



Certificate Course : Jewellery Making



Certificate Course : Fashion Design



Certificate Course : Women Empowerment



Certificate Course : Dance



Certificate Course : Psychology Department





Certificate Course : History Department




Certificate Course : Disaster Management NSS Department





Certificate Course : Dance Department



Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)


Reaccredited "A" By NAAC with CGPA 3.02/4.00
30 Hours Certificate Course
"Under the aegis of IQAC"
 in
BEAUTY CARE
01.03.2021 to 19-03-2021


Dr. B. D. Ahirwar


Prof. Naveen Gideon


Dr. Anjana Nema


Dr. Bhavna Yadav

Dr. Bhavna Yadav
 Course Co Coordinator

Dr. Anjana Nema
 IQAC Coordinator/
 Course Co-ordinator

Prof. Naveen Gideon
 NAAC Coordinator

Dr. B. D. Ahirwar
 Patron/Principal



Certificate Course Beauty Care IQAC



Certificate Course Beauty Care IQAC



Certificate Course Tally Commerce Department



Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



On Line 30 Hrs. Certificate Course

Date : 21.01.2021 to 05.02.2021

SUBJECT - PHYSICAL EDUCATION

Organized by - Department of Sports
Govt. Autonomous Girls P.G. College of
Excellence, Sagar (M.P.)

(UGC Recommended Value Added Course
for all Faculty Members and Students)



Shri Shailendra Jain
MLA, SAGAR
Special Guest of honour



Professor T. R. Thapak
Vice Chancellor
Maharaja Chhatrapal Bundelkhand
Vishwavidyalaya, Chhatrapur



Dr. Rajendra Singh
Ex Director
Physical Education
Jiwaji University Gwalior



Dr. B.D. Ahirwar
Principal
Govt. Autonomous Girls P.G.
College of Excellence, Sagar



Dr. Monika Hardicar
Course Coordinator
Govt. Autonomous Girls P.G.
College of Excellence, Sagar



Dr. Anjana Nema
IQAC Coordinator
Govt. Autonomous Girls P.G.
College of Excellence, Sagar



FACULTY OF THE COURSE



Dr. Renu Bala Sharma
Professor/Faculty
Dean of Home Science
Govt. Girls College Bina, Sagar



Dr. V.S. Rai
Senior Sports Officer
Institute for Excellence in
Higher Education Bhopal



Dr. Subhash Hardikar
Senior Sports officer
Govt. Arts & Commerce
College, Sagar.



Dr. Sunil Datt Lakhra
Senior Sports officer
Govt. O.F. Kharia College
Jabalpur.



Dr. Jyoti Jungare
Senior Sports Officer
Govt. Home Science Noida
College Meerut/ghatbad.



Dr. Satish Kumar
Senior Sports officer
Govt. Shyama Prasad Mukherjee
Science & Commerce Bhopal



Mr. Pradeep Awasthi
Sports Officer
Govt. P.G. College
Niwari M.P.



Siddhartha Srinet
Sports Officer
Govt. Degree College
Pithampur



Dr. Nitian Korpai
Yoga Instructor
Dr. H.S. Gour Central
University Sagar



Platform - Zoom App
Link for Registration :

Follow this link to join my WhatsApp group :

Technical Advisor - Mr. Shitanshu Rajoriya
Mr. Puspendra Pandey



Certificate Course Physical Education Department

Faculty of the Course

- Dr. Renubala Sharma (Bina)
- Dr. Subhash Hardikar (Sagar)
- Dr. Vijay Shankar Rai (Bhopal)
- Dr. Sunil Datt Lakhera (Jabalpur)
- Dr. Satish Kumar (Bhopal)
- Dr. Jyoti Jungare (Hoshangabad)
- Mr. Pradeep Awasthi (Niwadi)
- Mr. Siddhartha Srinet (Prithvipur)
- Dr. Nitin Korpai (Sagar)

Physical Education (Syllabus)

- Foundation of Physical Education -Meaning, Definition, Aims, Objectives, Importance and History of Physical Education.
- Sports sciences-Need & Impotence of Sports Sciences in Physical Education.
- Need & Importance of Yoga in Promoting Positive Health & Wellness.
- Meaning of Health & its Dimension, Balance Diet and Sports Nutrition.
- Methods of Develop Fitness.
- Training & Coaching - Meaning, Definition, Importance and Training Components, Difference between Coaching and Training.
- Career and Job in Physical Education & Sports.

Organizing Committee-

- ✚ Dr. Naveen Gideon, NAAC Coordinator
- ✚ Dr. Anjana Nema, IQAC Coordinator
- ✚ Dr. Monika Hardikar, Course Coordinator

Day 3- Saturday , Date 23.01.2021 IST- 02:00 PM to 04 PM

**Topic- I Psychological Principles of Physical Education.
II Biological Principles of Physical Education.**

Google Meet ID-
<https://meet.google.com/uub-qawa-uem>

ON LINE 30 HRS. CERTIFICATE COURSE
ON
PHYSICAL EDUCATION
Organized by
Department of Sports
Govt. Autonomous Girls P.G. College of Excellence,
Sagar (M.P.) 470001
(UGC Recommended Value Added Course)
(21st January, 2021 to 05th February, 2021)
(Under the aegis of IQAC)

Day 3- Saturday, Date 23.01.2021 IST- 02:00 PM to 04 PM



Prof. Rekha Bakshi
Chair Person



Dr. Monika Hardikar
Course Coordinator



Dr. B.D. Ahirwar
Principal



Dr. Satish Kumar
Sports Office (Faculty)
Govt. S P M Coolege Bhopal




Dr. Jyoti Jungre
Sports Office (Faculty)
Govt. Nodal College Hoshangabad

Govt. Auto. Girls P.G. College of Excellence, Sagar (M.P.)


Reaccredited "A" By NAAC with CGPA 3.02/4.00

30 Hours Certificate Course
"Under the aegis of IQAC"
on
PHYSICAL EDUCATION

Organized by the Department of Sports
Date : 21.01.2021 to 05.02.2021



Dr. Monika Hardikar



Dr. B. D. Ahirwar

Dr. Monika Hardikar
Course Co-ordinator

Dr. Anjana Nema
IQAC Co-ordinator

Prof. Naveen Gideon
NAAC Co-ordinator

Dr. B. D. Ahirwar
Patron/Principal

Certificate Course Physical Education Department