



Miranda House
UNIVERSITY OF DELHI

Internal Academic Audit Report (2022-23)

Department of Physical Education and Sports

Academics:

- Physical education is a practical oriented subject. Accordingly, the teaching mode is shifted as and when required ranging from on field practical sessions, demonstrations, training schedules to power point presentation, case study discussions etc. Physical education activities enabled the students to learn to understand, appreciate the movement of the body and demonstrate constructive attitudes and values. Emphases were made on achieving social qualities, such as, empathy, cooperation, friendliness, team spirit and respect rules which are essential for healthy social relations with others.
- Department successfully offered Value Added Course viz. Fit India and Sports for Life for Semester I and II respectively. In which the department was successful in teaching variety of fundamental techniques of various games / sports and fitness activities to the large group of students. Through the paper students learnt to improve cardiorespiratory fitness, building strong bones and muscles, control weight, reduce symptoms of anxiety and depression, reduce the risk of developing health conditions and promote general health and mental health.
- Mentor-mentee program was strengthened. The awareness regarding the programme was increased amongst students. Teachers reached out to their mentees and made themselves available for discussions as required by the students.

Co-curricular

- To development the organization and management skills of the students the department organized variety of academics/ sports activities. The students took the lead in organizing the activities under the supervision of the department teachers:
 - An Inter-departmental Chess tournament, Quiz, and Poster-making competition were held in the honour of the 75th anniversary of the country's independence.
 - On the occasion of National Sports Day on 29th August 2023, Sport-specific quiz and Zumba session were held.
 - Community health development program on the occasion of Teacher's Day, Throw ball and Football matches were held for teaching faculty and non-teaching staff of Miranda House.
 - Annual Fresher's Run was conducted for the consecutive thirty four years.
 - One month certificate course in yog (36 hours) was organized in the month of September 2022.
 - In October 2022, an expert talk on *Careers in Physical Education and Sports* was held under the supervision of IQAC (Internal Quality Assurance Cell).
 - A Tai Chi workshop was held during the first week of December 2022. The primary goal of the workshop was to boost students' awareness of the significance of strengthening their lower and upper limbs as well as their back and abdominal core muscles.
 - On January 21, 2023, Get Your Game On, a series of sporting activities for students with special needs was also organized.



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- The department under the supervision of IQAC organized an interactive workshop on The Art of Standing – out from the crowd on 22nd of March, 2023. The workshop's goal was to educate students on personality enhancement.
- *Erobern*, the Annual Sports Fest, was successfully organized for the 10th consecutive year from 27th to 29th March 2023. Inter College for the Delhi University students and Intra department events for the Miranda House students were conducted. Events for specially abled students of Miranda House were conducted.

Challenges Faced:

- Mass participation in physical activities is one of the biggest challenge.
- One of the main objective of the department is that every student of Miranda House attain a high level of Health related fitness/ physical fitness to improve quality of life but the low ratio of student participation defeats that goal.

Future Plans:

- Renovation of the existing facilities for the students such as student lockers and sports equipment storage.
- Creating indoor sports facilities viz. multipurpose hall, indoor shooting range etc.