

REPORT

Visit of Dr. Rajeev Choudhary (Professor, School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India) as a Visiting Foreign Professor, Jan Dlugosz University (UJD) in Czestochowa, Poland.



Pt. Ravishankar Shukla University, Raipur,
Chhattisgarh, India



Dr. Rajeev Choudhary
Professor in Physical Education
Dean Students' Welfare
Head, School of Studies in Law



Jan Dlugosz University (UJD) in
czestochowa, Poland



Journey Details

Journey Details:

Date	From	To	Time of departure	Time of arrival
22/11/2019	Delhi	Warsaw	01:20 hrs (India)	09:55 hrs (Poland)
24/12/2019	Warsaw	Delhi	09:55 hrs (Poland)	01:20 hrs (India)

Assignment:

Conducted series of classes/lectures(60 hours) as a visiting foreign professor on research and applied statistics, history of physical culture, indigenous sports of India, judo, yoga and other relevant physical education subjects for the students and staff members of Jan Dlugosz University (UJD), Czestochowa, Poland.

About Jan Dlugosz University (UJD)

Jan Dlugosz University in Czestochowa is a public university, with its history that traces back to 1971. At present, the University comprises 4 faculties with more than 40 fields of study, with bachelor's, master's and doctoral degrees. It offers postgraduate studies & courses and opens new fields of study accommodating the needs raised by employers and sought-after skills most requested on the marketplace. The University community is created by 648 academic staff who provide education to students from different corners of the country and the world.

Cooperation with foreign academic centres is an important element of recognition and classification of any school. Our Alma Mater has long and extensive tradition in this field. So far, the authorities of JDU have concluded multiple agreements concerning collaboration with different centres of science and research worldwide. The cooperation has resulted in exchange programmes for students and academic staff. The results of the implementation of numerous bilateral agreements and jointly finance research projects are applied in practice by both civil engineering and military industries.

Academics can publish all the results of their research in Jan Dlugosz University Publishing House, which is recognised not only regionally and nationally, but also on an international scale. Its representatives take part in the most important book-fairs in Poland and Europe. The House provides publications devoted to different fields of study.

JDU boasts a planetarium, a new attraction for students and all the inhabitants of the region of Czestochowa, which is equipped with one of the most technologically advanced projection instruments in the world.

Academic sports develop rapidly. The JDU student athletes compete in sporting events organised by academic centres all over the country and abroad. They are classified among the best sportsmen and sportswomen of all universities in Poland.

MEETING WITH OFFICIALS OF UJD



With Professor Zygmunt Bak, Vice-Rector for University Development, Jan Dlugosz University (UJD), Czestochowa, Poland



With Professor dr hab. Wieslaw Pilis, Manager of Biological and Medical Department, Jan Dlugosz University (UJD), Czestochowa, Poland



With Professor Marek Kruszewski in Gymnasium, Jozef Pilsudski University of Physical Education, Warsaw, Poland.

INVITATION LETTER FROM UJD



Jan Dlugosz
University
in Czestochowa

Częstochowa, 22.10.2019

NN/931/PZ/17/2019-2020

INVITATION

Dear Prof. Rajeev Choudhary, Ph. D.

School of Studies in Physical Education,
Pt. Ravishankar Shukla University,
Raipur, Chhattisgarh, India-492010

T8744151
passport number

27th February 1972
date of birth

On behalf of Jan Dlugosz University's authorities I would be honored to host you at our university with the aim of giving a series of classes (60 hours) in the capacity of a **foreign professor** for the students of the Faculty of Health Sciences.

The expected period of your stay will last **from 12th November 2019 to 20th December 2019**. The attendant during your stay will be dr Karol Pilis (k.pilis@ujd.edu.pl), with whom you may discuss organizational and substantive issues.

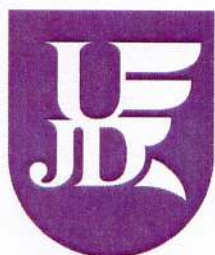
All conditions regarding the salary and your stay will be defined in accordance with the civil law contract. Accommodation at Jan Dlugosz University's guest rooms will be booked for you in the above-mentioned period of time

I look forward to your arrival and working with you at our university. If you have any questions regarding your visit, you may also contact the Department for Research and International Relations: Mr. Bartłomiej Kowalik (b.kowalik@ujd.edu.pl).

Yours sincerely,

PROREKTOR
ds. Nauki i Współpracy z Zagranicą
Uniwersytetu Humanistyczno-Przyrodniczego
im. Jana Długosza w Częstochowie
dr hab. Janusz Kapuśniak, prof. UJD

CERTIFICATE OF APPRECIATION FROM UJD



**Wydział
Nauk o Zdrowiu**

**Uniwersytet Humanistyczno-Przyrodniczy
im. Jana Długosza w Częstochowie**

42-200 Częstochowa, al. Armii Krajowej 13/15, e-mail: wnz@ujd.edu.pl, www.wnz.ujd.edu.pl

Częstochowa, Dec 20, 2019

Certificate of Appreciation

Shri Rajeev Choudhary, Ph.D. (Passport Number: T8744151, Date of Birth: February 27th, 1972), Professor at Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India rendered his services as a foreign Visiting Professor at Jan Długosz University (Uniwersytet Humanistyczno-Przyrodniczy im. Jana Długosza w Częstochowie), Częstochowa, Poland from 25.11.2019 to 20.12.2019.

Prof. Choudhary conducted a series of classes/lectures (60 hours) in capacity of the foreign Visiting Professor. The subjects taught were: research and applied statistics, history of physical culture, indigenous sports of India, judo, yoga, and other relevant physical education subjects. His classes/lectures were greatly appreciated by the students and staff. Jan Długosz University would like to express sincere thanks and appreciation for Prof. Choudhary's efforts and his highly professional manner of conduct.

We are looking forward for his continued cooperation in future.

UNIWERSYTET
HUMANISTYCZNO-PRZYRODNICZY
im. Jana Długosza w Częstochowie
WYDZIAŁ NAUK O ZDROWIU
Al. Armii Krajowej 13/15, 42-200 Częstochowa
tel. +48 34 365 59 83, +48 34 361 49 18

DZIĘKAN
Wydziału Nauk o Zdrowiu
Uniwersytetu Humanistyczno-Przyrodniczego
im. Jana Długosza w Częstochowie
prof. dr hab. Wiesław Piliś

Prof. zw. Dr hab. Wiesław Piliś

GLIMPSES OF THEORY CLASSES IN UJD





GLIMPSES OF PRACTICAL CLASSES IN UJD





Official visit to Jozef Pilsudski University of Physical Education, Warsaw, Poland (16/12/2019)

About Jozef Pilsudski University of Physical Education

Józef Piłsudski University of Physical Education in Warsaw (Akademia Wychowania Fizycznego Józefa Piłsudskiego w Warszawie) is a public institution of higher learning in Warsaw, Poland. Named after early 20th century Polish statesman Józef Piłsudski, it was founded in 1929 as the Central Institute for Physical Exercise. During the communist period (1947–1990) it was renamed to Karol Świerczewski Academy of Physical Education (Akademia Wychowania Fizycznego im. gen. broni Karola Świerczewskiego).



Official Meeting in Jozef Pilsudski University of Physical Education, Warsaw, Poland (16/12/2019), from left to right: (1) Dr. Krzysztof Stec, Biological and Medical Department, Jan Dlugosz University, Czestochowa, Poland (2) Professor Rajeev Choudhary, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India (3) Professor Monika Guskowska, Vice-Rector for Scientific Research and Implementation, Jozef Pilsudski University of Physical Education, Warsaw, Poland (4) Professor Krzysztof Perkowski, Dean of the Faculty of Physical Education, Jozef Pilsudski University of Physical Education, Warsaw, Poland (5) Professor Marek Kruszewski, Jozef Pilsudski, University of Physical Education, Warsaw, Poland.



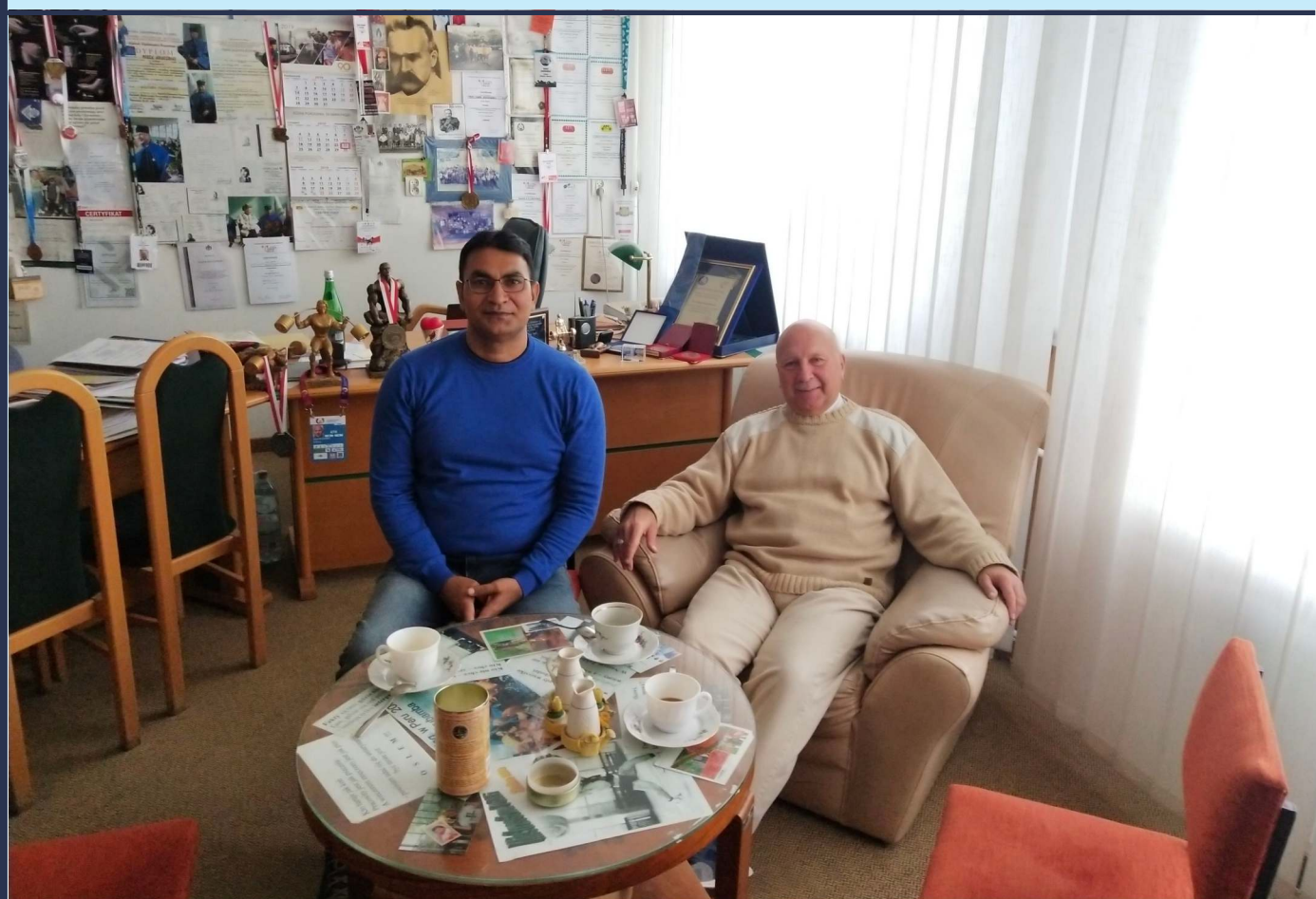
With Dr. Stanislaw Kuźmicki, Judo Coach, Awarded 5th Dan Black Belt, Jozef Pilsudski University of Physical Education, Warsaw, Poland.



With Dr. Artur Kruszewski, Wrestling Coach, 5th Ranked in Europe, Specialized in Coaching Women Wrestling, Jozef Pilsudski University of Physical Education, Warsaw, Poland.



With Antoni Zajkowski, two times European Champion in Judo (1969 & 1971), Olympic Silver Medalist in Judo in 1972, Munich, Germany.



With Professor Marek Kruszewski, Jozef Pilsudski, University of Physical Education, Warsaw, Poland



Enjoying Lunch in a New Year Party with Senior Professors, hosted by Professor Marek Kruszewski, Jozef Pilsudski University of Physical Education, Warsaw, Poland.



Receiving memento from Professor Krzysztof Perkowski, Dean of the Faculty of Physical Education, Jozef Pilsudski University of Physical Education, Warsaw, Poland.



From Left to Right: (1) Professor Marek Kruszewski, Jozef Pilsudski, University of Physical Education, Warsaw, Poland (2) Professor Rajeev Choudhary, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India (3) Tomasz Skiba, Institutional Co-ordinator Head of International Office, Jozef Pilsudski, University of Physical Education, Warsaw, Poland (4) Dr. Krzysztof Stec, Biological and Medical Department, Jan Dlugosz University, Czestochowa, Poland.



During Lunch



With Professor Marek Kruszewski, and Dr. Krzysztof Stec



During Sahaja Yoga havan in Kamieniołom Liban, in Płaszów area, Krakow, Poland



Visit to the largest and most brutal concentration camp called Auschwitz near Kraków, Poland

Invited lecture on "Rejuvenation of mind, body & Spirit through Raja Yoga Meditation", at "Brahma Kumaris", Warsaw, Poland (15/12/2019)



With B. K. Halina Paradela, founder of polish branch of Brahma Kumaris, a lecturer and teacher of Raja Yoga Meditation, Warsaw, Poland

With Dr. Krzysztof Stec, Jan Dlugosz University, Czestochowa, Poland



Trekking in Chochołowska Valley in Tatra Mountains, Polish winter capital called ZAKOPANE, Poland