



# 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 : 03.10.2018

### CIRCULAR

Sub : Organising Value added Course: Training course on Kho-Kho -  
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 Kho-Kho". 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 **Dr. T. Kalaiyarasu**, Department of Biotechnology 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  
Dean Faculty of Arts & Science  
Bharath Institute of Higher Education & Research  
(Declared as Deemed to be University U/S 3 of UGC Act. 1956)  
Chennai-600 073. INDIA



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## SCHOOL OF ARTS

### Registration Form

### Value Added Course

Date: 4.10.18

Name : SAJIN. V  
Reg. No. : U18S CO45  
Gender : MALE  
Department : B.SC COMPUTER SCIENCE  
Year : 2018  
Contact No. : 98006 32514  
Email ID : sajin.comp@gmail.com  
Course Applied for : TRAINING COURSE ON KHO-KHO

Sajin.V  
Signature



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## SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 5.10.2018

Name : AJITH PRAKASH. G  
Reg. No. : UISC 1020  
Gender : MALE  
Department : B.SC CHEMISTRY  
Year : 2018  
Contact No. : 99812 20616  
Email ID : ajithprakash.chem@gmail.com  
Course Applied for : TRAINING COURSE ON KHO-KHO

Ajith,  
Signature

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

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U18MI022	YOGASHREE G	BSC-MICRO
2	U18MI025	KASTHURI S	BSC-MICRO
3	U18MI026	ESWARI G	BSC-MICRO
4	U18BS023	AJAA PA	BSC-BIOTECH
5	U18BS020	DURGA BHAVANI S	BSC-BIOTECH
6	U18PS022	MADHUPRIYA S	BSC-PHYSICS
7	U18PS023	JASTUSBABU N	BSC-PHYSICS
8	U18CI018	SATHYARAJ G	BSC-CHEM
9	U18CI019	SANTHOSH S	BSC-CHEM
10	U18CI020	AJITH PRAKASH G	BSC-CHEM
11	U18CI021	THANGAMANIKANDAN K	BSC-CHEM
12	U18CI022	SURENDHAR G	BSC-CHEM
13	U18MA010	AYENDRILA SENGUPTA	BSC-MATHS
14	U18MA011	SANDHIYA K	BSC-MATHS
15	U18MA012	RAJKUMAR R	BSC-MATHS
16	U18MA013	SUSHMITHA P	BSC-MATHS
17	U18SC051	KANIMOZHI R	BSC-COMP
18	U18SC045	SAJIN V	BSC-COMP
19	U18SC046	DINESH B	BSC-COMP
20	U18SC048	DILIP M	BSC-COMP
21	U18SC049	HARIHARAN V	BSC-COMP
22	U18SC050	MOHAN RAJ D	BSC-COMP
23	U18CA033	NARESHKUMAR S	BCA
24	U18CA034	SAIRAM M	BCA
25	U18CA035	SURYA S	BCA
26	U18CA036	MANOJKUMAR B	BCA
27	U18CA037	IRFAN M	BCA
28	U18CA038	RICKY DANIEL R	BCA
29	U18CA039	AUBREY JUDE PHILBERT	BCA
30	U18CA040	AJAY D	BCA



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## SCHOOL OF ARTS

### Value Added Course

### Training Course on Kho-Kho

#### Syllabus

History and development of Kho-Kho in India and Asia. Present trend in the game at national and international level.

Terminologies of Kho-Kho, rules and interpretations, signs and signals used in officiating, qualities of technical officials and responsibilities of referee, umpires and table officials, principles and mechanism of officiating.

Preparation of budget of conduct of tournament/competition, duties and functions of different committees, drawing of fixtures general rules, technical rules, facilities and equipment.

Warming – up and warm down- Importance, principles, methods, means, types, stretching before and after activity.

Introduction, importance and classification of techniques, Stages of motor learning and principles of motor learning applied for learning in Kho-Kho, Methodical stages of teaching techniques.

Practice of technique under easy conditions, practice of technique under different and complex conditions, skill drills, teaching and training aids, their importance and application and trends in development.

Methods and means of training technique, reasons of committing faults, methods and means for identification of faults and correction in technique performance.

Small area games and their usefulness. Advanced defensive and offensive techniques in Kho Kho- tactics and strategies, principles of play, principles of attack.

Means for evaluation of progress in learning and performance of techniques.

Importance, analysis with respect to movement co-ordination and body mechanics and variation in techniques kho-kho.

**Bharath Institute of Higher Education & Research**

School of Arts

Course TimeTable

Value Added Course:Short term course on Sports science

Course Duration:30 Hrs

S.No	Date	Time	Hour
1	18.06.2019	2.00-3.00p.m	1
2	20.06.2019	10.00-11.00p.m	1
3	24.06.2019	2.00-3.00p.m	1
4	27.06.2019	10.00-12.00p.m	2
5	29.06.2019	2.00-4.00p.m	2
6	02.07.2019	10.00-12.00p.m	2
7	05.07.2019	2.00-4.00p.m	2
8	09.07.2019	10.00-12.00p.m	2
9	11.07.2019	2.00-3.00p.m	2
10	15.07.2019	10.00-12.00p.m	2
11	17.07.2019	2.00-4.00p.m	2
12	19.07.2019	10.00-12.00p.m	2
13	23.07.2019	2.00-4.00p.m	2
14	26.07.2019	10.00-12.00p.m	2
15	30.07.2019	2.00-4.00p.m	2
16	02.08.2019	10.00-11.00a.m	1
17	07.08.2019	10.00-12.00p.m	2



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## SCHOOL OF ARTS



Name of the course	Training Course on Kho-Kho
Handled by	Dr. T. Kalaiyarasu Asst. Prof, Department of Biotechnology School of Arts, BIHER.

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

Value Added Course: Training course on Kho-Kho			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	15.10.2018	History and development of Kho-Kho in India & Asia.	2 PM - 3 PM	1
2	20.10.2018	Present trend in the game at national and international level.	2 PM - 4 PM	2
3	21.10.2018	Terminologies of Kho-Kho, Rules and interpretations	2 PM - 4 PM	2
4	27.10.2018	and responsibilities of referee, umpires and table officials, Principles and mechanism of officiating.	2 PM - 4 PM	2
5	28.10.2018	Preparation of Budget of conduct of tournament/competition, Duties	2 PM - 4 PM	2
6	03.11.2018	Equipment.	2 PM - 4 PM	2
7	04.11.2018	means, types, stretching before and after activity.	2 PM - 4 PM	2
8	10.11.2018	Introduction, importance and classification of techniques, Stages of	2 PM - 3 PM	1
9	17.11.2018	under easy conditions, Practice of technique under different and	2 PM - 4 PM	2
10	18.11.2018	application and trends in development.	2 PM - 4 PM	2
11	24.11.2018	Methods and means of training technique, Reasons of committing fa	2 PM - 3 PM	1
12	25.11.2018	technique performance.	2 PM - 4 PM	2
13	01.12.2018	Small area games and their usefulness	2 PM - 4 PM	2
14	02.12.2018	and strategies, principles of play, Principles of attack.	2 PM - 4 PM	2
15	08.12.2018	techniques.	2 PM - 4 PM	2
16	09.12.2018	Importance, analysis with respect to movement co-ordination	2 PM - 4 PM	2
17	15.12.2018	boi mechanics and variation in techniques kho-kho.	2 PM - 3 PM	1





# Sharath

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## SCHOOL OF ARTS

### Course Feedback Form

### Value Added Course

Date: 09.12.2018

Course Title: Training course on Kho-Kho

Name : ESWARI G  
Reg. No. : U18M1026  
Department : B.SC 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 :

Esvari G  
Signature



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## SCHOOL OF ARTS

### Course Feedback Form

#### Value Added Course

Date: 09.12.2018

Course Title: Training course on Kho-Kho

Name : NADHUPRIYA . S  
Reg. No. : U18PS022  
Department : B.Sc 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 :

Nadhupriya .  
Signature



**Bharath**  
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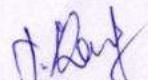
School of Arts

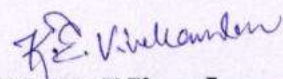
CERTIFICATE OF PARTICIPATION

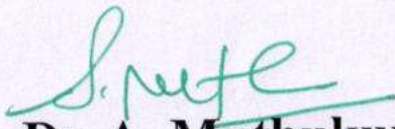
This is to certify that

**YOGASHREE G**

has participated in the Training course on Kho - Kho, conducted by School of Arts, BIHER, from October 15, 2018 to December 15, 2018.

  
**Dr. T. Kalaiyarasu**  
Course Co-ordinator

  
**Dr. K.E. Vivekanandhan**  
Convenor

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