  
Jiwaji University Gwalior



**Prof Naveen Gideon**  
NACC Co-ordinator  
Govt. Autonomous Girls P.G.  
College of Excellence, Sagar



**Dr. Monika Hardicar**  
Course Coordinator  
Govt. Autonomous Girls P.G.  
College of Excellence, Sagar



**Dr. Anjana Nema**  
IQAC Coordinator  
Govt. Autonomous Girls P.G.  
College of Excellence, Sagar

### FACULTY OF THE COURSE



**Dr. Renu Bala Sharma**  
Professor/faculty  
Dean of Home Science  
Govt. Girls College Bina, Sagar



**Dr. V.S. Rai**  
Senior Sports Officer  
Institute for Excellence in  
Higher Education Bhopal



**Dr. Subhash Hardikar**  
Senior Sports officer  
Govt. Arts & Commerce  
College, Sagar.



**Dr. Sunil Datt Lakhera**  
Senior Sports officer  
Govt. O.F. Khamaria College  
Jabalpur.



**Dr. Jyoti Jungare**  
Senior Sports Officer  
Govt. Home Science Nodal  
College Hoshangabad



**Dr. Satish Kumar**  
Senior Sports officer  
Govt. Shyama Prasad Mukherjee  
Science & Commerce Bhopal



**Mr. Pradeep Awasthi**  
Sports Officer  
Govt. P.G. College  
Niwari M.P.



**Siddhartha Srinet**  
Sports Officer  
Govt. Degree College  
Prithvipur



**Dr. Nitian Korpai**  
Yoga Instructor  
Dr. H.S. Gour Central  
University Sagar



Platform - Zoom App

Link for Registration : .....

Follow this link to join my WhatsApp group : .....

Technical Advisor - Mr. Shitanshu Rajoriya  
Mr. Puspendra Pandey





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



## Syllabus Covered

### Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



#### On Line 30 Hrs. Certificate Course Subject - Physical Education (Syllabus)

(UGC Recommended Value Added Course for all Faculty Members and Students)

- |   |               |
|---|---------------|
| <b>I. Foundation of Physical Education -Meaning, Definition, Aims, Objectives, Importance and History of Physical Education.</b>        | <b>01hr.</b>  |
| 1. Biological Principles of Physical Education.   | 02hrs.        |
| 2. Psychological Principles of Physical Education.  | 02hrs.        |
| 3. Sociological Principles of Physical Education.   | 02hrs.        |
| 4. Need & Importance of Physical Education in 21 St Centuries.  | 01hr.         |
| <b>II. Sports sciences - Need &amp; Impotence of Sports Sciences in Physical Education.</b>   |               |
| 1. Brief Concept of Anatomy and its Importance.   | 02hrs.        |
| 2. Brief Concept of Exercise Physiology and its Importance.   | 02hrs.        |
| 3. Brief Concept of Kinesiology and its Importance.   | 02hrs.        |
| 4. Brief Concept of Biomechanics and its Importance.  | 02hrs.        |
| 5. Brief Concept of Sports Psychology and its Importance.   | 02hrs.        |
| 6. Brief Concept of Sports Medicine and its Importance.   | 02hrs.        |
| <b>III. Need &amp; Importance of Yoga in Promoting Positive Health &amp; Wellness.</b>  | <b>02hrs.</b> |
| <b>IV. Meaning of Health &amp; its Dimension, Balance Diet and Sports Nutrition.</b>  | <b>02hrs.</b> |
| <b>V. Methods of Develop Fitness.</b>   | <b>02hrs.</b> |
| <b>VI. Training &amp; Coaching - Meaning, Definition, Importance and Training Components, Difference between Coaching and Training.</b> | <b>02hrs.</b> |
| <b>VII. Career and Job in Physical Education &amp; Sports.</b>  | <b>02hrs.</b> |

Dr. Monika Hardikar  
Sports Officer



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### Day Wise Chairperson's



**Dr. Ela Tiwari**  
Chairperson



**Prof. Rekha Bakshi**  
Chairperson



**Prof. Rashmi Dubey**  
Chairperson



**Dr. S. V. Topre**  
Chairperson  
Director of Phy. Edu., Morshi



**Prof. R. P. Yadav**  
Chairperson  
Principal, Govt. P.G. College  
Bilaspur(Ranpur) U.P.



**Prof. G. K. Dhokrat**  
Chairperson  
BPCA's College of Physical  
Education Wadala, Mumbai



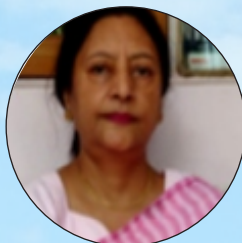
**Dr. Anurodh Singh Sisodia**  
Chairperson  
Director-in-Charge  
UGC-HRDC, LNIPE, Gwalior



**Prof. S. K. Gupta**  
Chairperson  
Dept. of Psychology  
Govt. Auto. Girls College, Sagar



**Dr. Nidhi Mishra**  
Chairperson  
Gynaecologist & Surgeon  
Sewa Hospital, Sagar



**Dr. Neena Gideon**  
Chairperson  
Gynaecologist  
District Hospital, Sagar



**Prof. Shailja Jain**  
Chairperson  
Govt. KRPGP Autonomous  
College, Gwalior



**Prof. Rajeev Choudhary**  
Chairperson  
Pt. Ravishankar Shukla University  
Raipur, C.G.





## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. Subhash Hardikar

Senior Sports officer  
Govt. Arts & Commerce College, Sagar

<b>Name</b>	: <b>Dr. Subhash Hardikar</b>
<b>Designation</b>	: Sports Officer Govt. Arts & Commerce (Nodal) College Sagar MP
<b>Teaching Experience</b>	: 31 Years
<b>Educational Qualification</b>	: B.Sc., M.P. Ed., PGDCA, Ph.D. (Sports Psychology) Specialization in Badminton. 6 <sup>th</sup> Weak NIS Certificate Course (Athletics) Yoga Training camp.
<b>Professional Qualification</b>	: (i). Co-Ordinate MCB University Chatarpur MP (Sports) (ii). Life member of Madhya Bharat Journal, Sagar (iii) Member of University Sports Board, Dr. H. S. Gour Uni. Sagar (iv) Member of M P Higher Education Bhopal Sports Committee. (v) Expert of University Badminton team. (vi) Member of Board of Study. MCBU. Chatarpur.
<b>Research Experience</b>	: Publish of many research papers, articles in various International and National Journal, Seminar.
<b>Membership</b>	: Vice President of Madhya Pradesh Collegiate Physical Education Teachers Association Bhopal. Divisional Joint Secretary of M P Teacher Association Bhopal.
<b>Awards</b>	(a) Commissioner of Higher Education, M P is provided Certificate for M P Sports Guide Line- 2013 (Revised). Year 2012-13 (b) Active Member of Mp Higher Education Sports Calendar committee last 6 Years



# On Line 30 Hrs. Certificate Course

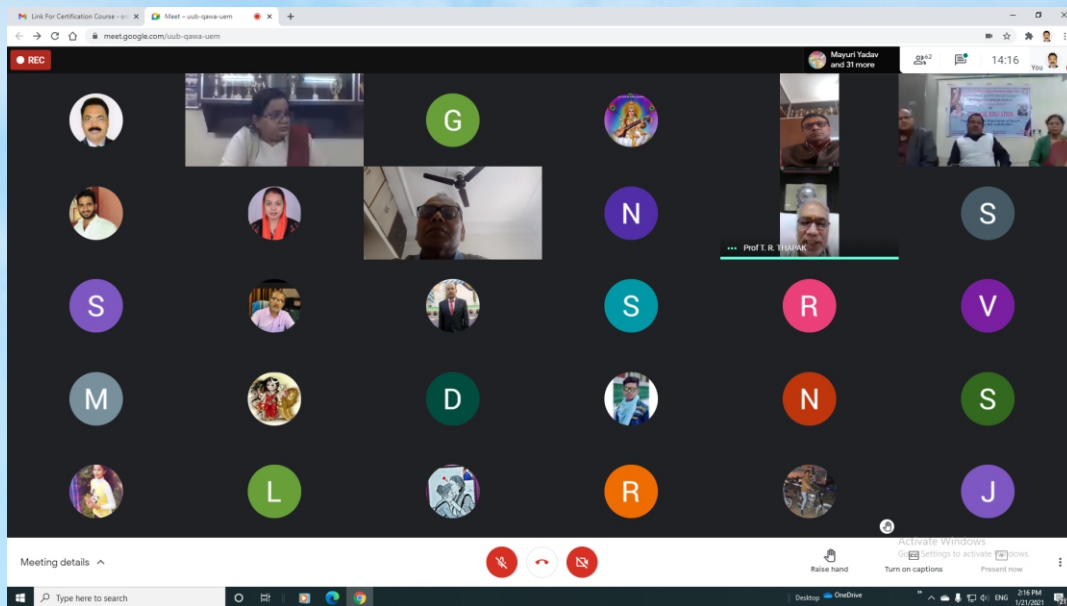
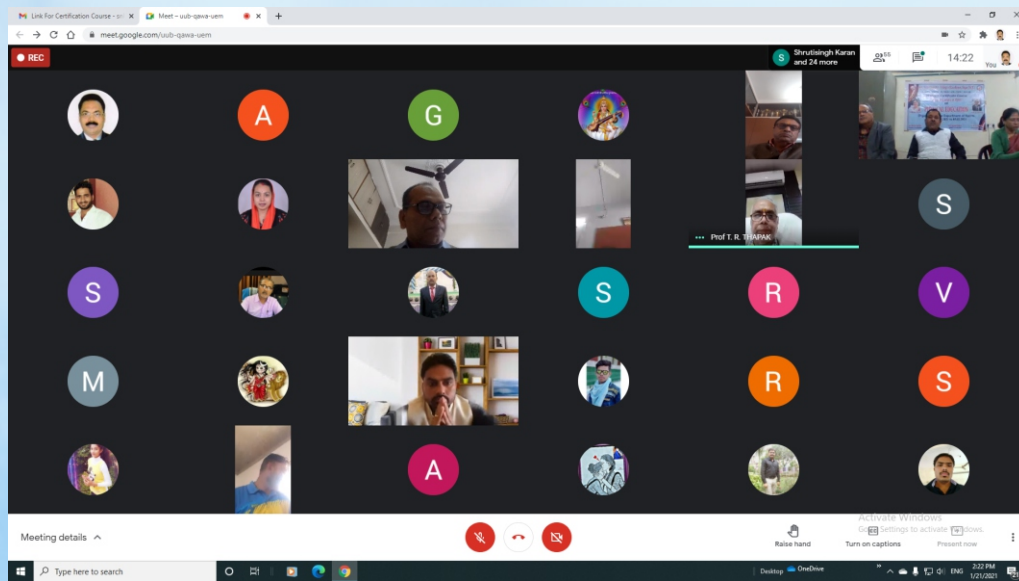
## Subject - Physical Education



Day 1

21 JAN 2021

2.30 PM To 3.30 PM



**Topic** Meaning, Definition, Aims, Objectives & history of Physical Education.

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. Sunil Datt Lakhera

Sports Officer

Govt. Ordnance Factory Khamaria College,  
Jabalpur (M.P.)

<b>Name</b>	<b>Dr. Sunil Datt Lakhera</b>
<b>Designation</b>	Sports Officer, Govt. Ordnance Factory Khamaria College, Jabalpur <b>e-mail-sdatt65@gmail.com Mob. No. 9826583778</b> <b>Visiting Faculty for Hockey Specialization in Physical Education Department, Rani Durgawati Vishwavidhyala, Jabalpur(M.P)</b>
<b>Educational Qualification</b>	B.Com, M.A, B.P.Ed, <b>M.P.Ed (Hockey Specialization)</b> Ph.D, Pursuing D.Litt, Certificate in Sports (Hockey), Patiala, Diploma in Nutrition & Health Education, <b>UGC-CBSE NET</b>
<b>Professional Qualification</b>	<ul style="list-style-type: none"><li>• Coach member of International Hockey Federation, FIH Hockey academy</li><li>• Life member of Sport Psychology Association of India</li><li>• Life member of Physical Education Foundation of India</li><li>• Life and founder member of International Journal of Movement Education and Science</li><li>• Secretary Jabalpur District Indoor Hockey Association</li><li>• Secured First place in (M.P) P.S.C for Sports Officer -1994</li><li>• Member of Hockey Expert for All India University 2006 to 2012, Visiting Faculty Member, Physical Education Dept. Jabalpur.</li><li>• Member of Selection Committee for M.P. Senior Hockey and Jabalpur University Hockey Team from 1994 to till today.</li><li>• YouTube channel maker for field hockey</li></ul>
<b>Sports Achievement</b>	<ul style="list-style-type: none"><li>• Member of M.P Senior National Hockey Team in 1999 to 2004.</li><li>• Member of Rani Durgawati University Hockey Team from 1986 to 1990.</li><li>• Participated as player in M.P Civil Services Hockey Team 2010 to 2018.</li><li>• Coach of Rani Durgawati University Hockey Team from 1994 to 2020.</li></ul>
<b>Area of Interest</b>	<ul style="list-style-type: none"><li>• Publication of Hockey Books and Book Chapter, Research Papers, Research Articles in various International, National Seminar, Conference, Workshops and Sports magazine, News papers .</li><li>• Teaching in Hockey</li><li>• Coaching in Hockey</li><li>• Research in Hockey</li></ul>



# On Line 30 Hrs. Certificate Course

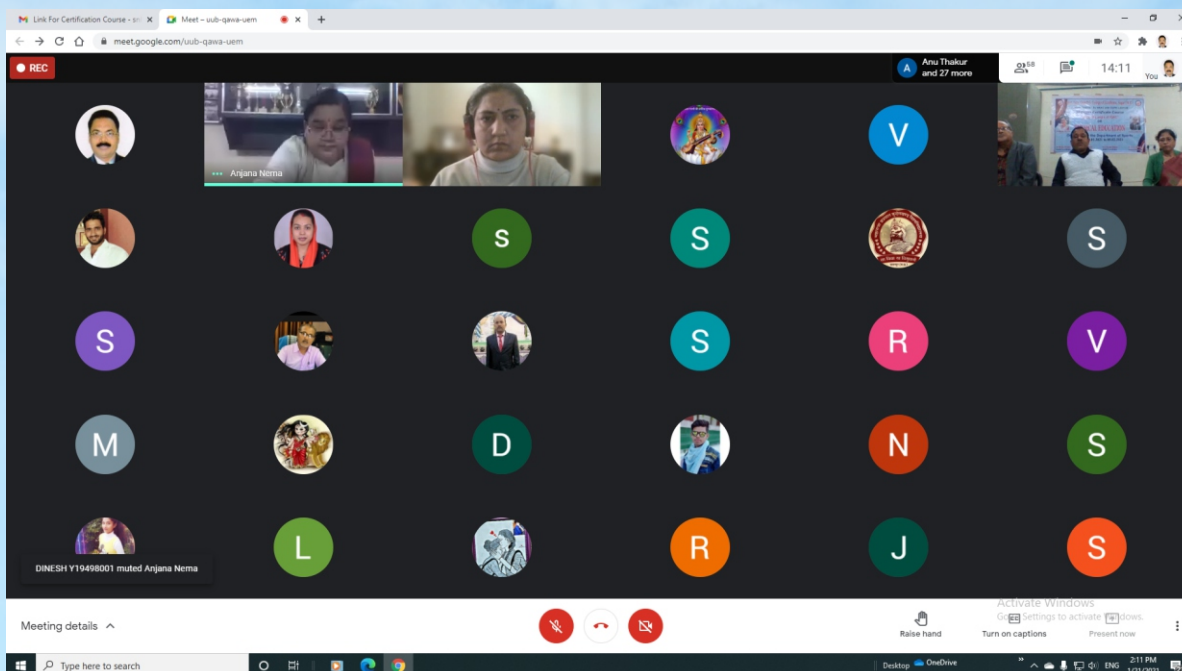
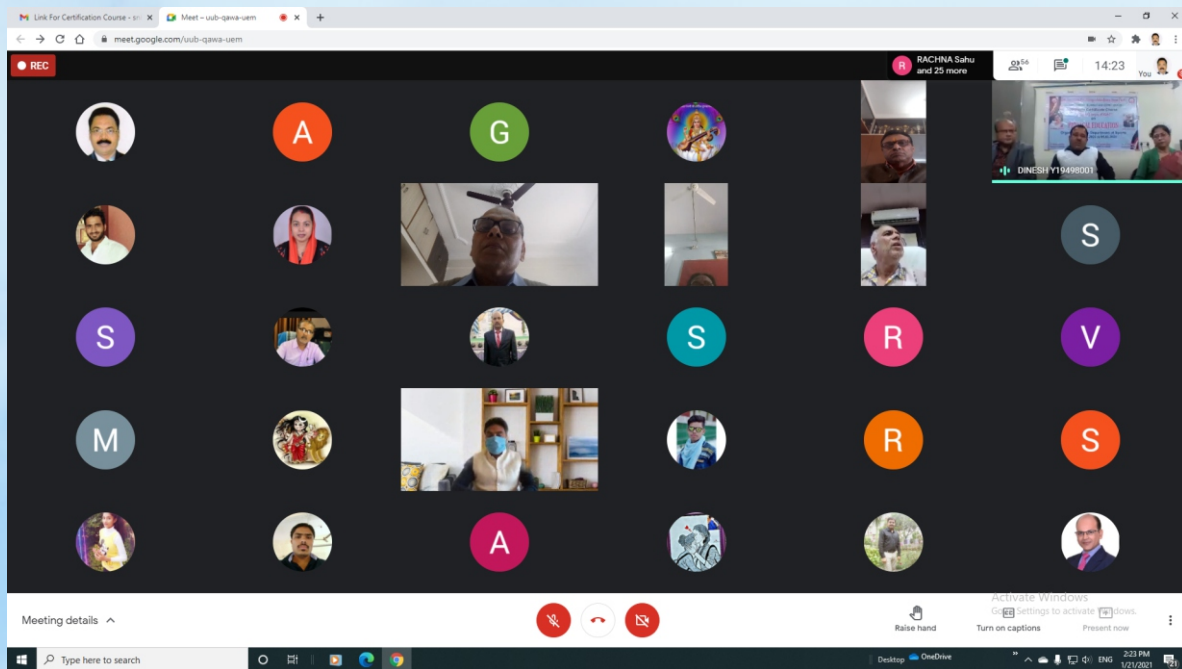
## Subject - Physical Education



Day 1

21 JAN 2021

03.30 PM To 04:30 PM



Topic

Need & Importance of Physical Education in 21<sup>st</sup> Century

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. Jyoti Jungare

Senior Sports Officer  
Govt. Home Science Nodal College  
Hoshangabad

**\*शैक्षणिक योग्यता\***- बी.एससी., एमपी.एड., योग प्रमाण पत्र (एक वर्षीय), पी.एचडी.

#### **\*खेल उपलब्धि\***

- 1-राष्ट्रीय स्तर की खिलाड़ी खो-खो एवं एथलेटिक्स।
- 2- आप वर्ष 2008 एशियाई गेम्स में एथलेटिक्स ईवेंट में आफिसियल के रूप में शामिल रहें।

#### **\*प्रोफेशनल ट्रेनिंग कोर्स\***

- 1- NIS सर्टिफिकेट कोर्स- एथलेटिक्स -1985
- 2- NIS सर्टिफिकेट कोर्स- खो-खो-1986,
- 3- डिजास्टर मैनेजमेंट(म.प्र. एवं भारत सरकार)-2007

#### **\*A- पी.एचडी. परीक्षक (Expert) के रूप में\***

- 1-राष्ट्रसंत तुकडोजी महाराज विश्वविद्यालय नागपुर (महाराष्ट्र)-2011 से वर्तमान तक
- 2-स्वामी रामानंद तीर्थ मराठवाड़ा विद्यापीठ नान्देड वि.वि.- 2011 से वर्तमान
- 3- संत गाडगे बाबा अमरावती विद्यापीठ (अमरावती वि.वि.) 2011 से वर्तमान तक
- 4- शिवाजी विद्यापीठ कोल्हापुर महाराष्ट्र -2012 से वर्तमान
- 5- उत्तर महाराष्ट्र विद्यापीठ जलगांव, (जलगांव वि.वि.) - 2012 से वर्तमान तक
- 6- मेवाड़ वि.वि. चित्तौड़गढ़ वि.वि. राजस्थान- 2015 से वर्तमान तक
- 7- डा. बाबा साहेब आंबेडकर मराठवाड़ा वि.वि. औरंगाबाद- 2016 से वर्तमान तक।

#### **\*B- Experience and Job Profile\***

- 1- शिक्षणकार्य- रानी दुर्गावती वि.वि. जबलपुर (1990-91)
- 2- विभागाध्यक्ष. शारिरिक शिक्षा विभाग (B.P.Ed.)- शास. नर्मदा महाविद्यालय होशंगाबाद (2007-2012)
- 3- विभागाध्यक्ष, योग विभाग, शास. गृहविज्ञान अग्रणी महाविद्यालय होशंगाबाद (2015- से वर्तमान तक)

#### **\*C शोध संबंधित कार्य\***

- 1- राष्ट्रीय स्तर के सेमिनार आयोजन -12
- 2- 10 राष्ट्र स्तरीय सेमिनारों में अध्यक्षता
- 3- राष्ट्रीय सेमिनारों में सहभागिता- 40
- 4- अंतरराष्ट्रीय सेमिनारों में सहभागिता -15
- 5- वर्ष 2018-19 में श्रीलंका (कोलंबो) में अंतरराष्ट्रीय सेमिनार में शोध पत्र एवं पोस्टर प्रजेंटेशन किया।

#### **\*पुरस्कार\***

शासकीय एवं विभिन्न सामाजिक संगठनों से प्राप्त पुरस्कार- 42



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 2

22 JAN 2021

2.00 PM To 3.00 PM

national webinar mallakhamb e... Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

REC Dr. Jyoti Jungare is presenting Sunil Yadav and 32 more 15:04 You

### BIOLOGICAL Principales IN PHYSICAL EDUCATION

Dr. Jyoti Jungare  
HOD.YOGA,  
Sports Officers  
Govt. Home science P.G.  
College Hoshangabd

meeting.google.com is sharing your screen. Stop sharing Hide

Meeting details ^

Raise hand Turn on captions Dr. Jyoti Jungare is presenting

3:04 PM 1/22/2021

national webinar mallakhamb e... Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

REC Dr. Jyoti Jungare is presenting Umair Alam and 27 more 15:17 You

### वृद्धि तथा विकास के सिद्धान्त (Principle of Growth and development)

- 1- वृद्धि तथा विकास,वंशानुक्रम (Heridity)तथा वातावरण (Environment ) दोनों के मिश्रण के कारण संभव होता है अर्थात Heridity + environment.
- 2- वृद्धि तथा विकास अलग-2 आयु समूहों में अलग-2 ढंग से होती है। यह कभी कम तो कभी ज्यादा जैसे शैशव अवस्था, किशोर अवस्था तथा वयस्क अवस्था में वृद्धि तथा विकास सरल से जटिल होते जाते हैं।
- 3- वृद्धि तथा विकास धीरे-2 तथा लम्बी चलने वाली प्रक्रिया है। वृद्धि तो एक निश्चितकाल तक चलती है लेकिन विकास मृत्यु तक चलता रहता है।

Turn on camera (CTRL + E)

Meeting details ^

Raise hand Turn on captions Dr. Jyoti Jungare is presenting

3:17 PM 1/22/2021

Topic

Biological Principles of Physical Education

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 3

23 JAN 2021

2.00 PM To 3.00 PM

Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Dr. Jyoti Jungare is presenting

Valashnavi Yadav and 34 more

14:53

### तनाव (Strain) को रोकने के उपाय :-

- तनाव का उपचार RICE पद्धति द्वारा किया जाता है
- 1) :आराम (Rest):
- खिलाड़ी को उस समय तक आराम दिया जाए जब तक वह पूरी तरह से ठीक न हो जाए।
- 2) बर्फ का प्रयोग (ICE application) :
- बर्फ का प्रयोग जख्म के पास की रक्त की पूर्ति को कम करने के लिए किया जाता है। जिसके कारण आन्तरिक रक्त स्राव कम हो जाता है और मांसपेशी में सोजिस या सूजन नहीं आती।

Meeting details

Raise hand Turn on captions Dr. Jyoti Jungare is presenting

2:53 PM 1/23/2021

Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Dr. Jyoti Jungare is presenting

shalu morya and 31 more

14:45

### (4) वातावरण से सम्बन्धित तनाव (Environmental Stress)

- वातावरण का दूषित होना और ज्यादा भीड़-भाड़ के कारण भी कई लोगों में मानसिक तनाव या दबाव पैदा हो जाते हैं, जैसे अस्थमा के मरीज के लिए दूषित वातावरण तथा ज्यादा शोर दोनों ही ठीक नहीं होते, इनके कारण उसकी मानसिक अवस्था दबावपूर्ण हो जाती है। लेकिन यह दबाव भिन्न-2 मनुष्यों की क्षमता पर निर्भर करते हैं। कुछ लोगों को छोटी-2 बातें (सुख या दुख) प्रभावित करते हैं, तो कुछ लोगों को किसी का खून करने पर भी कोई एहसास नहीं होता।

Meeting details

Raise hand Turn on captions Dr. Jyoti Jungare is presenting

2:45 PM 1/23/2021

Topic

Biological Principles of Physical Education



## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. Satish Kumar

Senior Sports officer  
Govt. Shyama Prasad Mukherjee  
Science & Commerce College, Bhopal

<b>Designation</b>	:	Working as Sports Officer Higher Education, Department of Madhya Pradesh
<b>Teaching Experience</b>	:	26 Years
<b>Professional Qualification</b>	:	<ul style="list-style-type: none"><li>• BPE, MPE, MPhil from LNIPE Gwalior</li><li>• PhD from Jiwaji University GWALIOR.</li><li>• Qualified NET and JRF</li></ul>
<b>Area of Specialization</b>	:	<ul style="list-style-type: none"><li>• Football</li><li>• Exercise Physiology.</li></ul>
<b>Professional Experience</b>	:	<ul style="list-style-type: none"><li>• Member of Indian University Football team.</li><li>• Secretary of Madhya Pradesh Collegiate Physical Education Teachers Association</li><li>• Vice President of Madhya Pradesh Professor Association</li><li>• Member of AIFUCTO</li><li>• Life time member of Red Cross society.</li></ul>





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 2

22 JAN 2021

3.00 PM To 4.00 PM

national webinar mallakhamb ex... Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

REC satish kumar is presenting KALPESH SHAR... and 31 more 14:27 You

**Motor Ability Difference:**  
*Differences in reaction time, speed of action, steadiness, rate of muscular movement, resistance, fatigue etc.*

**Differences in Achievement:**  
*Differences in knowledge and intelligence.*

Meeting details

Turn on camera (CTRL + E)

Raise hand

www.youtube.com • 2m

Graminbharatv

2:27 PM 1/22/2021

national webinar mallakhamb ex... Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

REC satish kumar is presenting Sanjana Rawat and 31 more 14:53 You

**ATTENTION:**

*Attention is the concentration of consciousness upon one objects rather that upon another. It is the process of getting object or thought clearly before the mind. It helps in bringing mental alertness and preparedness and as a result one becomes alert and alive tries to exercise one's mental and physical power as affectively as possible. Going high quality attention to the skill/ task during sports competition is important for effective performance.*

Meeting details

Raise hand Turn on captions satish kumar is presenting

2:53 PM 1/22/2021

Topic

Psychological Principles of Physical Education

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 3

23 JAN 2021

3.00 PM To 4.00 PM

Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC satish kumar is presenting

Ram Dahariya and 21 more

15:26

You

**MEANING:-**

- The term personality is used in various sense. Generally, it is used to indicate the external outlook of an individual. In philosophy it means the internal quality. But in social psychology the term personality indicates neither the external or outward pattern nor does it indicate the internal quality. It means an integrated whole.

Meeting details

Raise hand Turn on captions satish kumar is presenting

3:26 PM 1/23/2021

Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC satish kumar is presenting

Shivprasad Praj... and 23 more

15:21

You

**PERSONALITY**

- *Personality has to do with individual differences among people in behaviour pattern, cognition and emotion. Different personality theorists present their own definitions of the word based on their theoretical positions. Personality refers to individual differences in characteristics patterns of thinking, feelings and behaving.*

Meeting details

Raise hand Turn on captions satish kumar is presenting

3:21 PM 1/23/2021

Topic

Psychological Principles of Physical Education





## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. V. S. Rai

Senior Sports Officer  
Institute for Excellence in Higher Education  
Bhopal

<b>Name</b>	:	<b>Dr. Vijay Shanker Rai</b>
<b>Designation</b>	:	Sports Officer Govt. Arts & Commerce (Nodal) College Sagar MP
<b>Teaching Experience</b>	:	26 Years (Selected as a post of sports officer through MP PSC in Govt. College of MP Higher Education)
<b>Educational Qualification</b>	:	BA(Hons.), BPed, MPed and MA (BHU VARANASI) PhD in Physical Education- R.D. University, Jabalpur(MP) NIS Coaching Diploma in Volleyball - Sports Authority of India, Netaji Subhas National Institute of Sports, Eastern Center, Kolkata (WB)
<b>Professional Qualification</b>	:	Member of Volleyball Team of BHU for 7 years, Captain of Volleyball team of BHU, Color Holder of BHU
<b>Research Experience</b>	:	20 Research papers published in different journal, participated in 6 workshops and 11 research seminars
<b>Previous Experience</b>	:	<ul style="list-style-type: none"><li>Appointed as a coach in civil services All India Volleyball (Men) tournament 1999.</li><li>Appointed as a coach of MP Volleyball (Men) team for Junior National Championship 2000.</li><li>Appointed as a coach of MP volleyball(Women) team for Senior National Championship 2001.</li><li>Appointed as a coach of Baraktullah University Volleyball Men and Women (1997-2003)</li></ul>



# On Line 30 Hrs. Certificate Course

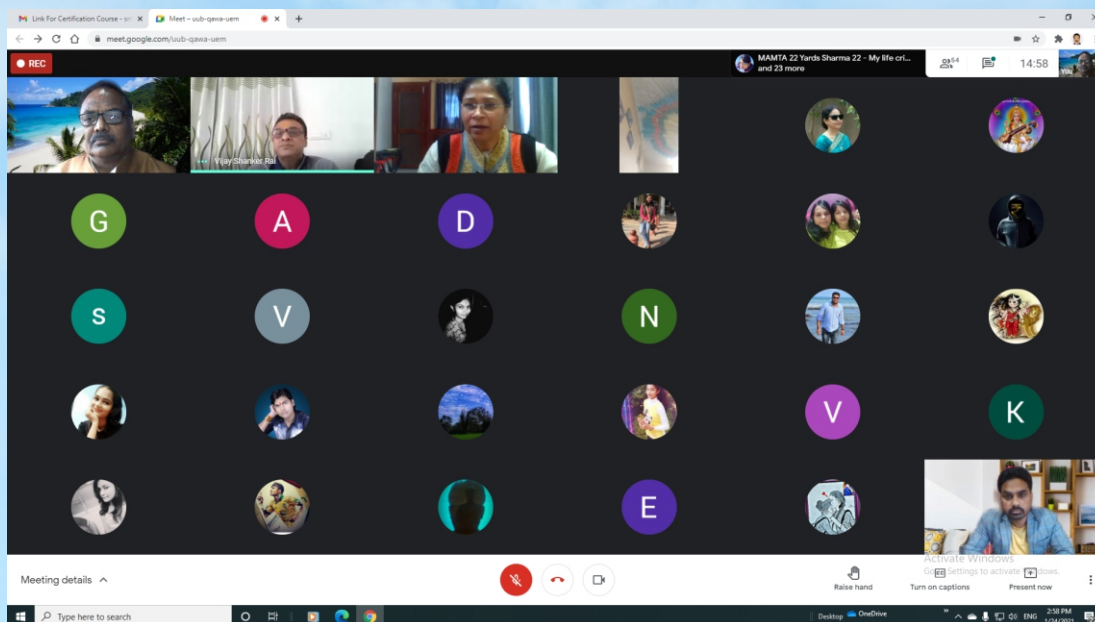
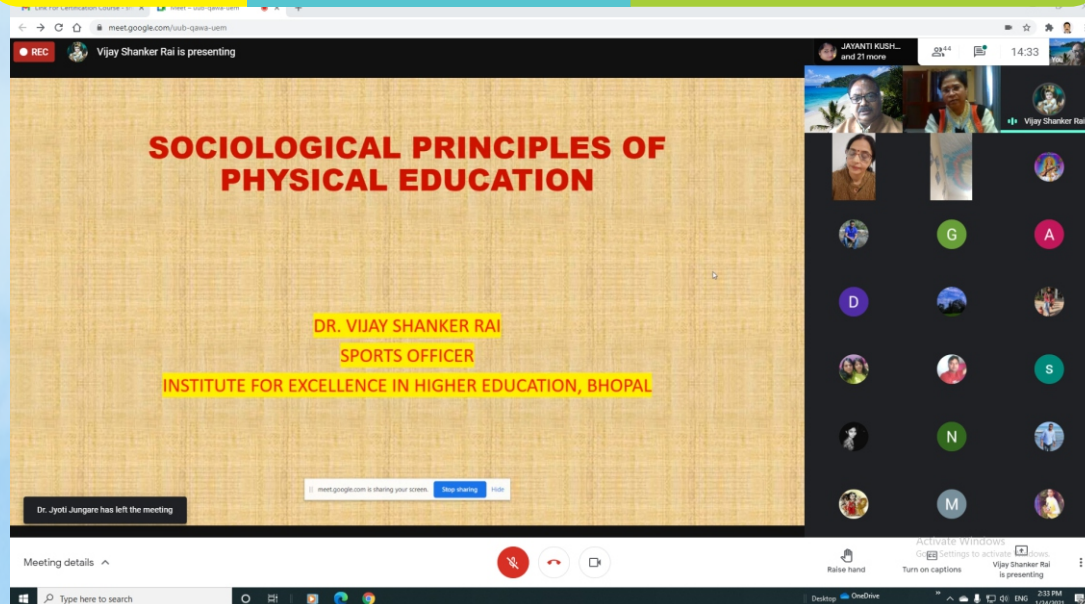
## Subject - Physical Education



Day 4

24 JAN 2021

2.00 PM To 3.00 PM



Topic

Sociological Principles of Physical Education

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 5

25 JAN 2021

2.00 PM To 3.00 PM

REC Vijay Shanker Rai is presenting

Janak Chaudhari and 24 more 15:47

**Social.** A leader in the field of physical education should be social. He should have various social qualities like brotherhood, sympathy, cooperation, tolerance, helpfulness, patience, honesty, etc. Without these qualities, a leader is just like an engine without petrol

- **Logical and Decision-maker.** A leader of physical education should be able to discuss the problems logically. He should also be a good decision-maker at right time. He should know that 'delay in justice is injustice'
- **Morality and Loyalty.** Morality and loyalty are significant qualities of a leader in the field of physical education. He should be loyal to his followers. He should not forget his morality in various situations.

Meeting details ^

Raise hand Turn on captions Vijay Shanker Rai is presenting

meet.google.com/uub-qawa-uem REC Vijay Shanker Rai is presenting Geetanjali Deshp... and 24 more 15:43

- **Creative.** A leader in the field of physical education should be creative. Such leader can produce new techniques or ideas, which are needed in the field of physical education.
- **Interest in Research.** It is very significant quality of a leader in the field of physical education. He should have keen interest in research work. No profession can be uplifted without appropriate research. In fact, this quality is the need of the hour. Nowadays, many problems are confronting this profession. Answers of such questions can be sorted out through research.
- **Good Health.** A leader in the field of physical education should have good health. Such a leader can work for longer duration without any feeling of fatigue.
- **Dedication and Determination.** Dedication and determination are vital qualities for a leader in this profession. He should be determined to face every worst situation. He should also be devoted to his profession.
- **High Motor Capacity.** A leader of physical education must have higher motor fitness. For this purpose he should develop all the components of physical fitness, such as strength, speed, endurance, flexibility and coordinative abilities.
- **Respect for Other People.** A leader in this profession, should respect other people. If does not respect others, he will not be respected.

Meeting details ^

Raise hand Turn on captions Vijay Shanker Rai is presenting

Topic

Sociological Principles of Physical Education



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### Mr. Pradeep Awasthi

Sports Officer  
Govt. P. G. College, Niwari

<b>Designation</b>	: T.G.T. (P&H.E.). Kendriya Vidyalaya, Katihar
<b>Teaching Experience</b>	: 12 Years
<b>Educational Qualification</b>	: Intermediate with 59% 2 <sup>nd</sup> division from U.P. Board in 2008. High School with 63% 1 <sup>st</sup> division from U.P. Board in 2006.
<b>Professional Qualification</b>	: <ul style="list-style-type: none"> <li>• <b>Qualified UGC NET- JUNE and DECEMBER 2014 for eligibility for lectureship in University and colleges.</b></li> <li>• M.P.Ed. 2<sup>nd</sup> year (4<sup>th</sup> sem.) with 73%, Idivision from LNIPE (National University) Gwalior in 2014.</li> <li>• Integrated B.P.Ed (4 years) with 67%, Idivision from LNIPE (National University) Gwalior in 2012.</li> </ul>
<b>Research Experience</b>	: <ul style="list-style-type: none"> <li>• Co-authored a research paper title "Modern Trends for Fat Assessment". <b>International Journal of Movement Education and Social Science</b>, ISSN (Print): 2278-0793 IJMESS Vol. 4 No. 1 (March 2015) <a href="http://www.ijmess.org">www.ijmess.org</a> ISSN (Online): 2321-3779 (Research work).</li> <li>• Response of different temperatures on selected physiological variables of judo players. (Research work)</li> <li>• Most widely used Nage-Waza across the world by Judo players. (Project work)</li> <li>• Attended National Seminar on exercise physiology held at L.N.I.P.E. Gwalior.</li> <li>• Attended "National Symposium" at Hamidiya art and Commerce degree college, Bhopal.</li> <li>• Presented a research paper at "National Symposium" at Hamidiya art and Commerce Degree College, Bhopal title "A Comparative Study of Self-Esteem". (Research work).</li> <li>• Authored a research paper title "Comparison Of Mental Toughness Between Combative Sports And Non Combative Sports Players Of Kendriya Vidyalaya Katihar".</li> </ul>
<b>Awards</b>	: <ul style="list-style-type: none"> <li>• <b>GOLD medal in "All India inter-university judo championship, Pune" in the year 2010.</b></li> <li>• Consecutively Participated six times in "All India inter-university championship" from 2008 to 2012.</li> <li>• Consecutively Participated in the "National junior judo championships" from, 2006 to 2008.</li> <li>• More than 50 medals in deferent levels of competitions. (State, national &amp; other levels).</li> <li>• Participation in other games like wrestling, football, badminton etc.</li> <li>• Participation in more than 150 tournaments in deferent levels. (State, national &amp; other levels).</li> </ul>





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 4

24 JAN 2021

3.00 PM To 4.00 PM

Link For Certification Course - 51 X Meet - uub-qava-uem  
meet.google.com/uub-qava-uem

Pradeep Awasthi is presenting

**ON LINE 30 HRS. CERTIFICATE COURSE**  
**ON PHYSICAL EDUCATION**  
Organized by  
**Department of Sports**  
**Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.) 470001**  
(UGC Recommended Value Added Course)

**II. Need and Importance of Sports Sciences in Physical Education.**  
**1. Brief Concept Anatomy And its Importance.**

**PRADEEP KUMAR AWASTHI**  
Sport: *Offshore Coast, P.G. College, Nivarni, M.P.*  
B.P.Ed. (4) *awasthipradeep2@gmail.com* UGC NET

Meeting details

Activate Windows  
Go to Settings to activate Windows.

Lower hand  
Turn on captions  
Pradeep Awasthi is presenting

Desktop OneDrive 3:07 PM 1/24/2021

Link For Certification Course - 51 X Meet - uub-qava-uem  
meet.google.com/uub-qava-uem

Pradeep Awasthi is presenting

**Sports Sciences in Physical Education**

**Systematic & Specialized arias of study in Physical Education.**

Anatomy

Biomechanics

Physiology

Exercise physiology

Kinesiology

Sports medicine

sport psychology

meeting.google.com is sharing your screen. Stop sharing Hide

Meeting details

Activate Windows  
Go to Settings to activate Windows.

Lower hand  
Turn on captions  
Pradeep Awasthi is presenting

Desktop OneDrive 3:07 PM 1/24/2021

Topic

Brief Concept of Anatomy and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 5

25 JAN 2021

3.00 PM To 4.00 PM

Link For Certification Course - sni x Meet - uub-qawa-uem MPPIKVCL-Online Bill Payment x +

meet.google.com/uub-qawa-uem

REC Pradeep Awasthi is presenting Umair Alam and 20 more 14:31

### Importance of anatomy in Physical Education

- Study of anatomy plays very important role in the field of sports because of following reasons.



Activate Windows Go to PC settings to activate Windows.

Meeting details ^

Raise hand Turn on captions Pradeep Awasthi is presenting


2:31 PM 1/25/2021

Link For Certification Course - sni x Meet - uub-qawa-uem MPPIKVCL-Online Bill Payment x +

meet.google.com/uub-qawa-uem

REC Vikram Singh raj... and 37 more 14:52

### Importance of anatomy specifically for Physiotherapist



Activate Windows Go to PC settings to activate Windows.

Meeting details ^

Raise hand Turn on captions Present now

2:52 PM 1/25/2021

Topic

Brief Concept of Anatomy and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 6

27 JAN 2021

2.00 PM To 3.00 PM

Link For Certification Course - sn X Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Pradeep Awasthi is presenting


Sanjana Rawat and 17 more 15:14

**Residual Lung Volume (RLV)**

When one exhales as deeply as possible, there is still a volume of air that remains in the lungs. This volume which cannot be exhaled is the residual lung volume. It averages between 1.0 and 1.2 liters.

**Function Residual Volume (FRV)**

It includes the known expiratory reserve volume (ERV) and the unknown residual volume.



Meeting details

Raise hand Turn on captions Pradeep Awasthi is presenting

3:14 PM 1/27/2021

Link For Certification Course - sn X Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Pradeep Awasthi is presenting

Ruchika Kumari and 23 more 15:26

**General Physiological Concepts**

Lung volume in milliliters (ml)



Adapted from: Shier D, Butler J, Lewis R. Hole's human anatomy and physiology • 2004 • McGraw Hill • Boston, New York

Meeting details

Raise hand Turn on captions Pradeep Awasthi is presenting

3:26 PM 1/27/2021

Topic

Brief Concept of Anatomy and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 7

28 JAN 2021

2.00 PM To 3.00 PM

Link For Certification Course - sn X Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Pradeep Awasthi is presenting

Nikishore Sinha and 16 more

14:30

### Brief Concept Exercise Physiology .

- Introduction
- Meaning
- Historical aspects
- Subdivisions
- Concepts.
- Need & Importance.

Meeting details ^

2:30 PM 1/28/2021

Link For Certification Course - sn X Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Pradeep Awasthi is presenting

PRADEEP TIWARI and 22 more

14:34

### Need and Importance of Exercise Physiology in PE

- Exercise physiology as a sport science plays an important role in Physical Education.
- Physical Education programs deals with the human body. And Exercise Physiology study effect physical education programs on functioning of human body.
- Very notable effects of training or exercising have been notified on various systems and organs of the body.
- Effect of exercise or training on various systems can be studied under short term or immediate effects and long term effects.

Meeting details ^

2:34 PM 1/28/2021

Topic

Brief Concept of Anatomy and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 8

29 JAN 2021

2.00 PM To 3.00 PM

Link For Certification Course - s... x Meet - uub-qawa-uem x +

meet.google.com/uub-qawa-uem?pli=1

REC

SPECIAL TERMS OF MOVEMENT

Vikram Singh raj... and 32 more 35 15:17 You

NECK:

- Flexion
- Extension

ROTATION:

- Right
- Left

- LATERAL FLEXION

- Right
- Left

Activate Windows  
Go to PC settings to activate Windows.

Presentation (Pradeep Awasthi)

Meeting details ^

Raise hand Turn on captions Present now

3:17 PM 1/29/2021

Link For Certification Course - s... x Meet - uub-qawa-uem x +

meet.google.com/uub-qawa-uem?pli=1

REC

SPECIAL TERMS OF MOVEMENT

Awasthi harshit and 32 more 35 15:18 You

FINGERS:

ABDUCTION – Fingers move away from the long axis of middle finger.

ADDUCTION – Fingers move towards the long axis of middle finger.

Activate Windows  
Go to PC settings to activate Windows.

Presentation (Pradeep Awasthi)

Meeting details ^

Raise hand Turn on captions Present now

3:18 PM 1/29/2021

Topic

Brief Concept of Anatomy and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 9

30 JAN 2021

2.00 PM To 3.00 PM

Link For Certification Course - sni x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1


REC Pradeep Awasthi is presenting

Ruchika Kumari and 16 more

14:32

## Kinesiology

- Meaning.
- Definitions.
- Historical aspects.
- Muscle types.
- Planes and axes of movements.
- Terms of Movements



Activate Windows  
Go to PC settings to activate Windows.

Meeting details ^

Raise hand Turn on captions Pradeep Awasthi is presenting

2:32 PM 1/30/2021

Link For Certification Course - sni x Meet - uub-qawa-uem

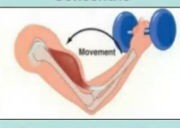
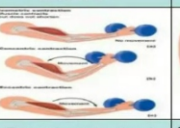
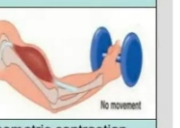
meet.google.com/uub-qawa-uem?pli=1

REC Pradeep Awasthi is presenting

satish kumar and 21 more

14:43

## Types Of Muscle Contractions

Isotonic contraction		Isometric contraction
Concentric	Eccentric	
		
<ul style="list-style-type: none"><li>• Concentric contraction in the biceps brachii during the <b>upward phase</b> of exercise</li><li>• Biceps brachii produces tension and <b>shortens</b></li><li>• It pulls the forearm upwards to cause flexion of the elbow</li></ul>	<ul style="list-style-type: none"><li>• Eccentric contraction in the biceps brachii during the <b>downward phase</b> of exercise</li><li>• Biceps brachii produces tension and <b>lengthens</b></li><li>• It slows the lowering of the forearm and controls extension of the elbow</li></ul>	<ul style="list-style-type: none"><li>• Isometric contraction occurs in the biceps brachii when the muscle is <b>holding the weight still</b></li><li>• Biceps brachii develops tension and <b>stays the same length</b></li><li>• It stops flexion and extension of the elbow</li></ul>

Meeting details ^

Raise hand Turn on captions Pradeep Awasthi is presenting

2:43 PM 1/30/2021

Topic

Brief Concept of Anatomy and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





## On Line 30 Hrs. Certificate Course

### Subject - Physical Education



### Mr. Siddhartha Srinet

Sports Officer  
GGovt Degree College  
Prithvipur (Niwadi) M.P

<b>Designation</b>	:	Sports Officer Govt Degree College, Prithvipur (Niwadi) M.P
<b>Teaching Experience</b>	:	18 Years
<b>Professional Qualification</b>	:	<ul style="list-style-type: none"><li>• M.P.Ed. (Physical Education) from Banaras Hindu University Varanasi in 2010 (Secured 87.3% (CGPA 8.73/10))</li><li>• <b>Gold Medalist</b></li><li>• Qualified (UGC NET &amp; JRF in Physical Education) in 2009 &amp; 2012</li><li>• Diploma in Sports Coaching (TABLE TENNIS) From N.S.N.I.S Patiala</li></ul>
<b>Area of Specialization</b>	:	<ul style="list-style-type: none"><li>• Table Tennis, Lawn Tennis Coaching</li><li>• Officiating in Badminton and Lawn tennis</li></ul>
<b>Professional Experience</b>	:	<ul style="list-style-type: none"><li>• Worked as a official in <b>CBSE East Zone Badminton Championship 2006 &amp; 2009</b></li><li>• Worked as a Official in <b>All India Inter University Volleyball (MEN) TOURNAMENT-2009-10</b></li><li>• Worked as a Official in <b>North Zone &amp; All India Inter University Lawn Tennis (MEN) TOURNAMENT -2006-07</b></li><li>• Worked as a Official in <b>SAI Inter Zonal Table Tennis Championship 2008</b></li></ul>



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 6

27 JAN 2021

3.00 PM To 4.00 PM

The screenshot shows a Google Meet interface. At the top, it says "siddhartha srinet is presenting". The main window displays a Microsoft PowerPoint slide titled "BIOMECHANICS (जैव यांत्रिकी)" with a diagram of a person in a dynamic pose. The slide also includes the text "BY: SIDDHARTHA SRINET". On the right side, there are several participant icons, including one labeled "siddhartha srinet". The bottom of the screen shows meeting controls like "Raise hand", "Turn on captions", and "Meeting details".

The screenshot shows a Google Meet interface. At the top, it says "siddhartha srinet is presenting". The main window displays a slide titled "Definition of Biomechanics" with the following text: "The area of study where the knowledge and methods of mechanics are applied to the structure and function of the living human system" and "Science concerned with the internal and external forces acting on a human body and the effects produced by these forces". - JAMES G. HAY. On the right side, there are several participant icons, including one labeled "siddhartha srinet". The bottom of the screen shows meeting controls like "Raise hand", "Turn on captions", and "Meeting details".

Topic

Brief Concept of Biomechanics and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 7

28 JAN 2021

3.00 PM To 4.00 PM

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the title "IMPORTANCE OF BIOMECHANICS". The slide is white with black text. To the right of the slide, there is a grid of participant video feeds. The top row shows three participants: "You", "siddhartha sri...", and "Ghansham D...". Below them are more participants, some with names like "DINESH Y194...", "Niranjan Shar...", and "bharatbhush...". At the bottom of the screen, there is a toolbar with icons for "Turn on microphone (CTRL + M)", "Raise hand", "Turn on captions", and "siddhartha sri... is presenting". The bottom status bar shows the time as 3:35 PM on 1/28/2021.

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the title "IN THE FIELD PHYSICAL EDUCATION & SPORTS". The slide is white with black text. Below the title, there is a bulleted list of points: "To develop new equipments, gears and wears for the Athletes.", "Providing research opportunities", "Helps in developing new technique models.", and "Prevent injuries and speed up recovery.". To the right of the slide, there is a grid of participant video feeds. The top row shows three participants: "Ajay Singh Hazari and 18 more", "siddhartha sri...", and "You". Below them are more participants, some with names like "S" and "S". At the bottom of the screen, there is a toolbar with icons for "Turn on microphone (CTRL + M)", "Raise hand", "Turn on captions", and "siddhartha sri... is presenting". The bottom status bar shows the time as 3:45 PM on 1/28/2021.

Topic

Brief Concept of Biomechanics and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 8

29 JAN 2021

3.00 PM To 4.00 PM

Link For Certification Course - sri x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

REC siddhartha srinet is presenting

shiva Lodhi and 19 more

15:22

You

**BRIEF CONCEPT OF SPORTS PSYCHOLOGY AND ITS IMPORTANCE**

SIDDHARTHA SRINET  
SPORTS OFFICER  
GOVT DEGREE COLLEGE PRITHVIPUR, M.P

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Meeting details

Raise hand Turn on captions siddhartha srinet is presenting

3:22 PM 1/29/2021

Link For Certification Course - sri x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

REC siddhartha srinet is presenting

Niranjan Sharma and 15 more

15:34

You

**ENHANCING SPORTS PERFORMANCE THROUGH PSYCHOLOGICAL TECHNIQUES**

- ▶ PERFORMANCE ROUTINES
- ▶ GOAL SETTING
- ▶ IMAGERY/ VISUALIZATION (SEEING IS BELIEVING)
- ▶ POSITIVE SELF TALK
- ▶ RELAXATION TECHNIQUES
- ▶ COPING WITH ADVERSITY
- ▶ FOCUSING

Meeting details

Raise hand Turn on captions siddhartha srinet is presenting

3:34 PM 1/29/2021

Topic

Brief Concept of Biomechanics and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 9

30 JAN 2021

3.00 PM To 4.00 PM

Link For Certification Course - sri x Meet - uub-qawa-uem x

meet.google.com/uub-qawa-uem?pli=1

REC siddhartha srinet is presenting

Poonam Singh and 16 more 15:38

### PMR

- ▶ Here is how it works;
- ▶ While inhaling, contract one muscle group (for example your upper thighs) for 5 seconds to 10 seconds, then exhale and suddenly release the tension in that muscle group.
- ▶ Give yourself 10 seconds to 20 seconds to relax, and then move on to the next muscle group (for example your buttocks).

Meeting details ^

Raise hand Turn on captions siddhartha srinet is presenting

3:38 PM 1/30/2021

Link For Certification Course - sri x Meet - uub-qawa-uem x

meet.google.com/uub-qawa-uem?pli=1

REC siddhartha srinet is presenting

Ruchika Kumari and 11 more 16:04

### IMPORTANCE OF SPORTS PSYCHOLGY

- ▶ Help teams develop communication skills and cohesion.
- ▶ Develop confidence post-injury.
- ▶ To develop game-specific strategies and game plans.
- ▶ Identify talent for specific.
- ▶ Stabilizing the performance for a longer period.

Meeting details ^

Raise hand Turn on captions siddhartha srinet is presenting

4:04 PM 1/30/2021

Topic

Brief Concept of Biomechanics and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 10

31 JAN 2021

2.00 PM To 3.00 PM

**BRIEF CONCEPT OF  
SPORTS MEDICINE**

SIDDHARTHA SRINET  
SPORTS OFFICER  
GOVT DEGREE COLLEGE, PRITHVIPUR

**FIRST-AID**

- First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury.

**3 P**

- PREVENT LIFE
- PREVENT FURTHER HARM
- PROMOTE RECOVERY

**PRIORTIES(ABCDE)**

- Catastrophic bleeding (massive external bleeding)
- Airway (clearing airways)
- Breathing (ensuring respiration)
- Circulation (internal bleeding)
- Disability (neurological condition)
- Environment (overall examination, environment)

Topic

Brief Concept of Biomechanics and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 11

01 FEB 2021

2.00 PM To 3.00 PM

meet.google.com/uub-qawa-uem?pli=1

REC sidhartha srinet is presenting Radha Patel and 19 more 15:21

### COACHES MUST LEARN

- The **PRICE regime** (formally RICE) is a simple 5 step protocol that even somebody who is not trained in first aid can use to minimise the effects of immediate injury.

First Aid for Life PRICE – Treatment for soft tissue injuries and closed fractures

**P** Protect the injury (stop using the injured limb, pad to protect)

**R** Rest the injury

**I** Ice – apply a wrapped ice pack

**C** Comfortable support – apply a supportive bandage

**E** Elevate – to reduce swelling

Meeting details ^

Raise hand Turn on captions sidhartha srinet is presenting

3:21 PM 2/1/2021

meet.google.com/uub-qawa-uem?pli=1

REC sidhartha srinet is presenting Anuja Garg and 19 more 15:54

### FIRST AID FOR FRACTURE

**FRACTURE**



**Step 1** Stop any bleeding. Don't try to realign the bone.

**Step 2** Immobilize the injured area. Make a splint, place it gently under the limb and tie it to the limb with pieces of cloth.

**Step 3** Apply ice bags to limit swelling and relieve pain.

Meeting details ^

Raise hand Turn on captions sidhartha srinet is presenting

3:54 PM 2/1/2021

Topic

Brief Concept of Biomechanics and its Importance

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. Nitin Korpai

Yoga Instructor  
Dr. Harisingh Gour Vishwavidyalaya  
Sagar

<b>Designation</b>	:	Guest Faculty Instructor, Department of Yoga Education Doctor Harisingh Gour Vishwavidyalaya, Sagar
<b>Teaching Experience</b>	:	13 Years
<b>Professional Qualification</b>	:	<ul style="list-style-type: none"><li>• Higher Secondary from St. Joseph's Convent School, Sagar in 1992.</li><li>• He did Graduation, Post Graduation in Commerce</li><li>• Junior Diploma in Yoga</li><li>• Post Graduate Diploma in Yoga</li><li>• In 2003 he was awarded Ph. D. in Yoga from the same University.</li></ul>
<b>Area of Specialization</b>	:	<ul style="list-style-type: none"><li>• Yoga</li></ul>
<b>Professional Experience</b>	:	<ul style="list-style-type: none"><li>• He has been the Organising Secretary of Three International Conferences and member of Organising Committee of many International and National Conferences and Seminars.</li><li>• He has delivered Special Lectures in Seminars and Workshops. He has also published a book Hatha Yoga For Human Health and Edited two books.</li><li>• Dr. Korpai has served as a Judge/Referee in Two State Level Yoga Competitions and many Division and District Level Competitions.</li></ul>





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 10

31 JAN 2021

3.00 PM To 4.00 PM

Meet - wko-hgt-ctw

meet.google.com/wko-hgt-ctw?pli=1&authuser=0

REC YI- Dr. Nitin Korpai is presenting

**NEED & IMPORTANCE OF YOGA  
IN PROMOTING POSITIVE HEALTH & WELLNESS**

स्वास्थ्य रक्षण में योग की आवश्यकता, महत्त्व एवं भूमिका

**Dr. Nitin Korpai**  
Yoga Instructor  
Department of Yoga Education  
Dr. Harisingh Gour University, Sagar (M.P.)

Meeting details

Desktop One 15:19 PM 1/31/2021

Meet - wko-hgt-ctw

meet.google.com/wko-hgt-ctw?pli=1&authuser=0

REC YI- Dr. Nitin Korpai is presenting

ॐ

योगेन चित्तस्य, पदेन वाचा  
मत्तं शरीरस्य च वैद्यकेन ।  
योऽपाकरोत् तं प्रवरं मुनीनां  
पतञ्जलिं प्राञ्जलिर् आनतोऽस्मि ॥

Yogena chittasya, padena vāchā  
mattam śarīrasya cha vaidyakena ।  
Yo'pākarottam pravaram muninām  
Patañjalim prāñjalir ānato'smi ॥

Meeting details

Desktop One 15:24 PM 1/31/2021

**Topic** Need & Importance of Yoga in Promoting Positive Health & Wellness.

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education




Day 11

01 FEB 2021

3.00 PM To 4.00 PM

YI- Dr. Nitin Korpai is presenting

स्वास्थ्य एवं क्षमत्व



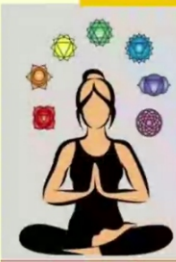
Meeting details

YI- Dr. Nitin Korpai is presenting

YI- Dr. Nitin Korpai is presenting

स्वास्थ्य रक्षण में योग की भूमिका

अष्टांग योग



8	समाधि
7	ध्यान
6	धारणा
5	प्रत्याहार
4	प्राणायाम
3	आसन
2	नियम
1	यम

Meeting details

YI- Dr. Nitin Korpai is presenting

Topic Need & Importance of Yoga in Promoting Positive Health & Wellness.

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### Dr. Renu Bala Sharma

Professor  
Govt. Girls College Bina, Sagar &  
Faculty Dean of Home Science  
MCBU, Chhatarpur, MP

<b>Designation</b>	: Professor & Head, Govt. Girls College Bina (sagar)
<b>Teaching Experience</b>	: Under Graduate 38 year
	: Post Graduate 37 Year
<b>Award</b>	: <small>Received by Higher Education for "National Award"</small>
	: Honored by Best Teacher Award (By MLA Sagar) 13.01.2013
	: Honored by Nari Samman for Social work (by MLA Sagar) 24.03 2013.
	: Honored by Mahila Samman for social work (By Jjila Adhayaksh Smt. Saroj Singh Sagar).
<b>Supervisor</b>	: Awarded Fifteen Doctorate Degrees under My Supervision.
	: Evaluation of 30 Thesis of different universities
	: Conducted 20 Ph. D viva-voce of different universities.
<b>Seminar / Symposium</b>	: More than 200 seminar /workshops attended
<b>Paper Publication</b>	: 50 Research papers published (International & National level) Invited Lectures as Resource Person



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 12

02 FEB 2021

2.00 PM To 3.00 PM

Link For Certification Course - sn X Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Dr Renu Sharma is presenting

Ruchika Kumari and 18 more

32 14:19

Balance Diet & Sports Nutrition

"TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE." - JIM ROHN

Dr. Renu Sharma

meet.google.com is sharing your screen. Stop sharing Hide

Govt. Girls College Bina

Meeting details

Raise hand Turn on captions Dr Renu Sharma is presenting

2:19 PM 2/2/2021

Link For Certification Course - sn X Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Dr Renu Sharma is presenting

Anupriya Vishwak... and 20 more

34 14:24

A proper combination of fruits, vegetables, grains, and dairy products will undoubtedly ensure a balanced diet

Balanced diet

- Carbohydrates 40-50%
- Protein 15-20%
- Fat 3-5%
- Vegetables & Fruits 20-25%
- Fibre & cellulose 5-7%

Fruits Dairy Product Vegetables Rice/Chapati Pulses & Beans Grains

Dr. Renu Sharma

meet.google.com is sharing your screen. Stop sharing Hide

Govt. Girls College Bina

Meeting details

Raise hand Turn on captions Dr Renu Sharma is presenting

2:24 PM 2/2/2021

Topic Meaning of Health & Its Dimension, Balance Diet and Sports Nutrition

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 13

03 FEB 2021

2.00 PM To 3.00 PM

1. BIOMEDICAL CONCEPT :

Traditionally, health has been viewed as an “absence of disease” and if one has free from disease, then the person was considered healthy. This concept, known as the “biomedical concept” has the basis in the ‘germ theory of disease’.

MICROORGANISM Enters HUMAN BODY Cause ILLNESS/DISEASE

Physical BODY

- EXERCISE – Proper nutrition
- DIET – Exercise
- REST – Healthy habits
- PREVENTION

Topic Meaning of Health & Its Dimension, Balance Diet and Sports Nutrition

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



## **On Line 30 Hrs. Certificate Course** **Subject - Physical Education**



### **Dr. Satish Kumar**

Senior Sports officer  
Govt. Shyama Prasad Mukherjee  
Science & Commerce College, Bhopal





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 12

02 FEB 2021

3.00 PM To 4.00 PM

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the title **Health!!** and the text: **HEALTH is a state of well being at physical, mental, social, spiritual, levels, and not mere absences of illness of infirmity.** The slide has a green and white background. On the right side, there is a grid of participant video feeds. The top row shows two participants, and the bottom row shows three. The bottom status bar indicates 'Meeting details', 'Raise hand', and 'sathish kumar is presenting'. The time is 15:16.

The screenshot shows a Google Meet interface. The main window displays a presentation slide titled 'Methods of Develop Fitness'. The slide features four illustrations: 'PROPER NUTRITION' (a glass of juice and fruit), 'ADEQUATE REST' (a person sleeping), 'REGULAR EXERCISE' (a person running), and 'POSITIVE ATTITUDE' (a person smiling). The bottom status bar indicates 'Meeting details', 'Raise hand', 'Turn on captions', and 'sathish kumar is presenting'. The time is 15:28.

Topic

Methods of Develop Fitness



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 13

03 FEB 2021

3.00 PM To 4.00 PM

Link For Certification Course - satish kumar is presenting

meet.google.com/uub-qawa-uem

REC satish kumar is presenting

Nilkishore Sinha and 31 more

15:24

**Schedule your fitness program..**

- Consider your fitness goals
- Create a balance routine
- Start low and progress slowly
- Build activity into your daily routine

Meeting details

3:24 PM 2/3/2021

Link For Certification Course - satish kumar is presenting

meet.google.com/uub-qawa-uem

REC satish kumar is presenting

Shivam Chaurasiya and 28 more

15:43

**Schedule your fitness program..**

31 / 46

Meeting details

3:43 PM 2/3/2021

Topic

Methods of Develop Fitness





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### Dr. Sunil Datt Lakhera

Sports Officer

Govt. Ordnance Factory Khamaria College,  
Jabalpur (M.P.)

<b>Name</b>	<b>Dr. Sunil Datt Lakhera</b>
<b>Designation</b>	Sports Officer, Govt. Ordnance Factory Khamaria College, Jabalpur <b>e-mail-sdatt65@gmail.com Mob. No. 9826583778</b> <b>Visiting Faculty for Hockey Specialization in Physical Education Department,</b> <b>Rani Durgawati Vishwavidhyala, Jabalpur(M.P)</b>
<b>Educational Qualification</b>	B.Com, M.A, B.P.Ed, <b>M.P.Ed (Hockey Specialization)</b> Ph.D, Pursuing D.Litt, Certificate in Sports (Hockey), Patiala, Diploma in Nutrition & Health Education, <b>UGC-CBSE NET</b>
<b>Professional Qualification</b>	<ul style="list-style-type: none"> <li>• Coach member of International Hockey Federation, FIH Hockey academy</li> <li>• Life member of Sport Psychology Association of India</li> <li>• Life member of Physical Education Foundation of India</li> <li>• Life and founder member of International Journal of Movement Education and Science</li> <li>• Secretary Jabalpur District Indoor Hockey Association</li> <li>• Secured First place in (M.P) P.S.C for Sports Officer -1994</li> <li>• Member of Hockey Expert for All India University 2006 to 2012, Visiting Faculty Member, Physical Education Dept. Jabalpur.</li> <li>• Member of Selection Committee for M.P. Senior Hockey and Jabalpur University Hockey Team from 1994 to till today.</li> <li>• YouTube channel maker for field hockey</li> </ul>
<b>Sports Achievement</b>	<ul style="list-style-type: none"> <li>• Member of M.P Senior National Hockey Team in 1999 to 2004.</li> <li>• Member of Rani Durgawati University Hockey Team from 1986 to 1990.</li> <li>• Participated as player in M.P Civil Services Hockey Team 2010 to 2018.</li> <li>• Coach of Rani Durgawati University Hockey Team from 1994 to 2020.</li> </ul>
<b>Area of Interest</b>	<ul style="list-style-type: none"> <li>• Publication of Hockey Books and Book Chapter, Research Papers, Research Articles in various International, National Seminar, Conference, Workshops and Sports magazine, News papers .</li> <li>• Teaching in Hockey</li> <li>• Coaching in Hockey</li> <li>• Research in Hockey</li> </ul>



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 14

04 FEB 2021

2.00 PM To 3.00 PM

The screenshot shows a Google Meet interface. The main window displays a presentation slide with the following text:

**GOVT. AUTONOMOUS GIRLS P. G. COLLEGE OF EXCELLENCE, SAGAR (M.P.)**  
**DEPARTMENT OF PHYSICAL EDUCATION**  
IS ORGANISING  
Online 30 hour certificate course  
21<sup>ST</sup> JAN. TO 5<sup>TH</sup> FEB. 2021

**RESOURCE PERSON**  
**DR. SUNIL DATT LAKHERA**  
TOPIC  
TRAINING AND COACHING IN PHYSICAL EDUCATION

The right side of the screen shows a grid of participant thumbnails. The bottom of the screen displays meeting controls like 'Turn on microphone', 'Raise hand', and 'Turn on captions'. The bottom status bar shows the time as 2:31 PM on 2/4/2021.

The screenshot shows a Google Meet interface. The main window displays a presentation slide titled 'Principle of individualisation'. The slide content includes:

**Principle of individualisation**

3. The Principle of Individual Difference :

- Every Sports person is different hence response to exercise or load varies.

Below the text is a photograph of a man in a gym setting. The right side of the screen shows a grid of participant thumbnails. The bottom of the screen displays meeting controls. The bottom status bar shows the time as 2:49 PM on 2/4/2021.

Topic

Training & Coaching

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 15

05 FEB 2021

2.00 PM To 3.00 PM

Link For Certification Course - sni x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem?pli=1

Dr Sunil datt Lakhera is presenting

Surendra Kurmi and 29 more

14:14

Sagar ppt [Compatibility Mode] - Microsoft PowerPoint

Training Components

- These are
  - Strength
  - Speed
  - Endurance
  - Flexibility
  - Coordinative Ability

Click to add notes

Slide 22 of 60 "Blend" English (India)

Meeting details

Raise hand Turn on captions Dr Sunil datt Lakhera is presenting

2:14 PM 2/5/2021

Link For Certification Course - sni x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

Dr Sunil datt Lakhera is presenting

Vijay Shanker Rai and 40 more

14:43

Sagar ppt [Compatibility Mode] - Microsoft PowerPoint

Improvement of coordinative abilities

- The training session should be so selected that the coordinated improvement of coordinative ability can be taken place.
- Through definite methodological measures the degree of efficiency of the training session should be gradually increased.

DIFFERENCES BETWEEN TRAINING AND COACHING

Sports training is a special process of preparation of sports persons based on scientific principles aimed at improving and maintaining higher performance capacity in different sports activities.

Sports coaching can be defined as the process of motivating, guiding and training an individual in preparation for any sporting hobby, career, or event.

Click to add notes

Slide 52 of 60 "Blend" English (India)

Meeting details

Raise hand Turn on captions Dr Sunil datt Lakhera is presenting

2:43 PM 2/5/2021

Topic

Training & Coaching

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



## On Line 30 Hrs. Certificate Course Subject - Physical Education



### Dr. V. S. Rai

Senior Sports Officer  
Institute for Excellence in Higher Education  
Bhopal

<b>Name</b>	:	<b>Dr. Vijay Shanker Rai</b>
<b>Designation</b>	:	Sports Officer Govt. Arts & Commerce (Nodal) College Sagar MP
<b>Teaching Experience</b>	:	26 Years (Selected as a post of sports officer through MP PSC in Govt. College of MP Higher Education)
<b>Educational Qualification</b>	:	BA(Hons.), BPed, MPed and MA (BHU VARANASI) PhD in Physical Education- R.D. University, Jabalpur(MP) NIS Coaching Diploma in Volleyball - Sports Authority of India, Netaji Subhas National Institute of Sports, Eastern Center, Kolkata (WB)
<b>Professional Qualification</b>	:	Member of Volleyball Team of BHU for 7 years, Captain of Volleyball team of BHU, Color Holder of BHU
<b>Research Experience</b>	:	20 Research papers published in different journal, participated in 6 workshops and 11 research seminars
<b>Previous Experience</b>	:	<ul style="list-style-type: none"><li>Appointed as a coach in civil services All India Volleyball (Men) tournament 1999.</li><li>Appointed as a coach of MP Volleyball (Men) team for Junior National Championship 2000.</li><li>Appointed as a coach of MP volleyball(Women) team for Senior National Championship 2001.</li><li>Appointed as a coach of Baraktullah University Volleyball Men and Women (1997-2003)</li></ul>





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 14

04 FEB 2021

3.00 PM To 4.00 PM

Link For Certification Course - sni x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Vijay Shanker Rai is presenting Sonam Purohit and 23 more 15:34

CAREER PREPARATION IN PHYSICAL EDUCATION

At present various universities, institutions and colleges offer various courses for career preparation in physical education such as

- Bachelor of physical education (B.P.Ed.)
- Bachelor of physical education and sports (B.P.E.S.)
- Certificate course in physical education (C.P.Ed.)
- M.A. in Physical Education
- Master of Physical Education (M.P.E./M.P.Ed.)
- Diploma in Physical Education (D.P.Ed.)
- B.A. in Physical Education
- BSc in Physical Education

Janak Chaudhari has left the meeting

Meeting details

3:34 PM 2/4/2021

Link For Certification Course - sni x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

REC Vijay Shanker Rai is presenting Shivam Chiurasi... and 28 more 15:36

CAREER AND JOB IN PHYSICAL EDUCATION & SPORTS

- NIS coaching diploma in sports
- Master of Sports (M.S.)
- Certificate course in Yoga
- PG diploma in Yoga

**Self Assessment for Career Choice:**

1. **Interest** : People who choose careers based on their interest tend to have a longer and more satisfied time in their chosen careers and ultimately they become successful in whatever career they choose.
2. **Strength and Abilities**: Strengths and abilities are also important factors in making a career decision.
3. **Goals**: Personal and professional goals are also important in making career decisions.

Meeting details

3:36 PM 2/4/2021

Topic

Career and Job in Physical Education & Sports

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



Day 15

05 FEB 2021

3.00 PM To 4.00 PM

Link For Certification Course - sn x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

Vijay Shanker Rai is presenting

Sanjana Rawat and 45 more

15:07

3. Health Related Careers--

- Nowadays, people have become more health conscious. They want to be healthy and fit. They want to keep away from the various diseases. The number of health and weight control clubs has increased rapidly during the last decade. These health clubs are being run by owners or in the form of franchise. In fact, it has become a big industry. There are a number of health and weight and control clubs which are reputed and have excellent programmes. Physical educators may find ample job opportunities in such health and weight control clubs. The facilities to play various games, such as squash, tennis and swimming pools etc. are usually provided..

Meeting details

3:07 PM 2/5/2021

Link For Certification Course - sn x Meet - uub-qawa-uem

meet.google.com/uub-qawa-uem

Vijay Shanker Rai is presenting

Subhash Hardikar and 46 more

15:15

(d) Sports facilities management--

- There are always a number of people and organizations who want to have sports facilities, where they can do exercise for remaining healthy and fit. They want to get facilities of gymnasium, health club, fitness center, stadiums, sports complexes, swimming pool etc. in such fields, facilities managers are required.

5. Performance Related Careers

- A large number of sports persons participated in various games and sports. Only highly skilled performers reach at the top level. Many jobs are available for top level sportsmen in govt. and private sectors, such as in defence services, banks companies or industrial corporations and railways etc.

6. Careers in communication media.

The communication media i.e. television, radio, newspapers, and magazines etc. have contributed to the enhancement of various career opportunities in sports communication.

- Many career options have been discussed in this topic, but career option in field of physical education and sports are limited. Various careers can be created in this field, such as sports biomechanics, sports medicine, sports nutrition, sports psychology, sports training, sports management, physiotherapy, sports engineering.

Meeting details

3:15 PM 2/5/2021

Topic

Career and Job in Physical Education & Sports

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





**On Line 30 Hrs. Certificate Course**  
**Subject - Physical Education**



# ANNEXURE



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)

(UGC Recommended Value Added Course for All Faculty Members and Students)

### On Line 30 Hrs. Certificate Course

### SUBJECT - PHYSICAL EDUCATION



Date : 21.01.2021 to 05.02.2021, Time 2 PM to 4 PM

S. No.	Date	Eminent Speakers	Topic	Duration
1	21.01.2021	Dr. Subhash Hardikar Senior Sports officer Govt. Arts & Commerce College, Sagar	Meaning, Definition, Aims, Objectives & history of Physical Education.	02.30 PM To 03.30 PM
		Dr. Sunil Datt Lakhara Senior Sports Officer Govt. O.F.K. College Khamriya (Jbp)	Need & Importance of Physical Education in 21 St Centuries	03.30 PM To 04:30 PM
2	22.01.2021	Dr. Jyoti Jungare Senior Sports Officer Govt. Home Science Nodal College Hoshangabad	Biological Principles of Physical Education	02 PM To 03 PM
		Dr. Satish Kumar Senior Sports officer Govt. Shyama Prasad Mukherjee Science & Commerce College Bhopal	Psychological Principles of Physical Education	03 PM To 04 PM
3	23.01.2021	Dr. Jyoti Jungare Senior Sports Officer Govt. Home Science Nodal College Hoshangabad	Biological Principles of Physical Education	02 PM To 03 PM
		Dr. Satish Kumar Senior Sports officer Govt. Shyama Prasad Mukherjee Science & Commerce College Bhopal	Psychological Principles of Physical Education	03 PM To 04 PM
4	24.01.2021	Dr.V.S.Rai Senior Sports Officer Institute for Excellence in Higher Education Bhopal	Sociological Principles of Physical Education	02 PM To 03 PM
		Mr.Pradeep Awasthi Sports Officer Govt.P.G.College Niwari M.P.	Brief Concept of Anatomy and its Importance	03 PM To 04 PM
5	25.01.2021	Dr.V.S.Rai Senior Sports Officer Institute for Excellence in Higher Education Bhopal	Sociological Principles of Physical Education	02 PM To 03 PM
		Mr.Pradeep Awasthi Sports Officer Govt.P.G.College Niwari M.P.	Brief Concept of Anatomy and its Importance	03 PM To 04 PM
6	27.01.2021	Mr. Pradeep Awasthi Sports Officer Govt.P.G.College Niwari M.P.	Brief Concept of Exercise Physiology and its Importance	02 PM To 03 PM
		Mr. Siddhartha Srinet Sports Officer Govt. Degree College Prithvipur	Brief Concept of Biomechanics and its Importance	03 PM To 04 PM
7	28.01.2021	Mr.Pradeep Kumar Awasthi Sports Officer Govt.P.G.College Niwari M.P.	Brief Concept of Exercise Physiology and its Importance	02 PM To 03 PM
		Mr. Siddhartha Srinet Sports Officer Govt. Degree College Prithvipur	Brief Concept of Biomechanics and its Importance	03 PM To 04 PM

## Program Schedule Day Wise

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)





# On Line 30 Hrs. Certificate Course Subject - Physical Education



## Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



8	29.01.2021	Mr. Pradeep Kumar Awasthi Sports Officer Govt.P.G.College Niwari M.P.	Brief Concept of Kinesiology and its Importance	02 PM To 03 PM
		Mr. Siddhartha Srinet Sports Officer Govt. Degree College Prithvipur	Brief Concept of Sports Psychology and its Importance	03 PM To 04 PM.
9	30.01.2021	Mr. Pradeep Kumar Awasthi Sports Officer Govt.P.G.College Niwari M.P.	Brief Concept of Kinesiology and its Importance	02 PM To 03 PM
		Mr. Siddhartha Srinet Sports Officer Govt. Degree College Prithvipur	Brief Concept of Sports Psychology and its Importance	03 PM To 04 PM
10	31.01.2021	Mr. Siddhartha Srinet Sports Officer Govt. Degree College Prithvipur	Brief Concept of Sports Medicine and its Importance.	02 PM To 03 PM
		Dr. Nitian Korpai Yoga Yoga Instructor H.S.GourCentralUniversitySagar	Need & Importance of Yoga in Promoting Positive Health & Wellness.	03 PM To 04 PM
11	01.02.2021	Mr. Siddhartha Srinet Sports Officer Govt. Degree College Prithvipur	Brief Concept of Sports Medicine and its Importance	02 PM To 03 PM
		Dr. Nitian Korpai Yoga Yoga Instructor H.S.GourCentralUniversitySagar	Need & Importance of Yoga in Promoting Positive Health & Wellness.	03 PM To 04 PM
12	02.02.2021	Dr. Renu Bala Shurma Professor Govt. Girls College Bina, Sagar & Faculty Dean of Home Science MCBU Chhatarpur MP	Meaning of Health & Its Dimension, Balance Diet and Sports Nutrition	02 PM To 03 PM
		Dr. Shatish Kumar Senior Sports Officer Govt. Shyama Prasad Mukherjee Science & Commerce College Bhopal	Methods of Develop Fitness	03 PM To 04 PM
13	03.02.2021	Dr. Renu Bala Shurma Professor Govt.Girls College Bina,Sagar & Faculty Dean of Home Science MCBU Chhatarpur MP	Meaning of Health & Its Dimension, Balance Diet and Sports Nutrition	02 PM To 03 PM
		Dr. Shatish Kumar Senior Sports Officer Govt. Shyama Prasad Mukherjee Science & Commerce College Bhopal	Methods of Develop Fitness.	03 PM To 04 PM
14	04.02.2021	Dr. Sunil Datt Lakhera Senior Sports Officer	Training & Coaching	02 PM To 03 PM
		Dr. V.S. Rai Senior Sports Officer Institute for Excellence in Higher Education Bhopal	Career and Job in Physical Education & Sports	03 PM To 04 PM
15	05.02.2021	Dr. Sunil Datt Lakhera Senior Sports Officer Govt. O.F.K. College Khamriya (Jbp)	Training & Coaching	02 PM To 03 PM
		Dr. V.S. Rai Senior Sports Officer Institute for Excellence in Higher Education Bhopal	Career and Job in Physical Education & Sports	03 PM To 04 PM

## Program Schedule Day Wise

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### LIST OF PARTICIPANTS

S.No.	Timestamp	Faculty/Student/Other Name (Dr./Mr./Ms./Smt.):	Designation
1	1/12/2021 22:25:05	Mr. Janak Chaudhari	
2	1/13/2021 11:01:46	Mr. Niranjan Sharma	Sports Officer
3	1/13/2021 11:05:06	Mr. Akhawari Nil Kishore Sinha	Principal
4	1/13/2021 17:58:06	Pradeep Tiwari	Sports Officer
5	1/13/2021 22:57:21	Ramswaroop Dehariya	Vocational trainer, coach
6	1/14/2021 19:54:29	Smt. Anjali Tiwari	Other
7	1/14/2021 20:19:20	Dr. Vijay Prakash Singh	Sports Officer
8	1/14/2021 20:55:19	Mr. Sanjeet Rai	Sports Officer
9	1/14/2021 21:18:31	Mr. Janak Kumar Chaudhari	Sports officer
10	1/14/2021 21:21:51	Mr. Sanjay Shrivastava	TGT(P&HE)
11	1/14/2021 21:29:37	Smt. Hemlata Shrivastava	TGT(P&HE)
12	1/15/2021 9:44:17	Ms. Ruchika Kumari	Physical Education Teacher
13	1/15/2021 11:05:55	Mr. Ajay Singh Hazari	Sports Officer
14	1/15/2021 11:47:17	Mr. Vishal Ahirwar	Professor
15	1/15/2021 11:56:28	Mr. Vivek Arya	Sports Officer
16	1/15/2021 13:22:05	Kajal Singh Thakur	Sports Officer
17	1/15/2021 13:38:30	Harshit Awasthi	student
18	1/15/2021 14:59:21	Radha Patel	student
19	1/15/2021 21:08:05	Mr. Mrityunjai Kumar Singh	Sports Officer
20	1/16/2021 13:07:46	Mrs	Sports Officer
21	1/16/2021 13:51:05	Dr. Sangeetika Mishra	Asst. Professor
22	1/16/2021 14:35:43	Ms. Varsha Prajapati	Student
23	1/16/2021 15:56:45	Ms. Shalu	Student
24	1/16/2021 16:15:49	Pranjal Chachondia	Student
25	1/16/2021 16:31:48	Raksha Yadav	Student
26	1/16/2021 16:34:39	Sonali Agarwal	Student
27	1/16/2021 16:36:05	Ms. Sanjana Rawat	Student
28	1/16/2021 16:36:26	Vaishnavi Dangi	Student
29	1/16/2021 16:37:34	Monika Patel	Student
30	1/16/2021 16:38:52	Poonam Dangi	Student
31	1/16/2021 16:39:58	Hemlata Dangi	Student
32	1/16/2021 16:41:06	Sonam Purihit	Student
33	1/16/2021 16:42:30	Lucky Ghoshi	Student
34	1/16/2021 16:43:45	Rekha Patel	Student
35	1/16/2021 16:48:31	Vaishali Goutam	Student
36	1/16/2021 16:53:09	Nikita Rajpoot	Student





## On Line 30 Hrs. Certificate Course

### Subject - Physical Education



37	1/16/2021 23:03:39	Vikram Singh rajpoot	Student
38	1/17/2021 18:46:14	Dr. Poonam Singh	Sports Officer
39	1/17/2021 20:16:00	Chetna Vishwakarma	Student
40	1/17/2021 20:22:36	Rajmani Parmar	Student
41	1/17/2021 20:27:42	Mohit Rathore	Student
42	1/17/2021 20:29:27	Sourabh Rathore	Student
43	1/17/2021 20:32:14	Vanshika Dubey	Student
44	1/17/2021 20:36:33	Deepshika Athiya	Student
45	1/17/2021 20:38:15	Sanjana Tiwari	Student
46	1/17/2021 20:41:29	Bharti Verma	Student
47	1/17/2021 20:51:10	Samraddhi Rathore	Student
48	1/18/2021 11:49:16	Mr Narendrasinh Gohil	Coach
49	1/18/2021 12:16:38	Mr. Kalpeshkumar Sharma	Sports Officer
50	1/18/2021 18:17:13	Harsh Dhakad	Student
51	1/18/2021 20:53:04	Ms.Ragni Singh	Student
52	1/19/2021 12:57:02	Ms.	Student
53	1/19/2021 14:23:28	Ayushi Rathore	Student
54	1/19/2021 14:25:09	Shraddha Kachi	Student
55	1/19/2021 14:26:45	Sadhna Kushwaha	Student
56	1/19/2021 14:27:57	Simran Mourya	Student
57	1/19/2021 14:29:15	Shruti Singh Karan	Student
58	1/19/2021 14:32:57	Pratiksha Thakur	Student
59	1/19/2021 14:34:15	Mayuri Yadav	Student
60	1/19/2021 15:55:56	Rami ekta Dashrath Bhai	Teacher
61	1/19/2021 20:59:01	Ashish Kumar	Student
62	1/19/2021 21:49:24	Mr. Bhupendra Singh Indurikhya	Sports Officer
63	1/20/2021 11:55:51	Ms. Mamta Sharma	Coach
64	1/20/2021 12:40:14	Shawaaz Ali	Coach
65	1/20/2021 12:41:03	Suneel Kumar Yadav	Student
66	1/20/2021 13:19:16	Dr Rajula Albert	Associate Professor
67	1/20/2021 13:38:08	Baljeet Singh	Student
68	1/20/2021 14:43:19	Anuja Garg	Student
69	1/20/2021 14:45:58	Satya Ghoshi	Student
70	1/20/2021 14:48:09	Nisha Patel	Student
71	1/20/2021 14:49:49	Samiksha Agarwal	Student
72	1/20/2021 14:51:38	Paridhi Garg	Student
73	1/20/2021 14:53:30	Shivani Lodhi	Student
74	1/20/2021 14:54:56	Muskan Vishwakarma	Student
75	1/20/2021 15:03:49	Reena Tiwari	Student



## On Line 30 Hrs. Certificate Course Subject - Physical Education



76	1/20/2021 15:04:50	Mr. Shivam Chourasiya	Student
77	1/20/2021 15:04:56	Anut Thakur	Student
78	1/20/2021 15:09:15	Mr. Sumit Chourasiya	Student
79	1/20/2021 17:07:51	Madan Singh Thakur	Student
80	1/20/2021 18:21:21	Mr. Sanjay Kumar Raj Purohit	Student
81	1/20/2021 19:28:38	Sumit Chourasiya	Sports Officer
82	1/20/2021 20:35:44	Varsha Gurjar	Coach
83	1/20/2021 21:11:30	Vaishnavi Yadav	Student
84	1/20/2021 21:12:24	Sanjay Yadav	Student
85	1/20/2021 21:13:29	Vishnu Yadav	Student
86	1/20/2021 21:14:25	Abdul Majeed Rain	Student
87	1/20/2021 21:15:24	Jyoti Tiwari	Student
88	1/20/2021 21:16:35	Sonam Rajput	Student
89	1/20/2021 22:31:56	Ms.neelima peter	Sports Officer
90	1/21/2021 13:06:26	Dr.Jyoti Jat	Sports Officer
91	1/21/2021 13:39:30	Simran Sahu	Student
92	1/21/2021 17:24:48	Anupriya Vishwakarma	Student
93	1/21/2021 19:32:28	Md Umair Alam	Student
94	1/22/2021 9:26:29	Vedant Tiwari	Student
95	1/22/2021 10:35:06	Smt.Bhawna Baghel	Sports Officer
96	1/22/2021 11:02:54	Dr. Vanita Bajpai	Associate Professor
97	1/23/2021 15:59:45	Saras Pandey	Student
98	1/26/2021 19:00:47	Surendra Kurmi	Student
99	1/27/2021 8:39:31	Ayushi Dixit	Student
100	2/3/2021 12:28:00	Mohd Abid Khan	Guest Faculty
101	2/10/2021 11:11:54	Mrs. Geetanjali Deshpande	Sports Officer
102	2/10/2021 14:30:34	Hariom Vishwkarma	Coach
103	2/10/2021 14:32:12	Ved Prakash Prajapati	Student
104	2/10/2021 15:03:45	Krashan Yadav	Sports Officer
105	2/10/2021 15:19:16	Ms. Muskan Sahu	Student
106	2/10/2021 15:42:21	Vinod kumar Rajak	Coach
107	2/10/2021 15:51:57	Pooja Rajak	Student
108	2/10/2021 16:02:09	Jooli	Student





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



## Certificate Format

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



**On Line 30 Hrs. Certificate Course**  
**Subject - Physical Education**



## Questionnaire प्रश्नावली

GOVERNMENT AUTONOMOUS GIRLS P.G COLLEGE OF EXCELLENCE,  
SAGAR, M.P- 470001

DEPARTMENT OF SPORTS

PARTICIPANT'S EVALUATION & COURSE FEEDBACK FORM

कोर्स का नाम -

तिथियाँ-

पद्धति- ऑनलाइन/ ऑफलाइन

उच्चतम शैक्षणिक योग्यता-

पद/कक्षा-

खेल योग्यता-

PARTICIPANT'S EVALUATION

(PART 1)

कृपया सही उत्तर का चुनाव करें।

1. शरीर की रचना, आकार एवं उसकी व्यवस्था का अध्ययन कहलाता है -  
(A) एनाटमी (B) फिजियोलॉजी (C) किन्सिओलोजी (D) बायोमैकेनिक्स
2. यदि किसी जोड़ पर दो अस्थियाँ एक दूसरे से दूर जाती हैं तो इसे कहते हैं -  
(A) एक्सटेंशन (B) फ्लेक्सन (C) रोटेशन (D) एलिवेशन
3. लिगामेंट के खिंच जाने या टूट जाने की चोट को कहते हैं -  
(A) स्प्रेन (B) स्ट्रेन (C) ब्लिस्टर (D) क्रैम्प
4. किसी खेल कौशल का मन में काल्पनिक अभ्यास करना कहलाता है -  
(A) मेंटल इमेजिनरी ट्रेनिंग (B) तनाव (C) पी.एम.आर. (D) मोटिवेशन
5. शरीर द्वारा की जाने वाली विभिन्न गतियों का अध्ययन कहलाता है  
(A) एनाटमी (B) फिजियोलॉजी (C) किन्सिओलोजी (D) साइकोलॉजी
6. संतुलित आहार में होता है  
(A) सभी पोषक तत्व (B) ढेर सारी ताकत (C) ढेर सारी उर्जा (D) आवश्यक पोषक तत्व संतुलित मात्रा में
7. शरीर क्रिया विज्ञान के अध्ययन को कहते हैं  
(A) एनाटमी (B) फिजियोलॉजी (C) किन्सिओलोजी (D) बायोमैकेनिक्स
8. अनुलोम-विलोम है  
(A) आसन (B) प्राणायाम (C) षट-कर्म (D) ध्यान
9. शारीरिक शिक्षा का उद्देश्य है -  
(B) केवल शारीरिक विकास (B) मानसिक विकास (C) सामाजिक विकास (D) इनमें से सभी
10. शारीरिक दक्षता के लिए आवश्यक है -  
(A) व्यायाम (B) पोषक आहार (C) अच्छी आदतें (D) इनमें से सभी





# On Line 30 Hrs. Certificate Course

## Subject - Physical Education



### FEEDBACK FORM

#### (PART 2)

कृपया अपनी प्रतिक्रिया को 1 से 5 के स्केल में दर्ज करें। (उदाहरण के लिए यदि पूर्णतः सहमत है तो 5, ज्यादा सहमत है तो 4, सहमत है तो 3 असहमत है तो 2 एवं पूर्णतः असहमत है तो 1 )

क्र.सं.	कथन	प्रतिक्रिया
1	कोर्स के उद्देश्य आपको पूर्णतः स्पष्ट थे।	
2	कोर्स के दौरान पर्याप्त खेल उदाहरणों के माध्यम से सिद्धांतों की व्याख्या की गयी थी।	
3	व्याख्यानों हेतु उचित समय उपलब्ध कराया गया।	
4	पढ़ाने के लिए विभिन्न सहायक माध्यमों (PPT, वीडियो, फोटो आदि) का उपयोग किया गया था।	
5	कोर्स के माध्यम से आपको नयी जानकारीयों एवं नए विषयों का आधारभूत ज्ञान हुआ।	
6.	व्याख्यान के दौरान विषय विशेषज्ञ उपस्थित रहे।	
7	कोर्स से प्राप्त जानकारी आपके आने वाले जीवन में सहयोगी सिद्ध होगी।	
8.	कोर्स में दिये गए व्याख्यान स्पष्ट एवं समझने योग्य थे।	
9	कोर्स से आप संतुष्ट है।	
10.	आपके अनुसार कोर्स के उद्देश्यों की पूर्ति हुई।	

अन्य प्रश्न – (20 शब्दों में उत्तर दें)

- विषय विशेषज्ञ जिनकी कक्षाएं सबसे उपयोगी, सरल एवं रोचक लगी।

.....

- कोर्स आपके लिए किस प्रकार उपयोगी सिद्ध हुआ।

.....

.....

- कोर्स से सम्बंधित कोई सुझाव –

.....

.....

प्रतिभागी का नाम –

स्थान -

हस्ताक्षर



**Department of Physical Education  
Government Autonomous Girls P.G. College  
of Excellence, Sagar (M.P.)**