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EXECUTIVE SUMMARY

Name of the Course	Refresher Course in Physical Education and Yog
Venue	The Hermitage, UGC-Human Resource Development Centre Kumaun University, Nainital.
Date	12 – 31 March 2018
Organizing Agency	UGC-Human Resource Development Centre, Kumaun University, Nainital.
Patron	Hon'ble Vice-Chancellor, Prof. D.K. Nauriyal, Kumaun University, Nainital.
Course Team	
Director	Prof. B. L. Sah, Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
Deputy Director	Dr. Divya Upadhayay Joshi, Deputy Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
Assistant Director	Dr. Reetesh Sah, Assistant Director, UGC-Human Resource Development Centre, Kumaun University, Nainital
Officials	Mr. I.S. Negi, Dr. Rajendra Singh Bora, Mr. Jasod Singh Bisht, Mr. Arvind Singh, Mr. Kailash, Mr. Rajendra
No. of Participants attended	40
No. of Participants applied	79
<p>Interactive Session, Breaking the Ice, Climate Change & Carban Foot Print, Molecular, Cytogenetic, Sustainable Development, Algae Emerging, Trends in Himalaya, Biodiversity – Its Conservation & Preservation, Microbiology Environment, Mycology, Bryophyte, Recent Advantage in Plant, Antinomy of Vascular Plants, Palynology, Fossilization & Fossil (Plants) of Himalaya, G.I. & Ethno Botany, Plant Breeding & Molecular Profiting, Physiology, Genetics/Biotechnology & Planting.</p>	

Invitation Letter for Participants

Ref. No: UGC –HRDC/KU/PRO/RC-/17-18

Date: 08/03/2018

Dear Participant,

Your application for participation in **Refresher Course in Physical Education & Yoga (SRC)** has been accepted. The course is scheduled from **12-03-2018** to **31-03-2018** at the UGC-Human Resource Development Centre, Kumaun University, Nainital.

Attendance in the inaugural session is compulsory so ensure that you report with your **relieving certificate** and copy of **12(b) or 2(f) certificate** at the UGC-Human Resource Development Centre, The Hermitage, Kumaun University, Mallital, Nainital at 10:00 am sharp on 12/03/2018 (Monday).

You will be informed of all details regarding the course on your arrival at Nainital. **The weather of Nainital in March is cold and woolens are compulsorily required to brave the chill.** (Other information overleaf)

TA will be paid for travel by AC-III/ Deluxe Bus via shortest route between your place of work and Nainital. Please preserve copies/original of your travel tickets/receipts. Local conveyance charge will be paid as per University rules.

You are required to confirm your participation and arrival date by telephone or e-mail at the earliest. **We have dormitory/room sharing type hostel facility and we provide it on a first confirmation first serve basis.** So please ensure your timely confirmation to avoid any inconvenience.

No accommodation will be given to family members/companions of participants.

We look forward to seeing you at the UGC-Human Resource Development Centre, Kumaun University, Nainital.

Sincerely,

B. L. Sah

(Prof. B. L. Sah)
Director

To,
Dr. Dr. L.N. Joshi
Assistant Professor
Department of Yoga Studies
Uttarakhand Sanskrit University, Haridwar (Uttarakhand)

General Information for Participants

The colonial town of Nainital situated in the Indian state of Uttarakhand is the headquarters of Nainital District in the outer Himalayas. Situated at an altitude of 1,938 meters (6,358 feet) above sea level, this town with its beauteous splendour is one of the most popular famous tourist places of the country. Nainital has moderate summers, maximum temperature 29 °C; minimum temperature 10 °C and extreme winters with minimum sub-zero temperatures. You should bring adequate clothing suitable for Nainital, a sweaters and a jacket are required to brave the cold in the morning or evening hours.

MODES OF TRANSPORT - Nainital is well connected with the rest of the country through different modes of transport.

RAILWAYS – Kathgodam, 35 Kms. away, is the nearest railway terminus of the broad gauge line of North East Railways connecting Nainital with Delhi, Dehradun & Howarah. Lalkuan, 60 Kms from Nainital, is connected to Bareilly, Mathura & Lucknow. Nainital is 35 Km. far from Kathgodam, the nearest railway station and 285 Km from New Delhi and 310 Km. from the state capital Dehradun.

You can take a Taxi or Buses from Kathgodam or Haldwani. Taxis are available on shared seat basis at Haldwani Taxi Stand & as well as at Kathgodam, Haldwani & Lalkuan railway stations. A computerized Railway Reservation counter is situated near Bus Stand at Nainital. This facility is also available at Kathgodam, Haldwani & Lalkuan railway stations.

RAILWAY TIME TABLE (*Kindly confirm with current schedule of Indian Railways*)

Train Name	Train No.	From/Departure time	To /Arrival time	Train No	From/Departure time	To /Arrival time
Ranikhet Express	15014	Kathgodam/ 20:40	Delhi/ 04:00	15013	Delhi/ 22:40	Kathgodam/ 05:20
UTR Samprk K Ex.	15036	Kathgodam/ 08:50	Delhi/ 15:20	15035	Delhi/ 16:00	Kathgodam / 22:40
Bagh Express	13020	Kathgodam/ 21:55	Howarah/ 12:40	13019	Howarah/ 21:45	Kathgodam / 09:30
Nainital Express	15307	Lalkuan / 20:45	Lucknow/ 06:25	15308	Lucknow/ 20:45	Lalkuan / 06:10
KGMDN express	14119	Kathgodam/19: 45	Dehradun/04 :20	14120	Dehradun/ 22:50	Kathgodam/07:1 0

BY BUS - The U.K.S.R.T. Corporation (Uttarakhand Govt. Roadways) provides direct buses to Nainital from Delhi, Lucknow and major cities of the state. There are many private tour operators who provide good and luxurious coach buses to Nainital from New Delhi. Besides these, Harayana Roadways, Rajasthan Roadways & the DTC (Delhi Transport Corp.) also operate direct buses to Nainital. It takes around 8 hrs to reach Nainital from New Delhi. Nainital is connected to National Highway No. 87.

There are branches and ATM's of almost all major banks in Nainital.

The use of plastic bags is banned in Nainital.

Schedule

UGC Human Resource Development Centre Kumaun, University Nainital R.C. in Physical Education and Yoga (SRC) (12th to 31st March, 2017)

DATE/DAY	SESSION	TOPIC	RESOURCE PERSON
12 March 2018 Monday	09.45-11.15 am.	Registration /Introduction	
	11.30 -01.00 pm.	Inaugural Function	
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Interactive Session with participants/Fears & Expectations	ASC Team
	03.00 -04.30 pm.	Breaking the Ice	Dr. Reetesh Sah/ Dr. Divya U. Joshi
13 March 2018 Tuesday	09.45-11.15 am.	Concept Formation and Trilogy	Prof. B.L. Sah
	11.30 -01.00 pm.	Concept Formation and Trilogy	Prof. B.L. Sah
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	What is take and stake	Prof. B.L. Sah
	03.00 -04.30 pm.	What is take and stake	Prof. B.L. Sah
14March 2018 Wednesday	09.45-11.15 am.	Research Yog and Physical Education	Prof. B.L. Sah
	11.30 -01.00 pm.	Research Yog and Physical Education	Prof. B.L. Sah
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Microteaching	Course Team
	03.00 -04.30 pm.	Microteaching	Course Team
15 March 2018 Thursday	09.45-11.15 am.	Recreation	Prof. Vijay Srivastava
	11.30 -01.00 pm.	Recreation	Prof. Vijay Srivastava
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Weight Lifting	Dr. Wilfred Vaz
	03.00 -04.30 pm.	Weight Lifting	Dr. Wilfred Vaz
16 March 2018 Friday	09.45-11.15 am.	Obesity and its management	Dr. Vijay Srivastava
	11.30 -01.00 pm.	Latest rules of cricket	Dr. Vijay Srivastava
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Physical Fitness	Dr. Wilfred Vaz
	03.00 -04.30 pm.	physical fitness	Dr. Wilfred Vaz
17 March 2018 Saturday	09.45-11.15 am.	Body Alignment and back pain issues	Dr. L.N. Joshi
	11.30 -01.00 pm.	Body Alignment and back pain issues	Dr. L.N. Joshi
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Microteaching	Course Team

	03.00 -04.30 pm.	Microteaching	Course Team
18 March 2018 Sunday	09.45-11.15 am.		
	11.30 -01.00 pm.	SUNDAY	
	01.00-01. 30 pm.		
	01.30 -03.00 pm		
	03.00 -04.30 pm.		
03.00 -04.30 pm.			
19 March 2018 Monday	09.45-11.15 am.	My Experiences in Olympic Games	Mr. Rajendra Rawat
	11.30 -01.00 pm.	My Experiences in Olympic Games	Mr. Rajendra Rawat
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Microteaching	Course Team
	03.00 -04.30 pm.	Basket Ball Field Activity	Dr. Nagendra Sharma
20 March 2018 Tuesday	09.45-11.15 am.	Physical Education and Intellectual Development	Prof. Rajbir Sharma
	11.30 -01.00 pm.	Physical Education and Intellectual Development	Prof. Rajbir Sharma
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Microteaching	Course Team
	03.00 -04.30 pm.	Basket Ball Field Activity	Dr. Nagendra Sharma
21 March 2018 Wednesday	09.45-11.15 am.	Ethics in Education	Prof. Rajbir Sharma
	11.30 -01.00 pm.	Ethics in Education	Prof. Rajbir Sharma
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Microteaching	Course Team
	03.00 -04.30 pm.	Assignments	Course Team
22 March 2018 Thursday	09.45-11.15 am.	First Aid, Sports Injuries	Dr. T.K. Tamta
	11.30 -01.00 pm.	First Aid, Sports Injuries	Dr. T.K. Tamta
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Microteaching	Course Team
	03.00 -04.30 pm.	Sepak Takraw Field Activity	Dr. Nagendra Sharma
23 March 2018 Friday	09.45-11.15 am.	Ethical Issues in Research	Dr. Vivek Pandey
	11.30 -01.00 pm.	Ethical Issues in Research	Dr. Vivek Pandey
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Basket Ball Field Activity	Dr. Nagendra Sharma
	03.00 -04.30 pm.	Basket Ball Field Activity	Dr. Nagendra Sharma
24 March 2018 Saturday	09.45-11.15 am.	Physiology of Exercise and Sports Training	Dr. Vivek Pandey
	11.30 -01.00 pm.		Dr. Vivek Pandey
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Assignments	Course Team
	03.00 -04.30 pm.	Assignments	Course Team
25 March 2018 Sunday	09.45-11.15 am.	SUNDAY	
	11.30 -01.00 pm.		

	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm		
	03.00 -04.30 pm.		
26 March 2018 Monday	09.45-11.15 am.	Veda and Ayurveda	Dr. N.P. Verma
	11.30 -01.00 pm.	Veda and Ayurveda	Dr. N.P. Verma
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Football Field Activity	Dr. Nagendra Sharma
	03.00 -04.30 pm.	Football Field Activity	Dr. Nagendra Sharma
27 March 2018 Tuesday	09.45-11.15 am.	Veda and Ayurveda	Dr. N.P. Verma
	11.30 -01.00 pm.	Veda and Ayurveda	Dr. N.P. Verma
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	MRP Presentation	Dr. Mukul Pant
	03.00 -04.30 pm.	MRP Presentation	Dr. Mukul Pant
28 March 2018 Wednesday	09.45-11.15 am.	NCTE With reference to Physical Education	DR. K.M. Valsaraj
	11.30 -01.00 pm.	Application of cooperation of means through ANOVA in Physical Education	DR. K.M. Valsaraj
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	MRP Presentation	Dr. Mukul Pant
	03.00 -04.30 pm.	MRP Presentation	Dr. Mukul Pant
29 March 2018 Thursday	09.45-11.15 am.	Ethics and Spirituality	Prof. Piyush K. Dixit
	11.30 -01.00 pm.	Ethics and Spirituality	Prof. Piyush K. Dixit
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm	Cultural Session	Course Team
	03.00 -04.30 pm.	Cultural Session	Course Team
30 March 2018 Friday	09.45-11.15 am.	Recent Advances and Physical Education	Prof. Nishan Singh
	11.30 -01.00 pm.		Prof. Nishan Singh
	01.00-01. 30 pm.	LUNCH	
	01.30 -03.00 pm		
	03.00 -04.30 pm.		
31 March 2018 Saturday	09.45-11.15 am.	VALEDICTORY	
	11.30 -01.00 pm.		
	01.00-01. 30 pm.		
	01.30 -03.00 pm		
	03.00 -04.30 pm.		

List of Participants

UGC Human Resource Development Centre Kumaun, University Nainital R.C. in Physical Education and Yoga (SRC) (From 12th to 31st March, 2017)

S.N.	Name & Address of Participants	Address of Residence	M/F	Cat.	Subject	University	Phone No./ E-mail
1.	Ajay Kumar Assistant Professor Department of Physical Education Chhotu Ram College, of Education, Rohtak- 124001 (Haryana)	House No. 58, Ward No.-7 V.P.O. Bohar Dist. & Rohtak (Haryana)	M	Gen	Physical Education	CRS University, Jind	Tel (O): Tel (R): Mobile: 09467030954 Email:ajayb.nandal@gmail.com
2.	Anand Vijaypal Upadhyay Assistant Professor Department of Physical Education Bhusawal Art, Science & P.O. Nahata Commerce College, Bhuswal-425201 (Maharashtra)	Flat-1, Building No.-A Life-Style Residency, Nageshwar Colony Mahapal Road Jalgaon (Maharashtra)	M	Gen	Physical Education	N M University, Jalgaon	Tel (O):02582- 240606 Tel (R): Mobile: 09665498767 Email:anandphysicaledu@gmail.com
3.	Arpita Negi Assistant Professor Department of Yoga Studies H.P. University Summer Hill Himachal Pradesh (H.P.)	-----	F	Gen	Yoga Studies	H.P. University Summer Hill	Tel(O): Tel(R): Mobile:0989788 5122 Email:arpita.negi@gmail.com
4.	Arvind Rambhau Kamble Assistant Professor Department of Physical Edu. PSGPM'S Arts Science & Com. College, Shahada Dist. Nandurbar-425409 (Maharashtra)	Plot No. 10/A Ganesh Nagar Shahada Nandurbar-425409 (Maharashtra)	M	SC	Physical Education	North Maharashtra	Tel (O): 02565- 229576 Tel (R): Mobile: 09764302315 Email:arkamble82@gmail.com
5.	Asim Kulshrestha Assistant Professor Department of Yoga and Health Dev Sanskrit Vishwavidyalaya, Gayatri Kunj, Haridwar- 249411(Uttarakhand)	Agust Bhawan A3/6 Dev Sanskrit Vishwavidyalaya, Campus Gayatri Kunj, Haridwar- 249411(Uttarakhand)	M	Gen	Yogic Science	Dev Sanskrit Vishwavidyalaya	Tel (O): Tel (R): Mobile: 09410366851 Email:kools.dsvv@gmail.com
6.	Augustine N J Assistant Professor Department of Physical Education Sarbtm Govt. College, Muchukunnu P.O.	Nediyampurackal (H) Mararikulam North P.O. Alappuzha (Kerala)	M	OB C	Physical Education	Calicut University	Tel(O): Tel(R): Mobile:0989788 5122 Email:

	Koyilandy Kozhikode-673307 (Kerala)						
7.	Bhaskar Wamanrao Mane Assistant Professor Department of Physical Education Swami Vivekanand College, Shirur Tajband Tal. Ahemadpur Dist. Latur-413514 (Maharashtra)	Swami Vivekanand Teachers Colony, Shirpur Tajband Tal Ahemadpur Dist. Latur-413514 (Maharashtra)	M	Gen	Physical Education	S R T M University	Tel (O): 02381- 220113 Tel (R): Mobile: 09403250206 Email:bhask armane101@ gmail. com
8.	Biju Lona K Assistant Professor Department of Physical Education P.M. Govt. College, Thrissur District (Kerala)	Kannampuzha Koratty South P.O. Thrissur Distric Kerala	M	Gen	Physical Education	Calicut University	Tel(O): Tel(R): Mobile:0944772 5876 Email:bijulona @gmail.com
9.	Birendra Dhull Assistant Professor Department of Physical Education M.D. University, Rohtak-124001 (Haryana)	H. N. 145-R Model Town Rohtak (Haryana)	M	Gen	Physical Education	M.D. University	Tel (O): Tel (R): Mobile: 09896050460 Email: dhullbs@gmail. com
10.	Deepti Joshi Assistant Professor Department of Physical Education SHUATS, Formerly Allahabad Agriculture Institute, Allahabad- 211007 (U.P.)	Room No. -6, 18 C, Working Women Hostel Staff Residencial Campus, SHDATS Allahabad(U.P.)	F	Gen	Physical Education	Deemed University	Tel (O): Tel (R): Mobile: 09897449508 Email:deeptiinup e@ gmail.com
11.	Dr. Laxmi Narayan Joshi Assistant Professor Department of Yoga Studies Uttarakhand Sanskrit University, Haridwar (Uttarakhand)		M	Gen	Yoga Studies	Uttara- khand Sanskriti University	Tel(O): Tel(R): Mobile:0989788 5122 Email:
12.	Ekta Bhusan Satsangi Assistant Professor Department of Physical Education Indira Gandhi Institute of Physical Education & Sport Sciences University of Delhi- 110018 (Delhi)	J- 40 A IIIrd Floor Vikas Puri New Delhi	F	SC	Physical Education	University of Delhi	Tel (O): Tel (R): Mobile: 09654937115 Email:satsangiekt a@ gmail.com
13.	Ganesh Marti Lawangare Assistant Professor Department of Physical Education Rajarshi Chhatrapati Shahu College, Kadamwadi Road	Indumati 13/1 Bhimvijat Housing Socirty Chandane Nagar Ruikal Colony Kolhapur (Maharashtra)	M	SC	Physical Education	Shivaji University	Tel (O): 0231- 265458 Tel (R): Mobile: 09021441802 Email:gmlawang are99@gmail.co m

	Kolhapur (Maharashtra)						
14.	Harendra Sangwan Assistant Professor Department of Physical Education G G D S D College, Haryana-12102 (Haryana)	Flor No. 56, Sarshit Appt. Sec. 174 Dwarka (New Delhi)	M	Gen	Physical Education	M D University	Tel (O): 01275- 252036 Tel (R): Mobile: 09899012302 Email:harendersa ngwan13@gmail. com
15.	Ibrahim Hamja Mulla Assistant Professor Department of Physical Education Chandrabai Shantappa Shendure College Hupari Tal. Hatkanangale Dist. Kolhapur-416203 (Maharashtra)	Plot No.- 12 Bhagatsingh Colony Pratibha Nagar Kolhapur (Maharashtra)	M	OB C	Physical Education	Shivaji University	Tel (O): 0230- 2450355 Tel (R): Mobile: 09860717401 Email:mulla.ibra him8@gmail. com
16.	Jaideep Govindrao Kahalekar Assistant Professor Department of Physical Education M.J.P. College, Mukhed, Dist. Nanded- 431715 (Maharashtra)	Road No. 35 Near Dr. Kabde Hospital Shiwaji Nagar Nanded (Maharashtra)	M	Gen	Physical Education	S R T M University	Tel (O): Tel (R): Mobile: 09730401807 Email:jdnanded @ gmail.com
17.	Kengale Bhimrao Dunda Assistant Professor Department of Physical Education School of Educational Science S R T M University, Nanded-431606 (Maharashtra)	GF-II Teacher Quarters, S R T M University, Nanded (Maharashtra)	M	ST	Physical Education	S R T M University	Tel (O):02462- 229121 Tel (R): Mobile: 09881127195 Email:bdkengale @ gmail.com
18.	Khushal Pandurang Waghmare Assistant Professor Department of Physical Education Ijwal Gramin Mahavidyalaya Ghonsi Tq. Jalkot Dist. Latur- 413532 (Maharashtra)	Vikas Nagar nanded Road Udgir Tq. Udgir Dist. Latur (Maharashtra)	M	SC	Physical Education	SRTM University, Nanded	Tel (O): Tel (R): Mobile: 09405424372 Email:khushalpw @ gmail.com
19.	Kranti Sandesh Kshirsagar Assistant Professor Department of Physical Education MGSM's Arts, Science & Comm. College, Chopda Dist. Jalgaon- 425107 (Maharashtra)	63/4, Paris Park, Dhanwadi Road Chopda Dist. Jalgaon (Maharashtra)	F	SC	Physical Education	North Maharash tra University	Tel (O):02586- 220140 Tel (R): Mobile: 09423068474 Email:kranti.ksag ar@ gmail.com
20.	Mahesh Chandra Radhyelal Sharma Assistant Professor Department of Physical	G-2 Aditya Plaza Snech Nagar Colony Balaji Ward Ballarpur	M	Gen	Physical Education	Gondwana University	Tel(O):07172- 240124 Tel(R): Mobile:0967395

	Education Guru nanak College of Science, Ballarpur Dist. Chandrapur-442701 (Maharashtra)	Dist. Chandrapur (Maharashtra)					0001 Email:dr.sharmas ports@gmail. com
21.	Mushtaq Md. Kutubuddin Shaikh Assistant Professor Department of Physical Education Arts, Science & Commerce College, Solapur-413005 (Maharashtra)	P.No. 70, Banubee Manzil, Ramawadi, Solapur (Maharashtra)	M	Gen	Physical Education	Solapur University	Tel (O):0217- 2723279 Tel (R): Mobile: 09975620612 Email:mufutball @ gmail.com
22.	Navish Kumar Assistant Professor Department of Physical Education D.A.V. (PG) College, Bulandshahr-203001 (U.P.)	A/219, Yamunapuram Bulandshahr- 203001 (U.P.)	M	Gen	Physical Education	C C S University Meerut	Tel (O): Tel (R): Mobile: 08006000988 Email:navishd alal@ gmail.com
23.	Navneet Kanwarjit Aasi Assistant Professor Department of Physical Education GDM Arts, Shri K.R.N Commerce and M.D. Science College, Jamner-424206 (Maharashtra)	Flat No. B-9, Life Style Residency,Mahobal 7th Floor (Maharashtra)	M	Gen	Physical Education	North Maha- rashtra University	Tel (O):02580- 230078 Tel (R): Mobile: 07066301814 Email:aasi.navne et@gmail.com
24.	Nehal Ahemad Khan Assistant Professor Department of Physical Education K.S.P.M's Shivaji Mahavidyalaya Nai Abadi, Tq. Udgir Dist. Latur-413517 (Maharashtra)	C/o Mohammed Rafi Nideban Ves Azad Nagar Tq. Udgir, Dist. Latur (Maharashtra)	M	Gen	Physical Education	S.R.T.M. University	Tel (O): 02385- 252991 Tel (R): Mobile: 09421500591 Email:khanne hal@rediffmail. com
25.	Nidheesh Kumar Yadav Assistant Professor Department of Yoga University of Patanjali, Near Bahadarabad, haridwar-249405 (Uttarakhand)	As same	M	OB C	Yoga	Univer- sity of Patanjali	Tel(O): Tel(R): Mobile:0931318 6405 Email:yadavnkr @gmail.com
26.	Nimbawkar Vijayanand Assistant Professor Department of Physical Education Shri Shivaji Mahavidyalaya, Barshi Shivajinagar, Barshi- 413411 (Maharashtra)	C/o Bedre Nivas Shri Nimbalkar Vijayanagar Kurdulwadi Road Barshi (Maharashtra)	M	OB C	Physical Education	Solapur University	Tel (O):02184- 222382 Tel (R): Mobile: 09767449046 Email:vijayana ndnimbalkar12@ gmail.com
27.	Pandurang Ghanshyam Naik Assistant Professor Department of Physical	House No. 104/A, Near Old Police Station Bicholim Goa	M	Gen	Physical Education	Goa University	Tel (O): 0832- 2462376 Tel (R): Mobile:

	Education Dempo Charities Trust's Dhempe College of Arts Science Goa (Goa)						09657686732 Email:pandur angnaik1505@ gmail.com
28.	Partap Singh Assistant Professor Department of Physical Education Govt. College,Barwala Dist. Panchkula- 134118 (Haryana)	#124, Sector-20 A, Chandigarh (Haryana)	M	OB C	Physical Education	Kuruk- shetra University	Tel (O):01733- 257035 Tel (R): Mobile: 09416345324 Email:partap singh15@gmail. com
29.	Parveen Kadyan Assistant Professor Department of Physical Education M.S. College, Saharanpur-247001 (U.P.)	908-2/12, Azad Nagar Kurukshetra (Haryana)	M	OB C	Physical Education	CCS University	Tel (O): Tel (R): Mobile: 09897886100 Email: kadyan. parveen3@gmail. com
30.	Parveen Kumar Assistant Professor Department of Physical Education Guru nanak Khalsa College, City Centre Road Yamuna Nagar- 135001 (Haryana)	H.N.05, Munda Mazara (Madec Colony) Bandh Gali Near Ravi Chakki Yamuna Nagar-135001 (Haryana)	M	SC	Physical Education	Kuruk- shetra University	Tel (O): Tel (R): Mobile: 08295304400 Email:parveen varunmanat@ gmail.com
31.	Ravinder Kumar Assistant Professor Department of Physical Education Gandhi Vidya Niketan Degree College, Bhudhpur Ramala (Bhagpat)-250623 (U.P.)	Flat No.-206, Near Bhakuwala Temple Majara Road Shimli (U.P.)	M	Gen	Physical Education	CCS University	Tel (O): Tel (R): Mobile: 09837821452 Email:ravind crashu2012@ gmail.com
32.	Sanjay Sharma Assistant Professor Department of Physical Education Himachal University, Shimla-171005 (H.P.)	S/O Sh. Amar Dass Sharma Village Mohali P.O. Khanyara Tehsil Dharamshala (Kangra)	M	ST	Physical Education	Himachal University	Tel (O): 0177- 2833673 Tel (R): Mobile: 09418036208 Email: sanjay. sports2010@ gmail.com
33.	Sompal Singh Assistant Professor Department of Physical Education D S M Degree College, Kanth, Moradabad- 244501 (U.P.)	As same ----- --	M	OB C	Physical Education	M J p Rohi- lkhand	Tel (O): Tel (R): Mobile: 08394985252 Email:sompal singh09@gmail. com
34.	Stalin Raphel Assistant Professor Department of Physical Education St. Joseph's College,Irinjalakuda, Thrissur Dist. -550121 (Kerala)	Arakkal House Edathirinji Thrissur Dist. -550121 (Kerala)	M	Min o.	Physical Education	Calicut University	Tel (O): 0480- 2825358 Tel (R): Mobile: 09846765374 Email:stalinr aphel@gmail. com

35.	Sunil Kumar Assistant Professor Department of Physical Education R.M.P. (P.G.) College, Sitapur-261001 (U.P.)	10/115, Patel Gali Vishwash Nagar Shahadara Delhi (New Delhi)	M	Gen	Physical Education	C S J M University	Tel (O): Tel (R): Mobile: 09953873191 Email:sunil_msi @rediffmail.com
36.	Sushant Ranganath Haldankar Assistant Professor Department of Physical Education Dnyanprassarak Mandal's College and Research Centre Assagao, Goa-403507 (Maharashtra)	C/o Simon Cabral Kadpa Maddo Kucheli Opp.to Saibaba Temple, Mapusa (Maharashtra)	M	Gen	Physical Education	Goa University	Tel (O): 0832- 2268488 Tel (R): Mobile: 08805396077 Email:hsush ant.1814@ gmail.com
37.	Uday Rameshwar Dongarne Assistant Professor Department of Physical Education Shivaji Arts, Comm. & Science College, Kannad. Tq. Kannad Dist. Aurangabad (Maharashtra)	"Mukfagaon" Plot No. 33, Nath Prangaon Shivaji Nagar Road Garkheda Area Aurangabad (Maharashtra)	M	Gen	Physical Education	Dr. BAM University	Tel (O): Tel (R): Mobile: 09823389959 Email:udaydo ngare1112@ gmail.com
38.	Yamuna Sharma Assistant Professor Department of Physical Education Govt. P.G. College, Karsog The Karsog Dist. Mandi-175011 (H.P.)	Village (kyergi) Lower Kersog The. Karsog Dist. Mandi(H.P.)	F	Gen	Physical Education	H.P. University	Tel (O): 01907- 222116 Tel (R): Mobile: 0948525341 Email:yamun sharma@gmail. com
39.	Jaipal Assistant Professor Department of Physical Education Govt. College, Sampla Dist. Rohtak-124501 (Haryana)	V.P.O. Goila Kalan The Bahadurgarh Dist. Jhajhar (Haryana)	M	Gen	Physical Education	M.D. University, Rohatak	Tel (O): Tel (R): Mobile: 09254463897 Email:jaipalo mparkash@ gmail.com
40.	Jitendra Chaudhary Assistant Professor Department of Physical Education R S M (PG) College Dhampur Bijnor- 246761 (U.P.)	Moh. Chaudhriyan Jhalu Bijnore (U.P.)	M	OB C	Physical Education	MJP Rohil- khand University	Tel (O): 01344- 220062 Tel (R): Mobile: 09410496262 Email:jitendra rsm@gmail. com

List of Day Officers

UGC-Human Resource Development Centre, Kumaun University, Nainital RC in Physical Education and Yog (12 March – 31 March 2018)

DATE	DAY MONITOR
Day-1	Biju Lona K & Uday Rameshwar Dongarne
Day-2	Anand Vijaypal Upadhyay & Yamuna Sharma
Day-3	Arpita Negi & Mushtaq Md. Kutubuddin Shaikh
Day-4	Arvind Rambhau Kamble & Stalin Raphel
Day-5	Asim Kulshrestha, Kranti Sandesh Kshirsagar & Navish Kumar
Day-6	Augustine N J & Mahesh Chandra Radhyelal Sharma
Day-7	Bhaskar Wamanrao Mane, Sunil Kumar & Navneet Kanwarjit Aasi
Day-8	Ajay Kumar, Jaipal & Nehal Ahemad Khan
Day-9	Birendra Dhull & Nidheesh Kumar Yadav
Day-10	Deepti Joshi & Nimbawkar Vijayanand
Day-11	L.N. Joshi & Pandurang Ghanshyam Naik
Day-12	Ekta Bhusan Satsangi , Partap Singh & Jitendra Chaudhary
Day-13	Ganesh Marti Lawangare & Parveen Kadyan
Day-14	Harendra Sangwan & Kengale Bhimrao Dunda
Day-15	Ibrahim Hamja Mulla & Parveen Kumar
Day-16	Jaideep Govindrao Kahalekar & Sompal Singh
Day-17	Ravinder Kumar & Sushant Ranganath Haldankar
Day-18	Khushal Pandurang Waghmare & Sanjay Sharma

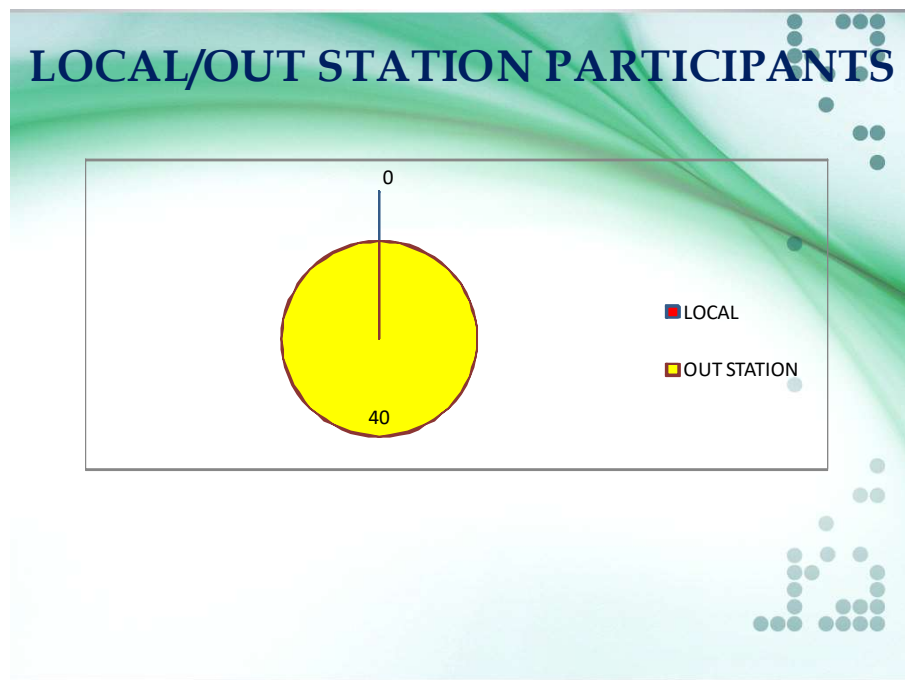
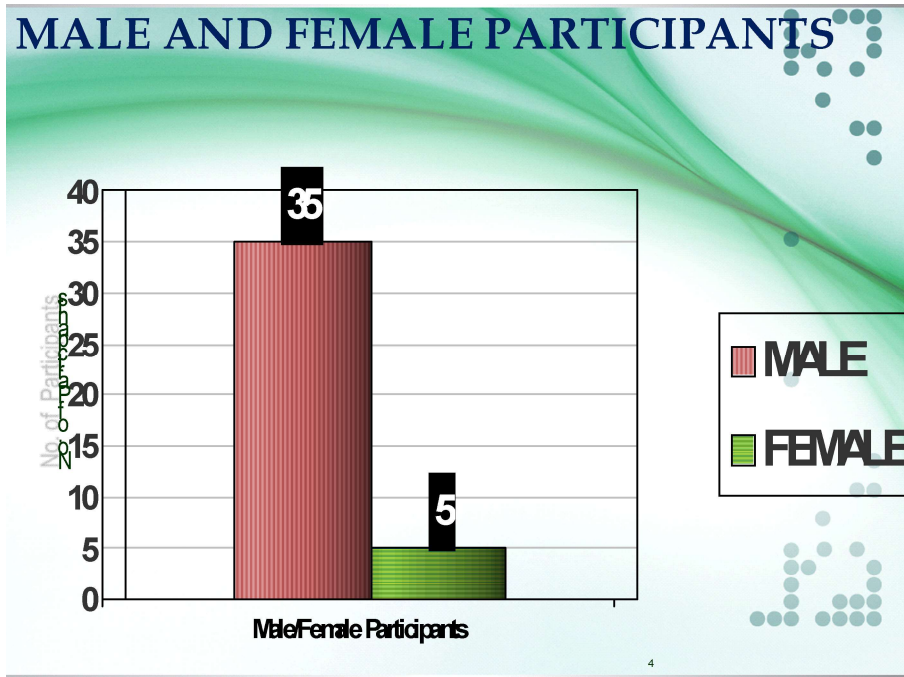
Equipment In-charge - Swati Pandit Patil

Computer Lab In-charge - Neelima Tulashiram Mhaske

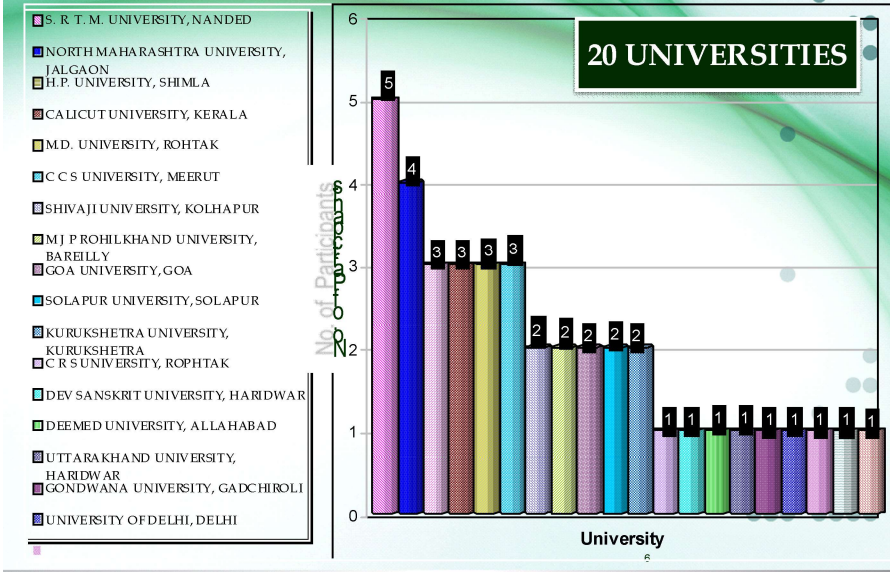
Photo Section



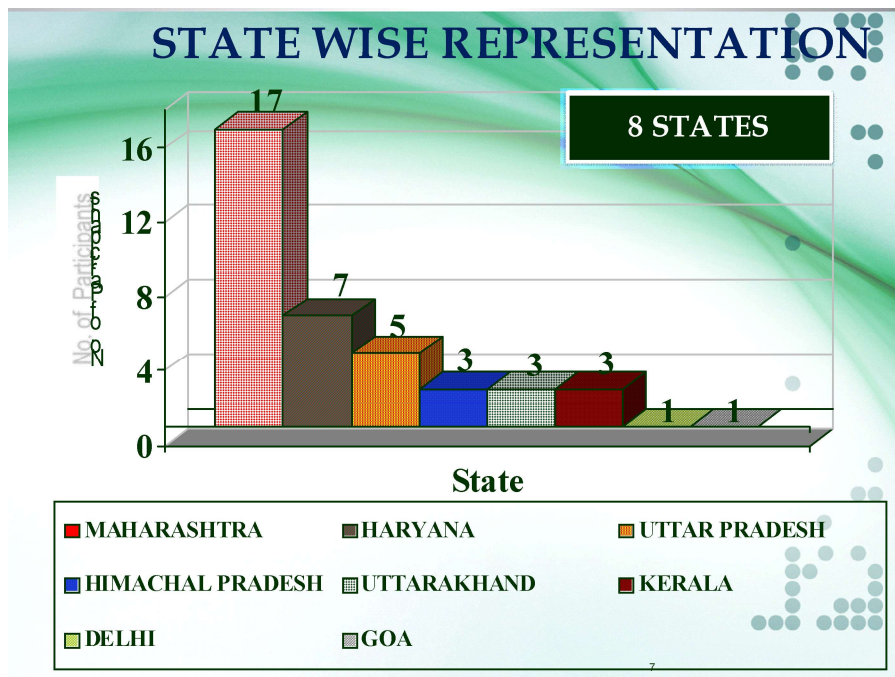
Data Illustration



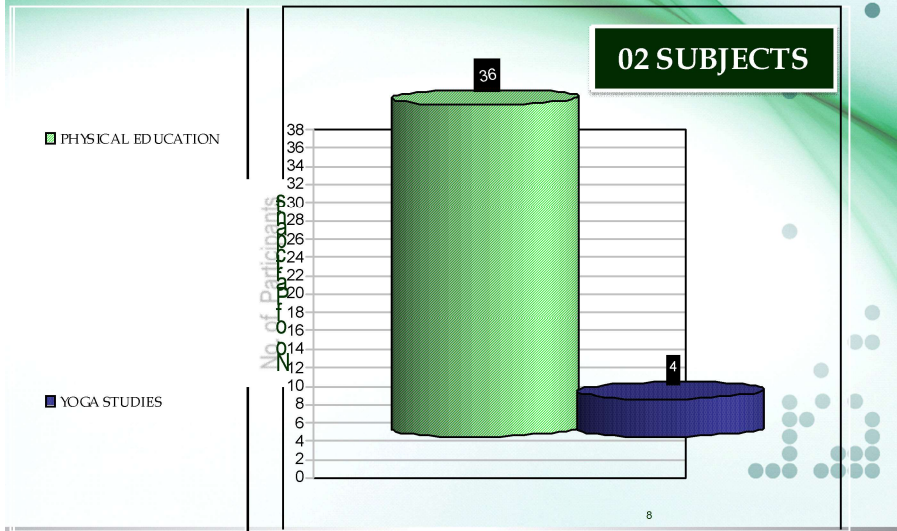
UNIVERSITY WISE REPRESENTATION



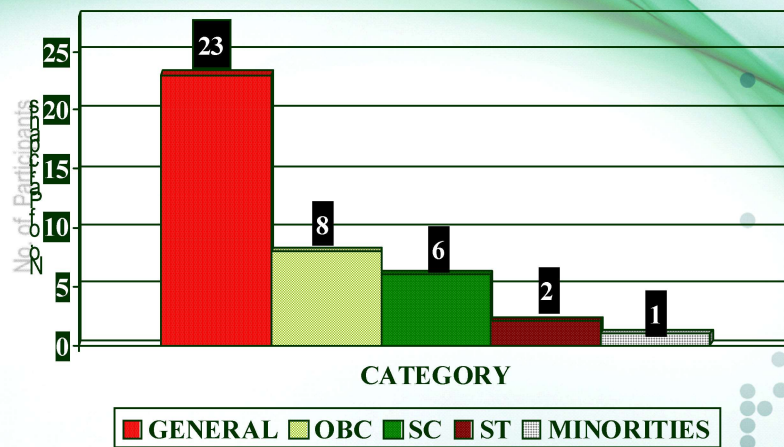
STATE WISE REPRESENTATION



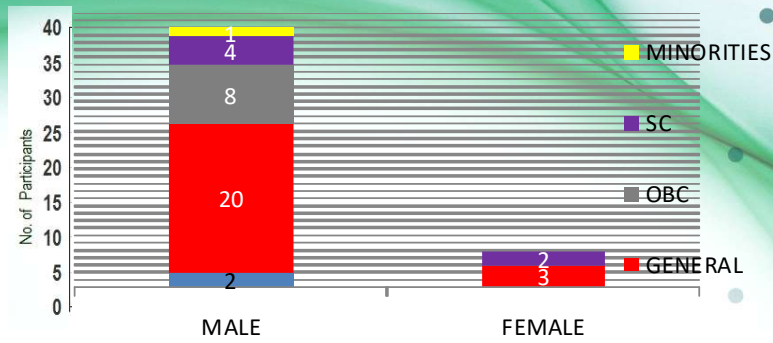
SUBJECT WISE REPRESENTATION



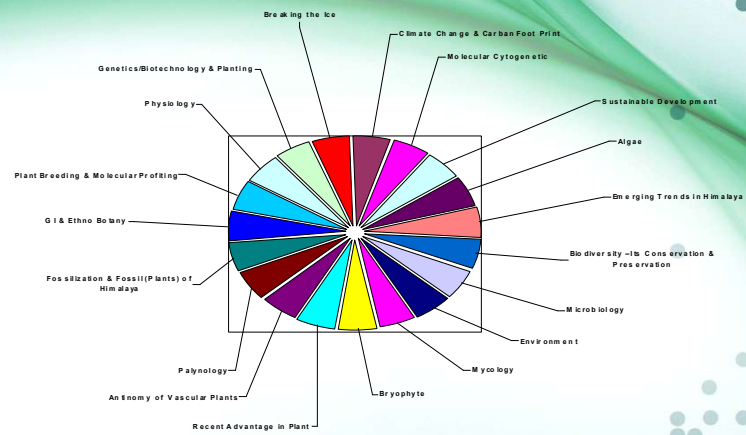
CATEGORY WISE REPRESENTATION



SUB-CATEGORY WISE REPRESENTATION



CURRICULAM ASPECTS



Evaluation of Participants

**UGC-HUMAN RESOURCE DEVELOPMENT CENTRE KUMAUN UNIVERSITY, NAINITAL
RC in Physical Education and Yog (12 March – 31 March 2018)**

S.I. No.	Name of the Participant	Overall response 25 marks	Research Project Proposal 20 marks	Power Point Presentation 15 Marks	Micro Teaching 10 marks	GD 10 marks	GPA/ Writing 20 marks	Total Maximum Marks 100
1.	Ajay Kumar	24	16.0	9.0	7.7	7.0	15.0	78.7
2.	Anand Vijaypal Upadhyay	24	16.0	8.0	7.9	7.0	15.0	77.9
3.	Arpita Negi	24	16.0	8.0	8.0	7.0	16.0	79.0
4.	Arvind Rambhau Kamble	24	16.0	7.0	7.5	7.0	16.0	77.5
5.	Asim Kulshrestha	24	17.0	9.0	8.0	7.5	16.0	81.5
6.	Augustine N J	24	17.0	9.0	7.9	7.0	16.0	80.9
7.	Bhaskar Wamanrao Mane	24	15.0	7.0	7.7	7.0	16.0	76.7
8.	Biju Lona K	24	16.0	9.0	8.2	7.5	16.0	80.7
9.	Birendra Dhull	24	15.0	7.0	8.0	7.0	16.0	77.0
10.	Deepti Joshi	24	16.0	9.0	8.0	7.5	16.0	80.5
11.	L.N. Joshi	24	16.0	8.0	8.0	7.5	16.0	79.5
12.	Ekta Bhusan Satsangi	24	17.0	11.0	7.7	8.0	16.0	83.7
13.	Ganesh Marti Lawangare	24	16.0	8.0	7.9	7.0	16.0	78.9
14.	Harendra Sangwan	24	16.0	9.0	8.4	7.5	16.0	80.9
15.	Ibrahim Hamja Mulla	24	16.0	8.0	7.3	6.5	16.0	77.8
16.	Jaideep Govindrao Kahalekar	24	16.0	8.0	7.8	7.0	16.0	78.8
17.	Jaipal	24	17.0	9.0	8.1	7.0	16.0	81.1
18.	Kengale Bhimrao Dunda	24	17.0	11.0	7.6	7.0	16.0	82.6
19.	Khushal Pandurang Waghmare	24	16.0	8.0	7.6	6.5	16.0	78.1
20.	Kranti Sandesh Kshirsagar	24	16.0	8.0	8.4	6.5	16.0	78.9
21.	Mahesh Chandra Radhyelal S.	24	17.0	10.0	7.6	7.5	15.0	81.1
22.	Mushtaq Md. Kutubuddin Shaikh	24	16.0	8.0	8.4	7.0	16.0	79.4
23.	Navish Kumar	24	17.0	9.0	8.4	8	16.0	82.4
24.	Navneet Kanwarjit Aasi	24	17.0	12.0	7.9	6.5	15.0	82.4
25.	Nehal Ahemad Khan	24	16.0	10.0	8.1	7.0	15.0	80.1
26.	Nidheesh Kumar Yadav	24	16.0	10.0	8.8	7.0	16.0	81.8

27.	Nimbawkar Vijayanand	24	15.0	8.0	7.9	7.5	16.0	78.4
28.	Pandurang Ghanshyam Naik	24	15.0	8.0	8.0	7.5	16.0	78.5
29.	Partap Singh	24	15.0	9.0	7.9	7.5	15.0	78.4
30.	Parveen Kadyan	24	15.0	8.0	8.1	7.5	16.0	78.6
31.	Parveen Kumar	24	16.0	9.0	8.3	7.0	16.0	80.3
32.	Ravinder Kumar	24	16.0	10.0	8.0	7.5	16.0	81.5
33.	Sanjay Sharma	24	17.0	11.0	8.6	7.0	15.0	82.6
34.	Sompal Singh	24	16.0	10.0	7.9	8.0	14.0	79.9
35.	Stalin Raphel	24	17.0	11.0	8.5	8.0	14.0	82.5
36.	Sunil Kumar	24	17.0	11.0	8.3	7.5	14.0	81.8
37.	Sushant Ranganath Haldankar	24	16.0	10.0	9.0	7.0	15.0	81.0
38.	Uday Rameshwar Dongarne	24	16.0	10.0	8.5	7.0	15.0	80.5
39.	Yamuna Sharma	24	16.0	8.0	8.0	6.5	16.0	78.5
40.	Jitendra Chaudhary	24	17.0	9.0	6.7	7.5	16.0	80.2

Director

Course-Co-ordinator

Resource Person/Expert

Evaluation of Resource Persons

R C in Physical Education (From 12th - 31th March, 2018)

Sr. No.	Name of Resource Person	Grading (Excellent + Good in %)
1.	Prof. Vijay Srivastava	92
2.	Dr. Wildard Vag	91
3.	Dr. L.N. Joshi	91
4.	Dr. Mukul Pant	90
5.	Dr. K.M. Valsraw	90
6.	Prof. Nishan Singh Deol	90
7.	Dr. Vivek Pande	90
8.	Dr. N.P. Verma	90
9.	Mr. Rajendra Rawat	90
10.	Prof. Piyush Dixit	90
11.	Prof. Rajveer Sharma	89
12.	Dr. Tarun Kumar Verma	89