

INDIA GANDHI INSTITUTE OF PHYSICAL EDUCATION & SPORTS SCIENCES
(UNIVERSITY OF DELHI)
B-BLOCK, VIKASPURI, NEW DELHI-110 018

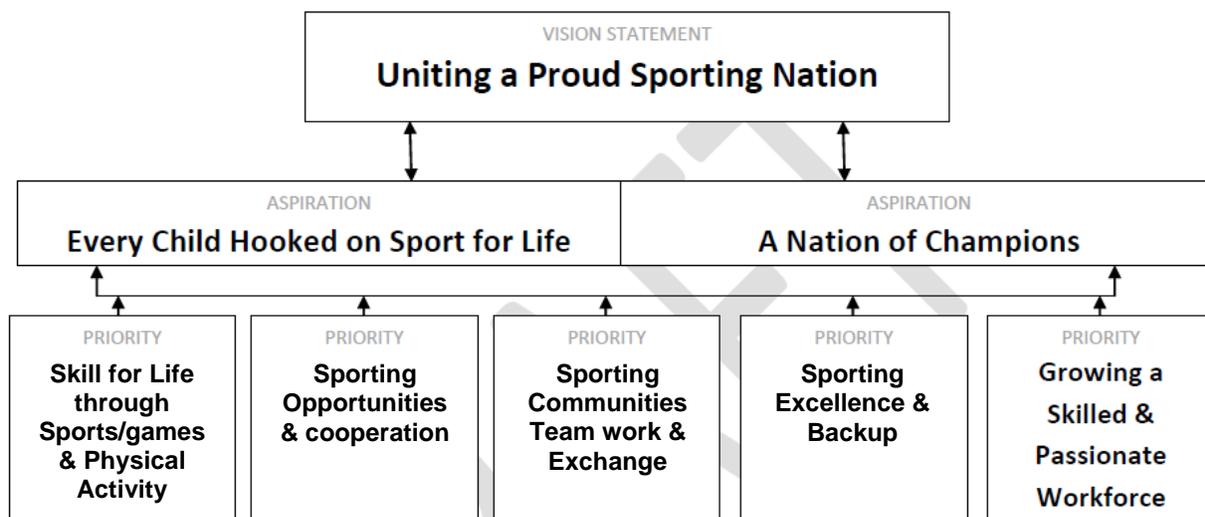
The Indira Gandhi Institute of Physical Education and Sports Sciences was established on 3rd August, 1987 by the University of Delhi. 'A 29 Years of journey is going to complete by 3rd August, 2016.

Vision Document 2016

Dr. Dhananjay Shaw

“Life’s most persistent and urgent question is: ‘What are you doing for others?’”

~Martin Luther King, Jr.



With this new beginning come with new opportunities across the mission areas of teaching, research, and service in the paradigm of Physical Education and Sports Sciences. Looking towards the future, it is our pleasure to share with you our Mission, Core values, and Vision for the Institute.

I encourage you to take some time and browse through the proceeding pages to get a better sense of the IGIPSS and its' mission to prepare the next generation of leaders and public servants. It is truly an honor and a privilege to

serve as the principal of IGIPSS and work with our stellar faculty, staff and students to help make our vision a reality. Day in and day out with a definite future of positivity and progress to shoulder the responsibility of vision for the year 2030 and ahead. The population demography will display a seventy and thirty percent ratio between senior citizen(public aged 65 and above) and citizen (public aged below 65 years) i.e. In the year 2030 out of 150 crore Indian there will be about 100 crore senior citizen (aged 65 years and above) and 50 crore below 65 years. The medical system will fail to meet the challenges to a great extent, same phenomenon will affect the Indian/ world wellbeing, life style, happiness, productivity and economy very adversely. Only way left for us i.e. alternative medicine from our end physical activity(Yoga, fitness, Pranayam, Life Style and Nutrition etc.), let us begin a new journey from today itself, let us prepare ourselves for future of India/World including the needs for today's.

MOTTO

“Changing attitudes and outcomes of one person, one team, one organization at a time.”

As a Teacher Training Institution in Physical Education as well as training centre relating to Health, Exercise Sciences and Sports Sciences for excellence and best possible life our mottos are:

To create centres of research people, outreach programs and development of programmes for health, fitness, wellbeing, sports and physical education addressing all population across age and sex.

To create academic experts such as Professor/Associate Professor/Assistant Professor for Universities (Physical Education, Sports, Sports Sciences/health sciences/Fitness Sciences) Sports Authority of India, State Sports Board, Director of Physical Education, Teachers for various level, fitness experts, leader for recreation, wellbeing adventure sports and active life style etc..

To create qualified and skilful manpower, exploring new job avenues from and for Health Clubs, Fitness, Wellbeing, Corporate Fitness Centres, Sports Journalism, Sports Academic/ Training Centres, adventure sports, youth development and harmony, law,

management, Exercise Prescription (Physical Activity as Preventive Medicine Centre), Physical Growth & Development Clinics, Young Age Sports Counselling Centres, exercise therapy, sports therapy and many more. We will boost the skillful Indian population as a major instrument also exploring employability and vocationalization as well.

VISION

IGIPESS Program will work to enhance its status as one of the premier academic/training Institution in Physical Education and Sports Sciences in India, attracting accomplished students nationally and internationally. IGIPESS will promote continued learning, innovation, scholarship, professional/vocational excellence, leadership, teamwork and practices of ethical behaviour and will be based upon a model of support and inclusion.

The work to unite people, to boost levels of pride and create a genuinely sporting nation, where communities are vibrant and alive with activity patriotism. This vision focuses on the improvement and development of Physical Education, Fitness, Wellbeing, Sport and overall humanity, it recognizes ability and potential to positively influence an array of personal, community and nationwide developments. Whether it's encouraging and embedding healthy lifestyles, providing a boost to the national and local economy through hosting events, or re-engaging young people who have become detached from school. Providing people with skills for life through participation or coaching sport. Those of us who work in games/ sport see these positive influences on a daily basis and can identify people and communities that has helped to unite and prosper. We will boost the skilful Indian population as a major instrument also exploring employability and vocationalization as well that is serving the nation and striving for global citizenship, with the philosophy "Vishwa Kutumbakam".

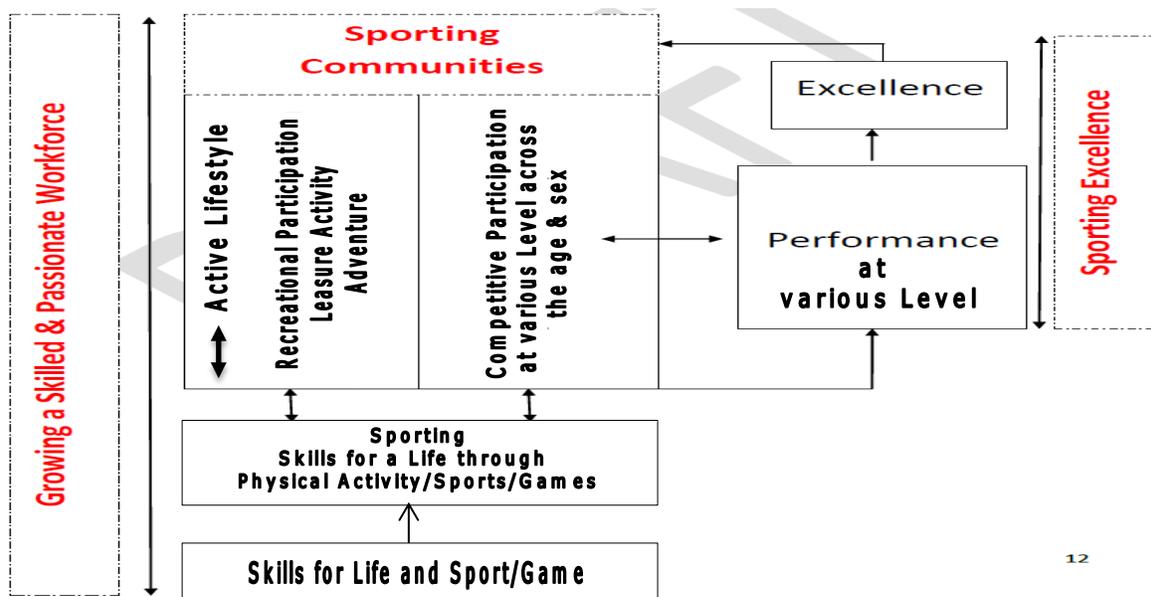
MISSION

The mission of the IGIPESS is to develop effective and efficient teachers, researchers, consultants and vocational leaders under the scientist-practitioner model. Through collaborative relationships/research and skill exchange programme that build upon the shared expertise of faculty and graduate students, we will keep on helping prepare students for careers in academia, professional and private practices as well. Faculty and

students aspire to lead by example by modeling the skills and principles we teach to our students and clients including ethical behaviour, teamwork, grace under pressure, emotional composure, rational thinking, confidence, and humility i.e. services to humanity.

We wish single factor which can revolutionize health, fitness and sports performance of Indians. This alone can create a culture, promotion of health and prevention of disease through the continuing sustained motivational process based upon motivational achievement needed to adopt lifelong regular physical activity. The minimal knowledge of competition, technique, frequency, intensity and duration of exercise needed to achieve health benefits is essential for all across the age, sex, occupation and life style.

The powerful impact which games/sport can have on social exclusion factors is increasingly recognised. For adults, especially older people, games/sport can provide a source of socialisation, social interaction, helping to prevent social isolation (which can damage mental health and wellbeing). There is evidence, not only that games/sport offers benefits that may have a special value to those women at risk of social exclusion, but also that women respond to appropriate provision.



12

The Purpose of This document

The purpose of this document is to initiate a dialogue on the future for IGIPSS/India/World and generate a consensus on Vision among its stakeholders. It is not intended as a definitive statement of an agreed Vision. Rather, it highlights or views,

issues and options that require our collective thought and wisdom. I hope that all in the larger sense of the word, will participate in, and contribute to, this dialogue as best they can and as soon for longer sustained productive impact as model.

ACTION

- Establish a baseline and continue tracking of total number of programs, faculty and staff engagement in the programs and partnerships.
- The growth of community outreach efforts with strategic research and teaching initiatives (i.e. grants, contracts, sports, publications, teaching/learning, Lifetime Activities Program/programming) and normative references practices.
- Creation of a Center for Active lifestyle and to mobilize and disseminate Physical Activity throughout the country across the age and sex.
- Develop a plan to increase specialized health, fitness and wellness services for people with disabilities, disease risk factors and others.
- Investigate collaboration opportunities with other institutions and programs of India and abroad.
- To develop physical activity as alternative/preventive medicines.

Statement of Responsibilities for Student and Faculty

Joint Responsibilities:

- **High Standards:** We will all (students, faculty and alumni) work together to establish and maintain the standards congruent with the premier Sport, Physical Education, Exercise Sciences, Sports Sciences and health sciences programs in the country.
- **We will maintain a positive environment that facilitates:** The transition of students into the program, the maintenance of quality academic, applied research experiences, the promotion of alumni interaction, systematic communication between all students and faculty, society outreach program, skill development program with increased professional practices for compliance and accreditation.
- The dealing and the treatment of all students, staff and faculty member with dignity and respect.

Student Responsibilities:

Mentorship: Students will take an active role in mentoring fellow students in consulting, academic, research, teaching, learners, and social areas; professional development is not solely the responsibility of faculty. Students in need and action of mentoring will be

proactive in seeking help from fellow students and faculty thus will stimulate leadership qualities.

Professional Behaviour and Conflict Resolution: We will represent ourselves and our program in a professional manner (as defined jointly by faculty and students) at all times. Furthermore, if any conflicts, concerns, or issues should arise, we will follow ethical and moral guidelines and engage in constructive conflict resolution (as defined jointly by faculty and students) and responsible decision making.

Open and Respectful: We will make every effort to promote an environment/ atmosphere where everyone is comfortable, voicing concerns and opinions. We will strive to remain open and non-judgmental of others, respecting everyone's opinion, privacy and choices inside or outside of the classroom, while embracing all types of diversity (race, culture, nationality, sexual orientation and gender).

Collaboration: We will strive to collaborate nationally/internationally in our research, teaching, coaching, consultancy, outreach program and Skill development programs. etc.

Commitment: We will commit to self-improvement as a person, educator, researcher, practitioner, and student. Furthermore, we will make honest efforts to maintain a passion of Physical Education, Health Education, Sports Sciences, Exercise Sciences, Coaching, Health Sciences, Skill development programs needed, and to give back to the program when we are able to make our country men and women healthy, happy, productive i.e. learn then earn and thereafter pay back to your motherland/world.

Proactive/Achievement Orientation: We will take initiative to create opportunities, development of the programs, and be proactive in seeking out new opportunities that align with our interests/personal benefit.

Celebrate Success: We will make a conscious effort to acknowledge the many achievements and successes of fellow students, faculty, and the program as a whole as celebration.

Faculty Responsibilities:

Clear Expectations: Faculty will be clear and concise in their expectations of students; if conflict reaches the level of faculty they will remain unbiased and motivated negatively hold students accountable, and address the issues quickly, efficiently and fairly.

Academic Responsibilities: Faculty, both individually and collectively on a programmatic level will create a climate that encourages and is open to student feedback as well as faculties regarding instruction, research and applied opportunities/possibilities.

Support: Faculty will provide support for student initiatives, take an open and proactive stance towards assisting students, and be proactive in engaging and forming relationships with students thereby society as partner of outreach programme.

Commitment: Faculty will commit to self-improvement as educators, researchers, leaders and practitioners. Furthermore, honest and sincere efforts will be put forth to maintain a passion for the subject of Physical Education, Health Education, Sports Sciences, Exercise Coaching, Health Science and Skill development programs etc. as and when needed.

Selected Highlights

Historical Review of IGIPSS

To start with, Dr. J. S. Naruka, Director, Physical Education of Delhi University Sports Council was appointed as officer on Special Duty (OSD) to perform the duties of the Principal w.e.f. 3rd August, 1987. The Institute started its working from the premises of Chhatrasal Stadium Model Town to at Ludlow Castle Sports Complex, Sham Nath Marg, Delhi (1987 to 1990). The Institute was shifted to present premises in the years 1990. Dr.(Mrs.) Kiran Sandhu worked as Officiating Principal from August, 1990 to March, 1991. Dr. D. K. Kansal was appointed the first Principal of the institute on regular basis in 8th March 1991 and retired on 31st August 2015 in between Dr. Dhananjay Shaw served as Officiating Principal from 30.05.2013 to October, 2013. At present, Dr. Dhananjay Shaw working as Officiating Principal since 1st September, 2015 onwards.

Courses Introduced

- | | | |
|---------------------------------------------------------------------|---|--------------|
| 1. B. Sc. (Phy. Edu., Health Edu. & Sports) | : | August, 1987 |
| 2. Post-Graduation Diploma in Physical Education presently B.P.Ed.: | : | August, 1990 |
| 3. Master of Physical Education & Sports presently M.P.Ed. | : | July, 1994 |
| 4. Ph.D. Programs | : | 2004 onward |

Courses and Seats

Courses	No. of Seats	Total
B.Sc. (PE,HE&S)	108x3	324
B.P.Ed.	50x2	100
M.P.Ed.	39x2	78
Ph.D.	Depend on the availability of guide	31*

*It varies year to year

Self-financing Certificate Courses of IGIPSS:

- Exercise Testing and prescription
- Fitness Instructor
- SPSS for Physical Education
- Athletics
- Gym Management
- Holistic Personality Development
- Health and Nutrition
- Yoga
- Fitness Trainer Instructor Course

Structure (Departments) of IGIPSS:

IGIPSS running under mentioned 9 departments:

1. Department of Humanities.
2. Department of Social Sciences/Human Behavioural Sciences.
3. Department of Natural Sciences (Medical Sciences).
4. Department of Health Education.
5. Department of Extension Services.
6. Department of Athletics.
7. Department of Gymnastics.
8. Department of Team Games.
9. Department of Dual /Individual Sports.

Proposed Action Plan

Name of the Department	Courses
Department of Athletics	Ph. D. M. P. Ed. (Game of Specialization/Athletics) M.S. (Athletics) Diplomas Certificate Courses
Department of Social Behavioural Sciences	Ph. D. M. P. Ed. (Sociology), M.P.Ed.(Psychology) Diplomas Certificate Courses
Department of Extension Services	Ph. D. M.B.A. (Sports) M. P. Ed. (Management) Diplomas Certificate Courses
Department of Gymnastics	Ph. D. M. P. Ed. (Gymnastics) Diplomas Certificate Courses
Department of Health Education	Ph. D. M.P. Ed. Diplomas Certificate Courses
Department of Humanities	Diplomas Certificate Courses
Department of dual/Individual Sports	Ph. D. M.P.Ed. (Game of Specialization) M.P.Ed. (Archery) M.P.Ed. (Badminton) M.P.Ed. (Boxing) M.P.Ed. (Cycling) M.P.Ed. (Diving) M.P.Ed. (Judo) M.P.Ed. (Rowing) M.P.Ed. (Shooting) M.P.Ed. (Swimming) M.A. in Yoga Diploma Programmes and Certificate Programmes
Department of Natural (Medical) Sciences.	Ph. D. M.P.Ed. (Sports Biomechanics) M.P.Ed. (Exercise Physiology) Master of Sports Sciences Master of Exercise Sciences Diploma Programmes Certificate Courses
Department of Team Games	Ph.D. M.P.Ed. (Game of Specialization) M.P.Ed. (Badminton)

	M.P.Ed. (Basketball) M.P.Ed. (Cricket) M.P.Ed. (Football) M.P.Ed. (Handball) M.P.Ed. (Hockey) M.P.Ed. (Kabaddi) M.P.Ed. (Kho-Kho) M.P.Ed. (Table-Tennis) M.P.Ed. (Volleyball) Diploma Programmes Certificate Courses
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Proposed Academic programs

Indira Gandhi Institute of Physical Education and Sport Sciences encompass the following areas of study (Undergraduate and Postgraduate, Certificates and Diplomas):-

Certification Courses (Skill Development program)

- Certificate Course in Adventure Sports
- Certificate Course in Aerobics
- Certificate Course in Athletic
- Certificate Course in Badminton
- Certificate Course in Basketball
- Certificate Course in Body Building
- Certificate Course in Boxing
- Certificate Course in Cricket
- Certificate Course in Fencing
- Certificate Course in Football
- Certificate Course in Gymnastics
- Certificate Course in Handball
- Certificate Course in Hockey
- Certificate Course in Judo
- Certificate Course in Kabaddi
- Certificate Course in Karate
- Certificate Course in Kho-Kho
- Certificate Course in Kinanthropometry
- Certificate Course in Lawn Tennis
- Certificate Course in Power Lifting
- Certificate Course in Sports Nutrition
- Certificate Course in Swimming / Diving
- Certificate Course in Table-Tennis
- Certificate Course in Volleyball
- Certificate Course in Weight Lifting
- Certificate Course in Wrestling

- Certificate Course in Yoga
 - Certificate Course in Yogic Science
 - Certificate Course in Aquatics (Swimming, Diving & Water-polo)
 - Certificate Course in Yoga
 - Certificate Course in Exercise Physiology
 - Certificate Course in Sport Biomechanics
 - Certificate Course in Exercise & Sport Psychology
 - Certificate Course in Professional Preparation & Curriculum Design
 - Certificate Course in Sport Sociology
 - Certificate Course in Sport Management
 - Certificate Course in Adapted Physical Education
 - Certificate Course in Fitness and Wellness
 - Certificate Course in Sport Therapy
 - Certificate Course in Sport Journalism
 - Certificate Course in Sport Industry & Marketing
 - Certificate Course in Sport, Physical Activity & Nutrition
 - Certificate Course in Sports Nutrition and Exercise Prescription/ Advance Fitness Assessment & Exercise Prescription
 - Certificate Course in Sports Field Technology
 - Certificate Course in Gymnasium Operations
 - Certificate Course in Computer Applications in Physical Education & Sports
 - Certificate Course in Life Saving Skills & Disaster Management
 - Certificate Course in Adventure Sports and Leadership Training
 - Certificate Course in Sports and Community Volunteer Leadership
 - Certificate Course in Sports for All
 - Certificate Course in Physical Education for All
 - Certificate Course in Study of Olympics
- Many more as per requirement/s time to time.

Diploma Courses (Skill Development/Vocational program)

- Diploma in Aerobics
- Diploma in Athletics
- Diploma in Fitness & Exercise Sociology
- Diploma in Fitness & Wellness Management
- Diploma in Fitness Management
- Diploma in Fitness Trainer
- Diploma in Ground/Court Marking
- Diploma in Gym Management
- Diploma in Health Club Management
- Diploma in Health Education
- Diploma in Kinesiology
- Diploma in Officiating & Coaching in Specific Game / Sports
- Diploma in Sports & Exercise Bio-Mechanics
- Diploma in Sports & Exercise Pedagogy
- Diploma in Sports & Exercise Psychology
- Diploma in Sports & Exercise Training

- Diploma in Sports Commentary
- Diploma in Sports Journalism
- Diploma in Sports Management
- Diploma in Sports Nutrition
- Diploma in Sports Photography & Documentary
- Diploma in Sports Physiotherapy
- Diploma in Sports Technology
- Diploma in Yoga
- Diploma in Yogic Sciences and
- Diploma in Aquatics (Swimming, Diving & Water-polo)
- Diploma in Yoga
- Diploma in Exercise Physiology
- Diploma in Sport Biomechanics
- Diploma in Exercise & Sport Psychology
- Diploma in Professional Preparation & Curriculum Design
- Diploma in Sport Sociology
- Diploma in Sport Management
- Diploma in Adapted Physical Education
- Diploma in Fitness and Wellness
- Diploma in Sport Therapy
- Diploma in Sport Journalism
- Diploma in Sport Industry & Marketing
- Diploma in Sport, Physical Activity & Nutrition
- Diploma in Sports Nutrition and Exercise Prescription/ Advance Fitness Assessment & Exercise Prescription
- Diploma in Sports Field Technology
- Diploma in Gymnasium Operations
- Diploma in Computer Applications in Physical Education & Sports
- Diploma in Life Saving Skills & Disaster Management
- Diploma in Adventure Sports & Leadership Training
- Diploma in Sports and Community Volunteer Leadership
- Diploma in Sports for All
- Diploma in Physical Education for All
- Diploma in Study of Olympics

Many more as per requirement/s time to time.

Bachelor Degree & Master Degree

- **Bachelor of Sports (BS)**
- **Master of Sports (MS)**
- **Bachelor of Physical Education & Sports (BPES)**
- **Master of Physical Education & Sports (MPES)**
- **M.A. in Yoga.**
- **M.B.A. (Sports).**
- **Master of Sports Sciences.**
- **Master of Exercise Sciences.**

Future Plan for development of National Level Laboratories / Centres

- Dope Testing Laboratory
- Sports Physiotherapy Laboratory
- Fitness & Wellness Center (Laboratory)
- Human Performance Laboratory
- Exercise / Sports Physiology Laboratory
- Exercise / Sports Biomechanics Laboratory
- Exercise / Sports Psychology Laboratory
- Exercise / Sports Kinanthropometry Laboratory
- Exercise / Sports Nutrition Laboratory and many more as per requirement/s and Development

Note: Hard Working people are simple, honest and persistent; if they have support they are productive. They do not opt unethical/immoral path to achieve rather they discard, they want to earn not achieve, let us encourage them.

Submitted for your contribution, participation and cooperation.

**Your Officiating Principal
(Dr. Dhananjoy Shaw)**