



**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 : 01.10.2018

**CIRCULAR**


**Sub : Organising Value added Course: Training Course on Hand ball  
- 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 "Training Course on Hand Ball"**. 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. V. Jula, Department of Microbiology on or before 12.10.2018. The Registration form received after the mentioned date shall not be entertained under any circumstances.

Encl: A copy of Syllabus & Registration form

Copy To:

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

  
Dean-Faculty of Arts & Science  
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Bharath Institute of Higher Education & Research  
(Declared as Deemed to be University U/S 3 of UGC Act 1956)  
Chennai-600 073. INDIA



# Bharath

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

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## SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 09.10.2018

Name : SHERLIN. C  
Reg. No. : U18MI016  
Gender : FEMALE  
Department : MICROBIOLOGY  
Year : 2018  
Contact No. : 8925221341  
Email ID : sherlin.sherlin121@gmail.com  
Course Applied for : TRAINING COURSE ON HANDBALL

  
Signature

**Bharath Institute of Higher Education & Research**

**School of Arts**

**Course TimeTable**

**Value Added Course: Training Course on Hand Ball      Course Duration:30 Hrs**

<b>S.No</b>	<b>Date</b>	<b>Time</b>	<b>Hour</b>
1	15.10.2018	10 AM to 12 PM	2
2	21.10.2018	10 AM to 12 PM	2
3	27.10.2018	10 AM to 12 PM	2
4	28.10.2018	10 AM to 12 PM	2
5	3.11.2018	10 AM to 12 PM	2
6	4.11.2018	10 AM to 12 PM	2
7	10.11.2018	10 AM to 12 PM	2
8	17.11.2018	10 AM to 12 PM	2
9	18.11.2018	10 AM to 12 PM	2
10	24.11.2018	10 AM to 12 PM	2
11	25.11.2018	10 AM to 12 PM	2
12	1.12.2018	10 AM to 12 PM	2
13	2.12.2018	10 AM to 12 PM	2
14	8.12.2018	10 AM to 12 PM	2
15	9.12.2018	10 AM to 12 PM	2

**Bharath Institute of Higher Education & Research**  
**School of Arts**  
**Lesson Plan**

Value Added Course: Training Course on Hand Ball			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	15.10.2018	Characterization of the handball game.the development of handball in the world.	10AM to 12PM	2
2	21.10.2018	methodical introduction.the rules of teaching-the rule of visual teaching,the rule of regularity	10AM to 12PM	2
3	27.10.2018	the rule of awareness and to be active in learning. the rule of step by step teaching the rule of versatility	10AM to 12PM	2
4	28.10.2018	the rule of fixation.the methods of teaching . analytic method. synthetic method complex method,the forms	10AM to 12PM	2
5	03.11.2018	the form of games and pre-games,the strict form. the form of the fragments of a game, the form of a game	10AM to 12PM	2
6	04.11.2018	simple,educational and basic, the stages of teaching a new element , the stage of generalization	10AM to 12PM	2
7	10.11.2018	lesson ,a lesson draft , technique	10AM to 12PM	2
8	17.11.2018	general remarks, catching the ball, general remarks, various catching methods, passing, general remarks	10AM to 12PM	2
9	18.11.2018	types of passing ,teaching of catching and passing , general remarks,shooting , shot in place, leaning back sho	10AM to 12PM	2
10	24.11.2018	vertical jump shot , stride jump shot, shots while falling ,teaching of shots, dribbling , teaching of dribbling.	10AM to 12PM	2
11	25.11.2018	ball feints. performance of feints, teaching feints, a player's movement in offence and defence	10AM to 12PM	2
12	01.12.2018	individual defence elements , individual defence technical elements, stealing the ball, screening the opponent	10AM to 12PM	2
13	02.12.2018	teaching of individual defence, goalkeeper, general remarks, the goalkeeper's play, physical conditioning	10AM to 12PM	2
14	08.12.2018	the game tactics, teaching of the goalkeeper's game, posture and footwork	10AM to 12PM	2
15	09.12.2018	defending with legs and hands passing to initiate fast attack, speed of reaction	10AM to 12PM	2



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## SCHOOL OF ARTS

### Value Added Course

### Training Course on Hand Ball

#### Syllabus

Characterization of the handball game.the development of handball in the world.  
methodical introduction.the rules of teaching-the rule of visual teaching,the rule of regularity,the rule of awareness and to be active in learning. the rule of step by step teaching the rule of versatility,the rule of fixation.the methods of teaching . analytic method. synthetic method complex method,

The forms of teaching,the form of games and pre-games,the strict form. the form of the fragments of a game, the form of a game: simple,educational and basic, the stages of teaching a new element , the stage of generalization, the stage of concentration, the stage of automation , the rules for teaching beginners, a physical education lesson ,a lesson draft , technique , general remarks, catching the ball, general remarks, various catching methods, passing, general remarks,

Types of passing ,teaching of catching and passing , general remarks,shooting , shot in place, leaning back shot , vertical jump shot , stride jump shot, shots while falling ,teaching of shots, dribbling , teaching of dribbling, feint, body feints ,ball feints. performance of feints, teaching feints, a player's movement in offence and defence , individual defence elements , individual defence technical elements, stealing the ball, screening the opponent without a ball.

Screening with a ball, teaching of individual defence, goalkeeper, general remarks, the goalkeeper's play, physical conditioning .the game tactics, teaching of the goalkeeper's game, posture and footwork , defending with legs and hands passing to initiate fast attack, speed of reaction , tactical means ,individual tactical methods. always to be held true. for the players in attack,for the players in defence, for the goalkeepers

Bharath Institute of Higher Education & Research  
School of Arts  
Students Registration List  
Value Added Course: Training Course on Hand Ball

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U18MI011	SREEJITH MURALI	BSC-MICRO
2	U18MI012	K NIVETHA	BSC-MICRO
3	U18MI013	MANIKANDAN M	BSC-MICRO
4	U18MI014	YUKESH R	BSC-MICRO
5	U18MI015	RESHNAPRIYA S	BSC-MICRO
6	U18MI016	SHERLIN C	BSC-MICRO
7	U18MI017	KAVITHA V	BSC-MICRO
8	U18MI003	RESHMA M	BSC-MICRO
9	U18MI018	NABARUN DASGUPTA	BSC-MICRO
10	U18BS008	MADHUBALAN M	BSC-BIOTECH
11	U18BS009	NITHISH B	BSC-BIOTECH
12	U18BS010	ROHINISWATHI S	BSC-BIOTECH
13	U18BS011	LAKSHITHA SRI S	BSC-BIOTECH
14	U18BS012	ANU R	BSC-BIOTECH
15	U18BS013	JAYAJOTHI SANKAR J	BSC-BIOTECH
16	U18PS007	BALAJI S	BSC-PHYSICS
17	U18PS008	SREE LAKSHMI PRIYA S	BSC-PHYSICS
18	U18PS009	NAMBIRAJAN S	BSC-PHYSICS
19	U18PS010	MOHAMED AZHARUDEEN M	BSC-PHYSICS
20	U18CI009	PRASANTH K	BSC-CHEM
21	U18CI010	MATHANBALAN J	BSC-CHEM
22	U18CI011	VIJAYALAKSHMI V	BSC-CHEM
23	U18CI012	SARANRAJ D	BSC-CHEM
24	U18MA007	NEELES R	BSC-MATHS
25	U18MA008	SOWMIYA R	BSC-MATHS
26	U18MA009	GOWSIYA BEGAM S	BSC-MATHS
27	U18MA010	AYENDRILA SENGUPTA	BSC-MATHS
28	U18SC012	VIJAY K	BSC-COMP
29	U18SC013	KARNASH K	BSC-COMP
30	U18SC014	GOKULA KRISHNAN M	BSC-COMP
31	U18SC015	SARAVANAN S	BSC-COMP
32	U18SC016	MAHESH S	BSC-COMP
33	U18SC017	ABUL ASIK A	BSC-COMP
34	U18SC018	SANTHOSH S	BSC-COMP
35	U18SC019	MANIKANDAN S	BSC-COMP
36	U18CA015	SELVA KUMAR K	BCA
37	U18CA016	VELMURUGAN S	BCA
38	U18CA017	AKASHKUMAR S	BCA
39	U18CA018	SRINATH M	BCA
40	U18CA019	SELVARAJ S	BCA



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## SCHOOL OF ARTS

### Course Feedback Form

#### Value Added Course

Date: 9/12/18

Course Title Training Course on Hand Ball

Name : S. Nambingam  
Reg. No. : UI8PS 009  
Department : Physics

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. Nambingam*  
Signature



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## SCHOOL OF ARTS

### Course Feedback Form

### Value Added Course

Date: 09.12.2018

Course Title Training Course on Hand Ball

Name : Manikandan. M  
Reg. No. : U18MI013  
Department : Microbiology

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 :

*Manikandan*  
Signature





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## SCHOOL OF ARTS



<b>Name of the course</b>	<b>Training Course on Hand Ball</b>
<b>Handled by</b>	<b>Ms.V Jula Asst. Prof, Department of Microbiology School of Arts, BIHER.</b>



**Bharath**  
INSTITUTE OF HIGHER EDUCATION AND RESEARCH


**School of Arts**

CERTIFICATE OF PARTICIPATION

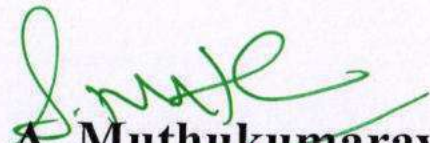
This is to certify that

**RESHMA D**

has participated in the Training course on Hand Ball, conducted by School of Arts, BIHER, from Oct 15, 2018 to Dec 9, 2018.

  
**Mrs. V. Jula**  
Course Co-ordinator

**Dr. L. Jeyanthi Rebecca**  
Convenor

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