



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 : 28.05.2018

CIRCULAR

Sub : Organising Value added Course: Certificate Training Program 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 "Certificate Training program 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 Mrs. A. Hallis Nisar, Department of Microbiology on or before 07.06.2018. 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



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SCHOOL OF ARTS

Registration Form

Value Added Course

Date: 21/8/18

Name : Shantha Moorthi
Reg. No. : U17M1008
Gender : Male
Department : Microbiology
Year : 2017-20
Contact No. : 74487 88993
Email ID : shanthamoorthi78@gmail.com
Course Applied for : Certificate Training Program on Kho-Kho


Signature

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

S.NO	REG.NO	NAME OF THE CANDIDATE	DEPARTMENT
1	U17MI001	SUSMITHA	BSC-MICRO
2	U17MI051	NANDHINI	BSC-MICRO
3	U17MI013	JANANI B	BSC-MICRO
4	U17MI004	HARI KRISHNA M	BSC-MICRO
5	U17MI005	GUNA BALAN U	BSC-MICRO
6	U17MI052	NIVEDHA	BSC-MICRO
7	U17MI007	DIVYA SRI M	BSC-MICRO
8	U17MI008	SHANTHA MOORTHI	BSC-MICRO
9	U17MI009	HEMALATHA	BSC-MICRO
10	U17BS001	MUTHUKUMARAN	BSC-BIOTECH
11	U17BS002	JENITHA T	BSC-BIOTECH
12	U17BS003	ABINATH D	BSC-BIOTECH
13	U17BS004	TINA BIJU S	BSC-BIOTECH
14	U17BS005	MALARVIZHI	BSC-BIOTECH
15	U17BS006	MOUNICA	BSC-BIOTECH
16	U17PS001	RAGAVENDRA S	BSC-PHYSICS
17	U17PS002	ARPUTHAM M	BSC-PHYSICS
18	U17PS003	PUNITHA L	BSC-PHYSICS
19	U17PS004	SATHISH A	BSC-PHYSICS
20	U17PS005	BALAJI R	BSC-PHYSICS
21	U17PS006	MEGALA M	BSC-PHYSICS
22	U17CI001	FARZANA BEGUM R	BSC-CHEM
23	U17CI002	DILSHATHBEGAM A	BSC-CHEM
24	U17CI003	SATHIYA PRIYA S	BSC-CHEM
25	U17CI004	ASHWIN K	BSC-CHEM
26	U17CI005	RANJANI A	BSC-CHEM
27	U17CI006	PREETHA P	BSC-CHEM
28	U17MA001	JEEVITHA R	BSC-MATHS
29	U17MA002	PRASANNA R	BSC-MATHS
30	U17MA003	MURALIKRISHNAN R	BSC-MATHS
31	U17MA004	MALAVIKA K	BSC-MATHS
32	U17MA005	CHANDRALEKA P	BSC-MATHS
33	U17MA006	BHAVADHARANI S	BSC-MATHS
34	U17MA007	VAIRAMUTHU M	BSC-MATHS
35	U17SC001	YUVARAJ S	BSC-COMP
36	U17SC002	VINOTH ARUN A	BSC-COMP
37	U17SC003	YASHWANTH KUMAR K	BSC-COMP
38	U17SC004	ANANDH RAJ J	BSC-COMP

39	U17SC005	HARINI B	BSC-COMP
40	U17SC006	MURALI D	BSC-COMP
41	U17SC008	REVATHI R	BSC-COMP
42	U17SC009	BHARATHBALAJI G K	BSC-COMP
43	U17SC010	BHARATH KUMAR N	BSC-COMP
44	U17SC120	V.PREETHA	BSC-COMP
45	U17SC121	T.REKHA	BSC-COMP



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Value Added Course

Certificate training program 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: Certificate training program on Kho-Kho Course Duration:30 Hrs

S.No	Date	Time	Hour
1	11.06.2018	2 PM - 3 PM	1
2	17.06.2018	2 PM - 4 PM	2
3	23.06.2018	2 PM - 4 PM	2
4	24.06.2018	2 PM - 4 PM	2
5	30.06.2018	2 PM - 4 PM	2
6	01.07.2018	2 PM - 4 PM	2
7	07.07.2018	2 PM - 4 PM	2
8	08.07.2018	2 PM - 3 PM	1
9	15.07.2018	2 PM - 4 PM	2
10	21.07.2018	2 PM - 4 PM	2
11	22.07.2018	2 PM - 3 PM	1
12	28.07.2018	2 PM - 4 PM	2
13	29.07.2018	2 PM - 4 PM	2
14	04.08.2018	2 PM - 4 PM	2
15	05.08.2018	2 PM - 4 PM	2
16	11.08.2018	2 PM - 4 PM	2
17	12.08.2018	2 PM - 3 PM	1

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Lesson Plan

Value Added Course: Certificate training program on Kho-Kho			Course Duration:30 Hrs	
S.No	Date	Topic	Time	Hour
1	11.06.2018	History and development of Kho-Kho in India & Asia.	2 PM - 3 PM	1
2	17.06.2018	Present trend in the game at national and international level.	2 PM - 4 PM	2
3	23.06.2018	Terminologies of Kho-Kho, Rules and interpretations	2 PM - 4 PM	2
4	24.06.2018	officials and responsibilities of referee, umpires and table officials, Principles and mechanism of officiating.	2 PM - 4 PM	2
5	30.06.2018	Preparation of Budget of conduct of tournament/competition, I	2 PM - 4 PM	2
6	01.07.2018	drawing of fixtures General rules Technical rules, Facilities and Equipment.	2 PM - 4 PM	2
7	07.07.2018	Warming – up and warm down- Importance, principles, methods, means, types, stretching before and after activity.	2 PM - 4 PM	2
8	08.07.2018	Introduction, importance and classification of techniques, Stag	2 PM - 3 PM	1
9	15.07.2018	technique under easy conditions, Practice of technique under different and complex conditions	2 PM - 4 PM	2
10	21.07.2018	Skill drills, teaching and training aids, their importance and application and trends in development.	2 PM - 4 PM	2
11	22.07.2018	Methods and means of training technique, Reasons of committ	2 PM - 3 PM	1
12	28.07.2018	methods and means for identification of faults & correction in technique performance.	2 PM - 4 PM	2
13	29.07.2018	Small area games and their usefulness	2 PM - 4 PM	2
14	04.08.2018	Advanced defensive and offensive techniques in Kho Kho-tactics and strategies, principles of play, Principles of attack.	2 PM - 4 PM	2
15	05.08.2018	Means for evaluation of progress in learning and performance of techniques.	2 PM - 4 PM	2
16	11.08.2018	Importance, analysis with respect to movement co-ordination	2 PM - 4 PM	2
17	12.08.2018	boi mechanics and variation in techniques kho-kho.	2 PM - 3 PM	1



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Course Feedback Form

Value Added Course

Date: 11.08.2018

Course Title: Certificate Training program on Kho-Kho

Name : Abinath D
Reg. No. : U17B5002
Department : Anthropology

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:	✓	2	3	4	5

Please give Suggestion for the improvement of the course :


Signature



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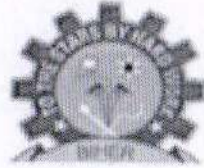
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Name of the course	Certificate Training program on Kho-Kho
Handled by	Mrs. A. Hallis Nisar Asst. Prof, Department of Microbiology School of Arts, BIHER.



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School of Arts

CERTIFICATE OF PARTICIPATION

This is to certify that

JANANI. B

**has participated in the Certificate Training Program on Kho - Kho, conducted
by School of Arts, BIHER, from June 11, 2018 to August 12, 2018.**

Mrs. A. Hallis Nisar
Course Co-ordinator

Dr. L. Jeyanthi Rebecca
Convenor

Dr. A. Muthukumaravel
Dean - Arts and Science