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*UGC- Academic Staff College 2015
Refresher Course in Physical Education*

Participants List

20 February 2015 to 12 March 2015

SN	Person Name	Subject	College Name	Mobile no.
1	Mr. Mukesh Solanki	Physical Education	School of Physical Education, DAVV, Indore	9993020032
2	Mr. Surendra Singh Thakur	Sports	S.G.J. Quaderia College, Burhanpur (MP)	8989616614
3	Mr. Mangesh Saramandal	Physical Education	M.L.C. Govt. Girls College, Khandwa, (M.P.)	9826313299
4	Mr. Rajendra Patil	Physical Education	Sewa Sadan College, Burhanpur (MP)	9425188257
5	Mr. Lokesh Kesarwani	Physical Education	Annie Besant College, Indore (MP)	9876799768
6	Dr. Vivek B. Sathe	Physical Education	School of Physical Education, DAVV, Indore	9300748215
7	Mr. Bharat Verma	Physical Education	Paliwal Pastgraduate College, Firozabad, (U.P.)	9425052124
8	Mr. Santosh Kumar Tiwari	Physical Education	Shramdham Arts & Commerce College, Katni	9425859712
9	Mr. Premanand Sharma	Sports	Govt. College Rajgarh, (M.P.)	9425097571
10	Dr. Satyendra Sharma	Physical Education	PMB Gujrati Science College, Indore	9425056294
11	Mr. Abdul Saeed Khan	Sports	Barkatullah University, Bhopal	9425038097
12	Mr. Sangram Singh Sathe	Physical Education	SKP, Govt.P.G. College, Dewas, (M.P.)	9926962066
13	Mr. Balwant Salunke	Physical Education	Vaishnav Institute of Management, Indore (MP)	9827222289

*UGC- Academic Staff College
Refresher Course in Physical Education
(20/02/2015 to 12/03/2015)*

Resource Person List

<i>SN</i>	<i>Name of Resource Person</i>	<i>Mobile No.</i>
1	Dr. Namrata Sharma	9993077123
2	Dr. K. K. Khare	9424417221
3	Dr. Sudhira Chandel	9827574485
4	Dr. S. K. Yadav	9826535933
5	Dr. Brij Kishore Prasad	9300061055
6	Dr. N.P. Sharma	9811924492
7	Dr. G. D. Ghai	9425005862
8	Prof. S. N. Sharma	9814743075
9	Dr. Deepak Mehta	9826336271
10	Dr. Annirudh Sisodiya	9425114712
11	Prof. A. S. Sajwan	9826617448
12	Prof. C. D. Agashe	9425503534
13	Prof. Ajay Kumar	9302237716
14	Mr. Vivek Pandey	9425335863
15	Dr. V.K. Srivastava	9479360582

GC - Academic Staff College, DAV, Jammu
Refresher Course in Physical Education and Yoga

TIME TABLE

Day/Date	10.30 am to 12:00 pm	12.00 pm to 1.30 pm	1.30 pm to 2.30 pm	2.30 pm to 4.00 pm	4.00 pm to 5.30 pm	
Monday 02-03-2015		Dr. S.N. Sharma	B R E A K	Prof. Deepak Mehta	Badminton	
Tuesday 03-03-2015		Dr. S.N. Sharma			Dr. A.S. Sisodiya	
Wednesday 04-03-2015		Prof. A.S. Sajwan			Prof. C.D. Agashe	
Thursday 05-03-2015		Prof. C.D. Agashe			Prof. Deepak Mehta	Prof. Ajay Kumar
Friday 06-03-2015		<i>Holi</i>			<i>Holi</i>	
Saturday 07-03-2015		Prof. Vivek Pandey			Prof. Vijay Shrivastava	
Monday 09-03-2015		<i>Recreational / Education Tour</i>			<i>Recreational / Education Tour</i>	
Tuesday 10-03-2015		<i>Rang Panchami</i>			<i>Rang Panchami</i>	
Wednesday 11-03-2015	Objective Test	Prof. S. Chandel			Prof. Ajay Kumar	T.T.
Thursday 12-03-2015	Dr. Namrata Sharma	Prof. Ajay Kumar			<i>Valedictory Function</i>	

UGC-Academic Staff College, DAVV, Indore
Refresher Course in Physical Education and Yoga

TIME TABLE

Day/Date	10.30 am to 12:00 pm	12.00 pm to 1.30 pm	1.30 pm to 2.30 pm	2.30 pm to 4.00 pm	4.00 pm to 5.30 pm
Friday 20-02-2015	Registration	Inauguration Prof. A.K. Dutta	B R E A K	Kho-Kho Dr. Vivek B Sathe	Library
Saturday 21-02-2015	Prof. K.K. Khare			Computer IT Centre	
Monday 23-02-2015	Prof. S. Chandel	Dr. Satyendra Sharma		Prof. S.K. Yadav	Yoga Dr. Vivek B Sathe
Tuesday 24-02-2015	Dr. Brij Kishore Prasad			Dr. Namrata Sharma	Badminton
Wednesday 25-02-2015	Dr. Brij Kishore Prasad			Computer IT Centre	
Thursday 26-02-2015	Dr. N.P. Sharma			Prof. S. Chandel	Library
Friday 27-02-2015	Prof. G. D. Ghai			Computer IT Centre	
Saturday 28-02-2015	Prof. G. D. Ghai			Kabbadi	Library
Sunday 01-03-2015	Dr. S.N. Sharma			Presentations Prof. S.Chandel	

REPORT

Refresher Course in Physical Education

Date: 20/02/2015

Session I & II

Time 10:30 am to 01:30 pm

Dignitaries: Chief Guest- Prof. A.K. Dutta, Department of Physics, DAVV, Indore

Director-Dr. Namrata Sharma,

Course Coordinator-Dr. S.K. Yadav, Head, School of Physical Education, DAVV, Indore

Registration

Registration process has been done by all the participants.

Inauguration

The course was inaugurated by Dr. A.K. Dutta, Chairman, UTD Sports Board, in presence of Course coordinator & HOD, School of Physical Education, Prof. S.K. Yadav, Prof. Bhumesh Gupta & Dr. Namrata Sharma, Director of ASC, DAVV, Indore. Dr. Dutta emphasized on mass participation in sports & he motivated all the participants by his speech. Dr. S.K. Yadav, Course Coordinator of Refresher course provided information regarding schedule of the course. The welcome speech and vote of thanks was given by Dr. Namrata Sharma.

Date: 20/02/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Dr. Vivek B. Satfle

Topic: Rules & Regulations of Kho-Kho.

He threw lights on the new rules & regulations of Kho-Kho game. He also showed videos related with sports skills as well as rules and regulations.

Date: 20/02/2015

Session IV

Time 04:00 pm to 05:30 pm

Library

Participants visited the library of school of Physical Education for their references.

Date: 21/02/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Dr. K.K. Khare

Topic: Health, fitness & wellbeing.

He focused the role of Physical Education and Sports in the field of health & fitness. He emphasized the life style & living of sedentary people also.

Date: 21/02/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. K.K. Khare

Topic: *Methods & Techniques of educational research.*

He explained the various methods & techniques used for modern research in the field of Physical Education & other disciplines.

Date: 21/02/2015

Session III & IV

Time 02:30 pm to 05:30 pm

IT Centre

Participants visited DAVV IT centre for gathering online resources using internet facilities.

Date: 23/02/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Prof. Sudhira Chandel

Topic: Stress Management

Prof. Chandel delivered her lecture emphasizing on stress management techniques. She also explained that how to come out from various stresses of day to day life by different techniques like meditation, yoga, sports etc.

Date: 23/02/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. Satyendra Sharma

Topic: Laws of Badminton

He explained thoroughly each and every aspect related to Badminton laws and regulations. He also gave important information about organization, making & officiating of various tournaments.

Date: 23/02/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Dr. S.K. Yadav

Topic: Methods of drawing fixtures

He explained from basic to advance methods of drawing fixtures of various levels of tournament. He also provided information regarding making draws at zonal and all India intervarsity level also.

Date: 23/02/2015

Session IV

Time 04:00 pm to 05:30 pm

Resource Person: Dr. Vivek B. Sathe

Topic: Yoga Practical

Participants did practical of various yogasanas and got information about the does and don'ts while performing asanas.

Date: 24/02/2015

Session I & II

Time 10:30 am to 01:30 pm

Resource Person: Dr. Brij Kishore Prasad

Topic: Scientific dishonest in research & Plagiarism

He delivered two lectures emphasizing on various drawbacks of research scholars in present scenario. He focused that how the scholars for getting easy & faster results using plagiarism. He also explained the ethics of research.

Date: 24/02/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Dr. Namrata Sharma

Topic: Time Management

"Time is the scarcest resource", she started with the quotation of Peter Drucker. She also enriched how to utilize the time in your day to day life.

Date: 24/02/2015

Session IV

Time 04:00 pm to 05:30 pm

Resource Person: Prof. S. K. Yadav

Topic: Badminton Practical

Participants learned the basic shots of badminton and enjoyed the match practice also.

Date: 25/02/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Dr. Brij Kishore Prasad

Topic: Latest changes in field Hockey

He gave important information about the latest changes implemented in the field hockey.

Date: 25/02/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. Brij Kishore Prasad

Topic: Review of winter Olympic Games.

He focused on Indian participation in winter Olympic Games and also gave introduction about the organisation of winter games by various countries. With the quotation of Shiv Kheda : Winners do not do different things but they do the things differently. He tries to motives the participants and he quoted several quotations also.

Date: 25/02/2015

Session III & IV

Time 02:30 pm to 05:30 pm

IT centre

Participants visited IT Centre for online resources.

Date: 26/02/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Dr. N. P. Sharma

Topic: Psychological factors effecting skill performance.

He explained about the psychological factors responsible during the game situation. The performance of an athlete is depends on his aptitude and skill acquisition.

Date: 26/02/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. N. P. Sharma

Topic: Test on concentration and teacher-student confidence.

Practically he taught about the importance of concentration for any player and he also explained about the teacher student confidence. He used some questionnaire for this.

Date: 26/02/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Prof. Sudhira Chandel

Topic: Communication Skills

Prof. Chandel emphasized on various methods of communication skills. She explained that how communication effects on the players' performance and the proper communication between coach and players will lead to good results.

Date: 26/02/2015

Session IV

Time 04:00 pm to 05:30 pm

IT centre

Participants prepared their projects and presentation with the help of internet and computer.

Date: 28/02/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Prof. G. D. Ghai

Topic: Experimental Research.

Prof. Ghai explained that for an experimental research the establishment of cause effect relationship is essential. He discussed the validity of experimental research and the factors influencing internal validity and how a research can control these factors.

Date: 28/02/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Prof. G. D. Ghai

Topic: Sports Training.

He discussed about the fitness assessment for older persons. He suggested some test items for the same.

Date: 28/02/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Dr. Vivek B. Sathe

Topic: Kabaddi.

He gave introduction about kabaddi game, historical development of the game, situations about tie in knockout and league tournament and some basic skills.

Date: 28/02/2015

Session IV

Time 04:00 pm to 05:30 pm

Library

Participants visited departmental library for literature review.

Date: 27/02/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Prof. G. D. Ghai

Topic: How to construct a physical fitness test battery for different category of population.

He discussed about the health related and skill related physical fitness and their various components. He also discussed about the various items for different age people.

Date: 27/02/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Prof. G. D. Ghai

Topic: Sports Training.

He explained about the various aspects of the training. He discussed that regularity and continuity is must in training and the right selection of programme as per the demand will lead to improvement etc.

Date: 27/02/2015

Session III & IV

Time 02:30 pm to 05:30 pm

IT centre

Participants collected e-contents through internet for their projects and presentation.

Date: 01/03/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Dr. S.N. Sharma

Topic: Common spots injuries and their management.

Dr. Sharma emphasized on various types of sports injuries and their immediate treatment. He discussed about skin injuries, muscular and ligament injuries, bone and joint injuries and their management.

Date: 01/03/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. S.N. Sharma

Topic: Prevention of injuries and rehabilitation of injured athlete.

He described about the prevention of sports injuries that is very important to avoid injuries before, during and after the competition. He also emphasised that proper rehabilitation after injury is essential for any athlete to achieve his optimum performance. He also explained about the therapeutic exercises and treatment of injuries.

Date: 01/03/2015

Session III & IV

Time 02:30 pm to 05:30 pm

Resource Person: Prof. Sudhira Chandel

Topic: Project Presentation.

Participants presented their project on various topics related with the field of physical education and sports.

Date: 02/03/2015

Session I & II

Time 10:30 am to 01:30 pm

Resource Person: Dr. S.N. Sharma

Topic: Strength & Endurance Training.

Dr. Sharma explained about the aspects of strength training. He discussed about various methods to develop strength of an athlete. He emphasized on training methods for development of endurance of players.

Date: 02/03/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Prof. Deepak Mehta

Topic: New changes in rules of Cricket.

Prof. Mehta discussed about the changes in cricket playground marking, new rules, new equipment and new umpiring rules etc.

Date: 02/03/2015

Session IV

Time 04:00 pm to 05:30 pm

Badminton

Participants went to gymnasium and enjoyed the badminton and table tennis game.

Date: 03/03/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Dr. S.N. Sharma

Topic: Wellness- A new concept to fitness philosophy.

Dr. Sharma described about the wellness. He explained that healthy and positive life style clubbed with physical fitness is the wellness of any individual.

Date: 03/03/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. S.N. Sharma

Topic: Sports Management: An emerging discipline in sports industry.

He explained about the scope of sports management in the field of physical education and sports.

Date: 03/03/2015

Session III & IV

Time 02:30 pm to 05:30 pm

Resource Person: Dr. Anirodh Sisodiya

Topic: Stress Management.

He discussed about the in stress and distress i.e. positive and harmful stress. He also discussed about the management of stress.

Date: 04/03/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Prof. A.S. Sajwan

Topic: Sports Biomechanics.

He emphasized that the knowledge of biomechanics and kinesiology is helpful for coaches enhance the performance of players. He also discussed about the some key aspects of sports biomechanics.

Date: 04/03/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Prof. A.S. Sajwan

Topic: Athletes: New changes in rules.

Prof. Sajwan described the various new rules of running and field events. He also described the rules to break the tie in jumping and throwing events.

Date: 04/03/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Prof. C.D. Agashe

Topic: Counselling.

He discussed that the proper counselling can improve the performance of player. He also explained the psychological features related with counselling.

Date: 04/03/2015

Session IV

Time 04:00 pm to 05:30 pm

Resource Person: Prof. C.D. Agashe

Topic: Questioning of Personality.

Prof. Agashe distributed the questionnaire of personality traits to all the participants and discussed about the various personality traits of an individual.

Date: 05/03/2015

Session I & II

Time 10:30 am to 01:30 pm

Resource Person: Prof. C.D. Agashe

Topic: Imaginary Techniques.

All participants did practical of psychological imaginary technique.

Date: 05/03/2015

Session III & IV

Time 02:30 pm to 05:30 pm

Resource Person: Prof. Ajay Kumar

Topic: Sports Homeopathy.

Prof. Ajay Kumar gave very important information about the use of homeopathy medicines in management of sports injuries and rehabilitation.

Date: 07/03/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Dr. Vivek Pandey

Topic: Laws of Football.

He discussed about the various laws of football game and also emphasized on offside rule and their official situation.

Date: 07/03/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Dr. Vivek Pandey

Topic: Obesity

Dr. Pandey discussed about the obesity, the causes of obesity & their management, positive & negative energy balance etc.

Date: 07/03/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Dr. Vijay Shrivastava

Topic: Recreation.

He described that the recreation is worthwhile socially accepted, leisure time experience which provides an immediate and inherent satisfaction to an individual who voluntarily participates in an activity. He also discussed about the outcome of recreation activities.

Date: 07/03/2015

Session IV

Time 04:00 pm to 05:30 pm

Resource Person: Dr. Vijay Shrivastava

Topic: Procedure of organising a tournament.

He discussed about the organising & administration of tournaments.

Date: 09/03/2015

Session I to IV

Time 10:30 am to 05:30 pm

A Visit to Somanipuram:

It was Adventurous and recreational tour for all participants to Somanipuram, Khandwa Road, Indore.

Date: 12/03/2015

Session I

Time 10:30 am to 12:00 pm

Resource Person: Prof. Ajay Kumar

Topic: Track marking (Track Events)

He explained about the track marking of 200 & 400 meters track.

Date: 12/03/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Prof. Ajay Kumar

Topic: Track marking (Field Events)

In this lecture he emphasised on marking of field events of track and field.

Date: 12/03/2015

Session III & IV

Time 02:30 pm to 05:30 pm

Valedictory Session:

The valedictory function was conducted in the presence of chief guest Prof. Ajay Kumar, Director of Physical Education, DAVV, Indore, Course Coordinator Prof. S. K. Yadav, HOD, School of Physical Education, DAVV, Indore, Dr. Namrata Sharma, Director, ASC, DAVV, Indore and Prof. Bhumesh Gupta, Professor, ASC, DAVV. Chief Guest given their blessings to all the participants and congratulate all the participants and ASC DAVV for successful completion of this refresher course. The distribution of certificates was done by all the guests to the participants. The feedback of the course was given by Dr. Vivek B Sathe and Mr. Santosh Kumar Tiwari.

Date: 11/03/2015

Session I

Time 10:30 am to 12:00 pm

Topic: Objective Test

A test has been taken by ASC for assessing the performance and learning's during the refresher course on a day before the completion of course.

Date: 11/03/2015

Session II

Time 12:00 pm to 01:30 pm

Resource Person: Prof. S. Chandel

Topic: Psychological care of injured athlete

Prof. Chandel has discussed about the various aspects of psychological variables which affect the rehabilitation process of an athlete.

The proper rehabilitation of an injury is possible by physical as well as psychological wellbeing of any athlete. She also explained the psychological barriers which are responsible for injury of an athlete.

Date: 11/03/2015

Session III

Time 02:30 pm to 04:00 pm

Resource Person: Prof. Ajay Kumar

Topic: Calorie Count & Dietary Guidelines

Prof. Ajay Kumar explained about the calorie requirements of players of different games & sports. He also given guidelines regarding the diet and food supplements required for a player.

Date: 11/03/2015

Session IV

Time 04:00 pm to 05:30 pm

Topic: Table Tennis Practical

UGC- Academic Staff College 2015
Refresher Course in Physical Education and Yoga
 20 February'2015 to 12 March'2015

SN	Person Name	Presen. (25)	Pr. (20)	Ass. (10)	Test (30)	Attend.	Total marks	Grade
1	Mr. Mukesh Solanki	20	18	9	14	15	76	A
2	Mr. Surendra Singh Thakur	17	15	7	11	15	65	B
3	Mr. Mangesh Saramandal	18	18	8	16	15	75	A
4	Mr. Rajendra Patil	21	17	8	18	15	79	A
5	Mr. Lokesh Kesarwani	Ab	Ab	Ab	Ab	Ab	Ab	Ab
6	Dr. Vivek B. Sathe	24	19	9	23	15	90	A
7	Mr. Bharat Verma	21	18	9	18	14	80	A
8	Mr. Santosh Kumar Tiwari	18	18	8	22	15	81	A
9	Mr. Premanand Sharma	18	15	8	13	14	68	B
10	Dr. Satyendra Sharma	24	19	9	19	14	85	A
11	Mr. Abdul Saeed Khan	18	15	7	10	15	65	B
12	Mr. Sangram Singh Sathe	* 19	18	8	23	15	83	A
13	Mr. Balwant Salunke	20	18	8	15	14	75	A

Z. S. S.
11/03/15

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11/3/15

ACADEMIC STAFF COLLEGE

DEVI AHILYA VISHWAVIDYALAYA, INDORE

REFRESHER COURSE IN PHYSICAL EDUCATION AND YOGA
FROM 20-02-2015 TO 12-03-2015



First Row Sitting (Left to Right) – Mr. Abdul Saeed Khan, Mr. Santosh Kumar Tiwari, Mr. Rajendra Patil, Dr. S.K. Yadav, Dr. Namrata Sharma, Dr. Bhamesh Gupta, Prof. Ajay Kumar, Mr. Sangram Singh Sathe, Mr. Surendra Singh Thakur

Standing (Left to Right) - Mr. Manglesh Saramandal , Mr. Mukesh Solanki, Dr. Vivek B. Sathe, Dr. Satyendra Sharma, Mr. Bharat Verma, Mr. Premchand Sharma

Academic Staff College

Devi Ahilya Vishwa Vidhyalaya, Indore (M.P.)



Complete Report Of

Refresher Programme in Physical Education

20th February 2015 to 12th March 2015

Director
Dr. Namrata Sharma