



DEVI AHILYA VISHWAVIDYALAYA, INDORE

University House,
Indore-452001.(M.P.)

No. Dev/UGC-SAP/Phy.Educ./UC/2017/273

Dated: 6 JUL 2017

To

The Under Secretary FD-III Section 1

University Grant Commission

Bahadur Shah Zafar Marg.,

NEW DELHI-110002.

Sub.: Submission of Utilization Certificate.

Ref.: Letter No.F.5-16/DRS-I/2016(SAP-III) dated April, 2016.

Sir,

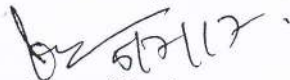
With reference to above, please find enclosed herewith two copies of following Utilization Certificate against the grant of Rs.96,00,000/- (Rupees Ninety-Six Lacks) sanctioned under the project "DRS-I under Special Assistance Program" in the department of Physical Education of this University for your information and necessary action: -

- U.C. 2016-17 4,15,034/-

You are therefore requested to kindly permit us to utilize the unspent amount in the next financial year 2017-18.


Encl: As above

Yours faithfully,


In-charge(Dev.)

Copy forwarded to:

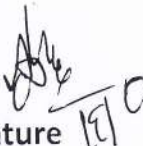
- ✓ The Head, School of Physical Education, DAVV, Indore.

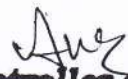

Section Officer

UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs 4,15,034/- out of the total grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.

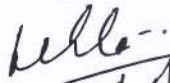

Signature
Registrar
Devi Ahilya Vishwavidyalaya
INDORE


Controller of Finance
Devi Ahilya Vishwavidyalaya
INDORE
Finance Officer with seal

Signature
Accountant

Coordinator of SAP
Registration No.

Statutory


15/5/17

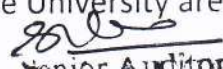
Signature, Chartered


with seal and

Prior to the audit of

Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.


Senior Auditor,
Local Fund Audit,
M.P. Indore


सहायक संचालक (वित्त.)
स्वाधीन वि. वि. सं. कर्मचारी
देवी अहिंया, बि.वि. इन्दौर



DEVI AHILYA VISHWAVIDYALAYA, INDORE

UNIVERSITY HOUSE
INDORE-452001

Dated: 23 JUL 2018

No.Dev./UGC-SAP/Phy.Educ./UC/2018/401

To

The Under Secretary FD-III Section 1

University Grant Commission

Bahadur Shah Zafar Marg.,

NEW DELHI-110002.

Sub.: Submission of Utilization Certificate.

Ref.: Letter No.F.5-16/DRS-I/2016(SAP-III) dated April, 2016.

Sir,


With reference to above, please find enclosed herewith two copies of following Utilization Certification against the grant of Rs.96,00,000/- (Rupees Ninety Six Lacks) sanctioned under the project "DRS-I under "Special Assistance Program" in the department of Physical Education of this University for your information and necessary action.

- U.C. 2017-18 4,65,954/-

You are therefore requested to kindly permit us to utilize the unspent amount in the next financial year 2018-19.

Encl: As above

Yours faithfully,


In-charge(Dev.)

Copy forwarded to:

✓ The Head, School of Physical Education, DAVV.,Indore.


Section Officer


UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE


It is certified that the amount of Rs 4,65,954/- out of the total grant of Rs. 96,00,000/- (Rupees **Ninety Six Lacks** sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.


Signature

Registrar with seal


Controller of Finance
Signature
Devi Ahilya Vishwavidyalaya
Finance Officer with seal


Signature


Coordinator of SAP
HEAD

School of Studies in Physical Education
Devi Ahilya University
INDORE (M.P.)

Signature, Chartered Accountant
with seal and registration No.

Prior to the audit of Statutory
Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.


Senior Auditor,
Local Fund Audit,
M.P., Indore


Dy. Director
Local Fund Audit
INDORE



DEVI AHILYA VISHWAVIDYALAYA, INDORE

UNIVERSITY HOUSE
INDORE-452001

Dated: 16 OCT 2019

No.Dev./UGC-SAP/Phy.Educ./UC/2018/ 494

To

The Under Secretary FD-III Section 1

University Grant Commission

Bahadur Shah Zafar Marg.,

NEW DELHI-110002.

Sub.: Submission of Utilization Certificate.

Ref.: Letter No.F.5-16/DRS-I/2016(SAP-III) dated April, 2016.

Sir,

With reference to above, please find enclosed herewith two copies of following Utilization Certification against the grant of Rs.96,00,000/- (Rupees Ninety Six Lacks) sanctioned under the project "DRS-I under "Special Assistance Program" in the department of Physical Education of this University for your information and necessary action.

- U.C. 2018-19 21,04,720/-

You are therefore requested to kindly permit us to utilize the unspent amount in the next financial year 2019-20.

Encl: As above

Copy forwarded to:

- ✓ • The Head, School of Physical Education, DAVV.,Indore.

Yours faithfully,


In-charge(Dev.)


Assistant Registrar (Dev.)

UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs. 21,04,720/- out of the total grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.

Signature

Registrar with seal

6-9-19
Devi Ahilya Vishwavidyalaya
INDORE

Signature

Finance Officer with seal

8/19
Controller of Finance
Devi Ahilya Vishwavidyalaya
INDORE

Signature

Coordinator of SAP

24/8/19
HEAD
School of Studies in Physical Education
Devi Ahilya University
(INDORE (M.P.))

Signature, Chartered Accountant
 with seal and registration No.
 Prior to the audit of Statutory
 Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.

AAU
Dy. Director
Local Fund Audit
INDORE

All Communications should be addressed to 'The Registrar' and not to any officer by name. The No. and date of previous correspondence on the subject, if any, should invariably be given otherwise no action will be taken

Phone:
Fax:
Website
Gram:

2529540,2527532
0731- 2523352
www.dauniv.ac.in
UNIVERSITY



DEVI AHILYA VISHWAVIDYALAYA, INDORE

UNIVERSITY HOUSE
INDORE-452001

No. Dev/UGC-SAP/Phy.Educ./UC/2020-21 **1567**

Dated: **11/1/2021**

To,
The Under Secretary FD-III Section 1
University Grants Commission
Bahadur Shah Zafar Marg,
New Delhi-110002

Subject:- Submission of Utilization Certificate.

Ref: Letter No. F.5-16/DRS-I/2016(SAP-III) dated April., 2016.

Sir,

With reference to above, please find enclosed herewith Original two copies of following Utilization Certificate against the grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks only) sanctioned under the project DRS-I under Special Assistance Program in the department of Physical Education of this University for your information and necessary action.

U.C 2019-20

11,89,331/-

You are therefor requested to kindly permit us to utilize the unspent amount in the next financial year 2020-21.

Yours faithfully,

Sd/-
Registrar

Encl. As above

No. Dev/UGC-SAP/Phy.Educ./UC/2020-21 **1567**
Copy forwarded to:

Dated: **11/1/2021**

- ✓ 1. Head, School of Physical Education DAVV, Indore for information.

[Signature]
Deputy Registrar (Dev.)

[Handwritten initials]
5/1/21

UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs. 11,89,331/- out of the total grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.


If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.


Signature

Registrar with seal


Signature

Finance Officer with seal


Signature

Coordinator of SAP

HEAD
School of Studies in Physical Education
Devi Ahilya University
INDORE (M.P.)

Signature, Chartered Accountant
with seal and registration No.

Prior to the audit of Statutory
Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.


सहायक सचिव,
स्वामीय निधि संपर्क,
ब.प्र. इन्दौर
Ape

**UNIVERSITY GRANTS COMMISSION
NEW DELHI
FORMAT FOR PROGRESS REPORT ANNUAL/MID-TERM FINAL
REVIEW
UNDER SAP (CAS/DSA/DRS)
2016-21**

Name of the University: **Devi Ahilya University**

Date of Implementation of Currents phase as noted by the UGC. **UGC SAP DRS- I 31th Oct 2016**

Status with phase (CAS/DSA/DRS) **DRS- I**

Coordinator's Name: **Dr. Deepak Mehta**

Amount allocated for 5 years **96 Lakhs (Ninety Six Lakhs)**

Dy. Coordinator's Name: **Dr. Sudhira Chandel**

Amount Sanctioned during the year: **-**

Address: **School of Physical Education, DAVV
KhandwaRoad,Indore- 452001(M.P.)**

Amount Utilized during the Five years

Year	Total Amount	Recurring	Non-Recurring
2016-17	- 415034	415034	-
2017-18	- 465954	447259	18695
2018-19	- 2104720	568340	1536380
2019-20	- 1189331	455078	734253
2020-21		-	

City:**Indore**

Pin:

452001

State: **Madhya Pradesh**

Date of First Sanction:**21 Oct. 2016**

(Current Phase): **DRS – I**

Tel.**9826336271**

1. (a) Thrust Area (s) **1. Evaluation Techniques in Physical Education and Sports Coaching.**
2. Sports Psychology
3. Sports Physiology & Sports Biomechanics.

Identified since inception:

Ongoing

Modified to, if any, and when UGC
Approval, reference no and date:

-

Future Thrust Area Proposed:

- 1. Sports Training.**
- 2. Sports Medicine and Athletic Care.**
- 3. Health Education and Nutrition.**

(b) UGC Nominees with address. City, Pin, State, Tel., Fax. Email. (As approved by the UGC)

- 1. Prof. Vivek Pandey, LNIPE, Gwalior, Madhya Pradesh.**
- 2. Prof. Alka Nayak, Department of Physical Education, Rani Durgawati University, Jabalpur, Madhya Pradesh.**

2. Major achievements (last two/ five Years depending on mid/final term review) as the case may be.

(i) Teaching :

a. New courses introduced:

Course Revised from BPE to BPES

New Certificate Courses introduced in 2020-21

- 1. Certificate Course in Sports Psychology**
- 2. Certificate Course in Sports and Therapeutic Massage**

b. Curriculum last revised & significant changes:

Revised in 2016-17 and changes are made as per need

c. Examination reforms last made with special features:

- 1. Online Examination Process for BPES and MPED implemented.**
- 2. Regular Staff meeting and Meetings of Board of Studies.**
- 3. Suggestions and feedback from the Students are taken time to time.**

d. Teaching lab. / equip./ new facilities created.

Smart wifi Projectors, High end Laptops, Digital Camera, LCD Projectors, Music System, Smart TV and Audio-Visual Facilities etc.

(ii) Research

a. Research (highlight major objectives set forth (as proposed) and achievements made with breakthrough. Innovation brought in, technology transferred, international collaboration which have created)

- Research Project of Health Status, Organization of various workshops, lectures and clinics etc.**

- b. If the objectives set forth could not be achieved, the specific reasons there of: **NA**
- c. Utilization of findings in policy formulation. Development and modification of strategies
- d. (for Social Science departments Mainly)

(iii) Human Resource Training

- a. Persons trained (Nos.) UG- 30 PG- 30
- b. b Rural/ Tribal – 30
- c. c Industrial – d. International – e. from other agencies

3. Infrastructure Developed: Upto 31/03/2021

- a. Name major Equipments

- 1. Depth Perception Apparatus with Manual.**
- 2. Tachistoscope (fall Door Type) span of attention with manual and cards.**
- 3. Finger Dixetry Board with pins and manual.**
- 4. Steadiness Tester Electrical Simple with manual.**
- 5. Ergo graph for measuring Physical Fatigue (Hand Grip Model with manual)**
- 6. Cricket Blowing machine with accessories.**
- 7. Shuttle Feeding Machine with Accessories.**
- 8. Digital Spiro Meter.**
- 9. Digital Hand Dynamometer (DHD-3)**
- 10. Hand Evaluation kit**
- 11. Digital camera**
- 12. Skin Fold Caliper**
- 13. Body Mass Index and Body Fat Percentage Calculator.**
- 14. Music System.**
- 15. Smart wifi Projectors**
- 16. High end Laptops**
- 17. Exercise Cycle Bike**
- 18. LCD Projectors**
- 19. Audio Visual Facilities (Smart Android wifi TV) etc.**
- 20. Fitness & Sports Equipments for training and research propose.**
- 21. Sports Research Related Equipments/questionnaires**
- 22. Cricket Bowling machine Arena Development**
- 23. Smart Class Boards.**
- 24. Tread mill for Cardio-Vascular Testing, etc.**

b. Central Schemes / facilities for PG. Research and extension activities (Please tick the one applicable to your department : (i) STEP (ii) IIPC (iii) USIC/ RSIC (iv) Patent Promotion Cell (v) Guesthouse with capacity (vi) Seminal/ Conference room with capacity (vii) Regional/ Mainframe computing facilities (viii) Central Library with documentation facilities (ix) Continuing Education Centre (x) women Development Cell.

c. Networking (please tick the right one):

(i) Library (ii) Laboratory (iii) University Department.

4. Knowledge disseminated to (in the thrust area identified):

Year wise seminars, workshops, conferences (Attached in detailed report)

(i) Other teaching institution to (Name, No. of faculty involved)

- Collaboration with

1. Gujrat Vidyapeeth (A Central University) Under process of finalization

2. ITM University, Gwalior. (Under Process of finalization)

(ii) Industry (Name with amount received if any)

(iii) Rural/ Tribal/ Govt. NGOs (Provide No. with amount)

(iv) International (name origination) (v) others (vi) Innovation/ excellence brought in (please specify in the identified thrust areas only)

Short Term innovative courses for execution from 2021-22

5. Breakthrough (already recognized)

6. Emerging / Hi- tech/ Priority area generated

7. Resource generation (specify amount. Rs. In Lakh):

Items	amount	Items	Amount
Consultancy:		Sponsored (agency)	
Transfer of technology		R&D Projects:	
Patent Utilization		Product & Prototype development	
Industrial collaboration:		Exploitation of internal facilities by user	
Human Resource Training.		a) Neighboring Institutions	

- a. International Students:
- b. Industries
- c. Extension activities:
- d. Other courses:

- b. Industries:
- c. National Organizations:
- d. International Organizations:
- e. Any other Collaborative Programmes

- a. Total amount of resource generated from all sources above.
- b. Also mention development grant received from university in other areas of the department.

8. Use of output of research. Teaching in (tick and fill up the right one)

Items	No.	Items	No.
a. Industries		b. Other user deptts.	02
e. National Organizations		d. other organizations	02

9. Other Activities

a items	Numbers	Time duration
Seminar		
Summer Institute		
Conference		
Refresher Courses		

Workshop

2016-17	03	<p>01. Two Days Workshop</p> <p>Two days workshop on “Research Methodology and Quantitative Techniques in physical education and sports”</p> <p>02. One Day Workshop</p> <p>One day Workshop on “Officiating in Volleyball”</p> <p>03. Two Days Workshop</p> <p>Two days National Workshop on “Officiating in Games and Sports (Badminton, Cricket, Kho-Kho & Kabaddi)”</p>
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2017-18

02

01. Three Days Workshop

Three days workshop on “Research Methodology and Sports Psychology in pursuit of excellence in Sports”

02. One Day Workshop

One day Workshop on “Sports Injuries and Anti Doping Awareness”

2018-19

02

01. Two Days Workshop

Two days workshop on “Recent Trends in Research and Applied Statics”

02. One Day Workshop

One day Workshop on “Mass Display”

2019-20

02

01. Three Days Workshop

Three Days Workshop on “Coordination Ability and Social Adjustment”

02. Three Days Workshop on “Statistical Application in Social Sciences”

2020-21

01

Three Days Workshop

Three Days workshop on “Officiating in Table-Tennis” by International Technical Officer

Visiting Faculties Lectures

2016-17

03

Lectures

- 1. Lecture on “Prenatal Programming and Sporting Success”.**
- 2. Lecture on “Sports behind the curtain”.**
- 3. Lecture on “Foot Dynamics and Shoes Selection”.**

2017-18

02

Lectures

- 1. Lecture on “Statistical Methods used in Research”.**
- 2. Lecture on “Sports Management”.**

2018-19

07

Lectures

- 1. Lecture on “Sports Awareness” regarding “Role of media”.**
- 2. Lecture on “Aerobic and Anaerobic Exercises”.**
- 3. Lecture on “Energy Metabolism”.**
- 4. Lecture on “Adaptational changes and effects of exercise”.**
- 5. Lectures on “Exercise Physiology”.**
- 6. Lectures on “Recent Trends in Research and Applied Statistics”.**
- 7. Lectures on “Health, Life Style, Wellness and Fitness Awareness among Tribal Students of Indore Division.”**

2019-20

03

Lecture Series

- 1. Three days Lectures series on “Physical Fitness”.**
- 2. One day Lectures series on “Athletics”.**
- 3. Seven days Special Lectures series on “UGC NET Paper-I”**

2020-21

06

Lectures

- 1. Lecture on “Nutrition Management and in house training of sports person during pandemic”.**
- 2. Lecture on “Role of Physical Education for the differently abled children”.**
- 3. Lecture on “Circadian Rhythm and Exercise”.**
- 4. Lecture on “Methodology of Drawing the Fixtures”.**
- 5. Lecture on “Statistical Applications in Physical Education”.**
- 6. Lecture on “Sports Training”.**

Seminar / Clinics / Interaction Programme

2016-17	02	<ol style="list-style-type: none">1. Interaction programme with first Dronacharya Awardee in Gymnastics Mr. D.K. Rathore, In Charge Academics, NIS Patiyala.2. One day seminar was organized on “Latest Trend on Fitness and Training”.
2017-18	01	Two days clinic on “Officiating in Table-Tennis”
2018-19	02	<ol style="list-style-type: none">1. Two Days Clinic on “Officiating in Track and Field Events”2. Three Days Clinic on “Coaching in Cricket”
2019-20	01	Interaction programme with Iron Man of Asia Mr. Vijay Singh Chouhan.
Research Project	02	Attached in detailed progress report <ol style="list-style-type: none">1. Health Status of Students and faculty of Devi Ahilya University Indore2. Survey on Health Status of Rural Colleges’ Students of Devi Ahilya University Indore (Dhar, Badwani, Jhabua, Alirajpur)3. Fit India Movement (10000 Step Run / Walk)

b. Autonomous Character

a. Financial

b. Administrative

c. Academic

d. others

e. Advisory Committee Meeting (No. with Dates): **03 (Report Attached)**

Date of Meeting: **19/04/2017**

Major Recommendations:

As per the meeting held on 19/04/2017 the major recommendation given by the committee are as follows.

Proposed work for 2017-18

1. National Seminar on emergent themes will be organized.
2. Continue with purchase of Research Equipments.
3. Continue acquisition of Books and Journals.
4. Occasional Lecture series will be conducted from resource persons.
5. Primary Data Collection of Projects.
6. Departmental Seminar and Workshop will be organized.
7. A thorough collection of Review of Related Literature.
8. Meritorious students' attachment from other institutes.

Date of Meeting: **18/03/2019**

Major Recommendations:

As per the meeting held on 18/03/19 the major recommendation given by the committee to purchase the following equipment:

1. Smart Class boards
2. Accessories of cricket bowling machine
3. Accessories badminton machine (Synthetic Surface)
4. Skin fold calipers
5. Six Piece goniometer
6. Anthropometric kit
7. Back leg Chest Dynamometer (DHD-3D) and carry case
8. Tennis ball feeding Machine with accessories
9. Sports psychology questionnaires and instrument
10. Sports Psychology Research equipment's
 - (a) EMG biofeedback.
 - (b) Anticipation assessment apparatus.
11. Vienna Test System (SPORT)
12. Motion analyzing software with high and Lap Top

Date of Meeting: **18/12/2020**

Major Recommendations:

As per the meeting held on 18/12/2020 the major recommendation given by the committee are as follows.

Proposed work for 2020-21

01. Preparation of final draft of the report.
02. Publication of Seminar proceeding and monographs /article on research Completed.
03. Organization of National Seminar/webinar on emergent themes.
04. Maintenance of infrastructure facilities.
05. Organization of departmental seminar / webinar & workshop.
06. Organization of curriculum development workshop to discuss completed researches.
07. Purchase of Equipments.
08. Final Report submission.

Proposed equipments for purchase form remaining grant 2020-21

01. Back leg Chest Dynamometer (DHE-3) and carry case.
02. Tennis ball feeding Machine with accessories.
03. Synthetic Surface for Badminton Machine arena.
04. Vienna Test System (SPORT)
05. Motion analyzing software with high end Lap Top.
06. Fitness & Sports Equipments for training and research propose.
07. Sports Research Related Equipments/questionnaires
08. Cricket Bowling machine Arena Development
09. Smart Class Boards.
10. Tread mill for C.V. Testing.

10. Faculty Involved.

a. Faculty Strength : Positions Available Working Vacant Created
(Put Numbers)In thrust Area (1) Other Areas (2) (1) (2) (1) (2) under SAP/ ASIST

Professor:	04	04
Reader:	01	01
Lecturer:	02	02
Others	00	-

b. In the identified thrust area (s):

Faculty	Name	Membership (INSA/BHATNAGAR/BIRLA)	Specialization (Specific Areas of Expertise)
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Professor

Dr. Deepak Mehta	Sports Psychology and Research
Dr. S. K. Yadav	Evaluation techniques and Sports Coaching
Dr. Sudhira Chandel	Sports Training and Sports Psychology
Dr. Ajay Kumar	Sports Physiology & Sports Biomechanics

Reader

Dr. V. F. Peter	Sports Management
------------------------	--------------------------

Lecturer

Dr. Mukesh Solanki	Test & Measurement
Dr. Vivek B. Sathe	Correctives & Rehabilitation

Provide a list of publication records in referred journals
(Group area wise faculty member wise, Year wise) - **List Attached**

Title of paper	Name of the author/s	Name of journal	Year of Publication	ISSN Number
Personality of children participating in sports	Dr. Deepak Mehta	Golden Research Thoughts	2017	2231-5063
Effect of core stability exercises in enhancing the upper and lower body strength of women Cricket players	Dr. Deepak Mehta	International Journal of Yoga, Human Movement and Sports Sciences	2018	3(2)248-250
Critical analysis of selected parameters in a cricket match of Ranji Trophy	Dr. Deepak Mehta	The international research journal of social sciences and humanities	2018	2320-4702
Comparative study of reaction time among different phases of menstrual cycle in national level female players	Dr. Deepak Mehta	International Journal of Sports Sciences and Fitness	2019	2231-1599
Balance ability among different phases of menstrual cycle in national female players	Dr. Deepak Mehta	Online International Interdisciplinary Research Journal	2019	
Analysis of kinesthetic perception among national level players in relation to different phases of menstrual cycle	Dr. Deepak Mehta	Review of Research (UGC)	2019	2249-894X
Comparative study of temperature among different phases of menstrual cycle in national level female players	Dr. Deepak Mehta	International Journal of Sports Sciences and Fitness	2020	2231-1599
Relationship of Selected Kinematic Variables with the Performance of Cast to Support on Parallel Bars in Men's Gymnastics	Dr. S. K. Yadav	Sports Research	2017	
Effect of Fear on Self - Confidence of Sports Players	Dr. S. K. Yadav	International Journal of Movement Education and Social Science IJMESS	2018	
Perusal of aggression level in Girls footballer	Dr. Sudhira Chandel	International Journal of Advanced Scientific Research	2018	2456-0421
Assessment of temperamental traits of gymnasts	Dr. Sudhira Chandel	International Journal of Academic Research and Development	2018	2455-4197
Parental motives for enrolling their children to select gymnastics training	Dr. Sudhira Chandel	International Journal of Physiology, Nutrition	2018	2456-0057

program		and Physical Education		
Comparison of Emotional Intelligence in Cricketers of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Recent Scientific Research	2018	0976-3031
Analysis of sports confidence inventory among different age level of gymnast from Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Current Advanced Research	2018	2319-6475
Analysis of Psychological characteristics of among level for the tribal male Kho-Kho Players of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Yogic, Human Movement and Sports Sciences	2018	2456-4419
Comparative study of Emotionality, Activity, Sociability, and Impulsivity (EASI) among Gymnasts of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Science and Research	2018	2319-7064
Investigation of self confidence in Gymnasts	Dr. Sudhira Chandel	International Journal of Multidisciplinary Research and Development	2018	2349-4182
Analytical Relationship of Kinematical variables with the observed Performance of Push-Pass in Football	Dr. Sudhira Chandel	International Journal of Creative Research Thought	2018	2320-2882
Comparison of Kinematical variables of In-Step Kick in Football with the accordance of Skill level	Dr. Sudhira Chandel	International Journal of Research in Applied Science and Engineering Technology	2018	232-9653
Computation of Achievement Motivation among Young Rural Footballers	Dr. Sudhira Chandel	International Journal of Science and Research	2018	2319-7064
Association ship of Selected Kinematic Variables with the Performance of In-Step Kick in Football of Indian Football School Team	Dr. Sudhira Chandel	International Journal of Current Research	2018	0975-833X
Assessment of present health status of school going children from 'Tetroid city of India' Pithampur and Indore city from Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Advanced Research and Development	2018	2455-4030
Evaluation and Comparison of State Sports Confidence between Punjab	Dr. Sudhira Chandel	International Journal of Yogic, Human	2018	2456-4419

and Madhya Pradesh Cricket teams of Under 19		Movement and Sports Sciences		
Contracting of Sports Confidence among under 19 Cricket teams: A Comparative Study	Dr. SudhiraChandel	International Journal of Physiology, Nutrition and Physical Education	2018	2456-0057
Empowering Girls and Women through Physical Education and Sports of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Physical Education and Sports Sciences	2018	2231-3745
A Comparative study of psychological aspects of different level for the tribal Kabaddi Players of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Physiology, Nutrition and Physical Education	2019	2456-0057
Construction of Specific Physical Fitness Test for Cricket Players	Dr. Sudhira Chandel	Journal of Advances and Scholarly Researcher in Allied Education	2019	2230-7540
Development of Norms of Specific Physical Fitness Test for Male Cricket Players	Dr. Sudhira Chandel	Journal of Advances and Scholarly Researcher in Allied Education	2019	2230-7540
Comparative study of Health Status between Rural and Urban of Girls Madhya Pradesh	Dr. Sudhira Chandel	Review of Research	2019	2249-894X
Comparative study of Anthropometric Measurement between Rural and Urban of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Physical Education and Sports Sciences	2019	2231-3745
A Comparative study of Occupational Stress and Emotional Intelligence among Physical Education Teachers working in Kendriya Vidyalaya and Public Schools of Madhya Pradesh	Dr. Sudhira Chandel	International Journal of Physical Education and Sports Sciences	2019	2231-3745
Comparison between selected Flexibility Variables Suggested by Federation of International Gymnastics between Sub Junior and Junior Category Gymnasts	Dr. Sudhira Chandel	UGC Care Group - 1 Journal Kala Sarovar	2020	0975-4520
Screening of Strength Variables Associated with Talent Identification in Artistic Gymnastics	Dr. Sudhira Chandel	UGC Care Group - 1 Journal Kala Sarovar	2020	0975-4520
Exploratory factor analysis of the prominent variables for talent identification according to Indian	Dr. Sudhira Chandel	UGC Care Group - 1 Journal Wesleyan Journal of Research	2020	0975-1386

gymnastics condition of 6 – 10 years old boy's gymnasts				
A case study of professional career and contributions to Indian Hockey of Arjun a awardee Madhu Yadav	Dr. V. F. Peter	Online International Interdisciplinary Research Journal	2016	2249-9598
An Investigation of Attitude of selected Medical Institution Students of Bhopal towards Games and Sports	Dr. V. F. Peter	Indian Journal of Movement Education and Exercises Sciences	2016	2249-6246
Identification of good qualities of physical education teachers in modern context	Dr. V. F. Peter	International Journal of Yogic, Human Movement and Sports Sciences	2017	2456-4419
Impact of games and sports on youth development with special reference to educational values	Dr. V. F. Peter	International journal of horizons in art and education	2017	2349-4417
A study of administrative behaviour of physical education teachers working in various institutions	Dr. V. F. Peter	Seventh international conference on innovative business practices for creating value in global era	2017	978-81-928573-4-3
Assessment of relative strength between south Asian and all India inter university male weightlifters	Dr. V. F. Peter	International journal of physiology, Nutrition and Physical Education	2017	2456-0057
The Indian cricket legend: Bishan Singh Bedi	Dr. V. F. Peter	International journal of Research in Engineering	2017	2250-0588
Scientific approach for playing sporting games in modern era: Achieving true sports	Dr. V. F. Peter	Global Journal of Engineering Science and Researches	2018	2348-8034
Profile of Relative Strength Among Various Weight Categories of Senior National Women Weightlifters	Dr. V. F. Peter	International Journal of Linguistics, Literature and Culture	2019	2455-8028
A study of knowledge and practice of balanced diet on national level male athletes of team game and individual game	Dr. V. F. Peter	Indian Journal of Physical Education, Sports and Applied Science	2020	2455-0175
A comparative study of kinematical variables of snatch technique between men and women of Elite Indian weightlifters	Dr. V. F. Peter	International Journal of Physiology, Nutrition and Physical Education	2020	2456-0057

Profile of Relative Strength Among Various Weight Categories of Senior National Women Weightlifters	Dr. V. F. Peter	International Journal of Linguistics, Literature and Culture	2020	2455-8028
Self-Efficacy Status of Class Three and Four Grade Employees of an Educational Institution	Dr. V. F. Peter	Multidisciplinary Scientific Reviewer	2020	2393-9893
Influence of circuit training and explosive strength training on speed among athletes	Dr. V. F. Peter	Journal of Xi'an University of Architecture & Technology	2021	1006-7930
A comparative study of academic anxiety between Yoga and Physical Education students of Devi Ahilya University, Indore	Dr. Vivek B. Sathe	International Multidisciplinary Research Journal-Golden Research Thoughts	2016	2231-5063
Investigation of self-concept of winner and loser semifinalist women teams of state level Kho-Kho tournament	Dr. Vivek B. Sathe	International Journal of Applied Research	2016	2394-5869
Effect of balancing yogic asanas on selected physical fitness components of school Football players	Dr. Vivek B. Sathe	International Journal of Physical Education, Sports and Health	2016	2394-1693
Effect of exercise on pulse rate of non-sportsmen of Indore	Dr. Vivek B. Sathe	Vyayam-Vidnyan, Peer reviewed Printed Research Journal, HVPM, Amravati	2016	0975-8895
Effect of different durations of warming up on agility of school students of Indore	Dr. Vivek B. Sathe	UGC approved International Journal of Yoga, Physiotherapy and Physical Education	2018	2456-5067
Assessment of knowledge and practice of balanced diet on Basketball and Hockey players	Dr. Vivek B. Sathe	UGC approved International Journal 'Research Journey' International Multidisciplinary E-Research Journal	2019	2348-7143
A comparative study of knowledge and practice of balanced diet among players of team game and individual game	Dr. Vivek B. Sathe	UGC approved International Journal of Yogic, Human Movement and Sports Sciences	2019	2456-4419

Assessment of cognitive behavioural coping strategy among male Kabaddi players: Special reference to playing positions	Dr. Vivek B. Sathe	UGC approved International Journal of Yogic, Human Movement and Sports Sciences	2019	2456-4419
A comparative study of knowledge and practice of balanced diet among players of individual games	Dr. Vivek B. Sathe	UGC approved International Journal of Physiology, Nutrition and Physical Education	2019	2456-0057
A comparative study of knowledge and practice of balanced diet among players of selected team game	Dr. Vivek B. Sathe	UGC approved Journal of Current Science	2019	9726-0010
Occupational Stress and Job Satisfaction in Physical Education Teachers	Dr. Vivek B. Sathe	UGC approved Journal The International Research Journal of Social Sciences and Humanities	2019	2320-4702
Low Job Satisfaction an obstacle in the professional growth of Physical Education teachers	Dr. Vivek B. Sathe	UGC approved Journal The International Research Journal of Social Sciences and Humanities	2019	2320-4702
Effect of dynamic Suryanamaskar on strength of sedentary college students	Dr. Vivek B. Sathe	UGC approved International Journal Review of Research	2019	2249-894X
A Narrative Review on Circadian Rhythm	Dr. Vivek B. Sathe	UGC approved International Journal Review of Research	2019	2249-894X
Effect of dynamic suryanamaskar on vital capacity of sedentary college students	Dr. Vivek B. Sathe	UGC approved International Journal of Physiology, Nutrition and Physical Education	2019	2456-0057
Investigation of Behavioural Approach Coping Strategies in Relation to Different Playing Positions of Male Kabaddi Players	Dr. Vivek B. Sathe	UGC approved "JIGYASA" An interdisciplinary peer reviewed refereed research journal	2019	0974-7648
Circadian Rhythm in Physical Education	Dr. Vivek B. Sathe	UGC approved International Journal Review of Research	2019	2249-894X

A cross sectional study on the impact of specific design intervention program on motor fitness of middle school boys	Dr. Vivek B. Sathe	UGC approved International Journal of Research and Analytical Reviews (IJRAR)	2019	E-ISSN 2348-1269 P-ISSN 2349-5138
A cross sectional study on the impact of specific design intervention program on motor fitness of middle school girls	Dr. Vivek B. Sathe	UGC approved International Journal of Research and Analytical Reviews (IJRAR)	2019	E-ISSN 2348-1269 P-ISSN 2349-5138
Effect of dynamic Suryanamaskar on muscular endurance of sedentary college students	Dr. Vivek B. Sathe	UGC Care Group - 1 Journal Kala Sarovar	2020	0975-4520
Comparison of Cognitive approach Coping Strategies in Relation to Different Playing Positions of Female Kabaddi Players	Dr. Vivek B. Sathe	UGC Care Group - 1 Journal Kala Sarovar	2020	0975-4520
Life Style of Arjun Awardee Cricketer Sandhya Agrawal: Case Study	Dr. Vivek B. Sathe	UGC Care Group - 1 Journal Kala Sarovar	2020	0975-4520
A study of knowledge and practice of Balanced Diet on national level male athletes of team game and individual game	Dr. Vivek B. Sathe	UGC approved Indian Journal of Physical Education, Sports and Applied Sciences		2229-550X (Print)2455-0175(Online)

C. Intake (Please put numbers)	Identified thrust areas	Other than thrust areas
Ph. D.	42	02
PG	60	
Fellows	04	
JRF Scholar	01	
GATE Scholar		
Res. Asso.		
Proj. Asstt.		

Other :-

11. National / Nodal Character of the Department National /Nodal all India Centre:

a. resource Persons Invited (Nos.): **44**

2016-17	
01	Dr. Kamakshi Agnihotri, Head, School of Education, DAVV, Indore
02	Dr. G.D. Ghai, Professor, LNIPE, Gwalior
03	Professor Kanhiya Ahuja, School of Economics, DAVV, Indore
04	Dr. Praveen Sharma, Associate Professor, Maharaja Ranjit Singh College, Indore
05	Dr. Jalaj Katare, Associate Professor, Acropolis Institute of Management, Indore
06	Dr. Deepak Bhatnagar, former Head, School of Biochemistry, DAVV
07	Mr. D.K. Rathore, In Charge Academics, NIS Patiyala in Gymnastics
08	Mr. Mahesh Babu Vidyarthi, National Referee in Volleyball
09	Dr. Poonam Kaushik, Sports Officer, Kasturba Gram Rural Institute, Indore
10	Dr. Anil Vinayak, Associate Professor, Indira Gandhi Institute of Phy. Edu., New Delhi
11	Mr. Anil Chougule, Honorary Secretary, M.P. Badminton Association
12	Mr. Brijesh Dutt Gaur, Badminton Expert, Referee BAI, Bhusawal
13	Mr. Vinod R. Shah, Badminton Expert, Referee BAI, Ahmedabad
14	Mr. Sanjay Bharadwaj, Dronacharya Awardee, Coach, Cricket
15	Mr. Naveen Sharma, Cricket Expert, Chief Coach, NSNIS, Patiala
16	Dr. Ashok Singh, Associate Professor, Indira Gandhi Institute of Phy. Edu., New Delhi
17	Dr. H.V. Natrajan, Dean, Academics, NSNIS, Bengaluru
18	Mr. Sharad Jape, SAI Coach Kho-Kho
19	Professor Arvind Malik, Head, Department of Physical Education, Kurukshetra University

2017-18	
01	Prof. Abhay Kumar, Head, School of Electronics, DAVV, Indore
02	Dr. C. S. Sharma, Physiotherapist, Indira Gandhi Institute of Phy. Edu., New Delhi
03	Dr. M.L. Kamlesh renowned sports psychologist of country
04	Dr. Rajiv Sareen, Deputy Director, Sports Authority of India
05	Dr. Atul Dubey International Referee, Table-Tennis
06	Prof. Kalpana Sharma, Director Physical Education, Amity University
07	Professor Arvind Malik, Head, Department of Physical Education, Kurukshetra University
2018-19	
01	Dr. Vijay Shrivastava, Retired Professor, LNIPE, Gwalior
02	Mr. Sushil Doshi, Padmashri Awardee, Renowned Cricket Commentator and Media Expert
03	Dr. Aman Singh Sisodiya, Director Physical Education, JNV University, Jodhpur
04	Prof. R. N. Day, Retired Professor, LNIPE, Gwalior
05	Dr. Pallab Das Gupta, Senior N.I.S. Cricket Coach from Kolkata
06	Prof. Alok Kumar Banerjee, Ex-ViceChancellor of Kalyani University, Kalyani (W.B.)
07	Dr. Rajeev Choudhary, Professor, Pt. Ravishankar Shukla University, Raipur
2019-20	
01	Dr. Vijay Shrivastava, Retired Professor, LNIPE, Gwalior
02	Dr. Wilfred Vaz, Professor, LNIPE, Gwalior
03	Shri Vijay Singh Chouhan, Iron man of Asia, Arjun Awardee
04	Dr. Anil Karwande, Retired Professor, Physical Education, Nagpur University
05	Dr. Sangeeta Khare, Mumbai
06	Dr. Avatar Singh, School of Education Department UTD, D.A.V.V., Indore
07	Dr. Jalaj Katare, Associate Professor, Acropolis Institute of Management, Indore

2020-21	
01	Dr. Susmita, Director, Sports Authority of India, Mumbai Region
02	Dr. Indu Majumdar, Professor and Director Physical Education, ITM University, Gwalior (M.P.)
03	Dr. Reeta Venugopal, Professor and Head, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.)
04	Dr. Atul Dubey, International Technical Officer of Table-Tennis and Assistant Professor, Physical Education, NCERT regional institute, Ajmer (Raj.)
05	Dr. Rajeev Choudhary, Dean Student Welfare and Professor, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.)

Activities under the banner of SAP:

2016-17

1. University Level Workshop on Research Methodology and Quantitative Techniques in Physical Education and Sports was held on 6th and 7th March 2017.

Dr. Kamakshi Agnihotri, Head, School of Education DAVV, was the chief guest for the opening ceremony.

51 delegates attended the workshop.

The following Resource persons were invited for workshop.

Dr. G.D. Ghai, LNIPE, Gwalior delivered his presentation on

(i) Hypothesis formulation and research problem.

(ii) Experimental research

Professor Kanhiya Ahuja, School of Economics, delivered his presentation on sampling techniques.

Dr. Praveen Sharma delivered lecture on handling data through excel, details on various facilities used for researchers.

Dr. Jalaj Katore delivered his presentation on:

(i) Basic Statistics and tools related with sports and statistical analysis and hands on exercises.

Dr. Deepak Bhatnagar, former Head, School of Biochemistry, DAVV, Indore was chief guest for valedictory function.

2. On 18th March 2017, Department organize interaction programme with first Dronacharya Awardee **Mr. D.K. Rathore, In Charge Academics, NIS Patiala in Gymnastics**. 180 students of various departments and colleges, sports persons, sports officers, players attended the programme.
3. On 20th March 2017, Workshop on Officiating in Volleyball was organized. **Mr. Mahesh Babu Vidyarthi, National Referee in Volleyball** was invited as Resource person to speak on latest changes in the rules and regulation, technical & tactical preparation and training related to officiating in Volleyball.
4. On 21st March 2017, Departmental Seminar was organized on Latest Trend on Fitness and Training. **Mrs. Poonam Kaushik, Sports Officer, Kasturba Gram Rural Institute, Indore** was invited as the chief guest for inaugural function.

All the master degree (IV Sem) students presented their thematic papers in the Seminar.

For Session 1st Dr. Mrs. Sudhira Chandel was the Chairperson.

For Session 2nd Dr. Ajay Kumar was the Chairperson.

For Session 3rd Dr. Mukesh Solanki was the Chairperson.

For closing ceremony Dr. Ajay Kumar was chief guest.

5. A National Workshop on Officiating in Games and Sports (**Badminton, Cricket, Kho-Kho & Kabaddi**) was organized on 24th the 25th March 2017.

Dr. Sunil K. Somani, Vice Chancellor, Medicaps University was the chief guest for inaugural function.

57 delegates attended the workshop.

For Workshop the Resource Persons were:

In Badminton Mr. Anil Chougule, Mr. Brijesh Dutt Gaur and Mr. Vinod R. Shah

delivered their presentation on

-Laws of badminton and its interpretation,

-Recommendation to technical officials,

- Instant review system,
- Instruction for filling up the badminton score sheet,
- General competition regulations,
- Modern trends in coaching badminton tournament softwares,
- Practical session.

In Cricket Mr. Sanjay Bharadwaj, Mr. Naveen Sharma and Dr. Ashok Sharma delivered their presentation on

- Officiating and rules interpretation,
- Preliminary of coaching and training,
- Advanced coaching,
- Technical aspects of cricket,
- Practical session.

In Kho-Kho & Kabaddi, Dr. H.V. Natrajan and Mr. Sharad Jape delivered their presentation on:

- History and development of Kabaddi in present trends,
- Rules and their interpretation,
- Psychology of officiating,
- Evaluation of officiating,
- Qualities of good officials,
- Organization of tournament,
- Practical session (Ground marking, signals etc.)

Honourable Vice Chancellor of DAVV Dr. Narendra Kumar Dhakad was the Chief Guest for valedictory function.

6. On 27th March 2017, A Special Lecture was delivered by **Professor Arvind Malik, Head, Department of Physical Education, Kurukshetra University** on the following topics:

- Prenatal Programming and Sporting Success.
- Sports behind the curtain.
- Foot Dynamics and Shoes Selection.

2017-18

1. **Professor M.L. Kamlesh** delivered his distinguished lecture on Mental Toughness in Sports, Self Confidence, Development of Questionnaires in Sports psychology etc. in three days national workshop held on 15-03-2018 to 17-03-2018.
2. **Professor Arvind Malik** delivered his lecture on Assessment of Sports Psychology Questionnaires, Mental Strength in Sports, Prenatal Programming of Psychological Profile, Assessment of Psychological Profile, How to Construct a questionnaire etc. in three days National Workshop held on 15-03-2018 to 17-03-2018.
3. **Professor Kalpana Sharma** also delivered her lecture on Management of Anxiety during Sports Competition, Killer's instinct in sports etc in three-day National Workshop held on 15-03-2018 to 17-03-2018.
4. **Dr. C.S. Sharma** delivered his distinguished lecture on Sports Injuries related to upper extremity, lower extremity, head and spine, prevention and assessment and rehabilitation of injuries including therapeutic exercises and modalities in one day Workshop on 23-02-2018.
5. **Dr. Rajeev Sareen** delivered his lecture on Anti-Doping Awareness, Means of Doping in Sports, Physiological effects of Doping on human body in One day Workshop on 23-02-2018.
6. **Dr. Rajeev Choudhary** delivered his lecture on Statistical Methods used in Research on 25-03-2018 in School of Physical Education, DAVV, Indore.
7. **Professor P.N. Mishra, Dr. S. N. Mukharjee and Dr. Yamini Karmakar** delivered their lecture on Sports Management on March 2018.
8. **Dr. Atul Dubey** conducted his two days clinic on officiating in Table-Tennis held on 08-03-2018 to 09-03-2018.

2018-19

1. **One Day Workshop** on “**Mass Display**” was organized on 5th September 2018.

Dr. Vijay Shrivastava delivered his presentation/lecture on **Mass display**.

2. **School of Physical Education** started a Research Project on “**Health Status of Students and Faculty of Devi Ahilya University, Indore**” From 8th October 2018.

Dr. Sudhira Chandel is the coordinator of the Research project.

Health status includes Body Mass Index, Body Fat Percentage, Cardiovascular Efficiency, Body Age, Visceral Fat, Resting Metabolism Rate etc.

3. A survey on “**Health Status of Rural Colleges’ Students of Devi Ahilya University, Indore**” on 30th November 2018 is in progress.

4. A **lecture** on “**Sports Awareness**” regarding **Role of media** was organized on 04th February 2019.

Padmashri Awardee Mr. Sushil Doshi delivered his distinguished lecture on “**Sports Awareness**” regarding **Role of media**. **130** delegates attended the lecture.

5. A **Two Days Clinic** on “**Officiating in Track and Field Events**” was organized on 08th - 09th February 2019.

Dr. Aman Singh Sisodiya delivered his lecture on “**Officiating in Track and Field Events**”. **84** delegates attended both practical and theoretical sessions.

6. **Special Lectures** on “**Physiology and Physiology of Exercise**” were organized on 11th - 12th February 2019.

Prof. R. N. Day, Retired Professor, LNIPE, Gwalior delivered his lectures on Aerobic and Anaerobic Exercises, Energy Metabolism, Adaptational changes effects of exercise etc.

89 delegates attended the lectures.

7 **A Three Days Clinic on “Coaching in Cricket”** was organized on 11th - 13th February 2019.

Dr. Pallab Das Gupta (Senior N.I.S. Coach from Kolkata) delivered his lectures on “**Coaching in Cricket**”. **50** delegates/students attended both practical and the theoretical sessions.

8 **An awareness campaign on “Health, Life Style, Wellness and Fitness Awareness among Tribal Students of Indore Division”** on 22th February 2019 in Govt. Girls Sports Campus, Niwali Distt., Barwani was organised.

Dr. Sudhira Chandel delivered her lecture on “**Health, Life Style, Wellness and Fitness Awareness among Tribal Students of Indore Division.**”

9 **A series of lectures on “Exercise Physiology”** was organized on 26th - 27th February 2019.

Prof. Alok Kumar Banerjee, Ex-Vice Chancellor of Kalyani University, Kalyani (W.B.) delivered his lectures on Exercise Physiology. **60** delegates/students attended the lectures.

10 **A Two Days workshop on “Recent Trends in Research and Applied Statics”** was organized on 10th - 11th March 2019.

Dr. Rajeev Choudhary, Professor, Pt. Ravishankar Shukla University, Raipur delivered his lectures on “Recent Trends in Research and Applied Statistics”. **50** delegates/students attended the lectures.

2019-20

1. **Three Days Workshop on “Coordination Ability and Social Adjustment”** was organized on 23th to 25th November 2019.

Dr. Vijay Shrivastava (Visiting Fellow), delivered his Series of Lectures on latest trends in Physical Education.

130 students of Physical Education and Sports attended the Presentation/Lectures

2. **Research Project (SAP) - Health Status of Students and Faculty of Devi Ahilya University, Indore**

Health Parameters of the Tested Variables

- (a) Health status includes Body Mass Index,
- (b) Body Fat Percentage,
- (c) Cardiovascular Efficiency,
- (d) Body Age,
- (e) Visceral Fat,
- (f) Resting Metabolism Rate etc.

3. **Research Project (SAP) - Health Status of Rural Colleges Students of Devi Ahilya University, Indore**

4. **Lectures on “Physical Fitness”** were organized on 23th - 25th November 2019.

Prof. Wilfred Vaz LNIFE, Gwalior delivered his lectures on Weight Training, Obesity, and Nutrition etc.

60 delegates/students attended the lectures.

5. **Special Lecture on “Athletics”** was organized on 29th December 2019.

Shri. Vijay Singh Chouhan, Iron man of Asia delivered his lectures on Skill of Track & Field Specific Exercises; Adaptational changes, effects of exercise etc.

120 delegates/students attended the lectures.

6. **Special Lectures on “UGC NET Paper-I”** were organized from 14th to 19th Nov. 2019.

Dr. Anil Karwande (Nagpur University) delivered his lectures on Teaching Aptitude, Research Aptitude, Comprehension, Communication etc.

Dr. Sangeeta Khare (Mumbai) delivered her lectures on Mathematical Reasoning and Aptitude, Logical Reasoning, Data Interpretation and Communication Technology (ICT), People Development and Environment etc.

60 delegates/students attended the lecture

7. **Under the Banner of UGC SAP, Fit India Movement- 10000 Steps Run / Walk awareness campaign for society was started on 29th August 2019**

8. **A Three Days Workshop on “Statistical Application in Social Sciences”** was organized on 05th – 07th March 2020.

Dr. Avatar Singh, Professor, School of Education Department UTD, D.A.V.V., Indore delivered his lecture on ‘handling Data through Application Software and Statistical (Descriptive Statistical and T- Statistical)’.

Dr. Jalaj Katare, Associate Professor, Acropolis College Indore delivered his lecture on “Handling Data through Excel, Statistical Analysis through Excel and Statistical Analysis through SPSS,”

9. **Collaboration - Students visited to other University (Gujrat Vidyapeeth)**

Five students went to Gujrat Vidyapeeth to attend conference and for data collection of Health Status.

2020-21

1. **Three Days Workshop on “Officiating in Table-Tennis”** by International Technical Officer was organized on 08th to 10th March 2021.

Dr. Atul Dubey, International Technical Officer and International Referee Table-Tennis delivered his Series of Lectures on different aspects of officiating in Table-Tennis with practical exposé of officiating to participants in National Junior Cadet tournament.

51 students of Physical Education attended the workshop.

2. **Research Project (SAP) - Health Status of Students and Faculty of Devi Ahilya University, Indore** - Attached in detailed progress report

Health Parameters of the Tested Variables

- (a) Health status includes Body Mass Index,
- (b) Body Fat Percentage,
- (c) Cardiovascular Efficiency,
- (d) Body Age,
- (e) Visceral Fat,
- (f) Resting Metabolism Rate etc.

3. Research Project (SAP) - Health Status of Rural Colleges Students of Devi Ahilya University, Indore

4. Lecture on “**Nutrition Management and inhouse training of sports person during pandemic**” was organised on 06th January 2021.

Dr. Susmita, Director, Sports Authority of India, Mumbai Region delivered her lecture on Training and nutrition of sportsperson during Covid 19 pandemic.

100 delegates/students attended the lecture.

5. Lecture on “**Role of Physical Education for the differently abled children**” was organised on 09th January 2021.

Dr. Indu Majumdar, Professor and Director Physical Education, ITM University, Gwalior (M.P.) delivered her lecture on various benefits of Physical Education and sports for the overall development of differently abled children.

100 delegates/students attended the lecture.

6. Lecture on “**Circadian Rhythm and Exercise**” was organised on 19th January 2021.

Dr. Reeta Venugopal, Professor and Head, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) delivered her lecture on effect of circadian rhythm on performance of a sportsperson and relation of circadian rhythm and Exercise.

100 delegates/students attended the lecture.

7. Lecture on “**Methodology of Drawing the Fixtures**” was organised on 12th March 2021.

Dr. Atul Dubey, International Technical Officer of Table-Tennis and Assistant Professor, Physical Education, NCERT regional institute, Ajmer (Raj.) delivered his lecture on various methods of drawing fixtures for sports competition.

50 PG and UG students attended the lecture.

8. Lecture on “**Statistical Applications in Physical Education**” was organised on 15th March 2021.

Dr. Rajeev Choudhary, Dean Student Welfare and Professor, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) delivered his lecture on various useful applications of statistics in relation to the research in Physical Education and Sports.

50 Research Scholars and PG students attended the lecture.

9. Lecture on “**Sports Training**” was organised on 16th March 2021.

Dr. Rajeev Choudhary, Dean Student Welfare and Professor, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) delivered his lecture on aspects of Sports training, various training methodology, training cycle, training load etc.

50 UG students attended the lecture.

b. serving for outside user departments in (nos. & hrs.)

i. Hands on OR technical Training

ii. Collaborative (international) to University/college teachers

iii. Teaching to neighbouring institutions

iv. Visiting Teachers to foreign university

v. Equipment facilities

Various equipments for Human Performance lab and other have been purchased for the Research Centre like:

- 1. Depth Perception Apparatus with Manual.**
- 2. Tachistoscope (fall Door Type) span of attention with manual and cards.**
- 3. Finger Dixetry Board with pins and manual.**
- 4. Steadiness Tester Electrical Simple with manual.**
- 5. Ergo graph for measuring Physical Fatigue (Hand Grip Model with manual)**
- 6. Cricket Blowing machine with accessories.**
- 7. Shuttle Feeding Machine with Accessories.**
- 8. Digital Spiro Meter.**
- 9. Digital Hand Dynamometer (DHD-3)**
- 10. Hand Evaluation kit**
- 11. Digital camera**
- 12. Skin Fold Caliper**
- 13. Body Mass Index and Body Fat Percentage Calculator.**
- 14. Music System.**
- 15. Smart wifi Projectors**
- 16. High end Laptops**
- 17. Exercise Cycle Bike**
- 18. LCD Projectors**
- 19. Audio Visual Facilities (Smart Android wifi TV) etc.**
- 20. Fitness & Sports Equipments for training and research propose.**
- 21. Sports Research Related Equipments/questionnaires**
- 22. Cricket Bowling machine Arena Development**
- 23. Smart Class Boards.**
- 24. Tread mill for Cardio-Vascular Testing, etc.**

vi. Other major infrastructure facilities

(a) Layout for laboratory setup has been sent to U.G.C. for approval.

12. Most critical and essential requirements that may be required to continue the programmes if the UGC agrees to continue or extend support based on the evaluation and final review by expert committee.

Set up of Advance Laboratory of Sports Sciences and infrastructure facilities for the upliftment of Physical Education as a research oriented profession and academic subject in University.

13 a. whether to state Government will take up the liability of the faculties and the staff approved under SAP after cessation of the tenure of the programme i.e. five years - YES

b. whether the state Government has already agreed or has taken up the liability after five years of completion of the tenure of the programme as was communicated along with the approval letter : - YES

c. How the Department is going to maintain infrastructure and the status if UGC disagrees to continue the support further. Whether the Department / University will agree for up gradation of the status on no cost basis. If it so happens as per the recommendation of the committee. - YES

14. Utilization Certificates may be provided as per the UGC format. The accounts of the earlier phase be completed. Finalized. Audited and duly authenticated by the competent authority (Registrar and Finance officer both) (item wise and year wise) for all the allocations and sanctions given to the Department for ongoing / current phase are to be submitted by the department so that UGC . if provides support again. May immediately release the funds for the phase to be approved as per the above activities.

UTILIZATION CERTIFICATE ATTACHED

Submitted

Signature
Programme Coordinator

Signature
Registrar of the University

TABLE OF CONTENTS

- **Introduction of Department**
- **SAP DRS-I Sanction Letter**
- **Minutes of Advisory Committee**
- **Utilization Certificates of Five Years**
- **Annual Reports**
 - **2016-17**
 - **2017-18**
 - **2018-19**
 - **2019-20**
 - **2020-21**
- **Report of Research Project**

**BRIEF INTRODUCTION OF
THE DEPARTMENT**

SCHOOL OF PHYSICAL EDUCATION

School of Physical Education (SOPE), DAVV, Indore is a pioneer institute in central India serving the cause of the profession since last 31 years. Under the scheme of University Grant Commission, Delhi, it was established in the year 1990 and runs under the faculty of Physical Education of DAVV Indore.

The School of Physical Education has successfully pursued academic excellence and quality leadership to prepare teachers in the field of Physical Education. Till date more than 80 students have qualified NET and 18 students have qualified Junior Research Fellowship examination.

Academic Programmes:

UG	-	BPES (Bachelor of Physical Education & Sports)
PG	-	MPed (Master of Physical Education)
Research	-	Ph.D. in Physical Education
Certificate	-	Certificate Course in Sports Psychology Certificate Course in Sports and Therapeutic Massage

More than 60 Ph.D. in Physical Education have been awarded by this university under the faculty of Physical Education supervised by the faculty of SOPE, and currently 30 research scholars are pursuing their Ph.D. in Physical Education.

The department has dedicated and well qualified faculty including:

Four Professors:

1. Dr. Deepak Mehta
2. Dr. S. K. Yadav
3. Dr. Sudhira Chandel
4. Dr. Ajay Kumar

One Associate Professor:

Dr. V. F. Peter

Two Assistant Professors:

1. Dr. Mukesh Solanki
2. Dr. Vivek B. Sathe

Research Labs

- Human Performance Lab
- Athletic Care Physiotherapy Lab
- Sports Psychology Lab

Department Sports infrastructure

- 400 mts Synthetic Track
- Football Ground- 01
- Cricket Oval - 01
- Gymnasium - 01 (36x24 mts) Having facility of four Badminton courts, with different Gymnastic equipments, and facilities for Table Tennis, Wrestling, Judo, Fitness and Weight Lifting equipments and space for Yoga classes
- Volleyball courts - 4
- Tennis courts - 2
- Caged Cricket Practice Pitches - 02
- Basketball courts - 02
- Handball Ground - 01
- Hockey Field - 01
- Kho-Kho Grounds - 02
- Kabaddi Courts - 02

**UGC SAP DRS-I
SANCTION LETTER**

Urgent -

DR. YADAV

For N.A immediately regarding 'A' success

5/5/16



ज्ञान-विज्ञान विभक्तये

UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI - 110 002

No. F.5-16/DRS-I/2016 (SAP-III)

April, 2016

To
The Registrar,
Devi Ahilya Vishwavidyalaya,
Indore - 452 001

DR. YADAV / Dir. Phys. A 41

Sub.: University Grants Commission Assistance to the selected department under Special Assistance Programme (SAP) - Induction of the School of Physical Education, Devi Ahilya Vishwavidyalaya, Indore - 452 001 at the level of DRS-I for a period of 5 years (01-04-2016 to 31-03-2021).

Sir,

1. This has reference to the departmental profile and proposal submitted by the School of Physical Education of your university for consideration to support under Special Assistance Programme (SAP) of the UGC as per revised guidelines of the Programme.
2. The UGC-Special Assistance Programme (SAP) is intended through constant efforts to raise the quality of teaching/research in different disciplines in Humanities, Social Science and Science subjects. Engineering & Technology department carefully selected on the basis of their work, academic achievement and viable potential for further development. The essence and primary aim of the scheme is combination of teaching and research to encourage group research efforts in pursuit of excellence.
3. The proposal of the School of Physical Education was examined by the Expert Committee on 19th May, 2015. After a very careful and critical in-depth examination of the academic achievements of the department, as given in the departmental profile, the Expert Committee recommended the department for consideration by the Commission to support the department at the level of DRS- I.
4. The UGC has approved the School of Physical Education for induction under Special Assistance Programme at the level of DRS-I for a period of five years from 01-04-2016 to 31-03-2021.
5. On the basis of the recommendations of the Expert Committee, I am directed to convey approval of the University Grants Commission for induction under Special Assistance Programme at the level of DRS-I for a duration of 5 years with the following thrust area(s) for research and teaching.

Thrust Area Identified

- Evaluation techniques in Physical Education and Sports coaching.
- Sports Psychology.
- Scientific principles of Sports training, Sports physiology and Sports biomechanics.



...2...

As recommended by the Expert Committee, the Coordinator & the Deputy Coordinator Programme for the present phase of the Programme will be as indicated below:

Name of Coordinator: - Prof. (Dr.) S.K. Yadav:

Name of Deputy Coordinator:- Prof. Deepak Mehta.

The Coordinator may continue till the end of the present duration of the programme or till superannuation.

6. The financial assistance approved for implementing the present phase at the level of DR: duration of 5 years (01/04/2016 to 31/03/2021) is given below :-

S. No.	Non-Recurring (items)	Rs. (In Lakh)
1.	Equipment (Skin Fold Caliper, Six piece Goniometer set, Anthropometric Kit, Hand Evaluation Kit, Back-Leg-Chest Dynamometer, Digital Hand Dynamometer (DHD-3) and carry case, Cricket Bowling Machine with accessories, Shuttle Feeder Machine with accessories, Tennis Ball Feeding Machine with accessories, sports psychology Questionnaires, Sports Psychology Research Equipments (EMG Biofeedback, Anticipation assessment apparatus, Vienna Test system SPORT), Motion Analyzing software with high end Lap Top, Video cameras, LCD projectors (02 Qty.), Digital spiro-meter, Body Composition Analyzer	35.00
2.	Building (upgradation/augmentation extension of existing laboratory for housing and Installation of new equipment) (maximum Limit upto 20 lakhs) including air-conditioning	20.00
	TOTAL	55.00
S.No.	Recurring	
1.	Contingency/Working expenses @ Rs.50,000/- p.a.	2.50
2.	Chemicals/Consumables/Glassware @ Rs.20,000/- p.a.	1.00
3.	Travel/Field facilities/Field trips for Faculty members only (all within India Only) @Rs.50,000/- p.a.	2.50
4.	Visiting Fellows @Rs.1,00,000/- p.a.	5.00
5.	Seminars (for organization) on thrust area @ Rs. 3,00,000/- p.a.	15.00
6.	Hiring the services of Technical/Industrial/Secretarial assistance as relevant to the programme (for programme duration only) @Rs.1,50,000/- p.a.	7.50
7.	Advisory Committee meetings (TA/DA for UGC nominee in the committee) @Rs.50,000/- p.a.	2.50
8.	Books and Journals @ Rs.1,00,000/- p.a.	5.00
	Total	41.00

(Rs. In lakh)

Non - Recurring Rs. 55.00

Recurring Rs. 41.00

Total (NR + R) for 5 years = Rs. 96.00

(Rupees Ninety six lakh only)

- 7. The University is to maintain a separate bank account for the grants released under Special Assistance Programme. All interest earned by the university/department by investment of funds sanctioned and by the UGC under Special Assistance Programme will be treated as additional grant. The University/Department will have to submit the Utilization Certificate of the earned interest (after prior approval of Advisory Committee), at the time of submitting the annual accounts for the programme.
- 8. The University/ Department may follow the SAP Guidelines posted on the UGC website.
- 9. The University/Institute may follow the norms for appointment of Programme Coordinator and Deputy Coordinator (no Joint Coordinator or Coordinator) and also constitute an Advisory Committee as per the guidelines of the Commission which can be downloaded from UGC website www.ugc.ac.in and follow the terms of reference of the Advisory Committee to ensure effective implementation and monitoring of the Programme. The constitution of the Advisory Committee is compulsory for all departments which are being supported under SAP. The UGC nominees in the Committee will be as indicated below. The departments may contact the UGC nominees for their acceptance and intimate the Commission.

- ✓ 1) Prof. Vivek Pandey, Laxmi National Institute of Physical Education, Gwalior, Mob : 09425335863.
- ✓ 2) Prof. Alka Nayak, Department of Physical Education, Rani Durgavati Vishwavidyalaya, Jabalpur (M.P.), Mob : 09827532051.

The active participation of the UGC nominees in each meeting of the Advisory Committee is essential. The composition and terms & reference of the Advisory Committee will be as given in the UGC website www.ugc.ac.in.

A

- 10. The University/Institute/Department is requested to take immediate steps to submit the following information/documents for necessary action:
 - i) Acceptance of the terms and conditions of the grants duly signed by the Registrar of the University/Institute.
 - ii) Name of the competent University Officer with full address and other bank details in (mandate form) the prescribed enclosed proforma so that the fund can be transferred electronically.
 - iii) Name of the Department Coordinator and Dy. Coordinator indicating (i) Present designation (ii) Specialized areas(s) of research and (iii) Date of superannuation.
 - iv) List of members of the Advisory Committee constituted by the university/ institute as per guidelines.
 - v) Year-wise academic programme and action proposed to be undertaken by the department during the period of 5 years to implement the programme.
 - vi) The annual report of the work done during the year (as per effective date of the programme) should be submitted by the Programme Co-coordinator highlighting the achievements in research and teaching and indicating separately the progress in procuring of equipment / construction of Building (only addition, alteration and renovation , if sanctioned under the programme) and the list of papers published in referred journal during the year positively reported by the end of every year.
 - vii) A Certificate from the Registrar of the university that the department is not self finance and is eligible to receive the UGC financial assistance..
- 12. The University/Institute shall take all possible measures to ensure effective implementation of policies of Government of India relating to SC/ST students and teachers in regard to the UGC programme. In case of non-teaching staff, the policies of the Central Government in respect of Central Universities and of the State Government in respect of State Universities shall be implemented.

13. The first instalment of admissible grant will be released separately. In the meantime, University may submit the requisite information requested vide para 11 (i to vii) by return post.
14. No request for any change in the effective date will be considered.
15. The orders for purchase of equipment may be placed within six months from the date of receipt of the grant by the university.
16. The second and subsequent instalment of grant for any approved items will be considered and sanctioned only on receipt of the year wise & item-wise Utilization Certificate alongwith annual progress report for the earlier instalment in the prescribed form duly signed by the Registrar/Finance Officer as the case may be.
18. The University/Institution shall include a specific condition in the Utilization Certificate, in respect of any financial assistance or grants-in-aid to any institution under any of the general or special schemes of the Commission that the University/institution has complied with the anti-ragging measures by stating that:

"The University/ Institution/College is strictly following the UGC Regulations on curbing the menace of Ragging in Higher Educational Institutions, 2009".

Yours faithfully,

(Dr. Renu Batra)
Joint Secretary


NOTE:- Please see SAP guidelines on UGC website www.ugc.ac.in.

Copy forwarded for information and necessary action to:-

Prof. (Dr.) S.K. Yadav,
Programme Coordinator (DRS-I),
School of Physical Education,
Devi Ahilya Vishwavidyalaya, Indore - 452 001.

Copy for information to:

1. ✓ The P.S. to Vice Chancellor,
Devi Ahilya Vishwavidyalaya, Indore - 452 001.
2. The Head, School of Physical Education,
Devi Ahilya Vishwavidyalaya, Indore - 452 001.
3. Prof. Vivek Pandey, Lakshmi National Institute of Physical Education, Gwalior, Mob: 09425335863
4. Prof. Alka Nayak, Department of Physical Education, Rani Durgavati Vishwavidyalaya, Jabalpur (M.P.), Mob: 09827532051.
5. The Secretary to the State Government of Madhya Pradesh, Department of Education, Indore.
6. Guard file.

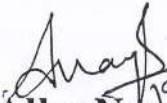

(Smita Bidani)
Joint Secretary

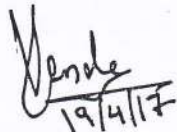
**MINUTES OF
ADVISORY COMMITTEE
MEETINGS**


PROPOSED WORK FOR UGC SAP DRS – I (2017-18)


1. National Seminar on emergent themes will be organized.
2. Continue with purchase of Research Equipments.
3. Continue acquisition of Books and Journals.
4. Occasional Lecture series will be conducted from resource persons.
5. Primary Data Collection of Projects allocated to faculty.
6. Departmental Seminar and Workshop will be organized.
7. A thorough collection of Review of Related Literature.
8. Meritorious students' attachment from other institutes.


Advisory committee (UGC SAP DRS -1)


Dr. Alka Nayak
 UGC Member SAP


Dr. Vivek Pandey
 UGC Member SAP


Dr. Deepak Mehta
 Head and Coordinator


Dr. Sudhira Chandel
 Deputy Coordinator


Dr S. K. Yadav
 Senior most Professor


Honourable Vice Chancellor

देवी अहिल्या विश्वविद्यालय, इन्दौर शारीरिक शिक्षा अध्ययनशाला

Minutes of Advisory Committee Meeting

आज दिनांक 18/03/19 को UGC SAP DRS I अन्तर्गत Advisory Committee की बैठक प्रातः 10.30 बजे आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित थे।

बैठक का एजेण्डा यू.जी.सी. सेप अन्तर्गत स्वीकृत राशि का सत्र 2017-18 एवं 2018-19 में किया गया कार्य तथा 2019-20 में प्रस्तावित कार्यों का विवरण।


01. डॉ. नरेन्द्र कुमार धाकड, मान. कुलपति देवी अहिल्या विश्वविद्यालय
 02. डॉ. अलका नायक, सदस्य यू. जी. सी.
 03. डॉ. दीपक मेहता, विभागाध्यक्ष एवं कोडिनेटर सेप
 04. डॉ. सुधीरा चन्देल, सहायक कोडिनेटर सेप
 05. डॉ. एस. के. यादव, वरिष्ठ आचार्य, शा.शि.अ.शा.
- डॉ. विवेक पाण्डे, सदस्य यू.जी.सी. आवश्यक कारणों से उपस्थित नहीं हो सकें।


01. बैठक में कोडिनेटर द्वारा सत्र 2017-18 एवं 2018-19 की संलग्न कार्य विवरणी प्रस्तुत की गई तथा सभी सदस्यों द्वारा अवलोकन कर अनुमोदन किया गया।


02. सत्र 2019-20 हेतु प्रस्तावित कार्यों तथा उम्पकरण क्रय के अनुमोदन हेतु संलग्न रिपोर्ट अनुसार प्रस्तुत किया गया, एवं समस्त सदस्यों द्वारा उसे अनुशंसित किया गया।

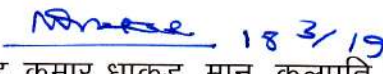
बैठक का समापन मान. कुलपति जी तथा यू.जी.सी. सदस्य तथा अन्य सदस्यों को आभार विभागाध्यक्ष द्वारा प्रस्तुत कर किया गया


डॉ. अलका नायक, यू.जी.सी. सदस्य


डॉ. दीपक मेहता, विभागाध्यक्ष एवं कोडिनेटर


डॉ. सुधीरा चन्देल, सहायक कोडिनेटर


डॉ. एस. के. यादव, वरिष्ठ आचार्य


डॉ. नरेन्द्र कुमार धाकड, मान. कुलपति जी

School of Physical Education

Devi Ahilya Vishwavidyalaya, Indore
NAAC A+ Accredited University
Takshashila Campus, Devi Ahilya University,
Khandwa Road, Indore - 452 001 (M.P.)



HEAD OF THE DEPARTMENT

School of Physical Education
Devi Ahilya Vishwavidyalaya, Indore
NAAC A+ Accredited University
Takshashila Campus, Devi Ahilya University,
Khandwa Road, Indore - 452 001 (M.P.)



HEAD OF THE DEPARTMENT

U.G.C./SAP/2020 21/AC/1.

18/12/2020

Minutes of Advisory Committee Meeting 2019-20

आज दिनांक 18/12/2020 को UGC SAP DRS I अन्तर्गत Advisory Committee की बैठक प्रातः 11 बजे आयोजित की गई जिसमें निम्नलिखित सदस्य उपस्थित थे।

बैठक का एजेण्डा यू.जी.सी. सेप अन्तर्गत स्वीकृत राशि का सत्र 2019-20 में किया गया कार्य तथा सत्र 2020-21 में प्रस्तावित कार्य का विवरण।

01. प्रो. रंजु जैन, कुलपति, देवी अहिल्या विश्वविद्यालय इन्दौर
02. डॉ. अलका नायक सदस्य, यू.जी.सी., आचार्य, रानी दुर्गावती विश्वविद्यालय जबलपुर
03. डॉ. विवेक पाण्डे, सदस्य यू.जी.सी., आचार्य एल.एन.आई.पी.ई. ग्वालियर
04. डॉ. दीपक मेहता विभागाध्यक्ष एवं कोडिनेटर सेप
05. डॉ. सुधीरा चन्देल, सहायक कोडिनेटर सेप
06. डॉ. एस. के. यादव, वरिष्ठ आचार्य, शा.शि.अ.शत.

01. विभागाध्यक्ष द्वारा माननीय कुलपति जी तथा यू.जी.सी. सदस्यों का स्वागत किया गया।
02. बैठक में कोडिनेटर द्वारा सत्र 2019-20 को सलमन कार्य विवरणों प्रस्तुत को गई तथा सभी सदस्यों द्वारा अवलोकन कर अनुमोदन किया गया।
03. सत्र 2020-21 हेतु प्रस्तावित कार्य तथा उपकरण क्रय को अनुमोदन हेतु सलमन रिपोर्ट अनुसार प्रस्तुत किया गया एवं समस्त सदस्यों द्वारा उसे अनुमोदित किया गया।

PROPOSED WORK FOR UGC SAP DRS - I 2020-21

01. Preparation of final draft of the report.
02. Publication of Seminar proceeding and monographs/article on research Completed.
03. Organize National Seminar/webinar on emergent themes.
04. Maintenance of infrastructure facilities.
05. Organize departmental seminar / webinar & workshop.
06. Organize curriculum development workshop to discuss completed researches.
07. Purchase of Equipments.
08. Final Report submission.

Ullas
18/12/2020

Shruti
18/12/2020

Shruti
18/12/2020

Rajin
18.12.2020

[Signature]

[Signature]
18/12/2020

Ullas
18/12/20



12/27/2020

2/2

School of Physical Education
Devi Ahilya Vishwavidyalaya, Indore
NAAC A+ Accrediated University
Takshashila Campus, Devi Ahilya University,
Khandwa Road, Indore - 452 001 (M.P.)



HEAD OF THE DEPARTMENT


2

Continued

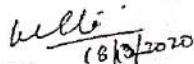
PROPOSED EQUIPMENTS FOR PURCHASE FORM
REMAINING GRANT 2020-21

01. Back leg Chest Dynamometer (DHE-3) and carry case.
02. Tennis ball feeding Machine with accessories.
03. Synthetic Surface for Badminton Machine arena.
04. Vienna Test System (SPORT)
05. Motion analyzing software with high end Lap Top.
06. Fitness & Sports Equipments for training and research propose.
07. Sports Research Related Equipments/questionnaires
08. Cricket Bowling machine Arena Development
09. Smart Class Boards.
10. Tread mill for C.V. Testing.


बैठक का समापन माननीय कुलपति जी तथा यू.जी.सी. सदस्य तथा अन्य सदस्यों का आभार विभागाध्यक्ष द्वारा प्रस्तुत कर किया गया।

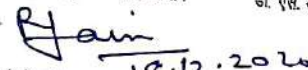

डॉ. अलका नायक, यू.जी.सी. सदस्य


डॉ. विवेक पाण्डे, यू.जी.सी. सदस्य


डॉ. दीपक मेहता, विभागाध्यक्ष एवं कोडिनेटर


डॉ. शुभरा चन्देल, आचार्य


डॉ. एस्. के. यादव, आचार्य


प्रो. रेणु जैन, कुलपति

**FIVE YEARS
UTILIZATION CERTIFICATES
(From 2016-17 to 2020-21)**



DEVI AHILYA VISHWAVIDYALAYA, INDORE

University House,
Indore-452001.(M.P.)

No. Dev/UGC-SAP/Phy.Educ./UC/2017/273

Dated: 6 JUL 2017

To

The Under Secretary FD-III Section 1

University Grant Commission

Bahadur Shah Zafar Marg.,

NEW DELHI-110002.

Sub.: Submission of Utilization Certificate.

Ref.: Letter No.F.5-16/DRS-I/2016(SAP-III) dated April, 2016.

Sir,

With reference to above, please find enclosed herewith two copies of following Utilization Certificate against the grant of Rs.96,00,000/- (Rupees Ninety-Six Lacks) sanctioned under the project "DRS-I under Special Assistance Program" in the department of Physical Education of this University for your information and necessary action: -

- U.C. 2016-17 4,15,034/-

You are therefore requested to kindly permit us to utilize the unspent amount in the next financial year 2017-18.


Encl: As above

Yours faithfully,


In-charge(Dev.)

Copy forwarded to:

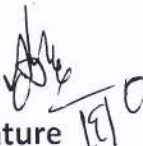
- ✓ The Head, School of Physical Education, DAVV, Indore.

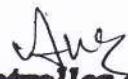

Section Officer

UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs 4,15,034/- out of the total grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.

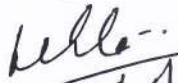

Signature
Registrar
Devi Ahilya Vishwavidyalaya
INDORE


Controller of Finance
Devi Ahilya Vishwavidyalaya
INDORE
Finance Officer with seal

Signature
Accountant

Coordinator of SAP
Registration No.

Statutory


15/5/17

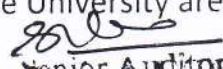
Signature, Chartered


with seal and

Prior to the audit of

Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.


Senior Auditor,
Local Fund Audit,
M.P. Indore


सहायक संचालक (वि.वि.)
स्वाधीन वि.वि. संकाय कर्मचारी
देवी अहिल्या, वि.वि. इन्दौर



DEVI AHILYA VISHWAVIDYALAYA, INDORE

UNIVERSITY HOUSE
INDORE-452001

Dated: 23 JUL 2018

No.Dev./UGC-SAP/Phy.Educ./UC/2018/401

To

The Under Secretary FD-III Section 1

University Grant Commission

Bahadur Shah Zafar Marg.,

NEW DELHI-110002.

Sub.: Submission of Utilization Certificate.

Ref.: Letter No.F.5-16/DRS-I/2016(SAP-III) dated April, 2016.

Sir,


With reference to above, please find enclosed herewith two copies of following Utilization Certification against the grant of Rs.96,00,000/- (Rupees Ninety Six Lacks) sanctioned under the project "DRS-I under "Special Assistance Program" in the department of Physical Education of this University for your information and necessary action.

- U.C. 2017-18 4,65,954/-

You are therefore requested to kindly permit us to utilize the unspent amount in the next financial year 2018-19.

Encl: As above

Yours faithfully,


In-charge(Dev.)

Copy forwarded to:

✓ The Head, School of Physical Education, DAVV.,Indore.


Section Officer


UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs 4,65,954/- out of the total grant of Rs. 96,00,000/- (Rupees **Ninety Six Lacks** sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

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Signature

Registrar with seal


Controller of Finance
Signature
Devi Ahilya Vishwavidyalaya
Finance Officer with seal


Signature


Coordinator of SAP
HEAD

School of Studies in Physical Education
Devi Ahilya University
INDORE (M.P.)

Signature, Chartered Accountant
with seal and registration No.

Prior to the audit of Statutory
Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.


Senior Auditor,
Local Fund Audit,
M.P., Indore


Dy. Director
Local Fund Audit
INDORE



DEVI AHILYA VISHWAVIDYALAYA, INDORE

UNIVERSITY HOUSE
INDORE-452001

Dated: 16 OCT 2019

No.Dev./UGC-SAP/Phy.Educ./UC/2018/ 494

To

The Under Secretary FD-III Section 1

University Grant Commission

Bahadur Shah Zafar Marg.,

NEW DELHI-110002.

Sub.: Submission of Utilization Certificate.

Ref.: Letter No.F.5-16/DRS-I/2016(SAP-III) dated April, 2016.

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- U.C. 2018-19 21,04,720/-

You are therefore requested to kindly permit us to utilize the unspent amount in the next financial year 2019-20.

Encl: As above

Copy forwarded to:

- ✓ • The Head, School of Physical Education, DAVV.,Indore.

Yours faithfully,


In-charge(Dev.)


Assistant Registrar (Dev.)

UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs. 21,04,720/- out of the total grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.

Signature

Registrar with seal

6-9-19
Registrar
Devi Ahilya Vishwavidyalaya
INDORE

6-9-19
Controller of Finance
Devi Ahilya Vishwavidyalaya
INDORE

Finance Officer with seal

Signature

Coordinator of SAP

24/8/19
HEAD
School of Studies in Physical Education
Devi Ahilya University
(INDORE (M.P.))

Signature, Chartered Accountant
 with seal and registration No.
 Prior to the audit of Statutory
 Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.

AAU
Dy. Director
Local Fund Audit
INDORE



DEVI AHILYA VISHWAVIDYALAYA, INDORE

UNIVERSITY HOUSE
INDORE-452001

No. Dev/UGC-SAP/Phy.Educ./UC/2020-21 **1567**

Dated: **11/1/2021**

To,
The Under Secretary FD-III Section 1
University Grants Commission
Bahadur Shah Zafar Marg,
New Delhi-110002

Subject:- Submission of Utilization Certificate.

Ref: Letter No. F.5-16/DRS-I/2016(SAP-III) dated April., 2016.

Sir,

With reference to above, please find enclosed herewith Original two copies of following Utilization Certificate against the grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks only) sanctioned under the project DRS-I under Special Assistance Program in the department of Physical Education of this University for your information and necessary action.

U.C 2019-20

11,89,331/-

You are therefor requested to kindly permit us to utilize the unspent amount in the next financial year 2020-21.

Yours faithfully,

Sd/-
Registrar

Encl. As above

No. Dev/UGC-SAP/Phy.Educ./UC/2020-21 **1567**
Copy forwarded to:

Dated: **11/1/2021**

- ✓ 1. Head, School of Physical Education DAVV, Indore for information.

[Signature]
Deputy Registrar (Dev.)

[Handwritten initials]
5/1/21

UNIVERSITY GRANTS COMMISSIONUTILIZATION CERTIFICATE

It is certified that the amount of Rs. 11,89,331/- out of the total grant of Rs. 96,00,000/- (Rupees Ninety Six Lacks sanctioned to School of Physical Education Devi Ahilya University Indore by the University Grants Commission vide its letter No. F.5-16/DRS-I/2016(SAP- III) dated April, 2016 towards **Recurring and Non Recurring Grant** under **Special Assessment Program DRS - I** scheme has been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the commission.

If as a result of check or audit objection some irregularities are noticed at a later stage, action will be taken to refund. Adjust or regularize the objected amount.


Signature

Registrar with seal


Signature

Finance Officer with seal


Signature


Coordinator of SAP

HEAD
School of Studies in Physical Education
Devi Ahilya University
INDORE (M.P.)

Signature, Chartered Accountant
with seal and registration No.

Prior to the audit of Statutory
Auditors

Note: The University will submit an audited statement of accounts, duly audited by the Statutory Auditors of the University as soon as the accounts of the University are Audited.


सहायक सचिव,
स्वामीय निधि संपर्क,
ब.प्र. इन्दौर
Ape

DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION
UGC SAP DRS – I
(2016-2021)



ANNUAL REPORT

Session 2016-17

Brief Introduction:

1. The Department applied for **University Grant Commission's Special Assistance Programme (UGC SAP DRS –I)** online on **31/10/2016**.

2. SAP interface meeting & presentation was conducted at UGC on **19/05/2015**.

3. Members UGC SAP DRS-1 Advisory committee

Dr.Renu Jain	Honourable Vice Chancellor
Dr.Vivek Pandey	Member Nominated by UGC
Dr. Alka Naik	Member Nominated by UGC
Dr.Deepak Mehta	Coordinator UGCSAP
Dr.Sudhira Chandel	Dy.Coordinator UGCSAP
Dr.S.K.Yadav	Senior Professor S.O.P.E.

4. Proposed and Approved Thrust Areas:

- a) Evaluation Techniques in Physical education and Sports coaching.
- b) Sports Psychology
- c) Sports Physiology & Sports Biomechanics

5. Date of Approval for **UGC SAP DRS –I** at inception was **31/10/2016**.

WORK DONE AS PROPOSED

For

Session 2016-17

Workshop

Workshop on Research Methodology and Quantitative Techniques in Physical Education and Sports was organized on 6th and 7th March 2017

- Total 51 delegates attended the workshop.

Dr. Kamakshi Agnihotri, Head, School of Education, DAVV was the chief guest for the opening ceremony and delivered her lecture.

Dr. Deepak Bhatnagar, former Head, School of Biochemistry, DAVV, Indore was chief guest for valedictory function.



Dr. G.D. Ghai, Professor, LNIPE, Gwalior delivered his presentation on
(i) Hypothesis formulation and research problem.
(ii) Experimental research

Professor Kanhiya Ahuja, School of Economics, DAVV, Indore delivered his presentation on sampling techniques.



Dr. Praveen Sharma delivered lecture on handling data through excel, details on various facilities used for researchers.

Dr. JalajKatare delivered his presentation on:

(i) Basic Statistics and tools related with sports and statistical analysis and hands on exercises.



**Organized interaction programme on 18th March 2017
with first Dronacharya Awardee in Gymnastics**

Mr. D.K. Rathore, In-charge Academics, NIS Patiala

180 students of various departments and colleges, sports persons, sports officers, players attended the programme.



**Workshop on Officiating in Volleyball
was organized on 20th March 2017**

Mr. Mahesh Babu Vidyarthi, National Referee in Volleyball was invited as Resource person to speak on latest changes in the rules and regulation, technical & tactical preparation and training related to officiating in Volleyball.

**Departmental Seminar was organized on 21st March 2017
Latest Trend on Fitness and Training**

Mrs. Poonam Kaushik, Sports Officer, Kasturba Gram Rural Institute, Indore was invited as the chief guest for inaugural function and Key note speech.

All the master degree (IV Sem) students presented their thematic papers in the Seminar.

**A National Workshop on Officiating in Games and Sports
(Badminton, Cricket, Kho-Kho & Kabaddi)
was organized on 24th the 25th March 2017**

Total 57 delegates attended the workshop.

Dr. Sunil K. Somani, Vice Chancellor, Medicaps University, Indore was the chief guest for inaugural function.

Honourable Vice Chancellor of DAVV Dr. Narendra KumarDhakad was the Chief Guest for valedictory function.



Badminton

For Badminton the Resource Persons were:

Mr. Anil Chougule, Honorary Secretary, M.P. Badminton Association

Mr. Brijesh Dutt Gaur, Referee, BAI, Bhusawal (M.S.)

Mr. Vinod R. Shah, Referee, BAI, Ahmedabad (Guj.)

Delivered their presentation on

- Laws of badminton and its interpretation,
- Recommendation to technical officials,
- Instant review system,
- Instruction for filling up the badminton score sheet,
- General competition regulations,
- Modern trends in coaching badminton tournament softwares
- Practical session.



Cricket

For Cricket the Resource Persons were:

Mr. Sanjay Bharadwaj, Dronacharya Awardee, Coach, New Delhi

Mr. Naveen Sharma, Chief Coach, NSNIS, Patiala

Dr. Ashok Sharma, Associate Professor, IGIPSS, New Delhi

Delivered their presentation on

- Officiating and rules interpretation,
- Preliminary of coaching and training,
- Advanced coaching,
- Technical aspects of cricket,
- Practical session.



Kho-Kho and Kabaddi

For Kho-Kho and Kabaddi the Resource Persons were:

Dr. H.V. Natrajan, Dean, Academics, NSNIS, Bengaluru

Mr. Sharad Jape, SAI Coach, Indore

Delivered their presentation on:

- History and development of Kabaddi in present trends,
- Rules and their interpretation,
- Psychology of officiating,
- Evaluation of officiating,
- Qualities of good officials,
- Organization of tournament,
- Practical session (Ground marking, signals etc.)



Special Lecture

Delivered on 27th March 2017 by **Professor Arvind Malik,**
Head, Department of Physical Education, Kurukshetra
University

on the following topics:

- Prenatal Programming and Sporting Success.
- Sports behind the curtain.
- Foot Dynamics and Shoes Selection.



PROPOSED WORK FOR UGC SAP DRS – I

Session 2017-18

- 1. National Seminar on emergent themes will be organized.**
- 2. Purchase of Research Equipments.**
- 3. Continue acquisition of Books and Journals.**
- 4. Occasional Lecture series will be conducted.**
- 5. Primary Data Collection of Projects.**
- 6. Departmental Seminar and Workshop will be organized.**
- 7. A thorough collection of Review of Related Literature**

GRANTS SENCTIONED BY UGC

Total Grant sanctioned by UGC – Rs. 96 Lacks.

Non – Recurring:

- a) Rs. 20 lacks for building. (Sanctioned but not received sofar)
- b) Rs. 35 lacks forequipments.

Recurring:

- a) Rs. 41 lacks for recurring (Rs. 8,20,000 /- will be released every year for period of fiveyears.)
- b) Grant for UGC SAP DRS –I Rs. 43, 20,000/- released in January2017.
- c) Rs. 35 Lacks for the purchase of Research Equipments is under progress.
- d) Contingency / Working Expenses – Rs.50,000/-
- e) Consumable items – Rs.20, 000/-
- f) Travel/ Field facilities/ Field trip for faculty – Rs.50,000/-
- g) Visiting Fellows – Rs. 1, 00,000/-
- h) Seminars/Workshops/ Conferences organizing on thrust areas – Rs.3,00,000/-
- i) Hiring Services – Rs. 1,50,000/-
- j) Advisory Committee Meeting – Rs.50,000/-
- k) Books / Journals – Rs. 1,00,000/-

Till 31st March 2017:

**Total Amount Spend till 31th March 2017: Rs. 4,15,034/-
(Four Lacks Fifteen Thousand and Thirty-Four rupees only)**

Remaining amount will be utilized within the due course of time.

DEVI AHILYA VISHWAVIDYALAYA, INDORE

SCHOOL OF PHYSICAL EDUCATION

UGC SAP DRS – I (2016-2021)



ANNUAL REPORT

Session 2017-18

ANNUAL REPORT

2017-18

1. The Department applied for **University Grant Commission's Special Assistance Programme (UGC SAP DRS –I)** online on **31/10/2016**.

2. SAP interface meeting & presentation was conducted at UGC on **19/05/2015**.

3. Members ugc advisory committee.

DR Narendra dhakad	Honourable vice chancellor
Dr Vivek pandey.	Member nominated by ugc
Dr Alka naik	Member nominated by ugc
Dr Deepak Mehta	coordinator ugc SAP
Dr Sudhira chandel	DY.coordinator ugc SAP
Dr SK yadav	senior professor Sope

4. Approved thrust areas:

- a. Evaluation techniques in Physical education and Sports Coaching.
- b. Sports Psychology
- c. Sports Physiology & Sports Biomechanics

5. Date of approval for UGC SAP DRS –I at inception was **31/10/2016**.

PROPOSED WORK FOR UGC SAP DRS – I (2017-18)

1. **National Seminar on emergent themes will be organized.**

2. **Continue with purchase of Research Equipments.**

3. **Continue acquisition of Books and Journals.**

4. **Occasional Lecture series will be conducted.**

5. **Primary Data Collection of Projects.**

6. **Departmental Seminar and Workshop will be organized.**

7. **A thorough collection of Review of Related Literature.**

WORK DONE AS PROPOSED:

1. One Day Workshop on Sports Injuries and Anti Doping Was Organized on 23rd February 2018.

Prof. Abhay Kumar Was the Chief Guest and **Dr. C. S. Sharma** Special Guest for The Inaugural Function.

-80 Delegates Attended the Workshop.



Prof. Abhay Kumar Was the Chief Guest

For Workshop The Resource Persons Were:

Dr. C. S. Sharma

In Sports Injuries on 23rd February 2018

Delivered His Presentation/ Lecture on Sports Injuries Related to Upper Extremity, Lower Extremity, Head and Spine, Prevention, Assessment and Rehabilitation of Injuries, Therapeutic Exercises and Modalities.



In Anti Doping Dr. Rajiv Sareen deputy director sports authority of India on 23rd February 2018 Delivered His Presentation/Lecture

On

-Anti Doping Awareness,

-Means of Doping In Sports,

-Physiological Effects of Doping On Human Body.



2. A clinic on Officiating in table tennis was organized on 8th - 9th March 2018.

- **49** delegates attended the clinic.

Dr. Atul Dubey international referee delivered his presentation/lecture on Officiating in table tennis.



Head and expert distributed the certificates to the participants

National Level Workshop on “Research Methodology and sports psychology in pursuit of excellence in sports” was organized on 15th-17th March 2018.

-Dr. M.L. Kamlesh renowned sports psychologist of country was the chief guest for inaugural function.

-65 delegates attended the workshop.



For Workshop the Resource Persons were:

Prof. M. L. Kamlesh From 15th-17th March 2018 delivered his presentation/lectures on

- Sports Psychology-Assessment related issues, Management of anxiety, Motivation and self Confidence in Life and Sport, Psychological testing in Sports Psychology.

Prof. Kalpana Sharma director Amity University on 16th March 2018 delivered her lecture on

- Sports Psychology Framework for Players.



Prof. Arvind Malik professor and head kurkshetra university delivered his lecture on 17th March 2018

- Prenatal Programming of Psychological Profile,**
- Assessment of Psychological Profile,**
- How to Construct a Questionnaire?**

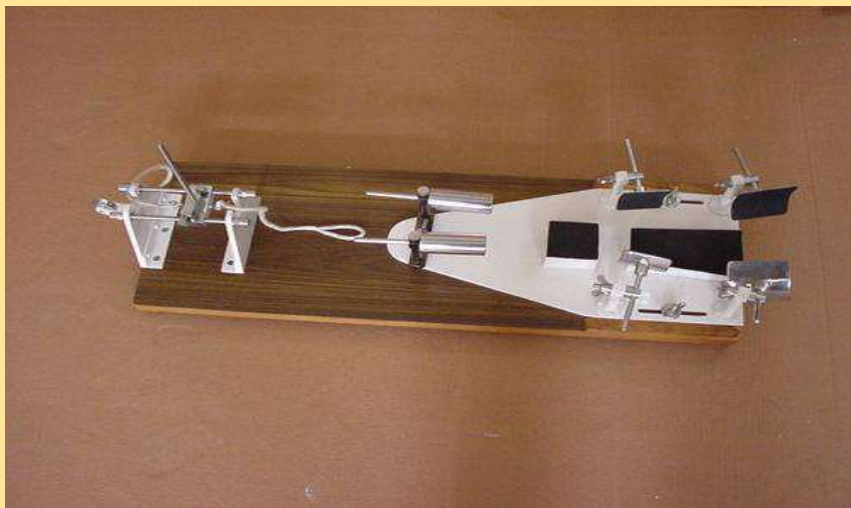


Equipments purchased under UGC SAP

1. TACHISTOSCOPE (SPAN):- TO MEASURE SPAN OF ATTENTION-VISUAL



2. ERGOGRAPH: - TO MEASURE MUSCLE /PHYSICAL FATIGUE



3. DEPTH PERCEPTION APPRATUS: - TO MEASURE DEPTH PERCEPTION (SPORTS PSYCHOLOGY)



4. FINGER DEXTERITY BOARD:- TO MEASURE DEXTERITY OF RIGHT & LEFT HAND



5. BODY MASS INDEX AND BODY FAT PERCENTAGE CALCULATOR:- TO MEASURE BMI,BODY FAT,BODY AGE,VICHARAL FAT ,



PROPOSED WORK FOR UGC SAP DRS – I (2018-19)

1. National Seminar on emergent themes will be organized.
2. Continue with purchase of Research Equipments.
3. Continue acquisition of Books and Journals.
4. Occasional Lecture series will be conducted.
5. Primary Data Collection of Projects.
6. Departmental Seminar and Workshop will be organized.
7. A thorough collection of Review of Related Literature.

Total Grant sanctioned by UGC – Rs. 96 Lacks.

Non – Recurring:

a. Rs. 200000 lacks for building

b. Rs. 35 lacks for equipments

Recurring:

a. Rs. 41 lacks for recurring (Rs. 8,20,000 /- will be released every year for period of five years.

. Grant for UGC SAP DRS –I Rs. 43, 20,000/- realised in January
2017

a. Rs. 35 Lacks for the purchase of Research Equipments is under progress.

b. Contingency / Working Expenses – Rs. 50,000/-

c. Consumable items – Rs.20, 000/-

d. Travel/ Field facilities/ Field trip for faculty – Rs. 50,000/-

e. Visiting Fellows – Rs. 1, 00,000 /-

**f. Seminars/Workshops/ Conferences organizing on thrust areas –
Rs.3, 00,000/-**

g. Hiring Services – Rs. 1, 50,000/-

h. Advisory Committee Meeting – Rs. 50,000/-

i. Books / Journals – Rs. 1, 00,000/-

AMOUNT UTILIZED AFTER THE RELEASE OF UGC GRANT FOR THE SESSION 2016-17

1. **Rs. 39,015/- (Thirty Nine Thousand Fifteen rupees only)** contingency grant has been utilized.
2. **Rs 18,830/- (Eighteen Thousand Eight hundred Thirty Rupees only)** utilized to purchase consumable sports equipments.
3. **Rs. 2, 21,424/- (Two Lacks Twenty One Thousand Four Hundred Twenty Four Rupees only)** utilized in departmental, University and National Level Seminars & workshops.
4. **Rs. 71,299/-(Seventy One Thousand Two Hundred Ninety Nine Rupees only)** used as remuneration for visiting fellows.
5. **Rs. 15,140/-(Fifteen Thousand One Hundred Forty Rupees only)** is under process for purchase of books & Journals on Physical Education and Sports.
6. **Rs. 35, 00,000/- (Thirty-Five Lacks rupees only)** is under process for purchase of Research Equipments.
7. **Rs. 47,529/- (Forty Seven thousand Five hundred Twenty Nine rupees only)** for Hiring and Travelling facilities.

Total Amount Spend till 31th March 2018: Rs. 4, 47,259/- (Four Lacks Forty Seven Thousand Two hundred Fifty Nine rupees only)

Remaining amount will be utilized within the due course of time

DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION
UGC SAP DRS – I
(2016-2021)



ANNUAL REPORT

Session 2018-19

Brief Introduction:

1. The Department applied for **University Grant Commission's Special Assistance Programme (UGC SAP DRS –I)** online on **31/10/2016**.

2. SAP interface meeting & presentation was conducted at UGC on **19/05/2015**.

3. Members UGC SAP DRS-1Advisoy committee

Dr. Narendra Dhakad	Honourable Vice Chancellor
Dr. Vivek Pandey	Member Nominated by UGC
Dr. Alka Naik	Member Nominated by UGC
Dr. Deepak Mehta	Coordinator UGC SAP
Dr. Sudhira Chandel	Dy.Coordinator UGC SAP
Dr. S.K. Yadav	Senior Professor S.O.P.E.

4. Proposed and approved thrust areas:

- a) Evaluation Techniques in Physical education and Sports coaching.
- b) Sports Psychology
- c) Sports Physiology & Sports Biomechanics

5. Date of approval for **UGC SAP DRS –I** at inception was **31/10/2016**.

PROPOSED WORK FOR UGC SAP DRS – I

Session 2018-19

1. National Seminar on emergent themes will be organized.
2. Continue with purchase of Research Equipments.
3. Continue acquisition of Books and Journals.
4. Occasional Lecture series will be conducted.
5. Primary Data Collection of Projects.
6. Departmental Seminar and Workshop will be organized.
7. A thorough collection of Review of Related Literature.

WORK DONE AS PROPOSED

Session 2018-19

1. **One Day Workshop on “Mass Display”** was organized on 5th September 2018.
 - Dr. Vijay Shrivastava delivered his presentation/lecture on Mass display.
 - 120 students of B.P.E.S. of Department attended the Presentation/Lecture.



Mass display

2. School of Physical Education commences a Research Project on “Health Status of Students and Faculty of Devi Ahilya University, Indore” From 8th October 2018.

- **Dr. Sudhira chandel** was the coordinator of the Research project.
- Health status includes Body Mass Index, Body Fat Percentage, Cardiovascular Efficiency, Body Age, Visceral Fat, Resting Metabolism Rate etc.



Figure: Data Collection of Research Project

3. **School of Physical Education** conducted a survey on **“Health Status of Rural Colleges’ Students of Devi Ahilya University, Indore”** on 30th November 2018.



Figure: - Health Status of Rural College students of Devi Ahilya University, Indore

4. A lecture on “Sports Awareness” regarding Role of media was organized on 04th February 2019.

- Padmashri Awardee Mr.Sushil Doshi delivered his distinguished lecture on “Sports Awareness” regarding Role of media.
- 130 delegates/students attended the lecture.



Figure: - Lecture on “Sports awareness”

5. A Two Days Clinic on “Officiating in Track and Field Events” was organized on 08th - 09th February 2019.

- Dr. Aman Singh Sisodiya delivered his lecture on “**Officiating in Track and Field Events**”.
- **84** delegates/students attended both practical and theoretical sessions.



Figure:- Officiating in Track and Field Events

6. Special Lectures on “Physiology and Physiology of Exercise” were organized on 11th - 12th February 2019.

- **Prof. R. N. Day, Retired Professor, LNIPE, Gwalior** delivered his lectures on Aerobic and Anaerobic Exercises, Energy Metabolism, Adaptational changes effects of exercise etc.
- **89 delegates/students** attended the lectures.



Figure: Special lectures on Physiology and Physiology of Exercise

7. A Three Days Clinic on “Coaching in Cricket” was organized on 11th - 13th February 2019.

- Dr. Pallab Das Gupta (Senior N.I.S.Coach from Kolkata) delivered his lectures on “Coaching in Cricket”.
- **50** delegates/students attended both practical and theoretical sessions.



Figure:- Coaching in Cricket

8. A Lecture conducted on “Health, Life Style, Wellness and Fitness Awareness among Tribal Students of Indore Division” on 22th February 2019 in Govt. Girls Sports Campus, Niwali Distt., Barwani.

- Dr. Sudhira Chandel delivered her lecture on “Health, Life Style, Wellness and Fitness Awareness among Tribal Students of Indore Division.”
- 60 students attended the lecture.



Figure: - Govt. Girls Sports Campus, Niwali Distt. Barwani.

9. A series of lectures on “Exercise Physiology” was organized on 26th - 27th February 2019.

- **Prof. Alok Kumar Banerjee, Ex-ViceChancellor of Kalyani University, Kalyani (W.B.)** delivered his lectures on Exercise Physiology.
- **60 delegates/students** attended the lectures.



Figure:- Lectures on “Exercise Physiology”

10. A Two Days workshop on “Recent Trends in Research and Applied Statics” was organized on 10th - 11th March 2019.

- Dr. Rajeev Choudhary, Professor, Pt. Ravishankar Shukla University, Raipur delivered his lectures on “Recent Trends in Research and Applied Statistics”
- 50 delegates/students attended the lectures.



Figure:- “Recent Trends in Research and Applied Statistics”

Equipments Purchased Under UGC SAP DRS-I

Digital Spiro-meter

To measure pulmonary function (different respiratory volumes: FVC, TV, IRV, RV, Live Graph etc.)



Figure: Digital Spiro-meter

Cricket bowling machine

Enables a batsman to practice and to hone specific skills through repetition of the ball being bowled at certain length, line and speed.



Figure: Cricket bowling machine

Shuttle Feeder Machine (Badminton)

To improve Speed, Accuracy also enables a player to help in building an unconscious reaction in the style of playing Badminton.



Figure: Cricket bowling machine

Hand Evaluation Kit

To measure Hand dynamometer for testing Grip Strength and Pinch Gauge for testing Pinch Strength.



Figure :- HAND EVALUATION KIT

PROPOSED WORK FOR UGC SAP DRS – I

Session 2019-20

1. Creation and maintenance of infrastructure facilities.
2. Review of work by experts.
3. Paper Reading competition based on the thrust area will be organized.
4. Lecture series will be conducted.
5. Codification, validation and Collection of project data.
6. Departmental Seminar and Workshop will be organized.
7. National conference on thrust areas will be organized.

GRANTS SENCTIONED BY UGC

Total Grant sanctioned by UGC – Rs. 96 Lacks.

Non – Recurring:

- a) Rs. 20 lacks for building. (Sanctioned but not received so far)
- b) Rs. 35 lacks for equipments.

Recurring:

- a) Rs. 41 lacks for recurring (Rs. 8,20,000 /- will be released every year for period of five years.)
- b) Grant for UGC SAP DRS –I Rs. 43, 20,000/- released in January 2017.
- c) Rs. 35 Lacks for the purchase of Research Equipments is under progress.
- d) Contingency / Working Expenses – Rs. 50,000/-
- e) Consumable items – Rs.20, 000/-
- f) Travel/ Field facilities/ Field trip for faculty – Rs. 50,000/-
- g) Visiting Fellows – Rs. 1, 00,000 /-
- h) Seminars/Workshops/ Conferences organizing on thrust areas – Rs.3, 00,000/-
- i) Hiring Services – Rs. 1, 50,000/-
- j) Advisory Committee Meeting – Rs. 50,000/-
- k) Books / Journals – Rs. 1, 00,000/-

PROPOSED EQUIPMENTS FOR PURCHASE
Session 2019-20

1. Smart class boards
2. Accessories of cricket bowling machine and badminton machine (Synthetic Surface)
3. Skin Fold calipers
4. Six piece goniometer
5. Anthropometric kit
6. Back Leg Chest Dynamometer (DHD-3) and carry case
7. Tennis ball feeding Machine with accessories
8. Sports psychology questionnaires
9. Sports psychology Research equipment's (EMG Biofeedback, Anticipation assessment apparatus,
10. Vienna Test system (SPORT)
11. Motion analysing software with high end Lap Top
12. Air- Conditioner Lab and Fitness & Sports Equipments
13. Laptops for field Research Work

Till 31st March 2019:

- **Purchased Equipments of Rs. 19,46,500/-** (Nainteen Lacks Forty Six Thousand and five hundred rupees only).

Remaining amount will be utilized within the due course of time.

DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION
UGC SAP DRS – I
(2016-2021)



ANNUAL REPORT

Session 2019-20

Brief Introduction:

1. The Department applied for **University Grant Commission's Special Assistance Programme (UGC SAP DRS –I)** online on **31/10/2016**.

2. SAP interface meeting & presentation was conducted at UGC on **19/05/2015**.

3. Members UGC SAP DRS-1Advisoycommittee

Dr.Renu Jain	Honourable Vice Chancellor
Dr.VivekPandey	Member Nominated by UGC
Dr. AlkaNaik	Member Nominated by UGC
Dr.DeepakMehta	Coordinator UGCSAP
Dr.SudhiraChandel	Dy.Coordinator UGCSAP
Dr.S.K.Yadav	Senior ProfessorS.O.P.E.

4. Proposed and Approved ThrustAreas:

- a) Evaluation Techniques in Physical education andSports coaching.
- b) SportsPsychology
- c) Sports Physiology & SportsBiomechanics

5. Date of Approval for **UGC SAP DRS –I** at inception was **31/10/2016**.

WORK DONE AS PROPOSED

For

Session 2019-20

Workshop

Three Days Workshop on “Coordination Ability and Social Adjustment” was organized on 23th to 25th November 2019.

- **Dr. Vijay Shrivastava** (Visiting Fellow), delivered his Series of Lectures on latest trends in Physical Education.
- **130** students of Physical Education and Sports attended the Presentation/Lectures.



Coordination Ability and Social Adjustment

Research Project (SAP)

Health Related Parameters of Students and Faculty of Devi Ahilya Vishwavidyalaya, Indore

Dr. Sudhira Chandel is the coordinator of the ongoing Research project.

Health Parameters of the Tested Variables

- (a) Health status includes Body Mass Index,
- (b) Body Fat Percentage,
- (c) Cardiovascular Efficiency,
- (d) Body Age,
- (e) Visceral Fat,
- (f) Resting Metabolism Rate etc.



Data Collection of Research Project

Research Project (SAP)

“Health Status of Rural Colleges Students of Devi Ahilya University, Indore”



REDMI NOTE 6 PRO
MI DUAL CAMERA

Health Status of Rural College students of Devi Ahilya University, Indore

Lecture Series

Lectures on “Physical Fitness” were organized on 23th - 25th November 2019.

- **Prof. Wilfred Vaz LNIPE, Gwalior** delivered his lectures on Weight Training, Obesity, and Nutrition etc.
- **60** delegates/students attended the lectures.



Lectures on Weight Training, Obesity, and Nutrition

Lecture Series Cont...

Special Lecture on “Athletics” was organized on 29th December 2019.

- **Shri. Vijay Singh Chouhan, Iron man of Asia delivered** his lectures on Skill of Track & Field Specific Exercises; Adaptational changes, effects of exercise etc.

120 delegates/students attended the lectures.



Special lecture on Athletics

Lecture Series Cont..

Special Lectures on “**UGC NET Paper-I**” were organized from 14th to 19th November 2019.

- **Dr. Anil Karwande (Nagpur University)** delivered his lectures on Teaching Aptitude, Research Aptitude, Comprehension, Communication etc.
- **60** delegates/students attended the lectures



- Dr. Sangeeta Khare (Mumbai)** delivered her lectures on Mathematical Reasoning and Aptitude, Logical Reasoning, Data Interpretation and Communication Technology (ICT), People Development and Environment etc.
- **60** delegates/students attended the lecture

**Under the Banner of UGC SAP Fit India Movement
10000 Step Run / Walk 29th August 2019**

देवी अहिल्या विश्वविद्यालय इन्दौर
शारीरिक शिक्षा अध्ययन शाला
UGC (Special Assistance Programme) DRS-I



सूचना
FIT INDIA MOVEMENT
AN
AWARNES CAMPAIGN

देवी अहिल्या विश्वविद्यालय के शारीरिक शिक्षा अध्ययन शाला में भारत सरकार के द्वारा निर्देशित एवं प्रचारित "FIT INDIA MOVEMENT" के अन्तर्गत "10,000 कदम चलिए स्वस्थ रहिए" अभियान के तहत एक मुहिम की पहल की जा रही है जिसमें आप सभी भागीदार बनकर अपने स्वास्थ्य को बेहतर बनाने हेतु आमन्त्रित है।

उक्त मुहिम के अन्तर्गत प्रतिभागियों के स्वास्थ्य के विभिन्न आयामों का परीक्षण वैज्ञानिक उपकरणों की सहायता से किया जावेगा। तथा 12 सप्ताह के नियंत्रित प्रशिक्षण के पश्चात पुनः परीक्षण कर परिणामों का विश्लेषण किया जावेगा।

निःशुल्क पंजीकरण हेतु शारीरिक शिक्षा अध्ययन शाला में सम्पर्क करें।

विभागाध्यक्ष

Benefits for Society



देवी अहिल्या विश्वविद्यालय इन्दौर,
शारीरिक शिक्षा अध्ययन शाला
UGC (Special Assistance Programme)DRS-I
FIT INDIA MOVEMENT
AN
AWARENESS CAMPAIGN

लाभ :-

1. शरीर में वसा कम होती है।
2. खून में शर्करा का स्तर सन्तुलित करने में मददगार।
3. यह हमारी बुद्धिमता को बढ़ाता है।
4. स्वस्थ आदतों का विकास करने में सहायक।
5. थकान थकावट दूर होगी।
6. अवसाद के प्रभाव को दूर करता है।
7. दिल के दौरे और स्ट्राक के जोखिम को कम करता है।
8. रक्तचाप को नियन्त्रित करता है।
9. तनाव के स्तर को कम करता है।
10. रक्त परिसंचरण में सुधार लाता है।
11. पर्याप्त नींद हेतु सहायक होता है।
12. श्वसन एवं मांसपेशीया तंत्र की क्षमता में वृद्धि होती है।

Registration Form



देवी अहिल्या विश्वविद्यालय इन्दौर

शारीरिक शिक्षा अध्ययन शाला

UGC (Special Assistance Programme) DRS-I

पंजीकरण फॉर्म

1. नाम -

Name -

2. जन्म तिथी उम्र -

Date of Birth

3. मोबाईल न. -

Mobile No. -

4. व्यवसाय -

Occupation -

5. लिंग -

Gender -

6. पदचाल हेतु समय - सुबह - 7

Schedule for walking -

7. रक्त समूह -

Blood Group -

8. स्वास्थ्य संबंधित जानकारी -

(i) रक्तचाप -

Blood Pressure

(ii) हृदय रोग

Heart Disease

(iii) मधुमेह

Diabetes

(iv) अन्य

Other

स्वघोषणा - मैं..... स्वघोषणा करता/करती हूँ कि मैं स्वैच्छा से विश्वविद्यालय के शारीरिक शिक्षा अध्ययनशाला द्वारा आयोजित अभियान दस हजार कदम चलो एवं स्वस्थ रहो में प्रतियोगी के रूप में ले रहा/रही हूँ। मैं यह घोषित करता/करती हूँ कि मेरे द्वारा पंजीयन पत्र में दी गयी समस्त जानकारी सत्य है एवं अभियान में भाग लेने की सम्पूर्ण जिम्मेदारी मेरी है।

हस्ताक्षर प्रतिभागी

Workshop

A Three Days Workshop on “Statistical Application in Social Sciences” was organized on 05th – 07th March 2020.

- **Dr. Avatar Singh, Professor, School of Education Department UTD D.A.V.V., Indore** delivered his lecture on ‘handling Data through Application Software and Statistical (Descriptive Statistical and T- Statistical)’.
- **Dr. Jalaj Katare, Associate Professor, Acropolis college Indore** Delivered his lecture on “Handling Data through Excel, Statistical Analysis through Excel and Statistical Analysis through SPSS,”



9. Teaching Resources in the Department.



Students visit to Other University

Five students went to Gujrat Vidyapeeth for Attend conference and data collection



Data Collection of Health Status

Equipments Purchased Under UGC SAP DRS-I

STEADINESS TESTER



DIGITAL CAMERA



MUSIC SYSTEM



SKIN FOLD CALIPER



**DIGITAL HAND
DYNAMOMETER**



Psychological Questionnaire

1. **General Intelligence (Pal & Mishra)**
2. **Emotional Intelligence (Singh, Narain)**
3. **Emotional Intelligence (Hyde, Pehte & Dhar)**
4. **Sports Emotional intelligence (Agashe & Helde)**
5. **Reasoning Ability (Shailaja)**
6. **Mental Imagery Questionnaire(M. Rajamanickam)**
7. **Level of Aspiration Measure (Performance) (Bhargava & Shah)**
8. **Occupational Aspiration (J.S. Gerwal)**
9. **Attitude Towards Research (Sood & Sharma)**
10. **Social Competence (Sharma& Rani)**
11. **Emotional Competence(Singh& Bhargava)**
12. **P.E. Form A**
13. **Empathy Scale (Murthy)**

PROPOSED WORK FOR UGC SAP DRS – I

Session 2020-21

1. Preparation of final draft of the report
2. Publication of Seminar Proceeding and monographs / article on research
Completed
3. Organization National Seminar / Webinar on emergent themes
4. Maintenance of infrastructure facilities
5. Organization departmental seminar / Webinars& workshop
6. Organization curriculum development workshop to discuss completed researches.
7. Visiting Professor and Organize Series of Lecture on Emerging Trends in Sports Science
8. Purchase of Equipment.
9. Final Report submission.

GRANTS SENCTIONED BY UGC

Total Grant sanctioned by UGC – Rs. 96 Lacks.

Non – Recurring:

- a) Rs. 20 lacks for building. (Sanctioned but not received sofar)
- b) Rs. 35 lacks forequipments.

Recurring:

- a) Rs. 41 lacks for recurring (Rs. 8,20,000 /- will be released every year for period of fiveyears.)
- b) Grant for UGC SAP DRS –I Rs. 43, 20,000/- released in January2017.
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- j) Advisory Committee Meeting – Rs.50,000/-
- k) Books / Journals – Rs. 1,00,000/-

PROPOSED EQUIPMENTS FOR PURCHASE
Session 2020-21

1. Back Leg Chest Dynamometer (DHD-3) and carrycase.
2. Tennis ball feeding Machine with accessories.
3. Synthetic Surface for Badminton Machine arena.
4. Sports psychology questionnaires.
5. Sports psychology Research equipment's (EMG Biofeedback, Anticipation assessment apparatus.
6. Vienna Test system (SPORT).
7. Motion analyzing software with high end Lap Tops for field Research Work.
8. Air- Conditioner Lab and Fitness & Sports Equipments.
9. Sports Research Related Equipments.
10. Construction of Indoor Cricket net Practice Area.

Till 31st March 2020:

Total Amount Spend in 2019-20 till 31th March 2020:
Rs. 11,89,331/-
(Eleven Lacks Eight Nine Thousand Three Hundred and
Thirty-One rupees only)

Remaining amount will be utilized within the due course of time.

DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION
UGC SAP DRS – I
(2016-2021)



ANNUAL REPORT

Session 2020-21

Brief Introduction:

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Dr.DeepakMehta	Coordinator UGCSAP
Dr.SudhiraChandel	Dy.Coordinator UGCSAP
Dr.S.K.Yadav	Senior ProfessorS.O.P.E.

4. Proposed and Approved ThrustAreas:

- a) Evaluation Techniques in Physical education andSports coaching.
- b) SportsPsychology
- c) Sports Physiology & SportsBiomechanics

5. Date of Approval for **UGC SAP DRS –I** at inception was **31/10/2016**.

WORK DONE AS PROPOSED

For

Session 2020-21

**Three Days Workshop on “Officiating in Table-Tennis”
by International Technical Officer was organized on
08th to 10th March 2021**

Dr. Atul Dubey, International Technical Officer and International Referee Table-Tennis delivered his Series of Lectures on different aspects of officiating in Table-Tennis with practical exposé of officiating to participants in National Junior Cadet tournament.

51 students of Physical Education attended the workshop.



Research Project (SAP)

Health Related Parameters of Students and Faculty of Devi Ahilya Vishwavidyalaya, Indore

Dr. Sudhira Chandel is the coordinator of the ongoing Research project.

Health Parameters of the Tested Variables

- (a) Health status includes Body Mass Index,
- (b) Body Fat Percentage,
- (c) Cardiovascular Efficiency,
- (d) Body Age,
- (e) Visceral Fat,
- (f) Resting Metabolism Rate etc.



Data Collection of Research Project

Research Project (SAP)

“Health Status of Rural Colleges Students of Devi Ahilya University, Indore”



Health Status of Rural College students of Devi Ahilya University, Indore

Lecture Series

Lecture on “Nutrition Management and inhouse training of sports person during pandemic” was organized on 06th January 2021

Dr. Susmita, Director, Sports Authority of India, Mumbai Region delivered her lecture on Training and nutrition of sportsperson during Covid 19 pandemic.

100 delegates/students attended the lecture.

**DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION**

**UGC SAP DRS-I
DISTINGUISHED LECTURE SERIES**

Topic

Nutrition Management and in house training for sports person during pandemic



Speaker: Dr. Susmita,
Director, Sports Authority of India, Mumbai Region.

Date: Wednesday, 06.01.2021
Time: 11:00 AM
Online Platform: Google meet

Prof. Deepak Mehta
HEAD

Lecture Series Cont...

Lecture on “Role of Physical Education for the differently abled children” was organized on 09th January 2021


Dr. Indu Majumdar, Professor and Director Physical Education, ITM University, Gwalior (M.P.) delivered her lecture on various benefits of Physical Education and sports for the overall development of differently abled children.

100 delegates/students attended the lecture.

**DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION**

**UGC SAP DRS-I
DISTINGUISHED LECTURE SERIES**

Topic
***Role of Physical Education for the
differently abled children***



Speaker: Prof. Indu Majumdar
***Professor and Director Physical Education,
ITM University, Gwalior (M.P.)***

Date: Saturday, 09.01.2021
Time: 12:00 PM
Online Platform: Google meet

Prof. Deepak Mehta
HEAD

Lecture Series Cont...

Lecture on “**Circadian Rhythm and Exercise**” was organized on 19th January 2021

Dr. Reeta Venugopal, Professor and Head, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) delivered her lecture on effect of circadian rhythm on performance of a sports person and relation of circadian rhythm and Exercise.

100 delegates/students attended the lecture.

**DEVI AHILYA VISHWAVIDYALAYA, INDORE
SCHOOL OF PHYSICAL EDUCATION**

**UGC SAP DRS-I
DISTINGUISHED LECTURE SERIES**

Topic
Circadian Rhythm and Exercise



Speaker: Prof. Reeta Venugopal
*Professor and Head, School of Physical Education,
Pt. Ravishankar Shukla University, Raipur (C.G.)*

Date: Tuesday, 19.01.2021
Time: 11:00 AM
Online Platform: Google meet

Prof. Deepak Mehta
HEAD

Lecture Series Cont...

Lecture on “Methodology of Drawing the Fixtures”

was organized on 12th March 2021

Dr. Atul Dubey, International Technical Officer of Table-Tennis and Assistant Professor, Physical Education, NCERT regional institute, Ajmer (Raj.) delivered his lecture on various methods of drawing fixtures for sports competition.

50 PG and UG students attended the lecture.



Lecture Series Cont...

Lecture on “Statistical Applications in Physical Education” was organized on 15th March 2021

Dr. Rajeev Choudhary, Dean Student Welfare and Professor, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) delivered his lecture on various useful applications of statistics in relation to the research in Physical Education and Sports.

50 Research Scholars and PG students attended the lecture.



Lecture Series Cont...

Lecture on “Sports Training” was organized on 16th March 2021

Dr. Rajeev Choudhary, Dean Student Welfare and Professor, School of Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) delivered his lecture on aspects of Sports training, various training methodology, training cycle, training load etc.

50 UG students attended the lecture.



Equipments Purchased Under UGC SAP DRS-I

Smart wifi Projectors

High end Laptops

Exercise Cycle Bike

LCD Projectors

Audio Visual Facilities (Smart Android wifi TV) etc.

Fitness & Sports Equipments for training and research propose.

Sports Research Related Equipments/questionnaires

Cricket Bowling machine Arena Development

Smart Class Boards.

Tread mill for Cardio-Vascular Testing, etc.

GRANTS SENCTIONED BY UGC

Total Grant sanctioned by UGC – Rs. 96 Lacks.

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- k) Books / Journals – Rs. 1,00,000/-

**REPORT OF
RESEARCH PROJECT**

***DEVI AHILYA VISHWA VIDYALAYA,
INDORE***

SCHOOL OF PHYSICAL EDUCATION

***University Grants Commission
Special Assistance Programme
DRS-I***



RESEARCH PROJECT REPORT

***“A Project on Health Related Parameters of
Students and Faculty of Devi Ahilya
Vishwavidyalaya, Indore”
(2016-21)***

Submitted by

**Coordinator
UGC SAP DRS-I**

**Deputy Coordinator
UGC SAP DRS-I**

Title of Project:

A Project on Health Related Parameters of Students and Faculty of Devi Ahilya Vishwavidyalaya, Indore

Introduction:

The UGC special assistance programme (SAP) is intended through constant efforts to raise the quality of teaching / research in different disciplines/subjects carefully selected on the basis of their work, academic achievements and viable potential for further development. The essence and primary aim of this scheme is combination of teaching and research, to encourage group research efforts in pursuit of excellence.

Under the banner of SAP DRS-I and vide circular of UGC 14-24/2016(CPP III) dated 10.11.2016, School of Physical Education initiated the health status survey of University students and teachers.

Health being the single most important issue hence special consideration on health has to be taken in priority of the educational institutions.

A survey in this regard is being started with the objectives of assessing the health related parameters and to achieve the optimum health for students through training after the assessment of the parameters.

Objectives:

1. To identify the health status of university students in BMI, FAT PERCENTAGE, VISCERAL FAT and LUNG CAPACITY parameters.
2. To provide remedial measures to ensure optimum health through the specific training programme.

Methodology:

The University has thirty two University Teaching Departments imparting education in frontline areas of Physical Education, Computers, IT, Engineering, Life Sciences, Social Sciences, Education and Management etc.

Data for different parameters of health is being collected from the students and faculty of these departments in the university campus using standardized tools for the purpose and the total data of 4158 male and female was collected.

Tools for Data Collection

Standardized tools and equipments is being used for the data collection-

Body Composition Machine

- For data collection of Body Mass Index, Body Fat Percentage, Body Age, Visceral Fat, Resting Metabolism Rate etc.

Stadio-meter

- For data collection of Body Mass Index etc.

Digital Spiro-meter

- For data collection to measure pulmonary function (different respiratory volumes: FVC, TV, IRV, RV, Live Graph etc.)

Findings

The findings with regard to the data collected till March 2019 have been presented in two sections-

1. Body Mass Index – Number and Percentage of Male and Female.
2. Body Fat Percentage - Number and Percentage of Male and Female.

BODY MASS INDEX (BMI)

Body Mass Index Classification

Body Mass Index Value		Classification
Male	Female	
Less than 18.5		Under Weight
18.5 to 24.9		Normal
25 to 29.9		Over Weight
30 & Above		Obese

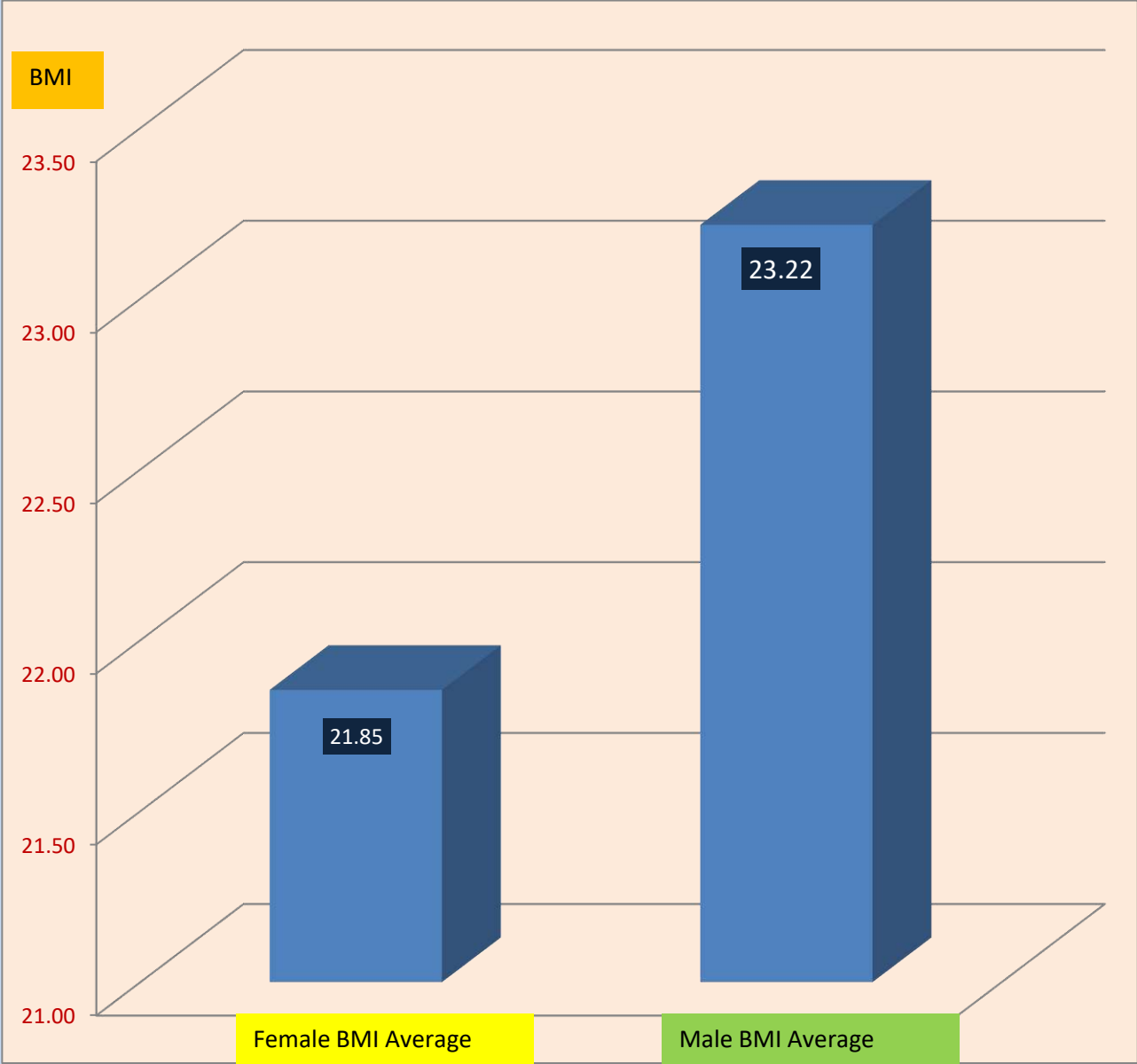
TOTAL NO. OF DATA COLLECTED - 4158

NO. OF MALE - 3183

NO. OF FEMALE – 975

UNIVERSITY MALE AND FEMALE BMI AVERAGE

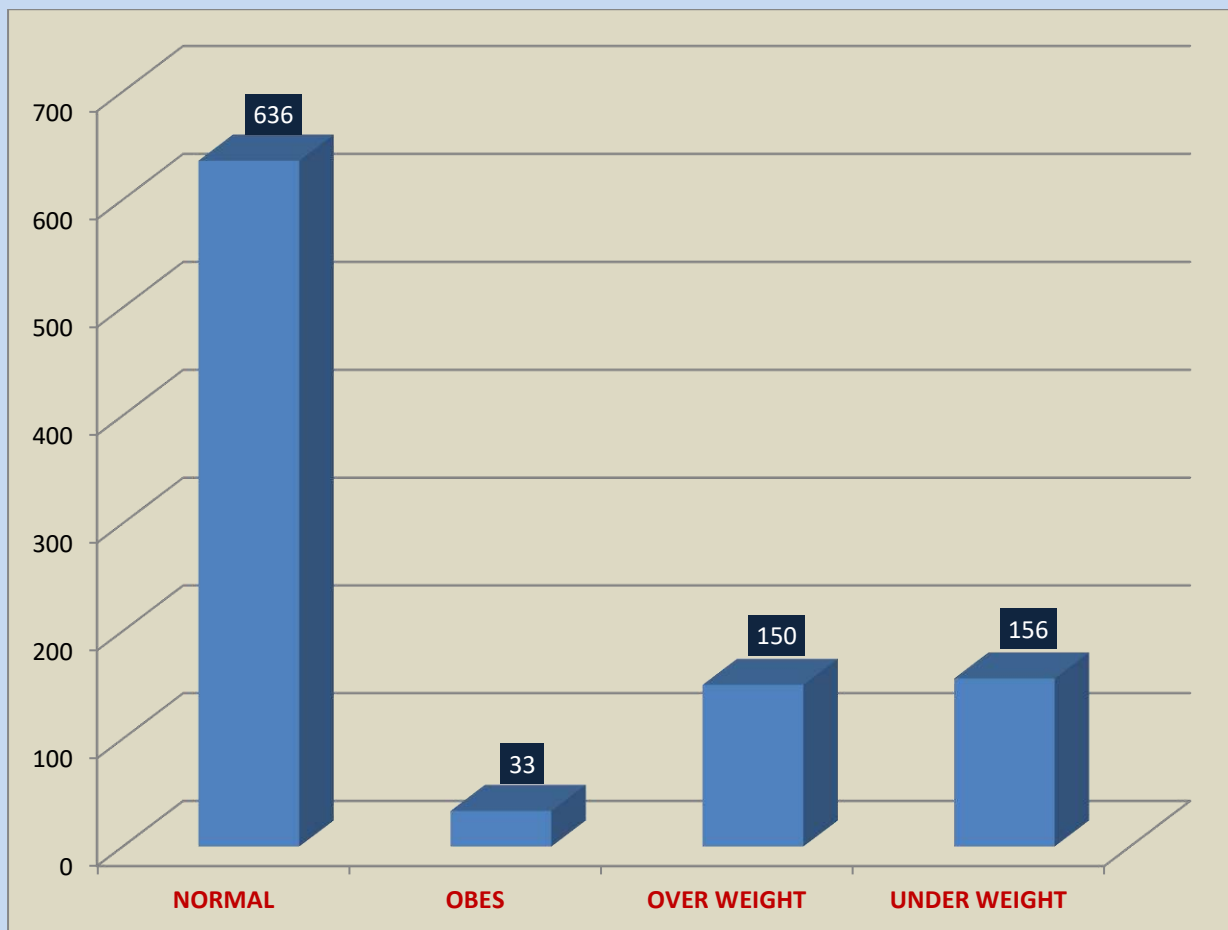
TOTAL NO. OF DATA COLLECTED - 4158
NO. OF MALE - 3183
NO. OF FEMALE - 975



UNIVERSITY FEMALE BMI STATUS

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

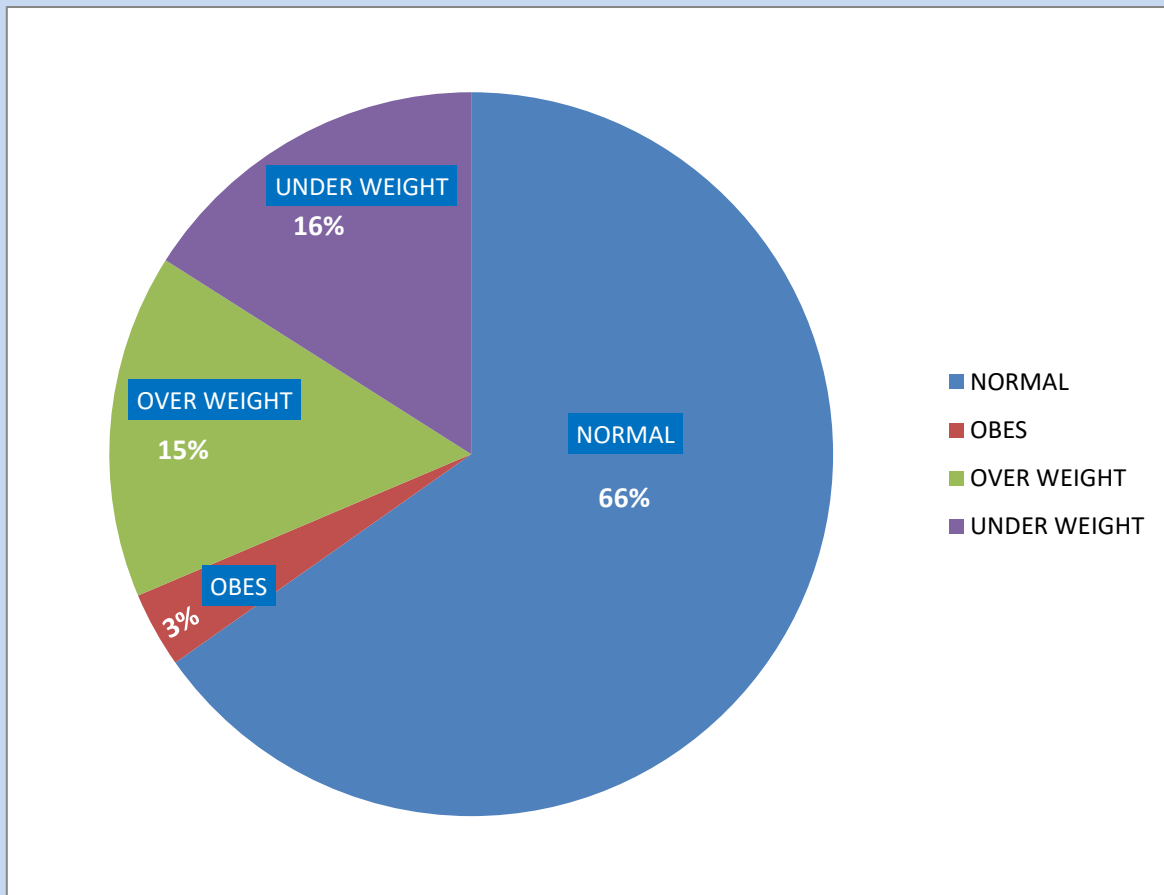
Status of Health according to BMI value	No. of Female
NORMAL	636
OBES	33
OVER WEIGHT	150
UNDER WEIGHT	156



UNIVERSITY FEMALE BMI STATUS PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	636	66%
OBES	33	3%
OVER WEIGHT	150	15%
UNDER WEIGHT	156	16%



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

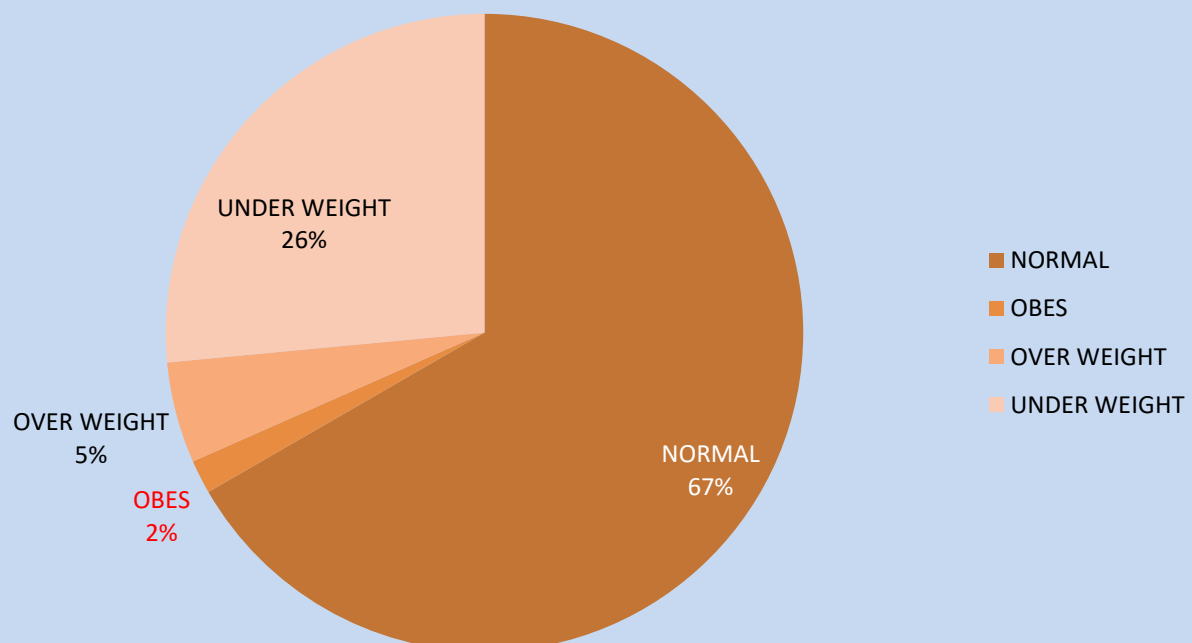
Age Group – 16 to 20 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 16-20 YEARS

351

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	234	67%
OBES	6	2%
OVER WEIGHT	18	5%
UNDER WEIGHT	93	26%

No. of Female (Age Group 16-20 Years) - 351



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

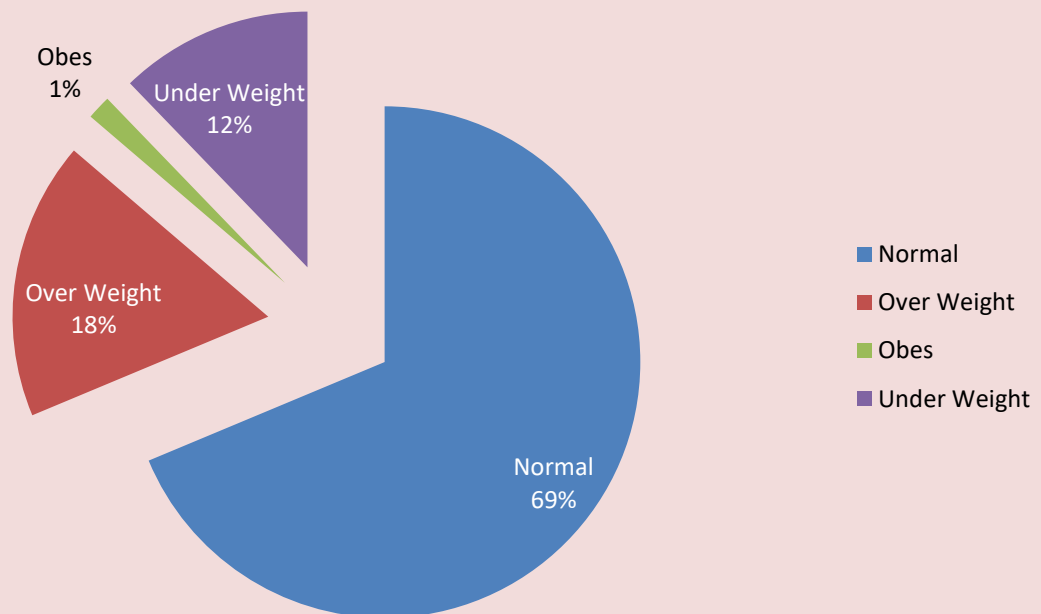
Age Group – 21 to 25 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 21-25 YEARS

393

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	270	69%
OBES	6	2%
OVER WEIGHT	69	17%
UNDER WEIGHT	93	12%

No. of Female (Age Group 21-25 Years) - 393



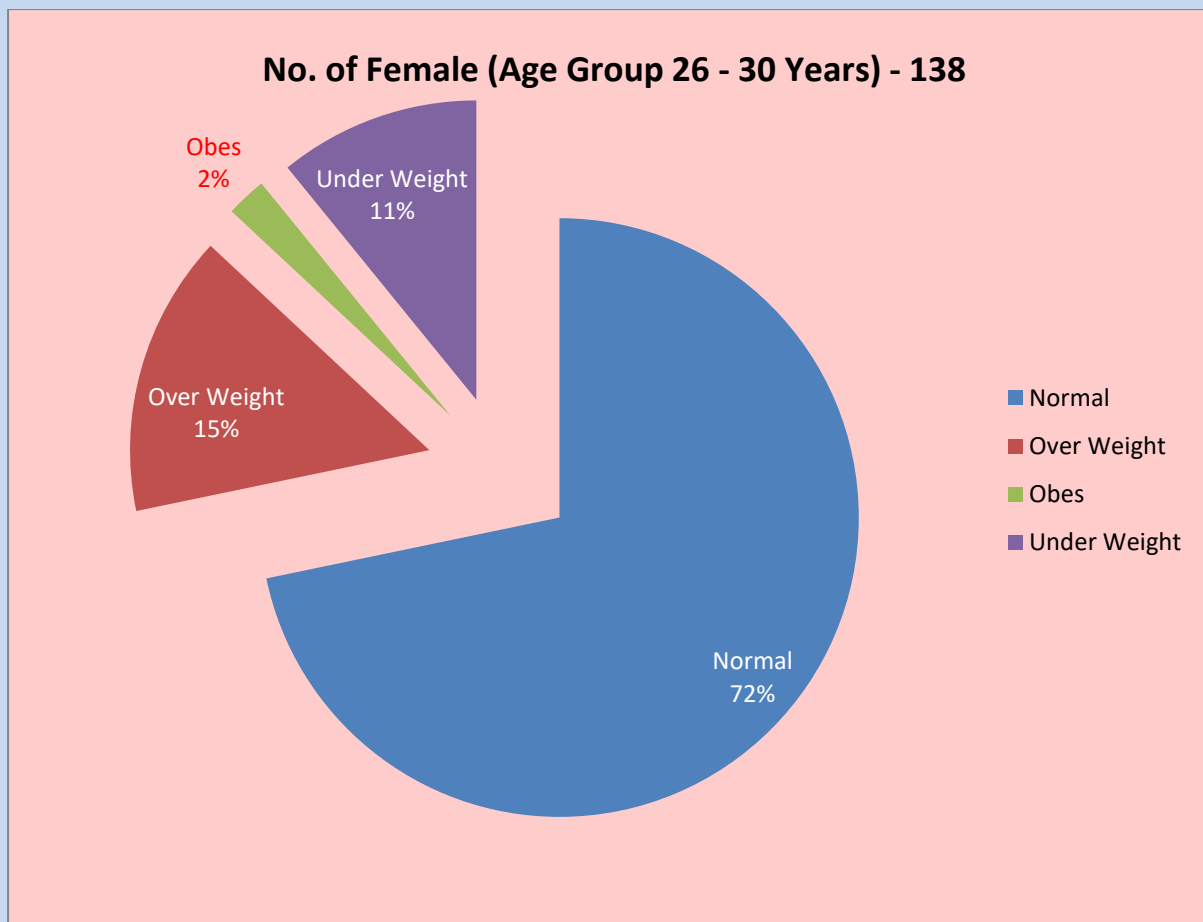
UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 26 to 30 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 26-30 YEARS

138

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	99	72%
OBES	3	2%
OVER WEIGHT	21	15%
UNDER WEIGHT	15	11%



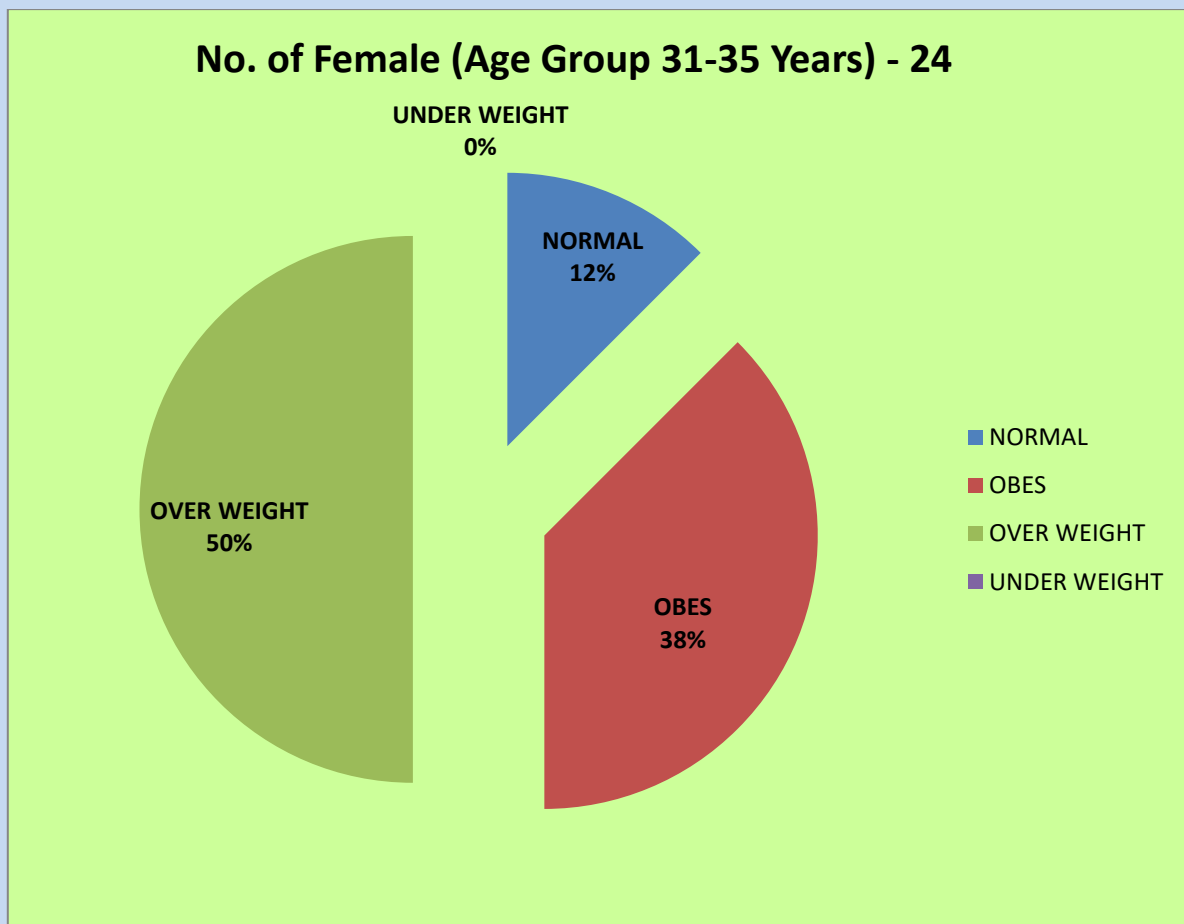
UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 31 to 35 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 31-35 YEARS

24

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	3	12%
OBES	9	38%
OVER WEIGHT	12	50%
UNDER WEIGHT	0	0%



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

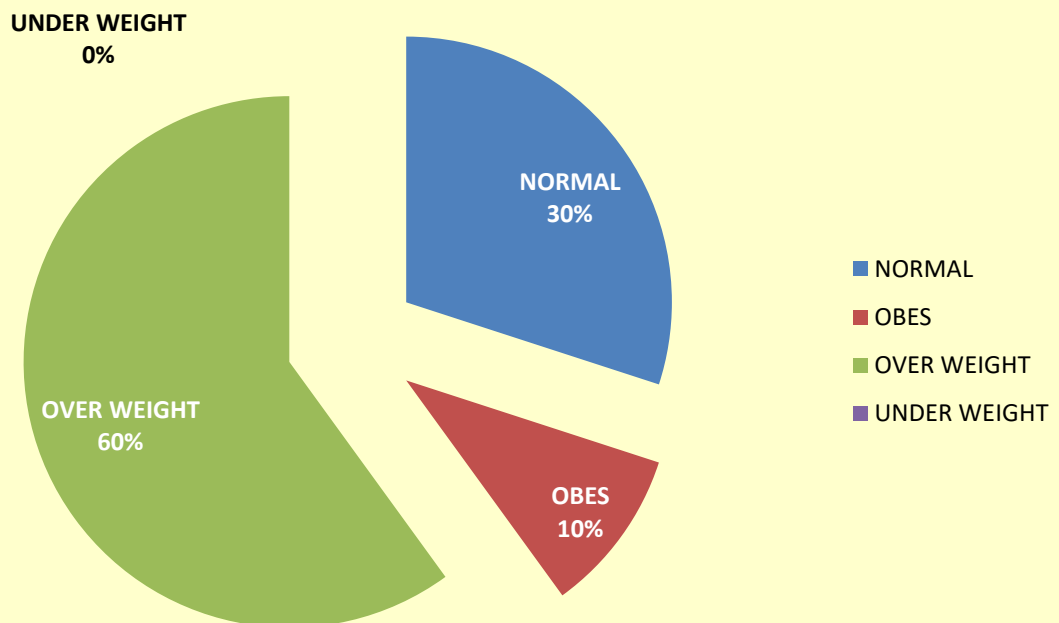
Age Group – 36 to 40 Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 36-40 YEARS

30

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	9	30%
OBES	3	10%
OVER WEIGHT	18	60%
UNDER WEIGHT	0	0%

No. of Female (Age Group 36-40 Years) - 30



UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

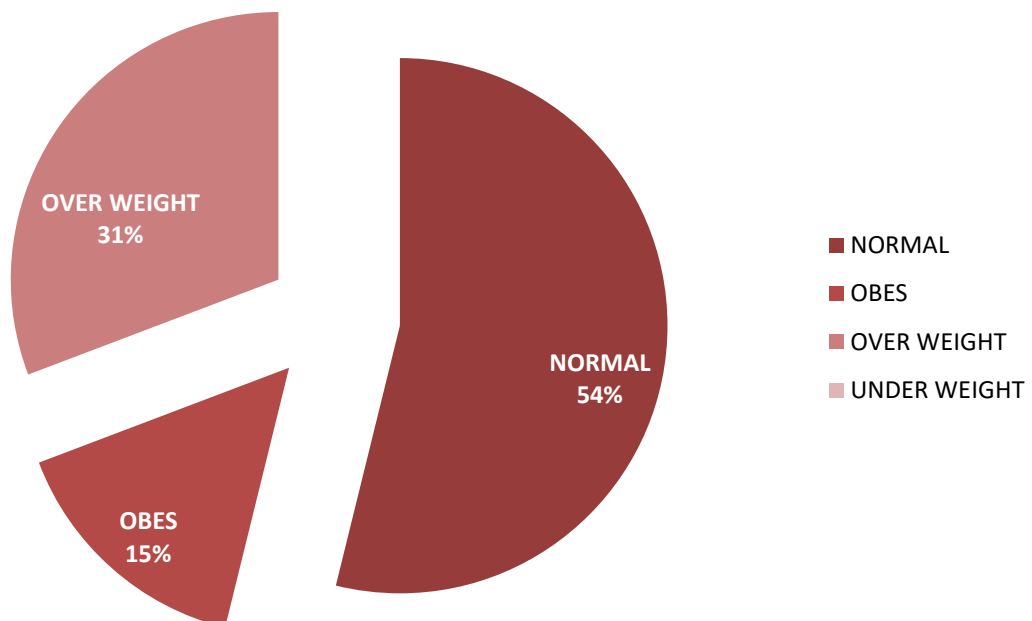
Age Group – 40+ Years

TOTAL NO. OF DATA COLLECTED FROM FEMALE OF AGE GROUP 36-40 YEARS
39

Status of Health according to BMI value	No. of Female	Percentage
NORMAL	21	54%
OBES	6	15%
OVER WEIGHT	12	31%
UNDER WEIGHT	0	0%

No. of Female (Age Group 40+ Years) - 39

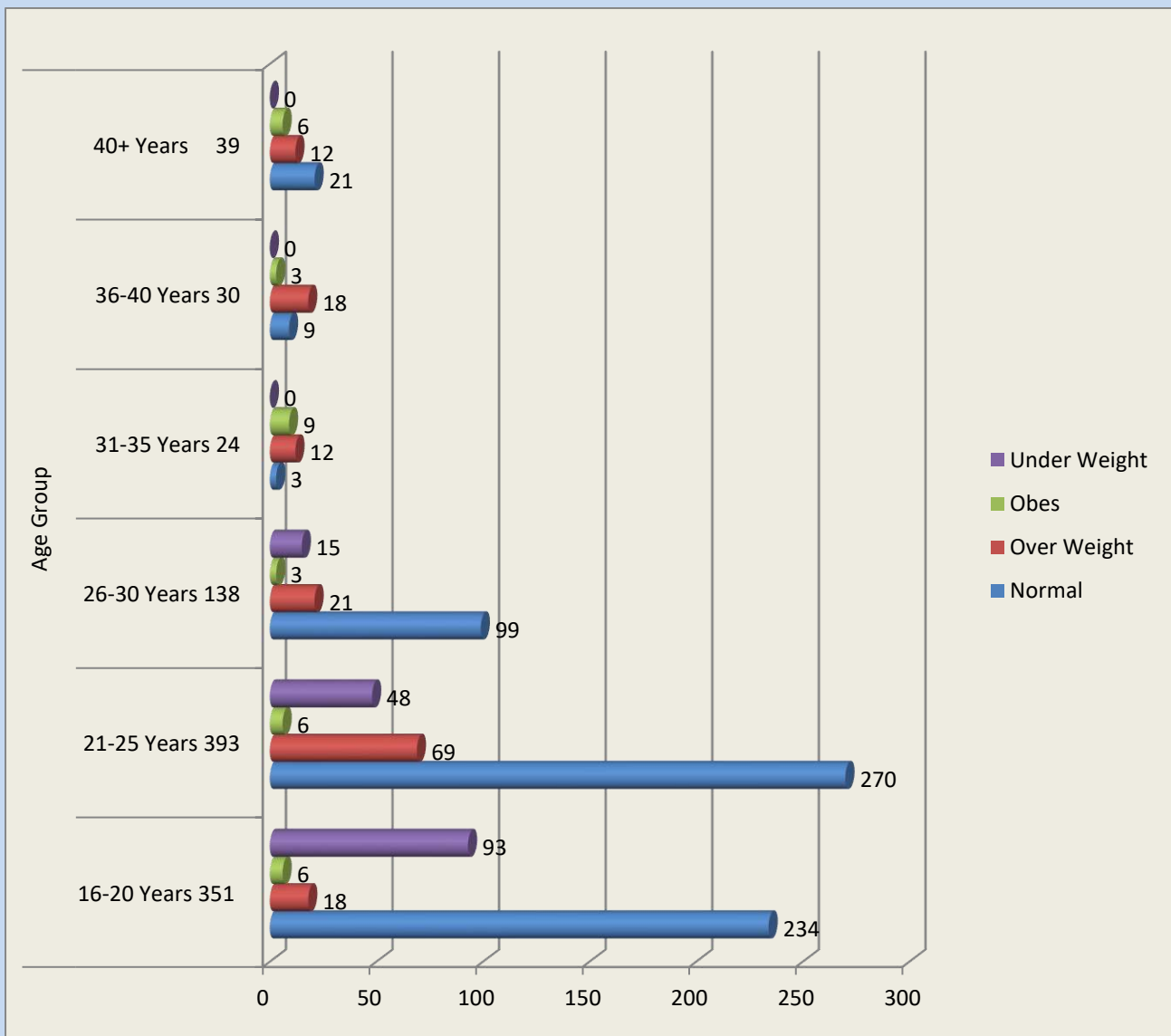
UNDER WEIGHT
0%



OVERALL UNIVERSITY FEMALE BMI STATUS ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

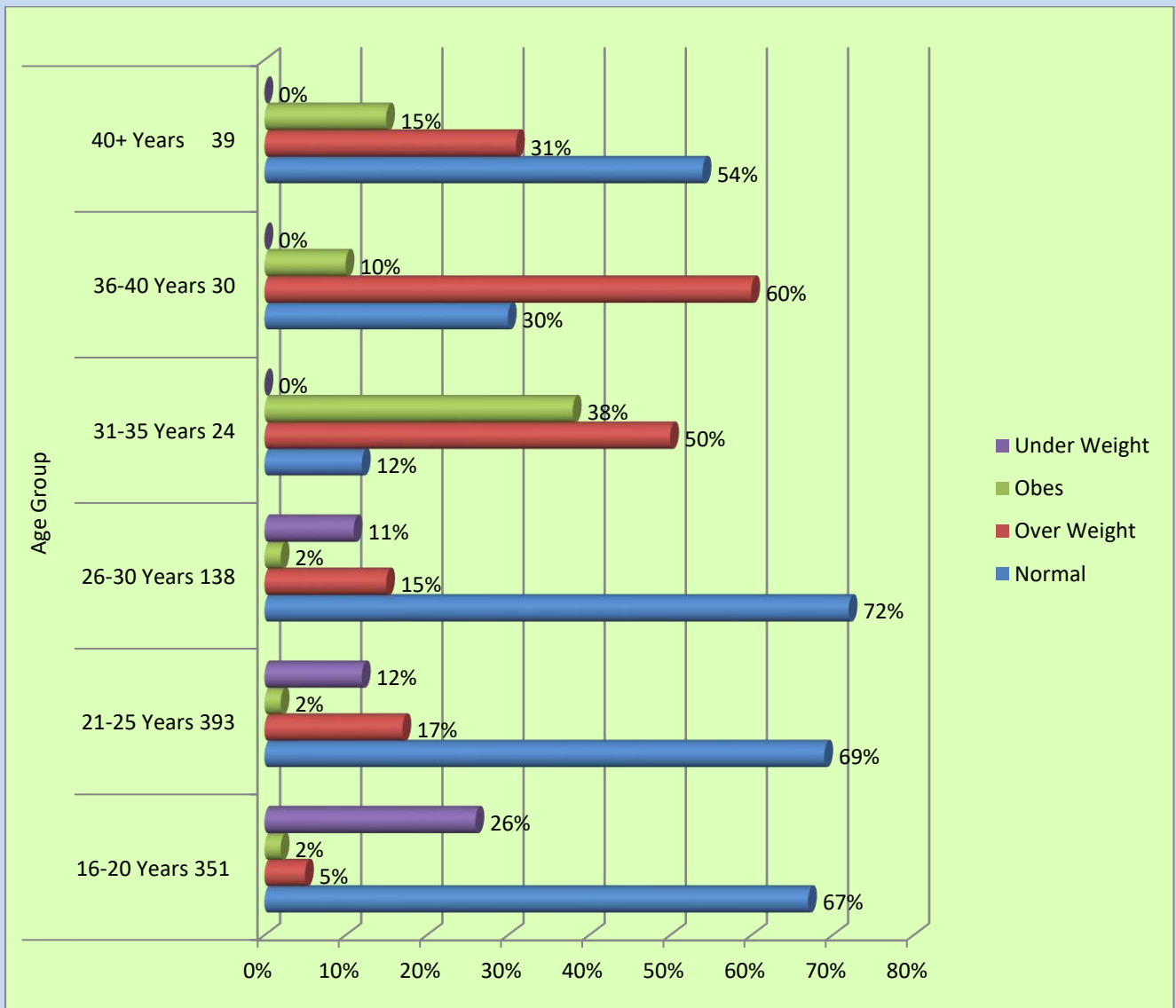
Age Group		Normal	Over Weight	Obese	Under Weight
		16-20 Years 351	234	18	6
21-25 Years 393	270	69	6	48	
26-30 Years 138	99	21	3	15	
31-35 Years 24	3	12	9	0	
36-40 Years 30	9	18	3	0	
40+ Years 39	21	12	6	0	



OVERALL UNIVERSITY FEMALE BMI PERCENTAGE ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

Age Group		Normal	Over Weight	Obese	Under Weight	
Age Group	16-20 Years	351	67%	5%	2%	26%
	21-25 Years	393	69%	17%	2%	12%
	26-30 Years	138	72%	15%	2%	11%
	31-35 Years	24	12%	50%	38%	0%
	36-40 Years	30	30%	60%	10%	0%
	40+ Years	39	54%	31%	15%	0%

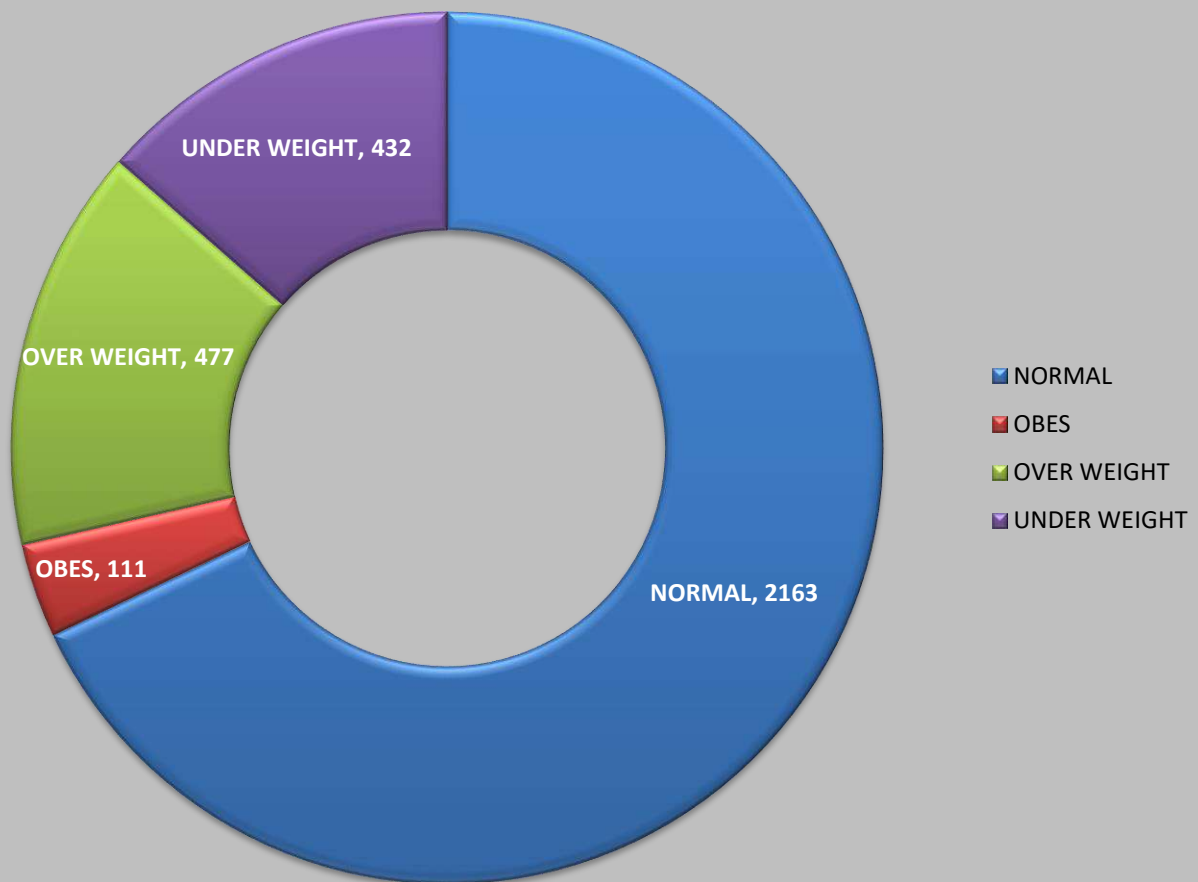


UNIVERSITY MALE BMI STATUS

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to BMI value	No. of Male
NORMAL	2163
OBES	111
OVER WEIGHT	477
UNDER WEIGHT	432

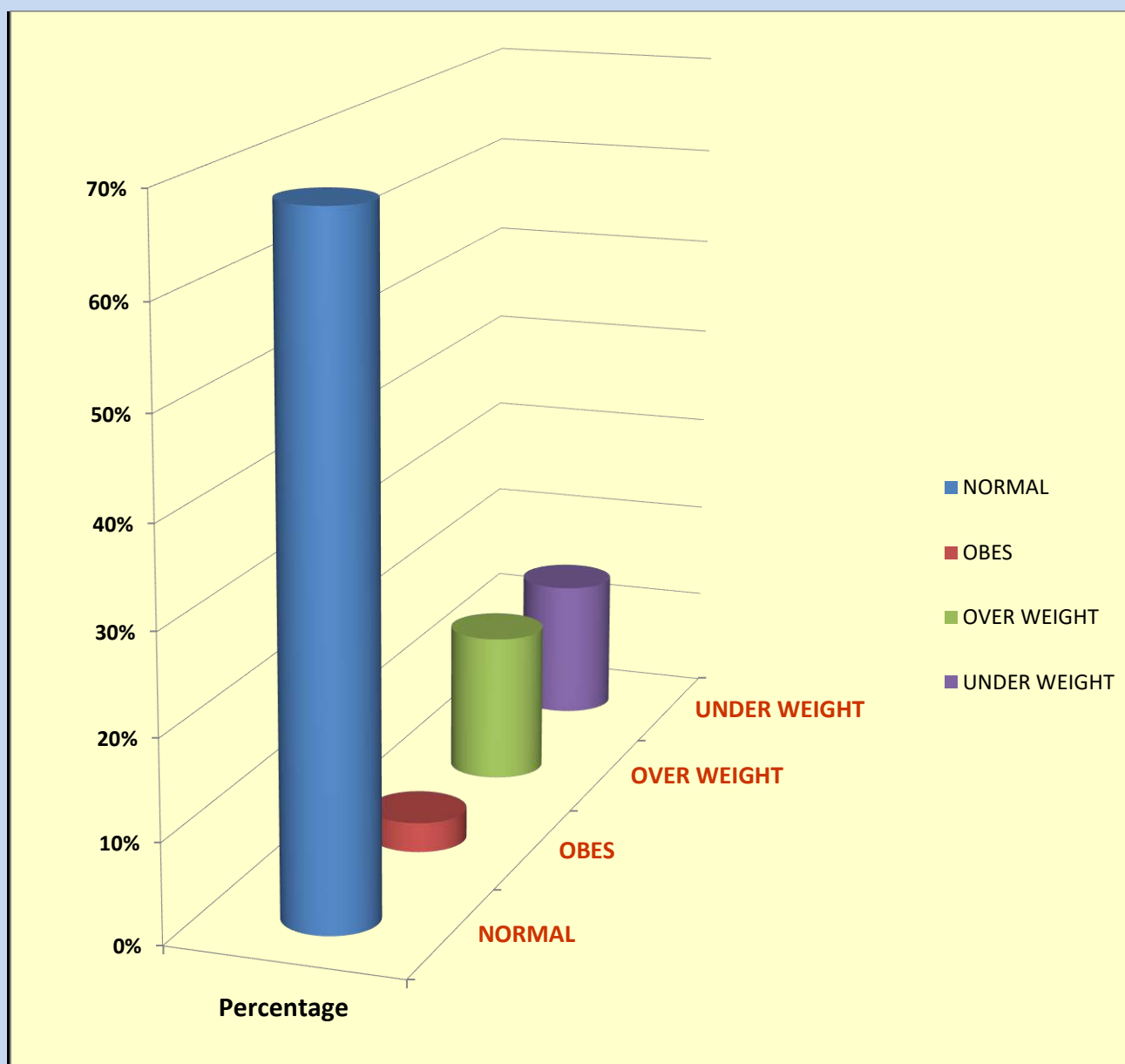
Total No. of Male - 3183



UNIVERSITY MALE BMI STATUS PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	2163	68%
OBES	111	3%
OVER WEIGHT	477	15%
UNDER WEIGHT	432	14%



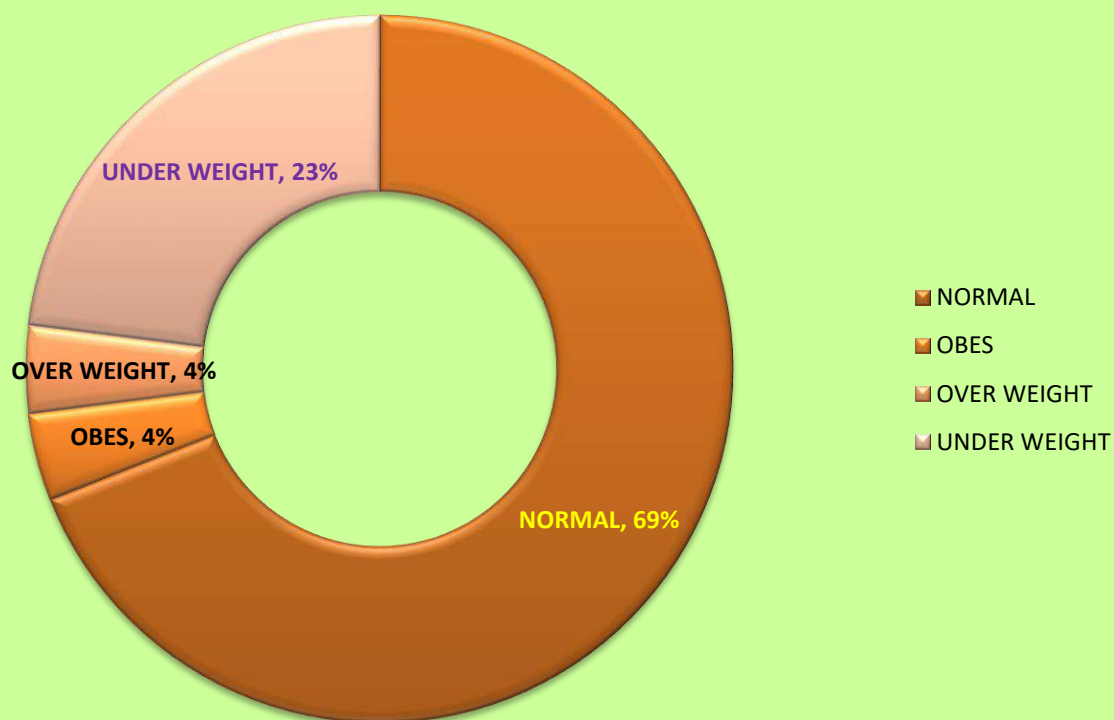
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 16 to 20 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 16-20 YEARS
945

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	654	69%
OBES	42	4%
OVER WEIGHT	36	4%
UNDER WEIGHT	213	23%

Total No. of Male (Age Group 16-20 Years) - 945



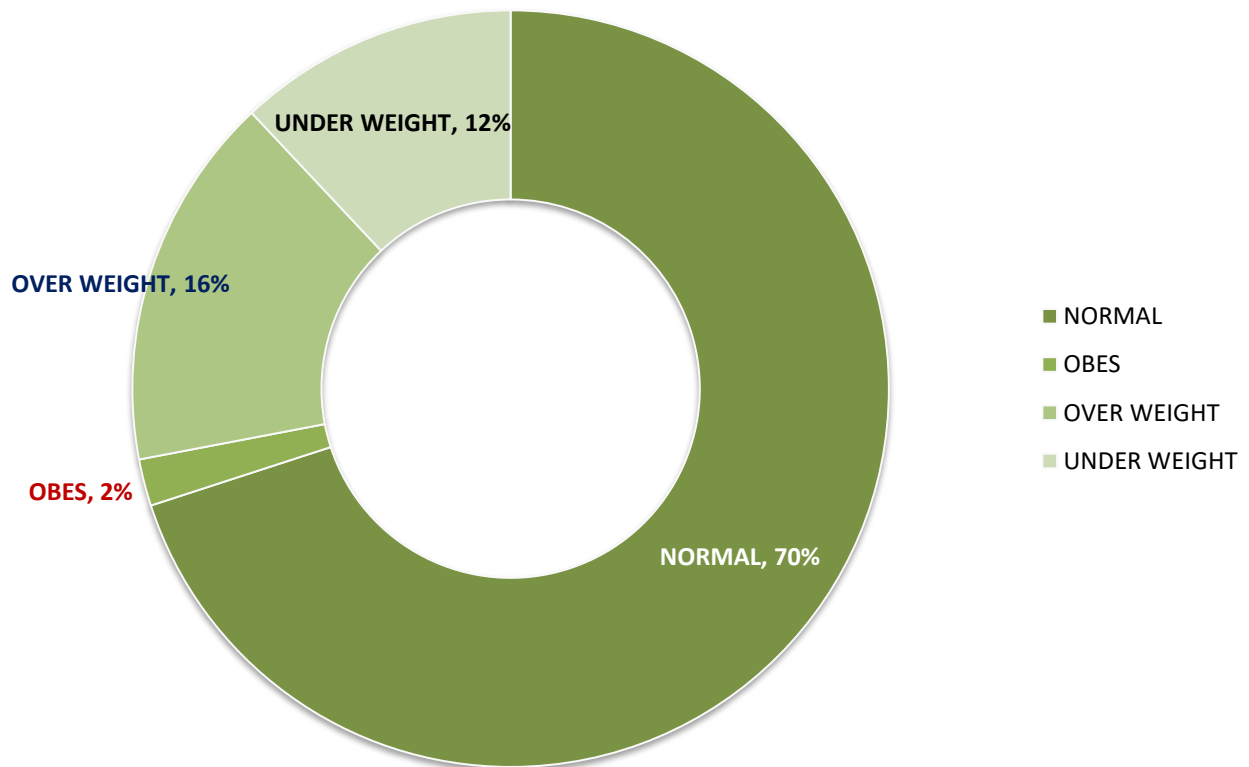
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 21 to 25 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 21-25 YEARS
1538

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	1077	70%
OBES	27	2%
OVER WEIGHT	248	16%
UNDER WEIGHT	186	12%

Total No. of Male (Age Group 21-25 Years) - 1538



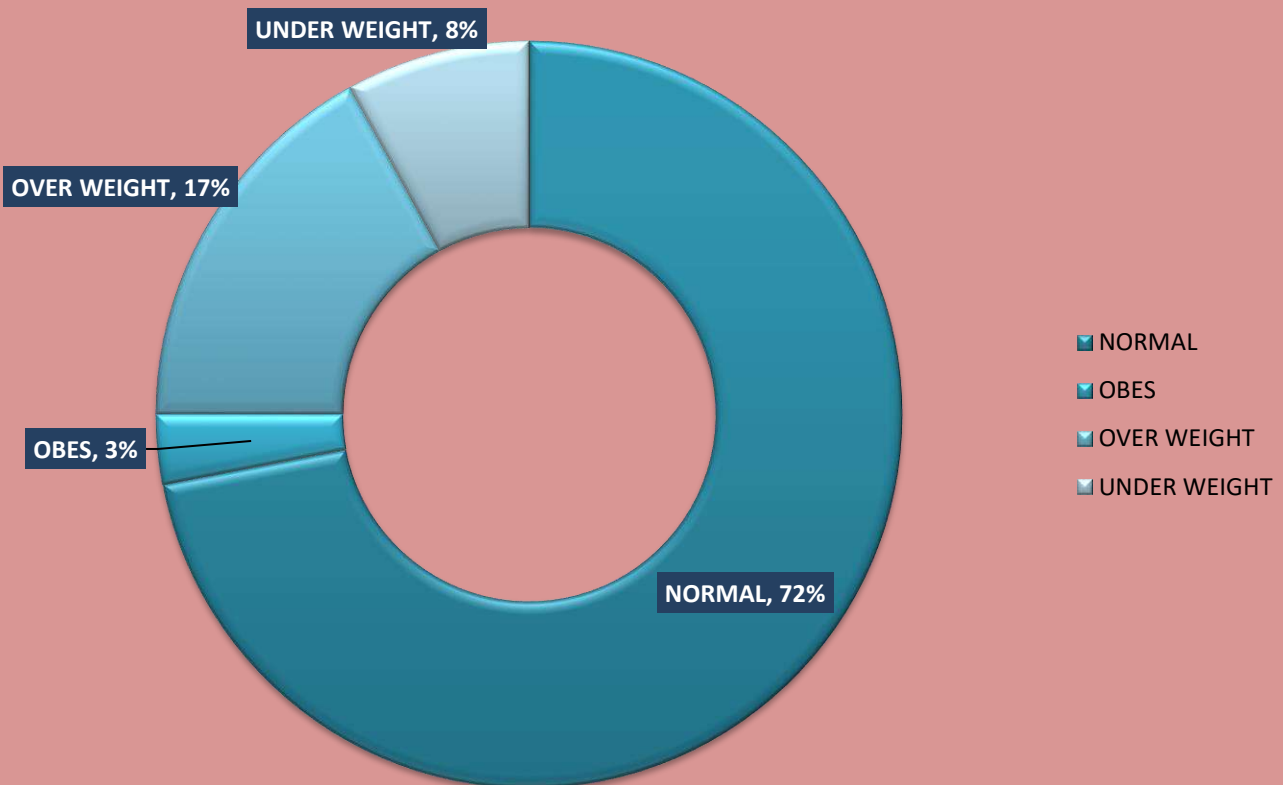
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 26 to 30 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 26-30 YEARS
420

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	303	72%
OBES	12	3%
OVER WEIGHT	72	17%
UNDER WEIGHT	33	8%

Total No. of Male (Age Group 26-30 Years) - 420



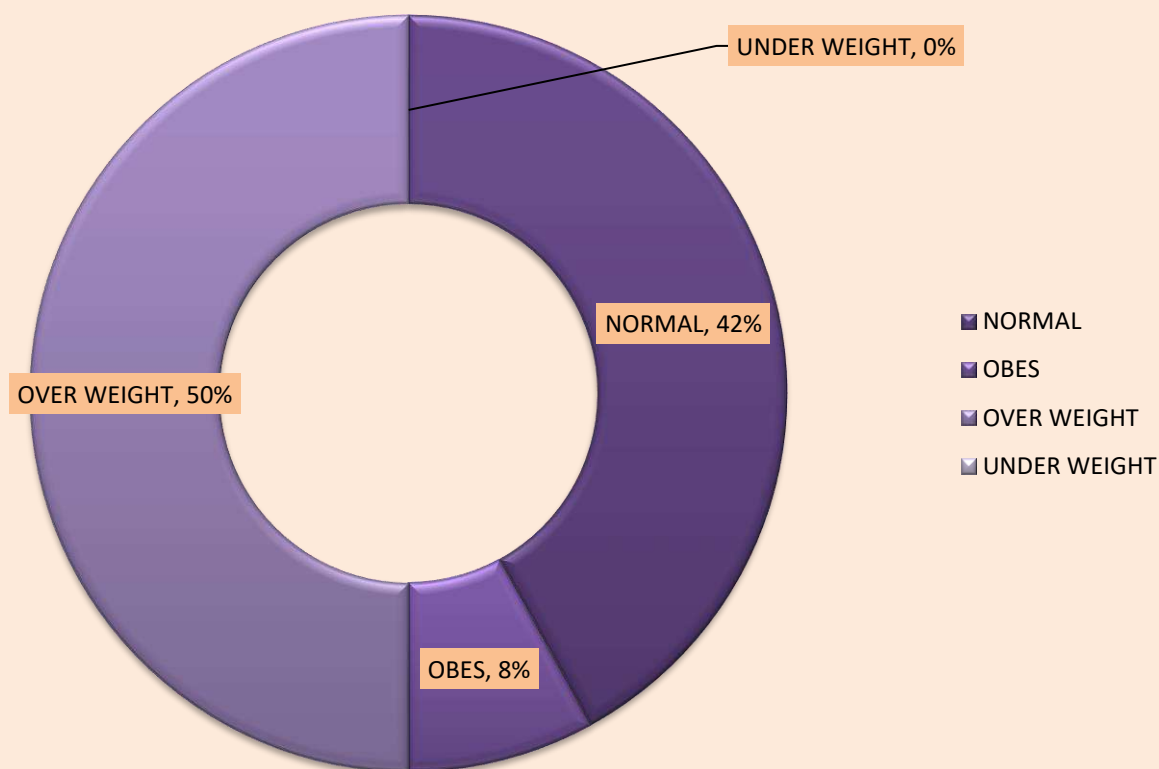
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 31 to 35 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 31-35 YEARS
72

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	30	42%
OBES	6	8%
OVER WEIGHT	36	50%
UNDER WEIGHT	0	0%

Total No. of Male (Age Group 31-35 Years) - 72



UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

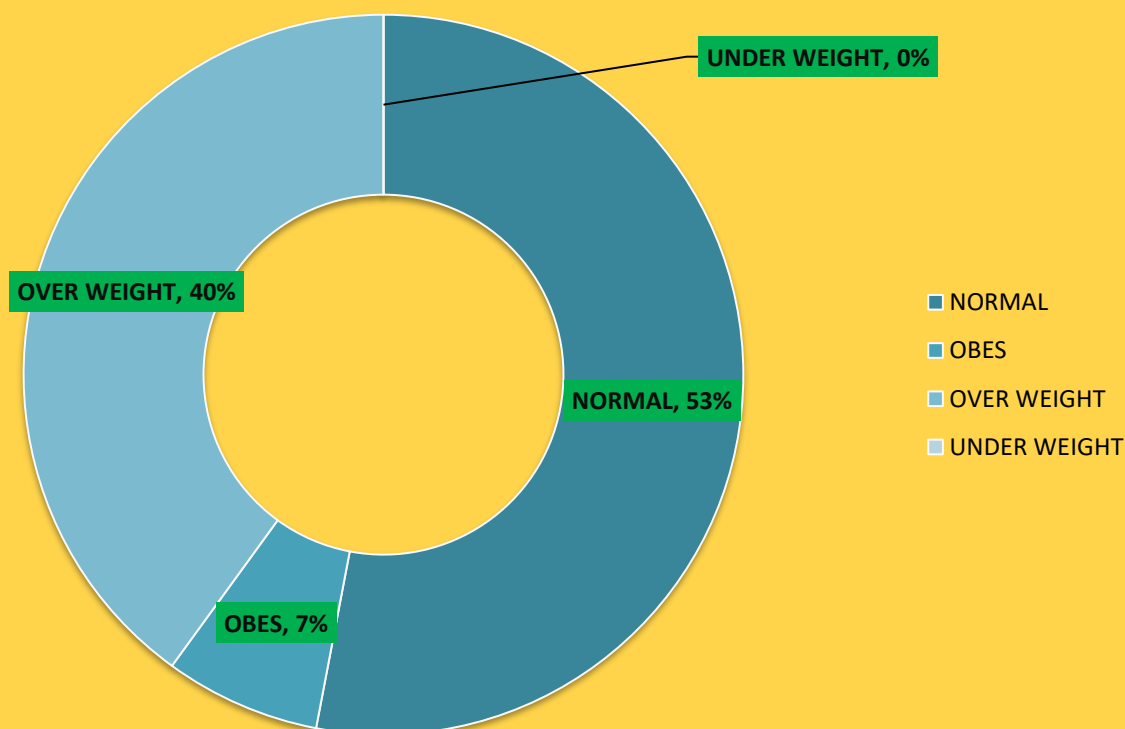
Age Group – 36 to 40 Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 36-40 YEARS

45

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	24	53%
OBES	3	7%
OVER WEIGHT	18	40%
UNDER WEIGHT	0	0%

Total No. of Male (Age Group 36 to 40 Years) - 45



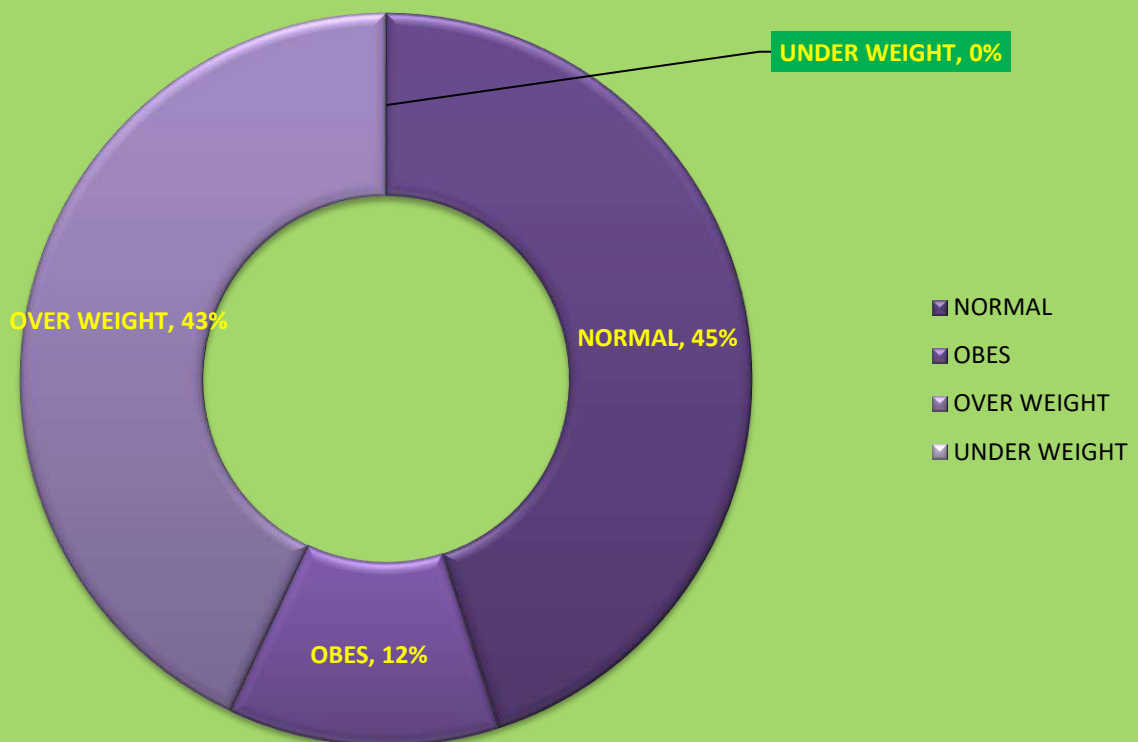
UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

Age Group – 40+ Years

TOTAL NO. OF DATA COLLECTED FROM MALE OF AGE GROUP 40+ YEARS
175

Status of Health according to BMI value	No. of Male	Percentage
NORMAL	78	45%
OBES	21	12%
OVER WEIGHT	76	43%
UNDER WEIGHT	0	0%

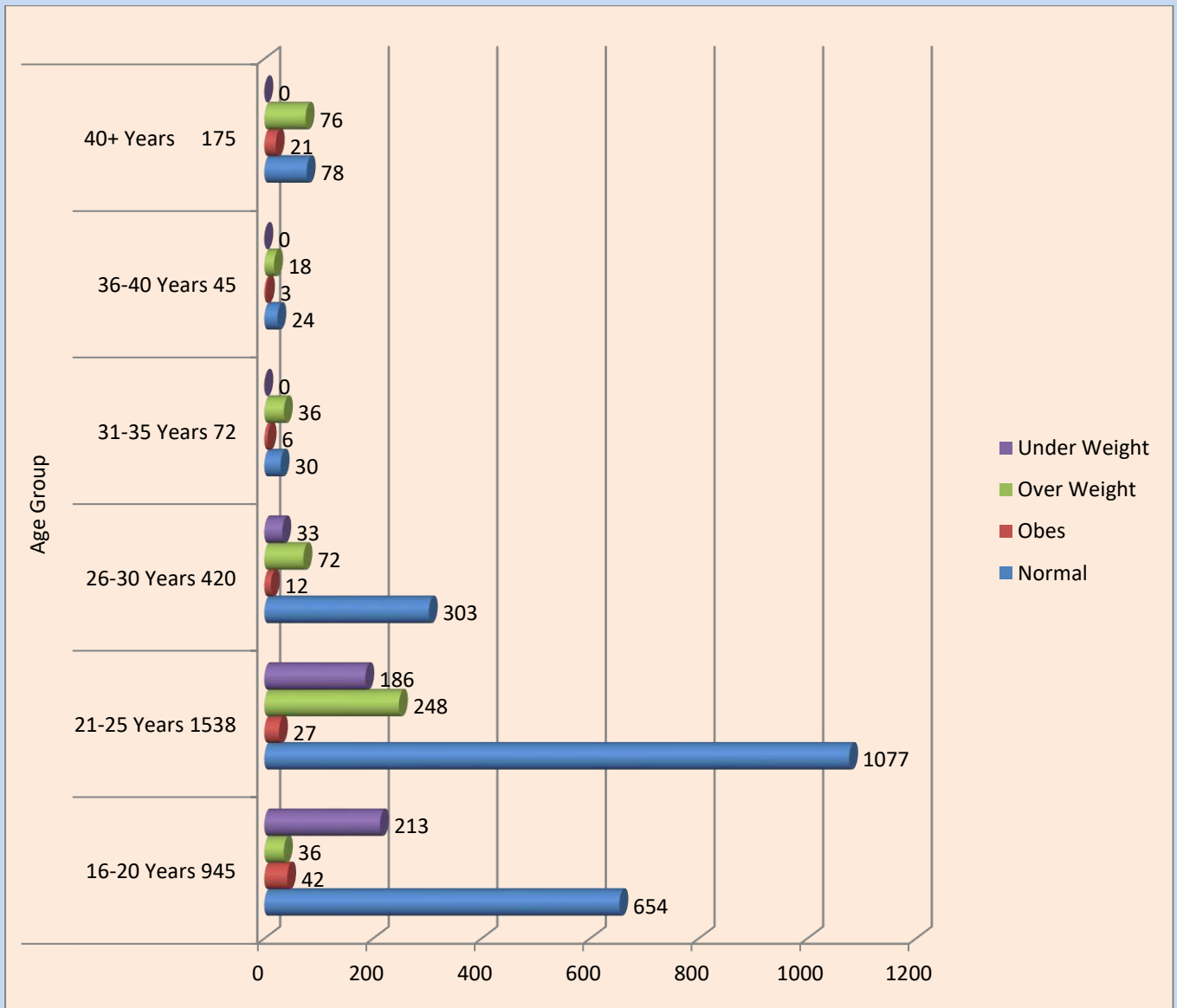
Total No. of Male (Age Group 40+ Years) - 175



OVERALL UNIVERSITY MALE BMI STATUS ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

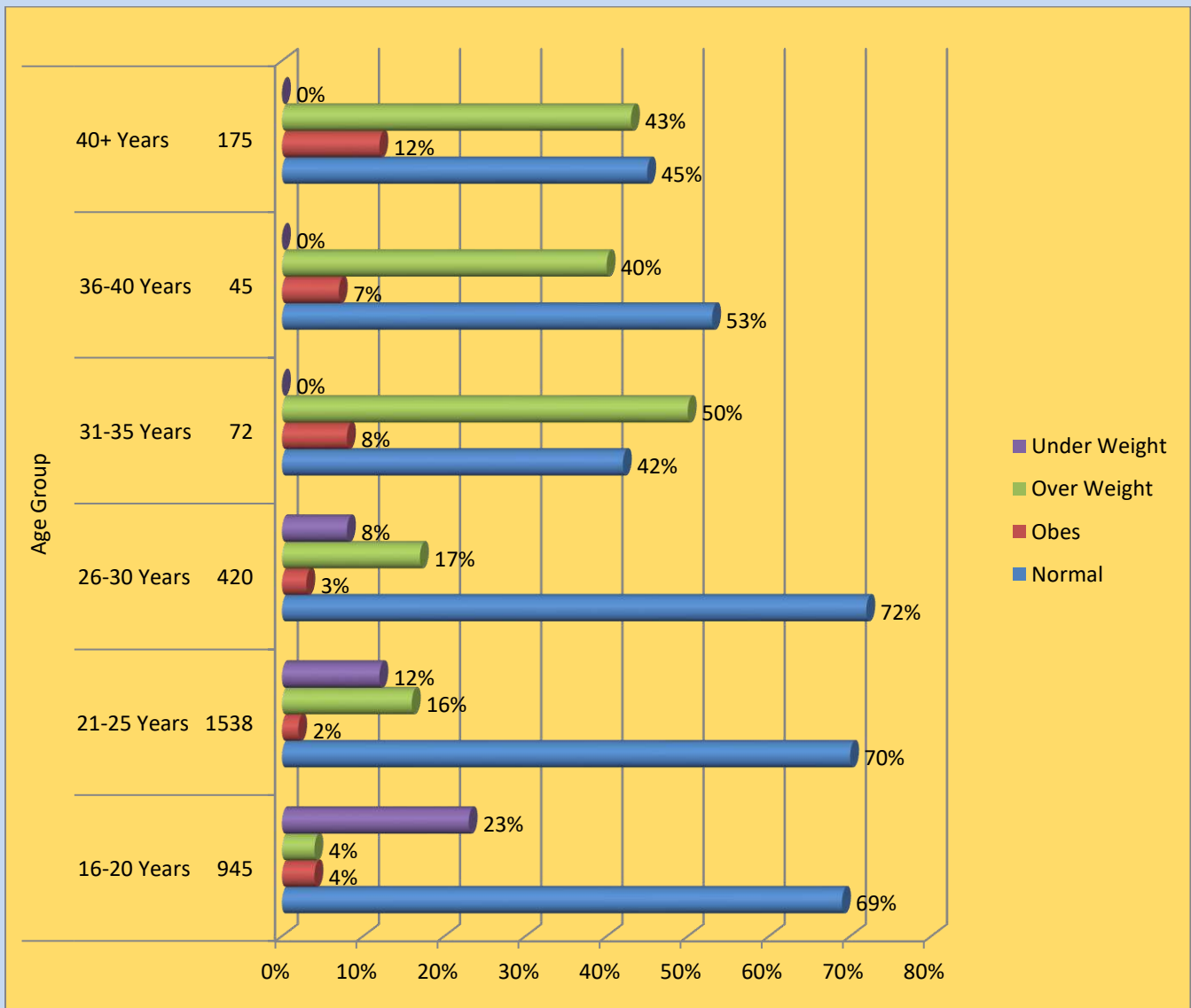
		Normal	Obese	Over Weight	Under Weight
Age Group	16-20 Years 945	654	42	36	213
	21-25 Years 1538	1077	27	248	186
	26-30 Years 420	303	12	72	33
	31-35 Years 72	30	6	36	0
	36-40 Years 45	24	3	18	0
	40+ Years 175	78	21	76	0



OVERALL UNIVERSITY MALE BMI PERCENTAGE ACCORDING TO THEIR AGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Age Group		Normal	Obese	Over Weight	Under Weight	
Age Group	16-20 Years	945	69%	4%	4%	23%
	21-25 Years	1538	70%	2%	16%	12%
	26-30 Years	420	72%	3%	17%	8%
	31-35 Years	72	42%	8%	50%	0%
	36-40 Years	45	53%	7%	40%	0%
	40+ Years	175	45%	12%	43%	0%



BODY FAT PERCENTAGE

Body Fat Percentage Classification

Body Fat Percentage		Classification
Male	Female	
5.0 - 9.9%	5.0 - 19.9%	Low
10.0 - 19.9%	20.0 - 29.9%	Normal
20.0 - 24.9%	30.0 - 34.9%	High
25% & Above	35% & Above	Very High

TOTAL NO. OF DATA COLLECTED - 4158

NO. OF MALE - 3183

NO. OF FEMALE – 975

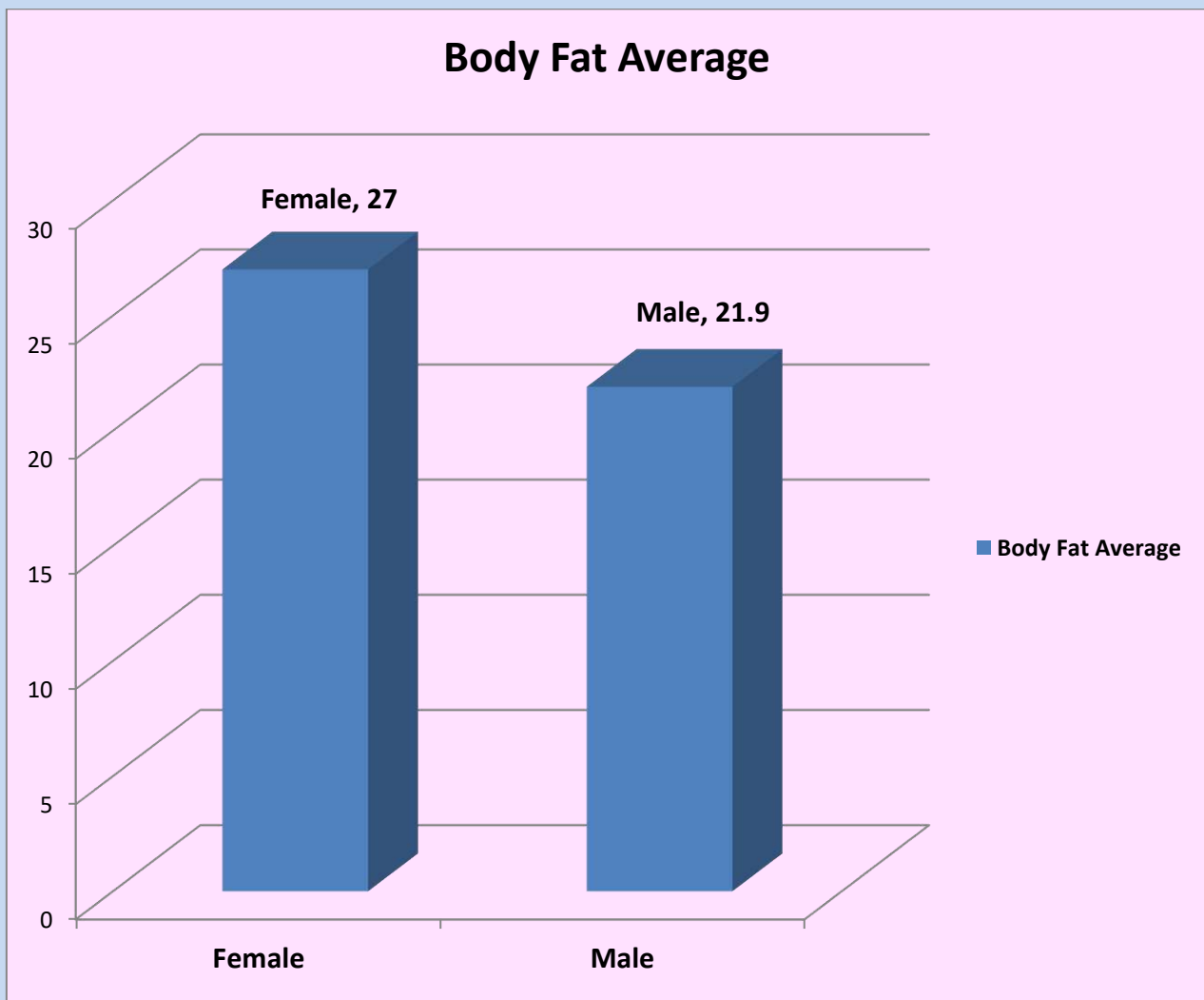
UNIVERSITY MALE AND FEMALE BODY FAT PERCENTAGE AVERAGE

TOTAL NO. OF DATA COLLECTED - 4158

NO. OF MALE - 3183

NO. OF FEMALE - 975

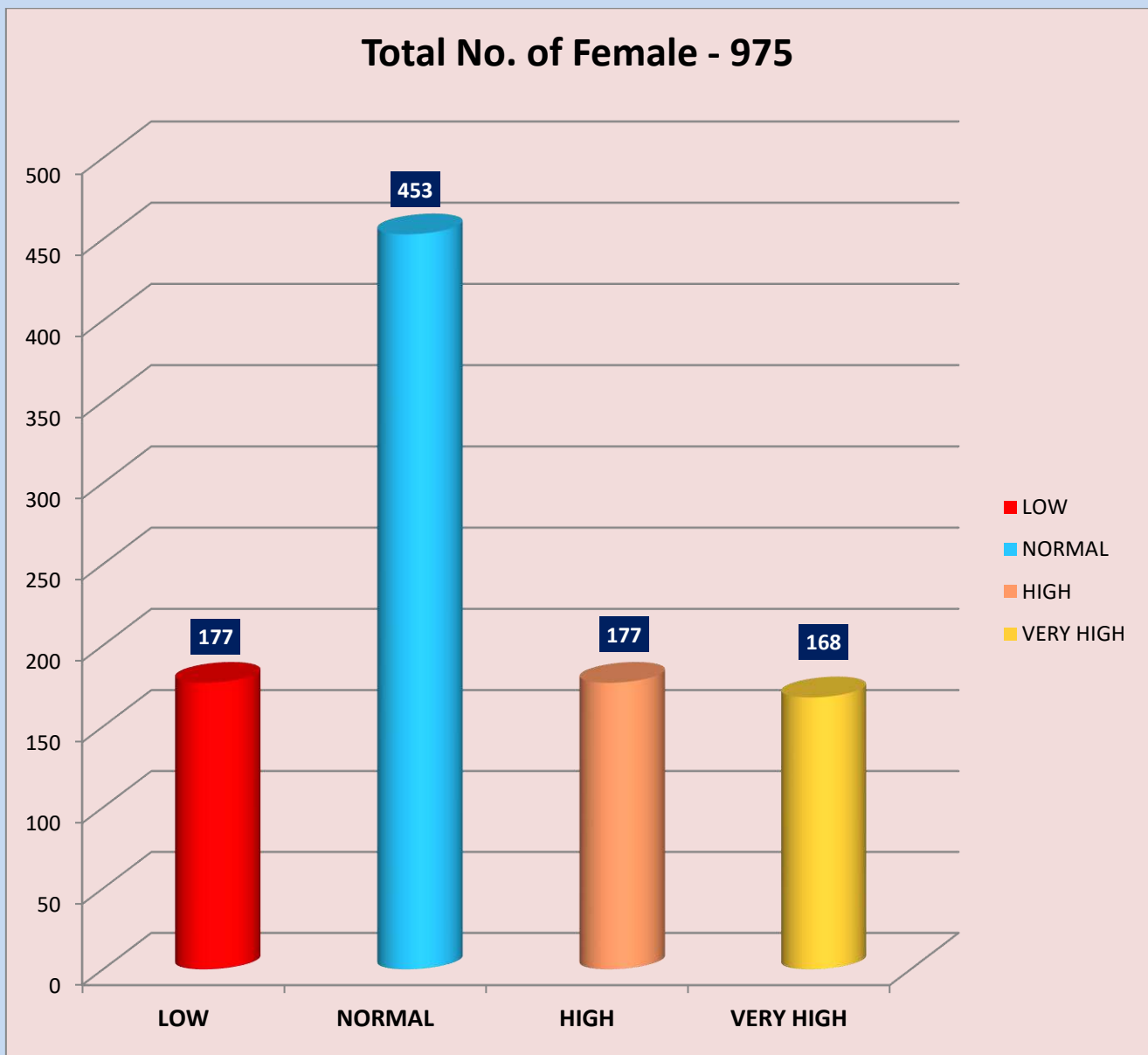
	Body Fat Average	Classification
Female	27%	Normal
Male	21.9%	High



UNIVERSITY FEMALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

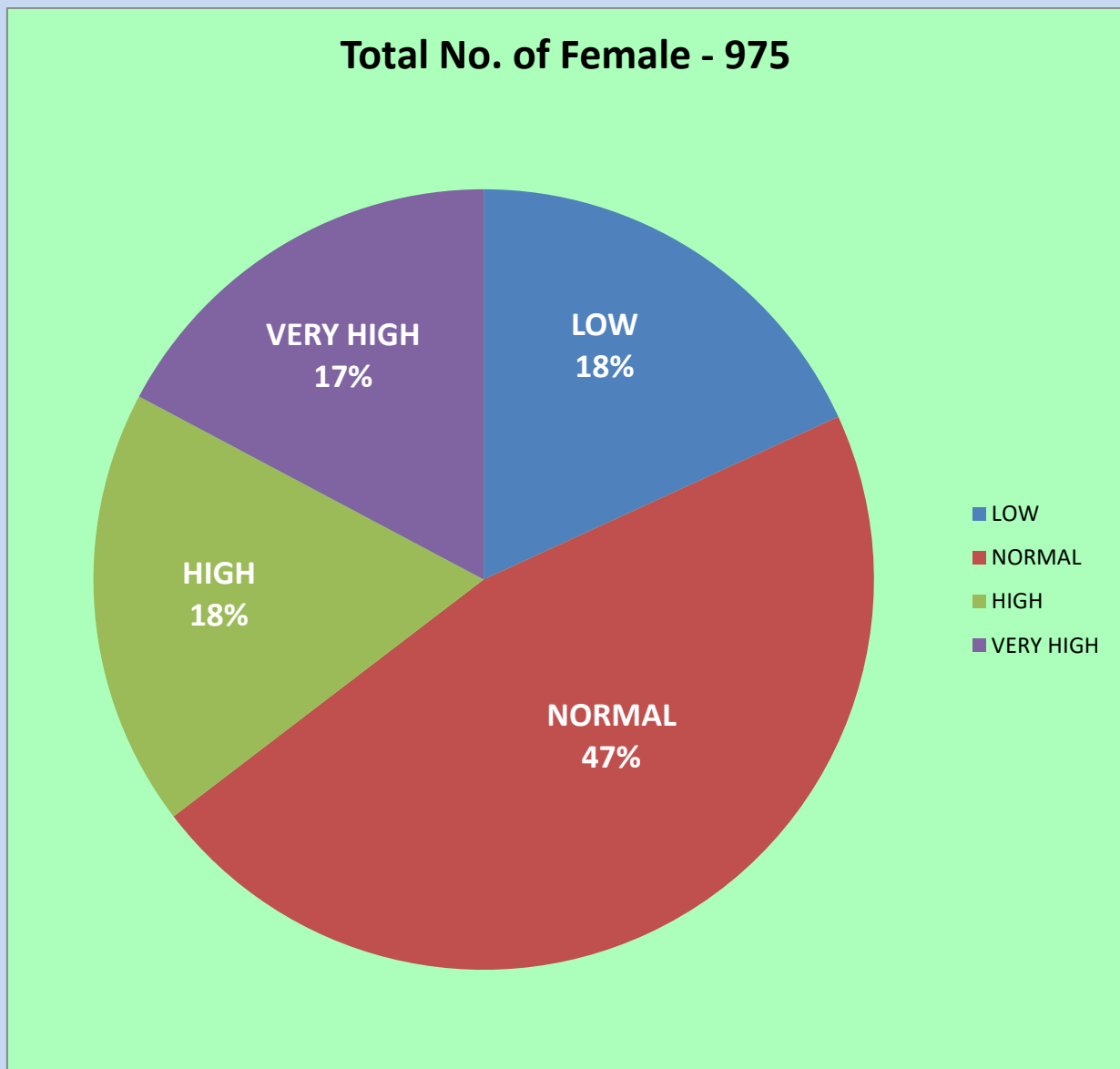
Status of Health according to Body Fat Percentage	No. of Female
LOW	177
NORMAL	453
HIGH	177
VERY HIGH	168



UNIVERSITY FEMALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM FEMALE – 975

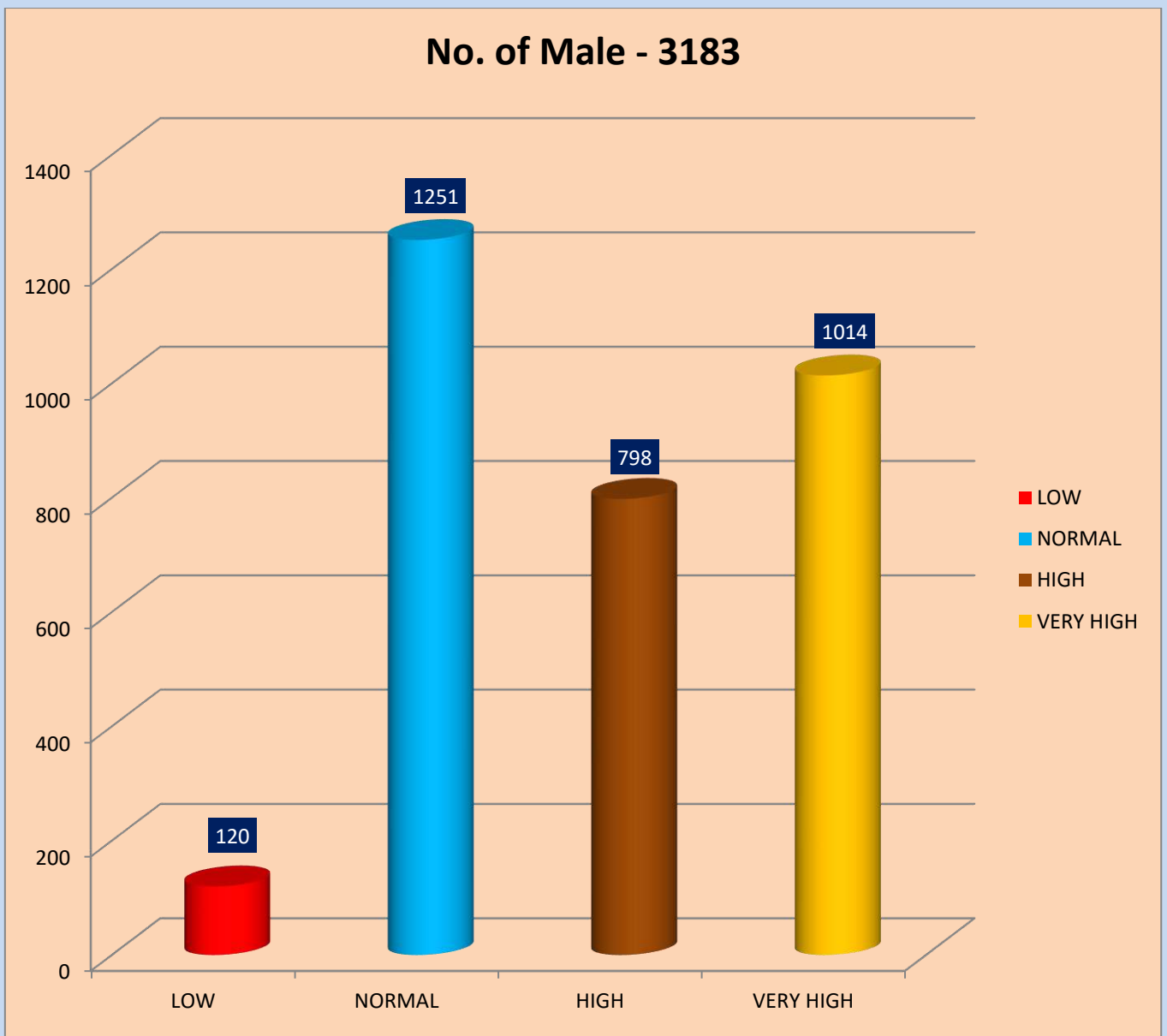
Status of Health according to Body Fat Percentage	No. of Female	Percentage
LOW	177	18%
NORMAL	453	47%
HIGH	177	18%
VERY HIGH	168	17%



UNIVERSITY MALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to Body Fat Percentage	No. of Male
LOW	120
NORMAL	1251
HIGH	798
VERY HIGH	1014



UNIVERSITY MALE BODY FAT PERCENTAGE

TOTAL NO. OF DATA COLLECTED FROM MALE – 3183

Status of Health according to Body Fat Percentage	No. of Male	Percentage
LOW	120	4%
NORMAL	1251	39%
HIGH	798	25%
VERY HIGH	1014	32%

No. of Male - 3183

