



# **Bharath**

**INSTITUTE OF HIGHER EDUCATION AND RESEARCH**  
(Declared as Deemed - to - be - University under section 3 of UGC Act 1956)

Date: 26.02.2020

From

The HOD,  
Department of Mechanical Engineering,  
Bharath Institute of Higher Education and Research,  
Selaiyur, Chennai.

To

The Dean Engineering,  
Bharath Institute of Higher Education and Research,  
Selaiyur, Chennai.

Respected Sir,

Sub: Requisition for conducting Value added course – reg.

School of Mechanical Sciences has planned to conduct Value added course entitled “PSYCHOLOGY OF SPORTS “from 02.03.2020 to 06.03.2020. In this regard we kindly request you to grant permission for the same.

Thanking You

HOD/MECH



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Date:28.02.2020

**Department of Mechanical Engineering**

**Circular**

The of Department of Mechanical Engineering, BIHER glad to conduct on five days value added program on “PSYCHOLOGY OF SPORTS” from 02.03.2020 to 06.03.2020 for 30 hours. Those who are interested to participate do register your name to the program coordinator.

All reregistered students must attend all the classes without fail. The students who are completed the course successfully with good score will get the course completion certificate from the institute/Department.

**Resource person: Mr.V.Srinivasan,Dr.Hariharan**

Maximum no. of registration Allowed – 60.

**Program coordinator**

  
**Dr.S.Thirumavalavan**



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## **Department of Mechanical Engineering**

### **Psychology of sports**

#### **OBJECTIVE:**

One of the fundamental assumptions of the proposed curriculum is based on possibilities of independent thinking, ability to integrate and synthesize from a transdisciplinary and multicultural perspective, to evolve a knowledge based system for preparing Sport Psychologist Enthusiast of India who would contribute and participate effectively in the emergent world of Sport, with capacities to remain locally relevant and globally effective.

#### **MODULE 1**

**(10Hrs)**

. INTRODUCTION – Definition, Scope, Branches of Psychology , Concept of Sports Psychology, Major View Points – Psychoanalytic school.

PERSONALITY – Meaning, Types , Personality Traits of Sports Person

#### **MODULE II**

**(5 Hrs)**

LEARNING - Definition, Theories on Learning- Classical and Operant conditioning

#### **MODULE III**

**(5 Hrs)**

MOTIVATION- Definition, Importance of Motivation in Sports performance, Reaching and Sustaining Ideal motivation. How Sports persons can be motivated.

CONFIDENCE – Defining Confidence and Role of Sports Manager in Developing Confidence among Sports Personalities.

#### **MODULE IV**

**(5 Hrs)**

EMOTIONS- Definition, Relation between emotions and Sports performance, why sportsmen respond emotionally.

GOAL SETTING- Meaning, Goal Setting Principles, Relation between Goal Setting and Performance in Sports.

#### **MODULE-V**

**(5Hrs)**

IMPLEMENTING SPORTS PSYCHOLOGY- Understanding the psychology of the Players and the Coach and implementation. Developing and facilitating Coach – Player relationship.



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Department of Mechanical Engineering  
One Week Value added Program on *Psychology of sports*

| Date       | Morning Session (9 AM – 12 PM)  | Afternoon Session (1:30 PM – 4:30 PM)   |
|------------|---|---|
| 02.03.2020 | <b>Program Inauguration : Dr.Hariharan</b><br>INTRODUCTION – Definition, Scope, Branches of Psychology , Concept of Sports Psychology, Major View Points – Psychoanalytic school. | <b>V.Srinivasan</b><br>PERSONALITY – Meaning, Types , Personality Traits of Sports Person   |
| 03.03.2020 | <b>V.Srinivasan</b><br>LEARNING - Definition, Theories on Learning- Classical and Operant conditioning.   | <b>Dr.Hariharan</b><br>MOTIVATION- Definition, Importance of Motivation in Sports performance, Reaching and Sustaining Ideal motivation. How Sports persons can be motivated. |
| 04.03.2020 | <b>Dr.Hariharan</b><br>CONFIDENCE – Defining Confidence and Role of Sports Manager in Developing Confidence among Sports Personalities.   | <b>V.Srinivasan</b><br>EMOTIONS- Definition, Relation between emotions and Sports performance, why sportsmen respond emotionally.   |
| 05.03.2020 | <b>V.Srinivasan</b><br>GOAL SETTING- Meaning, Goal Setting Principles, Relation between Goal Setting and Performance in Sports.   | <b>Dr.Hariharan</b><br>IMPLEMENTING SPORTS PSYCHOLOGY- Understanding the psychology of the Players and the Coach and implementation..   |
| 06.03.2020 | <b>Dr.Hariharan</b><br>Developing and facilitating Coach – Player relationship  | <b>V.Srinivasan</b><br>ASSIGNMENTS ON SPORTS ORGANIZATION<br><i>Quiz/ Feedback / valedictory Session</i>  |

**Program Coordinator:**

Mr.Dr.S.THIRUMAVALAVAN

Assistant Professor,

**E-Mail:** thirumavalavan.mech@bharathuniv.ac.in



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## Attendance sheet

|    |          |                              |                        |
|----|----------|------------------------------|------------------------|
| 1  | U16ME002 | DINESH KUMAR U               | Mechanical Engineering |
| 2  | U16ME033 | SHERIN T MAMMEN              | Mechanical Engineering |
| 3  | U16ME035 | PARTHAN V                    | Mechanical Engineering |
| 4  | U16ME041 | SUVODEEP RAKSHIT             | Mechanical Engineering |
| 5  | U16ME049 | MOHAMED ABDULLAH K           | Mechanical Engineering |
| 6  | U16ME055 | DEEPAK H                     | Mechanical Engineering |
| 7  | U16ME082 | HARISH S                     | Mechanical Engineering |
| 8  | U16ME119 | PALAPALA KOTESWARARAO        | Mechanical Engineering |
| 9  | U16ME120 | MADDIKARA SRIKAMTHREDDY      | Mechanical Engineering |
| 10 | U16ME121 | MUKESH K                     | Mechanical Engineering |
| 11 | U16ME505 | KONDURU VENKATESWARA PRASAD  | Mechanical Engineering |
| 12 | U16ME506 | ARUN GOSH P A                | Mechanical Engineering |
| 13 | U16ME510 | Selva Kumar M                | Mechanical Engineering |
| 14 | U16ME513 | CHINTALA RAMESH DORAU V      | Mechanical Engineering |
| 15 | U16ME516 | KARTHIKEYAN K                | Mechanical Engineering |
| 16 | U16ME705 | VASANTH C                    | Mechanical Engineering |
| 17 | U16ME024 | ANCHULLA VENUGOPAL           | Mechanical Engineering |
| 18 | U16ME025 | SHANKAR YADAV                | Mechanical Engineering |
| 19 | U16ME026 | VISHVAK R                    | Mechanical Engineering |
| 20 | U16ME057 | AMIT PRAKASH V               | Mechanical Engineering |
| 21 | U16ME058 | RAHUL GEDELA                 | Mechanical Engineering |
| 22 | U16ME060 | PUCHAKAYALA HARI BABU .      | Mechanical Engineering |
| 23 | U16ME061 | KONAKALLA RANJITH            | Mechanical Engineering |
| 24 | U16ME063 | GAJULA AKHIL RAGHU SAI .     | Mechanical Engineering |
| 25 | U16ME073 | MUDDADA GIREESH              | Mechanical Engineering |
| 26 | U16ME116 | MADHAVANENI PRASANTH         | Mechanical Engineering |
| 27 | U16ME144 | JAGADALA KUMARA SWAMY        | Mechanical Engineering |
| 28 | U16ME501 | BENEDICT JOHN SMITH B        | Mechanical Engineering |
| 29 | U16ME507 | BHARGAV NELAKUDITI           | Mechanical Engineering |
| 30 | U16ME512 | POOVENDHAN S                 | Mechanical Engineering |
| 31 | U16ME713 | TUPAKULA LAKSHMI NARAYANA .  | Mechanical Engineering |
| 32 | U16ME715 | DAMSANI SRIKANTH             | Mechanical Engineering |
| 33 | U16ME717 | CHINTAKAYALA SANDEEP SANDEEP | Mechanical Engineering |
| 34 | U16ME718 | TARUN G                      | Mechanical Engineering |
| 35 | U16ME032 | MALARAVAN A                  | Mechanical Engineering |
| 36 | U16ME034 | SHEIK SYBUDEEN M             | Mechanical Engineering |
| 37 | U16ME037 | THAMIN ANSARI M              | Mechanical Engineering |
| 38 | U16ME123 | ABHIJITH A R                 | Mechanical Engineering |

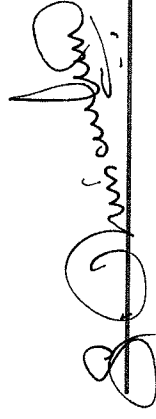
|    |          |                               |                          |
|----|----------|-------------------------------|--------------------------|
| 39 | U16ME124 | BEENAGONI ANILKUMAR           | Mechanical Engineering   |
| 40 | U16ME125 | SUJITH H                      | Mechanical Engineering   |
| 41 | U16ME126 | JAKKAMSETTI BHANU CHAITANYA . | Mechanical Engineering   |
| 42 | U16ME130 | VENKATASRINIVAS M             | Mechanical Engineering   |
| 43 | U16ME502 | JULIAN NIRMAL R               | Mechanical Engineering   |
| 44 | U16ME604 | MOHAMMED IMRAN BAIG I         | Mechanical Engineering   |
| 45 | U16ME671 | TABIT MINGKI .                | Mechanical Engineering   |
| 46 | U16ME707 | DHINESH KANNAN K              | Mechanical Engineering   |
| 47 | U16AM012 | MOHAMED IMTHIYAZ M            | Automobile Engineering   |
| 48 | U16AM014 | KARMUGILAN V                  | Automobile Engineering   |
| 49 | U16AM015 | PARIMI SAI SURYA VAMSI        | Automobile Engineering   |
| 50 | U16AM017 | AMAL PHILIP GEORGE            | Automobile Engineering   |
| 51 | U16AM018 | ROSHAN ROMARIO FRANCIS        | Automobile Engineering   |
| 52 | U16MT014 | SARATHKUMAR D                 | Mechatronics Engineering |
| 53 | U16MT015 | SOMENDRAN A                   | Mechatronics Engineering |
| 54 | U16MT017 | Y MOHAMMED SHAHID SHARIFF     | Mechatronics Engineering |
| 55 | U16MT018 | RATHISH KRISHNAN R            | Mechatronics Engineering |
| 56 | U16MT501 | MUGILAN M                     | Mechatronics Engineering |
| 57 | U16MT502 | VIGNESHWAR C B                | Mechatronics Engineering |

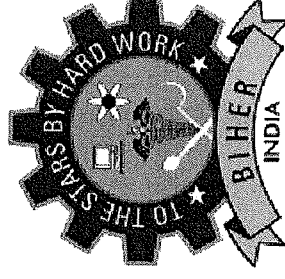
# BHARATH INSTITUTE OF HIGHER EDUCATION AND RESEARCH

This is to certify presented to :

ARUN GOSH P A

Has participated in the Value Added Course titled "Psychology of Sports" conducted by the School of Mechanical Engineering during the month of March 2020

  
VAC CO-ORDINATOR





HOD MECHANICAL



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## FEEDBACK FORM

- ❖ As part of a continuing improvement process, our college appreciates suggestions and inputs regarding the institution. We request you to sincerely answer these questions under assurance of complete confidentiality. Your interest in making our institution better is greatly appreciated.

Name of Department : ...*Mechanical*.....

Date : ...*6.03.20*.....

Event / Speaker Name : ...*Psychology of Sports*...*Mr. V. Srinivasan,*  
*Dr. Hariheran*

- Please rate the session on the scale indicated. Your comments are most appreciated.

| S.No | Parameters                                   | Below Average | Average | Good | Excellent | Outstanding |
|------|--|---------------|---------|------|-----------|-------------|
| 1.   | <b>The Topic</b>                             |               |         |      |           | ✓           |
|      | The choice of topic was relevant to me       |               |         |      |           | ✓           |
| 2.   | <b>The Lecturer / Speaker</b>                |               |         |      | ✓         |             |
|      | Self-confidence                              |               |         |      |           | ✓           |
|      | Communication skills                         |               |         |      |           | ✓           |
|      | Doubts/ queries were answered satisfactorily |               |         |      |           | ✓           |
| 3.   | <b>The Content (Topic)</b>                   |               |         |      | ✓         |             |
|      | Refers to latest developments in the field   |               |         |      |           | ✓           |
|      | Career oriented                              |               |         |      |           | ✓           |
|      | Innovative learning, if any                  |               |         |      |           | ✓           |

- Overall, how would you rate this Guest Lecture / Workshop / Seminar / Event/Value added course?

| 1. Below Average | 2. Average | 3. Good | 4. Excellent | 5. Outstanding |
|------------------|------------|---------|--------------|----------------|
|                  |            |         |              | ✓              |

- Comments (If any):

*Very Informative,*



**PHOTO**

