

- 5) If a student fails to pay fine for late return of the books he will not be able to issue any book from the library unless fine is paid.
- 6) Book issued to the students shall be returned before the last day of the Terms and students should obtain Clearance Certificate from the Librarian, otherwise his/her Admission Card for the University Examination will not be issued.
- 7) Reference books and other Valuable books will not be issued to the students but they will be made available during college hours for study.

GENERAL INFORMATION

- 1) **HEALTH** - The training at the College involves great deal of Physical activities and strenuous work and only those who have robust constitution sound health and healthy habits will be suitable for the training.
- 2) **SPORTS PROFICIENCY** : Candidate with proficiency in sports games and gymnastics will be given preference in admission.
- 3) **CHARACTER** : Candidates must possess sound character and sociable nature. Two certificates of character from the eminent respectable persons must be furnished along with the Application Form for admission.
- 4) Candidate expelled from other college will not be admitted

NOTE : For unsatisfactory conduct of gross misbehaviour or several breach of discipline, the candidate will be expelled from the college any time by the college authority.

- 5) Every Student will have to make their own provision for the purchase of text books, stationary etc.

Personal Sports Equipment : Students will have to provide themselves with Equipment of personal use such as Badminton Racket, Knee-caps, ankletes, Table Tennis, Rackets and Balls, Hockey Sticks, Shuttle Cocks etc.



ABOUT US

The Pooja Shikshan Sanstha Tumsar was established in the year 1985 and since 1987 the institution has been rendering an invaluable service in the field of Education recognised by the Government.

Taking into Consideration the long - left need of producing the best and efficient teachers in Physical Education, to train the Physical and mental life of the youth to inspire into them the interest and enthusiasm for sports and Physical fitness and foster into them the spirit of patriotism, the society is starting the Degree courses in Physical Education affiliated to the Nagpur University & NCTE, Bhopal.

The Nagpur University has already granted its consent to the proposed Physical Education College, and the State Government of Maharashtra, has permitted the institution to start the Physical education college from the academic year 1994-95.

This College is Co-educational (Admits both man and woman Students).

The College is at present located in Halbitola - Khamari, Amgaon Road, Tah & Dist - Gondia.

PURPOSE

The purpose of the College is to produce highly qualified leaders in the field of physical Education, Sports and Recreation, who will be able to conduct and organise the programme of physical Education and Recreation in all types of institutions, educational and others.

COURSES OFFERED

- 1) B.P.E., A Three year Course leading to the Degree of Bachelor of physical education.

- 2) B.P.Ed., A Two year Degree Course in physical Education for the Graduates.

The Degree are awarded by the Nagpur University to which the College is affiliated.

Last Date for Admission

Ordinarily the last date of admission is..... There are limited seats generally the admissions are full by the Second week of July.

B.P.E. - Bachelor of Physical Education Course (Three year Degree Course)

The College offers instructions for the First, Second and Final B.P.E. There are University Examination in Practice Teaching Skills and Theory in February, March and April respectively for the First, Second and Final B.P.E.

FIRST B.P.E.

Admission Requirements:- The Candidates who have Passed

- 1) XII Standard pass (H.S.S.C.) of any statutory Education Board of India. (10 + 2 course).

Are eligible for the admission to the First year of the B.P.E.Course.

AGE LIMIT:- Candidates, both man and woman who have attained or shall attain the age 17 years on the 1st of October of the year of their admission to the Course, are eligible for admission.

COURSE OF STUDIES

Part I - Theory Papers

Mark 600

- 1) Introduction to Physical Education ,
- 2) General Science.
- 3) History [History of India from 1206 A.D. to 1761 A.D]
- 4) Anatomy and physiology,
- 5) Health, Hygiene and Sanitation.
- 6) Language - Marathi/ Hindi / English

- c) **Games and Sports Competition :** The college arranges inter colleges tournament and other cultural activities for the personality development.
- d) **A Gymnasium Club :** It has been setup by the society. It is full Fledged Gym for all the students and the members of the staff.

DISCIPLINE

Most important is Discipline during the period of training Punctuality , hardwork and good behaviour are absolutely essential for completing the training successfully. Respectful, dignified and courteous behaviour is expected from every student. Rules of health and hygiene is treated as a part of discipline, Smoking is strictly prohibited within the College Campus. College Materials and Equipment must be carefully handled.

LIBRARY

The rules of Library must be strictly observed. Severe penalty will be imposed on the defaulters who found guilty.

Pooja Sharirik Shikshan Mahavidyalaya maintains a Library of Text. Reference and General Books for the use of the students and teachers of the College.

Rules of Library

- 1) A Student can issue only one book at a time.
- 2) The books are issued for a period of one week and the books shall be returned by the students and the teachers on the due date of return.
- 3) If the books are not returned on or before the due date by the student, he will be fined Rs. 2/- per day for 1st four days and Rs. 5/- per day for the subsequent days.
- 4) The Books must be handled carefully and to be returned in good condition if It is found that the books are damaged full cost of the of the book with fine will be recovered from the person Concerned

ANNUAL CAMP : A six day out of door camp will be held every year. The camp compulsory for B.P.E. III and B.P.Ed.

INCENTIVE MARKS SCHEME FOR THE STUDENTS JOIN NSS SPORTS AND GAMES ACTIVITIES :

The details fo allatment of marks are given below :

- A) NATIONAL SERVICE SCHEME (NSS) **10 Marks**
Divided as under
- i) Participated in regular NSS programme **3 Marks**
(Minimum 120 hours in three years)
 - ii) Participated in NSS 10 days camp of college level **3 Marks**
 - iii) Participated in university / State / national level camp **4 Marks**
- B) Games & Sports
Divided as under
- i) Inter college : A student who has actually participated in one or more Inter college tournaments conducted by R.T.M Nagpur University. **3 Marks**
 - ii) Combind university : A student who has actually Participated in the tournament conducted by association of Indian university a zonal or National level **3 Marks**
 - iii) Inter university : A student who has actually Participated in Inter university Tournament. **4 Marks**

EXTRA CURRICULAR ACTIVITIES AND BODIES

The details fo alloment of marks are given below :

- a) Games and Sports : The college Provides material for games and sports both outdoor and Indoor. The college sports and athletics meet are organised every year. The college will award college colours to those who exhibit outstanding merit in games and bring credit to the college and to themselves.
- b) Association and Hobby workshop : A large number of association concerring various subject function in college these provides healthy and ample oppourtunities for the general all round development of the body and mind and for utilisation of leisure hours under proper guidance of the teacher concerned.

Part II - Skills

Marks 300

- 1) Skills in Major Games - Indian ,Foreign.
- 2) Athletics
- 3) Gymanstics
- 4) Other Physical Exercises including Indigenous activities and Yogasanas

SECOND B. P. E.

Admission Requirements - Those who have passed the First B.P.E. Examination of Nagpur University are eligible for admission.

COURSE OF STUDIES

Part I - Theory Papers

Marks 500

- 1) Physiology of Exercise and Kinesiology.
- 2) EducationPsychology and Counselling and Guidance.
- 3) Yoga.
- 4) Methods in Physical Education.
- 5) History (History of india from 1761 A.D. to 1947 A.D.)

Part II - Skills

Marks 500

Skills in Games (Indian and Foreign). Athletics, Gymnastics, Other Physical Activities including Yogasanas Hikes, Excursions Cross Country etc.

Part III - Practice Teaching

Marks 500

- a) 10 Lessons taken throughout the year **Marks 100**
- b) Two Lessons to be given at the Annual Examination,
 - i) Athletics **Marks 200**
 - ii) physical Activities.

FINAL B.P.E.

Admission Requirements: - Those who have passed the Second B.P.E. Examination of Nagpur University will be admitted to Final B.P.E.

COURSE OF STUDIES

Part I - Theory Paper

Marks 600

Paper I - Principles and History of Physical Education.

Paper II - Organization and Administration of physical Education.

Paper III - Recreation

Paper IV - History (History of Europe 1789 - 1939)

Paper V - Officiating and Coaching

Paper VI - Health Education, Remedial and Corrective physical Edu.

Part II - Skills

Marks 400

- a) Specialization in Games.
- b) Specialization in Physical Activities.
- c) Combatives and Indigenous, Activities.
- d) Specialization in Athletics.
- e) Skills in Remedial Message.
- f) Camping.

Part III - Practice Teaching

Marks 200

- a) Two Lesson on Major Games at the Final Examination. **Marks 150**
- b) Test in Officiating in Two Games situations, **Marks 50**

EXAMINATION

Part II Skill Examinations and Part III Practice Teaching Examinations are generally held in March and February Respectively and part I Theory Examinations are held in March April. The Examinations are held by agpur University.

**B.P.Ed. TWO YEARS DEGREE COURSE
IN PHYSICAL EDUCATION**

Upgradation of D.P.Ed. Course From the academic session 1980-81 the D.P.Ed. Course has been upgraded in to One Year Degree Course that is B.P.Ed. Course. This is merely the conversion of the D.P. Ed. Course in to B.P.Ed. Course with some Modifications.

Admission Requirements: - Graduate (Arts/ Commerce/Science/ Agriculture) of the Nagpur University incorporated by law in India.

Age Limit : - Candidate must have completed the age of 19 Years on or before the date of submitting application for admission to the

The Track Suit and Uniform are compulsory and will be Supplied by the College.

Free Studentship of Maharashtra Government

1) **E.B.C. CONCESSION** : Students from Maharashtra State whose parents annual income is below Rs.10000/- are generally entitled for fees concession under E.B.C. concession scheme.

2) **FOR BACKWARD CLASSES** : The Fees concession under E.B.C. is also available to the Backward class students of Maharashtra.

The Application for these concessions should be made in prescribed Application Forms in duplicate signed by the parents along with their Income Certificates which are signed by the appropriate authority within 15 days after the admission.

Government of India Scholarship - Government of India Post - Matric Scholarships to the Backward class and scheduled Cast/Tribe students and the Scholarships to the Children of Freedom Fighters are also available.

Medium of Instruction - Instructions will be imparted in English, Hindi and Marathi generally. The Students have a choice to offer any of the following mediums in University Examination - English , Hindi and Marathi.

ATTENDANCE : 90 percent attendance at the class is required in order to qualify for the University Examination students short of required attendance will be liable to be debarred from appearing at the University Examination. Fines will be imposed for non attendance at the class without permission at the rate of Rs. 5/- per day for First 5 day and at the rate of Rs. 10/- for next 5 days After this, name of the defaulting students will be removed from the College Roll.

WORKING HOURS : Daily working hours will be adjusted according to the climatic conditions , seasons and convenience however, the colleges generally work in two shifts morning and evening.

HOW TO APPLY FOR ADMISSION

Submission of Application Form : The Application Form for admission must be accompanied by Registration fee of Rs. 25/- only. For Physical Fitness Tests, Attested copies of Certificates and testimonials listed in the Form for admission must be sent along with the Form. Originals should be submitted at the time of interview for admission.

Merely sending Admission Form and Registration Fees does not entitle a candidate for the admission to the Course in the College. Only those Candidates who pass the Physical efficiency tests interview satisfactory will be considered for selection and Admission will be confirmed after the payment of total fees and other charges from the declaration of the selection List.

Six Passport size recent Photographs of the candidate must be attached to the Application Form. Incomplete Form will be rejected forthwith.

Fees are not accepted in instalments. Total fees must be paid to confirm the Admission, if candidate fail to pay, then concerned candidate will not be admitted to the college and a person in the waiting list will be given a chance of admission in his / her place.

Payment of Fees : After selection for the admission the applicant must immediately pay all the fees and other charges. Those who fall under E.B.C. as per rules of Maharashtra State Govt.(Annual Income of the parents below Rs. 10000/-) will pay all fees except the Tuition fee.

Payment of Other Fees and Charges: The Students will have to make the payment of Camp fee, Uniform charges, Track Suit Charges and the charges for Excursion.Hikes, Trips, Educational Tours project etc, at the time of Admission.

examination. Candidates above the age of 33 will also be admitted provided they are completely physically fit to undergo the training and submit the Physical Fitness Certificate from Competent Medical or Health authority.

Duration of the Course - Two academic session of about 24 months from July to April.

COURSE OF STUDIES (B.P.Ed. Two Years)

SCHEME OF EXAMINATION

SEMESTER - I

| PAPER THEORY (400) | INTERNAL | EXTRA | TOTAL |
|---------------------------|-----------------|--------------|--------------|
|---------------------------|-----------------|--------------|--------------|

| | | | |
|---|----|----|-----|
| CC- 101 HISTORY, PRINCIPAL AND FOUNDATION OF PHYSICAL EDUCATION | 30 | 70 | 100 |
| CC-102 Anatomy and physiology | 30 | 70 | 100 |
| CC-103 Health Education and Environment Studies | 30 | 70 | 100 |
| EC 101/ (Elective) Olympic Movement | 30 | 70 | 100 |
| 102 Officiating and Coaching | | | |

PRACTICAL (400)

| | | | |
|---|----|----|-----|
| PC 101 Track and field (Running Events) | 30 | 70 | 100 |
| PC 102 Swimming / Gmnastics / Shooting | 30 | 70 | 100 |
| PC 103 Indigenous Sports Kabaddi / Malkhambh /Lezim / March Past (Any of one out of these) | 30 | 70 | 100 |
| PC-104 Mass Demonstration Activites : Kho Kho/ dumbbells / tipri / wands / hoop / umbrella | 30 | 70 | 100 |

SEMESTER - II**Theory (400)**

| Paper Code | Subject | INTERNAL | EXTRA | TOTAL |
|--------------|--|----------|-------|-------|
| CC- 101 | Yoga Education | 30 | 70 | 100 |
| CC- 102 | Educational Technology and Mthods of Teaching in physical Education | 30 | 70 | 100 |
| CC-103 EC | Organization and Adminstration EC | 30 | 70 | 100 |
| 201/202 | Contemporary issues in physical education fitness And Wellness Sports Nutrition and weight Management (Elective) | 30 | 70 | 100 |

PRACTICAL (300)

- PC- 201 Track and Field (Jumping Events)
 PC- 202 Yoga / Aerobics / Swimming / Gymnastics
 PC- 203 Tennis (Any of the two out of these)

TEACHING PRACTICAL (100)

| | | | | |
|----------|---|-----------|-----------|------------|
| TP - 201 | Teaching Practice (Class room and out door) | 30 240 | 70 560 | 100 800 |
|----------|---|-----------|-----------|------------|

SEMESTER - III**THEORY(400)**

- CC- 301 Sports Training
 CC- 302 Computer Applications in Physical Education
 CC- 303 Sports Psychology and Sociology
 EC-
 301/302 Rehabilitation / Curriculam Design (Elective)

PRACTICAL (300)

- PC - 301 Track And Field (Throwing Events)
 PC - 302 Combative Sports , Martial Art, Karate, Judo, Fencing, Boxing
 Tackwordo Wretling (Any two out of these)
 PC - 303 Team Games : Baseball, Cricket, Footaball, Hockey, Softball
 Volleyball, Handball, Basketball, Netball(Any Two of these)

TEACHING PRACTICE (100)

- TP - 301 Teaching Practice (Teaching Lesson plan)
 For Raket Sport / Team Games / Indigenous Sports

SEMESTER IV**Theory (400)**

- CC 401 - Measurement and Evaluation in Physical Education
 CC 402 - Kinesiology And Biomechanics
 CC 403 - Research and statistics in physical Education
 EC Theory of Sports And games
 401/402 (Specifically Sports and Games Specialization)
 Sports Management (Elective)

PRACTICAL (200)

- PC - 401 Track And filed / swimming/ Gyammastics (Any of one out of
 these)
 PC - 402 Kabddi / Kho-Kho/Baseball/Cricket/ Football /Hockey /
 Softball/ Volleyball / Handball / Basketball / Netball/
 Badminton/ Table Tennis (any of one)

Teaching Staff**BACHELOR DEPARTMENT**

- 1)Dr. M. M. Wankhede
- 2)Shri M. R. Shrivastav
- 3)Shri R.B. Poddar
- 4) Shri. N.D. Shrama
- 5) Dr. Kavita R. Agrawal

VISITING LECTURER

- 1) ADMINISTRATION STAFF
- 2) Library Staff
- 3) Jewels of our College
(R.T.M. Nagpur University Merit list)

NECESSARY DOCUMENT FOR ADMISSION

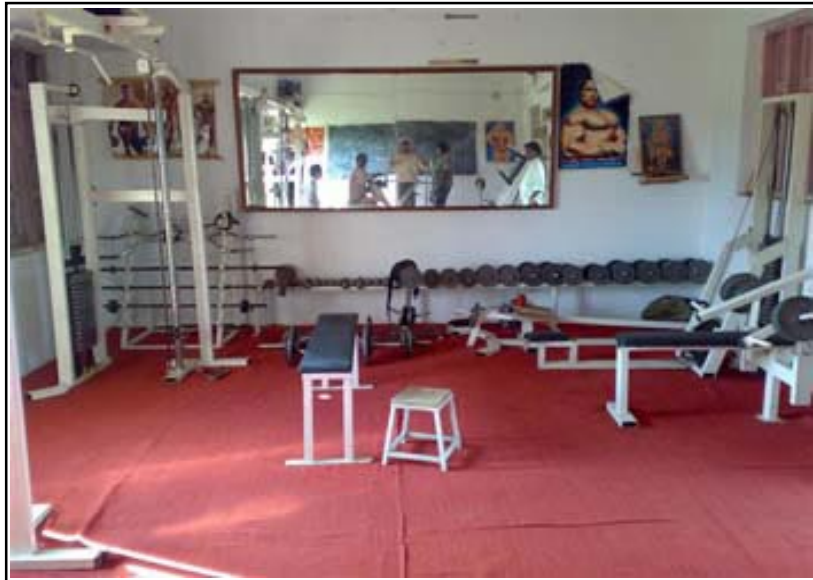
- a) The School or College Leaving Certificate in Original.
- b) Mark sheet of the Std. XIIth to last examination passed or failed to gether in Original with two duly attested true copies of it.
- c) Migration Certificate, in case of students, who are students of a University other than the Nagpur University or other than the Maharashtra State Board of Secondary fees or Rs. 150/- A late fees of Rs 25/- will be charged if the migration certificate is not submitted by the student before 1st September every year.
- d) Character Certificate two duly attested true copies.
- e) An exmployee student joining the college shall submit no objection certificate in original from his employer.
- f) Student are required to submit 6 copies of their Photography (passport size) along with their admission forms.
- g) Students should personally come for admission.
- h) Caste Certificate in original with two duly attested true copies.
- i) Certificate of Proficiency in Games with two duly attested true copies.
- j) Medical certificate from MedicalPractitioner not below M.B.B.S.

Notes :- Incomplete application is liable to rejection at any time.

GENERAL DISCIPLINE

(CONDUCT RULES FOR STUDENTS)

- a) All students shall observe the rules and discipline and are excepted to be of dignified behaviour and good character within the college and also in their social life.
- b) Students are warned , not to bring any unauthorised persons in the college premises. Strict disciplinary action will be taken against the students who violate this rule.
- c) Students must not wander in the college premises when they have no classess. On any account they shall not disturb the classes that are going on.
- d) Students are warned against distroying college property or defacing the college building and damagine furniture. Strict disciplinary action will be taken if this rule is violated.



- e) Students are expected to obey all the orders and to behave respectfully towards their respective Teaching & non-teaching staff of the College.
- f) Writing, Painting or Pasting bills of any kind on walls, doors, windows, spitting ber seeds or Littering the college premises with any substance ro committing any unhygenic act, will entail a fine of Rs.50/
- g) Students shall use the college furniture, fan , books , or any other college property with atmost care. The cost of damage done shall be recovered from the students individually or collectively as the case may be.
- h) Students are not authorised to form unions or socieites in the college.
- i) Any change either in the local or permanent address of student should be communicated promptly in writing.

ADMISSION CRITERIA

Subject to the approval of the competent authority, the admission to the course will be add purely for which the following criteria will be applied.

(A) Physical Fitness Test

| | | |
|------------------|-------------------------|------------------|
| For Man : | Shuttal Run 10 x 4 Mtr. | 10 Marks |
| | Run 400 Mtr. | 10 Makrs |
| | Standing Broad Jump | 10 Marks |
| | Situps | 10 Marks |
| | Medicien ball Throw | <u>(2 K.g.)</u> |
| | Total | 50 Marks |

| | | |
|----------------|-------------------------|----------|
| Women : | Shuttal Run 10 x 4 Mtr. | 10 Marks |
| | Run 400 Mtr. | |
| | Standing Broad Jump | 10 Marks |
| | Situp | |
| | Medicain ball | |

(B) WRITTEN TEST :

Consisting of objective question and general impormation , Sport Physical Education general intelligence and reasoning obitivity.

- Eligibility :** A) Bachelor’s degree in any disci and having at least participation Interzonal ,District, School, Com games as recognized by the AIU India.
- B) Bachelor degree in physical edu Or
- C) Bachelors, degree with 45% mar participated in national / Interun Competition in sports and game the AIU/IOA/SGFI/ Govt. of In Or
- D) Graduation with 45% marks and teaching experience (for depute i.e. trained physical education te

The relaxation in the percentage of marks in the e and in the rservation of seats for SC/ST/OBC and as per the rules of the Central Government / State C applicable.

Local Management Committee

- 1) Teaching Staff _____
- 2) Adminstration Staff _____
- 3) Library Staff _____
- 4) Grievance and Re-Dressal _____
- 5) Jewels of our college _____

R.T. M. NAGPUR UNIVERSITY M

Pooja Shikshan Sanstha's
POOJA SHARIRIK SHIKSHAN
MAHAVIDHYALAYA
(Affiliated to the Nagpur University & NCTE)

NCTE Code No : 114098
Accredited by NAAC-C⁺⁺



PROSPECTUS

OFFICE
HALBITOLA - KHAMARI, GONDIA - 441601

Email-Id : pooja_252@rediffmail.com

Telephone No. 07182-202556 , 202048

Pooja Shikshan Sanstha's
**POOJA SHARIRIK SHIKSHAN
MAHAVIDHYALAYA**

(Affiliated to the Nagpur University & NCTE)

NCTE Code No : 114098

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