

Department of Physical Education

Physical education instills the values of maintaining good health among students. The daily physical activity improves the students' awareness of well being and health. It motivates them to participate in physical activities daily. It promotes their health well into adulthood.

Physical education programs promote fitness among students. They train them in various sports and help them follow strategies and rules of playing and also teach them team-playing skills. A very important advantage of this education is that it develops interpersonal skills among children. Through physical education, they become team players and develop a sportsman spirit and competitive spirit. The sports which form part and parcel of physical education routines help the children put time into competitive and fruitful activities.


Physical education also inculcates the necessity of personal hygiene among the students. Physical education classes teach the importance of maintaining personal cleanliness throughout life.

The sports activities that form part of a physical education routine can develop motor skills in students. An ability to catch balls, hold bats and rackets, and swing bats are examples of motor abilities that develop due to sports. The physical activities that are part of a physical education routine instill discipline in body movements and posture. Hitting a shuttlecock with a racket, hitting a ball using a bat and aiming a ball towards goal. Most college and school curricula have physical education as a constituent. The aims of physical education seem to be promoting physical fitness, encouraging budding talents, and the development of social and motor abilities. Here we look through some of the motives for physical education.

Physical education aims to allocate a daily time period for some sort of physical activity geared towards the students. It is also known as physical training class. It involves games, sports and exercises which contribute towards getting a refreshing break from the rigorous indoor learning process.

Physical education department of D.S.B. campus works under DSW. It plays a vital role for all the students and gives a big platform to enhance their quality through physical activity. There are twenty nine games organized by different colleges every year with the help of the Kumaun university sports board, interested students participate in intercollegiate tournament, the player who performs better than they are selected for Inter-university tournament.

Faculty Members of the department

Name of Faculty member	Designation	Specialization	Email id/ phone	Photograph	Academic profile*
Sri Nagendra Sharma	Sports Officer		05942-236583 9412038602		View Profile
Mr. Santosh Kumar	Assistant Professor DSB Campus	Exercise Physiology, bio- mechanics in (M.P.Ed)	Kumarsanty.uan l@gmail.com +91-7579252592		View Profile

BOARD/COMMITTEE OF PHYSICAL EDUCATION

Sl. No.	Name	Department	Administrative Position held
1.	Prof. D.C.Pandey	Dean, Students' Welfare	Chairman
2.	Prof. Ajay Arora	Head Tourism	Convener
3.	Prof. Atul Joshi	Commerce	Member
4.	Prof. D. S. Bisht	Sociology	Member
5.	Prof. Veena Pandey	Biotechnology	Member
6.	Prof. Padam S. Bisht	Economics	Member
7.	Mr. P. C. Arya	Assistant Account Officer	Member
8.	Mr. Santosh Kumar	Assistant Professor, Physical Education	In-Charge

Sports Calendar 2013-14

SPORTS	ORGANISED COLLEGE/CAMPUS	DATE
Wrestling	Kumaun University, Nainital (R.H.P.G.C. Kashipur)	13-14 August
Cross country	Govt. P.G.C Ranikhet	17 August
Football	Govt. M.B.P.G.C.Haldwani	30-02 September
Badminton (M &W)	Govt. Medical College, Haldwani	05-07 September
Kabaddi (M)	Govt. P.G.C. Lohaghat	09-10 September
Chess (M)	Govt. U.G.C. Manila	09-10 September
Basketball (W)	Govt. U.G.C Tanakpur	13-14 September
Kho-Kho (W)	Chandrawati Tiwari KanyaMahavidyalaya, Kashipur	17-18, Sep.
Tennis (M)	Unity Law College Rudrapur	19-20, Sep
Volley-Ball (W)	Govt. MahilaMahavidyalaya, Haldwani	21-22, Sep.
Canoeing- Kayaking	D.S.B. Campus Nainital	21-22, Sep.
Kho-Kho (M)	Govt. P.G.C. Khatima	25-26, Sep.

Cricket (M)	S.S.J. Campus Almora	27-06, Oct.
Table Tennis (M&W)	Govt. P.G.C. Pithoragarh	29-30, Sep.
Power Lifting	Kumaun University, Nainital	29-30, Sep.
Boxing (W)	Govt. U.G.C. Gangolihat	03-04, Oct.
Boxing (M)	Govt. P.G.C. Bageswar	05-06, Oct.
Cricket (W)	Govt. P.G.C. Rudrapur	08-10, Oct.
Yachting (M&W)	Kumaun University, Nainital	Awaiting
Hockey (M)	Govt. P.G.C. Kashipur	14-15, Oct.
Hand Ball (M)	Govt. U.G.C. Kotabag	27-28, Oct.
Athletics (M)	Kumaun University, Nainital	10-11, Nov.
Hockey (W)	S.I.M.T	01-02, Nov.
Basketball (M)	Govt. P.G.C. Ramnagar	05-06, Nov.
Tai quando(M&W)	Pal College Haldawni	07, Nov.
Athletics (M)	Govt. P.G.C. Rudrapur	13-14 Nov
Volley-Ball (M)	Govt. P.G.C. Narayan Nagar Didihaat	20-21, Nov.
Yoga (M&W)	Bheemtal Campus, K.U. Nainital	19-20, Dec.
Trekking (M)	Govt. U.G.C. Jainti	Awaiting
Debate Competition(M&W)	Govt. U.G.C. Bhikyasain	Awaiting

Performance of Students 2013-2014

SPORTS	PLACE	INTER UNIVERSITY SELECTION	CLASS
1-Football	RUNNER	1- Pawan Singh Bisht	B.A .1
		2- Mayank Singh Rawat	M.A (YOGA)
		3- Pankaj Arya	B.A.1
		4- Mukesh Chanyal	M.A.1 Semester-1
2-CRICKET (M)	Quarter Final	1- Mohammd Sohail	B.A.-1
3-CRICKET (W)	Joint-WINNER	1- Geeta Dhaila	M.A. (Semester-3)
		2-Poonam Bisht	M.A. (Semster-1)
		3-Priyanka Bisht	B.A.- 1
		4-Sangeeta Bisht	B.A.-3
4-HOCKEY(M)	RUNNER	1- Mayank Singh Rawat	M.A.(YOGA)
		2- Sunil Kumar	M.A.(Semester-3)
		3- Deepak	B.A.-1
		4-Krishna Kumar	B.A.-3
5-HOCKEY(W)	RUNNER	1- GeetaDhaila	M.A. (Semester-3)
		2-Poonam Bisht	M.A. (Semster-1)
		3-Priyanka Bisht	B.A.- 1
		4-Sangeeta Bisht	B.A.-3
		5-Nirdoshita Bisht	B.A.-3
		6-Bhawana Bisht	B.A.-2
5-BASKETBALL(M)	RUNNER	1- Deepak	B.A.- 2
		2- VinodKanariya	B.A.-1

6-BASKETBALL (W)	Quarter Final	1-Bhawana Rawat	Mass Com-1
		2-Swati Bora	B.Com-1
7-Table Tennis (M,W)	Semi Final	-----	
8-Badminton	Semi Final(Team Championship)	-----	
9-ATHLETICS(M)	-----		
10-ATHLETICS(W)	2-BRONZ MEDAL,	1-Pooja Bargali (Not Selected)	B.A.-1
		2-Meenakhi (Not Selected)	B.A,-1
11-HANDBALL	Semi Final	1-Neera Joshi	B.Sc-2
12-CHESS	Semi Final	1-Mohammd Rafe	B.A.-1
13-YOGA (M,W)	M-Winner W-----	Not declared	
14- Tiquando (M&W)	M-Gold	1-Mayank Bisht	B.A -3
		2-Neelam	B.A-1
15- Boxing (W)	Gold Medal	Renuka Bisht	M.A. Yoga III Sem.
16-Boxing (M)	Silver Medal	Anurag Mishra	B.Sc.-2

ACHIEVEMENTS

Sl. No.	Name	Game	Year	Organiser Place	Achievement Medal
1.	Rajendra K. Tiwari	Canoning & Kayaking	2000-2001	Jammu & Kashmir	K1 Bronze
2.	Manoj Kumar	Canoning & Kayaking	2000-2001	Jammu & Kashmir	K2 Silver
3.	Digember Singh	Canoning & Kayaking	2000-2001	Jammu & Kashmir	K2 Silver
4.	Ghanshyam Sanwal	Canoning & Kayaking	2000-2001	Jammu & Kashmir	K4 200 Mt.
5.	Rajendra K. Tiwari	Canoning & Kayaking	2000-2001	Jammu & Kashmir	K4 200Mt. B
6.	Digember Singh	Canoning & Kayaking	2000-2001	Jammu & Kashmir	K4-Bronze
7.	Manoj Kumar	Canoning &	2000-	Jammu &	K4 200Mt. B.

		Kayaking	2001	Kashmir	
8.	GhanshyamSanwal	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 500Mt. B.
9.	RakeshDogra	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 500Mt. B.
10.	Digember Singh	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 500Mt. B.
11.	Manoj Kumar	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 500Mt. B.
12.	GhanshyamSanwal	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 1000 Mt. B.
13.	RakeshDogra	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 1000 Mt. B.
14.	Rajeev Kumar	Canoning& Kayaking	2000-2001	Jammu& Kashmir	K4 1000 Mt. B.
15.	Rajendra	Canoning& Kayaking	2004-2005		K2-200,K4 - 1000Mt.
16.	D.S. Rautela	Canoning& Kayaking	2004-2005		K2-200K4-1000Mt.
17.	M.C.Pandey	Canoning& Kayaking	2004-2005		C1-200Silver,K4-200Bronze,K4-500,Bronze
18.	S.S.Adhikari	Canoning& Kayaking	2004-2005		K4 200Mt. B.
19.	Neeraj Joshi	Canoning& Kayaking	2004-2005		K4 1000Mt. B.
20.	Km NeelamVerma	Canoning& Kayaking	2004-2005		K2-200Mt.B,K2-500Mt.B,K4-500Mt.SIL,K4-200Mt. B.
21.	Km Raina Bisht	Canoning& Kayaking	2004-2005		K2-200Mt.B,K4-200Mt.SIL,K4-500Mt.SIL
22.	Km Somya Seth	Canoning& Kayaking	2004-2005		K2-200 Br,k4-200Sil
23.	Km Poonam Mewari	Canoning& Kayaking	2004-2005		C-500Br,K2-500Br.K1-500Br,K4-500Sil.
24.	Km Roopam Singh Rathore	Canoning& Kayaking	2004-2005		K4-500Sil,K4-500Sil.
25.	Km Poonam Mewari& Km K.Bisht	Canoning& Kayaking	2005-2006	Punjab University	K2-500Mt,Br
26.	Km S.Seth,KmRanjeetaSah,KmKanchanBisht,Km B Nayal	Canoning& Kayaking	2005-2006	Punjab University	K4-500Mt,Br.
27.	Kamal Chandra Bhutt,GauravJoshi,Neeraj Pandey	Canoning& Kayaking	2007-2008		K2-Bronze

28.	Ramesh Chandra Arya'NeerajSahi	Canoning& Kayaking	2007-2008		K2-Gold
29.	Bahadur Singh Bisht,MohitSah	Yachting	2007-2008		Gold
30.	Km PriyankaKarki,NeeshaDeupa,KmKusumSuyal,Vinita,Verma	Canoning& Kayaking	2007-2008		Bronze
31.	Km Preeti Arya	Yachting	2007-2008		Gold
32.	Km AnshuPandey,KmKalpanaJoshi,KmManjulata Joshi	Yachting	2007-2008		Silver
33.	Km PreetiArya,KmPriyankaKarki	Canoning& Kayaking	2009-2010	Kashmir	K2-1000Mt, Sil.
34.	Km PreetiArya,KmPriyankaKarki	Canoning& Kayaking	2009-2010	Kashmir	K2-500Mt, Sil.
35.	Km PriyankaKarki	Canoning& Kayaking	2009-2010	Kashmir	K1-500Mt, Sil
36.	Puneet Sharma	Canoning& Kayaking	2009-2010	Kashmir	K1-200Mt, Br.
37.	Km Preeti Arya,	Canoning& Kayaking	2009-2010	Kashmir	K1-1000Mt, Sil.
38.	Ramesh Chandra Arya	Canoning& Kayaking	2009-2010	Kashmir	K2-200Mt, Br.
39.	Bahadur Singh Bisht	Canoning& Kayaking	2009-2010	Kashmir	K2-200Mt, Br.
40.	Km PreetiArya,KmPriyankaKarki	Yachting	2009-2010	Chandigarh	1800Mt, Br.
41.	Puneet Sharma	Yachting	2009-2010	Chandigarh	1200Mt, Sil.
42.	Km PriyankaKarki	Yachting	2009-2010	Chandigarh	1800Mt, Sil.
43.	Km Preeti Arya	Yachting	2009-2010	Chandigarh	600Mt, Br.
44.	Puneet Sharma	Yachting	2009-2010	Chandigarh	600Mt, Br.
45.	Ramesh Chandra Arya	Yachting	2009-2010	Chandigarh	1800Mt, Sil.
46.	Bahadur Singh Bisht	Yachting	2009-2010	Chandigarh	1800Mt, Sil.
47.	Ramesh Chandra Arya	Yachting	2009-2010	Chandigarh	600Mt, Sil.
48.	Bahadur Singh Bisht	Yachting	2009-2010	Chandigarh	600Mt, Sil.
49.	Gaurav Pant, Dhruv Pandey	Canoning& Kayaking	2011-12	Jalandhar	K2-1000Mt, Sil
50.	Gaurav Joshi, SantokhBisht, Abhiranjan Sinha	Yachting	2011-12	Chandigarh	Silver