

Kanya Maha Vidyalaya, Jalandhar

(An Autonomous College)



Minutes of 10th Meeting of Board of Studies
UG Department of Physical Education

Date: 16-06-2025

Time: 11:00 AM

Online: Zoom Platform

KANYA MAHA VIDYALAYA, JALANDHAR
Department of Physical Education
Agenda of Tenth Meeting of Board of Studies
Meeting by Circulation

Tenth meeting of the Board of Studies of Department of Physical Education will be held in online mode via zoom on **16th June, 2025 at 11:00 am**. Following members of the Board of Studies are invited to attend the meeting.

1.	Dr. Gurjot Kaur, Associate Professor & Dean Social Sciences, Kanya Maha Vidyalaya, Jalandhar	Chairperson
2.	Dr. Davinder Singh, Assistant Professor & Head, Department of Physical Education, Kanya Maha Vidyalaya, Jalandhar	Member
3.	Dr. Amandeep Singh, Associate Professor & Head, Department of Physical Education (T), Guru Nanak Dev University, Amritsar	VC Nominee
4.	Prof. (Dr.) Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala, Punjab	Outside Parent University Nominee
5.	Prof. (Dr.) Dalwinder Singh, Professor & Head, Department of Physical Education, Panjab University, Chandigarh	Outside Parent University Nominee
6.	Dr. Jagdeep Singh, Volleyball Coach, Directorate of Sports, Guru Nanak Dev University, Amritsar	Special Invite
7.	Mrs. Navjot Kaur, Online Channel Head, Hanji Punjab	Alumni
8.	Mr. Satinder Pal, Krishana Sports, Jalandhar	Industry Expert

AGENDA

PE: 2025: 10: 1: To discuss and approve the minutes of Board of Studies IX (dated 23th July, 2024) and Action Taken Report.

PE: 2025: 10: 2: To discuss the proposed syllabus of Physical Education in **B.A Pass Course Sem I-II** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal assessment for the Session 2025-26.

PE: 2025: 10: 3: To discuss the proposed syllabus of Physical Education in **B.A Pass Course Sem III to IV** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal assessment for the Session 2025-26.

PE: 2025: 10: 4: To discuss the proposed syllabus of Physical Education in **B.A Pass Course Sem V to VI** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 20% internal assessment for the Session 2025-26.

PE: 2025: 10: 5: To discuss and approve the list of proposed examiners for above stated courses.

PE: 2025: 10: 6: To discuss research inputs and plans of department for Session 2025-26.

PE: 2025: 10: 7: To discuss teaching methodologies adopted in department and inputs required to upgrade the same.

PE: 2025: 10: 8: To discuss the outcome of above stated courses and programs.

PE: 2025: 10: 9: To discuss the result analysis for the Session 2024-25.

KANYA MAHA VIDYALAYA, JALANDHAR

Department of Physical Education
Notice of 10th Meeting of Board of Studies

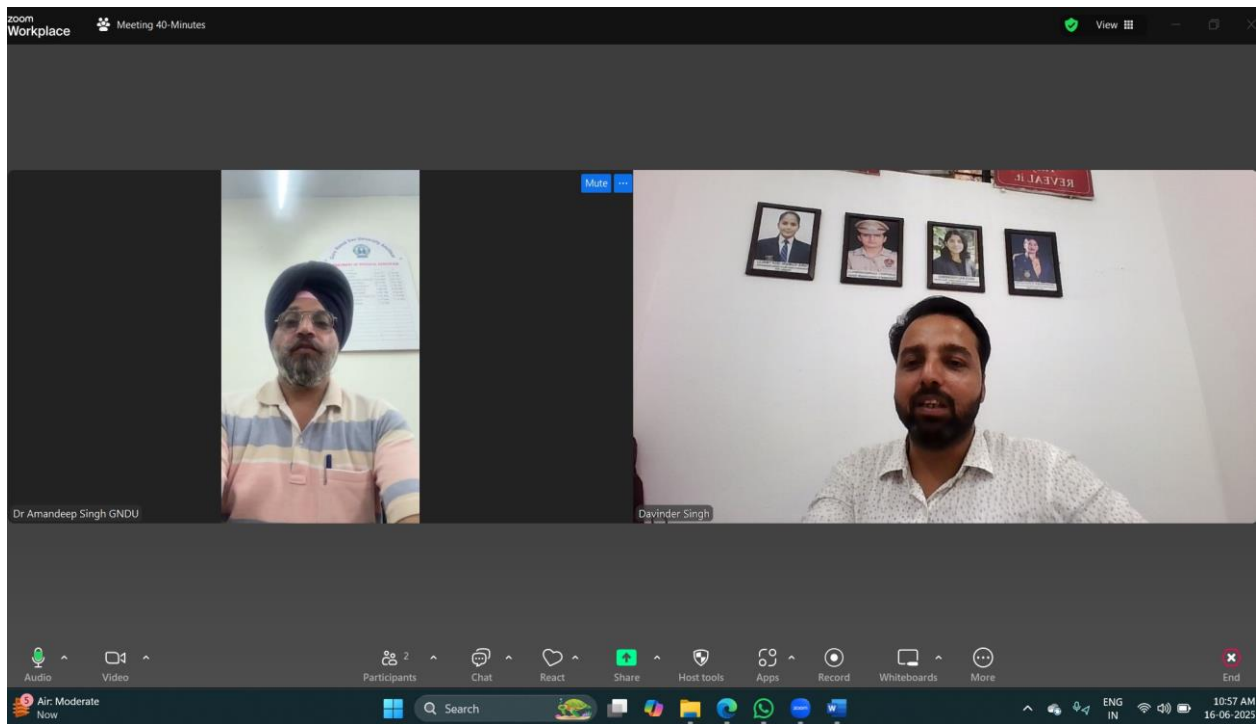
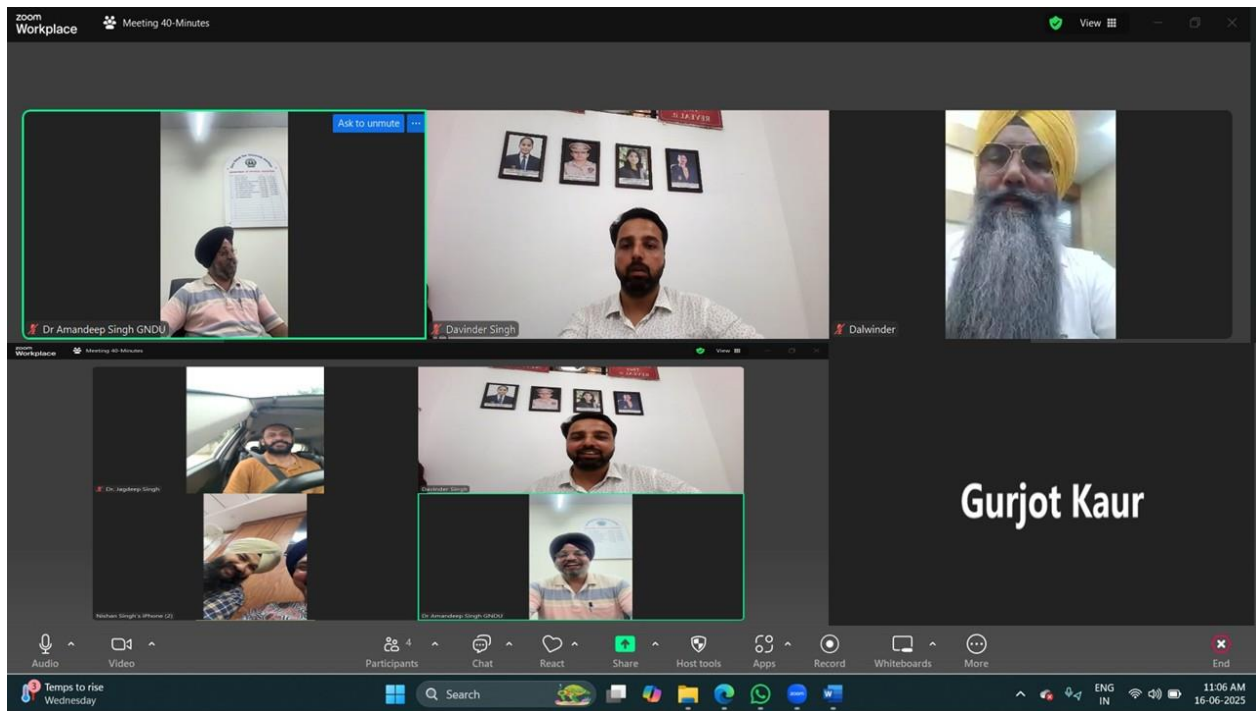
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KANYA MAHA VIDYALAYA, JALANDHAR
Department of Physical Education
Attendance of Members of 10th Meeting of Board of Studies

1.	Dr. Gurjot Kaur, Associate Professor & Dean Social Sciences, Kanya Maha Vidyalaya, Jalandhar	Chairperson	Present
2.	Dr. Davinder Singh, Assistant Professor & Head, Department of Physical Education, Kanya Maha Vidyalaya, Jalandhar	Member	Present
3.	Dr. Amandeep Singh, Associate Professor & Head, Department of Physical Education (T), Guru Nanak Dev University, Amritsar (VC Nominee)	Member	Present
4.	Prof. (Dr.) Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala, Punjab (Outside Parent University Nominee)	Member	Present
5.	Prof. (Dr.) Dalwinder Singh, Professor & Head, Department of Physical Education, Panjab University, Chandigarh (Outside Parent University Nominee)	Member	Present
6.	Dr. Jagdeep Singh, Volleyball Coach, Directorate of Sports, Guru Nanak Dev University, Amritsar (Special Invite)	Member	Present
7.	Mrs. Navjot Kaur, Online Channel Head, Hanji Punjab (Alumni)	Member	Absent
8.	Mr. Satinder Pal, Krishana Sports, Jalandhar (Industry Expert)	Member	Absent

Zoom Screen Shots of Online BOS Meeting



Kanya Maha Vidyalaya, Jalandhar

UG Department of Physical Education

Proceedings of the Meeting of Board of Studies Held on 16-06-2025

The 10th meeting of the board of studies was held in online mode via zoom on 16th June 2025 at 11.00 am.

Date: Monday, 16-06-2025

Time: 11:00 am

Venue: Online meeting via Zoom

The following members have attended meeting and detailed minutes are listed below:

1.	Dr. Gurjot Kaur, Associate Professor & Dean Social Sciences, Kanya Maha Vidyalaya, Jalandhar (Chairperson)	Present
2.	Dr. Davinder Singh, Assistant Professor, Department of Physical Education, Kanya Maha Vidyalaya, Jalandhar (Member)	Present
3.	Dr. Amandeep Singh Professor, Associate Professor & Head, Department of Physical Education (T), Guru Nanak Dev University, Amritsar (University Nominee)	Present
4.	Prof. (Dr.) Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala, Punjab (Outside Parent University Nominee)	Present
5.	Prof. (Dr.) Dalwinder Singh, Professor, Department of Physical Education, Panjab University, Chandigarh (Outside Parent University Nominee)	Present
6.	Dr. Jagdeep Singh, Volleyball Coach, Directorate of Sports, Guru Nanak Dev University, Amritsar (Special Invite)	Present
7.	Mrs. Navjot Kaur, Online Channel Head, Hanji Punjab (Alumni)	---
8.	Mr. Satinder Pal, Krishana Sports, Jalandhar (Industry Expert)	---

Proceedings:

The Chairperson Dr. Gurjot Kaur, Associate Professor, Department of History, welcomed the members of Board of Studies. She apprised the members that about the events organised by the department to enhance teaching-learning activities, research and sports activities of the department. She highlighted the progress made by department is working hard in the field of Sports and Academics. She also apprised the house about the sports achievements of Department of Physical Education and members appreciated the achievements of Khushdeep Kaur, a National Level Softball Player participated in 37th Senior National Baseball Championship held at Shri Mastuana Sahib Sangrur, Punjab and created benchmark by securing Gold Medal. Khushdeep Kaur and Navdeep Kaur were selected for 46th Senior National Softball Championship held at Amravati, Maharashtra and they excelled there as well by securing Silver Medal. After brief overview, Dr. Davinder Singh, took up the agenda items for deliberation one by one with the permission of committee members.

PE: 2025: 10: 1: To discuss and approve the minutes of Board of Studies IX (dated 23th July, 2024) and Action Taken Report.

Sr. No.	Agenda Item	Decision taken in Meeting	Action Taken
Item: PE9: 2024:2	To discuss the proposed syllabus of Physical Education in B.A Pass Course Sem I-II under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal	The proposed syllabus of Physical Education in B.A Semester I & II under Credit Based Continuous Evaluation Grading System (CBCEGS) 2024-25 was discussed and members suggested that the Internal Assessment should be kept 30% and they approved the Syllabus with changes.	The approved syllabus is implemented (Annexure-B)

	assessment for the session 2024-25.		
<u>Item: PE9: 2024:3</u>	To discuss the proposed syllabus of Physical Education in B.A Pass Course Sem III to IV under Credit Based Continuous Evaluation Grading System (CBCEGS) with 20% internal assessment for the session 2024-25.	The proposed syllabus of Physical Education in B.A Pass Course Sem III to VI under Continuous Evaluation Grading System with 20% internal assessment was discussed by Board members and they approved the Syllabus with changes.	The approved syllabus is implemented (Annexure-B)
<u>Item: PE9: 2024:4</u>	To discuss the proposed syllabus of Physical Education in B.A Pass Course Sem V to VI under Continuous Evaluation Grading System with 20% internal assessment for the session 2024-25.	The proposed syllabus of Physical Education in B.A Pass Course Sem V to VI under Continuous Evaluation Grading System with 20% internal assessment was discussed by Board members and they approved the Syllabus with changes.	The approved syllabus is implemented (Annexure-B)
<u>Item: PE9: 2024:5</u>	To discuss and approve the list of proposed examiners for above stated courses.	List of Examiners was prepared.	List of Examiners was sent to COE Office (Annexure-D)
<u>Item: PE9: 2024:6</u>	To discuss research inputs and plans of department for session 2024-25.	The research inputs and plans were appreciated by the house.	Research report comprising research articles and research activities made by staff is attached herewith (Annexure-E)
<u>Item: PE9: 2024:7</u>	To discuss teaching methodologies adopted in department and inputs required to upgrade the same.	The teaching methodologies adopted in department were approved by the house.	The teaching methodologies adopted are attached herewith as (Annexure-F)
<u>Item: PE9: 2024:8</u>	To discuss the outcome of above stated courses and programs.	The course outcomes were approved	The course outcome is executed
<u>Item: PE9: 2024:9</u>	To discuss the result analysis for the session 2023-24.	The results analysis was presented before the Board members and they appreciated the results.	Board members appreciated the results

The chairperson sent the proceedings of the previous Board of Studies meeting held on 10-10-2024 through email to all the members and were approved by all the members. The Chairperson however again put up the summary of the proceedings for approval of the house and they approved it through Zoom meeting. **(Attached herewith as Annexure-A)**

The house approved the Item: PE: 2025: 10: 1

PE: 2025: 10: 2: To discuss the proposed syllabus of Physical Education in **B.A Pass Course Sem I-II** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal assessment for the session 2025-26 was discussed by Board members and they approved the Syllabus with following changes:

Sem	Name of the course and Course Code	Topic Deleted	New Topic Added	Topic Shifted from Semester	Topic Shifted to Semester
I	Physical Education (Theory) Course Code: BARM-1384	B.A. SEM-I Unit-I –Need and Importance of Physical Education –Khelo India Games	----	B.A. SEM-I Unit-III –Meaning and Importance of Warming Up and Cooling Down	B.A. SEM-V Unit-IV –Meaning and Importance of Warming Up and Cooling Down
I	Physical Education (Practical) Course Code: BARM-1384	----	B.A. SEM-I Shot Put	B.A. SEM-I Long Jump	B.A. SEM-II Long Jump

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME

BACHELOR OF ARTS SEMESTER-I								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-1384	Physical Education	E	3-0-1	100	40	30	30	3+3

BACHELOR OF ARTS SEMESTER-II								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-2384	Physical Education	E	3-0-1	100	40	30	30	3+3

The proposed syllabus and course outcomes of Physical Education in **B.A Pass Course Sem I-II** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal assessment for the session 2025-26 was discussed and approved by Board members.

The house approved the Item: PE: 2025: 10: 2

PE: 2025: 10: 3: To discuss the proposed syllabus of Physical Education in **B.A Pass Course Sem III to IV** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal assessment for the session 2025-26 was discussed by Board members and they approved the Syllabus with following changes:

Sem	Name of the course and Course Code	Topic Deleted	New Topic Added	Topic Shifted from Semester	Topic Shifted to Semester
III	Physical Education (Theory) Course Code: BARM-3384	B.A. SEM-III Unit-I –Meaning of Psychology and Sports Psychology –Meaning, Definitions, Characteristics, Dimensions of Personality	B.A. SEM-III Unit-I –Different theories of Motivation –Psychological Characteristics of the Adolescent in Sports Situation	-----	-----
III	Physical Education (Practical) Course Code: BARM-3384	B.A. SEM-III Hurdles	B.A. SEM-III 200 Meter Discuss Throw	B.A. SEM-III Triple Jump	B.A. SEM-III Triple Jump

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME

BACHELOR OF ARTS SEMESTER-III								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-3384	Physical Education	E	3-0-1	100	40	30	30	3+3

BACHELOR OF ARTS SEMESTER-IV								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-4384	Physical Education	E	3-0-1	100	40	30	30	3+3

The proposed syllabus and course outcomes of Physical Education in **B.A Pass Course Sem III to VI** under Credit Based Continuous Evaluation Grading System (CBCEGS) for the session 2025-26 was discussed and approved by Board members by Board members.

The house approved the Item: PE: 2025: 10: 3

PE: 2025: 10: 4: To discuss the proposed syllabus of Physical Education in **B.A Pass Course Sem V to VI** under Credit Based Continuous Evaluation Grading System (CBCEGS) with 20% internal assessment was discussed by Board members and they approved the Syllabus with following changes:

Sem	Name of the course and Course Code	Topic Deleted	New Topic Added	Topic Shifted from Semester	Topic Shifted to Semester
V	Physical Education (Theory) Course Code: BARM-5384	B.A. SEM-V Unit-I – Aim, Objectives of Recreation – Message: Meaning, definition, Principles and Types of Massage – Effects of Massage on Circulatory System, Muscular System and Nervous System	B.A. SEM-V Unit-I –Types of Recreation —Sports Awards: a. Arjuna Award b. Dronacharya Award c. Dhayanchand Khel Ratan Award d. Maka Trophy –Principles of Recreation –Agencies Providing Recreation in India Unit-III –Obesity, Weight Management and Physical Activity Unit-IV –Meaning and Importance of Warming Up and Cooling Down	-----	-----
V	Physical Education (Practical) Course Code: BARM-5384	B.A. SEM-V 400 Meter Javelin Throw	B.A. SEM-V 800 Meter Triple Jump	----	----
VI	Physical Education (Theory) Course Code: BARM-6384	B.A. SEM-VI Unit-I –Intramural and Extramural Competitions: Meaning, Procedure to Conduct	B.A. SEM-VI Unit-I –General and Specific Conditioning –Tournaments: Combination Tournament Challenge Tournament Unit-III	-----	-----

		UNIT-II Tournaments: their Merits & Demerits	–Distance, Displacement, Speed, Velocity and Acceleration –Therapeutic Exercises, their Classification and Benefits. Unit-IV –Meaning and Importance of Warming Up and Cooling Down		
VI	Physical Education (Practical) Course Code: BARM-6384	B.A. SEM-VI Discuss Throw	B.A. SEM-VI Javelin Throw	----	----

The proposed syllabus and course outcomes of Physical Education in **B.A Pass Course Sem V to VI** under continuous evaluation system for the session 2025-26 was discussed and approved by Board members by Board members

The house approved the Item: PE: 2025: 10: 4

PE: 2025: 10: 5: To discuss and approve the list of proposed examiners for above stated courses. **(Annexure-C)**

The chairperson discussed the Examiners and Evaluators for Physical Education papers in B.A pass course Semester 1st to 6th with the members and they approved it. **(Lists attached herewith as Annexure-C)**

The house approved the Item: PE: 2025: 10: 5

PE: 2025: 10: 6: To discuss research inputs and plans of department for session 2025-26. **(Annexure-D)**

Dr. Davinder Singh apprised the committee members about the publication of patents by the Government of India and research Papers and activities taken by department. Faculty members are engaged in quality research as evident from their publications in high impact factor journals of International repute.

BOS members suggested following activities to be under taken to strengthen Research profile of department:

- Department should organize Seminar or Workshop on latest topics in Physical Education and Sports Sciences.

The house highly appreciated the research work of the Dr. Davinder Singh.

The house approved the Item: PE: 2025: 10: 6

PE: 2025: 10: 7: To discuss teaching methodologies adopted in department and inputs required to upgrade the same. **(Annexure-E)**

The house approved the (Item: PE: 2024: 9: 7) teaching methodologies and various activities held in the department to enhance teaching learning process. **(Attached as Annexure-E)**

The house highly appreciated the achievements and representation of sports students at International, Senior National, Federation Cup, Inter-University and Inter-College Tournaments.

The house approved the Item: PE: 2025: 10: 7

PE: 2025: 10: 8: To discuss the outcome of above stated courses and programs.

The course outcome of B.A pass course Semester 1st to 6th for the session 2025-26, was discussed by the members and they approved.

The house approved the Item: PE: 2025: 10: 8

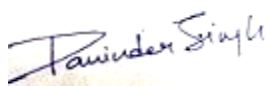
PE: 2025: 10: 9: To discuss the result analysis for the session 2024-25.

The house approved and highly appreciated the result analysis of Physical Education of Class B.A. for the session 2024-25.

The house approved the Item: PE: 2025: 10: 9

After discussing all the Agendas, the BOS meeting was summed up by Dr. Davinder Singh and Vote of Thanks were given.


Dr. Gurjot Kaur
Dean, Social Sciences



**Dr. Davinder Singh,
Assistant Professor
Department of Physical Education**