



DIRECTORATE OF PHYSICAL EDUCATION & SPORTS (M.P.ED)
UNIVERSITY OF KASHMIR
(NAAC ACCREDITED GRADE "A+")
HAZRATBAL SRINAGAR, KASHMIR- 190006

Dated-06-08-2020

NOTICE

It is notified for those students of PG 1st Semester Batch 2019 and PG 2nd Sem Batch 2018 who have opted courses in the Directorate of Physical Education and Sports shall be required to submit assignment by or before 15th August, 2020 followed by online viva-voce. The topic for assignment and email address is given for every course.

Introduction to Physical Education on jigmat@kashmiruniversity.ac.in

| Enrollment No | Name | Topic Allotted |
|----------------------|------------------------|---|
| 18074418012 | Ishfaq Bashir | Describe the philosophical foundation of Physical Education & sports in detail |
| 18074418021 | Mehak Ashraf Sofi | |
| 18074418022 | Iqra Bashir | |
| 18074418070 | Zahoor Ahmad Dar | |
| 18074418071 | Fahim Ahmad Bhat | Write definition, meaning and importance of physical education in detail. |
| 18074418079 | Mehvish Bashir | |
| 18078118025 | Mohd Anass Bhat | |
| 18078118032 | Syed Deemaanah Kashani | Describe aim & objectives of physical education in detail. |
| 18078118049 | Abdul Hanief Goorsi | |
| 18078118062 | Tabasum Rasool | |
| 18078118066 | Aadil Jan | |
| 18078118069 | Fayaz Ahmad Bhat | Describe the biological foundation of physical education in detail |
| 18078118072 | Shafat Ali Mir | |
| 18078118074 | Rukhsana Akhter | |
| 18078118077 | Faizan Bashir | |
| 18078118084 | Saima Mehraj Mukhdoomi | Discuss historical development of physical India in detail. |
| 18078118085 | Tahir Hussain Ganaie | |
| 18080118026 | Faizah Nabi | |
| 18081118014 | Shahida Parveen | |
| 18084118001 | Aijaz Ahmad Bhat | Describe psychological and sociological foundation of physical education in detail |
| 18084118004 | Ravis Ahmed Magray | |
| 18084118006 | Irfan Gulzar Dinda | |
| 18084118009 | Nidha Farooq | |
| 18084118012 | Masroor Ali Mala | |



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Course name:-Health & Fitness (PED18001OE) jigmat@kashmiruniversity.ac.in

| EnrollmentNo | Name | Topics allotted |
|--------------|------------------------|--|
| 15037111053 | Basit Irshad Moherkand | Describe the concept of Health & Fitness in Detail. |
| 15037111058 | Owais Majeed Dar | |
| 19077118015 | Afshana Ashraf | |
| 19014117017 | Badakh Shan Gull | |
| 19089118012 | Ulfat Hamid | Describe the modern trends in maintaining health & fitness program in detail. |
| 19077118009 | Bisma Riyaz | |
| 19089118011 | Huzaifa Bilal | |
| 19014117014 | Suiba Reyaz Sofi | |
| 19014117013 | Adnan Khurshid Beigh | Discuss various agencies providing health and fitness program in detail. |
| 19014117027 | Tamanna Showkat Bhat | |
| 19089118005 | Nahida Qawam | |
| 19014117038 | Jahan Ara | |
| 19014117007 | Sheikh Shaista Ali | Discuss types of postures and describe various methods of management of correct posture. |
| 19089118003 | Shabnum Shams | |
| 19021117008 | Ishfaq Ahmad Bhat | |
| 19021117018 | Zahoor Ahmad Bandroo | |
| 19014117006 | Ibtisam Parvaiz | Describe various components of health in detail. |
| 19014117040 | Umer Abdullah | |
| 19089118009 | Sadiya Jan | |
| 19089118008 | Mehnaz Akhtar | |
| 19056119016 | Muzamil Ahmad Raina | Describe various components of physical fitness in detail |
| 19089118017 | Munaza Nasti | |
| 19089118019 | Aanisa Maqbool | |
| 19089118018 | Kausar Rashid | |
| 19089118021 | Suraya Mushtaq | Describe various assessment methods and techniques of physical health and fitness. |
| 19032117074 | Bismah Majeed | |
| 19089118024 | Shoiab Mohammad Bhat | |



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Course name: - Leisure & recreation, surjeet@uok.edu.in

| Enrollment No | Name | Course code | Course group2 |
|---------------|---------------------------|-------------|---|
| 16037111020 | Mohammad Gayour | BBA-MBA | 1. Describe Needs of recreational 2. recreational leaders |
| 16037111053 | Vikar Fayaz Azad | BBA-MBA | |
| 16037111057 | Hanan Ashraf Shah | BBA-MBA | |
| 16037112030 | Abrar Hameed | BBA-MBA | |
| 16037112033 | Syed Shoaib Murtaza | BBA-MBA | |
| 16037112045 | Sabit | BBA-MBA | 1. Describe Rural recreation games 2. Describe social games |
| 18014117007 | Manan Bashir Wani | MAGE | |
| 18034111050 | Zubaida Sidiq | MCOM | |
| 18034111063 | Aymun Abid | MCOM | |
| 18035111011 | Moosa Bin Yaseen | MBAFM | Elaborate 1. Objectives of recreation 2. importance of recreation |
| 18036111030 | Bareen Iftikhar | MBA | |
| 18036111060 | Kaashli Showkat | MBA | |
| 18122111002 | Uzma Jan | MTTM | |
| 18122111006 | Danish Farooq Bhat | MTTM | |
| 18122111008 | Fayaz Ahmad Sheikh | MTTM | |
| 18122111009 | Mehak Shawl | MTTM | |
| 18122111010 | Amir Khan | MTTM | |
| 18122111015 | Sheikh Akeel Zahoor | MTTM | |
| 18122111018 | Zahida Majeed | MTTM | |
| 18122111019 | Aqsa Yaqoob Malik | MTTM | Describe Various agencies which provide recreation in India |
| 18122111020 | Syed Labeeba Aslam Balkhi | MTTM | |
| 18122111021 | Wazaina Shah | MTTM | |
| 18122111022 | Ashia Manzoor | MTTM | |
| 18122111025 | Shafqat Bashir | MTTM | |
| 18122111029 | Danish Rafiq | MTTM | Elaborate Recreation Games (five recreation games) |
| 18122111032 | Uzair Rashid Wani | MTTM | |
| 18122111033 | Arzoo Nazir | MTTM | |
| 18122111036 | Zainab Lateef Mir | MTTM | |
| 18122111037 | Mehnaz Manzoor | MTTM | |
| | | | Describe Types of recreation – Indoor, Outdoor, active, passive, commercial |
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Course: - -Sports Coaching (PED18001GE) surjeet@uok.edu.in

| Enrollment No | Name | Course code | Course Group |
|---------------|--------------------|-------------|---|
| 19023118002 | Mohd Saleem Bhat | MLIS | Official rules of Football and volleyball |
| 19038123005 | Shanu Jan | MAED | |
| 19074118025 | Aamir Ashraf Malik | MAHS | |
| 19077118018 | Nisar Ahmad Lone | MAMCJ | |
| 19038123059 | Sumiya Kousar | MAED | Official rules of cricket and hockey |
| 19074118029 | Aamir Majid Bhat | MAHS | |
| 19077118005 | Imran Bashir | MAMCJ | |

Sd/-

Dr.Surjeet Singh
Coordinator (M.P.Ed)
Phy. Edu. & Sports