

Kanya Maha Vidyalaya, Jalandhar

(An Autonomous College)



Minutes of 11th Meeting of Board of Studies
UG Department of Physical Education
Date: 17-06-2026
Time: 01:30 PM
Online: Google Meet Platform

KANYA MAHA VIDYALAYA, JALANDHAR

Department of Physical Education

Agenda of Eleventh Meeting of Board of Studies

Meeting by Circulation

Eleventh meeting of the Board of Studies of Department of Physical Education will be held in online mode via Google Meet on **17th June, 2026 at 01:30 pm**. Following members of the Board of Studies are invited to attend the meeting.

1.	Dr. Neeraj Maini, Associate Professor & Dean Academics, Kanya Maha Vidyalaya, Jalandhar	Chairperson
2.	Dr. Davinder Singh, Assistant Professor & Head, Department of Physical Education, Kanya Maha Vidyalaya, Jalandhar, Punjab	Member
3.	Prof. (Dr.) Amandeep Singh, Professor, Department of Physical Education, Guru Nanak Dev University, Amritsar, Punjab	VC Nominee
4.	Prof. (Dr.) Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala, Punjab	Outside Parent University Nominee
5.	Dr. Gursharan Singh Gill, Associate Professor & Head, Department of Physical Education and Sports, GSSDGS Khalsa College, Patiala, Punjab	Outside Parent University Nominee
6.	Mrs. Palwinder Kaur, Volleyball Coach, Department of Sports, Jalandhar, Punjab	Alumni
7.	Mr. Vikas Chatrath, Cricket Topper, Jalandhar, Punjab	Industry Expert

AGENDA

PE: 2026: 11: 1: To discuss and approve the minutes of Board of Studies X (dated 16th June, 2025) and Action Taken Report.

PE: 2026: 11: 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 2026-27.

PE: 2026: 11: 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 2026-27.

PE: 2026: 11: 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 30% internal assessment for the Session 2026-27.

PE: 2026: 11: 5: To discuss and approve the list of proposed examiners for above stated courses.

PE: 2026: 11: 6: To discuss research inputs and plans of department for Session 2026-27.

PE: 2026: 11: 7: To discuss teaching methodologies adopted in department and inputs required to upgrade the same.

PE: 2026: 11: 8: To discuss the outcome of above stated courses and programs.

PE: 2026: 11: 9: To discuss the result analysis for the Session 2025-26.

KANYA MAHA VIDYALAYA, JALANDHAR

Department of Physical Education **Notice of 11th Meeting of Board of Studies**

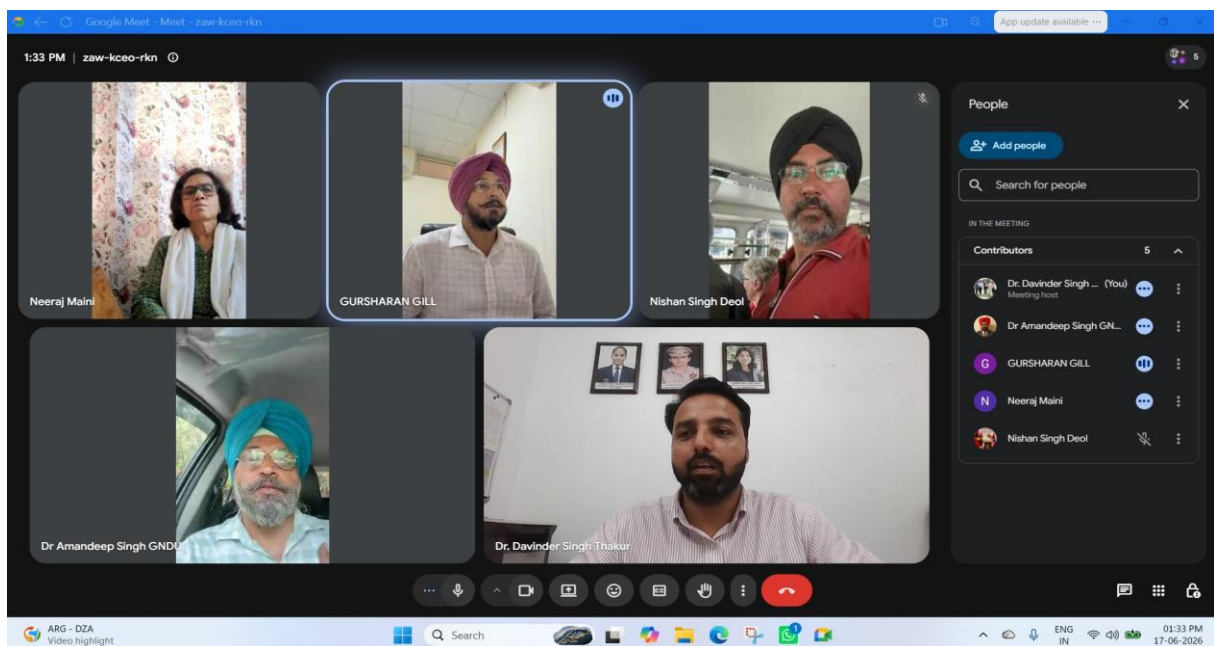
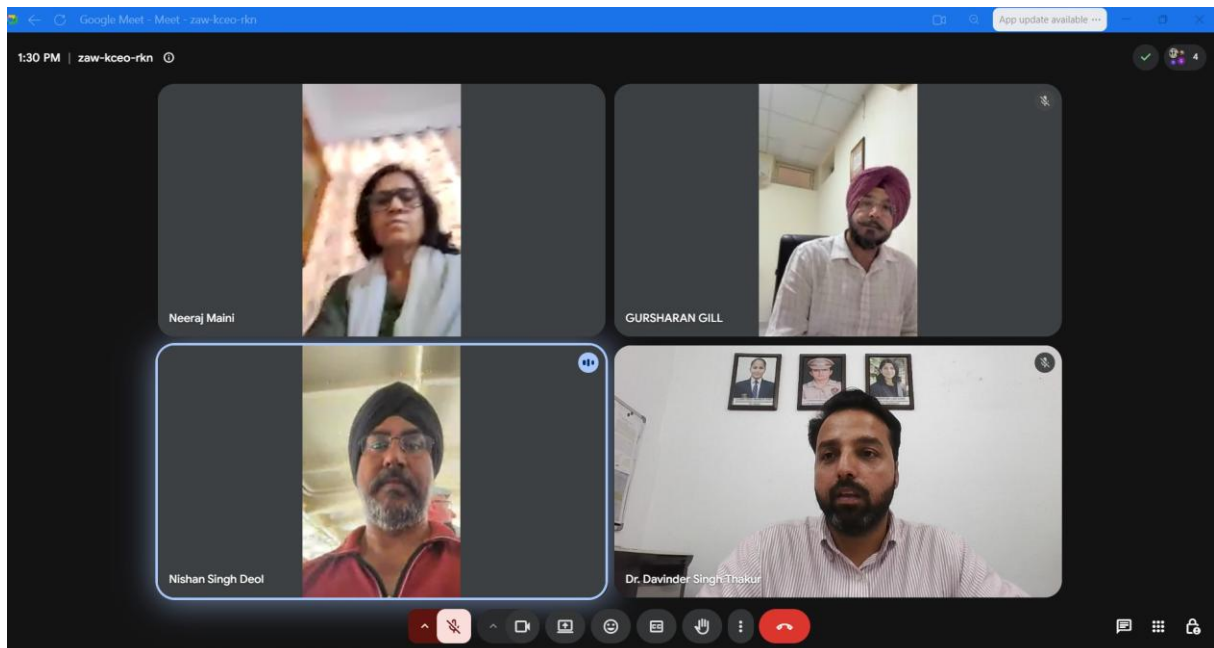
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1.	Dr. Neeraj Maini, Associate Professor & Dean Academics, Kanya Maha Vidyalaya, Jalandhar	Chairperson
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KANYA MAHA VIDYALAYA, JALANDHAR
Department of Physical Education
Attendance of Members of 11th Meeting of Board of Studies

1.	Dr. Neeraj Maini, Associate Professor & Dean Academics, Kanya Maha Vidyalaya, Jalandhar	Chairperson	Present
2.	Dr. Davinder Singh, Assistant Professor & Head, Department of Physical Education, Kanya Maha Vidyalaya, Jalandhar, Punjab	Member	Present
3.	Prof. (Dr.) Amandeep Singh, Professor, Department of Physical Education, Guru Nanak Dev University, Amritsar, Punjab	Member	Present
4.	Prof. (Dr.) Nishan Singh Deol, Professor & Head, Department of Physical Education, Punjabi University, Patiala, Punjab	Member	Present
5.	Dr. Gursharan Singh Gill, Associate Professor & Head, Department of Physical Education and Sports, GSSDGS Khalsa College, Patiala, Punjab	Member	Present
6.	Mrs. Palwinder Kaur, Volleyball Coach, Department of Sports, Jalandhar, Punjab	Member	Absent
7.	Mr. Vikas Chatrath, Cricket Topper, Jalandhar, Punjab	Member	Absent

Google Meet 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 17-06-2026

The 11th meeting of the board of studies was held in online mode via Google Meet on 17th June 2026 at 01.30 pm.

Date: Monday, 17-06-2026 **Time:** 01:30 pm **Venue:** Online meeting via Google Meet

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

1.	Dr. Neeraj Maini, Associate Professor & Dean Academics, Kanya Maha Vidyalaya, Jalandhar	Chairperson
2.	Dr. Davinder Singh, Assistant Professor & Head, Department of Physical Education, Kanya Maha Vidyalaya, Jalandhar, Punjab	Member
3.	Prof. (Dr.) Amandeep Singh, Professor, Department of Physical Education, Guru Nanak Dev University, Amritsar, Punjab	VC Nominee
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Proceedings:

The Chairperson Dr. Neeraj Maini, Associate Professor, Dean Academics, 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 Krishika, a National Level Softball Player participated in Women Softball Asia Cup 2025 held at Xian, China. Navdeep Kaur, a National Level Softball Player participated in 47th Senior National Softball Championship held at Duttapulia, West Bengal and created benchmark by securing Silver Medal. It is a matter of great pride that Navdeep Kaur, Anubeer Kaur and Sharanjit Kaur were selected for 16th North Zone Softball Championship held at Fatehgarh Sahib, Punjab and they excelled there as well by securing Gold Medal. After brief overview, Dr. Davinder Singh, took up the agenda items for deliberation one by one with the permission of committee members.

PE: 2026: 11: 1: To discuss and approve the minutes of Board of Studies X (dated 16th June, 2025) and Action Taken Report.

Sr. No.	Agenda Item	Decision taken in Meeting	Action Taken
Item: PE10: 2025:2	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 proposed syllabus and co outcomes of Physical Education B.A Pass Course Sem I-II under Credit Based Continuous Evaluation Grading System (CBCEGS) with 30% internal assessment for session 2025-26 was discussed and approved by Board members.	The approved syllabus is implemented (Annexure-B)

	the Session 2025-26		
<u>Item: PE10: 2025:3</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 30% internal assessment for the Session 2025-26.	The proposed syllabus and co outcomes of Physical Education B.A Pass Course Sem III to IV under Credit Based Continuous Evaluation Grading System (CBCEGS) for the session 2025-26 was discussed and approved by Board members by Board members	The approved syllabus is implemented (Annexure-B)
<u>Item: PE10: 2025:4</u>	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.	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: PE10: 2025:5</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: PE10: 2025:6</u>	To discuss research inputs and plans of department for session 2025-26.	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: PE10: 2025:7</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: PE10: 2025:8</u>	To discuss the outcome of above stated courses and programs.	The course outcomes were approved	The course outcome is executed
<u>Item: PE10: 2025:9</u>	To discuss the result analysis for the session 2025-26.	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 **16th June, 2025** 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 Google Meet meeting. **(Attached herewith as Annexure-A)**

The house approved the Item: PE: 2026: 11: 1

PE: 2026: 11: 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 2026-27 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 –Relationship of Education and Physical Education	B.A. SEM-I Unit-I –Basis of Artificial Intelligence in Physical Education and Sports	-----	-----
II	Physical Education (Theory) Course Code: BARM-2384	-----	–Artificial Intelligence in Nutrition Assistance	-----	-----

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: 2026: 11: 2

PE: 2026: 11: 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 2026-27 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-II –AI Wearables Devices and their uses in Sports	-----	-----
IV	Physical Education (Theory) Course Code: BARM-3384	B.A. SEM-IV UNIT-II –Effect of Yogic and Physical Exercises on Various	B.A. SEM-IV UNIT-IV —Artificial Intelligence in Exercise Assistance	-----	-----

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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 2026-27 was discussed and approved by Board members by Board members.

The house approved the Item: PE: 2026: 11: 3

PE: 2026: 11: 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 30% internal assessment for the session 2026-27 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
VI	Physical Education (Theory) Course Code: BARM-6384		B.A. SEM-VI Unit-IV – Role of AI in Improving Strength, Speed, Endurance, Flexibility and Agility	-----	-----

SCHEME AND CURRICULUM OF EXAMINATIONS OF THREE-YEAR DEGREE PROGRAMME

BACHELOR OF ARTS SEMESTER-V								
Course Code	Course Title	Course Type	L-T-P	Marks				Examination time (in Hours)
				Total	Ext.		CA	
					L	P		
BARM-5384	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-6384	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 V to VI** under continuous evaluation system for the session 2026-27 was discussed and approved by Board members by Board members

The house approved the Item: PE: 2026: 11: 4

PE: 2026: 11: 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: 2026: 11: 5

PE: 2026: 11: 6: To discuss research inputs and plans of department for session 2026-27. **(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: 2026: 11: 6

PE: 2026: 11: 7: To discuss teaching methodologies adopted in department and inputs required to upgrade the same. **(Annexure-E)**

The house approved the (Item: PE: 2026: 11: 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: 2026: 11: 7

PE: 2026: 11: 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 2026-27, was discussed by the members and they approved.

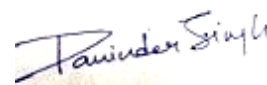
The house approved the Item: PE: 2026: 11: 8

PE: 2025: 10: 9: To discuss the result analysis for the session 2025-26.

The house approved and highly appreciated the result analysis of Physical Education of Class B.A. for the session 2025-26.

The house approved the Item: PE: 2026: 11: 9

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



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