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## **Report for Skill Development Programs**

**Daulat Ram College**

**2022-23**

Names of the Collaborating Departments: Physical Education

Title of the Course: Fitness for All

Sub-theme: FIT DRC

Course Coordinators: Dr. Kavita Sharma

Duration with dates: 30 hour 5<sup>th</sup> April 2023 to 15<sup>th</sup> April 2023

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Sr. no	Date	Time	Module/topic title	Name of the Speaker	Affiliation of the Speaker
Eg. 1.	5 <sup>th</sup> April, 2023	03:00- 05:00 pm	Cardiovascular Fitness (Harvard Step Test)	Dr. Kavita Sharma	Associate Professor
2	6 <sup>th</sup> April, 2023	03:00- 05:00 pm	Cardiovascular Fitness (Cooper's run/walk Test)	Dr. Azad Singh	Assistant Professor
3	7 <sup>th</sup> April, 2023	09:00 am - 03:00 pm	Muscular Strength (Standing Broad Test, Push-Ups/Modified Push Ups)	Dr Kavita Sharma Dr. Azad Singh Dr. .Kaushambi Tyagi	Associate Professor Assistant Professor Assistant Professor
4	8 <sup>th</sup> April, 2023	03:00- 05:00 pm	Body Composition (BMI)	Dr. Kaushambi Tyagi	Assistant Professor
5	10 <sup>th</sup> April, 2023	03:00- 05:00 pm	Flexibility (Sit and Reach Test)	Dr. Kavita Sharma	Associate Professor
6	11 <sup>th</sup> April, 2023	03:00- 05:00 pm	Muscular Endurance (One minute situps test)	Dr. Azad Singh	Assistant Professor
7	12 <sup>th</sup> April, 2023	03:00- 05:00 pm	lectured on the development and maintenance of cardiovascular fitness	Dr. Kavita Sharma	Associate Professor
8	13 <sup>th</sup> April, 2023	03:00- 05:00 pm	The skin fold test was conducted for assessing the body fat.	Dr. Azad Singh	Assistant Professor
9	14 <sup>th</sup> April, 2023	09:00 am - 03:00 pm	All participants completed 3km Mini-Marathon for Improvement of cardiovascular efficiency.	Dr. Kavita Sharma Dr Azad Singh	Associate Professor Assistant Professor

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10	15 <sup>th</sup> April, 2023	01:00- 05:00 pm	<b>On the last</b> (10 <sup>th</sup> Day) of program the students perform push ups, sit ups, squats and calisthenics exercises	Dr. Kavita Sharma Dr. Azad Singh Dr. Kaushambi Tyagi	Associate Professor Assistant Professor Assistant Professor
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Details of the course:

The five factors of fitness of SDP (FITNESS FOR ALL) contribute to physical fitness and help guide the process of getting fit. You already know that benefits come when you prioritize physical activity. The trick understands what "fitness" is and how you can achieve it.

- Maintain or improve the efficient delivery and uptake of oxygen to your body's systems
- Enhance cellular metabolism
- Ease the physical challenges of everyday life.

Description of the course:

The aim of skill development program is to make every Student physically, mentally and emotionally fit and also to develop in her such personal and social qualities as will help her to live happily with others and build her up a good citizen. It improved the Health of the heart and lungs. It increased the muscular strength, endurance and motor fitness. It increased the aerobic fitness. It improved the muscle tone and strength.

1) Objectives:

- A. All round development of Personality of the students
- B. To understand how to improve physical fitness.
- C. To understand the importance of physical fitness.

2) Topics covered:

- A. Cardiovascular Fitness
- B. Muscular Strength
- C. Body Composition
- D. Muscular Endurance

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### E. Flexibility

Speakers in the course:

Sr. no.	Name	Designation	Department/Affiliation
1	Dr Kavita Sharma	Associate Professor	Department of Physical Education, Daulat Ram College
2	Dr. Azad Singh	Assistant Professor	Department of Physical Education, Daulat Ram College
3	Dr. Kaushambi Tyagi	Assistant Professor	Department of Physical Education, Daulat Ram College

Number and Profile of Participants: Total Participants - 42

No. of Students	Department	Year
8	BA Prog.	3 <sup>rd</sup> Year
3	BSc Life Sci.	3 <sup>rd</sup> Year
1	Pol Sci. (H)	3 <sup>rd</sup> Year
20	BA Prog	2 <sup>nd</sup> Year
2	B. Com (H)	2 <sup>nd</sup> Year
4	BA Prog	1 <sup>st</sup> Year
1	B. Com (H)	1 <sup>st</sup> Year
1	Hindi (H)	1 <sup>st</sup> Year
1	Eco (H)	1 <sup>st</sup> Year
1	Zoology (H)	1 <sup>st</sup> Year

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Methods of Assessment of Participants: (Test/Assignment/Project/Quiz/Presentation etc.)

(Kindly provide a copy of the pre-imposed measures/instruments/scales/questionnaires used for assessment of the learning outcomes):

1. Lecture
2. Practical (Fitness Test, Warming up, cool down)
3. Interaction Session
4. Group Discussion
4. Assignments
5. Posture Making

Detailed Learning Outcomes of the Course:

1. To know about Health Related Physical Fitness.
2. Proper Warming up Procedure.
3. Knowledge about Cardiovascular Fitness and Procedure How to Develop it.
4. Muscular Strength and Procedure How to Develop it.
5. Muscular Endurance and Procedure How to Develop it.
6. Body Composition and Procedure How to Develop it.
7. Flexibility and Procedure How to Develop it.
8. Proper Cooling Down

Feedback from Participants Regarding the Program:

(No certificates will be provided till the feedback is submitted by the participants.

Committee will provide the link for the feedback form.)

A Few Photographs (student activity oriented photographs only/activity photos): Photograph

Attached

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Dr. Kavita Sharma  
Convenor/Coordinator  
Fitness For All (SDP)  
Dept. Of Physical Education  
Daulat Ram College DU

Feedback Form:-

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FEEDBACK FORM

Event Name:- Fitness For All (SDP)

Students Name:- Pooja Jain

Course:- B.com (Hons)

Semester:- IV

Ph. no:- 9811192265

Comments

It was an energetic and lively session. We learned about different components <sup>of fitness</sup> and our level in it. We learned ways to improve our capacity with continuous exercise.

Students Name:- Anushi Dhiman

Course:- B.Sc (H) Zoology.

Semester:- I<sup>st</sup>

Ph. no:- 9354059209

Comments

It was really amazing. I got to know about myself that how much can I perform & what I have to improve. We learned & gained knowledge about fitness & its components that help us to do better in our life.

Students Name:- Chhavi Nain

Course:- Hindi + Physical Education

Semester:- 4

Ph. no:- 7818965008

Comments

It's very great opportunity to me. I got to know about my fitness level in comparison of normal person. I learned the methods for developing my strength, flexibility, cardiovascular strength etc.

SDP Fitness For All Photos:-

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SDP Photos:-



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