

GUIDELINES
FOR
DEVELOPMENT OF SPORTS INFRASTRUCTURE AND
EQUIPMENT IN UNIVERSITIES AND COLLEGES
DURING XII PLAN (2012-2017)

UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI

GUIDELINES FOR DEVELOPMENT OF SPORTS INFRASTRUCTURE AND EQUIPMENT IN UNIVERSITIES AND COLLEGES

1. INTRODUCTION

Sports is a means of physical and mental development besides creating harmony in the country. Sports is like a matrix where persons of all creeds, color, religion and socio-economic status have the level playing ground. It is a melting pot where all and sundry have equal rights and opportunities. Sports is, thus, a glowing example of national integration. The participation in sports makes a nation fitter and also reduces the burden of morbidity and mortality in the population. Indian people are by nature sedentary and as such, the load of life style diseases is increasing on the health system of the country exponentially. Keeping in view the fact that a fitter nation is better in performance in all parameters, it is important that the University Grants Commission (UGC) supports the development of sports infrastructure in its various colleges and universities to provide an opportunity for the students to participate in sports in a big way. The Scheme would provide the basic infrastructure and equipment in various colleges and universities for promotion of sports. This is also an attempt to fruitfully engage the students in their leisure time.

2. AIMS AND OBJECTIVES

The aims and objectives of the Scheme are to enhance capacity building in various colleges and universities for promotion of sports with an idea that broad base of the sporting pyramid would ultimately produce enough sports persons to participate in elite sports. By making the pyramid broader, it would ultimately lead to enough sports persons which will represent India in international events and bring pride to the country. Keeping in view the objectives of the Scheme as mentioned above, the Scheme has been designed to offer:

- a) Stage-wise support for gradual development of sports infrastructure starting from the basic to the optimal keeping in view the participation of students in particular games;
- b) The previous performance of the students in particular sports will be taken into consideration for providing support in the form of infrastructure and equipment;
- c) All eligible universities and colleges will be provided basic infrastructural facilities as mentioned in stage I, subject to their proposal being found in order by a duly constituted Expert Committee. Subsequent upgradation of grant to stage II or stage III, as the case may be, will be done keeping in view the optimal utilization of the support already provided and/or facilities available in the institution; and
- d) The whole gambit of the Scheme is to provide stage-wise development of infrastructure with proper monitoring at every level.

3. ELIGIBILITY

- a. All universities and colleges (excluding agricultural/medical/dental/nursing/private universities) included under Section 2(f) and 12(B) of the UGC Act 1956 and declared fit to receive development assistance from UGC, will be covered under the Scheme.

- b. The applicant institution must have undisputed possession of land/building in respect to which the infrastructure is sought under the Scheme.
- c. All drawing plans and estimates must be made by a Registered Architect registered with the Council of Architecture.
- d. The money allocation would be full and final and no escalation in cost will be allowed subsequently.
- e. The release of funds will be as per the UGC norms applicable to such schemes.
- f. The university/college can apply to the higher stage only, if it has adequate infrastructure as mentioned in the previous stage(s).
- g. Any expenditure over and above the grant approved by the UGC will be borne by the Institution from its own resources.
- h. The grant allocated is for creation of infrastructure and equipment and no maintenance grant will be given by the UGC.
- i. The staff required in the form of sports coaches/DPEs etc. should be clearly mentioned in the proforma for the Scheme. No money will be allocated without proper support of human resource for its utilization.
- j. The UGC format for utilization certificate/statement of expenditure and its progress should be followed.
- k. All such certificates will be signed by the Nodal Project Officer as well as the Registrar/Principal.

4. PROCEDURE FOR PROCESSING THE PROPOSALS AND RELEASE OF GRANT:

UGC will examine all proposals received from universities and colleges under the scheme till due date through a duly constituted Expert Committee. Duly constituted Expert Committee will recommend to the UGC regarding acceptance/rejection of the proposal. 50% of the grant and the whole amount earmarked for equipment, will be released as 1st installment and out of the remaining grant, 40% will be released after mid-term monitoring is done by a Committee constituted by the UGC after around one and half years. Remaining 10% grant will be released after completion of the project under the Scheme.

5. PROCEDURE FOR MONITORING

Mid-term Monitoring will be done by a duly constituted Expert Committee of the UGC after around one and half years in a cluster mode.

6. PATTERN OF STAGE-WISE ASSISTANCE FOR DEVELOPMENT OF SPORTS INFRASTRUCTURE AND EQUIPMENT IN UNIVERSITIES AND COLLEGES:

STAGE I (University/college will ask for infrastructural support depending on the availability of land/human resources) **(ONLY TWO ITEMS FROM DIFFERENT COMPONENTS CAN BE APPLIED FOR)**

I. Composite Football/Cricket Playfield with pitch - Standard Size

Type	Ceiling of UGC Assistance
Without running track	Rs. 5,00,000
6 lanes grass running track	Rs. 6,00,000
8 lanes grass running track	Rs. 7,00,000

II.

Playfield Type	Ceiling of UGC Assistance
Standard size Hockey grass field without running track	Rs. 3,60,000
Standard size Concrete Basketball Court with upright post and synthetic back boards	Rs. 5,00,000
Cricket pitch for Training	Rs. 60,000
Flood Lighting of Volleyball and Basketball courts.	Rs. 4,00,000

III. Tennis Courts – Standard Size

Type	Ceiling of UGC Assistance
Concrete	Rs. 3,50,000
Morrum	Rs. 3,00,000

STAGE II (Infrastructure will be applied after substantial development of Stage I)
(ONLY TWO ITEMS FROM DIFFERENT COMPONENTS CAN BE APPLIED FOR)

I. Indoor Sports Training Facility with Wooden Flooring (Tongue and Groove system)

Type	Ceiling of UGC Assistance
Size not less than 36x24x12.5 Mtrs	Rs. 70,00,000
Size not less than 30x18x12.5 Mtrs	Rs. 65,00,000
Size not less than 20x12x7 Mtrs	Rs. 60,00,000

II.

Type of training facility	Ceiling of UGC Assistance
Outdoor Stadium-Field size not less than 105 X 70 Mtrs.	Rs. 50,00,000
Outdoor stadium with field size not less than 170x100 Mtrs with 8 lane grass running track.	Rs. 60,00,000
8 lane swimming pool with dimensions of 25x21x1.80 Mtrs.	Rs. 1,25,00,000
Indoor Shooting Range 30x20x4 Mtrs.	Rs. 90,00,000
50 Bedded Sports Hostel	Rs. 75,00,000
Multipurpose Gymnasium	Rs. 1,00,00,000

STAGE III. (Infrastructure will be applied after substantial development of Stage II)
(ONLY ONE ITEM CAN BE APPLIED FOR)

I.

Type of Facility	Ceiling of UGC Assistance
a) 8 Lane Swimming Pool 50x21x1.80 Mtrs.	Rs. 2,25,00,000
b) 100 Bedded Sports Hostel	Rs. 1,50,00,000
c) Fitness Centre with Sports Sciences Back up	Rs. 2,40,00,000

NOTE: (i) The university/college can apply for assistance under the Scheme for any of the three Stages depending upon the infrastructure it has already developed. Stage I has three components, Stage II has two components and Stage III has one component only. The applicant university/college may apply for any two items from three components of Stage I or two items from two components of Stage II or one item from the component of Stage III.

(ii) At every Stage, an additional consolidated grant to the tune of Rs. 10 lacs will be provided for equipment.

(iii) Universities and colleges may maintain the infrastructure created under the Scheme out of the General Development Assistance provided under the XII Plan. Thereafter, the infrastructure will be maintained by the concerned university/college.

(iv) Ceiling of assistance under:

(a) Stage I : Rs. 12.00 lakh + Rs. 10.00 lakh for equipment = Rs. 22.00 lakh.

(b) Stage II: Rs. 170.00 lakh + Rs. 10.00 lakh for equipment = Rs. 180.00 lakh

© Stage III: Rs. 240.00 lakh + Rs. 10.00 lakh for equipment = Rs. 250.00 lakh

PROFORMA FOR SUBMITTING THE PROPOSAL FOR FINANCIAL ASSISTANCE UNDER THE SCHEME.

Stage of assistance applied for:

University/College can apply to the higher stage if facilities in lower stages are available.

1. Information of the University/College:

Name	
Address	
Name of Vice Chancellor/ Principal	
Telephone Number (office)	
Mobile number	
Email ID	
Website	
Name of the Nodal Project Officer (NPO)	
Telephone number of NPO (office)	

2. **Whether the University/College has been recognized under** Section 2(f) and 12(B) of the UGC Act of 1956 (Please Tick): Yes / No

3. Location of the University/College:

Rural / Urban

8. Medal Tally of University/College in Inter-university/Inter-college events and above for last three years:

Year	Sports	Level of Participation	Medals

9. Human Resource(s) available in University/College

	Number	Date of joining
Director		
Deputy Director		
Assistant Director		

Coaches (Number)	Sports	SAI	University	Date of joining

10. Plans of the infrastructure proposed to be created:

Plan	Name and address of the Architect	Registration number of the architect in the Council of Architecture

11. Details of Land available:

Dimension of land	Purpose for which it is to be used	Ownership Deed(Attached/Not attached)

Certified that the facts mentioned above are correct to the best of my knowledge and belief.

Nodal Officer for the Project

Registrar/Principal

**UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI**

UTILIZATION CERTIFICATE

Certified that the grant of Rs.(Rupees.....) sanctioned to vide their letter No.dated.....towardshas been utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions as laid down by the Commission.

If, as a result of check or audit objection, some irregularity is noticed at a later stage, action will be taken to refund or regularize the objected amount.

Principal/Registrar
(With Seal)

Finance Officer
(In case of University only)

Chartered Accountant/
Government Auditor
(In case of College only)

Date:.....

**UNIVERSITY GRANTS COMMISSION
BAHADURSHAH ZAFAR MARG
NEW DELHI**

STATEMENT OF EXPENDITURE

Audited Statement of Expenditure in respect ofapproved by the UGC vide their letter
No..... dated.....

STATEMENT OF DETAILED EXPENDITURE

Principal/Registrar
(With Seal)

Finance Officer
(In case of University only)

Chartered Accountant/
Government Auditor
(In case of College only)

Date:

**CENTRE OF EXCELLENCE FOR DEVELOPMENT OF SPORTS (CEDs)
IN UNIVERSITIES
(2012 - 2017)**



UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI – 110002

XII PLAN GUIDELINES
CENTRE OF EXCELLENCE FOR DEVELOPMENT OF SPORTS (CEDS)
IN UNIVERSITIES
(2012 - 2017)

1. Preamble

India's participation in sports started in 1900 in the Summer Olympics held in Paris where one athlete Norman Pritchard participated. This led to the establishment of the Indian Olympic Association which came into existence in 1927 with Sir Dorabji Tata as its first President. Till date, despite being in international Olympics since 1900, i.e. more than 113 years, the total medals won by India in Olympics have been 26, out of which 11 are in the field of hockey. In individual events, in last 113 years there has been only 01 gold medal, 05 silver medals and 09 bronze medals taking that tally to a total of 15. It is also pertinent to mention that the ranking of India in Olympics which was 23 in 1928 at Amsterdam Olympics has gone down to 55 in 2012 London Olympics. India being a country on the move in all other fields and showing a substantial growth in all economic parameters, seems to be lagging far behind many other developing countries so far as sports are concerned. Even currently, despite the best efforts of the Sports Authority of India and the Ministry of Youth Affairs and Sports, the country tends to lag in sports in a big way.

The first national level institute to promote sports was established in 1961 as Netaji Subhash National Institute which was supposedly the biggest in Asia in the princely city of Patiala. The Government of India established Sports Authority of India (SAI) in 1984 with 07 Regional Centres and 02 sub centres, besides a high altitude training centre in Himachal Pradesh. 02 national level institutes run by SAI are the Netaji Subhash National Institute of Sports, Patiala and Laxmibai National College of Physical Education, Thiruvanthapuram. To promote sports in India, the Govt. of India established the Department of Sports for organizing the 1982 Asian games, which subsequently changed to Department of Youth Affairs & Sports in the year 1985, which was also the International Youth Year. It became a full fledged Ministry in 2000 looking after the youth and sports development. The Ministry of Youth Affairs and Sports also runs the Laxmi Bai National University of Physical Education, Gwalior which is endeavoring to provide human resource for the development of sports in the country. One of the major reasons for the dismal performance of India in the international scenario of sports has been the absence of specialized institutes which provide all round development of sport persons by providing the inputs by the sports scientists, by proper evaluation, instructing the coaches, providing the adequate sports infrastructure, having a proper follow-up of the performance in a scientific manner. Guru Nanak Dev University being the only university in the country to have Faculty of Sports Medicine is inadequate to provide the optimal support to sport persons of this country. SAI, despite developing national institutes, has still been able to provide services to the sports persons at the rudimentary level only.

The need of the hour is to provide a platform to the youth of this country, so that mass participation in sports with specialized service support is facilitated and the Indian youth are able to excel in international sports. The University Grants Commission (UGC), besides providing infrastructural support, intends to create a few Centres of Excellence in various regions of the country, which will not only be the support system for our budding sport persons but also act as a nursery for sport scientists which will ultimately provide a massive human resource to the sporting associations and federations of India. For this purpose, the UGC will identify departments of physical education in 05 universities and will designate them as Centre of Excellence for Development of Sports (CEDS).

2. Objectives

The main objective of the Scheme is to facilitate certain selected universities to develop CEDS which will encompass the sports infrastructure as well as the sports sciences. The UGC will provide liberal grants to the selected universities for this purpose. In turn, the universities/centres would be expected to do the following:-

- (i) To cater to the needs of the sport persons of the region by providing high quality infrastructure.
- (ii) To provide scientific backup for pre-competitive evaluation of the sport persons.
- (iii) To provide a platform for training of coaches so as to create a large pool of trained human resources in sports;
- (iv) To run academic programmes delineated as under:
 - a) To run degree programmes starting from the first degree up to doctorate level.
 - b) To provide flexible Bachelors' Programme for the sport persons so that their sporting activities are not curtailed.
 - c) To run Diploma and Certificate Courses as vocational programmes for the sport persons.
- (v) To provide platform for multidisciplinary research in the field of sport sciences and sports.
- (vi) To provide a public education programme in Healthy Living & Wellness for general population.
- (vii) To promote excellence in academic programmes relevant to sport persons and the society as a whole.
- (viii) To take up networking and collaboration with other institutes of higher learning/national laboratories and centres of sports in India and abroad.
- (ix) To serve as a repository of available knowledge in the country in the field of sport sciences.

3. Target Group

All Central Universities, centrally funded Deemed to be Universities and State Universities receiving development assistance from the UGC, which have developed reasonable infrastructure for development of the sports and shown evidence of high quality research capability, will be considered for UGC assistance under the Scheme. Five Universities will be identified under the Scheme during the XII Plan.

4. Eligibility Criteria

Any university aspiring to receive financial support under the Scheme should meet the following criteria:

- (i) University should have adequate sporting infrastructure in some of major disciplines in sports.
- (ii) University should have adequate sport sciences laboratories and backup and human resources for evaluation of the sport persons.
- (iii) University should have attained A grade accreditation by National Assessment Accreditation Council.
- (iv) At least one faculty member working in this field should be well recognized by national/international bodies/academics or should have other distinctions.
- (v) University should have demonstrated competence in research work by adequate publications.
- (vi) University should have made distinct contribution to the development of knowledge in the field of sport sciences and sports.

5. Nature of Assistance

The nature of financial assistance under the Scheme will be as follows:

- (i) The financial assistance of the university will be limited to a maximum of 25 crores for a period of five years.
- (ii) The funding to the University will be project oriented and the university will submit a Detailed Project Report (DPR) indicating the major items of proposed expenditure under the Scheme.
- (iii) The grant under the Scheme will be used for the following activities:
 - a) For conducting research in the field of sport sciences and sports.
 - b) For meeting the salary of additional academic/research staff during the implementation of the Scheme.
 - c) For meeting the expenses on purchase of equipment/library resources/working expenses during the implementation of the Scheme.
 - d) For conducting faculty development programmes and conferences in the related fields.
 - e) For creating new infrastructure/augmenting the already available physical infrastructure.
 - f) For developing sport sciences and sports medicine laboratories etc.
- (iv) The grant will be used as per Budget and Action Plan finalized by the Expert Committee in each case.

6. Inviting Proposals

Proposals for financial assistance under the Scheme will be invited by the UGC in the prescribed proforma as per **Annexure-I**. The announcements will be made regarding the Scheme on the UGC Website and otherwise.

7. Committees for the Scheme:

There will be following Committees:

a) **STANDING COMMITTEE**

The Chairman, UGC will constitute a Standing Committee as per the composition given below:

- | | | |
|-------|--|------------------|
| (i) | Commission Member | Chairperson |
| (ii) | Three Experts from the field of sports/
sports medicine/sports sciences | Members |
| (iii) | An eminent person from a reputed National
Institute of Sports | Member |
| (iv) | UGC Officer | Member Secretary |

The Standing Committee will make a preliminary scrutiny for short-listing of proposals and identify 10-15 universities for visit by the Expert Committee. The Standing Committee will develop parameters to examine the reports of Expert Committees and recommend five of them for consideration of the Commission for assistance under the Scheme. The Standing Committee will also have a Mid-Term Monitoring of the progress by the different Centres.

b) **EXPERT COMMITTEE**

An Expert Committee, comprising 4-5 experts from the field of sports/sport medicine/sport sciences and one UGC officer, will be constituted by Chairman, UGC to visit the universities identified by the Standing Committee. The Expert Committee will discuss the DPR and proposed Plan of Action of the University with all the stakeholders and in consultation with them, finalise the Action Plan and heads of expenditure. The recommendations of the Expert Committee will be placed before the Standing Committee.

c) **ADVISORY COMMITTEE**

The Advisory Committee will be constituted by the Vice-Chancellor of selected universities under the Scheme which may meet twice a year. The Committee will give advice regarding the setting up of various facilities in the universities and oversee launching of academic programmes and research being conducted.

The composition of the Advisory Committee is given below:

- | | | |
|------|-----------------------------------|-------------|
| (i) | Vice-Chancellor of the university | Chairperson |
| (ii) | Two Experts | Members |

	(nominated by the Chairman, UGC)	
(iii)	Two academicians in the relevant fields (nominated by the Vice-Chancellor)	Members
(iv)	Director of the Centre (appointed by the Vice-Chancellor)	Member-Secretary

8. Procedure for approval by the UGC

The UGC will invite the proposals from the interested universities by issuing a public notice on the UGC Website or by sending a circular to all the universities. The interested universities will submit their proposal in the prescribed proforma enclosing therewith a detailed DPR and proposed Action Plan and items of expenditure. The proposals will be scrutinized by the Standing Committee or by a sub-committee constituted by the Standing Committee. Outside experts may also be co-opted in the Sub-committee, if the Standing Committee so feels. The Standing Committee will identify 10-15 universities based on the merit of the proposal and the parameters which Standing Committee may develop in its wisdom. The identified universities will be visited by an Expert Committee. The same Expert Committee will visit all the identified universities to ensure consistency in evaluation of the proposals. The selected proposals will be placed before the Standing Committee which will examine the Reports of the Expert Committee based on the parameters, developed by it, and will recommend 05 cases for approval of the Commission.

9. Procedure for release of grant

50% of the grant allocated, other than equipment grant, will be released as first installment by the UGC to the university selected under the Scheme. The release of second installment of grant to the tune of 40% of allocation, other than equipment grant, will be done after receiving utilization certification against the first installment of grant. The final installment of 10% of grant will be released after receiving utilization certificate against total allocation and completion documents in case of construction activities. 100% grant for purchase of equipment will be released in one go, once the physical infrastructure to house the equipment is in place and an intimation to this effect is received from the university. If the physical infrastructure to house the equipments is already in place and such an intimation is received from the selected university with a request to release equipment grant, UGC may release the equipment grant in the beginning of the programme itself.

10. Procedure for monitoring the progress

- 10.1 The minutes of the meeting of the Advisory Committee and annual progress report about the activities of the Centre will be submitted to the UGC every year.
- 10.2 The progress made by each university under the Scheme will be reviewed after the end of two years by the Standing Committee at the UGC Headquarters. The university will make a presentation highlighting the activities undertaken and the grant utilized under the Scheme. If the Standing Committee is not satisfied with the progress of the work, it may recommend for constitution of an Expert Committee for on-the-spot inspection of the university. The Standing Committee will consider the Report of the Expert Committee and

based on the Report, will take a decision to recommend to the Commission about continuation/discontinuation of the Centre.

11. Withdrawal of the Centre

- 11.1 If as a result of mid-term monitoring, the Commission is satisfied that the university has not effectively implemented the Scheme and produced results as per the objectives of the Scheme, it may withdraw the assistance under the Scheme.
- 11.2 The UGC may also withdraw the assistance from the Centre if the information and data supplied by the University to claim assistance for the Centre is subsequently found to be incorrect. In such a case, the university shall have to refund the entire amount released to them under the Scheme with penal interest.
- 11.3 The assistance to the Centre will also be withdrawn in case of misappropriation and misuse of funds. In such a case, the university will not only have to refund the entire amount released to it under the Scheme with penal interest but also face other appropriate action(s) which may be taken by the UGC. The university will also be blacklisted and will not be allowed to participate in any other scheme of UGC.
- 11.4 If assistance to the Centre of a University is once withdrawn due to any reason, it will not be revived.

12. Administrative Structure of the Centre

- 12.1 The Centre will be headed by a Director who will of the rank of Professor in the fields of Sports/Sport Medicine/Sport Sciences
- 12.2 The Director will be assisted by two Deputy Directors of the rank of Associate Professor, from the fields of Sports/Sports Medicine/Sports Sciences.
- 12.3 The Centre will be supported by 2-3 Scientific Officers/Technical Officers.
- 12.4 The UGC assistance for the staff will be for a period of five years from the date of implementation of the programme and the University will have to give an undertaking to the UGC to maintain these positions, before making appointments.

**PROFORMA FOR SEEKING SUPPORT UNDER THE CENTRE OF EXCELLENCE
FOR DEVELOPMENT OF SPORTS (CEDS) SCHEME**

1. a) Name and address of the University:

b) Website address of the University :

2. Year of establishment :

3. Type of University :

Central University

State University Deemed

University

4. Communication details:

Particulars (Please mention the name of incumbent in each row)	Tel. No. Landline/Mobile	Fax No.	E-mail ID
Vice-Chancellor:			
Registrar:			

5. Accreditation details: -

- a) *Date of Accreditation/Reaccreditation*
- b) *Grade*
- c) *CGPA*
- d) *Validity of Accreditation/Re-accreditation*

6. Whether prepared yearly Report of Quality sustenance and enhancement under IQAC? Yes/No

7. Details of Departments:

Total No. of Departments	Total No. of Departments participating under		
	SAP	CPEPA	National facility

8. Whether any faculty members of identified Departments recognized nationally/internationally? Yes/No

If yes, give their names and designations and indicate the nature of their recognition:

9. Please indicate the quality of research being carried out in the department of sports/ sports medicine/sports sciences being considered for CESD scheme during the last five years detailing : Number of teachers presently working against the sanctioned strength, Ph.Ds. produced, Patents obtained, Research Publications, Seminars, Workshops attended and organized, NET qualified candidates from the departments, awards received by the faculties, (National/International), consultancy, extension activities and any other activities which the university would like to place before the UGC for considering the departments under the scheme.
10. Current number of academic programmes/courses offered within the University under the following categories : (Enclose separately the list of academic programs offered, with inter-/multi-disciplinary types being under-lined.)

Programmes	Number of programmes	Total number of students
UG		
PG		
M.Phil.		
Ph.D.		
Certificate		
Diploma		
PG Diploma		
Any other (specify)		

11. Give details of self-financing courses (if any) offered by the University.

Programmes	Number of programmes	Total number of students	Funds generated during the last year
UG			
PG			
M.Phil.			
Ph.D.			
Certificate			
Diploma			
PG Diploma			
Any other (specify)			

12. No. of students of the University qualified in the UGC-CSIR/GATE examinations and who have registered for research in the University during the last five years.

13. TEACHING FACULTY

13.1 Total number of sanctioned posts :

13.2 Total number of filled up posts :

13.3 Total number of vacancies :

13.4 Percentage of vacancies to the sanctioned post :

14. No. of teaching faculty recruited in the last five year period from:

Year	From the same State		From other state
	Same Institution	Other Institution	

15. Facilities available and activities undertaken to enable the teachers keep abreast of recent developments in their subject areas.

16. What are the national and international linkages established for teaching and research?

17. No. of teachers getting awards/recognition/fellowships:

f National :

f International :

18. Tick the support services available in the University from the following list

Central library :

Departmental Libraries :

Computer center :

Internet Facility :

Health center :

Sports facilities :

Press :

- Workshop :
- Hostels :
- Guest house :
- Campus housing :
- Canteen :
- Grievance Redressal cell :
- Training & Placement Cell :
- Non-resident centre :
- ICT as learning resource :
- Any other (specify) :

PROPOSED ACTIVITIES UNDER CEDS SCHEME

1.0 RESEARCH PROGRAMME PROPOSED

- 1.1 What is the broad outline of the inter-/multi-disciplinary research programme and academic courses proposed to be conducted at the University, if selected under the *CEDS Scheme*? Give this, together with the proposed breakdown of roles and responsibilities of the Departments of the University joining together in this work and the anticipated time plan and the Action Plan.
- 1.2 Give the proposed budget, covering both non-recurring and recurring requirements, for undertaking the Action Plan and Research Programme proposed under Para 8, if the University is selected under the *CEDS Scheme*.
- 1.3 Details of the Research and Application activities in the field of Sport Medicine.

1.3A

Discipline	Field of Research	No. of Publications	
		National	International

1.3B

Name of Competition	Kind of support provided to the Organisers by the University	Whether regional/national/international

- 1.4 Details of the Research and Application activities under Sport Sciences

1.4A

Discipline	Field of Research	No. of Publications	
		National	International

1.4B

Name of Competition	Kind of support provided to the Organisers by the University	Whether regional/ national/international

1.5 Details of the Research and Application activities under Sports

1.5A

Discipline	Field of Research	No. of Publications	
		National	International

1.5B

Name of Competition	Kind of support provided to the Organiser by the University	Whether regional/ national/international

1.6 Details of the Sporting infrastructure available in the University:

Sr. No.	Sport	Infrastructure available

1.7 Number of students participating in sports in the last three years.

S.No.	Sports	Total Participation	Year

1.8 Distinctions/Awards/Fellowships won by the faculty in the field of sports/sports medicine/ sport sciences:

Name of the Faculty	Award/Fellowship/ Distinction	Year	Name of the Association/ Academy

1.9 Membership of the Academic/Professional bodies in the field of sports/sport medicine/ sport sciences :

Name of the Faculty	Type of Membership	Year	Name of the Academic/Professional body

1.10 Existing Laboratories under Sports/Sports Medicine/Sports Sciences

Name of the Laboratory	Equipment available

1.11 Academic Programmes run in the field of Sports/Sports Medicine/Sports Sciences

Name of the Programme	Year of Initiation	Duration of the Programme	Yearly intake of students

1.12 Human Resources available under the Directorate of Sports/Department of Physical Education/ relevant department(s)

	Number	Date of joining
Director		
Deputy Director		
Assistant Director		
Any other		

Coaches (Number)	Sports	SAI	University	Date of joining

1.13 Medal Tally of University in Inter-varsity events and above

Year	Sports	Participation	Medals

1.14 Laboratories/Equipment proposed to be purchased under Sport/Sports Medicine/Sports Sciences

Sr.No.	Name of the Laboratory	Equipment required	Funds required

1.15 Details of the Sporting infrastructure proposed under CEDS Scheme:

Sr. No.	Sport	Infrastructure required	Funds required

1.16 Proposed Academic Programmes

Sr.No.	Name of the Academic Programme	Duration of the Academic Programme	Proposed Students intake	Name of the Approving statutory body, if any

CERTIFICATE

This is to certify that the information provided in this proposal and its enclosures is true and correct to the best of our knowledge and belief. We understand the consequences of any untrue or incorrect information provided in this proposal and its enclosures.

Registrar
(Signature with seal)

Vice-Chancellor
(Signature with seal)

Place:

Date:

Syllabus for Bachelors

Framework of Syllabus

1. General well-being, Health and Hygiene
2. Physical Fitness and Yoga
3. Food and Nutrition
4. First Aid
5. Diseases

Unit – I

GENERAL WELL-BEING, HEALTH AND HYGIENE

- General well-being
 - How is well-being defined?
 - Importance of well-being in daily life and its effect on society.
- Health Education
 - Its meaning and Importance.
 - Role of media in imparting awareness about Health Education.
 - Government sponsored health education programmes.
- Personal Hygiene
 - Meaning, and its importance, factors affecting personal hygiene.
 - How hygiene is related to diseases.
 - Prevention of communicable diseases, Vaccination schedule as per WHO guidelines, Water borne diseases and its prevention.
 - Hand-washing: Its importance, Steps of hand-washing, Relation of hand-washing with diseases.
 - Care of Skin, Hair, Nails, Teeth, Eyes and Ears.

Unit - II

PHYSICAL FITNESS AND YOGA

- Concepts of Physical Fitness and Its components
- Importance of Physical Fitness in Sports and General population
- Daily Exercise Recommendations for different age groups and its benefits.
(Importance of walking, cycling, swimming)
- Types of Physical activity and recommendations for preventing life style diseases.
(Importance of Stretching, Strength, Stamina, Agility and Flexibility)
- Concept of Yoga and historical development of Yoga.
- Types of Yoga.
- Importance of Yoga and its benefits in daily life.

UNIT – III **FOOD AND NUTRITION**

- Basis of Healthy Diet
- The food pyramid
- Balanced diet and its constituents.
- Importance of balance diet.
- Health benefits of Fruits and Vegetables
 - How it protects the body against diseases (Diabetes, Heart diseases, cancers, hypertension)
 - Importance of fibre intake in daily diet.
- Health benefits of Meat and Poultry products
- Health benefits of Milk and its products.
- Cooking oil
 - Cholesterol – Advantages and disadvantages on health
 - Healthy cooking oil- Safflower/ *kardi* oil, Sunflower oil, Groundnut oil/ peanut oil, Olive oil, Soyabean oil, Mustard oil.
 - Unhealthy cooking oil-Ghee, Butter, Vanaspati
 - What is Good Fat- MUFA (Monosaturated Fatty Acid), effect on cholesterol levels.
 - What is Bad Fat- PUFA (Polyunsaturated Fatty Acid), effect on cholesterol levels.
- Vitamins :
 - Benefits of Vitamins in daily life.
 - Fat soluble Vitamins A, D, E &K – List of fruits and vegetable source for each
 - Water soluble Vitamin B complex & VitC - List of fruit and vegetable source for each
- Water:
 - Distribution of water in the body, role of water in maintaining homeostasis.
 - Importance of fluid and electrolyte balance.

UNIT – IV **FIRST AID**

- Introduction to First Aid-
Bruises, Cuts, Burns, Bleeding and Shock : causes and management.
- CPR its importance and practical knowledge.
- Heat and cold injuries and illnesses ,its prevention.
- Disaster management, Emergency steps and planning.
- PRICER – Prevention, Rest, Ice, Compression, Elevation and Rehabilitation

UNIT – V **DISEASES**

- Deficiency Diseases (Definition and list of diseases)
 - Anaemia-
Definition, causes, signs and symptoms, treatment
 - List and effects of Vitamin & Mineral Deficiencies

- Life Style Disorders(Definition and list of diseases)
 - Cardiovascular diseases
List of diseases Hypertension, Coronary heart disease, Stroke effect of exercise and diet in management of cardiovascular diseases.
 - Diabetes
Definition, effects of diabetes on health, role of exercise and diet in prevention and control of diabetes.
 - Obesity
Definition, Risk Factors, Adverse effects of obesity on health (Diabetes, Hypertension, Osteoporosis), role of lifestyle modifications in prevention and control of obesity and its after effects.
 - Life style diseases
Posture control and muscle education, cervical spondylosis, Osteoarthritis, Backache and its causes, common occupational Musculo Skeletal disorders.
 - Drug abuse, Smoking and Alcoholism side effects and addictions

- Communicable Diseases (Definition and list of diseases)
(Brief about symptoms and importance of treatment)
 - Tuberculosis
 - Leprosy
 - Malaria
 - Dengue
 - Chikun gunya
 - Typhoid
 - Measles
 - Poliomyelitis
 - HIV, AIDS & STD
 - Hepatitis
 - Swine flu
 - Rabies

Syllabus for Masters.

Framework of Syllabus

6. Health and Physical Fitness
7. Food and Nutrition
8. Emergency Care/ Emergency services and disaster management
9. Diseases

Unit - I HEALTH AND PHYSICAL FITNESS

- Definition of Health and wellness, Factors affecting health and wellness.
Physiological, psychological and social health.
- Stress : definition , types, management and role of exercise
- Fitness :
 - Definition, basics of stretching, strength, aerobic and anaerobic exercises.
 - Basic components of physically active life style in preventing obesity, osteoporosis, heart disease, and diabetes.
 - Exercise Guidelines –Cardiovascular exercises, Strength and flexibility exercise. Role of exercises in Psychosomatic diseases.
 - Workout Guidelines: Intensity, duration and frequency.

UNIT – II FOOD AND NUTRITION

- Nutrition and exercise
Energy requirement for aerobic and anaerobic exercises, water and dehydration, Importance of exercise in preventing life style diseases - Diabetes, CVD, hypertension, Metabolic syndrome, obesity and osteoporosis.
- Carbohydrates:
Definition, functions, sources, and classification.
- Lipids :
Definition, functions, sources, classification.
Cholesterol and its importance in maintaining health.
Role of exercise in maintaining lipid levels.
- Proteins:
Definition, functions, sources, and classification
- Sports nutrition
Nutrition for athletes, Ergogenic aids, Groups of Drugs prohibited under WADA rules
- Vitamins
 - Vitamins A,D,E, K - Functions, Physiological action, Source, RDA, Deficiency, Toxicity.

- Thiamine, Riboflavin, B12, Folic acid, Pyridoxine, Pantothenic acid, Niacin, Biotin, Ascorbic acid - Functions, Physiological action, Source, RDA, Deficiency, Toxicity.
- Calcium: Distribution in the body digestion, Absorption, Deficiency, Toxicity, Sources, RDA, Regulation of calcium concentration.
- Iron: Distribution, Concentration in the body, Digestion, Sources, RDA, Deficiency, Role of iron in prevention of anaemia.
- Micronutrients –role and its importance in diet
- Water : Balance ,functions, hydration , and water loss in different climatic conditions and during exercise, water loading, beat the heat programme.

UNIT – III **EMERGENCY MANAGEMENT**

- Emergency Care
 - Cardio pulmonary Resuscitation
 - Shock management
 - Internal and External bleeding
 - Splinting
 - Stretcher use-Handling, transfer and evacuation procedure.
 - Initial steps for Head and Neck injuries
 - Initial steps for Epilepsy management
 - Initial steps for Burn management.
 - Initial steps for Epistaxis management
- Emergency services and disaster management
 - Emergency Services Scope
 - Principles of Planning of emergency services
 - Emergency departments.
 - Types of hazards / natural calamities/disasters and its management.

UNIT –IV **DISEASES**

- Life Style Diseases
 - Diseases of cardio vascular system - Risk factors of CVD, Etiology, risk factors Symptoms, and dietary management of atherosclerosis, Ischemic heart disease, Stroke, dyslipidaemia, prevention through life style modifications.

- Hypertension - Classification, prevalence, Diet related factors influencing hypertension, Management of hypertension.
- Obesity - Definition, Cause of obesity, relation of obesity with other Life style diseases, BMI, Classification according to BMI, Diet management in obesity, Effect of Exercise in obesity management.
- Diabetes Mellitus - Etiology, Types, Symptoms, Diagnosis, complications and importance of treatment, Role of dietary management and life style modifications in Management of Diabetes.
- Mental health and stress management.
- Drug Addictions, Smoking, Alcoholism and side effects.
- Deficiency Diseases (Detailed study of histopathology, clinical features, investigation, treatment)
 - Malnutrition - causes, ecological factors, effects of malnutrition, protein deficiency diseases - PEM, Kwashiorkor - incidence, nutrition education and measures to overcome malnutrition.
 - Nutritional Anaemia - Definition, cause, signs and symptoms, how to treat the deficiency.
 - Basic investigations -Hb, TLC, DLC, ESR, routine urine and stool examination, Comprehensive health check ups for prevention of diseases.
- Communicable Diseases(Detailed study of clinical features, investigation, treatment and National health programmes)
 - Tuberculosis
 - Cholera
 - Typhoid
 - Tetanus
 - Leprosy
 - Poliomyelitis
 - HIV , AIDS & STD
 - Hepatitis
 - Influenza
 - Pertussis
 - Diphtheria
 - Gastroenteritis