

## **Seminar Report**

### **One-Day DHE Sponsored National Seminar on “Drug Menace on Sports Culture” Under the auspices of Physical Education Department on 25 January, 2017**

Indira Gandhi National College, Ladwa organized One Day DHE sponsored National Seminar on the theme “Drug Menace on Sports Culture” on 25 January, 2017 under the auspices of Physical Education Department of College.

The seminar opened with the floral tribute to Ma Saraswati. The inaugural session started with the formal Welcome of guests, academics and participants by Dr. H.P. Sharma, Principal of the college. The introduction of the theme was given by Dr. Kuldeep Singh, Asstt. Prof. of Physical Education and Convener of the Seminar. Prof. Dr. Arvind Malik, Chairperson Deptt. of Physical Education (K.U., Kurukshetra) delivered the Keynote address. This session was chaired by Prof. Dr. M. S. Chauhan former Chairperson Deptt. of Physical Education (K.U., Kurukshetra). After the inaugural session tea break was arranged.

Two parallel technical sessions were organized for paper Presenters in Mini Sports Complex and Seminar Hall of the college. The sessions were chaired by Prof. Dr. M.S. Chauhan former Chairperson Deptt. of Physical Education (K.U., Kurukshetra) and Dr. H.S. Kang Associate Prof. of Physical Education, G.N.K., College (Yamunagar) respectively. Prof. Dr. M.S. Chauhan was also a resource person for this session and he delivered his lecture on topic “Physiological Effects of Doping on Human Body” and total  $19+33= 52$  Papers were presented in both parallel second and third technical sessions.

In the pre lunch session Poster presentation competition was organized for the delegates. Total 29 Posters were presented in this session. Prof. Dr. M.S. Chauhan and Dr. Sukhbir Singh Associate Professor of Physical Education, University College, Kurukshetra were the judges for this session.

After the Poster presentation competition session Lunch were arranged for all the delegates. Followed by Lunch break, two more parallel technical sessions i.e. fourth and fifth were organized in Mini Sports Complex and Seminar Hall of the college respectively. Dr. S.N. Singh, Associate Professor of Physical Education, S.D. (P.G.) College, Muzaffer Nagar in Utter Pradesh was delivered his lecture on the topic “Black Clouds of Doping Engulfes Indian Sports” as a resource person. These sessions were chaired by Dr. Surender Tanwer Associate Professor of Physical Education, S.A. Jain College, Ambala City and Dr. S.N. Singh respectively. Total  $16+32=48$  papers were presented in these 4<sup>th</sup> and 5<sup>th</sup> technical sessions.

Dr. Kuldeep Singh convener of the seminar presented the report of the seminar in the final valedictory session. Dr. Dalel Singh Chauhan ( Arjuna Awardee in Volleyball) former Director of Sports, Kurukshetra University, Kurukshetra delivered the valedictory speech in the seminar. Dr. Rajesh Kumar convener of College Sports Committee extended vote of thanks to the guests, resource persons and delegates.

Total 136 participants from different states of India mainly 42 from Uttar Pradesh participated in this National Event. Total 129 delegates presented their papers/posters only 07 were just participated. Out of 136 total delegates 88 from them were Men and 48 from them were Women. There were 11 research Scholar from various universities, 35 students of B.P.Ed. & M.P.Ed., 83 College Assistant and Associate Professors and 04 of them were school teachers. The event was closed after National Anthem and the registration committee distributed the Certificates to all the delegates after the valedictory session tea was arranged.

The seminar was well managed and smooth without any contradiction. It helped to aware the teachers/coaches about the symptoms of drug adductors, doping substances, methods and ways of dealing with these adductors and also suggested the teachers that how can we develop drug free environment in educational institution.



**(Dr. Hari Parkash Sharma)**  
Principal



**(Dr. Kuldeep Singh)**  
Organizing Secretary



## NATIONAL SEMINAR

# DRUG MENACE ON SPORTS CULTURE

### Registration Form

Name: Dr./Mr./Ms. \_\_\_\_\_

Designation: \_\_\_\_\_

Institution: \_\_\_\_\_

Address for Communication: \_\_\_\_\_

Contact No. \_\_\_\_\_

Email: \_\_\_\_\_

Whether presenting a paper (Yes/No). \_\_\_\_\_

Title: \_\_\_\_\_

DD No. \_\_\_\_\_ Date: \_\_\_\_\_

Drawee Bank & Branch: \_\_\_\_\_

DD should be drawn in favour of **Principal, Indira Gandhi National College** payable at **Ladwa**.

Place: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Name: \_\_\_\_\_

### IMPORTANT SCHEDULE

Last Date of Abstract Submission : 16 January, 2017  
Notification of Acceptance : 19 January, 2017  
Full Paper Submission : 21 January, 2017  
Seminar Date : 25 January, 2017

Abstract Submission to be sent to Mail id: [kuldeepsklr@gmail.com](mailto:kuldeepsklr@gmail.com)

Best/original full length papers will be published in book having ISBN.

Registration form can be downloaded from college website : [www.igncollege.in](http://www.igncollege.in)

### REGISTRATION FEE:

Participants	Fees
Faculty/Academicians	Rs. 500/-
Research Scholar/Students	Rs. 300/-

(Registration fee includes registration for the seminar, kit, tea, lunch and Certificates. It does not include accommodation charges.

The registration fee is payable either DD in favor of "Principal, I.G.N. College, Ladwa" or in cash.

For further information please contact to

#### Convener

**Dr. Kuldeep Singh**, Assistant Professor  
Department of Physical Education, M.: 00034248290  
Email: [kuldeepsklr@gmail.com](mailto:kuldeepsklr@gmail.com)

#### Co-Convener

**Dr. Rajesh Kumar**  
Convener, Sports Committee

### ORGANIZING COMMITTEE

Dr. K. L. Chugh  
Dr. Madhu Gupta  
Dr. Sadhana Gupta  
Dr. A. K. Garg  
Dr. Sandeep Bansal  
Dr. Yash Pal Singh  
Dr. Mohan Lal  
Dr. Vandana Gupta  
Dr. Niti Goyal  
Sh. Vijay Bansal

Dr. R. K. Chauhan  
Dr. Ashok Verma  
Dr. S. C. Sharma  
Dr. Romesh Bhaal  
Dr. Rupesh Gaur  
Prof. Harneet Kaur  
Prof. Sunita Rani  
Dr. Neeru Bala  
Dr. Suman Siwach

## INDIRA GANDHI NATIONAL COLLEGE



LADWA (Kurukshehra)  
(Affiliated to Kurukshetra University Kurukshetra)

Organises

## ONE DAY NATIONAL SEMINAR

on

# DRUG MENACE ON SPORTS CULTURE

on

Wednesday, 25 January, 2017

Under the auspices of Department of Physical Education



Chief Patron : **Sh. Pawan Garg**

President  
College Governing Body

Patron : **Dr. Hari Parkash Sharma**  
Principal

Convener : **Dr. Kuldeep Singh**  
Asstt. Prof. of Physical Education

Sponsored By



DEPARTMENT OF HIGHER EDUCATION,  
HARYANA (PANCHKULA)

### ABOUT THE INSTITUTION

Ours is a multi-faculty Co-educational Post-graduate institution, affiliated to Kurukshetra University, Kurukshetra. Nestled in the lushgreen idyllic, bucolic milieu it came into existence on Jan 24, 1974 with the tireless and ceaseless efforts made by its founder President Late Sh. Om Parkash Garg, a man with farsighted vision and animated social consciousness. Since its inception, it has made rapid strides in various branches of knowledge, sports, cultural activities and ranks among the best rural colleges of Haryana. It can legitimately boast of being equipped with all the relevant streams of knowledge – science (both Non-medical & Medical sides), Commerce, Humanities including Bachelor degree in Library and Information Science (B. Lib. & Inf. Sc.) and Bachelor degree in Computer Application (BCA). Highly qualified, motivated and dedicated members of the staff and principal under the benign and inspiring tutelage and aegis of its dynamic governing body, the college is blazing the path of knowledge and reaching new academic horizons, catering to the needs of its rural and semi-rural catchment area.

### ABOUT LADWA, KURUKSHETRA

The college is located in the village Dhanora on the Ladwa-Mustafabad Road. Ladwa is well connected with New Delhi (160 kms), Kurukshetra (20 kms), Chandigarh (110kms), Ambala (50kms), Yamuna Nagar (35 kms) and Shahbad (25 kms) by road transport.

### ABOUT THE DEPARTMENT

The department of Physical Education was started since 1975 at the time of the college itself established. Later Health and Physical Education Subject was started from the session 1997-98. The department aims to provide an enabling sports environment for continuous growth and development of the students.

### CONCEPT NOTE

The main theme of the Seminar forces on drug abuse and its effects on sports society. Before one decade, only selected parts of populations was familiar with drugs but now it has been taken giant shape in our society and it is effecting directly our health standard and polluting sports culture. It is high time to aware the sports populations about menace of drugs and its side effects on our sports society. We can also find out some ways that how to use sports in society for the rehabilitation of drug adductors and find out some methods to channelize their energy towards sports activities. It will aware the teachers/coaches about the symptoms of drug adductors, doping substances, methods and ways of dealing with these adductors and suggests the teachers that how can we develop drug free environment in educational institution. Discussion will be made during the different technical sessions on the following themes :

### SUB-THEMES OF SEMINAR

- ◆ Doping in Sports
- ◆ Drugs and Sports
- ◆ Sports Medicine ethics
- ◆ Sports Therapies and Rehabilitation
- ◆ Sports Nutrition and Supplement
- ◆ Social Psychology of Doping in Sports
- ◆ Adapted Physical Education
- ◆ Sports ethics
- ◆ Sports Training and Young Athletes
- ◆ Sports Policies and Politics
- ◆ Exercise Physiology
- ◆ Sports Coaching and Training Science
- ◆ Sports Management and Administration
- ◆ Leisure, Wellness, Health, Fitness and Yoga
- ◆ Olympism and Olympic Movements

### GUIDELINES FOR AUTHORS

The following format is suggested for paper submission:

- ◆ The length of the paper should be 2500-4000 words or 8-10 pages
- ◆ Abstract (not more than 250 words)
- ◆ Introduction/Background/Objective, Literature Review, Methodology, Findings, Analysis & Discussion, Conclusion and Recommendations.
- ◆ References-Harvard/APA Style is required
- ◆ Tables, Graph, Figures, etc in their appropriate location in the paper (if applicable)
- ◆ Font: 12 Point, Times New Roman style, Spacing: 1:5 between lines and 2 between paragraphs
- ◆ Abstract, full paper and application form must be submitted electronically to the convener.

### FOR THE ORAL PRESENTATION

Each accepted paper will be allotted 3-5 minutes for oral presentation followed by 2 minutes of questions, answers and discussion.

### FOR THE POSTER PRESENTATION

Each accepted poster will be assigned to a poster session and a poster board space. The poster will be allotted three minutes to present their poster at their respective poster area followed by one minutes of Q & A session. The poster should not exceed the size of 0.9X 1.2m. (sample)



## Schedule of the Seminar

<b>9.00 to 10.30 AM</b>	<b>Registration</b>
<b>Inauguration</b>	<b>(10.00 AM)</b>
Floral Tribute to Ma Saraswati,	
Formal welcome by	<b>Dr. Hari Parkash Sharma, Principal of the college</b>
Introduction of the theme of the Seminar by	<b>Dr. Kuldeep Singh (Convener)</b>
Keynote Address by	<b>Prof. Dr. Arvind Malik Chairman Dept. of Physical Education Kurukshetra University, Kurukshetra</b>
<b>11.30 to 12.00 Noon</b>	<b>Tea</b>
<b>Parallel Technical Session I</b>	<b>(12.00 Noon. to 2.00 PM) Place: Mini Sports Complex</b>
Chairperson cum Resource person :	<b>Prof. Dr. M. S. Chauhan, Former Chairman Dept. of Physical Education Kurukshetra University, Kurukshetra</b>
Invited Speaker:	<b>Dr. Meenakshi Gupta, Asstt. Prof. of Physical Education G. N. G. College, Yamuna Nagar.</b>
Paper Presentation by: Delegates:	
Repporteur :	<b>Dr. Sukhbir Singh, Associate Professor of Physical Education U.C.K. College, Kurukshetra (Haryana)</b>
<b>Parallel Technical Session II</b>	<b>(12.00 AM. 2.00 PM) Place: Seminar Hall</b>
Chairperson :	<b>Dr. H.S. Kang, Associate Professor of Physical Education G.N. Khalsa College, Yamuna Nagar</b>
Resource Person :	<b>Dr. Shyam Narayan Singh, Associate Professor of Physical Education S. D. (P G) College, Muzaffar Nagar (Uttar Pradesh)</b>
Invited Speaker :	<b>Dr. Naresh Saini Associate Professor of Physical Education Arya (P. G.) College, Panipat (Haryana)</b>
Paper Presentation by: Delegates	
Repporteur :	<b>Dr. Mahender Singh Associate Professor of Physical Education M.L.N. College, Radaur (Yamuna Nagar)</b>
<b>Poster Presentation Competition</b>	<b>(2:00 PM to 2:30 PM) Place: Indoor Hall</b>
Judges:	<b>Prof. Dr. M. S. Chauhan, Former Chairman Dept. of Physical Education Kurukshetra University, Kurukshetra</b>
	<b>Dr. Sukhbir Singh, Associate Professor of Physical Education</b>

<b>U.C.K. College, Kurukshetra (Haryana)</b>		
<b>2:30 to 3:00 P M</b>	<b>Lunch</b>	
<b>Parallel Technical Session III</b> Complex	<b>(3.00 PM. 4.30 PM)</b>	<b>Place: Mini Sports</b>
Chairperson :	<b>Dr. Shyam Narayan Singh,</b> <b>Associate Professor of Physical Education</b> <b>S. D. (P G) College, Muzaffar Nagar (Uttar Pradesh)</b>	
Paper Presentation by: Delegates		
Repporteur :	<b>Dr. Naresh Saini</b> <b>Associate Professor of Physical Education</b> <b>Arya (P. G.) College, Panipat (Haryana)</b>	
<b>Parallel Technical Session IV</b>	<b>(3:00 – 4:30 PM)</b>	<b>Place: Seminar Hall</b>
Chairperson	<b>Dr. Surender Tanwar</b> <b>Associate Professor of Physical Education</b> <b>S. A. Jain College, Ambala City (Haryana)</b>	
Paper Presentation by: Delegates		
Repporteur :	<b>Dr. Mahabir Singh</b> <b>Associate Professor of Physical Education</b> <b>Pt. C.L. Sharma Govt. College Sec.- 14 (Karnal)</b>	
<b>Valedictory Function</b> Report of the Seminar Presented by:	<b>(4.30– 5.45 PM)</b>	
	<b>Dr. Kuldeep Singh (Convener)</b>	
Valedictory Remarks by: Resource person	<b>Dr Dalel Singh Chauhan, (Arjuna Awardee, Volleyball)</b> <b>Former Director of Sports</b> <b>Kurukshetra University, Kurukshetra.</b>	
<b>Thanks given by</b> <b>Committee)</b>	<b>Dr. Rajesh Kumar (Convener of College Sports</b>	
<b>5:50 PM</b>	<b>Tea</b>	

#### Doping

1	Dr. Narender Siwach Associate Professor of Phy. Edu. Govt. P.G. College, Panchkula 9417184537	Use of Drugs in Sports
4	Sandeep Govt. College for Women, Gurawara (Rewari)	Side effects of Prohibited Substances
6	Dr. Mahender Singh Associate Professor of Physical Education M.L.N. College, Radaur (Yamuna Nagar)	Comparison between Active Warm-up and Caffeine Effects on Athletes Performance.
125	Dr. Kuldeep Singh Asstt. Prof. of Physical Education Indira Gandhi National College, Ladwa	Comparison Between Active Warm-Up and Caffeine Effects on Athletes Performance

	<a href="mailto:kuldeepskr@gmail.com">kuldeepskr@gmail.com</a> 9034248290	
10	Virender Baloda L.N.Hindu College, Rohtak <a href="mailto:Virenderbolda1978@gmail.com">Virenderbolda1978@gmail.com</a> 9416516908	Effects of Doping on Mental Health
17	Ravinder Kumar Asstt. Prof. of Physical Education Govt. College, Bhattu Kalan	Role of World Anti Doping Agency in Sports
21	Dr. Naresh Kumar Associate Professor of Physical Education, Arya (P. G.) College, Panipat-Haryana-132103, India. Email: <a href="mailto:nareshary@gmail.com">nareshary@gmail.com</a> Mob. 09416655354	The Doping: A Serious Threat to Athletes
34	Dr. Rajbir Assist.Prof.in Phy. Edu. Govt. College, Behrampur, Bapauli(Panipat)	Doping effect in games and sports
39	Daljit Singh Asstt. Prof. of Physical Education Govt. College, Gharaunda 9416323970	Performance Enhancing Drugs in Sports
57	Dr. Sarita Chaudhary Arya Girls College, Ambala Cantt. <a href="mailto:Sarita.amitchaudhary@gmail.com">Sarita.amitchaudhary@gmail.com</a> Ph. 941623645	Doping in Sports
61	Sh. Jitender Kumar Asstt. Prof. D.A.V. College (P.G.), Karnal <a href="mailto:Veerchauhan77@gmail.com">Veerchauhan77@gmail.com</a> 9896537373	Doping in Sports a Menace
62	Dheeraj Student S.D. (P.G) College, M. Nagar (U.P.)	Anabolic Steroid:- ekalisf'k;ksa dh {kerk c<+kus okyk jlk;u
68	Sh. Ranbahadur Singh Student Uttarakhand Mukta Vishavvidyala, Haridawar 9719541224	Mksfiax cuh pqukSrh
69	Ms. Rashmi Student Uttarakhand Mukta Vishavvidyala, Haridawar 9758124976	[ksyksa ds ewY;ksa ds fy, dkyk cknY
70	Mr. Sudhanshu Tevtiya Student	Blood Doping

	Shri Ram College, M.Nagar (U.P.) 9756272650	
71	jhfrdk icy fo kFkhZ] 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶Qjuxj	Drugs and Sports
72	Sh. Lalit Kumar Student S.D.(P.G.)College, Muzaffar Nagar 9627893503	Narcotics
77	Ms. Poonam Rani School Lecturer G.S.S.S. Kanipla (KKR) Parveenkanyan96@gmail.com 9813512105	Effects of Drugs Abuses on the Youth Players in Rural Area of Haryana
80	Ms. Pragya Bharti Student S.D.(P.G.)College, Muzaffar Nagar 9997192022	Doping in NADA
88	Dr. Vandana Associate Professor of Geography V.V.(P.G.) College, Shamli <a href="mailto:drvandana166@gmail.com">drvandana166@gmail.com</a> 9837575154	Yuvyaou mea Charitrer Patan ka Mukha Karan Drugs ka Sawan
89	<b>MkW- eUtw exu oh-oh- ¼ih-th-½ dkWyst] 'kkeyh (UP)</b>	<b>;qokvksa esa c&lt;+rh gqbZ vijkf/kd izo`fÜk;kj ,oa MªXI dk lsou</b>
93	Sh. Sandeep Research Scholar Panjab University Chandigarh 9467563811	Effect of Doping in Sports
97	Sh. Amit Kumar B.A.R.Janta College, Kaul 9466097482	Effects of doping in Performance of Sportsman
99	Amit Research Scholar Deptt. of Phy. Edu. K.U.K	Effects of Drug Abuse in Sports Performance
105	Dr. Satish Kumar Deptt. of Physical Education K.U. Kurukshetra 9896021976	Effects of Doping in Performance of Sportsman
109	Dr. Rajesh Kumar Phor Asstt. Prof. of Physical Education K.U.Kurukshetra <a href="mailto:Rajesh.phor@gmail.com">Rajesh.phor@gmail.com</a> 8901006188	DOPING EDUCATION AND PREVENTION STRATEGY IN SPORTS
110	Dr. Nitin Sehgal	DOPING AND ITS LONG TERM EFFECTS IN SPORTSMAN



114	Dr. Sonia Malik Associate Professor of Phy. Edu. Arya Girls College, Shahabad 9416651130	Doping: Involvement of Female Athlete at National Level
115	Dr. H.S. Kang Associate Professor of Phy. Edu. G.N.Khalsa College, Yamuna Naagar <a href="mailto:harinderkang@gmail.com">harinderkang@gmail.com</a> 9416188503	Doping inSports
126	Dr. Vishal Dahiya Hindu College for Women, Sonipat	Doping Boon or Bane on Sports Performance
128	Dr. Karamjeet Kaur Asstt. Prof. of Punjabi Indira Gandhi National College, Ladwa 9017694000	Drug Addiction in Punjab Engulf Punjabies Culture
130	Sh. Alok Katara Asstt. Prof. of Phy. Edu. Govt. College, Tappal, Aligarh (U.P.)	Gene Doping: An Hurdle for WADA
131	Sh. Rajesh Kumar Volleyball Coach K.U. Sports Deptt.	Dope Became Hope in Sports

Poster

19	Raj Kumar DPE Delhi Public School, Karnal Email: <a href="mailto:rajdps05@gmail.com">rajdps05@gmail.com</a> 9468148897	Sports Training
20	Rekha Rani G B N M Anjanthali, Karnal Email: <a href="mailto:rajdps05@gmail.com">rajdps05@gmail.com</a> 9468148897	Fitness & Yoga
22	Monika Kumari Asstt. Coach of Boxing Email: <a href="mailto:drkirar@gmail.com">drkirar@gmail.com</a> 8570005312	Role of Doping in Sports
24	Dr. Kuldeep Malik Assistant Professor Dept. of Physical Education S.D. (P.G.) College, Muzaffarnagar (	Gene Doping : A Boon or Bane
25	Mr. Sandeep Kumar S.D. (P.G.) College, Muzaffarnagar (	Poster Presenter
26	Mr. Vipin Kumar Scholar S.D. (P.G.) College, Muzaffarnagar ( 9456293661	Popular Ergogenic Drugs and Supplement in Athlete

27	Mr. Ankit Chaudhary Scholar S.D. (P.G.) College, Muzaffarnagar (9060666521	Gene Doping: Khelo Kea Lea Abhishap
28	Mr. Avneesh Scholar S.D. (P.G.) College, Muzaffarnagar (8958946891	Doping Sea Maanavta Parbhavit
29	fot; dqekj 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶Qjuxj	Mksfiax & [ksyk sa ds ewY;ksa ds fy, dkyk cknv
30	Ms. Sheelu Scholar S.R.M. College, Muzaffarnagar (UP)	Bharat Mea Doping Ka Prachalan Kayou
31	Priyanka Kaushik Physical Education Deptt. M.PEd. 2 <sup>nd</sup> year Shri Ram College, Muzaffarnagar	DOPING IN CHINA
42	fnokdj fo kFkhZ] 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶Qjuxj	Diuretic:- MkbZ;wjsfVDI ¼Hkkj de djus okyk jlk;u½
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44	Megha Deptt. of Physical Education S.D. (P.G.) College, Muzaffarnagar 9760387876	Motivation through Sports
45	lk{kh jkuh 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶Qjuxj	eqf'dy [ksy] vk ku Mksfiax
46	Shraddha Pal Physical Education Deptt. S.D. P.G. College, Muzaffarnagar 9897025864	Concept of Integrated Physical Education
47	Shivani Saini Physical Education Deptt. S.D. P.G. College, Muzaffarnagar	Women and Sports
48	dqythr dkSj 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶Qjuxj	CyM Mksfiax
49	Ekulh 'kkjhfd f'k{kk foHkkx	D;k gS Mksfiax dk bykt\



	,lOMh0 ¼ih0th0½ dkWyst] eqt¶¶Qjuxj	
50	Gulnaz Student S.D (P.G.) College, Muzaffar Nagar (UP) 9045490347	Sawathea Jeewan Kea Aahaar
51	Anjali Student S.D (P.G.) College, Muzaffar Nagar (UP) 9760898210	World Anti Doping Agency
63	jsuw nsoh 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶¶Qjuxj	Mksfiax dh ,0ch0lh0Mh0
64	/kuiy flag 'kkjhfd f'k{kk foHkkx ,lOMh0 ¼ih0th0½ dkWyst] eqt¶¶Qjuxj	fo'o Mksfiax fojks/kh laLFkk
67	fgekuh SShri Ram College, M.Nagar	Mksfiax dk bfrgkl
68	Sh. Ranbahadur Singh Student Uttrakhand Mukta Vishavvidyala, Haridawar 9719541224	Mksfiax cuh pqukSrh
69	Ms. Rashmi Student Uttrakhand Mukta Vishavvidyala, Haridawar 9758124976	[ksyksa ds ewY;ksa ds fy, dkyk cknY
70	Mr. Sudhanshu Tevtiya Student Shri Ram College, M.Nagar (U.P.) 9756272650	Blood Doping
81	Ms. Anjali Student S.D.(P.G.)College, Muzaffar Nagar 7037767998	Doping
110	Dr. Nitin Sehgal	DOPING AND ITS LONG TERM EFFECTS IN SPORTSMAN

#### Training

3	Dr. Suman KVA DAV College for women, Karnal	Effects of Training on Body Composition variables of Volleyball Players
5	Dr. Mange Ram	AAHPER Youth Fitness Test Ability

	Asstt. Professor of Physical Education Govt. College for Women, Rohtak	Comparison Between Sprinters and Throwers
15	Dr. Mahabir Singh Associate Professor of Physical Education Pt. C.L.Govt. College, Karnal	
54	Sh. Ajay Kumar S.A. Jain College, A/City	Analysis the Foot Arch among Primary School Boys of Haryana
87	Dr. Ashok Kumar Associate Professor C.D.L.U., Sirsa 9813492740	Effects of Folk Dance on Motor Ability of Student
91	Sh. Anurag D.A.V.College, Sadhaura (Y.Nagar)	To Study the Effects of Yogic Exercise on Anxiety in Adolescence
102 A	Jyoti Alahawat Student Dept. of Physical Education Kurukshetra University, Kurukshetra <a href="mailto:ijotialahawat1993.ja@gmail.com">ijotialahawat1993.ja@gmail.com</a> 8901018743	Hemoglobin Level for PG K.U.K
102 b	Km. Sudesh Student Dept. of Physical Education Kurukshetra University, Kurukshetra	
103	Dr. Dilbag Singh Deptt. of Physical Education K.U. Kurukshetra 9896115453	Role of Ethics in Sports
104	Dr. Sandeep Kundu U.C.K. K.U. Kurukshetra 9315490000	
106	Dr. Virender Singh Asstt. Prof. of Physical Education Govt. College for Women, Bahel	Disc Pain & Yoga
107	Dr. Balder Singh School Lect. Doon School Karnal 9355521272	
111	Mr. Narindra Yadav Research Scholar in Phy. Edu. Deptt. K.U., Kurukshetra <a href="mailto:Narendray892@gmail.com">Narendray892@gmail.com</a> 9996963855	Analysis of FVC among Female Students
112	Mr. Sunil Dhnda Research Scholar in Phy. Edu.	Analysis of Foot Arch among Oldage Non-Sportsmen

	Deptt. K.U., Kurukshetra Sunildhanda86@gmail.com 9996167175	
113	Mr. Rajesh Asstt. Prof. of Phy. Edu. D.A.V. College, Pehowa <a href="mailto:Rajeshchaudhary8808@gmail.com">Rajeshchaudhary8808@gmail.com</a> 9416776312	Sliding Filament Theory
116	Km. Jaspreet Kaur Student Dept. of Physical Education Kurukshetra University, Kurukshetra sindhujassamb@gmail.com 9915290982	Analysis of Body Handgrip Strength among P.G. Girls Students of K.U. Kurukshetra
117	Km. Seena Rani Student Dept. of Physical Education Kurukshetra University, Kurukshetra 8950169010	
123	Ms. Sushma Devi Student of M.A. Yoga D.A.V. College, Yamuna Nagar	Yoga And Meditation Effects on Sports Ethics
124	Ms. Sushma Devi Student of M.A. Yoga D.A.V. College, Yamuna Nagar	
127	Dr. Surender Tanwar Associate Professor of Phy. Edu. S.A. Jain College, A/City 9416154844	Offensive and Defensive Positions Determine Factors for Performance and Competition Anxiety
129	Dr. Vandana Gupta Asstt. Prof. of Mathematics Indira Gandhi National College, Ladwa Vandana223394@gmail.com 9468367118	Impact of Yoga in Improving the Mental Ability

#### Ethics & Misllianious

7	Rajinder Kumar YIET Gadohli Email: <a href="mailto:sangwanrajinder3@gmail.com">sangwanrajinder3@gmail.com</a> 9996100787	Comparative Study of Anxiety and Aggression Level between Male and Female
8	Dr. Rambir KLD College, Rewari Email: <a href="mailto:rambir20march@gmail.com">rambir20march@gmail.com</a> 9416336692	Teaching Sports Ethics in Perspective Manner
9	Dr. Ajay Kumar Govt. College, Dujana (Jhajjar) Email: <a href="mailto:ajaydoon94162aj@gmail.com">ajaydoon94162aj@gmail.com</a> 9729849922	

16	Surjeet Kaur Asstt. Prof. of Physical Education D.N. College, Hisar	Treatment of various Sports Injuries
23	Dr. Pankaj Asstt. Prof. of Physical Education Govt. College Naualtha	A Comparative Study of Anxiety & Aggression Level between Male & Female Players at State Level
32	Dr. Satish Kumar Mathana Asstt. Prof. of Physical Education Govt. College, Madlauda (Panipat) Email: mathanasatish@gmail.com 8529037488	Development Core Strength: An Ultimate Training
33	Dr. Satish Yadav Asstt. Prof. of Physical Education Govt. College, Jatauli (Gurugram) Email: yadavcricket@gmail.com	
35	Satpal Assist.Prof.in Phy. Edu. Govt. College, Chhachhrauli Email:satpalkatakwal@gmail.com 9416685786	Sports Management and Administration
38	Dr. Balbir Singh Asstt. Prof. of Phy. Edu. Govt. College Safidon (Jind) Email: <a href="mailto:Singh.ballu.balbir@gmail.Com">Singh.ballu.balbir@gmail.Com</a> 9466085600	Health Benefits of Outdoor Participation in Managing Sports
40	Dr. Parveen Kumar Asstt. Prof. of Phy. Edu. Guru Nanak Khalasa College, Yamuna Nagar <a href="mailto:kalwanparveen@rediffmail.com">kalwanparveen@rediffmail.com</a>	Effects of Yogic Practice on Vital Capacity
41	Dr. Ranbir Singh Asstt. Prof. of Phy. Edu. SRS Chahal College of Physical Education Kalyan (Panipat) Ranbir7798@gmail.com 9466210929	
52	Sh.Sukhbir Singh A.I.J.H.M. College, Rohtak	Emotional Matuarity among Medalist and Nonmedalist and Hockey Players
53	Dr. Mahesh Kumar Associate Professor of Physical Education, C.R.M. Jat. College, Hisar (Haryana)	A Comparative Study of Aggressive Among the Sports Person of Different Non- Content Games
78	Sh. Sanjay Trama Asstt. Prof. S.A.Jain (P.G.) College, A/City	To Analysis the Foot Mechanics of Boys Haryana Primary School

85	Dr. Surjit Malik Asstt. Prof. of Phy. Edu. B.P.S.M.U. Khanpur Kalan dictroaniversitysports@gmail.com 9466048860	Study of Socio-economic Status and Level of Aspiration Affecting the Performance of North Indian Wrestler
86	Smt. Mukesh Student M.D.U. Rohtak dictroaniversitysports@gmail.com 9466048860	-----do-----
90	Dr. Tejpal Asstt. Prof. of Physical Education Govt. College, Kathura 9466048860	Study of Socio-economic Status and Level of Aspiration Affecting the Performance of North Indian Wrestler (Same Sr. No. 85,86)
92	Sh. Sandeep Kumar Yuvraj College of Physical Education Batta (Kaithal)	Emotional Intelligence predict Happiness among Young Adults
94	Sh. Sukhwinder Singh Asstt. Prof. of Phy. Edu. Khalsa College Panjakhra Sahib Ambala	Khelo Mea Samaj vea Rajniti
96	Dr. Anu Chauhan Asstt. Prof. of Phy. Edu. D.M.M. College, Kurukshetra 9416120984	Ethics and Sports
98	Dr.Sukhbir Singh Assist.Prof.in Phy. Edu. Ch. Bansi Lal.G.C.W. Tosham) <a href="mailto:sukhbirduhantosham@gmail.com">sukhbirduhantosham@gmail.com</a>	Importance of media in Sports & Society
100	Dr. Satish Kumar Asstt. Prof. of Phy.Edu. Govt. College, Ratia	Obesity: Causes and Management
101	Dr. Balbir Bura G.S.S. Tohana 9466002780	
103	Dr. Dilbag Singh Deptt. of Physical Education K.U. Kurukshetra 9896115453	Role of Ethics in Sports
104	Dr. Sandeep Kundu U.C.K. K.U. Kurukshetra 9315490000	
Invited Speaker	Dr. Meenakshi Kadian Assistant Professor in Phy. Edu. Govt. College of Jassia	Sports and Human Right Violation
108	Ms. Bhavya Gupta University Institute of Legal Studies, Panjab University, Chandigarh	



	E-Mail: <a href="mailto:bhavyaguptaynr@gmail.com">bhavyaguptaynr@gmail.com</a>	
132	Dr. Neeru Bala Asstt. Prof. of Hindi I. G. National College, Ladwa Drneerubala56@gmail.com 94616765118	Sports and Yoga
133	Dr. Niti Goyal Asstt. Prof. of Commerce Indira Gandhi National College, Ladwa Nsingh0001@gmail.com 8295644800	Role of Sports in Improving the Managerial Performance
135	Sunita Rani Asstt. Prof. of Commerce Indira Gandhi National College, Ladwa Sunita16475@gmail.com 9416912815	Impact of Yoga in Improving the Managerial Efficiency
136	Ruchika Gupta Asstt. Prof. of Commerce Indira Gandhi National College, Ladwa 9467477098	Role of Yoga in Sports Management

#### Nutrinious

2	PARTAP SINGH SAINI Assistant Professor of Physical Education Govt. College, Barwala (Panchkula)	SPORTS NUTRITION AND SUPPLEMENTS
4	Sandeep Govt. College for Women, Gurawara (Rewari)	Side effects of Prohibited Substances
18	Dr. Naresh Saini Associate Professor of Physical Education, Arya (P. G.) College, Panipat- Haryana-132103, India. Email: <a href="mailto:nareshary@gmail.com">nareshary@gmail.com</a> Mob. 09416655354	Role of Nutritional Components in middle distance running
	Mahipal Junior Athletics coach, Sports and Youth Affairs Department Panipat Haryana Mob:9466714990 Email: <a href="mailto:mahi.gaur13@gmail.com">mahi.gaur13@gmail.com</a>	
56	Sh. Subhash S.A. Jain College, A/City	Importance of Balance Diet
65	uh'kw pkSgku 'kkjhfd f'k{kk foHkkx	cPpksa ds fy, LokLF; vkgkj

	,lOMh0 ¼ih0th0½ dkWyst] eqt¶Qjuxj	
79	Ms. Roopa Asstt. Prof. S.A.Jain (P.G.) College, A/City	Importance of Balance Diet
82	Dr. Kuldeep Nara Asstt. Prof. A.I.J.H.M. College, Rohtak <a href="mailto:Nara_kuldeep@rediffmail.com">Nara_kuldeep@rediffmail.com</a> 941605000	Human Growth Hormone used in Sports and its Adverse Effects on Health
83	Sh. Jaipal Asstt. Prof. of Phy. Edu. Govt. College, Sampla Rohtak jaipalomparkash@gmail.com 9813492746	
84	Sh. Amit Scholar C.D.L.U. Sirsa	
118	Julfkar Student Dept. of Physical Education Kurukshetra University, Kurukshetra <a href="mailto:julfkar@gmail.com">julfkar@gmail.com</a> 9671108118	Analysis of Body Minirals among the Girls Students of K.U. Kurukshetra
119	Indu Shekhar Student Dept. of Physical Education Kurukshetra University, Kurukshetra 7876073285	
120	Pritam Student Dept. of Physical Education Kurukshetra University, Kurukshetra 8813889889	
121	Km. Reena Devi Student Dept. of Physical Education Kurukshetra University, Kurukshetra 74040155014	
122	Km. Priti Student Dept. of Physical Education Kurukshetra University, Kurukshetra 9034330544	
58	Sh. Paras Mani B.A.R. Janta College, Kaul (Kaithal) <a href="mailto:Paras1289@gmail.com">Paras1289@gmail.com</a> Ph. 9729338966	Yoga Fitness: A Necessity in Sports

59	Ms. Vinkal B.A.R. Janta College, Kaul (Kaithal) vinkalkanyan@gmail.com 9467089799	
60	Ms. Santosh Kumari B.A.R. Janta College, Kaul (Kaithal) <a href="mailto:Rajeshmehla225@gmail.com">Rajeshmehla225@gmail.com</a> 8816065752	
76	Wasim Ahmad Student S.D.(P.G.)College, Muzaffar Nagar 9917052907	Vartmaan mea Sariric siksha ki satithi







मुजफ्फरनगर के एसडी डिग्री कॉलेज में छात्र-छात्राओं को सम्मानित किया गया।

### शोध पत्र पढ़ने वाले 31 विद्यार्थी सम्मानित

मुजफ्फरनगर। समाहन धर्म कालेज के शारीरिक शिक्षा विभाग के उर्लगत बीपीएड के छात्र-छात्राओं ने उच्च शिक्षा आयोग, हरियाणा सरकार द्वारा आयोजित राष्ट्रीय सेमिनार, जिसका आयोजन इंदिरा गांधी नेशनल कालेज, लखनऊ कुरुक्षेत्र में हुआ, के मंगलवार को प्रमाण पत्र प्राप्त

होने के बाद प्राचार्य डॉ. रीता शर्मा ने सभी 31 विद्यार्थियों को सम्मानित किया। शारीरिक शिक्षा विभागाध्यक्ष डॉ.एसएन सिंह ने बताया कि राष्ट्रीय सेमिनार में विद्यार्थियों ने वर्तमान खेल युग में एक सबसे बड़ी बाधा डोपिंग से संबंधित शोध पत्र पढ़े।

### राष्ट्रीय सेमिनार में प्रतिभाग करने वाले 31 छात्र सम्मानित



राष्ट्रीय सेमिनार के प्रमाण पत्र लेते हुए छात्र-छात्राएं।

मुजफ्फरनगर। एसडी डिग्री कॉलेज में शारीरिक शिक्षा विभाग के उर्लगत बीपीएड के छात्र-छात्राओं ने उच्च शिक्षा आयोग हरियाणा सरकार द्वारा आयोजित एक दिवसीय राष्ट्रीय सेमिनार में मत 25 जनवरी को इंदिरा गांधी नेशनल कॉलेज में भाग लिया था। मंगलवार को इसके प्रमाण पत्र होने के फलतः महाविद्यालय प्राचार्य डॉ. रीता शर्मा ने सभी 31 विद्यार्थियों को सम्मानित किया। इस राष्ट्रीय सेमिनार का शिबिर 'दुर्ग गिन्ना और स्पोर्ट्स कल्चर' रहा। सेमिनार की अध्यक्षता कुरुक्षेत्र विश्वविद्यालय के शारीरिक शिक्षा विभाग के पूर्व विभागाध्यक्ष प्रो. एमएस चौहान ने की। महाविद्यालय प्राचार्य ने विद्यार्थियों की इस उपलब्धि के लिए महाविद्यालय को बधाई दी। सेमिनार स्थल पर एसडी कॉलेज के बीपीएड के विद्यार्थियों के इस सेमिनार के प्रदर्शन पर शारीरिक शिक्षा के विशेषज्ञों द्वारा प्रस्ताव की गई। सम्मान समारोहकार महाविद्यालय प्राचार्य डॉ. रीता शर्मा, डॉ. आरके मित्तल, डॉ. सरोज गुप्ता, डॉ. निशा अग्रवाल, डॉ. अजय पाल, डॉ. विशम्भर चौधेय, डॉ. अशोक त्रिपाठी, डॉ. कुलदीप मलिक, विपिन कुमार, अर्जुन शर्मा व सटीक कुमार अति उपस्थित रहे।

8 फरवरी, 2017 पृष्ठ 1 | रीता शर्मा, मुजफ्फरनगर

## प्राचार्य ने 31 विद्यार्थियों को किया सम्मानित

मुजफ्फरनगर। शारीरिक शिक्षा विभाग के उर्लगत बीपीएड के छात्र-छात्राओं ने उच्च शिक्षा आयोग, हरियाणा सरकार द्वारा आयोजित राष्ट्रीय सेमिनार, जिसका आयोजन इंदिरा गांधी नेशनल कालेज, लखनऊ कुरुक्षेत्र में हुआ, के मंगलवार को प्रमाण पत्र प्राप्त होने के बाद प्राचार्य डॉ. रीता शर्मा ने सभी 31 विद्यार्थियों को सम्मानित किया। शारीरिक शिक्षा विभागाध्यक्ष डॉ.एसएन सिंह ने बताया कि राष्ट्रीय सेमिनार में विद्यार्थियों ने वर्तमान खेल युग में एक सबसे बड़ी बाधा डोपिंग से संबंधित शोध पत्र पढ़े।

शाह टाइम्स

मुजफ्फरनगर, बुधवार 8 फरवरी 2017

## सेमिनार में प्रतिभाग करने वाले 31 छात्र सम्मानित

मुजफ्फरनगर। एसडी कॉलेज के शारीरिक शिक्षा विभाग के उर्लगत बीपीएड के छात्रों ने उच्च शिक्षा आयोग, हरियाणा सरकार द्वारा आयोजित एक दिवसीय राष्ट्रीय सेमिनार, जिसका आयोजन इंदिरा गांधी नेशनल कॉलेज में 25 जनवरी को भाग लिया। इसके प्रमाण पत्र प्राप्त होने के बाद कॉलेज प्राचार्य डॉ. रीता शर्मा ने 31 विद्यार्थियों को सम्मानित किया। सेमिनार में छात्रों ने वर्तमान खेल युग में एक सबसे बड़ी बाधा डोपिंग से संबंधित शोध पत्र पढ़े। अध्यक्षता डॉ. रीता शर्मा ने की।

समारोह में प्राचार्य डॉ. रीता शर्मा, डॉ. आरके मित्तल, सरोज गुप्ता, निशा अग्रवाल, डॉ. अजय पाल, विशम्भर चौधेय, अशोक त्रिपाठी, कुलदीप मलिक, विपिन कुमार, अर्जुन शर्मा, सटीक कुमार अति उपस्थित रहे। महाविद्यालय प्राचार्य ने विद्यार्थियों की इस उपलब्धि के लिए महाविद्यालय को बधाई दी। सेमिनार स्थल पर एसडी कॉलेज के बीपीएड के विद्यार्थियों के इस सेमिनार के प्रदर्शन पर शारीरिक शिक्षा के विशेषज्ञों द्वारा प्रस्ताव की गई। सम्मान समारोहकार महाविद्यालय प्राचार्य डॉ. रीता शर्मा, डॉ. आरके मित्तल, डॉ. सरोज गुप्ता, डॉ. निशा अग्रवाल, डॉ. अजय पाल, डॉ. विशम्भर चौधेय, डॉ. अशोक त्रिपाठी, डॉ. कुलदीप मलिक, विपिन कुमार, अर्जुन शर्मा व सटीक कुमार अति उपस्थित रहे।