

# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Declared as deemed to be university under section 3 of UGC Act 1956, vide notification No.F.9-5/2000-U.3)

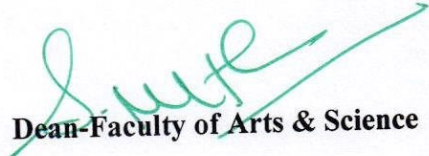
## SCHOOL OF ARTS

Date: 01.12.2021

### CIRCULAR

**Sub : Organising Value added Course: Certified program in Indoor Games- Reg.**

With reference to the above mentioned subject, we bring it to your notice that School of Arts, Bharath Institute of Higher Education & Research is organising **Value added course "Certified program in Indoor Games"**. The syllabus and registration form is enclosed below. The candidates those who are interested to join must fill the registration form and submit to the Course Coordinator Ms. D.Sharmila, Department of Microbiology on or before 12.12.2021. The Registration form received after the mentioned date shall not be entertained under any circumstances.

  
Dean-Faculty of Arts & Science

Encl: A copy of Syllabus & Registration form

Copy To:

- 1.All HODs
- 2.Office File/ Notice Board
- 3.Course Coordinator



# Sharath

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## SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 12.12.21

Name : ANAS, M.S.

Reg. No. : U16BA078

Date of Birth : 09.10.1999

Gender : MALE

Department : BBA

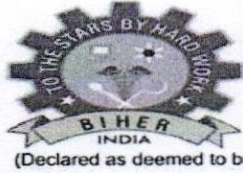
Year : 2021

Contact No. : 9840336526

Email ID : anas99@gmail.com

Course Applied for : CERTIFIED PROGRAM IN INDOOR GAMES

  
Signature



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## SCHOOL OF ARTS

### Registration Form

### Value Added Course

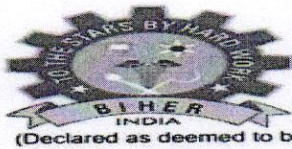
Date: 9/12/21

Name : S. Rajan  
Reg. No. : U16MI022  
Date of Birth : 17.09.1998  
Gender : Male  
Department : Microbiology  
Year : 2021  
Contact No. : 9884234610  
Email ID : rajamicrobio@gmail.com  
Course Applied for : Certified Program in Indoor Games

  
Signature

Bharath Institute of Higher Education & Research  
School of Arts  
Students Registration List  
Value Added Course: Certified program in Indoor Games

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U16MI016	BHAVANI R	BSc-Micro
2	U16MI017	DELSY MERLYN S	BSc-Micro
3	U16MI018	SARATHI E	BSc-Micro
4	U16MI019	SATHESH E	BSc-Micro
5	U16MI020	SURENDAR P S	BSc-Micro
6	U16MI021	YASMIN K	BSc-Micro
7	U16MI022	RAJA S	BSc-Micro
8	U16MI023	SIVASANKAR S	BSc-Micro
9	U16MI024	SARANYA S	BSc-Micro
10	U16BA063	YAWAR NAZIR	BBA
11	U16BA064	KARTHICK K	BBA
12	U16BA065	DHARANEESHWARAN S	BBA
13	U16BA066	GAYATHRI V	BBA
14	U16BA067	V KARTHIKA	BBA
15	U16BA068	KISHORE KUMAR P	BBA
16	U16BA070	R AJITHKUMAR	BBA
17	U16BA071	MOHAMED FIZAL R	BBA
18	U16BA072	H KARTHIK ABHISHEK	BBA
19	U16BA074	PRAKASH S	BBA
20	U16BA075	A PRAVIN KUMAR	BBA
21	U16BA077	SASIKUMAR U	BBA
22	U16BA078	ANAS M S	BBA
23	U16SC104	SANTHOSH M	BSc-CS
24	U16SC105	VIJAY S	BSc-CS
25	U16SC106	SARAVANAN R	BSc-CS
26	U16SC107	BALAMURUGAN B	BSc-CS
27	U16SC108	GANESHPRASANTH A	BSc-CS
28	U16SC109	MANIKANDAN K	BSc-CS
29	U16SC110	VIJAY J	BSc-CS
30	U16MA013	DAWOOD AARIF S	BSc-Maths
31	U16MA014	NANDHINI S	BSc-Maths
32	U16MA015	THEEBA J	BSc-Maths
33	U16MA016	DINESH R	BSc-Maths
34	U16MA018	DONI J MANOJ VASAN	BSc-Maths
35	U16MA019	VIGNESH R	BSc-Maths
36	U16PS017	YESHWANTH T	BSc-Physics
37	U16PS018	VIJAYA BASKAR B	BSc-Physics
38	U16PS020	KAVITHA C	BSc-Physics



**SCHOOL OF ARTS**

**Value Added Course**

**Certified program in Indoor Games**

**Syllabus**

1. **Introduction:** Different indoor games, Indoor games in Olympic and Asian games.
2. **Fitness and Wellness-I:** Understanding of Wellness, effect of exercise and training on cardiovascular system.
3. **Fitness and Wellness-II:** Effect of exercise and training on respiratory and muscular system.
4. **Fitness and Wellness-III:** Importance of Yoga in Sports, Basics- Asana & Pranayama
5. **Physiological concept of physical fitness:** warming up, conditioning and fatigue.
6. **Sports Nutrition and Weight Management-I:** Role of nutrition in sports, Basic Nutrition guidelines, Basic concept of balanced diet – Diet before, during and after competition,
7. **Sports Nutrition and Weight Management-II:** Concept of BMI (Body mass index), Obesity and its hazard, Dieting versus exercise for weight control, Common Myths about Weight Loss
8. **Track and Field-I:** Running Event-I- Starting techniques: Standing start, Crouch start and its variations, Proper use of blocks. Finishing Techniques: Run, Through, forward lunging, Shoulder Shrug, Ground Marking, Rules and Officiating
9. **Track and Field-II:** Running Event-II- Relays- Various patterns of Baton Exchange- Understanding of Relay Zones- Ground Marking- Interpretation of Rules and Officiating
10. **Kabaddi:** -Skills in Raiding-Touching with hand, various kicks, crossing of baulk line, Crossing of Bonus line, luring the opponent to catch, Pursuing. Skills of Holding the Raider-Variations formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching.
11. **Kho Kho:** General skills of the game- Skills in Running, chasing, Dodging, Faking.
12. **Athletic- Jumping Events :** High Jump, Approach Run, Take off, Clearance over the bar. Landing.
13. **Badminton:** Fundamental Skills-Racket grips, Shuttle Grips; The basic strokes-Serves, Forehand-overhead and underarm, Backhand-overhead and underarm; rules- -Singles, doubles, including mixed doubles
14. **Table Tennis:** Fundamental Skills-The Grip-The Tennis Grip, Pen Holder Grip; Service-Forehand, Backhand, Side Spin, High Toss; Different strokes; Stance and Ready position and foot work.
15. **Track and fields (Throwing Events):** Discus Throw, Javelin, Hammer throw, shot-put, Basic Skills and techniques of the Throwing event, Ground Marking / Sector Marking, Grip, Stance, Release, Reserve, Rules and their interpretations.

**Bharath Institute of Higher Education & Research**

**School of Arts**

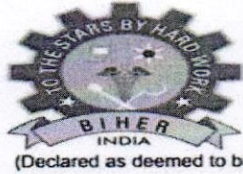
**Lesson Plan**

Value Added Course: Certified program in Indoor Games			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	16.12.2021	Introduction: Different indoor games, Indoor games in Olympic and Asian games.	2 PM - 4 PM	2
2	17.12.2021	Fitness and Wellness-I: Understanding of Wellness, effect of exercise and training on cardiovascular system.	2 PM - 4 PM	2
3	18.12.2021	Fitness and Wellness-II: Effect of exercise and training on respiratory and muscular system.	2 PM - 4 PM	2
4	24.12.2021	Fitness and Wellness-III: Importance of Yoga in Sports, Basics- Asana & Pranayama	2 PM - 4 PM	2
5	07.01.2022	Physiological concept of physical fitness: warming up, conditioning and fatigue	2 PM - 4 PM	2
6	08.01.2022	Sports Nutrition and Weight Management-I	2 PM - 4 PM	2
7	21.01.2022	Sports Nutrition and Weight Management-II	2 PM - 4 PM	2
8	22.01.2022	Track and Field-I: Running Event	2 PM - 4 PM	2
9	28.01.2022	Track and Field-II: Running Event-II- Relays	2 PM - 4 PM	2
10	29.01.2022	Kabaddi: Basic rules and skills	2 PM - 4 PM	2
11	04.02.2022	Kho Kho: General skills of the game- Skills in Running, chasing, Dodging, Faking.	2 PM - 4 PM	2
12	05.02.2022	Athletic- Jumping Events: Basic rules and skills	2 PM - 4 PM	2
13	11.02.2022	Badminton: Basic rules and skills	2 PM - 4 PM	2
14	12.02.2022	Table Tennis: Basic rules and skills	2 PM - 4 PM	2
15	18.02.2022	Track and fields (Throwing Events):Basic rules and skills	2 PM - 4 PM	2

**Bharath Institute of Higher Education & Research**  
**School of Arts**  
**Course TimeTable**

**Value Added Course: Certified program in Indoor Games - Course Duration:30 Hrs**

S.No	Date	Time	Hour
1	16.12.2021	2 PM - 4 PM	2
2	17.12.2021	2 PM - 4 PM	2
3	18.12.2021	2 PM - 4 PM	2
4	24.12.2021	2 PM - 4 PM	2
5	07.01.2022	2 PM - 4 PM	2
6	08.01.2022	2 PM - 4 PM	2
7	21.01.2022	2 PM - 4 PM	2
8	22.01.2022	2 PM - 4 PM	2
9	28.01.2022	2 PM - 4 PM	2
10	29.01.2022	2 PM - 4 PM	2
11	04.02.2022	2 PM - 4 PM	2
12	05.02.2022	2 PM - 4 PM	2
13	11.02.2022	2 PM - 4 PM	2
14	12.02.2022	2 PM - 4 PM	2
15	18.02.2022	2 PM - 4 PM	2



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### Course Feedback Form

### Value Added Course

Date:18.02.2022

Course Title:Certified program in Indoor Games

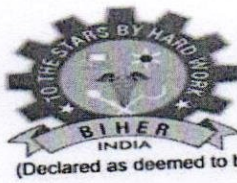
Name : J. THEEBA  
Reg. No. : U16MA015  
Department : MATHS

S.No.	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied )						
1.	Objectives of the course clear to you				✓	
2.	Course contents met with your expectations				✓	
3.	Lecture sequence was well planned					✓
4.	Lectures were clear and easy to understand				✓	
5.	Teaching aids were effective					✓
6.	Instructors encourage interaction and were helpful					✓
7.	The level of the course					✓
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

J. Theeba  
Signature





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### Course Feedback Form

#### Value Added Course

Date:18.02.2022

Course Title:Certified program in Indoor Games

Name : S. VIJAY  
Reg. No. : U16SC105  
Department : COMA SCI,

S.No.	Particulars	1	2	3	4	5
(1. Very Unsatisfied 2. Unsatisfied 3. Neutral 4. Satisfied 5. Very Satisfied )						
1.	Objectives of the course clear to you				✓	
2.	Course contents met with your expectations					✓
3.	Lecture sequence was well planned					✓
4.	Lectures were clear and easy to understand				✓	
5.	Teaching aids were effective				✓	
6.	Instructors encourage interaction and were helpful					✓
7.	The level of the course					✓
(1. Very poor 2. Poor 3. Average 4. Good 5. Excellent)						
8.	Overall rating of the course:	1	2	3	4	5

Please give Suggestion for the improvement of the course:

*S. Vijay*  
Signature



# Shree

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## SCHOOL OF ARTS



Name of the course	Certified program in Indoor Games
Handled by	Ms.D.Sharmila Asst. Prof, Department of Microbiology School of Arts, BIHER.



**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

**School of Arts**

**CERTIFICATE OF PARTICIPATION**

This is to certify that

**VIGNESH R**

has participated in the Certified program in Indoor Games  
conducted by School of Arts, BIHER, from Dec 16, 2021 to Feb 18, 2022

**Ms.D.Sharmila**  
Course Co-ordinator

**Dr. A. Muthukumaravel**  
Dean - Arts and Science