

Evaluative Report of Physical Education Department 19-20

1. **Name of the department:** Physical Education and Sports
2. **Year of Establishment:** 1965
3. **Names of Programmes / Courses offered (UG, PG, M.Phil., Ph.D., Integrated Masters; Integrated Ph.D., etc.):** B.A.(Programme) (Undergraduate Course) (DSC, DSE, SEC).
4. **Names of Interdisciplinary courses and the departments/units involved:**

S.No.	Name of the course	Departments Involved
1.	B.A. (Programme)	The students of other / different streams who opt to study Physical Education in combination with Political Science

5. **Annual/ Semester/Choice based credit system (programme wise):**

S. No.	Name of the Course	System (CBCS/ Semester)
1.	B.A. (Programme) Discipline Course (DSC, DSE, SEC)	CBCS: from 2017-18 onwards

6. **Faculty profile with name, qualification, designation, specialization, (D.Sc./D.Litt. / Ph.D./M.Phil. etc.):**

S.No.	Name	Qualifications	Designation	Specialization	No. of years of exp.	No. of PhD. Students guided for past 4 years
1.	Dr. Sunita Arora	M.A. (PE), Ph.D.	Associate Professor	Athletics, Kho-Kho & Sports Management, Physical Education & Sports Sciences	29	Nil
2.	Dr. Seema Sharma	M.P.E., Ph.D., M.A. (Yoga)	Associate Professor	Judo, Athletics, Yoga (Sports) Physical Education & Sports Sciences	18	Nil

7. **List of senior visiting faculty:**

1. Ms. Sunita Godara (International Athlete)
2. Dr. Amit Tyagi (MD, Orthopedics)
3. Dr. Shallu Gupta (Yoga and Naturopathy)
4. Dr. Mukesh Agarwal (Maharaja Agrasen College)

8. **Number of academic support staff (technical) and administrative staff; sanctioned & filled:**

S. No.	Sub Department	Count
1.	Coaches (to train sports students in different games)	12-16
2.	Grounds men (to maintain and mark the sports grounds)	03

9. **Qualifications of teaching faculty with D.Sc. / D.Litt. / Ph.D. / M.Phil. / PG.:**

S. No.	Qualification	Count
1.	Ph.D.	2

10. **Number of faculty with ongoing projects from a) National b) International funding agencies and grants received:**

Nature of Project	Name of Project	Project Title	Funding Agency	Grants Received
Research Project	Major Project	“A Study of Modern Life Style Youth Obstacles in the Metro Cities of India” 2016-19 (Dr. Sunita Arora)	MYAS (Ministry of Youth Affairs and Sports)	Rs. 5, 20,000/-

11. **Departmental projects funded by DST- FIST; UGC, DBT, ICSSR, etc. and total grants received:**

- Received Travel Grant by the UGC to attend the International Conference on Sport, Health and Exercise Sciences held at Vienna, Austria in Dec. 2019. (Dr. Seema Sharma)

12. **Research Centre /facility recognized by the University: Nil**

13. **Publications:**

a. *Publication per faculty*

S. No.	Name
1.	Dr. Sunita Arora
	[1] Co-Authored Book entitled “Sports Psychology”, Khel Sahitya Kendra ISBN: 978-81-947808-8-5, (2020) [2] Authored Book entitled “Physical Education for Class XII”, Vivechan Publications (INDIA) ISBN: 978-93-83914-21-0, (2020) [3] Authored Book entitled “Physical Education for Class XI”, Vivechan Publications (INDIA) ISBN: 978-93-83914-22-7, (2020) [4] Paper published Entitled “Sports facilities management and higher education institutes” in International Journal of Physiology, Nutrition and Physical Education; 5 (1): 242-245, ISSN: 2456-0057, (2020). [5] Paper published Entitled “COVID-19 and Fitness” in National Journal entitled Anthrology: The Research; 5 (4): 2020, ISSN: 2456-4397, (2020). [6] Paper published Entitled “Fitness and dietary habits” in International Journal of Physiology, Nutrition and Physical Education; 5 (2): 20-21, ISSN: 2456-0057, (2020). [7] Published a Paper entitled, “Yoga for Health and Well-Being” in Proceedings of the UGC Sponsored 3rd National Conference on Latest Trends in Health and Physical Education at University College of Medical Sciences, University of Delhi, Khel Sahitya Kendra (2019), pp. 255-257. ISBN: 978-81-7524-879-3.
2.	Dr. Seema Sharma
3.	[1] Published a Paper entitled, “Length Dimension Correlates of Longitudinal Physical Conditioning on Indian Male Youth” in International Journal of Sport and Health Sciences by World Academy of Science, Engineering and Technology, Vol.13, No.11 (2019): 461-464. ISNI: 000000001950263.

	[2] Published a Paper entitled, “Variability of Covariance of Selected Skeletal Diameters of Female in a Longitudinal Physical Training Programme” in International Journal of Sport and Health Sciences by World Academy of Science, Engineering and Technology, Vol.14, No.1 (2020): 7-11. ISNI: 000000001950263. [3] Published a Paper entitled, “Yoga for Health and Well-Being” in Proceedings of the UGC Sponsored 3rd National Conference on Latest Trends in Health and Physical Education at University College of Medical Sciences, University of Delhi, Khel Sahitya Kendra (2019), pp. 255-257. ISBN: 978-81-7524-879-3.
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Summary:

	Books Authored	Books Reviewed	Papers/Articles Published	Citation	Books Edited
International	-	-	02+02=04	-	-
National	03	-	01+01=02	-	-

b. Publication Students: Data not available

14. Areas of consultancy and income generated: Nil

15. Faculty as members in:

a. National Committees:

b. International Committees:

c. Editorial Boards:

1.	Dr. Sunita Arora
	Member ILRO (Indian Leisure and recreation Organization) (National)
2.	Dr. Seema Sharma (Kaushik)
	- Life Member, National Association of Physical Education and Sports Sciences (NAPESS) - Life Member, Indian Society of Biomechanics (ISB) - Life Member, Sports Psychology Association of India (SPAI)

16. Student Projects:

a. Percentage of students who have done in-house projects including inter-Departmental/ programme: *NIL*

b. Percentage of students placed for projects in organizations outside the Institution i.e. in Research laboratories/Industry/ other agencies: *NIL*

17. Awards/ Recognitions received by faculty and students:

a. Faculty Members:

Dr. Sunita Arora
A. Member of Delhi State Volley Ball Association B. Vice president of Delhi State Baseball Association C. Member of Arrangement Committee constituted by Delhi University for Launching of Fit India Movement D. Convener of DU Inter College Softball Tournament (W) 2019-20 E. Convener of DU Inter College Cricket Tournament (W) 2019-20 F. Member of DU Inter College Wrestling Tournament (M&W) 2019-20 G. Member of DU Inter College Kabaddi Tournament (W) 2019-20 H. Member of DU Inter College Volleyball Tournament (W) 2019-20 I. Member of DU Inter College Weight-lifting Tournament (M&W) 2019-20 J. Member of DU Inter College Athletics Tournament (M&W) 2019-20 K. Organized a Webinar on “Physio-Psychological Fitness in the Society” via Google Meet on 26th & 27th June, 2020 as Convener (Resource Persons: Dr. Shallu Gupta, Dr. Mukesh Agarwal, Dr. Amit Tyagi, Dr. Sunita Godara) L. Conducted an Interactive Session on “Healthy and Active Lifestyle in Corona Times” as Convener.

Dr. Seema Kaushik**Awards**

1. **NCC Achievers Award 2019** for being the **Best Associate NCC Officer(ANO)** in the Senior Wing (SW) category by the NCC Alumni Club of Delhi on 15th July, 2019 at NDMC Convention Centre, Delhi
2. **Best Paper Award** for the paper entitled “Length Dimension Correlates of Longitudinal Physical Conditioning on Indian Male Youth” presented at the International Conference on Sport, Exercise and Health Sciences held at Vienna, Austria on December 26-27, 2019.
3. **Received Travel Grant** of Rs. 1,17,227/- from UGC for attending the International Conference at Vienna, Austria on 26th & 27th Dec., 2019.

Others

1. Completed M.A. (Yoga) from Uttarakhand Open University in June, 2019.
2. Qualified UGC-NET Exam in Yoga (Dec., 2019)

b. *Students:*

Lakshmibai College continued performing well during the session 2019-2020 as well. Our sports students have brought many laurels by excelling at International, National, Inter-University, Inter-College and State level competitions. During this session, our students participated in various sports and games including Archery, Athletics, Ball Badminton, Badminton, Baseball, Boxing, Cricket, Gymnastics, Judo, Kabaddi, Kho-Kho, Netball, Power-lifting, Softball, Taekwondo, Volleyball, Wrestling, Weight-lifting and Yoga at various levels. Following are the achievements at International level:

- Meenakshi secured **3rd Position** in the **11th Acrobatic Gymnastics Asian Championship** held at Tashkent, Uzbekistan.
- Amanpreet, Neha Gupta and Siji Aniyar made us proud by representing Indian Team in the **2nd BFA Women's Asian Baseball Championship** held at Zhongshan, China.
- Overall, we won a total of **113 Medals** i.e. **45 Gold, 24 Silver and 44 Bronze Medals** at individual level at various levels of competitions including International, National, All India Inter University, Inter College and State Tournaments during the session 2019-20 apart from the Team championships in Inter college and State tournaments.

18. List of eminent academicians and scientists /visitors to the department:

Name	Affiliation
1. Ms. Sunita Godara (International Athlete)	Fitness Trainer, NGO
2. Dr. Amit Tyagi (MD, Orthopedics)	Atlanta Medi World Hospital
3. Dr. Shallu Gupta (Yoga and Naturopathy)	NKS Hospital
4. Dr. Mukesh Agarwal (Associate Professor)	Maharaja Agrasen College, DU

19. Seminars/ Conferences/Workshops organized & the source of funding:

- a. *International:* Nil
- b. *National:*

20. **How many students have cleared national and state competitive examinations such as NET, SLET, GATE, Civil services, Defense services, etc.:** Detailed data not available

S. No.	Competitive Examinations	No. of students
1.	NET	-
2.	JRF	-
3.	GATE	-
4.	IAS	-
5.	CAT	-
6.	Post Graduate	-
7.	Others	-

21. **Student Progression:** Over the years, under the able guidance of the teachers, our students have secured excellent results. Among many of the outstanding achievers, few have been listed below

Student Progression	Against Percentage Enrolled
U.G. to P.G.	--
P.G. to M.Phil.	
P.G. to Ph.D.	
Ph.D. to Post- Doctoral	0%
Employed • Campus selection • Other than campus recruitment	Approx. 80% are other than campus recruitment
Entrepreneurship/ Self employment	Approx. 10%

22. **Details of infrastructural facilities:**

- Library:* Common Library of college
- Internet facilities for Staff & Students:* Wi-Fi is available for all (Staff & Students)
- Classrooms with ICT facility:* Available in college, which can be used as per need
- Laboratories:* Playfields and Courts for Athletics, Soft Ball, Kho-Kho, Kabaddi, Cricket, Judo, Basketball, Netball, Volleyball, Boxing, Wrestling, Yoga

23. **Teaching methods adopted to improve student learning:**

- Provision of Coaching in different sports
- Conduct of intramurals and extramurals and friendly matches
- Use of audio visual aids.

24. **Participation in Institutional Social Responsibility (ISR) and Extension activities:**

25. SWOC analysis of the department and Future plans:

<u>STRENGTHS</u>
● Lakshmibai College has gradually and progressively become the leader in the field of sports ● Now we are among the top two colleges of University of Delhi in overall sports performance among women section ● We participate in nearly 18-20 games and developed the facilities for most of the games we offer. ● With the hard work and devotion the students are enabled to perform at different level of competitions such as International, National, All India Inter University Tournament etc. ● We offer the proper training and create atmosphere of adequate learning for the students having no or lesser background of sports. ● Students are trained from the basic skills to the advanced skills and prepared for the competitions. ● With limited resources and novice level of learners in the beginning we have produced several international players.
<u>WEAKNESS</u>
● Rehabilitation centre of post injury management mechanism. ● Unavailability of specific scholarship for sports persons.
<u>OPPORTUNITIES</u>
● Creation of Indoor Shooting Range ● Construction of Multi-purpose Hall for Indoor Games Facility ● Creation of Hostel Facility for sports students
<u>CHALLENGES</u>
● Introduction to honours courses of Physical Education for college students. ● Organisation of Mega Women International Sports events in college. ● Development of Sports Infrastructure for PWD students. ● Development and organisation of sports events for disabled/ PWD students
<u>FUTURE PLANS</u>
● Educational trip for the students to International .exposure like Olympic Museum in Lussane, Switzerland, Cricket Stadium in Lords, (UK), Origin place of Olympic Games (Athens, Greece). ● To initiate the International Journal from our department of Physical education/ College of Physical Education or Social Sciences ● Organisation of additional Sports activities/ events at regular intervals in the college premises.