OFFICE OF THE CHAIRMAN
DEPARTMENT OF PHYSICAL EDUCATION,
A.M.U., ALIGARH.

Dated: 01.06.2013

MINUTES
of
the ordinary meeting of the Board of Studies of the Department of Physical Education held on 18.05.2013 at 11:30 a.m. in the office of the Chairman, Department of Physical Education, A.M.U., Aligarh.

The following members were present:

1. Dr. Rajendra Singh (In chair)
   Chairman,
   Department of Physical Education,
   AMU.

2. Prof. Anis Ahmad Ansari
   Department of Kulliyat
   A.K. Tibbiya College, A.M.U.
   (Assigned Member)

3. Prof. Ikram Hussain
   Professor
   Department of Physical Education,
   AMU.

4. Dr. Brij Bhushan Singh
   Associate Professor
   Department of Physical Education,
   AMU.

5. Dr. Zamirullah Khan
   Associate Professor
   Department of Physical Education,
   AMU.

6. Dr. S. Tariq Murtaza
   Assistant Professor
   Department of Physical Education,
   AMU.
Item No.1:

Confirmed the previous minutes of the Board of Studies meetings held on 15.09.2012, 29.12.2012 & 15.03.2013.

Item No.2:

Considered and approved the teaching allocation and teaching load of B.P.Ed. and M.P.Ed. (I\textsuperscript{st}, II\textsuperscript{nd}, III\textsuperscript{rd}, and IV\textsuperscript{th} Semester) courses (As per Appendix-I & II) for the session 2013-14. The committee further authorized the Chairman to make any amendment/change in allocation as per the requirement.

Item No.3:

Recommended to the faculty, the list of outside/local resource persons for delivering extramural lectures during the session 2013-14. (See Appendix -III)

Item No.4:

Considered and approved the proposals of Prof. Ikram Hussain, Professor & Dr. Rajendra Singh, Associate Professor for Organizing three days National Workshop on “Videographic Technique for sports Motion Analysis” Under UGC-SAP (DRS-I) Programme & “Stress Management through Yogic and other Methods: A Practical Approach” respectively (See appendix-IV & V).

Item No.5:

The matter of syllabi for Open Elective Subject (Physical Education) of B.A./B.Sc./B.Com. was thoroughly deliberated and authorized to the Chairman to collect the information from the N.C.T.E in respect to the syllabi/curriculum and put up before the next meeting of the Board of Studies of the Department.

(Dr. Rajendra Singh)
Chairman
DEPARTMENT OF PHYSICAL HEALTH AND SPORTS EDUCATION,
ALIGARH MUSLIM UNIVERSITY, ALIGARH

Allocation of Teaching Work Load for the Session: 2013-2014

Course : B.P.Ed. (One Year Degree Course)

Theory Papers:

<table>
<thead>
<tr>
<th>Class</th>
<th>Subject</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE001</td>
<td>History, Principles and Psychology of Physical Education</td>
<td>Dr./Mr. B</td>
<td>03</td>
</tr>
<tr>
<td>PE002</td>
<td>Anatomy and Physiology</td>
<td>Dr./Mr. E</td>
<td>03</td>
</tr>
<tr>
<td>PE003</td>
<td>Organization and Administration of Physical Education, supervision and Recreation</td>
<td>Dr./Mr. C</td>
<td>03</td>
</tr>
<tr>
<td>PE004</td>
<td>Methods in Physical Education, Test and Measurements</td>
<td>Dr./Mr. D</td>
<td>03</td>
</tr>
<tr>
<td>PE005</td>
<td>Training, Coaching and Officiating in Games and Sports</td>
<td>Dr./Mr. C</td>
<td>03</td>
</tr>
<tr>
<td>PE006</td>
<td>Health Education, Hygiene, First Aid and Sports Injuries</td>
<td>Dr./Mr. A</td>
<td>03</td>
</tr>
</tbody>
</table>
### Practical: Proficiency in Games and Sports:

<table>
<thead>
<tr>
<th>Class/Paper Code</th>
<th>Subject/Title of Paper</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE007</td>
<td>Track &amp; Field</td>
<td>Dr. D</td>
<td>03</td>
</tr>
<tr>
<td>PE008</td>
<td>Gymnastic</td>
<td>Dr. Rajendra Singh</td>
<td>02</td>
</tr>
<tr>
<td>PE009</td>
<td>Yogic Exercise</td>
<td>Dr. Zamirullah Khan</td>
<td>02</td>
</tr>
<tr>
<td>PE011</td>
<td>Hockey</td>
<td>Dr./Mr. A</td>
<td>02</td>
</tr>
<tr>
<td>PE012</td>
<td>Football</td>
<td>Dr./Mr. B</td>
<td>02</td>
</tr>
<tr>
<td>PE013</td>
<td>Cricket</td>
<td>Dr./Mr. C</td>
<td>02</td>
</tr>
<tr>
<td>PE014</td>
<td>Volleyball</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>PE015</td>
<td>Basketball</td>
<td>Dr./Mr. D</td>
<td>02</td>
</tr>
<tr>
<td>PE016</td>
<td>Badminton</td>
<td>Dr./Mr. A</td>
<td>02</td>
</tr>
<tr>
<td>PE017</td>
<td>Handball</td>
<td>–</td>
<td>–</td>
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<tr>
<td>PE018</td>
<td>Table-Tennis</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>PE019</td>
<td>Kho-Kho</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>PE020</td>
<td>Judo</td>
<td>Dr./Mr. D</td>
<td>02</td>
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</table>

**Subject/Title of Paper**

<table>
<thead>
<tr>
<th>Subject/Title of Paper</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
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</thead>
<tbody>
<tr>
<td>Hockey</td>
<td>Dr./Mr. A</td>
<td>01</td>
</tr>
<tr>
<td>Football</td>
<td>Dr./Mr. B</td>
<td>01</td>
</tr>
<tr>
<td>Cricket</td>
<td>Dr./Mr. C</td>
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<tr>
<td>Volleyball</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Basketball</td>
<td>Dr./Mr. D</td>
<td>01</td>
</tr>
<tr>
<td>Badminton</td>
<td>Dr./Mr. A</td>
<td>01</td>
</tr>
<tr>
<td>Handball</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Table-Tennis</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Kho-Kho</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Judo</td>
<td>Dr./Mr. D</td>
<td>01</td>
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</table>

**Teaching Ability:**

<table>
<thead>
<tr>
<th>Practical Code</th>
<th>Teaching Practice</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE022</td>
<td>Teaching Practice</td>
<td>Dr. A/B/C/D</td>
<td>3 periods per week</td>
</tr>
<tr>
<td>PE023</td>
<td>Special Lesson</td>
<td>Dr. A/B/C/D</td>
<td>3 periods per week</td>
</tr>
<tr>
<td>PE01P</td>
<td>Project (General</td>
<td>Dr. A/B/C/D/RS/ZK</td>
<td>2 periods per week</td>
</tr>
</tbody>
</table>

**And Leadership Training Camp:**

Dr. Mohd. Arshad Bari: A
Football: Dr. Md. Babul Akhtar: B
Cricket: Dr. Naushad Waheed Ansar: C
Basketball/Judo: Dr. Najmuddin Khan: D
Anatomy & Physiology: E
## APPENDIX-II

Office of the Chairman,  
Department of Physical Education,  
A.M.U., Aligarh

### M.P.ED. 1st SEMESTER

Allocation of Teaching Work Load for the Session: 2013-2014

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Course Code</th>
<th>Subject</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>PEM-7001</td>
<td>Research Methods and Statistics - I</td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>2.</td>
<td>PEM-7002</td>
<td>Kinanthropometry - I</td>
<td>Dr. S. Tariq Murtaza</td>
<td>04</td>
</tr>
<tr>
<td>3.</td>
<td>PEM-7003</td>
<td>Scientific Principles of Sports Training - I</td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>4.</td>
<td>PEM-7004</td>
<td>Test, Measurement and Evaluation in Physical Education - I</td>
<td>Dr. Rajendra Singh</td>
<td>04</td>
</tr>
</tbody>
</table>

**Practical: Proficiency in Games and Sports:**

<table>
<thead>
<tr>
<th>Class/ Paper Code</th>
<th>Subject/ Title of Paper</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEM-7071</td>
<td>Hockey</td>
<td>Dr. S. Tariq Murtaza</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7072</td>
<td>Football</td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7073</td>
<td>Judo</td>
<td>Dr. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7074</td>
<td>Track &amp; Field</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7075</td>
<td>Basketball</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7076</td>
<td>Badminton</td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7077</td>
<td>Cricket</td>
<td>Dr. S. Tariq Murtaza/ Dr. X</td>
<td>04</td>
</tr>
<tr>
<td>PEM-7078</td>
<td>Yogic Exercise</td>
<td>Dr. Rajendra Singh</td>
<td>04</td>
</tr>
</tbody>
</table>

(Dr. Rajendra Singh)  
Chairman
Office of the Chairman
Department of Physical Education, A.M.U., Aligarh

M.P.Ed. II\textsuperscript{nd} SEMESTER

Allocation of Teaching Work Load for the Session: 2013-2014

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Course Code</th>
<th>Subject</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
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<tbody>
<tr>
<td>1.</td>
<td>PEM-8001</td>
<td>Research Methods And Statistics – II</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>2.</td>
<td>PEM-8002</td>
<td>Kinanthropometry – II</td>
<td>Dr. S. Tariq Murtaza</td>
<td>04</td>
</tr>
<tr>
<td>3.</td>
<td>PEM-8003</td>
<td>Scientific Principles of Sports Training – II</td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>4.</td>
<td>PEM-8004</td>
<td>Test, Measurement and Evaluation in Physical Education – II</td>
<td>Dr. Rajendra Singh</td>
<td>04</td>
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</table>

Practical: Proficiency in Games and Sports:

<table>
<thead>
<tr>
<th>Class/ Paper Code</th>
<th>Subject/ Title of Paper</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
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<tbody>
<tr>
<td>PEM-8071</td>
<td>Hockey</td>
<td>Dr. S. Tariq Murtaza</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8072</td>
<td>Football</td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8073</td>
<td>Judo</td>
<td>Dr. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8074</td>
<td>Track &amp; Field</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8075</td>
<td>Basketball</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8076</td>
<td>Badminton</td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8077</td>
<td>Cricket</td>
<td>Dr. S. Tariq Murtaza/ Dr. X</td>
<td>04</td>
</tr>
<tr>
<td>PEM-8078</td>
<td>Yogic Exercise</td>
<td>Dr. Rajendra Singh</td>
<td>04</td>
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</tbody>
</table>

(Dr. Rajendra Singh)
Chairman
M.P.Ed. III\textsuperscript{nd} SEMESTER

Allocation of Teaching Work Load for the Session: 2013-2014

| S.No. | Course Code | Subject/ 
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Title of Paper</td>
</tr>
<tr>
<td>1.</td>
<td>PEM-9005</td>
<td>Exercise Physiology – I</td>
</tr>
<tr>
<td></td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>2.</td>
<td>PEM-9006</td>
<td>Sports Medicines – I</td>
</tr>
<tr>
<td></td>
<td>Dr. Rajendra Singh</td>
<td>04</td>
</tr>
<tr>
<td>3.</td>
<td>PEM-9007</td>
<td>Sports Psychology – I</td>
</tr>
<tr>
<td></td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>4.</td>
<td>PEM-9008</td>
<td>Sports Biomechanics – I</td>
</tr>
<tr>
<td></td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
</tr>
</tbody>
</table>

Practical: Proficiency in Games and Sports:

<table>
<thead>
<tr>
<th>Class/ Paper Code</th>
<th>Subject/ Title of Paper</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEM-9075</td>
<td>Basketball</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>PEM-9076</td>
<td>Badminton</td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>PEM-9077</td>
<td>Cricket</td>
<td>Dr. S. Taiq Murtaza/ Dr. X</td>
<td>04</td>
</tr>
<tr>
<td>PEM-9072</td>
<td>Football</td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>PEM-9074</td>
<td>Track &amp; Field</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
</tbody>
</table>

(Dr. Rajendra Singh)  
Chairman
**Office of the Chairman**  
**Department of Physical Education,**  
**A.M.U., Aligarh**

**M.P.Ed. IVth SEMESTER**

Allocation of Teaching Work Load for the Session: 2013-2014

<table>
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<tr>
<th>S.No.</th>
<th>Course Code</th>
<th>Subject</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>PEM-X005</td>
<td>Exercise Physiology – II</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
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<tr>
<td>2.</td>
<td>PEM-X006</td>
<td>Sports Medicine – II</td>
<td>Dr. Rajendra Singh</td>
<td>04</td>
</tr>
<tr>
<td>3.</td>
<td>PEM-X007</td>
<td>Sports Psychology – II</td>
<td>Dr. Zamirullah Khan</td>
<td>04</td>
</tr>
<tr>
<td>4.</td>
<td>PEM-X008</td>
<td>Sports Biomechanics – II</td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
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**Practical: Proficiency in Games and Sports:**

<table>
<thead>
<tr>
<th>Class/ Paper Code</th>
<th>Subject/ Title of Paper</th>
<th>Assigned Teacher</th>
<th>Total Period Per Week</th>
</tr>
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<tbody>
<tr>
<td>PEM- X075</td>
<td>Basketball</td>
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<td>PEM- X076</td>
<td>Badminton</td>
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</tr>
<tr>
<td>PEM- X077</td>
<td>Cricket</td>
<td>Dr. S. Taiq Murtaza/ Dr. X</td>
<td>04</td>
</tr>
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<td>PEM- X072</td>
<td>Football</td>
<td>Prof. Ikram Hussain</td>
<td>04</td>
</tr>
<tr>
<td>PEM- X074</td>
<td>Track &amp; Field</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
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**Ph.D. Course work:**

<table>
<thead>
<tr>
<th>Class/ Paper Code</th>
<th>Subject/ Title of Paper</th>
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<th>Total Period Per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ph.D.(2011-12)</td>
<td>Paper-I</td>
<td>Prof. Ikram Hussain</td>
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</tr>
<tr>
<td>Ph.D.(2012-13)</td>
<td>Paper-I</td>
<td>Dr. Brij Bhushan Singh</td>
<td>04</td>
</tr>
<tr>
<td>Ph.D. (2011-12) &amp; (2012-13)</td>
<td>Paper-II</td>
<td>All concerned supervisors</td>
<td>04</td>
</tr>
</tbody>
</table>

(Dr. Rajendra Singh)  
Chairman
LIST OF OUT SIDE RESOURCE PERSONS:

1. **Sqn. Ldr. S. Shahid Hakeem**  
   (Olympian)  
   Flat No: 102, Mahara Garden Towers,  
   Masab Tank, Hyderabad (A.P.)

2. **Dr. S. N. Sharma**  
   H.No. 3075, Sector 37/D,  
   Chandigarh

3. **Prof. Dilip Kumar Dureha**  
   Department of Physical Education,  
   Banaras Hindu University,  
   Varanasi (U.P.)

4. **Prof. M. S. Chauhan**  
   Department of Physical Education,  
   Kurukshetra University,  
   Kurukshetra

5. **Prof. G. D. Ghai**  
   Department of Physical Education,  
   Laxmibai National University of Physical Education,  
   Gwalior (M.P.)

6. **Prof. Sudarshan Bhowmik**  
   Head of the Department,  
   Department of Physical Education,  
   Kalyani University,  
   Kalyani-741235 (W.B.)

7. **Dr. Thirumalai Gopalan**  
   Department of Physical Education,  
   University of Mysore, Mysore (A.P.)
8. **Prof. S. Mukherjee**  
Head of the Department,  
Laxmibai National University of Physical Education  
Gwalior (M.P.)

9. **Dr. Pradip Dutta**  
Lakshmibai National College of Physical Education  
The Sports Authority, Thiruvananthapuram Area, India

10. **Prof. S. K. Yadav**  
School of Physical Education,  
Devi Ahilya University,  
Indore- 452 001

11. **Dr. Dinesh P. Sharma**  
Associate Professor  
Indira Gandhi Institute of Physical Education & Sports Sciences,  
Department of Physical Education and Sports Sciences  
(University of Delhi),  
Block-B, Vikas Puri, New Delhi-18

12. **Dr. Suresh Saini**  
SAI, NS NIS, Old Motibagh,  
Patiala (Panjab)

13. **Prof. M.I. Qureshi**  
Co-ordinator  
Department of Physical Education  
Rani Durgawati University, Indore.

14. **Prof. Rajeev Chaudhary**  
Department of Physical Education  
Guru Ghasi Das University, Raipur.

15. **Dr. Sandeep Tiwari**  
Indra Gandhi Institute of Physical Education and  
Sports Sciences, New Delhi.

16. **Dr. Anurudh Singh Sisodia**  
Laxmibai National University of Physical Education  
Gwalior.
17. Dr. G.D. Bindal  
Laxmibai National University of Physical Education  
Gwalior.

18. Prof. Surendra Singh  
Department of Physical Education  
Kashi Vidhyapeeth  
Varanasi.

LIST OF LOCAL RESOURCE PERSONS:

1. Prof. Rajiv Gulati  
Professor,  
Department of Physiology,  
JNMC, A.M.U., Aligarh

2. Dr. Mazhar Abbas  
Reader,  
Department of Orthopaedic Surgery  
JNMC, A.M.U., Aligarh

3. Dr. Naiyer Asif  
Reader,  
Department of Orthopaedic Surgery  
JNMC, A.M.U., Aligarh

4. Dr. (Mrs.) Khustar A. Salman  
Department of Bio-Chemistry,  
JNMC, A.M.U., Aligarh

5. Dr. Rashid Nehal  
Reader,  
Department of English  
A.M.U., Aligarh

6. Mr. Md. Sajidul Islam  
Lecturer,  
Department of English  
A.M.U., Aligarh
7. Dr. Mohd. Amirullah Khan  
   Lecturer,  
   Department of English  
   A.M.U., Aligarh

8. Prof. N. A. K. Durrani  
   Professor,  
   Department of Journalism & Mass Communication,  
   A.M.U., Aligarh

9. Dr. Abid Ali Khan  
   Department of Mechanical Engineering  
   Z.H. College of Engg. & Technology  
   A.M.U., Aligarh

10. Prof. Akbar Husain  
    Professor,  
    Department of Psychology  
    A.M.U., Aligarh

11. Prof. (Mrs.) Naheed Nizami  
    Professor,  
    Department of Psychology  
    A.M.U., Aligarh

12. Prof. Parvaiz Talib  
    Professor,  
    Department of Business Administration  
    A.M.U., Aligarh

13. Dr. Arshad Husain  
    Environmental Engineering,  
    University Polytechnic (Boys),  
    A.M.U., Aligarh

14. Dr. Amir Ateeque  
    Department of Allied Health Science  
    Jamia Hamdard, New Delhi

(Dr. Rajendra Singh)  
Chairman
Proposal

Workshop
on
Videographic Technique for Sports Motion Analysis
Under UGC-SAP (DRS-I) Programme

For many decades, cinematography was the most popular measurement technique for those involved in the analysis of human movement. Cine cameras have traditionally been considered superior to video cameras because of their much greater picture resolution and higher frame rates. However, over the last decade, considerable advances have been made in video technology which now made video an attractive alternative to cine. Modern video cameras are now able to deliver excellent pictures of quality and high speed models can achieve frames rates at least comparable to high speed cameras. Most video recording involves no processing time and recorded images are available for immediate playback and analysis.

Video recordings of sports and exercises are usually made by biomechanist in order to undertake a detailed analysis of an individual's movement patterns. This method has practical advantage i.e., low cost, minimum interference to the performers, flexibility (can be used in any environmental condition) allows visual feedback; with this advantage this technique will remain for the foreseeable future, an important method of analyzing technique in sports and exercise.

Video analysis of a technique may be qualitative or quantitative in nature. Qualitative analysis involves a detailed, systematic and structural observation of the movement in real-time, slow motion, frame by frame, often multiple images, i.e., front and side, simultaneous display of the movement being observed in order to provide/get feedback. Quantitative analysis involves taking detailed measurements from the video recording to enable key performance parameters to
be quantified. This approach requires cameras(s) and software and the most vital is to follow the correct data capture and data processing procedures. It's a time consuming process involving digitizing the landmarks, typically landmarks selection, etc. The accuracy of the derivatives will be severely compromised unless the appropriate data processing techniques are used.

In order to understand this technique, more detailed analysis process needs to be learned and master the technique.

**Proposed date** - Nov.22 to 24, 2013.
**Participation** - 50 (Max)
**Entry fee** - Rs. 6000/-
**Director of the workshop** - Prof. Ikram Hussain
**Organising Secretary** - Dr. Zamirullah Khan

**Prof. Ikram Hussain**
Director (Workshop)
Coordinator (UGC-SAP, DRS-I)
Department of Physical Education
A.M.U., Aligarh

**Dr. Zamirullah Khan**
Organising secretary (Workshop)
Under UGC-SAP (DRS-I) Programme
Department of Physical Education
A.M.U., Aligarh
PROPOSAL

National Workshop on “Stress Management through Yogic and other Methods: A Practical Approach”
(11-13, October, 2013)

Introduction of Stress Management through Yogic and other Methods:
Stress is an unavoidable part of life. The challenges caused by stress help to develop new skills and behavior patterns. The problems occur, however, when stress becomes excessive. It can become destructive and can turn into distress. Too much stress on your mind and body can make you feel miserable, worried, sad and ill. The stress response has its purpose. It saves us in emergencies when we need to react quickly and forcefully. It is a biological survival mechanism built into our systems. Murray & Lopez (1996)

Brown. (2005) stated that, when we face a stressful event, our bodies respond by activating the nervous system and releasing hormones such as adrenalin and cortisol. These hormones cause physical changes in the body which help us to react quickly and effectively to get through the stressful situation. This is sometimes called the ‘fight or flight’ response. The hormones increase our heart rate, breathing, blood pressure, metabolism and muscle tension. Our pupils dilate and our perspiration rate increases. While these physical changes help us try to meet the challenges of the stressful situation, they can cause other physical or psychological symptoms if the stress is ongoing and the physical changes don’t settle down.

These symptoms can include:
- Headaches, other aches and pains
- Sleep disturbance, insomnia
- Anxiety
- Upset stomach, indigestion, diarrhea
- Anger, irritability
- Depression
- Fatigue
- Feeling overwhelmed and out of control
- Feeling moody, tearful
- Difficulty concentrating
- Low self-esteem, lack of confidence
- High blood pressure
- Weakened immune system
- Heart disease
“Stress Management through Yogic and other Methods may also be useful for the following psychosomatic disorder:—

- Asana
- Pranayam
- Yogic Nidra
- Meditation
- Massage
- Biofeedback

Proposed Dates : 11-13, October 2013

Expected Participants Workshop : Around 150

Entry fee for National Workshop : Rs. 800/- – Rs. 1000/-

Entry for the Workshop will be based on “First-Come-First-Serve” Basis

**National Workshop:**

**Director** : Dr. Rajendra Singh

**Organising Secretary** :