

Department of Physical Education
Maharshi Dayanand University Rohtak
(NAAC Accredited 'A' Grade)



Strategic Plan (2018-2023)

About the Department

The Department of Physical Education came into being in 1992. The Department, since its inception, has been actively engaged in quality teaching, research and training (sports) as well as in consultancy of exercise prescription for various categories of population. The Department is one of the most vibrant active and innovative centers of higher education in the field of Physical Education and Yoga. M.A Physical Education course was started in the department of Physical Education since 1992. One year Post Graduate Diploma in Physical Education was started in 2000. The Department of Physical Education has also started P.G Diploma in Yoga Science and M.A Yoga Science from 2014 and 2016 respectively. In addition to above department has also started the M.Phil Physical Education and Ph.D programme. The Department is actively engaged in quality of research and teaching. The Department holds no. of public lecture by inviting the eminent scholar from different field of yoga and physical education. Department is also activity involved in conducting the National Seminar, Workshops and Training Programs. All the faculty members of the department are actively involved in research and have published quite good number of research papers and Books on various topics. The Department has strong alumni Board and Alumnus of the department are working on higher position in the field of sports. The alumni of the department has 90 Arjun Award, Bhim Award, Dhronacharya and Padam Bhusan.

Vision

In consonance with the vision of the University, the Department of Physical Education aspire to the leading and Pioneer Department of country through inters disciplinary understanding. It visualizes work for innovation in the new Practice and impact of teaching strategies for developing word. Class human resource in field of Physical Education and Sports Department seeks to Create, Preserve and Disseminate knowledge to build Competitive capability for Holistic Development and Nurturing Future generation for better contribution in the society.

Mission

The Department of Physical Education is dedicated for excellence in Physical Activity/Sports by working on academic standard, Pedagogical Practice, Technological skills, Research skills, teaching for in inclusion, Social impact and value development in area of teacher of Physical Education and Sports.

Strategic Goals

Strategic planning is a continuous process involving planning, implementing, assessing outcomes and using results and lessons learned for further planning and revision or modification of strategies. After thoroughly considering the SWOC analysis and future aspects of the subject, the following targets have been set to achieve. The strategic goals of

the Institute focus on different aspects for the benefit of students, educators, alumni, stakeholders & the society. These are:

1. Advancement in Teaching–Learning process
2. Producing Quality Research outcomes
3. Enhancing employability of Students
4. Social Responsibility and Comprehensiveness
5. Job fair of Department of physical education in collaboration with the other Department of repute such as military school. Sport schools, SAI etc.
6. Enhancing the employability by improving the professional skill of students.
7. Involvement of students and parents in betterment of the Department
8. Organizing physical fitness camp for general population as well as school going children in different part of rural area of Haryana.
9. To have a MOU with Health University specifically with the Sports Medicine center as well as I.I.M Rohtak for Sports Management.
10. Establishing strong relations with alumni of the Department

SWOC ANALYSIS

Strength

Physical Education is a most dynamic subject and changing continuously preparation of prospective teacher for changing scenario and changing learners.

Weakness

A long distance has to be covered for Creating Physical Education and Sports as a discipline in the academic field.

Opportunity

In the today scenario where numbers of health issues in the masses are on rise and the school going children are suffering from numbers of life style diseases. So there is great need of Physical Education Teachers in various Educational Organizations from the great Prof. Level.

Challenges

Educational Practice in the form of Physical Activity and Teaching Methods of Health Education, Physical Education and Yogic Practices need to be updated continuously in light of social and Technological Changes.

ACTION PLAN

Session 2018-19

- ✓ Introduction of Certificate course of Yoga asana for promotion of health
- ✓ Certificate course in meditation
- ✓ Appointment of regular faculty as per requirement of the Department.
- ✓ Necessary steps shall be taken for getting NCTE approval for B.P.Ed. and M.P.Ed. Courses.
- ✓ To establish the departmental library.
- ✓ Establishment of Exercise Physiology Lab, Bio-mechanic lab, Psychology lab and yoga lab with the facility of Projector.
- ✓ Establishment of I.T. Lab.
- ✓ Establishment of smart class rooms in the department.
- ✓ Establishment of conference hall with the facility of projector.

Session 2019-2020

- ✓ Introduction of P.G. Diploma in health and fitness management.
- ✓ Introduction of Five year integrated B.P.E. & S and M.P.E.S
- ✓ M.o.U. with the institutions of repute such as SAI, NADA and HOA.
- ✓ Workshop for research methodology personality development shall be organized.
- ✓ National seminar on yoga shall be organized

Session 2020-2021

- ✓ Introduction of M.Sc. in exercise Physiology.
- ✓ Introduction of Certificate course in gym management.
- ✓ MoU with Institutes of research.
- ✓ MoU with the national Institute of Sports i.e. NSNIS Patiala.
- ✓ Establishment of center for SAI Certificate course.

Session 2021-2022

- ✓ Introduction of Diploma in Sports Nutrition.
- ✓ Introduction of P.G. Diploma in Sports Psychology.
- ✓ Consultancy for prescribing the exercise and use of different labs to certain category of masses.
- ✓ International Conference of Physical Education and Sports.
- ✓ Will apply for SAP of U.G.C.
- ✓ Will try to have M.o.U. with Khelo India.

Session 2022-2023

- ✓ Introduction of M.Sc. in Biomechanics
- ✓ Introduction of Certificate Course in Sports anthropometry.
- ✓ International conference and public lecture on various diseases and their treatment with the help of exercise & yoga.
- ✓ Opening of O.P.D. for exercise and yoga.
- ✓ Strengthening of already started courses of physical education and yoga.

Activity Calendar (2018-19)

1 st semester Teaching session	21/07/2018 – 05/11/2018
Induction Programme	30-08-2018
Quiz Contest	September, 2018
Intramural Basket Ball	September, 2018
Meditation camp	September, 2018
Mentor-Mentee Meet	Sep, Oct., Nov. & Dec. 2018
Exhibition of Picture Collection of Gandhi Life	October, 2018
Welcome Party	October. 2018
Doping Workshop	October. 2018
Intramural Football	October. 2018
Mobile Free Day	October, 2018
Demo Competition Asana	October, 2018
Public Lecture on Obesity	October, 2018
Intramural Volley Ball and Hand Ball	November, 2018
Rangoli Competition	November, 2018
Quiz on Yoga	November, 2018
Vacation	06/11/2018 – 13/11/2018
Teaching session	14/11/2018 – 21/11/2018
End Term Examination	22/11/2018
Winter Vacation	18/12/2018 – 31/12/2018
2 nd semester Teaching session	01/01/2019 – 17/03/2019
Intramural Cricket	January, 2019
Special Session for Disease-wise therapy of Yoga	January, 2019
Procession on save Girls	January, 2019
Health Awareness Rally	January, 2019
Mentor-Mentee Meet	Jan., Feb., March & April, 2019
Public Lecture on Awareness of Cancer	February, 2019
Intramural Kho-Kho	February, 2018
Essay Writing Competition	February, 2019
Athletic Meet	1 st Week of March, 2019
Yoga camp (Tour)	March, 2019
Session for Meditation	2 nd Week of March, 2019
Workshop on Sports Conditioning	March, 2019
Vacation	18/03/2019 – 24/03/2019
Teaching session	25/03/2019 – 30/04/2019
Public Lecture on Health Awareness	April, 2019
Intramural Badminton	2 nd Week of April, 2019
Workshop on Marma Therapy/Acupuncture	17 th April, 2019
Farewell Function	3 rd Week of April, 2019
Mentor-Mentee Meet	September. 2018
End Term Examination	May, 2019