

School of Studies in Physical Education

Pt. Ravishankar Shukla University Raipur, Chhattisgarh, India

ABOUT SCHOOL OF STUDIES IN PHYSICAL EDUCATION

Pt. Ravishankar Shukla University is Chhattisgarh's oldest institution of higher education, founded in 1964. The School of Studies in Physical Education was established in 1972. The Physical Education program is among the best in Chhattisgarh for preparing teachers for school and higher education settings. It also prepares skilled personnel for promoting quality physical activity opportunities for all. The programs in Physical Education not only prepare teachers but also offer opportunities to serve in allied areas related to health and fitness. The teacher education curriculum is nationally recognized and accredited by the National Council for Teacher Education (NCTE).

INTRAMURAL

The school organizes intramural competitions every Saturday. The main aim of organizing these competitions is to provide opportunities to each and every student for participation. Another aim is to provide an opportunity and experience to organize competitions. All students take an active part in these competitions.

ADMISSION

The school organizes intramural competitions every Saturday. The main aim of organizing these competitions is to provide opportunities to each and every student for participation. Another aim is to provide an opportunity and experience to organize competitions. All students take an active part in these competitions.

COURSES OFFERED

- Bachelor of Physical Education (4 Semesters, 2 Years)
- Master of Physical Education (4 Semester, 2 Years)
- Doctor of Philosophy (Ph.D.)
- MA in Yoga (4 Semesters, 2 Years)



STAFF PROFILE



Name: Dr. C.D. Agashe
Designation: Professor & Head
Qualification: M.P.Ed & Ph.D



Name : Dr. Reeta Venugopal
Designation: Professor
Qualification: M.P.E, M.Phil & Ph.D.



Name : Dr. Rajeev Choudhary
Designation: Professor
Qualification: M.P.E. M.Phil, Ph.D, PGDYM, PGDYN, Black Belt Diploma in judo (II Dan), NET, JRF (UGC), D.Lit.

GUEST FACULTY



Name : Dr. Nilmadhab Ghosh
Designation: Guest Faculty
Qualification : B.P.T. M.P.T.
(Musculoskeletal & Sports)
(RGUHS, Ktaka)



Name : Ms. Upasana Vishwakarma
Designation : Guest Faculty
Qualification: M.P.Ed., NET



Name : Mr. Rahul Kumar Paswan
Designation: Guest Faculty
Qualification : M.P.Ed.



Name : Mr. Anupam Kumar Singh
Designation : Guest Faculty
Qualification: M.P.Ed.



Name : Mrs. Megha Srivastava
Designation : Guest Faculty
Qualification: M.A. in Yoga

ADMINISTRATIVE STAFF



Mrs. Durgesh Nandani Joshi
Designation : UDC



Chhagan Lal Jangde



Rajendra Soni



**Anil Das
Manikpuri**



Ravindra Bansod



**Seva Ram
Chakradhari**

COURSES OFFERED

BACHELOR OF PHYSICAL EDUCATION (B.P.Ed)

This two-year (4 semesters) program prepares students for careers as qualified physical education teachers in schools. The curriculum is nationally recognized as progressive and innovative in its approaches to teaching sport, games, and physical activity.

Eligibility

Bachelor's degree in any discipline with 50% marks and at least participation in inter-college/inter-zonal/district/school competitions in sports and games as recognized by the AIU/IOA/SGFI/Government of India.

OR

Bachelor's degree in Physical Education with 45% marks.

OR

Bachelor's degree in any discipline with 45% marks and having studied Physical Education as a compulsory elective subject.

OR

Bachelor's degree with 45% marks and having participated in National/Inter-University/State competitions or secured 1st, 2nd, or 3rd position in inter-college/inter-zonal/district/district school competitions in sports and games as recognized by the AIU/IOA/SGFI/Government of India.

OR

Bachelor's degree with participation in international competitions or secured 1st, 2nd, or 3rd position in National/Inter-University competitions in sports and games as recognized by the respective Federation, AIU/IOA/SGFI/Government of India.

OR

Graduation with 45% marks and at least 3 years of teaching experience or for deputed in-service candidates, i.e., trained Physical Education Teachers (Coaches).

MASTER OF PHYSICAL EDUCATION (M.P.Ed)

This two-year (4 semesters) program prepares students for careers as qualified physical education teachers in the field of higher education.

Eligibility

- Bachelor of Physical Education (B.P.Ed) or equivalent with at least 50% marks.

OR

- Bachelor of Science (B.P.Ed) in Health and Physical Education with at least 50% marks. The reservation in seats and relaxation in the qualifying marks for SC/ST/OBC/PWD and other categories shall be as per the rules of the Central Government/State Government, whichever is applicable.

DOCTOR OF PHILOSOPHY (Ph.D)

This is a research degree course with a maximum duration of five years. This concentration affords students the opportunity to individualize their area of study through a liberal approach to education. Students select their areas of interest.

- Eligibility
- As per the University ordinance.

M.A. IN YOGA

The Master of Arts (M.A.) in Yoga, a two-year (4 semesters) program, is a postgraduate academic program designed to provide in-depth knowledge and understanding of yogic philosophy, practices, and their applications in modern life. The course blends traditional yogic wisdom with scientific approaches to health and well-being. It includes subjects such as Hatha Yoga, Patanjali Yoga Sutras, anatomy and physiology, research methodology, and the therapeutic uses of yoga.

Eligibility

Candidates must have completed a Bachelor's degree (Graduation) in any discipline from a recognized university. Preference may be given to those with a background in Yoga, Naturopathy, Physical Education, or related fields. This program prepares students for professional roles as yoga instructors, therapists, researchers, and wellness consultants in educational institutions, health centers, retreat resorts, and other wellness-focused organizations.

Infrastructure

The school has excellent infrastructure facilities, including well-equipped lecture halls, up-to-date laboratories, and technical equipment. The school campus enjoys an eco-friendly, harmonious environment, which provides the right ambiance for learning.



Facilities in Sports Medicine & Physiotherapy Laboratory

1. Short wave diathermy
2. Ultrasound Therapy
3. Combined traction Unit-motorised
4. Inter ferrential therapy unit
5. Combined faradic galavanic muscle Stimulator
6. Shoulder wheel
7. Pronator supionator exerciser
8. Quadriceps table
9. Ankle Excercisers
10. Continous passive motion (Lower Limb)
11. Contrast Bath Unit
12. Pulse Electro magnetic unit (Diapulse)
13. Parafinn Was Bath
14. Grip Exercisesers.



Facilities in Sports Anthropometry laboratory

1. Electronic stop watch (20 Memory)
2. Digital weighing machine
3. Digital Body fat monitor
4. Digital height measurement device
5. Goniometer Set
6. Anthropometric Set
7. Grip Dynamometer
8. Back Dynamometer
9. Other measurement devices

FACILITIES IN SPORTS PHYSIOLOGY LAB EQUIPMENTS

1. Heart Rate Monitor
2. Actiwatch
3. Treadmill
4. Exercise Chronobiology facilities
 - Cosinor software for Circadian thymometry.
 - Facilities for various Physiological, Physical performance and Psychological test, facilities available to measure circadian rhythms.

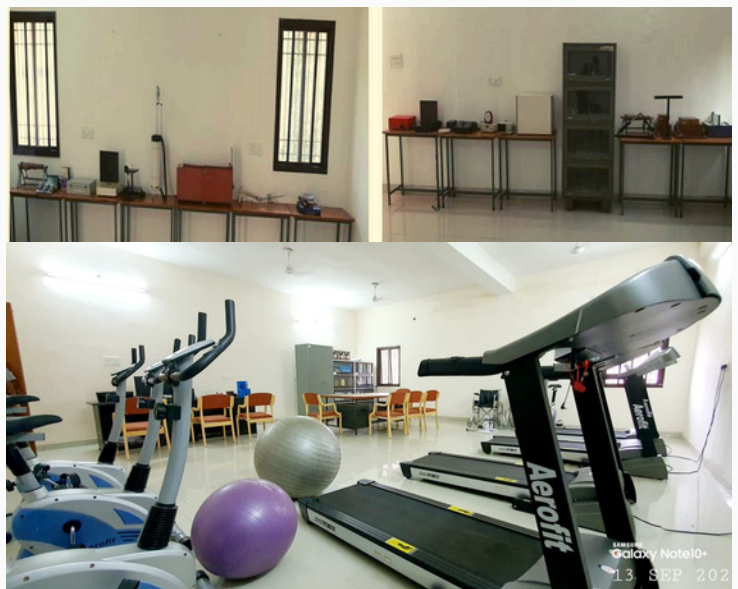


SPORTS PSYCHOLOGY LABORATORY

- Electronic Depth Perception Tester
- Digital Memory Scope
- Bassin Anticipatory Timer
- Digital Mirror tracking Apparatus
- Flicker fusion Apparatus
- Audio Visual Reaction Time Apparatus
- Digital Type Discrimination Reaction Tester
- Rhythm Metronome
- Psychological Test (Paper pencil test)

Centre for Geriatric and Gerontology

- To observe the trends and types of health problems among elderly population.
- To generate database on elderly population residing in central India.
- To identify the causes of health problems and other clinical complications among elderly people.
- Act as link between public and private sector to maximize the quality of life among elderly population.
- To promote inter-disciplinary research for overall wellbeing of elderly population.



ICT LABORATORY

- Computer with printers
- Digital Audio/Video Recorder
- Sports and Physical Education related Software
- A 3 Laser photocopy machine – work centre
- Projector
- Other Teaching Aids
- Smart Board

Additional Facilities which can be attached to the Gym

- Aerobic Exercise (Cardio Gym) Room

INFRASTRUCTURE – PLAYGROUNDS

Outdoor Facilities

- Standard Athletics Track
- Football Ground
- Handball Court
- Basketball Courts
- Volleyball Courts
- Tennis Court
- Kabaddi Field
- Kho-Kho Field
- Netball

Indoor Facilities

- Table Tennis
- Badminton Courts
- Yoga
- Multi Gym
- Trampoline
- Facilities for Gymnastics/Judo/Wrestling



ADDRESS FOR CORRESPONDENCE
HEAD

SCHOOL OF STUDIES IN PHYSICAL EDUCATION,
PT. RAVISHANKAR SHUKLA UNIVERSITY,
RAIPUR, CHHATTISGARH (INDIA) 492010

email : cagash@yahoo.com Phone no : 94255-03534, 94255-15951, 9616557777.