



**MANIPAL UNIVERSITY
JAIPUR**

(University under Section 2(f) of the UGC Act)

Khel Patrika



Newsletter of the Department of Physical Education, Sports and Yoga:

"Stay updated with our department's latest activities, achievements, and upcoming events in our monthly newsletter. Join us as we foster a culture of health, fitness, and well-being within our community."

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing or learning to do." - Pelé



Manipal University Jaipur

Message From The Hon'ble President



Dr. N N Sharma
President
Manipal University Jaipur

I am glad that the Departments in the Faculty of Arts, with this inaugural issue, are venturing to bring out a quarterly/biannual Newsletter on a regular basis. Besides showcasing the vital, vibrant, and eventful presence and role of the Faculty of Arts, with its multifarious Departments at MUJ, I believe, the Newsletter would also be the site for students' creative talents and expressions. I congratulate all those who have contributed to the events, activities, and achievements that the Newsletter encapsulates, and I would like to specially appreciate the creative involvement of students in the production of the Newsletter, which I am sure, will have a formative value in their lives.

I offer my greetings to all the members of the Department.

Message From The Pro President



Dr. Karunakar A Kotegar
Pro President
Manipal University Jaipur

I am pleased to note that the Faculty of Arts (FoA) is bringing out the Newsletter covering various activities and happenings in the vibrant environment of MUJ.

I am sure the Newsletter would indeed be a repository of memories and achievements, bringing at the same time a great visibility to the various department in the Faculty of Arts.

My appreciation for all those who have contributed various articles in the Newsletter, especially the exuberant students.

My heartiest congratulations to the editorial team for their efforts in bringing out the Newsletter.



Manipal University Jaipur

Message From The Registrar



Dr. Nitu Bhatnagar
Registrar
Manipal University Jaipur

It gives me immense pleasure to note that the Faculty of Arts (FoA), Manipal University Jaipur, is launching its quarterly / biannual Newsletter.

On this occasion, I wish to convey my heartiest congratulations to the faculty members, and dedicated students of faculty of Arts, Manipal University Jaipur, for their collective effort and dedication to be the launch of their Newsletter.

I believe this newsletter will play a significant role in showing the mission, vision, and achievements of the faculty of Arts, and will provide the stakeholders all the information to keep them connected to their faculty.

I extend my best wishes to the entire team. I wish this would be a grand success.

Message From The Director



Dr. Trishu Sharma
Director, School of
Humanities & Social Sciences

I am immensely happy to learn that Department of Physical Education, Sports and Yoga, Faculty of Arts, Manipal University Jaipur, is publishing its first Newsletter. I feel proud that Faculty of Arts has been successfully disseminating knowledge to prepare the young minds to meet the challenges of 21st century at national as well as at international level. I am sure that this Newsletter will provide ample opportunities to the students of Department of Physical Education, Sports and Yoga to explore and articulate their different aspects of creativity as it encompasses publication of various events and activities held in the department, achievements of the students, creative writings, photography, poems etc. Also, it will enhance their knowledge, hone their skills, and nurture their minds for innovation. I wish the entire team of students and their mentors the very best and hope they work harder to transcend their potential through this Newsletter. Best wishes!



Department of Physical Education, Sports and Yoga



Message from the Head of The Department

As the Head of Department, it brings me great pleasure to extend a warm greeting to all of you who have chosen to embark on your academic journey with us. Our department is a vibrant community of learners, scholars, and innovators, dedicated to academic excellence and personal growth. Together, let's embark on a journey of discovery, exploration, and transformation.
Best wishes,



Message from the Chief Editor

Dear Readers,
Welcome to First newsletter! Packed with diverse content, we aim to inform and inspire. Your feedback matters—reach out and engage with us. Let's make this semester memorable together.
Best Wishes,
Dr. Deepak Bangari, Assistant Professor (Senior Scale)



Message from the Associate Editor

Greetings Team,
Welcome to our latest newsletter! Packed with updates and highlights, it's a snapshot of our department's progress. Your contributions make our success possible. Keep shining!
Best Wishes,
Dr. Bindiya Rawat, Assistant Professor (Senior Scale)



Message from the Student Editors

Greetings ,
We are excited to share the latest from our department! Your input makes it shine. Let's keep rocking it together!
Ashutosh, Mritunjay & Marushika



Department of Physical Education, Sports and Yoga



VISION

Vision of the Department

To establish universally recognized 'Centre of Excellence in the field of Physical Education and Sports' that will empower the future experts to comprehend the needs of physical education, challenges, and extensive trends instrumental in raising the Nation's growth.



Mission of the Department

M1: To develop experts of eminence in-line with industry requirements and comprehensive education trends.

M2: To establish an outcome-based ecosystem to keep abreast with the evolving teaching-learning process.

M3: To implement the contemporary content knowledge, techno-pedagogical skills, higher order thinking skills to produce global sports personality.

M4: To inculcate the value system through well-defined programme for holistic development.

M5: To up-skill the experts in society in-line with emerging transformation on fitness, health, and wellness context.

Holistic development through physical education fosters physical fitness, mental well-being, and emotional resilience, nurturing individuals to thrive in both body and mind. It cultivates teamwork, discipline, and self-confidence, empowering individuals to navigate challenges, build character, and lead fulfilling lives.

“

Education need not only be a tool for survival but for enhancing perception. The children must blossom and flower into great human beings.

Sadhguru

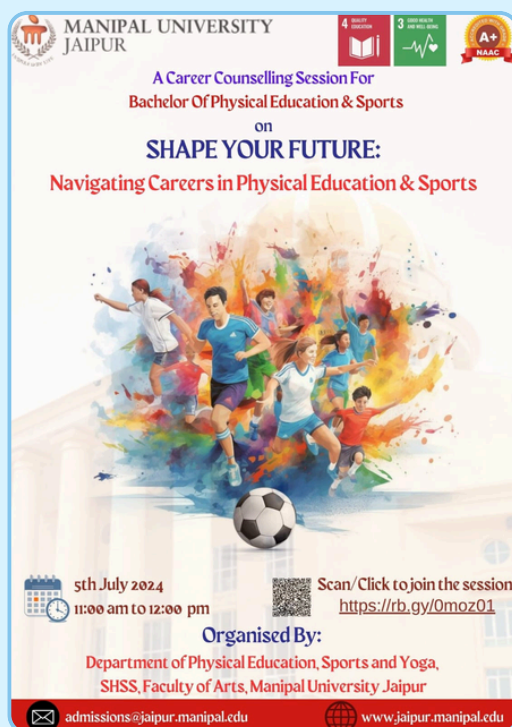


Department of Physical Education, Sports and Yoga

Events Organized

1. Career Counselling Session

The Department of Physical Education and Sports organized a career counseling session titled "Shape Your Future: Navigating Careers in Physical Education and Sports" on 5th July 2024 in online mode. The session was exclusively conducted for BPES students to guide them in exploring career opportunities. Dr. Deepak Bangari, Assistant Professor (Senior Scale), was the resource person for the session. He shared insights into career prospects, professional growth, and strategies for success in the field. The session received an enthusiastic response from students, who appreciated the guidance provided.



MANIPAL UNIVERSITY JAIPUR

A Career Counselling Session For
Bachelor Of Physical Education & Sports
on
SHAPE YOUR FUTURE:
Navigating Careers in Physical Education & Sports

5th July 2024
11:00 am to 12:00 pm

Scan/Click to join the session
<https://rb.gy/Omoz01>

Organised By:
Department of Physical Education, Sports and Yoga,
SHSS, Faculty of Arts, Manipal University Jaipur

admissions@jaipur.manipal.edu | www.jaipur.manipal.edu

2. Faculty Development Program

The Department of Physical Education and Sports, in collaboration with the Directorate of Sports and MUJ-TEC, organized a Faculty Development Program (FDP) titled "Rejuvenate Body, Mind, and Spirit Through Yoga and Meditation". The FDP was conducted online from 15th July 2024 to 19th July 2024. This program aimed to promote holistic well-being among participants through yoga and meditation practices. Renowned experts delivered sessions focusing on physical, mental, and spiritual rejuvenation. The event witnessed active participation and positive feedback from attendees.



MANIPAL UNIVERSITY JAIPUR

5 Days Online FDP
on
Rejuvenate Body, Mind and Spirit through Yoga & Meditation

Organized By:
Department of Physical Education, Sports and Yoga
School of Humanities and Social Sciences, Faculty of Arts
&
Directorate of Sports
in association with
MUJ-TEC

10:00 am - 04:00 pm | 15th July to 19th July 2024 | Online MS Teams

15-07-2024 Day-1	16-07-2024 Day-2	17-07-2024 Day-3	18-07-2024 Day-4	19-07-2024 Day-5
Yoga for Physical Rejuvenation	Meditation for Mental Rejuvenation	Spiritual Growth through Yoga & Meditation	Holistic Health and Lifestyle Integration	Targeted Yoga and Meditation Practices

External Expert:

 Dr. Rajeev Choudhary Asst. Charge Nurse & Dean Students Welfare P. Ramabai Saheb University, Raipur, Chhattisgarh	 Dr. K. Jothi Dayanandan Associate Professor YMCA College of Physical Education, Nandamuri Chennai	 Dr. Nibu R Krishna Associate Professor HOD, Department of Yoga Sciences UNPL, Coimbatore, M.R.
 Dr. V S Patil Professor & Dean Department of Physical Education BHU, Varanasi, Uttar Pradesh	 Dr. Usha Thuri Associate Professor Central University South Bihar, Gaya, Bihar	

Registration Fees: 250/- with GST

Click/Scan for Payment
<https://rb.gy/YGOLM2ud>

Click/Scan for Register
<https://forms.office.com/r/1R4pVXeah>

Conveners:
Dr. Bindiya Rawat
Assistant Professor
Manipal University Jaipur
Mob. - 9410516007

Dr. Deepak Bangari
Assistant Professor
Manipal University Jaipur
Mob. - 9356032440

jaipur.manipal.edu | 1800 1020 128

Department of Physical Education, Sports and Yoga

Events Organized



MANIPAL UNIVERSITY JAIPUR

National Sports Day

Marathon Run for Anti-Doping & National Seminar on Anti-Doping

AUGUST 29, 2024
Time: 6:15 AM | Venue: Hostel Gate

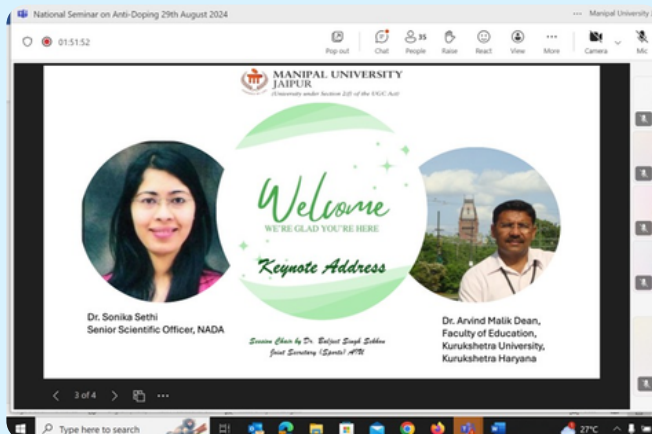
Organized by:
Directorate of Sports,
Department of Physical Education,
Sports and Yoga, SHSS, FoA
in
collaboration with NADA,
under aegis of AIU
at
Manipal University Jaipur

Convener:
Mr. Sanjeev Sharma
Sports Officer

Speakers:
Dr. R. N. Sharma, Professor, MUJ
Cmde. (Dr.) Jawahar M. Jangir, PwD, MUJ
Dr. Nitu Bhatnagar, Professor, MUJ
Dr. Trishu Sharma, Director, School of Nanoscience & Social Science, MUJ
Dr. Rina Poonia, Director, Directorate of Sports, MUJ

3. National Sports Day

The Department of Physical Education and Sports, in collaboration with the Directorate of Sports and NADA, organized a Marathon for Anti-Doping and a National Seminar on Anti-Doping on 29th August 2024. The marathon aimed to raise awareness about the importance of fair play and doping-free sports. The national seminar featured expert speakers who discussed the significance of anti-doping measures in sports. Both events highlighted the commitment to promoting ethical practices and clean sports. The initiative was well-received by participants and attendees alike.



MANIPAL UNIVERSITY JAIPUR
University under Section 3(1) of the UGC Act

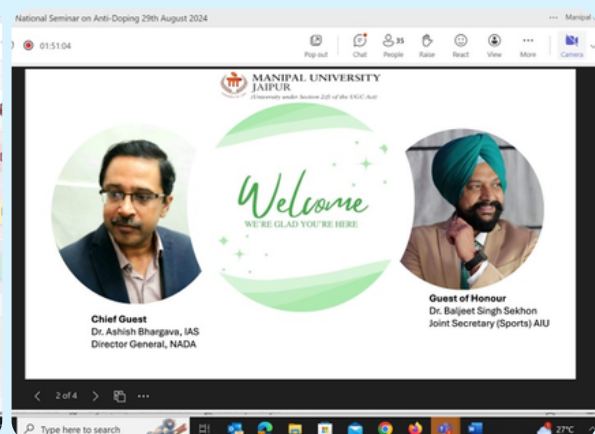
Welcome
WE'RE GLAD YOU'RE HERE

Keynote Address

Dr. Sonika Sethi
Senior Scientific Officer, NADA

Dr. Anind Malik Dean,
Faculty of Education,
Kurukshetra University,
Kurukshetra Haryana

*Guests of Honor by Dr. Baljeet Singh Sekhon
Joint Secretary (Sports) AIU*

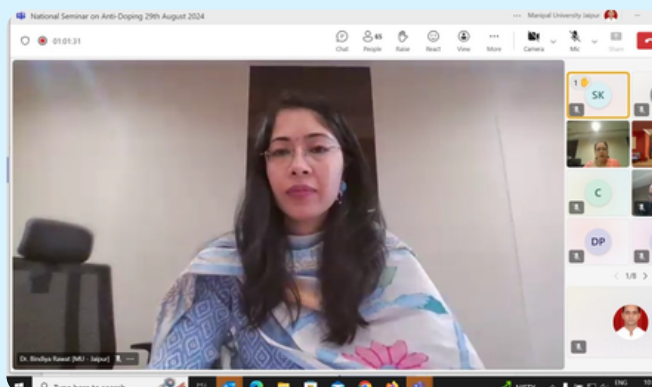


MANIPAL UNIVERSITY JAIPUR
University under Section 3(1) of the UGC Act

Welcome
WE'RE GLAD YOU'RE HERE

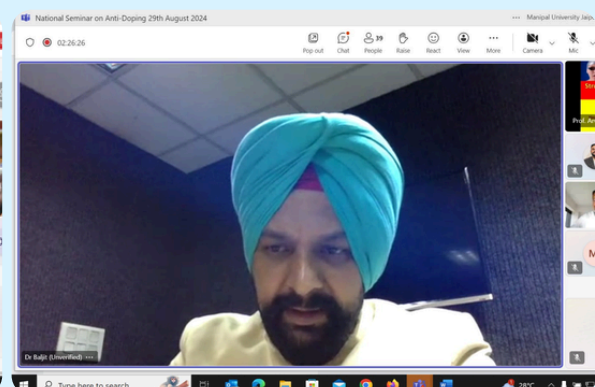
Chief Guest
Dr. Ashish Bhargava, IAS
Director General, NADA

Guest of Honour
Dr. Baljeet Singh Sekhon
Joint Secretary (Sports) AIU



MANIPAL UNIVERSITY JAIPUR
University under Section 3(1) of the UGC Act

Dr. Sonika Sethi
Senior Scientific Officer, NADA



MANIPAL UNIVERSITY JAIPUR
University under Section 3(1) of the UGC Act

Dr. Baljeet Singh Sekhon
Joint Secretary (Sports) AIU

Department of Physical Education, Sports and Yoga

Events Organized

4. Lecture Series

The Department of Physical Education and Sports, in collaboration with the Directorate of Sports and MUJ-TEC, organized an Online Lecture Series for students and physical educationists from 2nd to 11th September 2024. The series featured expert speakers addressing diverse topics relevant to physical education and sports. It aimed to enhance knowledge, professional skills, and awareness among participants. The event witnessed active participation and was appreciated for its insightful content.

**MANIPAL UNIVERSITY
JAIPUR**



Lecture Series

DEPARTMENT OF PHYSICAL EDUCATION SPORTS & YOGA
SCHOOL OF HUMANITIES & SOCIAL SCIENCES
FACULTY OF ARTS
IN ASSOCIATION WITH MUJ-TEC

2ND-11TH SEPTEMBER 2024

Industry Experts


DR. SAMBHU PRASAD DR. VIKRAM DABAS DR. AJITH MOHAN DR. USHA TIWARI DR. SANSMRITI MISHRA

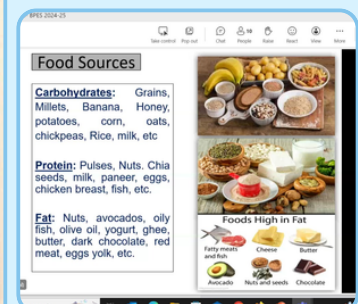

MR. MANDAR SHARMA MR. TARUN RAWAT COL. AJAY SINGH DR. PRASHASTI JAIN DR. DEEKSHA AHUJA

Organizing Committee


DR. TRISHU SHARMA DR. VIJAYLAKSHMI DR. RINA POONIA
DIRECTOR, SHSS DIRECTOR, MUJ-TEC DIRECTOR, SPORTS & HEAD

CONVENER:
DR. BINDIYA RAWAT
DR. DEEPAK BANGARI
ASST. PROFESSOR

Contact Us @ 09356032440



Department of Physical Education, Sports and Yoga

Events Organized

5. Industry Expert Lecture

The Department of Physical Education, Sports, and Yoga organized an Industry Expert Lecture on "Sports for Social Change: Projects and Initiatives Driving Positive Impact" on 19th September 2024. The session was delivered by Dr. Shaji Prabhakaran, Executive Committee Member, Asian Football Confederation. Held at the Conference Hall, Academic Block 3, Manipal University Jaipur, the lecture highlighted impactful sports initiatives and their role in fostering social change. The event was highly engaging and informative, drawing enthusiastic participation from students and faculty.



MANIPAL UNIVERSITY JAIPUR

Industry Expert Lecture
on
**Sports for Social Change:
Projects and Initiatives Driving Positive Impact**

🕒 11:00 AM to 12:00 PM 📅 September 19, 2024 📍 Conference Hall, 2nd Floor, 3 AB

Speaker

Dr. Shaji Prabhakaran
Executive Committee Member
Asian Football Confederation

Organized by:
Department of Physical Education, Sport & Yoga, SHSS, Faculty of Arts





Department of Physical Education, Sports and Yoga


Events Organized





6. Alumni Talk

The Department of Physical Education, Sports, and Yoga organized an Alumni Talk on 3rd and 4th September 2024.

- Mr. Abhishek Kushwaha (2018 batch) delivered a lecture titled "Journey from BPES to a Successful Career", sharing his experiences and achievements.
- Ms. Usha Singh (2027 batch) gave an insightful session on "Building a Career in Sports: Insights and Advice", offering valuable guidance to students.


The sessions were inspiring and well-received, fostering meaningful connections between alumni and current students.

**MANIPAL UNIVERSITY
JAIPUR**



**Faculty of Arts
School of Humanities and Social Sciences
Department of Physical Education Sports and Yoga**
In association with
**Directorate of Alumni Relations
Manipal University Jaipur Alumni Association**

Alumni Talk
on
Journey from BPES to a Successful Career



Mr. Abhishek Kushwaha
(2018 Batch)
TGT PET, EMRS (Eklavya Model Residential Schools), Gujarat.

Date: 3rd September, 2024
Time: 3:00 PM to 3:45 PM
Online: MS Teams

**MANIPAL UNIVERSITY
JAIPUR**



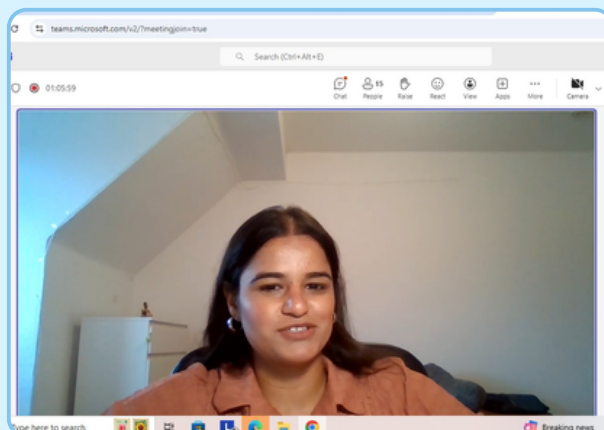
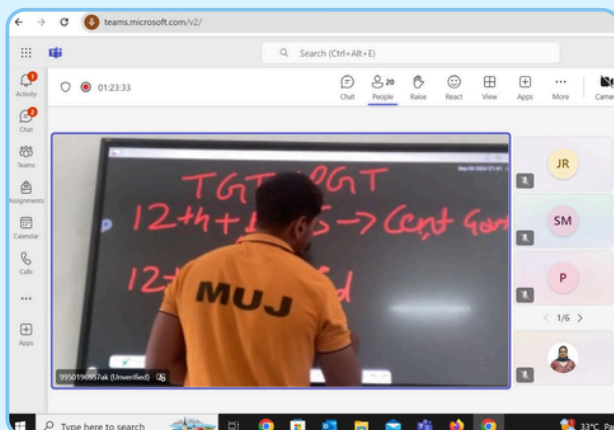
**Faculty of Arts
School of Humanities and Social Sciences
Department of Physical Education Sports and Yoga**
In association with
**Directorate of Alumni Relations
Manipal University Jaipur Alumni Association**

Alumni Talk
on
Building a Career in Sports: Insights and Advice



Ms. Usha Singh
(2017 Batch)
Master's degree in sports and exercise science in health and performances, RUHR UNIVERSITY BOCHUM

Date: 4th September, 2024
Time: 3:00 PM to 3:45 PM
Online: MS Teams





Department of Physical Education, Sports and Yoga

Events Organized

7. All India Inter-University Tennis (Men) Tournament 2024

Directorate of Sports and Department of Physical Education, Sports and Yoga successfully organized the All India Inter-University Tennis (Men) Tournament from 26th to 29th November 2024. The prestigious tournament witnessed the participation of 16 teams from across all four zones of India.

- KIIT University clinched the 1st position,
- KLEF University secured the 2nd position, and
- Manipal University Jaipur proudly achieved the 3rd position.

With this remarkable performance, Manipal University Jaipur has also qualified for the Khelo India Tournament and World University Games Trials.

A special mention to Mr. Tirth Doshi, a dedicated member of the Manipal University Jaipur team, for his contribution to this achievement.



Department of Physical Education, Sports and Yoga

Events Organized

8. All India Inter-University Basketball (Men) Tournament 2024

Directorate of Sports and Department of Physical Education, Sports and Yoga successfully organized the All India Inter-University Basketball (Men) Tournament from 2nd to 5th December 2024. The tournament witnessed enthusiastic participation from 16 teams representing all four zones of India.

- Manipal University Jaipur secured the 1st position,
- ITM University achieved the 2nd position, and
- Panjab University claimed the 3rd position.

With this outstanding performance, Manipal University Jaipur has qualified for the Khelo India Tournament and World University Games Trials.

A special acknowledgment goes to Mr. Karni Shekwat and Mr. Navneet Singh Yadav, key members of the Manipal University Jaipur team, for their commendable contributions to this achievement.

MANIPAL UNIVERSITY JAIPUR

ALL INDIA INTER UNIVERSITY BASKETBALL (MEN) TOURNAMENT 2024-25

ASSOCIATION OF INDIAN UNIVERSITIES

02nd - 05th DECEMBER 2024

Organized by:
**Directorate of Sports,
Manipal University Jaipur**

Sponsors
NIVIA

Dr. N. N. Sharma
Dr. Karanvir A.
Dr. Nisha Khosla
Dr. Rajni Singh
Dr. Rishi Poonia
Dr. Deepak Bhangal
Mr. Mahesh Sharma



Department of Physical Education, Sports and Yoga

Research

Final PhD Viva

The Department conducted the final PhD viva of Mr. Varinder Pal Singh Galay on 12th September 2024. The viva marked the successful culmination of his doctoral journey, showcasing his research contributions. Faculty members and scholars attended the session, which was both insightful and well-appreciated.



MANIPAL UNIVERSITY
JAIPUR

PROGRAMME

The Final Oral Examination for the Degree of DOCTOR OF PHILOSOPHY

Title of the Thesis:

**"EFFECT OF SIX WEEKS PLYOMETRIC TRAINING PROGRAM ON SELECTED PHYSICAL,
PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF FOOTBALLERS"**

Research Scholar:

Varinder Pal Singh Galay
Reg no: 161011607
Department of Physical Education, Sports and Yoga
Faculty of Arts
Manipal University Jaipur

Day, Date, Time and Venue:

Thursday, 12-09-2024, at 11:00 AM
Venue: Faculty Block 2 (1A/B)
Manipal University Jaipur

Guide:

Dr. Rina Poonia
Director, Department of Sports, Manipal University Jaipur and Head,
Department of Physical Education, Sports and Yoga
Faculty of Arts
Manipal University Jaipur

Co-Guide:

Dr. Mandeep Singh
Department of Higher Education, Government of Jammu & Kashmir
Jammu & Kashmir

*Faculty and Research Scholars who are interested in the subject/thesis may
Please participate*

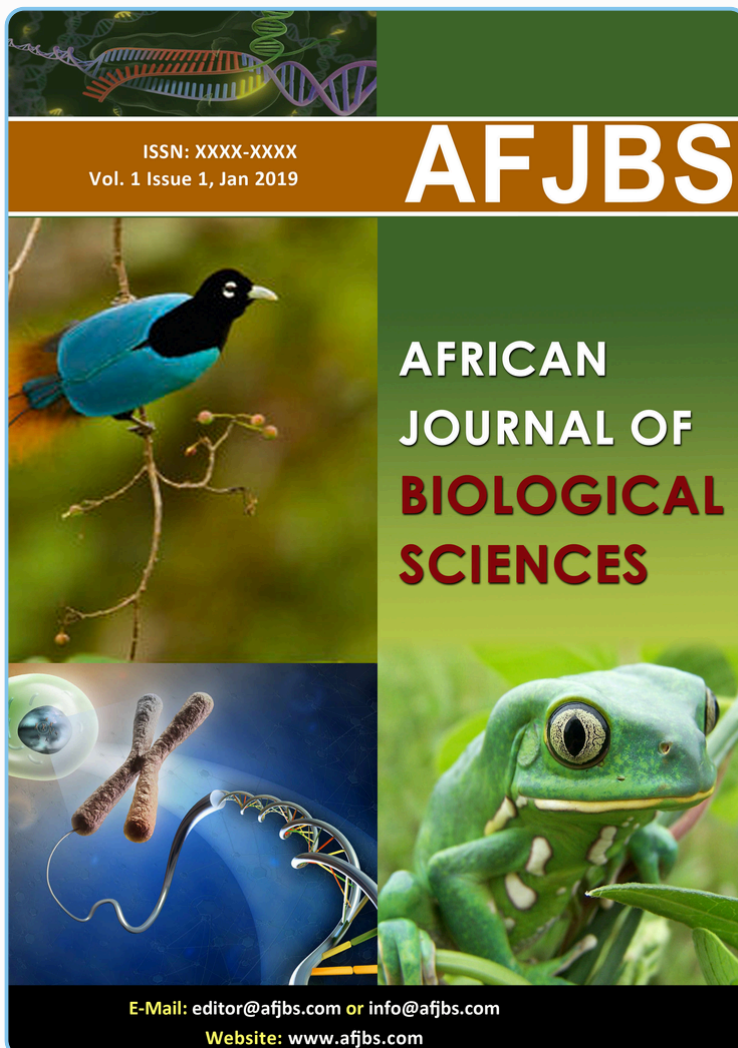


Department of Physical Education, Sports and Yoga

Research

Faculty Publications

The Department has recently made significant strides in research, publishing a total of 5 papers in reputable journals indexed in both Scopus and Web of Science. The dedicated faculty members behind these accomplishments are Dr. Rina Poonia, Dr. Bindiya Rawat, Dr. Deepak Bangari, and Mr. Sanjeev Sharma. Their collaborative efforts have not only enhanced the department's academic standing but also contributed valuable insights to their respective fields.



Dr. Rina Poonia



Department of Physical Education, Sports and Yoga

Research

Faculty Publications



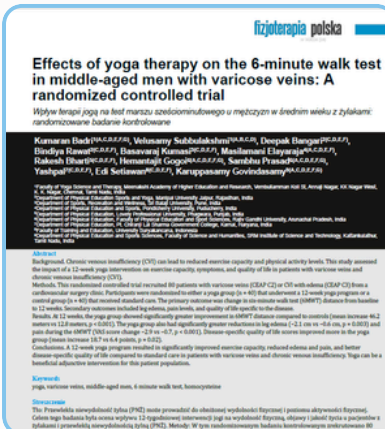
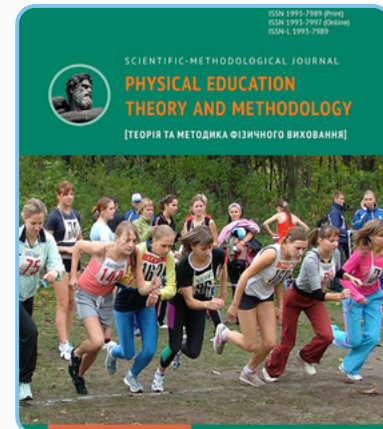
Dr. Deepak Bangari



Dr. Bindiya Rawat



Mr. Mohit Sharma





Department of Physical Education, Sports and Yoga

Research

Scholar & Faculty Publications



Social Work in Mental Health



Taylor & Francis Group
an informa business



Mr. Sandeep Saroha



Social Work in Mental Health



ISSN: (Print) (Online) Journal homepage: www.tandfonline.com/journals/wsmh20

Yoga practice on mental health: comparative study of yoga practitioners and yoga students

Sandeep Saroha, Deepak Bangari & Madhav Dhakal

To cite this article: Sandeep Saroha, Deepak Bangari & Madhav Dhakal (10 Nov 2024): Yoga practice on mental health: comparative study of yoga practitioners and yoga students, Social Work in Mental Health, DOI: [10.1080/15332985.2024.2427721](https://doi.org/10.1080/15332985.2024.2427721)

To link to this article: <https://doi.org/10.1080/15332985.2024.2427721>



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Dr. Deepak Bangari

SOCIAL WORK IN MENTAL HEALTH
<https://doi.org/10.1080/15332985.2024.2427721>



Yoga practice on mental health: comparative study of yoga practitioners and yoga students

Sandeep Saroha PhD^a, Deepak Bangari PhD^a, and Madhav Dhakal PhD^b

^aDepartment of Physical Education, Sports and Yoga, Manipal University Jaipur, Jaipur, India;
^bDepartment of Economics, Manipal University Jaipur, Jaipur, India

ABSTRACT

Yoga, an ancient practice deep-rooted in Indian philosophy, has been traditionally used for physical and mental health enhancement. The complete nature of yoga, integrating physical postures, breathing techniques, and meditation, develops mental well-being by promoting relaxation, reducing rumination, and improving emotional regulation. This cross-sectional study examines outcomes of regular yoga practice on mental health, focusing on depression, anxiety, and stress, using data from 31 yoga practitioners and 29 university-level yoga students. Mental health outcomes were measured using the DASS-21 scale, and statistical analysis was performed using t-tests to compare the groups. Results showed significantly lower scores for depression, anxiety, and stress among practitioners.

KEYWORDS

Anxiety; depression; mental health; stress; yoga

Introduction



Department of Physical Education, Sports and Yoga

Students' Testimonial



Siddharth Hada, 211106013

"Department equipped me with the tools to excel academically and personally. The supportive environment fostered growth and confidence. Grateful for the invaluable education and experiences that shaped me into who I am today."



Lavanya Rajawat, 211106004

"My time at the Department was truly transformative. The dedicated faculty empowered me to reach new heights academically and personally. Grateful for the enriching experiences that prepared me for future success."



Aman Choudhary, 211106008

"Attending the Department was an inspiring journey of growth. The supportive community fostered both academic excellence and personal development. Grateful for the opportunities and memories that will shape my future.!"



Department of Physical Education, Sports and Yoga



**MANIPAL UNIVERSITY
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(University under Section 2(f) of the UGC Act)

"Exercise not only changes our body. It changes your mind, our attitude, and our mood."



Contact Us:

Manipal University Jaipur,
Dehmi Kalan, Off Jaipur-Ajmer Expressway,
Jaipur, (Raj.) Rajasthan 303007.
Phone: +91 9356032440

Manipal University Jaipur