



Miranda House

UNIVERSITY OF DELHI

Internal Academic Audit

Department: Physical Education

Academic Year: 2021-22 (from 1 July 2021 to 30 June 2022)

Strength:

- The department very smoothly shifted from online mode to offline mode post-pandemic for the teaching learning process.
- The department organized numerous events like expert lectures on Fitness Mantra and Success Mantra by Dr. Sunita Godara, Asian Marathon Champion 1992 and fitness coach; Women's Health Expert by Prof. Sushma Ghildyal, Department of Physical Education, Banaras Hindu University, Effects of Yoga on Lifestyle Diseases by Ms. Shailly Vij, Yoga Expert; Quiz on Tokyo Olympics and national sports day etc were conducted for the students of Miranda House.
- Students participated with overwhelming energy and enthusiasm in the departmental activities conducted throughout the years.

Weakness:

- In the process of creating more indoor sports facilities.

Opportunities:

- Specialized training/ coaching/ fitness activities for students seeking to excel in sports.
- Department played a crucial role in strengthening the mentor- mentee system while the students shifted from online to offline mode.
- The department also provided opportunity and guidance to the students for conducting a survey study on stress during COVID 19 and stress management techniques.

Challenges:

- Mass participation in sports activities.

A handwritten signature in black ink, appearing to read 'Nisha', is written over a diagonal line.

Dr. Nisha Vashishta

Coordinator, IQAC