

Name of the College : **Indira Gandhi Institute of Physical Education & Sports Sciences**

Major Activities and Achievements

The current academic year has its distinction in conducting number of Seminars and Inter-college Tournaments (of the University of Delhi). The details of major activities are listed below:-

The Institute conducted a Lecture by Dr. Christopher Sellars, Head of Sports University of Wolverhampton, U.K. on 08.02.2016 for on Possibilities of International Collaboration on Academic & Research. A programme for Career Counselling was conducted in the Institute on 10.03.2016. Inter-varsity Handball Selection Camp was conducted in the month of December, 2015 in the Institute. Inter-College Handball Tournament 2015-16 for Men was conducted successfully by the Institute in January-February, 2016 (27.01.2016 to 02.02.2016). Inter-College Handball Tournament 2015-16 for Women was conducted successfully by the Institute in February, 2016 (23.02.2016 to 26.02.2016). Two Fitness Trainer Courses (FITCO) were conducted from May 25, 2015 to June 17, 2015 (during summer break) and 15.12.2015 to 04.01.2016. (During Winter Break). The Constitution Day was celebrated as Shapath Divas on 26.11.2015. Celebrated Birth Anniversary of Swami Vivekananda on 12.01.2016 and a documentary on the life Swami Vivekananda was shown to Staff & Students. Annual Athletic Meet-2016 was organized on 11.03.2016. Annual Function and Prize Distribution Ceremony was organized on 21.03.2016. Students Cultural Fest "Shankhnaad" was organized on 18.04.2016. A Seminar was conducted on "Art of Negotiation" on 08.01.2016. A Seminar on "The Paradigm of Indian Constitutions" was organized on 30.11.2015 on the occasion of 125th Birth Anniversary of Dr. B.R. Ambedkar. One Day National Seminar was organized on "Curriculum & Syllabi Design in the Paradigm of Physical Education" on 22.03.2016. Ten days National Workshop was organized on "Research Design and Application of SPSS in Physical Education and Sports Sciences from 05.05.2016 to 11.05.2016 (The dates for next Workshop is tentatively fixed w.e.f. 13.06.2016 to 17.06.2016. Inter Class Debate Competition was organized on the subject "Impact of Social Media on Society on 16.10.2015. Inter Class Quiz Competition was organized on 18.09.2015. Various Games/Sports Intra-Mural conducted during this period i.e. Tug-of-War from 22.01.2016 to 29.01.2016, Football from 12.02.2016 to 19.02.2016, Handball from 26.02.2016 to 04.03.2016, Kabaddi 09.03.2016, Basketball 03.02.2016. 13 Scholars have been awarded Ph.D. Degree in the academic year 2015-16 in the Department of Physical Education & Sports Sciences.

Teacher's Contribution During 2015-16:

The Faculty members participated in various activities of the Institute and also attended Seminars/Conferences/Conventions/Workshops for the Academic and professional development of the Institute. Some of the Teachers participated in Veteran Sports and secured positions in the competition. Most of the Faculty members presented papers in International/National, Seminars/Conferences & also served as an Expert/Resource Person. Some Faculty members Research Paper have been published in reputed Journals of Physical Education and related area.

Dr. Dhananjay Shaw, Officiating Principal: (w.e.f. 1st Sept, 2015.)

Acted as Coordinator for PCP Classes of School of Open Learning (SOL) for B.Com. (P) 1st year for the academic session 2015-16. Acted as Coordinator for PCP Classes of School of Open Learning (SOL) for B.A. (Prog.) 2nd year for the academic session 2015-16. Acted as Coordinator for PCP Classes of School of Open Learning (SOL) for B.A. (Prog.) 3rd year for the academic session 2015-16. Served as Mentor for Innovative project conducted by

Bhaskaracharya College of Applied Sciences, University of Delhi. Appointed as an External Examiner for Thesis/Viva and Practical Examination of Sports Biomechanics M.P.Ed. Semester-IV 2015-16 in Lakshmi Bai National Institute of Physical Education, Gwalior. Served as Chief Guest in closing Ceremony of UGC sponsored National Conference on "Corporate Social Responsibility: Sports, Olympism and Global Peace" from March 15-17, 2016 organized by Maharaja Agrasen College (University of Delhi), Delhi. Acted as Chairman of the Organizing Committee for the Seminar on ART OF NEGOTIATION held at IGIPSS on dated 08.10.2015. Served as an Expert for the Selection Committee of Assistant Professor in the Deptt. of Physical Education in Bhaskaracharya College of Applied Sciences (University of Delhi). Served as Resource Person in Fitness Trainer Course (FITCO). Delivered Lectures on Biomechanics and Kinesiology for Fitness Trainers held from 15.12.2015 to 04.01.2016 at IGIPSS. Served as Organizing Chairman in the Seminar on "The Paradigm of Indian Constitution" celebrating 125th Birth Anniversary of Bharat Ratna Rao Ambedkar held on 30.11.2015, IGIPSS, University of Delhi. Served as Organizing Chairman in the Seminar on "Curriculum & Syllabi Design in the Paradigm of Physical Education on 22.03.2016 at IGIPSS, Vikaspuri, New Delhi. Served as AIU Observer for All India University Tournaments (Judo) Men & Women from 25.12.2015 to 28.12.2015 at KIIT University, Bhubneshwar, Orisa. Served as a Member, Organizing Committee of 15th World Soft Tennis Championship, New Delhi on November 16-22, 2015. Served as Guest of Honour for Delhi Olympic Games-2015 from 23.10.2015 to 30.10.2015 organized by Delhi Olympic Association at Talkatora Indoor Stadium, New Delhi. Chaired a Scientific Session in 7th Asia Pacific Conference on Exercise and Sports Sciences at Manav Rachna International University, Faridabad, Haryana from 14.10.2015 to 16.10.2015. Served as outside Expert for Non-Teaching Posts at National Institute of Technology (NIT), Delhi (An Autonomous Institute under the aegis of Ministry of HRD, Govt. of India). Chaired a Scientific Session in International Congress of Sports Psychology (ICSP-2015) at Banaras Hindu University, Varanasi from 27.11.2015 to 01.12.2015. Invited as a Distinguished Panelist in one day National Seminar on the Theme "Professional Management of University Sports" organized by MD University, Rohtak in collaboration with Association of Indian Universities (AIU), New Delhi on 06.04.2016 (could not attend due to pre-occupation). Three Scholars namely Mr. Tarun Routhan, Mr. Annidev Singh & Madhvi Pathak have been awarded the Degree of Doctor of Philosophy (Ph.D.) by University of Delhi under supervision of Dr. Dhananjay Shaw. Appointed and acted as a member of the IGIPSS Grievance Redressal Committee for a period of two years de letter No. IPE/2016/07/1489 dated 4/3/16. Invited & attended National Seminar on "Utthan" Development of Sports through Education System organized by LNPE, (Ministry of Youth Affairs & Sports Govt. of India) Gwalior from 7-8 March, 2016 at Vigyan Bhawan, New Delhi. Attended as Chairperson and Guest of Honour for Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 sponsored by UGC & ICSSR at Punjabi University, Patiala, Punjab. Invited to deliver a Lecture in a 51st Refresher Course in "Physical Education and Sports Sciences" for the College and University teachers organized by UGC-Human Resource Development Centre (HRDC), Punjabi University, Patiala from 27.05.2015 to 28.05.2015. Invited to deliver a Lecture in one day International Seminar titled "Sports Science: Issues and Fitness Management" on 28.10.2015 organized by Department of Sports Sciences, Punjabi University, Patiala. Participated in National Workshop on National Institutional Ranking Framework (NIRF) organized by ELOIT Innovations on 11.01.2016 at Maharaja Agrasen Institute, Paschim Vihar, New Delhi. Presented a paper in 7th Asia Pacific Conference on Exercise and Sports Sciences at Manav Rachna International University, Faridabad, Haryana entitled "Electromyographical testing Protocol for Quadriceps Muscles in a Longitudinal Experimental Paradigm" from 14.10.2015 to 16.10.2015. Presented a paper entitled "Measurement of Sleep and Sports Persons" in International Congress of Sports Psychology (ICSP-2015) at Banaras Hindu University, Varanasi from 27.11.2015 to 01.12.2015.

Dr. J.P. Sharma, Associate Professor:

Attended the convention –TURF-2015-16-held at FICCI Federation House,TansenMarg,New Delhi from 22-23 feb.2016.Appointed as paper setter for the written test for the post of student activity and sports officer in NIT DELHI (ministry of HRD, Govt. of India) wide letter no.NITD/14/042 CDF/2015/2440 Dt14/10/15.Accompanied as student’s coordinator of IGIPSS students for the event RUN FOR UNITY on dt.31/10/15 held at India gate Delhi wide TR-151/26/10/15.Looked after the daily routine work of the institute (IGIPSS) as an officiating principal from 26/12/15-31/12/15.Attended a meeting of B.O.S. of university of school of medicine and paramedical health sciences (GGSSIP university DELHI) as a yoga expert on dated 26/2/16.Delivered four lectures on 19/1/2016 on the topic –YOGIC SCIENCE in pre –Ph.D. course work-physical education-ii-2015 in the department of education C.C.S. university Meerut wide letter no.Edu/GR/15/205-16 Dt19/1/16.Nominated and acted as Organizing Secretary for the Seminar on Art of Negotiation held at IGIPSS on dated 8/1/15.Appointed and acted as member of jury in the 14th Delhi state yoga championship 2015-16 held at Jawaharlal Nehru University, Delhi from 19th-2015.Attended a meeting of B.O.S. as a special invitee for the department of Yogic Science (LNIPE) Gwalior on dated 18/3/16 wide letter no.DYS/101/2015-16/3505 Dt4/3/16.Appointed and acted as a member of the IGIPSS Grievance Redressal committee for a period of two years wide letter No.IPE/2016/07/1489 dated 4/3/16.Appointed and acted as convener of the subcommittee of C.O.C.(Department of Physical Education and Sport Sciences University of Delhi)to finalize the syllabus on yogic science paper under generic Elective courses in physical education wide letter No. D.P.E/2016/GEC/195dt.22/2/16.Appointed and acted as coordinator of the sports and academic scholarship committee 2015-16 of IGIPSS wide letter No.IPE/2016/7/1501DT.4/3/16.Nominated and acted as a coordinator for the conduct of M.P.Ed. examination work 2015-16(D.U.) wide letter no. D.P.E./2016/202Dt1/3/16.Appointed and acted as a Liaison Officer (PWD) for the Roster in IGIPSS, wide letter No.IPE/2016/7/1241Dt11/1/16.Attended a meeting of the COC in the department of physical education and sport sciences (D.U.) as a member of COC wide letter no.DPE/2016/COC/198Dt24/2/16.

Dr. SandhyaTiwari, Associate Professor:

Dr. SandhyaTiwari was appointed Member, Academic Committee of IGIPSS 2015-16.One Scholar namely Mr. Dharmendar Kumar has been awarded the Degree of Doctor of Philosophy (Ph.D.) by University of Delhi.Participated in the Seminar on “The Paradigms of Indian Constitution” celebrating 125th birth anniversary of Bharat Ratna, Dr. BhimraoAmbedkar organized by IGIPSS (University of Delhi) on November 30th, 2015.

Dr. Ashok Kumar Singh, Associate Professor:

AIU observer, North Zone Inter-University Cricket.Lectured to Ph.D. Students at Meerut University on the topic of “Sports as Cultural & Social Phenomenon.

Dr. SaritaTyagi, Associate Professor

Principal Investigator for Innovation project IGPE – 301,2015-16,University of Delhi.Topic:Nutritional Status and Body Composition of Sports Persons: Relation with Selected Physiological and Physical Fitness Parameters.Conducted a workshop on “Health, Fitness & Wellness” on Oct. 16, 2015 at Institute of Home Economics (University of Delhi). HauzKhas Enclave, New Delhi.Conducted Fitness Trainer Course (FITCO)-Fitness/Group training Course twice from May 25,2015 to June 17, 2015 and Dec.12,2015 to Dec.4,2016. Participated in the training on “Sensitization for Prevention of Sexual Harassment at Work Place” Organized on Oct. 30,2015 by Directorate of Training, Union Territories Civil Services,Govt. of N.C.T., Delhi. Participated in Ten Days Workshop on “Research Design and Application of SPSS in Physical Education and Sports Sciences”

organized by IGIPSS from 05.05.2016 to 11.05.2016 & 13.06.2016 to 17.06.2016. Served as Resource Person in Fitness Trainer Course (FITCO) held in IGIPSS from May 25, 2015 to June 17, 2015 and Dec. 12, 2015 to Dec. 4, 2016 & Delivered Lectures on the following topics : Components of Physical Fitness/Principles of Exercise training, Preparing for Physical Activity/FTII Principle, Fitness/Body Composition Assessment, Understanding Psychology of clients, , Stress Management, Functional Training, Participated in the Seminar on Art of Negotiation held at IGIPSS on October 8, 2015, Participated in the Seminar on "The Paradigm of Indian Constitution" celebrating 125th Birth Anniversary of Bharat Ratna Rao Ambedkar held on 30.11.2015, IGIPSS, University of Delhi, Served as Resource Person in the Seminar on "Curriculum & Syllabi Design in the Paradigm of Physical Education" held on 22.03.2016 at IGIPSS, Vikaspuri, New Delhi, Delivered four lectures on 08/1/2016 on Sports Sociology, for Ph.D. course work in Physical Education-2015 in the Department of Education, C.C.S. University, Meerut, U.P, Member of Curriculum Design Committee for NAAC Accreditation of IGIPSS Appointed as Programme Officer of National Service Scheme, IGIPSS. Appointed as a member of Committee of Courses in the Department of Physical Education & Sports Sciences (University of Delhi), Appointed as Presiding Officer of Internal Complaint Committee against Sexual harassment of Women at workplace, Served as a Convener, Admission Committee Post-Graduate & Graduate Courses 2015-16, Appointed as a member of Placement Cell of IGIPSS, Thesis of Ms. Rajshree Pandey for Ph. D degree has been submitted from Department of Physical Education & Sports Science, University of Delhi, in September-October 2015, Presented a research paper entitled "Mental Health of 10 M. Air Rifle Male Shooters of International and Inter University Levels: A Comparative Study" in the International Seminar on "Indian Mind & Societal Concerns: An Interdisciplinary Dialogue" organized by Department of Psychology, Ramanujan College. D.U. held on April 2-3, 2016 at Conference Centre, University of Delhi.

Dr. Anil K. Vanaik, Associate Professor

Project Investigator for Innovation project IGPE – 301, 2015-16, University of Delhi.

Topic : Nutritional Status and Body Composition of Sports Persons: Relation with Selected Physiological and Physical Fitness Parameters.

Conducted Fitness Trainer Course (FITCO)-Fitness/Group training Course twice from May 25, 2015 to June 17, 2015 and Dec. 12, 2015 to Dec. 4, 2016

Member of the Editorial Board of the Conference Proceedings Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab.

Participated in the Seminar on Art of Negotiation held at IGIPSS on Oct. 8, 2015. Participated in the Seminar on "The Paradigm of Indian Constitution" celebrating 125th Birth Anniversary of Bharat Ratna Rao Ambedkar held on 30.11.2015, IGIPSS, University of Delhi. Member of Curriculum Design Committee for NAAC Accreditation of IGIPSS. Appointed as a member of Departmental Research Committee (DRC) of the Department of Physical Education & Sports Sciences (University of Delhi). Appointed as Convener of Academic Matters Committee of IGIPSS, Appointed as Member of Admission committee Post-Graduate & Graduate Courses 2015-16, Appointed as a member of Attendance Committee of IGIPSS, Organized Inter-varsity Handball Camp and Inter-college Handball competition at IGIPSS.

Dr. Pradeep Kumar, Associate Professor:

Working as Principal Investigator – for Innovative project- 2015-16, University of Delhi, entitled- “Attitude, Wellbeing and Friendship in Relation to Academic and Sports Achievement of D. U. College Students – A contextual understanding”, along with other two faculty members and ten undergraduate students. Member Board of Studies - Faculty of Art, Department of *Education (Physical Education)* From 2014-2016, CC Singh University, Meerut, U. P. Two scholars has submitted thesis for Ph. D degree from Department of Physical Education & Sports Science, University of Delhi, in September-October 2015 as under: Thesis entitled “Development and Standardization of Physical Fitness Test” Scholar Man Singh. Thesis entitled “A Study on Relationships between Mental Skills and Competitive Anxiety Interpretation for Selected Competitive Sports at different level.” Scholar Shilpi Jain. Resource person and delivered four lectures on- "Science of sports training and conditioning", for pre- PhD course work-II of Education and Physical Education scholars, Department of Education, C.C. S. University, Meerut, UP on 13-01-2016. Resource person and delivered a lecturer for B.Ed. students and faculty members on "Mindfulness in class room and Academic Achievement" in Delhi Institute of Rural Development, I.P. University, Delhi. Ph. 32321030 on 8th Sep. 2015. Resource person in In-service Training Programme from 17-7-2015 to 17-7-2015 on two lectures delivered on 16th and 17th September 2015, organized by the State Council of Education, Research and Training, at GBSSS, AP-Block Shalimar Bagh, Delhi on Yoga for Stress Management and Research orientation in Yoga. Resource person in In-service Training Programme from November 2015, organized by the State Council of Education, Research and Training, R.K. Puram on "Athletics and Track Marking". Participated in 37th National Master Athletics Championship- 2016, held from 2-3-2016 to 06-3-2016 at Chamundi Vihar Stadium, Mysure, Karnataka and won Bronze medal / 3rd position in 400m hurdles in 55 to 59 years age category. Won two gold medals (100m/ hurdle and Triple jump) in Delhi State Master Athletics Championship, held on 13-14- Feb. 2016 at Vinod Nagar Stadium, New Delhi. Won two Gold Medals (100m/ hurdle and Triple jump) in Delhi State Master Athletics Championship, held on 13-14- Feb. 2016 at Vinod Nagar Stadium, New Delhi.

Dr. Monika Wasuja, Associate Professor

Project Investigator for Innovation project IGPE – 301, 2015-16, University of Delhi.

Topic: Nutritional Status and Body Composition of Sports Persons: Relation with Selected Physiological and Physical Fitness Parameters

Conducted Fitness Trainer Course (FITCO)-Fitness/Group training Course twice from May 25,2015 to June 17, 2015 and Dec.12,2015 to Dec.4,2016. Participated in Ten Days Workshop was on “Research Design and Application of SPSS in Physical Education and Sports Sciences” organized by IGIPESS from 05.05.2016 to 11.05.2016 & 13.06.2016 to 17.06.2016. Served as Resource Person in Fitness Trainer Course (FITCO) held in IGIPESS from May 25,2015 to June 17, 2015 and Dec.12,2015 to Dec.4,2016 & Delivered Lectures on the topics :Basic Nutrition Concepts, Diet Planning and Evaluation, Diet and Nutrition in Exercise and Training, Published a paper entitled “ “in the E-Journal of Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 (sponsored by UGC & ICSSR), Punjabi University, Patiala, Punjab, Participated in the Seminar on Art of Negotiation held at IGIPESS on Oct.8, 2015, Participated in the Seminar on “The Paradigm of Indian Constitution” celebrating 125th Birth Anniversary of Bharat Ratna Rao Ambedkar held on 30.11.2015, IGIPESS, University of Delhi, Served as Resource Person in the Seminar on “Curriculum & Syllabi Design in the Paradigm of Physical Education” held on 22.03.2016 at IGIPESS, Vikaspuri, New Delhi. Appointed as Member of :- Admission committee Post-Graduate & Graduate Courses 2015-16, Fee and Scholarship Committee 2015-16, Grievance committee 2015-16, Curriculum Design Committee for NAAC Accreditation of IGIPESS.

Dr. Dharmander Kumar, Assistant Professor:

Appointed as a Member, Governing Body for a period of one year from 21/07/2014 to 20/07/2015. Appointed as a Member, Indian Journal of Physical Education & Sports Sciences (Department of Physical Education & Sports Sciences). Appointed as a Member, Sub-Committee to finalize the syllabus on Obesity & Weight Management paper under Generic Elective Course. Conducted UGC-NET Examination as Observer on 27/12/2015. Attended 114th 4-Week Orientation Programme at the UGC-Human Resource Development in Jamia Millia Islamia from 03.11.2015 to 03.12.2015. Appointed as Examiner in Practical Examination on 07/10/2015 in Ch. Charan Singh University, Meerut. Participated in "TURF 2015-16" International Convention on Business of Sports at Federation House, New Delhi.

Mr. Man Singh, Assistant Professor:

Participated in 37 National Master Athletic Championship-2016 held at Mysore. Participated in Annual Delhi State Master Athletic Championship-2015-16, I have got 2nd position in Pole vault event. Appointed as observer for joint Entrance Examination (JEE) conducted by (CBSE). Appointed as observer/supervisor for All India pre-veterinary Test conducted by (Veterinary Council of India). Appointed as observer for UGC NET Exam. June, 2015 conducted by CBSE. Appointed as observer for CTET Exam. Central Teacher Eligibility Test 2015 Exam conducted by CBSE. Nominated as Manager for North Zone Inter University Championship-2015. Attended 4 weeks Orientation Programme conducted by UGC Human Resource Development, Centre Jamia Millia Islamia University. Member, College Governing Body, 2015-16. Member, Committee of Courses & Department of Physical Education.

Outstanding Honours/Distinctions : Nil

Research Projects: 02

Project Title : Innovation Project Code: IGPE 301, entitled "Nutritional Status and Body Composition of Sports Persons – Relation with Selected Physiological and Physical fitness Parameters".

Funding Agency : University of Delhi

Year : 2015-16

Period: One Year

Amount Sanctioned :Rs. 500,000.00

Project Title : Innovation Project Code: IGPE 302, entitled "Attitude, Wellbeing, Friendship in relation to Academic and Sports Achievement of D.U. College Students-A Contextual Understanding".

Funding Agency : University of Delhi

Year : 2015-16

Period: One Year

Amount Sanctioned: Rs. 300,000.00

Students With Distinction

| | |
|---------------------|------------------|
| Geetanjali Gautam | B.SC FYUP SEM VI |
| Deepali Seth | B.SC FYUP SEM VI |
| Umesh Kumar Ahlawat | M.P.ED SEM VI |
| Monika ruhil | M.P.ED SEM VI |

Library Development

Successfully implementation of digital library, Users of IGIPSS have access the **full-text** documents in digital format i.e. old question papers, M.P.Ed, B.P.Ed and B. Sc. Syllabus, all Ph.D. theses and all M. P. Ed dissertations awarded from 2013 onwards. Presently IGIPSS Library database “Vidya: Library Management Software” put on-line through XAMPP Server and users view the real time status of availability of documents and borrowing status through mobile phone/laptop/desktop machine. All type of library work i.e. Issue-return, Catalogue maintenance, and stock taking activities etc. are managing through library software. Database of IGIPSS library has been upgraded and it is ready to host at **University of Delhi** server also user will be able to access it from new session, in this regards all assignment have been completed to achieve new goals.

Total Library collection (11653 documents out of 6843 titles) has been computerized in the database and Bar-coded which in searchable though Online Public Access Catalogue (OPAC). Library has organized three Library orientation program to enhance the use of physical and digital information resource.

Publication

Prospectus: Prospectus of the College Published.

Vanaik Anil, Tyagi Sarita, & Wasuja Monika (May 2015). Fitness Instructor Manual for Fitness trainers – Aerobics & Group Trainers {New Edition}.

Tyagi Sarita, Vanaik Anil & Wasuja Monika (December 2015). Fitness Instructor Manual for Fitness trainers – Aerobics & Group Trainers {New Edition}.

Shaw, Dhananjay, Pawan Kumar (2015). “Comparison between the Existing (Clinical) Norms and Developed Norms of Indian Retired Sports persons” **International Interdisciplinary Research Journal Bi-monthly** ISSN 2249-9598 Vol.-V, Issue-IV July-Aug., 2015.

Bhardwaj Mansi, Tiwari Sandhya, Shah Mohammad Muzamil (2016). “Cardiorespiratory Fitness between Children Participating Within and After School Physical Activity Programme” **International Journal of Multi-disciplinary Research and Modern Education (IJMRME)**, ISSN:2454-6119, 2(1).

Tyagi, Sarita. “Effect of a Block Training Programme on Selected Motor Fitness Components of Football Players” research paper in the proceedings of the **Global Conference on Scientific Culture in Physical Education and Sports** from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab. Pg. 2208-2211 ISBN: 978-93-85446-45-0.

Vanaik Anil & Arora Sunita, Pranayama its Steps Benefits and Precaution in the proceedings of the **Global Conference on Scientific Culture in Physical Education and Sports** from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab. Pg. 1982-87. ISBN: 978-93-85446-45-0.

Vanaik Anil. Motor Fitness Components of Young Prospective Teachers of Physical Education-A Profile Study in the proceedings of the **Global Conference on Scientific Culture in Physical Education and Sports** from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab. Pg. 2145-2152. ISBN: 978-93-85446-45-0

Kumar Pradeep, Jain Shilpi (2015). Interactive effects of mental skills training and anxiety of Indian Athlete's Performance. **International Journal Physical Education, Sports and Health**, ISSN 2391-1685, Vol-1 (4), xxxxx.

Kumar Pradeep, Jain Shilpi (2015).A Comparative Study of Competitive Satae anxiety level between female players and Archery players.**International Journal Physical Education, Sports and Health**, ISSN 2391-1685, Vol-1 (4): 64-66.

Kumar Pradeep, Jaggi, Singh Devender (2015).Relationship between Selected Physiological Variables and the Performance of Hockey Players.**OnlineInternational Interdisciplinary Research Journal**, {Bi-Monthly}, ISSN 2249-9598, Volume-V, Special Issue.

Kumar Pradeep, NathRajinder. (2015). Effect of 8 Weeks Plyometric Training on Selected Motor Abilities of the Male Jumpers.**Online International Interdisciplinary Research Journal**, {Bi-Monthly}, ISSN 2249-9598, Volume-V.

Kumar Mohit, WasujaMonikaand Gulati A.Nutritional Profile, Energy Balance and Body Composition of Inter-College Level Male Handball Players. Published research paper in the proceedings of the **Global Conference on Scientific Culture in Physical Education and Sports** from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab..Pg. 2089-2095 ISBN: 978-93-85446-45-0.

CONFERENCES/WORKSHOP ORGANIZED

A Seminar was conducted on “Art of Negotiation” on 08.01.2016.

A Seminar on “The Paradigm of Indian Constitutions” was organized on 30.11.2015 on the occasion of 125th Birth Anniversary of Dr. B.R. Ambedkar.

One Day National Seminar was organized on “Curriculum & Syllabi Design in the Paradigm of Physical Education” on 22.03.2016.

Ten Days National Workshop was organized on “Research Design and Application of SPSS in Physical Education and Sports Sciences” from 05.05.2016 to 11.05.2016 (The dates for next Workshop is tentatively fixed w.e.f. 13.06.2016 to 17.06.2016).

CONFERENCES/WORKSHOP ATTENDED:

Dhananjoy Shaw, Officiating Principal :

Invited & attended National Seminar on “Utthan” Development of Sports through Education System organized by LNIPE,(Ministry of Youth Affairs & Sports Govt. of India) Gwalior from 7-8 March, 2016 at VigyanBhawan, New Delhi.

Attended as Chairperson and Guest of Honourfor Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 sponsored by UGC & ICSSR at Punjabi University, Patiala, Punjab.

Invited to deliver a Lecture in one day International Seminar titled “Sports Science: Issues and Fitness Management” on 28.10.2015 organized by Department of Sports Sciences, Punjabi University, Patiala.

Participated in National Workshop on National Institutional Ranking Framework (NIRF) organized by ELOIT Innovations on 11.01.2016 at Maharaja Agarsen Institute, PaschimVihar, New Delhi.

Presented a paper in 7th Asia Pacific Conference on Exercise and Sports Sciences at ManavRachna International University, Faridabad, Haryana entitled “Ėlectromyographical testing Protocol for Quadriceps Muscles in a Longitudinal Experimental Paradigm” from 14.10.2015 to 16.10.2015.

Presented a paper entitled “Measurement of Sleep and Sports Persons” in International Congress of Sports Psychology (ICSP-2015) at Banaras Hindu University, Varanasi from 27.11.2015 to 01.12.2015.

J.P. Sharma, Associate Professor:

.Attended a international conference on the topic –APCESS-held at Jawaharlal Nehru stadium Delhi from 14/10/15 to 16/10/15 organized by ManavRachna University, Faridabad (Haryana).

SandhyaTiwari, Associate Professor:

Participated in “Turf 2015-16” International Convention on Business of Sports at Federation House, New Delhi, 22-23 Feb., 2016.

Co-authored the paper “Strategies to Combat Menopausal Symptoms, and Quality of life in Women Undergoing Menopausal phase” in the National Conference on Women Empowerment for Healthy Nation; Emerging Perspective and Issues organized by DAV P.G. College (University of Delhi), March, 2016.

Co-authored the paper “Workplace health promotion; A Positive Organizational Behaviour” in the National Conference on Corporate Social Responsibility; Sports, Olympism and Global Peace organized by Maharaja Agrasen College (University of Delhi) March 15-17, 2016.

Ashok Kumar Singh, Associate Professor:

Attended National Seminar on “Utthan” Development of Sports through Education System organized by LNIPE, Gwalior from 7-8 March, 2016 at VigyanBhawan, New Delhi.

Attended as Chairperson and Guest of Honourfor Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 sponsored by UGC & ICSSR at Punjabi University, Patiala, Punjab.

SaritaTyagi, Associate Professor:

Participated as a Chairperson in the Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab.

Participated in the training on “Sensitization for Prevention of Sexual Harassment at Work Place” Organized on Oct. 30,2015 by Directorate of Training, Union Territories Civil Services, Govt. of N.C.T., Delhi

Participated in Ten Days Workshop on “Research Design and Application of SPSS in Physical Education and Sports Sciences” organized by IGIPSS from 05.05.2016 to 11.05.2016 & 13.06.2016 to 17.06.2016.

Participated in the Seminar on Art of Negotiation held at IGIPSS on Oct. 8, 2015.

Participated in the Seminar on “The Paradigm of Indian Constitution” celebrating 125th Birth Anniversary of Bharat RatnaRaoAmbedkar held on 30.11.2015, IGIPSS, University of Delhi.

Served as Resource Person in the Seminar on “Curriculum & Syllabi Design in the Paradigm of Physical Education” held on 22.03.2016 at IGIPSS, Vikaspuri, New Delhi.

Thesis of Ms. RajshreePandey for Ph. D degree has been submitted from Department of Physical Education & Sports Science, University of Delhi, in September-October 2015.

Presented a research paper entitled “Mental Health of 10 M. Air Rifle Male Shooters of International and Inter University Levels: A Comparative Study” in the International Seminar on “Indian Mind & Societal Concerns: An Interdisciplinary Dialogue” organized by Department of Psychology, Ramanujan College. D.U.held on April 2-3, 2016 at Conference Centre, University of Delhi.

Anil Kr. Vanaik, Associate Professor:

Participated as a Chairperson in the Global Conference on Scientific Culture in Physical Education and Sports from February 18-20, 2016 (sponsored by UGC & ICSSR) at Punjabi University, Patiala, Punjab.

Participated in the Seminar on Art of Negotiation held at IGIPSS on Oct.8, 2015.

Participated in the Seminar on “The Paradigm of Indian Constitution” celebrating 125th Birth Anniversary of Bharat RatnaRaoAmbedkar held on 30.11.2015, IGIPSS, University of Delhi.

Pardeep Kumar, Associate Professor:

Participated inInternational Convention on Business of Sports- "TURF 2015-16" organised by FICCI at Federation House, New Delhi, from 22nd and 23rd Feb. 2016.

Monika Wasuja, Associate Professor:

Conducted a Workshop on “**Sports Nutrition**” on Oct. 16, 2015 at Institute of Home Economics (University of Delhi).HauzKhas Enclave, New Delhi.

Participated in the Seminar on Art of Negotiation held at IGIPSS on Oct.8, 2015.

Participated in the Seminar on “The Paradigm of Indian Constitution” celebrating 125th Birth Anniversary of Bharat RatnaRaoAmbedkar held on 30.11.2015, IGIPSS, University of Delhi.

Served as Resource Person in the Seminar on “Curriculum & Syllabi Design in the Paradigm of Physical Education” held on 22.03.2016 at IGIPSS, Vikaspuri, New Delhi.

Man Singh, Assistant Professor:

Participated in TURF-2015-16. International Convention on Business of Sports conducted by (FICCI) Federation of Indian Chambers of Commerce and Industry.

NUMBER OF FACULTY PERMANENT/TEMPORARY/AD-HOC:

| | |
|------------|----------------------|
| Permanent | - 27 + 1 (Principal) |
| Deputation | - 01 (Librarian). |

FINANCIAL GRANT

Grant Utilized:Rs.9,56,85,748/- (Nine Crore, Fifty Six Lac, Eighty Five Thousand, Seven Hundred and Forty Eight).

Patents Filed / Granted : NIL

Placement Details : NIL

Number & Names Of Domestic / International (MoU's) Signed With Partners : NIL

ExtentionAnd Outreach Work: NIL

Students Numbers Under Outreach Programme : **NIL**

JOURNAL SUBSCRIBED:

Number of International Journal subscribed:

Online : Approx. 40 data base though University of Delhi.
Paperback Version : 04

Number of National Journals subscribed:

Paperback Version : 17

ANY OTHER SIGNIFICANT INFORMATION:

National Cadet Corps (NCC): Some students participated in the activities of NCC and Cadets achieved Ranks in various camps of NCC.

National Service Scheme (NSS):Regular NSS Programmes conducted.