



**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: 8.04.2018

**CIRCULAR**

**Sub: Organising Value-added Course: Certificate Training program on Handball- reg.,**

With reference to the above-mentioned subject, we bring it to your notice that School of Arts & Science, Bharath Institute of Higher Education & Research is organising **Value-added course "Certificate Training program on Handball"**. 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. E Thirumal, Department of Physics on or before 06.05.2018. 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

*S. S. S.*  
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

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## SCHOOL OF ARTS

### Registration Form

#### Value Added Course on Certificate training program on Handball

Date: 24/04/2018

Name : S. REVATHY

Reg.No. : U17SC063

Gender : FEMALE

Department : CSE

Year : 2017

Contact No. : 6381228427

Email ID : revathy@gmail.com

Course Applied For : CERTIFICATE TRAINING PROGRAM ON HANDBALL

  
Signature

Bharath Institute of Higher Education & Research  
 School of Arts  
 Students Registration List  
 Value Added Course: Certificate Training Program on Handball

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17SC098	JAYASHREE B	CSE
2	U17SC096	VIJAYALAKSHMI B	CSE
3	U17SC093	PRIYADHARSHINI S	CSE
4	U17SC088	SOWMIYA K	CSE
5	U17SC086	MEENAKSHI VENUGOPAL .	CSE
6	U17SC082	MAHALAKSHMI R	CSE
7	U17SC080	DIVYASRI B	CSE
8	U17SC071	MONISHA D	CSE
9	U17SC067	MERITA MERLIN SHERLEY S	CSE
10	U17SC063	REVATHY S	CSE
11	U17SC061	MADHU MITHA .	CSE
12	U17SC047	KEERTHIKA M	CSE
13	U17SC043	LAVANYA P	CSE
14	U17SC017	SHARMILA DEVI C	CSE
15	U17SC008	REVATHI R	CSE
16	U17MI056	SUMITHRA	Microbiology
17	U17MI055	SARMILA	Microbiology
18	U17MI054	RAJANI	Microbiology
19	U17MI053	RAJESWARI	Microbiology
20	U17MI052	NIVEDHA	Microbiology
21	U17MI051	NANDHINI	Microbiology
22	U17MI050	NANCY CHRISTY	Microbiology
23	U17MI048	INDRANI	Microbiology
24	U17MI045	KALAIVANI M	Microbiology
25	U17MI044	YUVASRI B	Microbiology
26	U17MI042	PAVITHRA M	Microbiology
27	U17SC008	REVATHI R	Microbiology



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### Value Added Course

### Certificate training program on handball

#### Syllabus

History of Game in Modern & Ancient Era, Evaluation of Game in India & Asia, Officiating:  
a) Mechanism of officiating b) Rules and their Interpretation c) Qualities of Referees, System of Tournament of National School Games Inter University level.

Marking of Handball Court, Passes a) Straight shot with blocking steps as a pass b) Wrist pass c) Reverse pass d) Bounce pass, Catching a) Catching at chest level b) Catching below waist c) Catching in air, Shooting/Throw on Goal a) S.S.B b) SSWB c) JSH d) JSL e) H.T

Dribbling All types, Feinting All Types, Technique of Defender, Defensive techniques of Goal Keeper.

Group Tactics – offence a) ROP b) RAR c) SC d) PCH, Group Tactics – Defence a) Man to Man b) Give over take over, Team Tactics 1. Offence a) System 3 : 3 & 2 : 4 b) Team combination.

Defence a) M.T.M.Defence b) Zone Defence : 6 : 0, 5 : 1, 3 : 2 : 1, 5:0+1, General Topics a) Warming up b) Conditioning c) Selection of Team d) Video analysis – observation and evaluation of match

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

**Value Added Course: Certificate Training Program on Handball**

**Course Duration:30 Hrs**

S.No	Date	Time	Hour
1	11-06-18	2.00-3.00p.m	1
2	12-06-18	10.00-11.00 a.m	1
3	13-06-18	2.00-3.00 p.m	1
4	14-06-18	10.00-12.00p.m	2
5	15-06-18	2.00-4.00p.m	2
6	16-06-18	10.00-12.00p.m	2
7	18-06-18	2.00-4.00p.m	2
8	20-06-18	10.00-12.00p.m	2
9	21-06-18	2.00-3.00p.m	1
10	23-06-18	10.00-12.00p.m	2
11	26-06-18	2.00-4.00p.m	2
12	27-06-18	10.00-12.00p.m	2
13	28-06-18	2.00-4.00p.m	2
14	05-07-18	10.00-12.00p.m	2
15	06-07-18	2.00-4.00p.m	2
16	07-07-18	10.00-12.00p.m	2
17	10-07-18	10.00-12.00p.m	2

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

Value Added Course: Certificate Training Program on Handball			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	11-06-18	History of Game in Modern & Ancient Era	2.00-3.00p.m	1
2	12-06-18	Evaluation of Game in India & Asia	10.00-12.00p.m	1
3	13-06-18	Officiating: a) Mechanism of officiating b) Rules and their Interpretation c) Qualities of Referees	2.00-3.00p.m	1
4	14-06-18	System of Tournament of National School Games Inter University level	10.00-12.00p.m	2
5	15-06-18	Marking of Handball Court	2.00-4.00p.m	2
6	16-06-18	Passes a) Straight shot with blocking steps as a pass b) Wrist pass c) Reverse pass d) Bounce pass	10.00-12.00p.m	2
7	18-06-18	Catching a) Catching at chest level b) Catching below waist c) Catching in air	2.00-4.00p.m	2
8	20-06-18	Shooting/Throw on Goal a) S.S.B b) SSWB c) JSH d) JSL e) H.T	10.00-12.00p.m	2
9	21-06-18	Dribbling All types	2.00-4.00p.m	1
10	23-06-18	Feinting All Types	10.00-12.00p.m	2
11	26-06-18	Technique of Defender	2.00-4.00p.m	2
12	27-06-18	Defensive techniques of Goal Keeper	10.00-12.00p.m	2
13	28-06-18	Group Tactics – offence a) ROP b) RAR c) SC d) PCH	2.00-4.00p.m	2
14	05-07-18	Group Tactics – Defence a) Man to Man b) Give over take over	10.00-12.00p.m	2
15	06-07-18	Team Tactics 1. Offence a) System 3 : 3 & 2 : 4 b) Team combination	2.00-4.00p.m	2
16	07-07-18	Defence a) M.T.M.Defence b) Zone Defence : 6 : 0, 5 : 1, 3 : 2 : 1, 5:0+1	10.00-12.00p.m	2
17	10-07-18	General Topics a) Warming up b) Conditioning c) Selection of Team d) Video analysis – observation and evaluation of match	10.00-12.00p.m	2



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### Course Feedback form

### Value Added Course

Date: 10/7/2018

Course Title: Certificate Training Program on Handball

Name: NIVETHA  
RegNo: UI7M1052  
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:

*Nivetha*  
Signature



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**SCHOOL OF ARTS**

**Certificate Training Program on Handball**



**Resource Person Details**

Mr. Athimoolam Saravanan

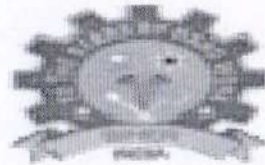
Secretary

Tamilnadu handball association

Chennai



Syllabus - Handball ?



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School of Arts

83/3, AGARAM MAIN ROAD, THIRUVANCHERRY, CHENNAI - 600 126, TAMIL NADU, INDIA

*Certificate of Participation*

This is to certify that  
Lavanya P

Has participated in the value added course: Certificate Course on Handball , a unique and special programme held at Faculty of Arts, BIHER from 11<sup>th</sup> June 2018 to 10<sup>h</sup> July 2018.

**Dr S. Anandhi**  
Course Co-ordinator

**Dr. V. Silambarasan**  
HOD

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