

Report for the department of physical education  
the year 2020-2021.

1. **Name of the teacher In-Charge - Dr Anju Luthra.**

2. **Teachers - Dr Anju Luthra, & Dr Manmohan Kaur**  
Class - 1<sup>st</sup> & 2<sup>nd</sup> Year (Hons Courses)

3. **Office Bearers**

1. President- Gargi Garima Kalita
2. Vice President- Divya Chaturvedi
3. Secretary- Laavanya Ray

**ATTENDANCE 2020 - 2021**

| Semester      | No. and Topic of Paper               | No. of Lectures Delivered | No. of students in different attendance categories |                               |                               |                             |                                 |                 |
|---------------|--------------------------------------|---------------------------|--|-------------------------------|-------------------------------|-----------------------------|---------------------------------|-----------------|
|               |                                      |                           | 85% & above  | 80% & above but less than 85% | 75% & above but less than 80% | 70% above but less than 75% | 66.6% & above but less than 70% | Less than 66.6% |
| SEMESTER –I   | YOGA AND STRESS MANAGEMENT           | 40                        | 4  | 5                             | 10                            | 12                          | 22                              | 25              |
| SEMESTER –II  | OBESITY MANAGEMENT                   | 40                        | 4  | 6                             | 10                            | 11                          | 22                              | 26              |
| SEMESTER –III | FITNESS, WELLNESS AND NUTRITION      | 40                        | 5  | 5                             | 10                            | 8                           | 19                              | 25              |
| SEMESTER –IV  | POSTURE, ATHLETIC CARE AND FIRST AID | 40                        | 4  | 5                             | 10                            | 11                          | 21                              | 27              |

1. College society for which teachers in the department are responsible– **NSO (National Sports Organisation)**.

1. Co-curricular programmes arranged by the department- Yoga Day on 21<sup>st</sup> June 2021, Training and Research Cell, Webinar on Importance of Sports, Career Prospects in Field Sports.

|   |             |                                |                                 |  |
|---|-------------|--------------------------------|---------------------------------|--|
| Webinar on Career Prospects in the Field of Sports  | Google Meet | 31 <sup>st</sup> October, 2020 | 31 <sup>st</sup> October, 2020  | By Mr. Soheil Tandon, the Director-Founder of Pro-Sports Development   |
| Webinar on Underlying Importance of Sports Psychology   | Google Meet | 21 <sup>st</sup> November 2020 | 21 <sup>st</sup> November, 2020 | By Dr. Sharda Jain, PhD in Psychology from Delhi University  |
| Daily Webinar organized in collaboration with Department of Commerce for “Self-Reliance in Health through Yoga” to celebrate 7th International Yoga Day, 2021 | Google Meet | 15 <sup>th</sup> June, 2021    | 21 <sup>st</sup> June, 2021     | Eminent personalities in the field of Yoga, Health and fitness   |
| Webinar organized in collaboration with National Service Scheme, JMC on the occasion of International Yoga Day, 2021  | Google Meet | 21 <sup>st</sup> June, 2021    | 21 <sup>st</sup> June, 2021     | Rohin Verma – Art of Living Teacher, Nithish – Yoga Practitioner, Kavita Kumari – Post Graduation Diploma from MDNIY |

1. Students in the department who participated in extramural, co-curricular activities within and outside the college.

- **Handball** - Vicky, Jaya, Tanisha and Khushboo participated in the Junior and Senior nationals and secured the **third** and **fifth** position respectively

- **Badminton** - Likhita Srivastava, Khushi Gupta and Kavya Gupta participated in various tournaments over the session and emerged victorious.
- **Athletics** - Ansu Jacob and Mohini participated in the Annual Athletics meet and secured the **second** position.
- **Athletics** - Taranjeet Kaur bagged the **first** position in 100m race with a record timing of 11.70 seconds in the 18th Federation Cup Junior Athletics Championship held at Madhya Pradesh in January 2021. She was declared the **Best Athlete** of the tournament. Additionally, she clinched a **gold** and a **silver** medal in the 100m and 200m race respectively, in the 36th National Junior Athletics Tournament held from February 6-10, 2021, in Guwahati, Assam.
- **Volleyball** - Chhavi Tommar participated in the All-India Volleyball Tournament and secured the **third** position.
- **Taekwondo** - Lalita participated in a state and two national games and bagged the **gold** in all.

#### **4. Students who have participated in Community Development Programmes.**

- N/A

#### **5. University assignments undertaken by teachers Dr. Anju Luthra**

- Convenor & Selection committee member of Ball Badminton, Softball, Fencing.

**6. Publications** (books, research papers/articles and book reviews) by members of the Department during the course of the academic year.

##### **1. Dr. Manmohan Kaur**

- For research article:
  - ◆ 4th International and 31st National Conference on Sports Psychology and Serving Athletes and Coaches (9, 10 and 12 March 2021) - Research Paper on, "Reliability of Academic Achievement Questionnaire for Sedentary College Going Females"

Co-Authored –

- (a) Reliability of Health Questionnaire for Females Involved in Individual Sports
- (b) Reliability of Health Questionnaire for Females Involved in Team Sports
- (c) Relationship Among Five Point, Seven Point, and Nine Point Scales of Health Questionnaire when Administered to Females belonging to Team Games (A Validation)
- (d) Reliability of Health Questionnaire for Sedentary College-Going Females

- (e) Relationship Among Five Point Seven Point, and Nine Point Scales of Health. Questionnaire when administered to Sedentary Girls (A Validation)
  - (f) Reliability of Academic Achievement Questionnaire for Females Involved in Individual Sports
  - (g) Reliability of Academic Achievement Questionnaire for Females Involved in Team Sports
- ◆ Article due in the process of publication for the "Journal of Physical Education and Sports Sciences" published by Department of Physical Education and Sports Sciences

### **7. Participation of faculty in:**

#### **(B) Conferences**

- N/A

#### **(C) Refresher & Orientation**

- Freshers for the incoming batch of 2021
- Farewell for the outgoing batch of 2021

### **8. Honours received by faculty members at the international/national level**

- N/A

### **9. Seminar Conducted by Department –**

- 1) **31 October 2020** – Webinar on Career Prospects in the Field of Sports by Mr. Soheil Tandon, the Director-Founder of Pro-Sports Development
- 2) **21 November 2020** – Webinar on Underlying Importance of Sports Psychology by Dr. Sharda Jain, PhD in Psychology from Delhi University

### **10. Outstanding visitors to the Department -**

- N/A

### **11. No. of department meetings held in the course of the academic year. Documentation of meetings with proper agenda and minutes –**

5 Sports Committee meetings; Agenda: Discussions regarding students with short attendance and their achievements.



Library : Budget for the year and its utilization – N/A

Laboratory Budget for the year – N/A

List of students who were awarded merit certificate-

1. Vicky (Handball)
2. Jaya (Handball)
3. Tanisha (Handball)
4. Khushboo (Handball)
5. Likhita Srivastava (Badminton)
6. Khushi Gupta (Badminton)
7. Kavya Gupta (Badminton)
8. Ansu Jacob (Athletics)
9. Mohini (Athletics)
10. Taranjeet Kaur (Athletics)
11. Chhavi Tommar (Volleyball)
12. Lalita (Taekwando)

## **12. Alumni Day and other Alumni related activities/events held during the year**

- N/A

## **13. Review and Comparison with previous year's Department report**

- N/A

## **14. SWOC Analysis**

### **Strengths**

- Proud Winners of Vice Chancellor's Trophy from past 28 years.
- Students performing extremely well in both the field's academics as well as sports.
- Efficient Coordination and Cooperation among Principal, Sports Council Members, Teaching and Non-Teaching Staff.
- JMC students are part of all the teams representing Delhi University in All India Tournaments.
- JMC is the only college to participate in all the Sports, discipline held by DUSU.
- Maintaining the legacy of producing the best athletes and winning most of the tournaments.
- The zeal and the spirit, passion for sports in students helps the department in achieving more pride.
- The unremitting support of the Sports Teachers in every possible way.

### **Weaknesses**

- Lack of a Shooting range
- Lack of a Swimming pool
- Absence of adequate changing/shower rooms
- Absence of adequate drinking water facilities

### **Opportunities**

- To explore the hidden potentialities of the students
- To excel in sports in which we are currently lagging
- To further develop the existing sports infrastructures

### **Challenges**

- To continue the legacy of winning the V.C trophy for best women College in Sports.
- Placements for Sports Students.
- Maintenance of the Gym.
- Introduction of discipline course and skill enhancement course in Physical Education.

### **15. Future Plans**

- Organise effective fitness programmes for General Students and Staff.
- Provide transportation facility for Students for various Inter College Tournaments.
- Organise seminars for Students relating to sports performance and career prospects.
- Organise Basic First Aid Course for the Students
- Ensure availability of nutritious food in the college canteen