

Departmental Profile

About Saurashtra University:

Saurashtra University was established in 1967 in Rajkot city of the Saurashtra region of Gujarat State, India. It has availed of the erudition and academic experience of various distinguished educationists, beginning with the late Professor Dolarrai Mankad, the founder Vice Chancellor of the University. Saurashtra University at Rajkot is one of the leading Universities in Gujarat. It is spread over 410 acres of land. The jurisdiction of Saurashtra University



includes Amreli, Jamnagar, Porbandar, Rajkot and Surendranagar districts. The University has several colleges affiliated to it imparting Undergraduate and Postgraduate education. Apart from academic excellence Saurashtra University also boasts of a host of facilities. Separate hostels for boys and girls, gymnasium, guest house, commercial complex, party plot, book centre and officer residences are some of the notable advantages that are offered by the Rajkot Saurashtra University. IGNOU and Ambedkar Open University also operates under the aegis of Saurashtra University. At present Saurashtra University is considered as one of the esteemed centres of learning in Gujarat.

About Department of Physical Education:



Department of Physical Education of Saurashtra University persistently contributes to the welfare and holistic development of students. Keeping in mind the fundamental pillars of sports ecosystem Encouragement, Edutainment Empowerment, Enlightenment and Employment, devoted and dedicated workforce of Department of Physical Education are always ready to contribute in creating

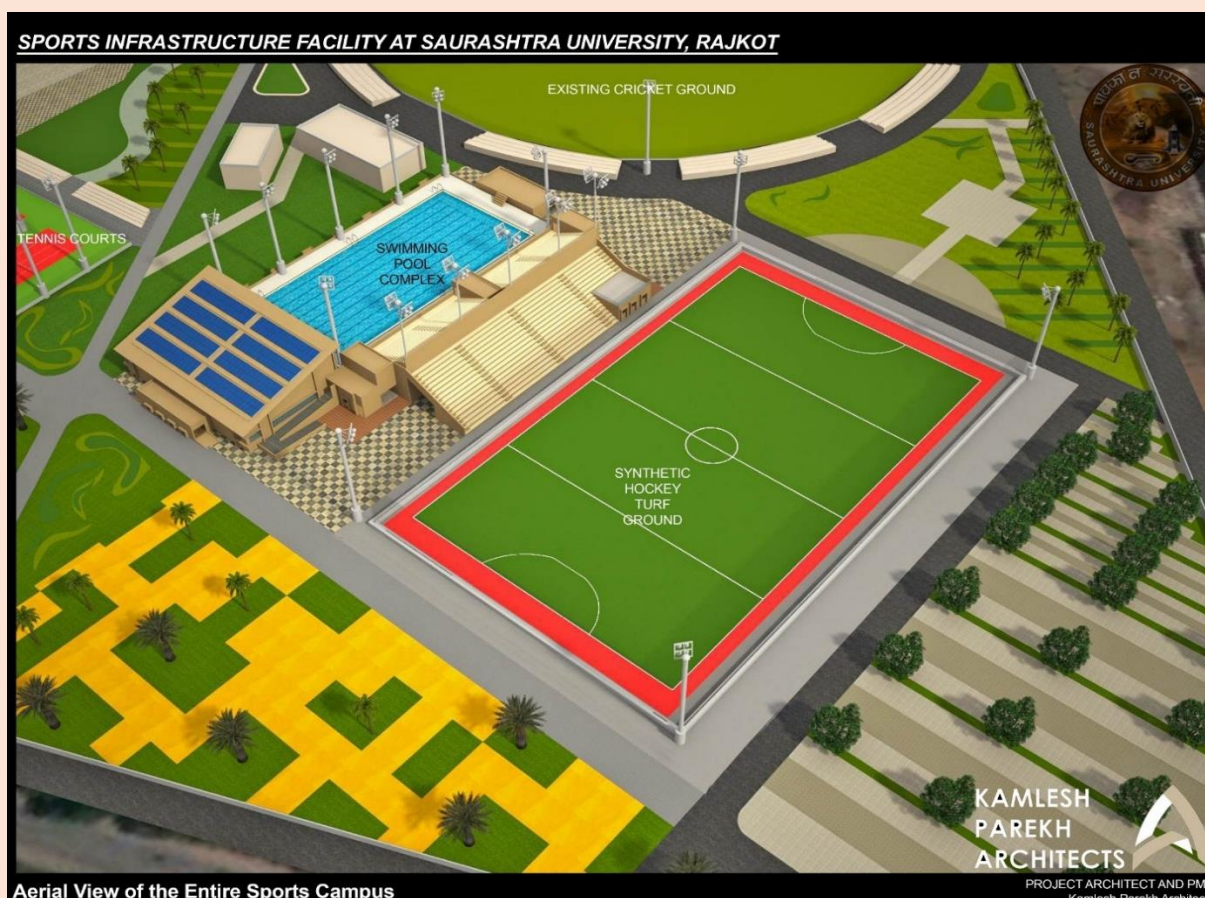
sports culture and active living life style not only in the student's fraternities but also employees of the University. In our University premises, Accommodation facilities and other logistics related to sports and games are as per the international norms and standards. To bring vibrancy and active living life style in the campus Department contribute a lots and many students the University are facilitate by us to bring laurels at national level sports competition.

Available Infrastructure and Facilities:

The Department possesses latest sports grounds and other essential state of art facilities for its academic program and sports coaching and training within the university campus. Department houses a well-equipped gymnastics indoor stadium, athletics track, football & cricket ground, fitness centre, Astro-turf international standard hockey ground with stadium, international standard indoor and outdoor swimming and 10 Mts. Air conditioned shooting range. Department has multi-media aided classroom, library, computer lab, international transit house and well-built guest house and air conditioned auditorium are available inside the campus.



Indoor and Outdoor Swimming Pool & Newly built Astroturf Hockey Ground with Stadium:



Four Tennis Court with Cages and Standard Lighting Facilities:

Courses Offered by the Department:

1. Diploma in Yoga (1 year Course)
2. Master in Physical Education Two Year Degree Program as Per NCTE Norms
3. M.Phil. in Physical Education as Per UGC Norms
4. Ph. D. in Physical Education under Education Faculty as Per UGC Norms

1. Diploma in Yoga

Post Graduate Diploma in Yoga is Diploma level Yoga and Naturopathy course. The course helps to train and prepare deserving candidates in the exoteric aspects of Yoga, which deals with the problems of integration of personality as a first step to prepare oneself for the higher esoteric practices. The students will also be grounded fairly in the various academic aspects of the subject so that they may find themselves well equipped in these if they were to go out into the world after the course to undertake teaching work in Yoga.

Post Graduate Diploma in Yoga Eligibility

Aspiring students should have passed graduation in any academic stream from a recognized university board.

Objectives The course aims at

1. Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
2. Integral approach of Yoga to common ailments.
3. Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.
4. Invoke scientific attitude and team spirit to channelize their energies in to creative and constructive endeavours.
5. To enable them to establish Yoga Training centres in the service of common man.

2. M.P. Ed. Master in Physical Education

Masters of Physical Education (M. P. Ed.) 2-year (Four Semesters) programme is a professional programme meant for preparing teachers for senior secondary level (class XI and XII) as well as Assistant Professors/Directors/Sports Officers/ in the colleges/universities and teacher educators in college of physical education & university departments of physical educations.

M. P. Ed. programme is designed to include aims of Physical Education and communication skills, social context of Physical Education subject and its pedagogical knowledge. The programme comprises of core subjects, elective subjects, practicum and teaching practice courses including compulsory internship in senior secondary school.

Expected outcome of physical education professional training programme

1. Value physical activity: Be energetic, enjoy helping others in learning motor and sport skills.
2. Be willing to serve as a role model for fitness and skill development for others.
3. To advocate for the utilization of the resources needed to promote and maintain healthy behaviour.
4. To possess skills in developing group dynamics and to be able to communicate with the learners in social environment.
5. To recognize, identify, demonstrate, apply, discuss and evaluate professional processes.
6. State, compare, manipulate, design & deduce research enquiry in physical education & sports. Develop enquiry based approach to identify, formulate and investigate problems and issues using established theories, methodologies, practices in physical education and sports.
7. To communicate professionally and effectively, both oral and written instructions.
8. To identify, summarize, plan and design physical activity, exercise, yoga, teaching and coaching programme as per needs of the society.

Purpose and Scope of the Course:

Engraved essential features of a programme as per the NCTE norms and Standards

1. Two years M.P.Ed. Programme for post graduate in physical education.
2. Inclusion of courses and experiences which focus on human involvement in physical education and related areas.
3. Reflect horizontal approach yielding holistic and integrated physical education discipline.
4. Promote quality research and investigation in physical education that can be applied for future development of the discipline.
5. Emphasize on developing skills among physical education professionals for qualitative delivery of physical education programme at senior secondary schools, colleges, and universities.
6. Provide a logical balance between theory and field experience.
7. Provide experiences that require human involvement in physical education and related activities.

3. M.Phil. in Physical Education full time regular course

As per UGC Norms

4. Ph. D. in Physical Education in Education Faculty

As Per UGC Norms