

ANNUAL REPORT 2017-18

1. Name of the College : Indira Gandhi Institute of Physical Education and Sports Sciences, B-Block, Vikaspuri, New Delhi – 110018.

2. Major Activities and Achievements

- An **Indo-US Conclave** was organised by the Institute on 13.04.2017 in the Institute premises in which US delegates, Faculty members and Students of the Master Degree participated.
- The **International Day of Yoga** was celebrated in the assembly hall of the Institute on 21.06.2017 in which children of adjoining area were called to participate in this function. Children learned the Yoga exercises from Teachers and Students of the Institute.
- **Self-Financing Certificate Course in Yoga Education** was conducted from 29.05.2017 to 30.06.2017 in the Institute during Summer Vacation. This course was attended by a no. of Students of IGIPSS and Other institutions.
- **Self-Financing Fitness Trainer Course (FITCO)** was conducted from 30.05.2017 to 30.06.2017 in the Institute. This course was attended by a no. of Students of IGIPSS and Other institutions.
- An **Orientation Programme** was organised in the assembly hall of the Institute in which fresher's of B.Sc. (PE, HE & S), B.P.Ed. and M.P.Ed. took part. Fresher's were given introduction of the Institute and informed about various departments and administrative sections working in the Institute.
- **Lecture on Dengue** was delivered by Dr. Vijay (Medical Officer cum Associate Professor) on 24.07.2017. in order to educate students about this disease.
- The **entrance based admission of B.Sc. (PE,HE&S)** from the academic session 2017-18 successfully completed under the Chairmanship of the Officiating Principal.
- Students of the Institute participated in the **77th Delhi State Annual Athletics Championship** w.e.f. 01 to 03 September 2017 at Chatrshal Stadium, Delhi as participants and technical officials along with Dr. Rakesh Gupta, Associate Professor and Head, Department of Athletics.
- Students of the Institute participated in the **1st NDMC Delhi State School Level Championship of Divyang Athletics Meet 2017** w.e.f. 11 to 13 October 2017 at Talkatora Stadium, Delhi as technical officials along with Dr. Rakesh Gupta, Associate Professor and Head, Department of Athletics.
- A legal round table on **Child Sex Abuse and the Law** was organized on 29.09.2017
- **Seven Heaven Football Tournament** was organized from in the Institute on 29th Sep 2017, 3rd – 7th October 2017 and 13th to 14th October 2017. A total no. of 65 teams (55 in U-15 Boys and 10 in U-9 Girls) participated in the tournament. This tournament was organized under the flagship programme of the Institute namely, outreach and skill development programme.

- **Fresher's Party** was organized on 17.10.2017.
- **A Training Programme** was conducted for all weight categories IGIPSS Judo players from 18.10.2017 to 26.10.2017.
- **Delhi University Inter-College Judo (M&W) championship 2017-18** held on 25 & 26 October, 2017 and earned positions.
- **Vigilance Awareness Week** was observed in the Institute with full zeal and enthusiasm where a pledge taking ceremony was organized on 30.10.2017 in which Teachers, Non-Teaching Staff and Students of all classes took pledge.
- on topic Child Sex Abuse and the Law by NSS organized on 02.11.2017.
- An **Essay Writing Competition** was organized by the Institute on 03.11.2017 on the occasion of Vigilance Awareness Week.
- The **Constitution Day** was observed on 30th November 2017 in which Teachers, Non-Teaching Staff and Students of all classes took part and recited the Preamble of the Constitution of India.
- The **National Flag** was unfurled by the Officiating Principal on the occasion of 68th Republic day on 26.01.2018 in which Teachers, Non-Teaching Staff and Students of all classes took part and recited the preamble of the Constitution of India followed by National Anthem. Sweets were also distributed among the staff and students. The National Flag was unfurled on the newly built pole situated at entry point of the Institute.
- Honda Motors organized a one day training programme for female students and staff under **Road Safety Measures** on 09.02.2018.
- **Intramural Competition 2017-18** has been successfully conducted for Volleyball, Kabbadi, Cricket, Handball and Tug of War in the month of February and March.
- The **Placement Drive** was organized by the Institute from 23rd to 27th, February 2018.
- All the students of B.Sc (PE,HE & S), B.P.Ed. and M.P.Ed. attended the **National Conference on "Issues and New Ideas in Sports Management"** on 08.03.2018 at Vigyan Bhawan, New Delhi
- **Annual Athletic Meet - 2018** was held on 15.03.2018 at IGIPSS Athletics Track organized by the Department of Athletics, Indira Gandhi Institute of Physical Education and Sports Sciences.
- **Student's Fest UMANG 18** was celebrated with full zeal and enthusiasm on 22.03.2018.
- **PCP Classes of School of Open Learning (SOL)** for B.Com. (P) 1st year, B.Com. (P) 2nd year and B.Com. (P) 3rd year for the academic session 2017-18 has been conducted at IGIPSS.
- Smoothly conducted End Semester-II/IV/VI Examinations of B.Sc. (PE,HE&S), B.P.Ed. and M.P.Ed in Nov./Dec. 2017.
- To improve the quality and competency of teachers in regard to teaching, academic administration RTI, Grievance Redressal System, teachers have been trained by different courses conducted by Higher Education, Govt. NCT of Delhi e.g. Incident Response System (IRS) in Disaster Management, Consumer Rights etc. as well as courses like orientation, refresher and others.
- To improve the quality and managerial competency of non-teaching staff in regard to administration, the staff has been trained by different courses conducted by Higher Education, Govt. of N.C.T. of Delhi e.g. E-Governance, Procurement Process & Basic Computer Operation etc.

- Daily Assembly has been conducted in accordance with the Time Table (2.30 p.m. to 3.00 p.m.) for all the students and staff. For the purposes of cross checking the attendance, to announce and motivate the student for their next line of action / brief lecture or speech, for counseling / for redressal of any Grievance/s or short coming/to discipline the students / to recognize the accomplishment of students / Mass participation for fitness followed by ***National Anthem as a unique activity for the first time in the system of University of Delhi.***

3. Proposed Activities in the month of April 2018

- A Blood Donation Camp is proposed to be organised on 11.04.2018 in the premises of the Institute.
- A workshop is proposed to be organised between 15-18 April, 2018 on the subject and Pedagogic Applications of Teaching/Coaching Lesson in the Institute.

4. New Courses under process

Certificate Program:

- Certificate Course in Massage Therapy.
- Fitness Certificate Course in Functional Training

Diploma Program:

- Post Graduate Diploma in Yoga Education
- Post Graduate Diploma in Sports Sciences
- Diploma in Sports Management

Post Graduate Program:

- M.Sc. (Sports Sciences)
- M.B.A. (Sports)
- M.A. (Yoga)

5. Students with Distinctions

S.No.	Name of the Student	Class	Position in the University	Marks	Percentage
1.	Meenu Dabas	M.P.Ed.	I	1499/1700	88.17%
2.	Preeti Tyagi	M.P.Ed.	II	1439/1700	84.64%
3.	Rohit Kumar Singh	M.P.Ed.	III	1405/1700	82.64%
4.	Shalini Rathi	B.P.Ed.	I	2829/3200	88.40%
5.	Nidhi Singh	B.P.Ed.	II	2707/3200	84.59%
6.	Vivek Kumar	B.P.Ed.	III	2665/3200	83.28%
5.	Dhruv Arora	B.Sc.	I	2112/2750	76.80%
6.	Pooja	B.Sc.	II	2071/2750	75.30%
9.	Karuna Sharma	B.Sc.	III	2068/2750	75.20%

6. Publications

Pratibha, Bhatt, S A, **Shaw, Dhananjoy**, (2017) "An Assessment of Sit and reach Flexibility of Male and Female Physical Education Students (A Comparative Study)", Emerging Trends in Fitness and Sports Sciences, An International Conference on Physical Education and Sports Sciences (ICPESS) organized by Manipal University, Jaipur, Vol.2, **ISBN: 978-93-85449-35-2**

Bhatt, S A, Kumar, Ravinder, **Shaw, Dhananjoy**, (2017) "Comparison of Maximal Oxygen Uptake (VO₂ Max.) Between Male and Female Sportspersons (A Comparative Study ", Emerging Trends in Fitness and Sports Sciences, An International Conference on Physical Education and Sports Sciences (ICPESS) organized by Manipal University, Jaipur, Vol.3, **ISBN: 978-93-85449-35-2**

Kumar, Ravinder, Bhatt, S A, **Shaw, Dhananjoy**, (2017) "Effect of Examination on Pittsburgh Sleep Quality Index and Pittsburgh Insomnia Rating Scale Score of Male and Female Sports Person from Schools of N.C.T Delhi, Emerging Trends in Fitness and Sports Sciences, An International Conference on Physical Education and Sports Sciences (ICPESS) organized by Manipal University, Jaipur, Vol.3, **ISBN: 978-93-85449-35-2**

Ahlawat, Umesh, Yadav, Nisha **Shaw, Dhananjoy**, (2017) "Kinematic analysis of hamstring curl exercise for lower extremities with 15 RM load", An International Journal of Physiology, Nutrition and Physical Education, **ISSN: 2456-0057** (pp. 446-451)

Ahlawat, Umesh, Yadav, Nisha **Shaw, Dhananjoy**, (2017) "Kinematic differences among the players/repetitions and between the gender in regard to right (dominant) leg lunges exercise for lower extremities with 15 RM Load", An International Journal of Yoga Physiotherapy and Physical Education, Vol. 3, **ISSN: 2456-5067** (pp. 51-56)

Kumar, Ravinder, Bhatt, S A, **Shaw, Dhananjoy**, (2017) "Collateral Pressure Distribution at Planter Aspect of Standing Posture of Male Sportsperson as an Indicator of Balance Mechanism , An International Research Journal of Management Science and Technology, Vol. 8, **ISSN: 2250-1959**

Shaw, Dhananjoy, Ranjit, Kaur(2018) "Effect of Yoga on Stress, Depression and Anxiety", A Journal of Yoga, Physical Therapy and Rehabilitation accepted and likely to be published in the month of March 2018.

Sharma, Rekha, **Shaw, Dhananjoy**, (2018) "A Study on the Effect of Selected Yogic Practices on Resting Heart Rate and Blood Pressure" accepted and likely to be published in the month of March 2018.

Shaw, Dhananjoy, (2018) "Professional and Academic Development in Physical Education and Sports Sciences to be Skilled India A Vision Document 2018", Proceedings of 4th National Conference on Physical Education & Sports Sciences (under the aegis of Ministry of Youth Affairs & Sports), **ISBN: 978-93-5300-165-0** (pp. 55-61)

Ahlawat, Umesh, **Shaw, Dhananjoy**, (2018) "Kinematic Analysis of Quadriceps Extension Exercise for Lower Extremities with 15 RM Load", Scientific Journal in Sports and Exercise (Laxmibai Sports Education and Welfare Society, Vol.14 **ISSN: 0974-2964** (pp. 09-17)

Ahlawat, Umesh, Yadav, Nisha **Shaw, Dhananjoy**, (2018) "Kinematic differences among the players/repetitions and between the gender in regard to left (subordinate) leg lunges

exercise for lower extremities with 15 RM Load”, An International Journal Academic Research and Development, Vol. 3, **ISSN: 2455-4197** (pp. 167-173)

Shaw, Dhananjay, (2018) “Development of regression models for estimating maximal oxygen uptake (VO₂ max.)” of male youth of Kashmir (Habitat of high altitude)”, An International Journal of Physiology, Nutrition and Physical Education, Vol. 3, **ISSN: 2456-0057** (pp. 167-173)

Journals published by the College

PRIYADARSHINI - 2017

Number of College Teacher’s serving as Editor(s)/Member(s) of Editorial Board

Total No. 7 – Dr. Sanjeev Kaushal (C), (Dr. Sarita Tyagi, Dr. Rakesh Gupta, Dr. Rajbir Singh, Dr. Vijay, Dr. Ekta Bhushan Satsangi, Dr. Meenakshi).

7. Seminar Organized

- A **Workshop and Training Programme on “Governance of Colleges”** was organized by the Institute for Teaching and Non-Teaching Staff on 13.11.2017 which was addressed by the Joint Registrar (Colleges), University of Delhi. The Chairperson, Governing Body also graced the occasion.
- A **Workshop and Training Programme on “Screening Evaluation Procedure For Applications For the Post of Assistant Professor and Roster of NTS”** was organized by the Institute for Teaching and Non-Teaching Staff on 14.11.2017 which was addressed by the Assistant Registrar (Colleges), University of Delhi.
- **An Indo-Australian Conclave on “A Snapshot of our Current Psychology Research : Thinking Globally but Acting Locally”** was organized by the Institute on 12 December 2017 which was addressed by the Dr. Steven Christensen and Dr. Andrea Lamont-Mills, University of Southern Queensland, Australia. The Chairperson, Governing Body also graced the occasion.

8. Seminar/ Conference Presentations

- Dr. Dhananjay Shaw attended a seminar CII SCORECARD 2017 (Making India Play) at Le Meridian New Delhi on 06-07 July 2017.
- Dr. Dhananjay Shaw served as Resource Person in a workshop of Games and Sports Teacher on 05.08.2017 on the topic “Why Sports Education in School Curriculum – A Scientific Basis and Overview” organised by BBPS Training Centre (C/o Bal Bharti Public School, Pitampura, Delhi).
- Dr. Dhananjay Shaw served as Resource Person in a Refresher Course in E-Learning and Digital Learning for the University and College teachers of all streams on 15.09.2017 organised by CPDHE, University of Delhi.

- Dr. Dhananjoy Shaw attended National Skill Development Summit on the occasion of the National Skill Development Day on 03.10.2017 at India International Centre, Lodhi Estate, New Delhi.
- Dr. Dhananjoy Shaw attended Mail Today 6th Edition Education Conclave on 10.10.2017 at Hotel Hyatt Regency, New Delhi.
- Dr. Dhananjoy Shaw presided as Reviewer and Chairperson for the Conference entitled AIFF International Football coaching Conference (IFCC – 2017) organised by Amity University, Noida in Collaboration with All India Football Federation (AIFF) on 11-12 October 2017.
- Dr. Dhananjoy Shaw presided as Chairperson in the Session in the International Conference on Sports Engineering (ICSE) organised by BITS, Pilani in association with the International Sports Engineering Association, UK under the auspices of Ministry of Youth Affairs and Sports, New Delhi on 23-25 October 2017.
- Dr. Dhananjoy Shaw invited as Guest of Honour in two day National Seminar on “The Need for Physical Education in improving the Performance of Indian Sportspersons in Olympics and National/International Tournaments” organised by the Department of Physical Education and Sports Sciences, PGDAV College on 07-08 November, 2017.
- Dr. Dhananjoy Shaw served as Resource Person in the TWIF Development & Training Workshop conducted by Tug of War International Federation (TWIF) held at International Youth Hostel, 5, Nyaya Marg, Chankya Puri, New Delhi, India from November 7-10, 2017.
- Dr. Dhananjoy Shaw invited as Speaker in two-day 4th National Conference on Physical Education & Sports Sciences (NCPCESS-2018) organized by Physical Education Foundation of India (PEFI) & Sports Authority of India (SAI) under the aegis of Ministry of Youth Affairs & Sports on 09-10 February 2018 and presented Lead Paper “A Vision Document 2018”.
- Dr. Dhananjoy Shaw served as Resource Person in the International Conference on Issues & New Ideas in Sports Management organized by Lakshmi Bai National Institute of Physical Education, Gwalior and Ministry of Youth Affairs, Govt. of India held at Vigyan Bhawan, New Delhi and Vishwa Yuvak Kendra, New Delhi on 8.03.2018 to 10.03.2018.
- Dr. S. J. Basumatary attended a Workshop on E-Procurement organised by Bhaskaracharya College of Applied Science from 7th to 8th November 2017.

9. National/International MoUs Signed

MoU signing is under process with various Institutions of National and International repute.

10. Other Inter-Institutional Collaboration

Other Inter-Institutional Collaboration is under process with various Institutions of National and International repute.

11. Placement Details

- A **Placement Drive** was organised in the Institute premises in which reputed companies and students participated for exploring better employment opportunities on 13.04.2017. Another placement drive was organised w.e.f 23rd to 27th February 2018 wherein 123 students were offered placement by three companies.

12. Library Development

Successfully implementation of digital library, users of IGIPSS have access to 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. thesis and all M.P.Ed. Dissertations awarded from 2013 onwards. Presently IGIPSS library database "Vidya: Library Management Software" put on-line through XAMPP Server.

Total Library collection 12489 (9012 Accessioned Books, 2173 Reading Room, 706 Thesis and 598 Department Books) has been computerized in the database and Bar-coded which is searchable through Online Public Access Catalogue (OPAC). Library has organized three library orientation programs to enhance the use of physical and digital information resource.

Journal Subscribed:

- (i) Paperback Version : 02 (International)
- (ii) Paperback Version : 20 (National)

13. Faculty Strength

Permanent = 27 (including Officiating Principal)

14. Financial Allocation and Utilization

- (a) Grant sanctioned : Rs. 10,27,00,000/-
- (b) Utilized (Tentative) : Rs. 10,25,47,759/-

15. Any Other Significant Information

Students Achievements

S.NO	NAME OF THE STUDENT	CLASS	SEM	GAME	LEVEL	POSITION
1	DEEPAK KUMAR	BPED	I	ATHLETICS	STATE	II
2	MD. RAZUL	BPED	I	HANDBALL	STATE	III
3	AJAY KUMAR	B.SC.	IV	ATHLETICS	STATE L NATIONAL	I III
4	AARTI RANA	B.SC.	II	GYMNASTIC S	NATIONAL STATE	I

S.NO	NAME OF THE STUDENT	CLASS	SEM	GAME	LEVEL	POSITION
5	MOSHIN ALI	B.SC.	II	KABADDI	STATE	P
6	KAJAL SINGH	B.SC.	II	VOLLEYBALL	NATIONAL ZONAL STATE ALL INDIA INTER SPORTS	III I III III
7	MANTHAN JANGHU	B.SC.	VI	JUDO	NATIONAL STATE	I
8	KAPIL KUMAR			TUG OF WAR	NATIONAL	P
9	AARTI SINGH	BPED	II	FOOTBALL	STATE	II
10	MD. AFAK	B.SC.	II	FOOTBALL	ZONAL STATE	P
11	ROHIT PRASHAD	B.SC.	II	JUDO	NATIONAL ZONAL STATE	I
12	MAHESH KUMAR	B.SC.	IV	POWERLIFTING	STATE	II
13	PRITILATA SARKAR	MPED	II	TUG OF WAR	STATE	II
14	RENU KASHYAP	BPED	IV	NETBALL	NATIONAL STATE	III II
15	TANU SHARMA	MPED	II	NETBALL	NATIONAL STATE	III II
16	MAHESH KUMAR	BPED	IV	YOGA	NATIONAL STATE	II
17	SIMRAN	B.SC.	IV	TAIKANDO	STATE	III
18	ALPANA	BPED	II	KORFBALL NETBALL/KORFBALL	NATIONAL STATE	II/III
19	NAVEEN BISHT	BPED	II	KORFBALL	NATIONAL STATE	III
20	CHANCHAL TAIWAL	B.SC.	IV	HANDBALL	NATIONAL STATE	II
21	REAJESH KUMAR	B.SC.	II	HANDBALL	STATE	III

S.NO	NAME OF THE STUDENT	CLASS	SEM	GAME	LEVEL	POSITION
22	SWATI	B.SC.	VI	HANDBALL	NATIONAL STATE OTHER	III II II
23	KAJAL BANSAL	BPED	IV	NETBALL	STATE	II
24	SHEETAL WACHHAL	BPED	II	TUG OF WAR	STATE STATE STATE	II II III
25	SHALINI SINGH	MPED	II	TUG OF WAR	STATE INTER COLLEGE	II II
26	KAJAL BISHT	MPED	II	HANDBALL	INTER COLLEGE	II
27	NEHA	MPED	II	HOCKEY	INTER COLLEGE	II
28	NOORJAHAN BANO	BPED	IV	KHO KHO JUDO	NATIONAL STATE INTER COLLEGE	II I
29	VARUN SHARMA	B.SC.	IV	ATHLETICS	STATE	II
30	SAHIL SINGH	B.SC.	II	FOOTBALL	SR.NATIONAL	I
31	ROHIT PRASHAD	BPED	II	BASEBALL	NATIONAL	P
32	RIDA FATIMA	B.SC.	IV	BASKETBALL	NATIONAL	P
33	PRASHANT KUMAR	MPED	II	HANDBALL	ZONAL STATE	III

Academic Achievement

S.No.	Name of the Student	Class	Position in the University	Marks	Percentage
1.	Meenu Dabas	M.P.Ed.	I	1499/1700	88.17%
2.	Preeti Tyagi	M.P.Ed.	II	1439/1700	84.64%
3.	Rohit Kumar Singh	M.P.Ed.	III	1405/1700	82.64%
4.	Shalini Rathi	B.P.Ed.	I	2829/3200	88.40%
5.	Nidhi Singh	B.P.Ed.	II	2707/3200	84.59%
6.	Vivek Kumar	B.P.Ed.	III	2665/3200	83.28%
5.	Dhruv Arora	B.Sc.	I	2112/2750	76.80%
6.	Pooja	B.Sc.	II	2071/2750	75.30%
9.	Karuna Sharma	B.Sc.	III	2068/2750	75.20%

NSS VOLUNTEERS FOR PRIZES IN ANNUAL FUNCTION

S.No.	Name of the Student	Class
1.	Sandeep	B.Sc - III
2.	Nishant Rathor	B.Sc - III
3.	Atul	B.Sc - III
4.	Soyab Akhtar	B.Sc - II
5.	Yogender Pal	B.Sc - II

Winner of English Essay Competition on the occasion of Vigilance Awareness Week

S.No.	Name of the Student	Class	Position	Marks
1.	Sumit Dalal	B.Sc. Part III	I	13.5/20
2.	Vartika Kaushik	B.Sc. Part II	II	13/20
3.	Akshant Katwal	B.Sc. Part III	III	12.5/20

Winner of Hindi Essay Competition on the occasion of Vigilance Awareness Week

S.No.	Name of the Student	Class	Position	Marks
1.	Ankit Rathore	B.Sc. Part II	I	14.5/20
2.	Sandeep Yadav	B.Sc. Part II	II	12.5/20
3.	Rajesh	B.P.Ed Part I	III	11/20