



ਦਾ ਮਹਾਰਾਜਾ ਭੁਪਿੰਦਰ ਸਿੰਘ ਪੰਜਾਬ ਸਪੋਰਟਸ ਯੂਨੀਵਰਸਿਟੀ, ਪਟਿਆਲਾ

THE MAHARAJA BHUPINDER SINGH
PUNJAB SPORTS UNIVERSITY
(MBSPSU) PATIALA

(Established Under Punjab Act No. 11 of 2019)



PROSPECTUS 2023-24

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ESTABLISHMENT OF THE UNIVERSITY

1. The Maharaja Bhupinder Singh Punjab Sports University (MBSPSU) has been established vide Notification dated 29.08.2019 under The Punjab Act No. 11 of 2019. The Preamble of the University Act mandates to:-
 - 1) *Establish and incorporate a Sports University in the State of Punjab, a specialized University, to promote sports education in the areas of sports sciences, sports technology, sports management, and sports coaching.*
 - 2) *Function as a State Training Centre for select sports disciplines by adopting best international practices.*
 - 3) *The sole University empowered to affiliate and regulate any Sports or Physical Education Institutions in the State of Punjab and matter connected therewith or incidental thereto."*
2. The UGC accorded recognition to the University under Section 2(f) of the UGC Act 1956 on 09 September 2019. It became functional on 16 September 2019 from the premises of Professor Gursewak Singh Government College of Physical Education, Patiala, which is a constituent college of the University. The Offices & Classes of the University are functioning from Mohindra Kothi, near Fountain Chowk, Patiala. The University has been granted membership of the Association of Indian Universities (AIU) with effect from 01 April 2020 and placed in the North Zone. It has three constituent and five affiliated Colleges. The following courses are currently conducted in the University :-
 - 1) *Bachelor of Physical Education and Sports (BPES)*
 - 2) *Bachelor of Sports Science (B.S.S.)*
 - 3) *Post-Graduation Diploma in Yoga.*
 - 4) *Master of Physical Education MPES*
 - 5) *Master of Science (Yoga)*
3. The following new courses are being introduced from the ensuing academic session 2023-24:-
 - 1) *Bachelor of Arts (BA).*
 - 2) *Post-Graduation Diploma in Sports Coaching (Boxing)*
4. The University Campus Construction is underway near village Sidhuwal on Bhadson Road adjacent to the Rajiv Gandhi National University of Law. Phase 1 construction comprising an Academic Block and two Hostels, is expected to be complete by December 2023.

Message



Lt. Gen. (Dr.) J.S. Cheema

PVSM, AVSM, VSM (Retd.)

Vice Chancellor,

The Maharaja Bhupinder Singh
Punjab Sports University, Patiala

The Maharaja Bhupinder Singh Punjab Sports University, established in 2019, is steadily evolving as a premier institution in the country in the fields of sports science, physical education, and sports. We are ceaselessly persevering to provide state-of-the-art facilities, cutting-edge technology, and competitive faculty in the University and its constituent colleges. We are committed to offer a diverse range of activities to our students aiming at their all-around personality development and inculcating ethical values, everlasting habits of teamwork, discipline, and character.

The University is consistently training and coaching the sportspersons both in individual and team games. Despite being three years old, we have participated in a majority of the North-Zone and All-India University Games. Our performance, inspires us to consistently strive for better and best. We conducted two North-Zone-Inter-University Championships. Our Women's Hockey Team secured the runners-up position and qualified for the Khelo-India University Games. Number of individual athletes participated at the All-India University games and earned laurels. We are committed to convert challenges into opportunities with deep commitment as well as perseverance and produce national and international level sportspersons.

We are grateful to the Government of Punjab for providing the necessary capital outlay for University campus construction. We are hopeful to shift to the new campus in this academic session.

We are sanguine that the Punjab Sports University will play a crucial role in regaining the erstwhile sporting glory for Punjab at the national and international arena by promoting a seamless sporting ecosystem in the State.

2019 ਵਿੱਚ ਸਥਾਪਿਤ ਮਹਾਰਾਜਾ ਭੁਪਿੰਦਰ ਸਿੰਘ ਪੰਜਾਬ ਸਪੋਰਟਸ ਯੂਨੀਵਰਸਿਟੀ, ਖੇਡ ਵਿਗਿਆਨ, ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਤੇ ਖੇਡਾਂ ਦੇ ਖੇਤਰਾਂ ਵਿੱਚ ਦੇਸ਼ ਵਿੱਚ ਇੱਕ ਪ੍ਰਮੁੱਖ ਸੰਸਥਾ ਵਜੋਂ ਨਿਰੰਤਰ ਵਿਕਾਸ ਕਰ ਰਹੀ ਹੈ। ਅਸੀਂ ਯੂਨੀਵਰਸਿਟੀ ਅਤੇ ਇਸ ਦੇ ਕਾਂਸਟੀਚੂਐਂਟ ਕਾਲਜਾਂ ਵਿੱਚ ਅਤਿ-ਆਧੁਨਿਕ ਸਹੂਲਤਾਂ, ਅਤਿ-ਆਧੁਨਿਕ ਤਕਨਾਲੋਜੀ ਅਤੇ ਪ੍ਰਤੀਯੋਗੀ ਫੈਕਲਟੀ ਪ੍ਰਦਾਨ ਕਰਨ ਲਈ ਨਿਰੰਤਰ ਯਤਨਸ਼ੀਲ ਹਾਂ। ਅਸੀਂ ਆਪਣੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਹਨਾਂ ਦੇ ਸਰਵਪੱਖੀ ਸ਼ਖਸੀਅਤ ਦੇ ਵਿਕਾਸ ਅਤੇ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ, ਟੀਮ ਵਰਕ ਦੀਆਂ ਆਦਤਾਂ, ਅਨੁਸ਼ਾਸਨ ਅਤੇ ਚਰਿੱਤਰ ਨੂੰ ਉਭਾਰਨ ਦੇ ਉਦੇਸ਼ ਨਾਲ ਵਿਭਿੰਨ ਗਤੀਵਿਧੀਆਂ ਦੀ ਪੇਸ਼ਕਸ਼ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਹਾਂ।

ਯੂਨੀਵਰਸਿਟੀ ਖਿਡਾਰੀਆਂ ਨੂੰ ਵਿਅਕਤੀਗਤ ਅਤੇ ਟੀਮ ਖੇਡਾਂ ਵਿੱਚ ਲਗਾਤਾਰ ਸਿਖਲਾਈ ਅਤੇ ਕੋਚਿੰਗ ਦੇ ਰਹੀ ਹੈ। ਸਿਰਫ ਤਿੰਨ ਸਾਲ ਪੁਰਾਣੀ ਹੋਣ ਦੇ ਬਾਵਜੂਦ, ਯੂਨੀਵਰਸਿਟੀ ਨੇ ਜ਼ਿਆਦਾਤਰ ਉੱਤਰੀ-ਜ਼ੋਨ ਅਤੇ ਆਲ-ਇੰਡੀਆ ਯੂਨੀਵਰਸਿਟੀ ਖੇਡਾਂ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਹੈ। ਸਾਡੀ ਹੁਣ ਤੱਕ ਕਾਰਗੁਜ਼ਾਰੀ ਸਾਨੂੰ ਲਗਾਤਾਰ ਹੋਰ ਬੇਹਤਰ ਪ੍ਰਦਰਸ਼ਨ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰ ਰਹੀ ਹੈ। ਅਸੀਂ ਦੋ ਉੱਤਰੀ-ਜ਼ੋਨ-ਅੰਤਰ-ਯੂਨੀਵਰਸਿਟੀ ਚੈਂਪੀਅਨਸ਼ਿਪਾਂ ਦਾ ਆਯੋਜਨ ਕੀਤਾ। ਸਾਡੀ ਮਹਿਲਾ ਹਾਕੀ ਟੀਮ ਨੇ ਉਪ-ਜੇਤੂ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ ਅਤੇ ਖੇਲੋ-ਇੰਡੀਆ ਯੂਨੀਵਰਸਿਟੀ ਖੇਡਾਂ ਲਈ ਕੁਆਲੀਫਾਈ ਕੀਤਾ। ਸਾਡੇ ਕਈ ਅਥਲੀਟਾਂ ਨੇ ਆਲ-ਇੰਡੀਆ ਯੂਨੀਵਰਸਿਟੀ ਖੇਡਾਂ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਅਤੇ ਚੰਗੀ ਸਫਲਤਾ ਪ੍ਰਾਪਤ ਕੀਤੀ। ਅਸੀਂ ਡੂੰਘੀ ਵਚਨ ਬੱਧਤਾ ਅਤੇ ਲਗਨ ਨਾਲ ਚੁਣੌਤੀਆਂ ਨੂੰ ਮੌਕਿਆਂ ਵਿੱਚ ਬਦਲਣ ਅਤੇ ਰਾਸ਼ਟਰੀ ਅਤੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ ਪੱਧਰ ਦੇ ਖਿਡਾਰੀ ਪੈਦਾ ਕਰਨ ਲਈ ਵਚਨਬੱਧ ਹਾਂ।

ਅਸੀਂ ਯੂਨੀਵਰਸਿਟੀ ਕੈਂਪਸ ਦੀ ਉਸਾਰੀ ਲਈ ਲੋੜੀਂਦਾ ਪੂੰਜੀ ਖਰਚ ਮੁਹੱਈਆ ਕਰਵਾਉਣ ਲਈ ਪੰਜਾਬ ਸਰਕਾਰ ਦੇ ਧੰਨਵਾਦੀ ਹਾਂ ਅਤੇ ਇਸ ਅਕਾਦਮਿਕ ਸੈਸ਼ਨ ਵਿੱਚ ਨਵੇਂ ਕੈਂਪਸ ਵਿੱਚ ਸ਼ਿਫਟ ਹੋਣ ਲਈ ਆਸਵੰਦ ਹਾਂ। ਅਸੀਂ ਆਸਵੰਦ ਹਾਂ ਕਿ ਪੰਜਾਬ ਸਪੋਰਟਸ ਯੂਨੀਵਰਸਿਟੀ ਰਾਜ ਵਿੱਚ ਨਿਰਵਿਘਨ ਖੇਡ ਵਾਤਾਵਰਣ ਨੂੰ ਉਤਸ਼ਾਹਿਤ ਕਰਕੇ ਰਾਸ਼ਟਰੀ ਅਤੇ ਅੰਤਰਰਾਸ਼ਟਰੀ ਪੱਧਰ 'ਤੇ ਪੁਰਾਣੀਆਂ ਸ਼ਾਨਦਾਰ ਖੇਡ ਪ੍ਰਾਪਤੀਆਂ ਨੂੰ ਮੁੜ ਹਾਸਲ ਕਰਨ ਵਿੱਚ ਅਹਿਮ ਭੂਮਿਕਾ ਨਿਭਾਏਗੀ। ਅਸੀਂ ਚੁਣੌਤੀਆਂ ਦਾ ਸਾਹਮਣਾ ਕਰਦੇ ਹੋਏ ਆਪਣੀ ਸੰਸਥਾ ਨੂੰ ਹੋਰ ਉੱਚਾ ਚੁੱਕਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦੇ ਰਹਾਂਗੇ।

Cheema

LOGO



The Maharaja Bhupinder Singh Punjab Sports University's Motto **"NISCHE KAR APNI JEET KARON"** is the most widely known hymn of the tenth Sikh Guru Gobind Singh quoted in the Dasam Granth.

This platitude wording **"RESOLVE TO VICTORY"** is an inspirational call to steadfastly act with courage and righteousness, despite impossible odds, which is an essential and inalienable trait of every sports person.

The Lion on the right side of the shield symbolizes Courage, Confidence, and Pride while the Horse on the left signifies Speed and Energy.

The Book on the right and Athlete on the left inside of the shield Projects Knowledge and Excellence in Sports, respectively, while the Torch on top symbolizes glory.

ਮਹਾਰਾਜਾ ਭੁਪਿੰਦਰ ਸਿੰਘ ਪੰਜਾਬ ਸਪੋਰਟਸ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਆਦਰਸ਼ ਸ਼ਬਦ "ਨਿਸਚੈ ਕਰ ਅਪਨੀ ਜੀਤ ਕਰੂੰ" ਦਸਮ ਗ੍ਰੰਥ ਵਿਚ ਦਰਜ ਦਸਵੇਂ ਸਿੱਖ ਸ਼੍ਰੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦਾ ਸਭ ਤੋਂ ਵੱਧ ਜਾਣਿਆ ਜਾਂਦਾ ਸ਼ਬਦ ਹੈ।

ਇਸ ਦਾ ਸ਼ਾਬਦਿਕ ਅਰਥ “ਜਿੱਤ ਦਾ ਸੰਕਲਪ” ਅਸੰਭਵ ਮੁਸ਼ਕਿਲਾਂ ਦੇ ਬਾਵਜੂਦ ਦ੍ਰਿੜਤਾ ਅਤੇ ਦ੍ਰਿੜਤਾ ਨਾਲ ਨਿਭਾਉਣ ਲਈ ਪ੍ਰੇਰਣਾ ਦਾਇਕ ਹੈ, ਜੋ ਹਰ ਖਿਡਾਰੀ ਦਾ ਇਕ ਜ਼ਰੂਰੀ ਅਤੇ ਅਟੱਲ ਗੁਣ ਹੈ।

ਸ਼ੀਲਡ ਦੇ ਸੱਜੇ ਪਾਸੇ ਸ਼ੇਰ ਦਲੇਰੀ, ਵਿਸ਼ਵਾਸ ਅਤੇ ਮਾਣ ਦਾ ਪ੍ਰਤੀਕ ਹੈ ਜਦੋਂ ਕਿ ਖੱਬੇ ਪਾਸੇ ਦਾ ਘੋੜਾ ਗਤੀ ਅਤੇ ਸ਼ਕਤੀ ਨੂੰ ਦਰਸਾਉਂਦਾ ਹੈ।

ਸ਼ੀਲਡ ਦੇ ਅੰਦਰ ਸੱਜੇ ਪਾਸੇ ਐਥਲੀਟ 'ਤੇ ਪੁਸਤਕ ਕ੍ਰਮਵਾਰ ਖੇਡਾਂ ਵਿਚ ਗਿਆਨ ਅਤੇ ਉੱਤਮਤਾ ਨੂੰ ਦਰਸਾਉਂਦੀ ਹੈ ਅਤੇ ਖੱਬੇ ਪਾਸੇ ਮਸ਼ਾਲ ਮਸ਼ਹੂਰ ਪ੍ਰਤੀਕ ਦੀ ਮਹਿਮਾ ਹੈ।



CONSTITUENT AND AFFILIATED COLLEGES

ਕਾਂਸਟੀਚੂਐਂਟ ਅਤੇ ਐਫੀਲਿਏਟਿਡ ਕਾਲਜ

Constituent Colleges / ਕਾਂਸਟੀਚੂਐਂਟ ਕਾਲਜ:



Prof. Gursewak Singh Govt. College
of Physical Education, Patiala
ਪ੍ਰੋ. ਗੁਰਸੇਵਕ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਆਫ
ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ, ਪਟਿਆਲਾ



Govt. Arts and Sports College,
Jalandhar
ਸਰਕਾਰੀ ਆਰਟਸ ਐਂਡ ਸਪੋਰਟਸ ਕਾਲਜ,
ਜਲੰਧਰ



Govt. College,
Kala Afghana (Gurdaspur)
ਸਰਕਾਰੀ ਕਾਲਜ,
ਕਾਲਾ ਅਫਗਾਨਾ (ਗੁਰਦਾਸਪੁਰ)



Affiliated Colleges / ਐਫੀਲਿਏਟਿਡ ਕਾਲਜ:



- 1) Shaheed Kanshi Ram College of Physical Education, Bhagomajra, District Mohali.
- 1) ਸ਼ਹੀਦ ਕਾਂਸ਼ੀ ਰਾਮ ਕਾਲਜ ਆਫ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ, ਭਾਗੋ ਮਾਜਰਾ, ਜ਼ਿਲ੍ਹਾ ਮੁਹਾਲੀ



- 2) Khalsa College of Physical Education, Amritsar,
- 2) ਖਾਲਸਾ ਕਾਲਜ ਆਫ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ, ਅੰਮ੍ਰਿਤਸਰ।



- 3) Saint Soldier College of Physical Education Behind NIT (REC) Bypass Jalandhar.
- 3) ਸੇਂਟ ਸੋਲਜ਼ਰ ਕਾਲਜ ਆਫ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ ਪਿੰਡੇ ਐਨ.ਆਈ.ਟੀ. (ਆਰ.ਈ.ਸੀ.) ਬਾਈਪਾਸ, ਜਲੰਧਰ।



- 4) Mata Gurdev Kaur Memorial Shahi Sports College, Jhakroudi, Samrala (Ludhiana).
- 4) ਮਾਤਾ ਗੁਰਦੇਵ ਕੌਰ ਮੈਮੋਰੀਅਲ ਸ਼ਾਹੀ ਸਪੋਰਟਸ ਕਾਲਜ, ਝਕਰੌਂਦੀ, ਸਮਰਾਲਾ (ਲੁਧਿਆਣਾ)।



- 5) The Royal College of Physical Education, Borawal, Distt. (Mansa)
- 5) ਦਿ ਰਾਯਲ ਕਾਲਜ ਆਫ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ, ਬੋਰਵਾਲ, ਜ਼ਿਲ੍ਹਾ ਮਾਨਸਾ

SPORTS ACHIEVEMENTS

NORTH ZONE INTER-UNIVERSITY SILVER MEDALISTS



The Maharaja Bhupinder Singh Punjab Sports University organised two events of North - Zone All India Inter- University this year. North - Zone All India Inter- University Hockey (Women) Championship 2022-2023 was conducted in Khalsa College of Physical Education, Amritsar. The Maharaja Bhupinder Singh Punjab Sports University team secured second position in this event and qualified for Khelo India University Games

NORTH ZONE WOMEN BASKETBALL TEAM (6th Position holder)



The Maharaja Bhupinder Singh Punjab Sports University conducted North - Zone All India Inter- University Basketball (Women) Championship in Government Arts and Sports College, Jalandhar. The Maharaja Bhupinder Singh Punjab Sports University women basketball team secured sixth position in this event.

ACHIEVERS



Meenu Devi

Climbed Mount Everest
Saint Soldier College of
Physical Education, Jalandhar



Gurjant Singh

Participated in Asia Cup Baseball
Championship (Islamabad, Pakistan)
Prof. Gursewak Singh Govt. College of
Physical Education, Patiala



Adarsh Tanwar

Bronze medal in
Power Lifting (74 kg)
in AIJU Championship
Mata Gurudev Kaur
Memorial Shahi
Sports College Jhakroudi,
Samrala (Ludhiana)



Akwinder Kaur

Bronze medal in
Pencak Silat (55kg)
in AIJU Championship
Khalsa College of
Physical Education,
Amritsar



Udayveer

Bronze medal in
Kickboxing Ring Sports
Full Contact 81 Kg
in AIJU Championship
Govt. Arts and
Sports College, Jalandhar



Jashanpreet Singh

Bronze Medal in
Kick Boxing Ring Sports
Low Kick 57 Kg
in AIJU Championship
Govt. Arts and
Sports College, Jalandhar



Harshehbaaz Singh Bhullar

Qualified for 200 meters in AIJU Athletics.
The Maharaja Bhupinder Singh
Punjab Sports University, Patiala



Simran

Qualified for North Zone AIJU Javelin Throw.
The Maharaja Bhupinder Singh
Punjab Sports University, Patiala

KHEDAN WATAN PUNJAB DIYAN (MEDALISTS)



Ayush Yadav
Gold Medal
Kabaddi



Ranjit Singh
Gold Medal
Handball



Harmanpreet Singh
Gold Medal
Handball



Gurpreet Singh
Gold Medal
Handball



Ravinder Singh
Gold Medal
Handball



Umang
Silver medal
Kabaddi



Manpreet Singh
Silver Medal
Swimming



Rajdeep Kaur
Silver Medal
Fencing



Himanshu
Bronze Medal
Javelin Throw



Waseem Ahmed
Bronze medal
Softball



Arshdeep
Bronze Medal
Baseball

Courses for **2023-24**



UNDERGRADUATE COURSES (3 YEARS)

1. BACHELOR OF PHYSICAL EDUCATION & SPORTS (BPES)

- (1) Seats: 50
- (2) It is a three years Degree Course to impart broad-based knowledge in the basics of Physical Education and Sports. The course offers multiple options to pursue higher education like a two years Master's Degree in Physical Education and Sports (MPES) or two years Bachelors Degree of Physical Education (BPED) or Masters in Sports Management (MSM) or M.Sc in Yoga or Post Graduate Diploma Courses in Health, Fitness and Wellness, Yoga, Sports Management and Coaching in any Sports Disciplines.
- (3) **Eligibility Criteria for Application:**
 - a) 10+2 pass with minimum 50 % pass percentage Marks for General Category and 45% for SC/ST/OBC and for the candidates who have participated at International /National /State/ Inter-University levels (Position holders may be preferred).
 - b) Graded Sports Certificate by the Sports Department Punjab/ Any other State.
- (4) **Selection Criteria for Admission:**
 - a) Physical Fitness Test (PFT) shall be mandatory to qualify for admission.
 - b) Details of Physical Fitness Test, Norms for preparing Merit list based on academics and sports achievements as well as distribution of marks for Sports performances are attached in Annexure 1.

1. ਬੈਚਲਰ ਆਫ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ ਐਂਡ ਸਪੋਰਟਸ (ਬੀਪੀਈਐਸ)

- (1) ਸੀਟਾਂ: 50
- (2) ਇਸ ਤਿੰਨ ਸਾਲਾਂ ਦਾ ਡਿਗਰੀ ਕੋਰਸ ਦਾ ਉਦੇਸ਼ ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਤੇ ਖੇਡਾਂ ਦੇ ਖੇਤਰ ਵਿੱਚ ਵਿਆਪਕ ਗਿਆਨ ਪ੍ਰਦਾਨ ਕਰਨਾ ਹੈ। ਇਹ ਕੋਰਸ ਉੱਚ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਬਹੁਤ ਸਾਰੇ ਵਿਕਲਪ ਪੇਸ਼ ਕਰਦਾ ਹੈ, ਜਿਵੇਂ ਕਿ ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਤੇ ਖੇਡਾਂ ਵਿੱਚ ਮਾਸਟਰਜ਼ ਦੀ ਡਿਗਰੀ (ਐਮਪੀਈਐਸ), ਦੋ ਸਾਲ ਦੀ ਸਰੀਰਕ ਸਿੱਖਿਆ ਦੀ ਬੈਚਲਰਜ਼ ਡਿਗਰੀ (ਬੀਪੀਈਡੀ), ਦੋ ਸਾਲਾਂ ਦੀ ਮਾਸਟਰ ਡਿਗਰੀ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ (ਐਮਪੀਈਡੀ), ਸਪੋਰਟਸ ਮੈਨੇਜਮੈਂਟ ਵਿੱਚ ਮਾਸਟਰ (ਐਮ ਐਸ ਐਮ), ਯੋਗਿਕ ਸਾਇੰਸਜ਼ ਵਿੱਚ ਐਮ ਐਸ ਸੀ, ਸਿਹਤ, ਤੰਦਰੁਸਤੀ ਅਤੇ ਤੰਦਰੁਸਤੀ, ਯੋਗ, ਕੋਚਿੰਗ ਅਤੇ ਸਪੋਰਟਸ ਮੈਨੇਜਮੈਂਟ, ਅਤੇ ਵੱਖ ਵੱਖ ਖੇਡਾਂ ਵਿੱਚ ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਡਿਪਲੋਮਾ ਕੋਰਸ ਆਦਿ।
- (3) **ਐਪਲੀਕੇਸ਼ਨ ਲਈ ਯੋਗਤਾ:**
 - a) ਜਨਰਲ ਸ਼੍ਰੇਣੀ ਲਈ ਘੱਟੋ ਘੱਟ 50% ਅੰਕਾਂ ਨਾਲ ਅਤੇ ਐਸ.ਸੀ./ ਐਸ.ਟੀ. / ਓ.ਬੀ.ਸੀ. ਲਈ ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ ਯੂਨੀਵਰਸਿਟੀ / ਪੱਧਰ ਤੱਕ ਖੇਡ ਮੁਕਾਬਲਿਆ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਹਨਾਂ ਨੇ 45% ਅੰਕ 10+2 ਪਾਸ ਕੀਤੀ ਹੋਵੇ। (ਪੋਜ਼ੀਸ਼ਨ ਧਾਰਕਾਂ ਨੂੰ ਤਰਜੀਹ)
 - b) ਖੇਡ ਵਿਭਾਗ ਪੰਜਾਬ / ਹੋਰ ਕਿਸੇ ਵੀ ਰਾਜ ਦੁਆਰਾ ਗ੍ਰੈਡਡ ਸਪੋਰਟਸ ਸਰਟੀਫਿਕੇਟ।
- (4) **ਦਾਖਲੇ ਲਈ ਚੋਣ ਮਾਪਦੰਡ:**
 - a) ਦਾਖਲੇ ਲਈ ਯੋਗਤਾ ਪੂਰੀ ਕਰਨ ਲਈ ਸਰੀਰਕ ਤੰਦਰੁਸਤੀ ਟੈਸਟ (PFT) ਲਾਜ਼ਮੀ ਹੋਵੇਗਾ।
 - b) ਸਰੀਰਕ ਤੰਦਰੁਸਤੀ ਟੈਸਟ, ਅਕਾਦਮਿਕਾਂ ਅਤੇ ਖੇਡ ਪ੍ਰਾਪਤੀਆਂ ਤੇ ਅਧਾਰਤ ਮੈਰਿਟ ਸੂਚੀ ਤਿਆਰ ਕੀਤੀ ਜਾਵੇਗੀ।

2. BACHELOR OF SPORTS SCIENCE (B.S.S.)

- (1) Seats: 30
- (2) It is a three years Degree Course to impart the scientific study of the human body for optimal sports performance. The course offers multiple options to pursue higher education in Masters in Sports Science, Biomechanics, Biophysics, Physical Anthropology, Exercise Physiology, Human Biology, Strength and Conditioning, Sports Coaching, Masters in Sports Management (MSM), MSc in Yoga, Post Graduate Diploma Courses in various Sports Disciplines like Health, Fitness and Wellness, Yoga, Coaching and Sports Management, etc., and Research Work.
- (3) Eligibility Criteria for Admission:
 - a) Essential: 10+2 (Science) with minimum 50 % pass percentage Marks for General Category and 45% for SC/ST/OBC and for candidates who have participated at International /National /State/ Inter-University levels (Position holders may be preferred).
 - b) Desirable: The students who have participated in any sports competition at the International / State / University / College levels.

2. ਬੀ.ਐਸ.ਸੀ. ਸਪੋਰਟਸ ਸਾਇੰਸ (ਬੀ.ਐਸ.ਐਸ.)

- (1) ਸੀਟਾਂ: 30
- (2) ਖੇਡਾਂ ਦੇ ਅਨੁਕੂਲ ਪ੍ਰਦਰਸ਼ਨ ਲਈ ਮਨੁੱਖੀ ਸਰੀਰ ਦਾ ਵਿਗਿਆਨਕ ਅਧਿਐਨ ਕਰਨਾ ਇਹ ਤਿੰਨ ਸਾਲਾਂ ਦਾ ਡਿਗਰੀ ਕੋਰਸ ਹੈ। ਇਹ ਕੋਰਸ ਸਪੋਰਟਸ ਸਾਇੰਸ, ਬਾਇਓਮੈਕਨਿਕਸ, ਬਾਇਓਫਿਜ਼ਿਕਸ, ਸਰੀਰਕ ਮਾਨਵ-ਵਿਗਿਆਨ, ਕਸਰਤ ਸਰੀਰ-ਵਿਗਿਆਨ, ਮਨੁੱਖੀ ਜੀਵ-ਵਿਗਿਆਨ, ਤਾਕਤ ਅਤੇ ਕੰਡੀਸ਼ਨਿੰਗ, ਖੇਡ ਕੋਚਿੰਗ, ਮਾਸਟਰਜ਼ ਇਨ ਸਪੋਰਟਸ ਮੈਨੇਜਮੈਂਟ (ਐਮ ਐਸ ਐਮ), ਯੋਜਿਕ ਸਾਇੰਸਜ਼, ਪੋਸਟ ਗ੍ਰੈਜੂਏਟ ਵਿਚ ਮਾਸਟਰਜ਼ ਵਿਚ ਉੱਚ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਕਈ ਵਿਕਲਪ ਪੇਸ਼ ਕਰਦਾ ਹੈ। ਸਿਹਤ, ਤੰਦਰੁਸਤੀ ਅਤੇ ਤੰਦਰੁਸਤੀ, ਯੋਗਾ, ਕੋਚਿੰਗ ਅਤੇ ਸਪੋਰਟਸ ਮੈਨੇਜਮੈਂਟ, ਆਦਿ, ਅਤੇ ਖੋਜ ਕਾਰਜ ਵਰਗੇ ਵੱਖ-ਵੱਖ ਖੇਡਾਂ ਦੇ ਅਨੁਸ਼ਾਸਨ ਵਿਚ ਡਿਪਲੋਮਾ ਕੋਰਸ ਆਦਿ।
- (3) ਦਾਖਲੇ ਲਈ ਯੋਗਤਾ ਮਾਪਦੰਡ।
 - a) ਜ਼ਰੂਰੀ.: ਜਨਰਲ ਸ਼੍ਰੇਣੀ ਲਈ ਘੱਟੋ ਘੱਟ 50% ਅੰਕਾਂ ਨਾਲ 10 + 2 (ਸਾਇੰਸ) ਅਤੇ ਐਸ.ਸੀ./ ਐਸ.ਟੀ. / ਓ.ਬੀ.ਸੀ. ਲਈ ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ ਯੂਨੀਵਰਸਿਟੀ ਪੱਧਰ ਤੱਕ ਖੇਡ ਮੁਕਾਬਲਿਆ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਹਨਾਂ ਨੇ 45% ਅੰਕ 10 + 2 (ਸਾਇੰਸ) ਪਾਸ ਕੀਤੀ ਹੋਵੇ। (ਪੋਜੀਸ਼ਨ ਧਾਰਕਾ ਨੂੰ ਤਰਜੀਹ)
 - b) ਲੋੜੀਂਦਾ: ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਤਰਜੀਹ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਫੈਡਰੇਸ਼ਨ / ਜ਼ਿਲ੍ਹਾ / ਸਕੂਲ ਵਿਖੇ ਕਿਸੇ ਵੀ ਖੇਡ ਮੁਕਾਬਲੇ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ। (ਪੋਜੀਸ਼ਨ ਧਾਰਕਾ ਨੂੰ ਤਰਜੀਹ ਹੈ)।

3. BACHELOR OF ARTS (B.A)

Subjects : English & Punjabi (Compulsory) Physical Education, Psychology, History, Political Science,

- 1) Seats: 50
- 2) **Eligibility:** Candidate should have passed (10+2) or High School Senior Secondary Exam by the Punjab School Education Board (PSEB) or Central Board of Secondary Education (CBSE) or any equivalent exam conducted by any State Board or Equivalent.
- 3) **Desirable:** The Students who have participated in International /National /State/ Inter-University levels (Position holders may be preferred).

3. ਬੈਚਲਰ ਆਫ਼ ਆਰਟਸ (ਬੀ.ਏ.)

ਵਿਸ਼ੇ: ਅੰਗਰੇਜੀ ਅਤੇ ਪੰਜਾਬੀ (ਲਾਜ਼ਮੀ) ਸਰੀਰਕ ਸਿੱਖਿਆ, ਮਨੋਵਿਗਿਆਨ, ਇਤਿਹਾਸ, ਰਾਜਨੀਤੀ ਵਿਗਿਆਨ

- 1) ਸੀਟਾਂ: 50
- 2) ਯੋਗਤਾ: ਉਮੀਦਵਾਰ ਨੇ ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ (ਪੀਐਸਈਬੀ) ਜਾਂ ਕੇਂਦਰੀ ਸੈਕੰਡਰੀ ਸਿੱਖਿਆ ਬੋਰਡ (ਸੀਬੀਐਸਈ) ਦੁਆਰਾ (10+2) ਜਾਂ ਹਾਈ ਸਕੂਲ ਸੀਨੀਅਰ ਸੈਕੰਡਰੀ ਪ੍ਰੀਖਿਆ ਜਾਂ ਕਿਸੇ ਰਾਜ ਬੋਰਡ ਜਾਂ ਇਸ ਦੇ ਬਰਾਬਰ ਦੀ ਕੋਈ ਵੀ ਬਰਾਬਰ ਦੀ ਪ੍ਰੀਖਿਆ ਪਾਸ ਕੀਤੀ ਹੋਣੀ ਚਾਹੀਦੀ ਹੈ।
- 3) ਲੋੜੀਂਦਾ: ਖੇਡਾਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਤਰਜੀਹ ਦਿੱਤੀ ਜਾਵੇਗੀ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ ਯੂਨੀਵਰਸਿਟੀ / ਕਾਲਜ ਪੱਧਰ 'ਤੇ ਕਿਸੇ ਵੀ ਖੇਡ ਮੁਕਾਬਲੇ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ। (ਪੋਜੀਸ਼ਨ ਧਾਰਕਾ ਨੂੰ ਤਰਜੀਹ)।

POST-GRADUATE DIPLOMA COURSE (1 YEAR)

4. PG DIPLOMA IN YOGA

(1) Seats: 30

(2) Eligibility Criteria:

- a) Essential: Graduation in any stream with minimum 50 % marks for General Category and 45% marks for SC/ST/OBC and for candidates who have participated at International /National /State/ Inter-University levels (Position holders may be preferred).
- b) Desirable: The students who have done 4/2 years BPED, BPES, B.S.S. (Sports Science/ Sports Nutrition and other sports related courses) and who have participated in any Sports Competition at the International / State / University / College levels.

4. ਪੀ ਜੀ ਡਿਪਲੋਮਾ ਇਨ ਯੋਗਾ

(1) ਸੀਟਾਂ :30

(2) ਯੋਗਤਾ ਮਾਪਦੰਡ।

- a) ਜ਼ਰੂਰੀ.: ਜਨਰਲ ਸ਼੍ਰੇਣੀ ਲਈ ਘੱਟੋ ਘੱਟ 50% ਅੰਕਾਂ ਨਾਲ ਅਤੇ ਐਸ.ਸੀ./ ਐਸ.ਟੀ. / ਓ.ਬੀ.ਸੀ. ਲਈ ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ ਯੂਨੀਵਰਸਿਟੀ ਪੱਧਰ ਤੱਕ ਖੇਡ ਮੁਕਾਬਲਿਆ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਹਨਾਂ ਨੇ 45% ਅੰਕਾਂ ਨਾਲ ਕਿਸੇ ਵੀ ਖੇਤਰ ਵਿੱਚ ਗ੍ਰੇਜੂਏਸ਼ਨ ਕੀਤੀ ਹੋਵੇ। (ਪੋਜ਼ੀਸ਼ਨ ਧਾਰਕਾਂ ਨੂੰ ਤਰਜੀਹ)
- b) ਲੋੜੀਂਦਾ- ਵਿਦਿਆਰਥੀ ਨੇ 4/2 ਸਾਲ ਬੀ.ਪੀ.ਈ.ਡੀ, ਬੀ.ਪੀ.ਈ.ਐਸ, ਬੀਐਸਸੀ (ਸਪੋਰਟਸ ਸਾਇੰਸ / ਸਪੋਰਟਸ ਪੋਸ਼ਣ ਅਤੇ ਹੋਰ ਖੇਡਾਂ ਨਾਲ ਸਬੰਧਤ ਕੋਰਸ), ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ ਪੱਧਰ 'ਤੇ ਕਿਸੇ ਵੀ ਖੇਡ ਮੁਕਾਬਲੇ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ।

5. PG DIPLOMA IN SPORTS COACHING (BOXING)

(1) Seats: 30

(2) Eligibility Criteria:

- a) Essential: Graduation in any stream with minimum 50 % marks for General Category and 45% marks for SC/ST/OBC and for candidates who have participated at International /National /State/ Inter-University levels (Position holders may be preferred).
- b) Desirable: The students who have done 4/2 years BPED, BPES, B.S.S. (Sports Science/ Sports Nutrition and other sports related courses) and who have participated in any Sports Competition at the International / State / University / College levels (Position holders will be preferred).
- c) Physical Fitness Test (PFT) shall be mandatory to qualify for admission. Details of Physical Test are attached at Annexure 2.

5. ਪੀ ਜੀ ਡਿਪਲੋਮਾ ਇਨ ਸਪੋਰਟਸ ਕੋਚਿੰਗ (ਬਾਕਸਿੰਗ)

(1) ਸੀਟਾਂ :30

(2) ਯੋਗਤਾ ਮਾਪਦੰਡ।

- a) ਜ਼ਰੂਰੀ.: ਜਨਰਲ ਸ਼੍ਰੇਣੀ ਲਈ ਘੱਟੋ ਘੱਟ 50% ਅੰਕਾਂ ਨਾਲ ਅਤੇ ਐਸ.ਸੀ./ ਐਸ.ਟੀ. / ਓ.ਬੀ.ਸੀ. ਲਈ ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ ਯੂਨੀਵਰਸਿਟੀ ਪੱਧਰ ਤੱਕ ਖੇਡ ਮੁਕਾਬਲਿਆ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਹਨਾਂ ਨੇ 45% ਅੰਕਾਂ ਨਾਲ ਕਿਸੇ ਵੀ ਖੇਤਰ ਵਿੱਚ ਗ੍ਰੇਜੂਏਸ਼ਨ ਕੀਤੀ ਹੋਵੇ। (ਪੋਜ਼ੀਸ਼ਨ ਧਾਰਕਾਂ ਨੂੰ ਤਰਜੀਹ)
- b) ਲੋੜੀਂਦਾ- ਵਿਦਿਆਰਥੀ ਨੇ 4/2 ਸਾਲ ਬੀ.ਪੀ.ਈ.ਡੀ, ਬੀ.ਪੀ.ਈ.ਐਸ, ਬੀਐਸਸੀ (ਸਪੋਰਟਸ ਸਾਇੰਸ / ਸਪੋਰਟਸ ਪੋਸ਼ਣ ਅਤੇ ਹੋਰ ਖੇਡਾਂ ਨਾਲ ਸਬੰਧਤ ਕੋਰਸ), ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ ਪੱਧਰ 'ਤੇ ਕਿਸੇ ਵੀ ਖੇਡ ਮੁਕਾਬਲੇ ਵਿਚ ਹਿੱਸਾ ਲਿਆ ਹੈ।
- c) ਦਾਖਲੇ ਲਈ ਫਿਜ਼ੀਕਲ ਫਿਟਨਸ ਟੈਸਟ ਜ਼ਰੂਰੀ ਹੈ। ਫਿਜ਼ੀਕਲ ਫਿਟਨਸ ਟੈਸਟ ਦੀ ਜਾਣਕਾਰੀ ਐਨਕਸਚਰ 2 ਵਿੱਚ ਨਾਲ ਨੱਥੀ ਹੈ।

Vide Govt. of Punjab, Department of Sports and Youth Services, Order No. 2/40/2016-1SS/ 1577136/04, dated: 18.9.2019, the Degree and Diplomas issued by Lakshmibai National Institute of Physical Education, Gwalior, a deemed University and The Maharaja Bhupinder Singh Punjab Sports University, Patiala, a University established by the State Govt. of Punjab will be treated at par with Degree/Diploma issued from Netaji Subhas National Institutional of Sports, Patiala (NIS).

POST-GRADUATION COURSES (2 YEARS)

6. MASTER OF SCIENCE (YOGA) (M.Sc. Yoga)

- (1) Seats. 20
- (2) Eligibility Criteria:
 - a) Essential:- Graduation in any stream with minimum 50 percent marks for General Category and minimum 45 percent marks for SC/ST/OBC and for candidates who have participated at International /National /State/ Inter-University levels (Position holders may be preferred).
 - b) Desirable:- The students who have done 4/2 years BPED, BPES, B.Sc. (Sports Science/ Sports Nutrition and other sports related courses) and who have participated in any Sports Competition at the International / State / University / College levels (Position holder may be preferred).

6. ਮਾਸਟਰ ਆਫ਼ ਸਾਇੰਸ (ਯੋਗਾ) (ਐਮ.ਐਸ.ਸੀ. ਯੋਗਾ)

- (1) ਸੀਟਾਂ :20
- (2) ਯੋਗਤਾ ਮਾਪਦੰਡ।
 - a) ਜ਼ਰੂਰੀ.: ਜਨਰਲ ਸ਼੍ਰੇਣੀ ਲਈ ਘੱਟੋ ਘੱਟ 50% ਅੰਕਾਂ ਨਾਲ ਅਤੇ ਐਸ.ਸੀ./ ਐਸ.ਟੀ. / ਓ.ਬੀ.ਸੀ. ਲਈ ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ-ਯੂਨੀਵਰਸਿਟੀ ਪੱਧਰ ਤੱਕ ਖੇਡ ਮੁਕਾਬਲਿਆ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਹਨਾਂ ਨੇ 45% ਅੰਕ ਅੰਕਾਂ ਨਾਲ ਕਿਸੇ ਵੀ ਖੇਤਰ ਵਿੱਚ ਗ੍ਰੈਜੂਏਸ਼ਨ ਕੀਤੀ ਹੋਵੇ। (ਪੇਜੀਸ਼ਨ ਧਾਰਕਾਂ ਨੂੰ ਤਰਜੀਹ)
 - b) ਲੋੜੀਂਦਾ- ਵਿਦਿਆਰਥੀ ਨੇ 4/2 ਸਾਲ ਬੀ.ਪੀ.ਈ.ਡੀ, ਬੀ.ਪੀ.ਈ.ਐਸ, ਬੀਐਸਸੀ (ਸਪੋਰਟਸ ਸਾਇੰਸ / ਸਪੋਰਟਸ ਪੋਸ਼ਣ ਅਤੇ ਹੋਰ ਖੇਡਾਂ ਨਾਲ ਸਬੰਧਤ ਕੋਰਸ), ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ ਪੱਧਰ 'ਤੇ ਕਿਸੇ ਵੀ ਖੇਡ ਮੁਕਾਬਲੇ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਹੈ। (ਪੇਜੀਸ਼ਨ ਧਾਰਕਾਂ ਨੂੰ ਤਰਜੀਹ)

7. MASTER OF PHYSICAL EDUCATION & SPORTS (MPES).

- 1) Seat: 20
- 2) Eligibility Criteria: BPES/BPED (4 & 2 Years) / B.S.S. (Sports Science) Graduation with Physical Education having minimum 50% marks for General Category, 45% Marks for SC/ST/OBC and for candidates who have participated at International /National /State/ Inter-University levels (Position holders may be preferred).
- 3) Desirable: The students who have done BPED (4 and 2 years), BPES, B.Sc.(Sports Science) Yoga/Sports & Other Physical Education and Sports related courses & those who have participated in any Sports Competition at the International/State/University levels. (Position Holders will be preferred).
- 4) Selection Criteria for Admission. Candidates seeking admission to MPES must qualify in the Physical Fitness Test, given at Annexure 1.

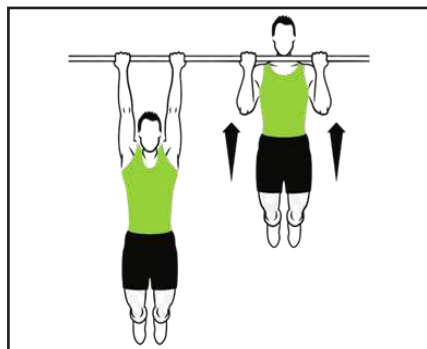
7. ਮਾਸਟਰ ਆਫ਼ ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ ਐਂਡ ਸਪੋਰਟਸ (MPES)

- 1) ਸੀਟ: 20
- 2) ਜ਼ਰੂਰੀ.: ਜਨਰਲ ਸ਼੍ਰੇਣੀ ਲਈ ਘੱਟੋ ਘੱਟ 50% ਅੰਕਾਂ ਨਾਲ ਅਤੇ ਐਸ.ਸੀ./ ਐਸ.ਟੀ. / ਓ.ਬੀ.ਸੀ. ਲਈ ਅਤੇ ਉਹ ਉਮੀਦਵਾਰ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰ-ਰਾਸ਼ਟਰੀ / ਰਾਸ਼ਟਰੀ / ਰਾਜ / ਅੰਤਰ-ਯੂਨੀਵਰਸਿਟੀ ਪੱਧਰ ਤੱਕ ਖੇਡ ਮੁਕਾਬਲਿਆ ਵਿੱਚ ਹਿੱਸਾ ਲਿਆ ਹੈ, ਉਹਨਾਂ ਨੇ 45% ਅੰਕ ਅੰਕਾਂ ਨਾਲ BPES/BPED (3 ਤੇ 4 ਸਾਲ) / B.S.S. (ਸਪੋਰਟਸ ਸਾਇੰਸ) ਕੀਤੀ ਹੋਵੇ।
- 3) BPED (4 ਅਤੇ 2 ਸਾਲ), BPES, B.Sc. (ਖੇਡ ਵਿਗਿਆਨ) ਯੋਗਾ/ਖੇਡਾਂ ਅਤੇ ਹੋਰ ਸਰੀਰਿਕ ਸਿੱਖਿਆ ਅਤੇ ਖੇਡਾਂ ਨਾਲ ਸਬੰਧਤ ਕੋਰਸਾਂ ਅਤੇ ਉਹਨਾਂ ਨੂੰ ਤਰਜੀਹ ਦਿੱਤੀ ਜਾਵੇਗੀ ਜਿੰਨ੍ਹਾਂ ਨੇ ਅੰਤਰਰਾਸ਼ਟਰੀ/ਰਾਜ/ਯੂਨੀਵਰਸਿਟੀ ਪੱਧਰ ਵਿੱਚ ਕਿਸੇ ਵੀ ਖੇਡ ਮੁਕਾਬਲੇ ਵਿੱਚ ਭਾਗ ਲਿਆ ਹੈ। (ਪੇਜੀਸ਼ਨ ਧਾਰਕਾਂ ਨੂੰ ਤਰਜੀਹ ਦਿੱਤੀ ਜਾਵੇਗੀ)।
- 4) ਦਾਖਲੇ ਲਈ ਚੋਣ ਮਾਪਦੰਡ। MPES ਵਿੱਚ ਦਾਖਲਾ ਲੈਣ ਵਾਲੇ ਉਮੀਦਵਾਰਾਂ ਨੂੰ ਸਰੀਰਕ ਫਿਟਨੈਸ ਟੈਸਟ ਵਿੱਚ ਯੋਗਤਾ ਪੂਰੀ ਕਰਨੀ ਚਾਹੀਦੀ ਹੈ। ਜੋ ਕਿ ਨਾਲ ਦਿੱਤੇ ਐਨਕਸਚਰ 1 ਵਿੱਚ ਦਿੱਤਾ ਗਿਆ ਹੈ।

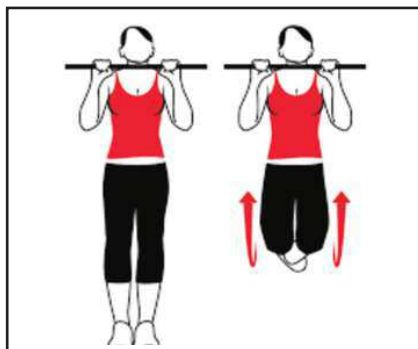
PHYSICAL FITNESS TEST (PFT)

(For BPES, MPES Course)

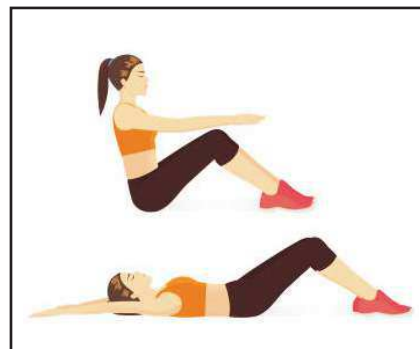
1. A candidate has to qualify in any four of the following six PFTs of his/her choice to become eligible for admission into BPES Course & MPES Course.



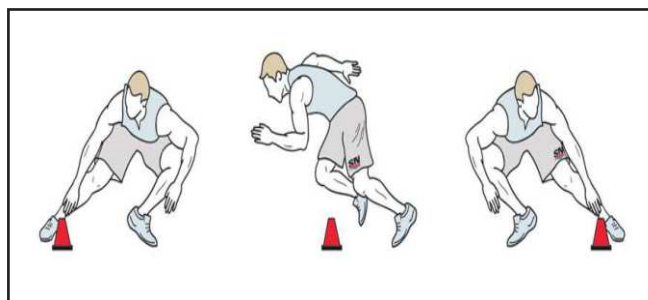
(A) PULL-UPS (FOR BOYS).



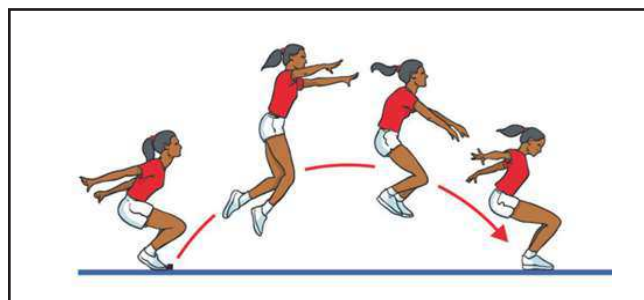
(B) FLEXED ARM HANG (FOR GIRLS).



(C) FLEXED-LEG SIT-UPS (IN ONE MINUTE).



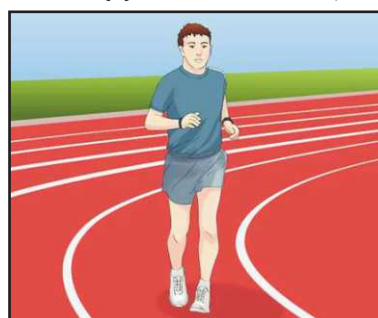
(D) SHUTTLE RUN.



(E) STANDING BROAD JUMP.



(F) 50M DASH.



(g) 600 m RUN.

2. The minimum standards to qualify are tabulated below:-

Minimum Standard for Boys & Girls	BOYS: Pull-ups on Horizontal Bar GIRLS – Flexed Arms Hang on	Sit-Ups (With Knee bent in 60 Sec.) (Nos)	Shuttle Run 10 m. x 4 times (Time)	Standing Broad Jump (Mtrs.)	50 Mtrs. Dash (Time)	600 Mtrs. Run/Walk (Time)
Boys	4 Numbers	31	11.00 sec.	1.90 m	9.0 sec.	3 minutes: 30 sec.
Girls	5 seconds Hold (Minimum)	24	12.2 sec.	1.40 m	10.0 sec	3 minutes: 50 sec.

PHYSICAL FITNESS TEST (PFT)

For PG DIPLOMA IN SPORTS COACHING (BOXING)

S No.	Tests	Gender	30 years & below	Above 30 years
1	30 m Flying Start (for speed)	Male	5.0 sec	5.30 sec
		Female	5.6 sec	6.0 sec
2	Standing broad jump (for explosive strength)	Male	1.40 m	1.30 m
		Female	1.20 m	1.10 m
3	Shuttle run 6X 10 (for agility)	Male	17.20 sec	18.20 sec
		Female	18.20 sec	19.20 sec
4	Bend reach (for Flexibility)	Male	3 cm	2 cm
		Female	2 cm	2 cm
5	1600 m running	Male	8:00:0 min	8:00.0 min
		Female	9:20:0 min	9:30.0 min

*Based on the revised Age criteria Physical Fitness Tests will also be revised and the same will be updated .

3. Norms for finalising the Merit list for BPES, MPES Course & Diploma in Sports Coaching (Boxing):

- Weightage to Academics: 50% (45% for basic academics and 5% for co-curricular activities.)
- Weightage to Sports Achievements: 50%.
- The division of 50% marks for Sports Achievements will be as per the Govt. Guidelines issued vide Letter No. 47/26/83-1 SS//2036 Dated 10.12.97. letter no. 47/26/93-1SS/1496 Dated 21.7.2000,
Letter No. 47/26/83-1SS/1103. Dated 5.6.03, Letter No. 47/26/93-1SS/1334 Dated 3.7.03.,
Letter No. 47/26/93-1SS/1431 Dated 14.7.03 by Department of Sports and Youth Services, Punjab. Relevant Extracts are enclosed.
- Only graded sports certificates issued by the respective Sports Department will be considered for admission. States where sports gradation procedure is not adopted, the Candidate has to produce the certificate issued by Director Sports of their respective states, clearly indicating that the Candidate's certificate's are original and he/she has actually participated in the competition and Sports Gradation procedure is not adopted in their State.
- There will be three centralized counsellings for admission to the BPES & MPES courses.

FEE STRUCTURE

Appendix B		UNDERGRADUATE COURSES (3 YEARS)					
Sr. No.	DETAILS OF HEADS	BPES [Bachelor of Physical Education and Sports]		BSS [SPORTS SCIENCE]		BA (Bachelor of Art)	
FEE & CHARGES		1st Sem.	2nd Sem.	1st Sem.	2nd Sem.	1st Sem.	2nd Sem.
1.	Tuition Fee	5200	5200	7200	7200	5100	5100
2.	Registration Fee [Only for Fresh Admissions]	1000		1000		1000	
3.	Admission Fee	1000		1000		1000	
4.	Examination Fee	1750	1750	1750	1750	1750	1750
5.	User and Maintenance Charges	2500	2500	2500	2500	700	700
6.	Earmarked fund						
	a. Infrastructural Development Fund	2000		2000		2000	
	b. Lab & Library Development Fund	1000		1000		600	
	c. Research Promotion	500		500		500	
	d. Red Cross Fund	100		100		100	
	e. Amalgamated Fund	1000		1000		1000	
	f. Student Welfare Fund	500		500		500	
7.	Caution Money (Refundable)	2000		2000		2000	
	Total Fee Per Semester	18,550	9,450	20,550	11,450	16,250	7,550
	Total Fee Per Annum	28,000		32,000		23,800	
	Hostel Fees per annum	13,200				Separate Fee for practical subjects Rs. 500/- (per sem.) Total 1000/- (per year) in addition to the total mentioned fee.	
	Mess charges per month	As per Contractor					

FEE STRUCTURE

Sr. No.	DETAILS OF HEADS	POST GRADUATE COURSES (1 YEAR)				MASTERS DEGREE COURSES (2 YEARS)			
		PGD in YOGA		PGD in Sports Coaching		MSc [YOGA]		MPES (Master of Physical Education and Sports)	
	FEE & CHARGES	1st Sem.	2nd Sem.	1st Sem.	2nd Sem.	1st Sem.	2nd Sem.	1st Sem.	2nd Sem.
1.	Tuition Fee	2000	2000	6000	6000	7000	7000	7000	7000
2.	Registration Fee [Only for Fresh Admissions]	1000		1000		1000		1000	
3.	Admission Fee	1000		1000		1000		1000	
4.	Examination Fee	1750	1750	1750	1750	1750	1750	1750	1750
5.	User and Maintenance Charges	2500	2500	2500	2500	2500	2500	2500	2500
6.	Earmarked fund								
	a. Infrastructural Development Fund	1500		1500		1500		1500	
	b. Lab & Library Development Fund	1000		1000		1000		1000	
	c. Research Promotion	400		400		400		400	
	d. Red Cross Fund	100		100		100		100	
	e. Amalgamated Fund	500		500		500		500	
	f. Student Welfare Fund	500		500		500		500	
7.	Caution Money (Refundable)	1500		1500		1500		1500	
	Total Fee Per Semester	13,750	6250	17,750	10,250	18,750	11,250	18,750	11,250
	Total Fee Per Annum	20,000		28,000		30,000		30,000	

**For PGD in Sports Coach (Boxing) Students are expected to carry their own training Kit.*

4. For other courses weightage to academics will be as given as mentioned in Para 3 (a) and 3 (b)

EXTRACTS OF WEIGHTAGE OF SPORTS PERFORMANCE		Marks
1.	International Competitions (a) Participation in Olympic Games / World Championship / World Cup / Common Wealth Games/ Asian Games (b) Participation in Junior International competition National Record Holder / Junior Asian Games / Junior World Cup / Junior World Championship (c) Participation in SAF Games / Four Nation Tournament / Dual Meets / Test Matches / National Champion for three consecutive years /All India Inter University Champion for three consecutive Years.	: 50 : 48 : 47
2.	National Competitions a. Senior National Competition	i. First 45 ii. Second 42 iii. Third 39 iv. Participation 34
	b. National Competition (Age 19-23 years)	i. First 40 ii. Second 37 iii. Third 34 iv. Participation 29
3.	All India Inter University Competitions/ Khelo India (U-21 years)/	i. First 40 ii. Second 37 iii. Third 34 iv. Participation 29
4.	Inter University Zonal Competition	i. Participation 29
5.	Junior National Competitions / School National Competitions/ Khelo India (U-17 Years)	i. First 35 ii. Second 32 iii. Third 29 iv. Participation 24
6.	Senior State Competition	i. First 30 ii. Second 27 iii. Third 24 iv. Participation 18
7.	Junior State Competition	i. First 24 ii. Second 21 iii. Third 12 iv. Participation 17
8.	Inter college Competition (University Level)	i. First 22 ii. Second 19 iii. Third 15 iv. Participation 10
9.	District Competitions (Open)	i. First 8 ii. Second 5 iii. Third 3
10.	Inter Zonal school Competition (District school competitions)	i. First 4 ii. Second 2 iii. Third 1

NOTES

1. **Caution Money (Refundable)** will be charged only once at the time of initial admission. Any dues by the student to the University in terms of lost Library books/damage to property etc. will be deducted out of this caution money and balance/full amount will be refunded on completion of course.
2. **Total Fee Per Annum.** The fee structure may be revised every year.
3. **Hostel Fee.** Hostel Fee is as laid down by the Govt. College of Education, Patiala.
4. **Sports Kits:** The University may provide sports kits to Students.
5. **Mess Charges.** Mess charges per month will be charged as per the contract worked out by the Govt. College of Education, Patiala.
6. **Alumni Association Fund.** On completion of course, an amount of Rs 500.00 per student will be transferred to the **Alumni Association Fund**, out of the caution money of each student deposited at the time of admission.
7. **"Outstanding Sportsmen"** will be granted the following exemptions:-
 - 1) **Complete Fee except:-**
 - i) Registration Fee of Rs. 1000/-for fresh admissions
 - ii) Caution Money (Refundable) of Rs. 2000/-fee per annum.
 - iii) User and Maintenance Charges of Rs. 2500/-per annum..
 - 2) **Complete Hostel Charges will be decided by the Vice-Chancellor**
 - 3) **Boarding Charges shall be paid by all students; however, the University may provide extra diet for the outstanding sports person as per the recommendations of the committee constituted by MBSPSU.**
8. **The following will be considered as Outstanding Sportspersons:-**
 - 1) For Undergraduate Courses, the top three position holders at the National and State Level Competition.
 - 2) For Post-Graduation Courses, the top three position holders at the Inter-University Games/National Level Competitions.
9. **User and maintenance Charges includes fees for**
 - 1) I/Cards, Magazine, Electricity/Internet/Wi-Fi and Water Charges, Sports Fund, Extra Curriculum Activities, Medical Care etc.
 - 2) Details are attached.

MAINTENANCE CHARGES FOR COURSES

Sr. No.	DETAILS OF HEADS	AMOUNT for other courses	AMOUNT for B.A. course
1.	Identity card	100.00	75.00
2.	Medical Fund	500.00	75.00
3.	Sports Fund	2500.00	300.00
4.	Magazine Fund	100.00	75.00
5.	Electricity Fund	1000.00	75.00
6.	Extra-Curricular Activities	800.00	100.00
	Total	5000.00	700.00

PUNJAB GOVT.

RESERVATION POLICY FOR ADMISSION

IN UG AND PG COURSES

CATEGORY	PERCENTAGE		
General	52		52
SC	20		20
BC	08		08
Ex-Servicemen/ Ex-Servicemen (Dependent) Conversion of vacant seats will be done as per the provisions of above mentioned Got. Policy	13	Ex-Servicemen/ Ex-Servicemen (Dependent) General	07
		Ex-Servicemen/ Ex- Serviceman (Dependent) SC	04
		Ex-Serviceman/ Ex- Serviceman (Dependent) BC	02
Freedom Fighters	1		
Person with Disability (PWD) As per State Disability Norms Irrespective of Category (Gen., SC or BC)	3	For Blindness or low vision	1
		Hearing impairment	1
		For Locomotor disability or cerebral palsy	1
Sports	3	Sports General	02
		Sports SC	01
Total	100		100

POST MATRIC FELLOWSHIP SCHEME

The students belonging to the Scheduled Castes can avail the benefit of Post Matric Scholarship Scheme. The tuition fees and other compulsory fee of the student will be covered under the govt. scheme. This facility is available only to the students whose parents annual income is less than 2 lakhs and should have scored at least 50% marks. The dedicated Post Matric Scholarship Cell of the college will assist the student in the application process. The documents required for filling the PMS form are as follows:

- **INCOME CERTIFICATE OF THE PARENT /GUARDIAN FROM THE COMPETENT AUTHORITY.**
- **SCHEDULED CASTE CERTIFICATE.**
- **PUNJAB DOMICILE CERTIFICATE**
- **AADHAR CARD DOCUMENTS OF THE LAST EXAMINATION PASSED.**
- **UNDERTAKING BY THE CANDIDATE.**

CODE OF CONDUCT

MBSPSU students shall:

- i) Not do anything which is unbecoming of MBSPSU students
- ii) Maintain cordial relation with their fellow students
- iii) Respect culture and tradition of fellow students
- iv) Wear uniform on the specified day
- v) Carry identity card as per directions issued by the authorities
- vi) Follow the dress code
- vii) Not to carry mobile phones to the class rooms/official functions
- viii) Maintain cleanliness and hygiene at the campus
- ix) Be honest and truthful
- x) Up keep moral and ethical values
- xi) Follow the University timings and schedule
- xii) Be regular in their class attendance. In case of unavoidable circumstance shall seek prior leave as per University norms
- xiii) Maintain such other conduct as may be notified by the University from time to time.

ADMISSION, ENROLMENT AND ATTENDANCE RULES FOR STUDENTS

ADMISSION

The admission to the various courses of the University shall be subject to fulfillment of minimum eligibility conditions prescribed by the University for that particular course.

Candidates who have appeared for the qualifying examination and whose result has not been declared will be provisionally allowed to take admission or appear in the PFT at their own risk and responsibility.

The personal appearance of the candidate is essential for the interview. The admission, in course, shall be according to inter-se-merit of the applicants, in different categories, prepared by the University as per prescribed criteria and procedure. When two or more candidates have secured equal marks in the merit list, their inter-se-merit for admission will be decided on the following criteria in the order of preference:

- 1) Candidate with higher educational qualification.
- 2) Candidate older in age.

The candidate seeking admission shall be required to apply for the concerned course in the prescribed form within the scheduled date supported by copies of certificates, testimonials, and required documents, as shall be notified in the admission brochure of the respective year of admission. Incomplete forms and forms not supported with required documents shall be liable to be rejected.

The students shall be enrolled after they clear the medical test conducted by the University medical officer.

The detailed guidelines regarding admission shall be given in the admission brochure, which are required to be duly abided by the candidates, failing which the University can cancel the candidature of the erring student.

There shall be two counseling sessions for admission to all the courses.

As per Statute 27 (7) of the MBSPSU Act," at the time of admission, every student shall be required to sign a declaration to the effect that he submits to the disciplinary jurisdiction of the Vice-Chancellor and other authorities of the University".

ENROLMENT

The students shall be enrolled for each course on submission of migration certificate issued by the concerned Board or University where he/she was last registered, and character certificate issued by the institution last attended.

In case a candidate for admission to a course has a gap of the academic session(s) in the last examination passed, he/ she shall be required to submit an affidavit that he/she has not taken admission and appeared in any examination of any Board or the University during the gap year(s).

The students shall furnish the following documents:-

- 1) Academic Qualification Certificates.
- 2) Date of Birth Certificate.
- 3) Character Certificate
- 4) Sports Certificate.
- 5) Claim for Reserved Seats.
- 6) Any other Certificate desired by the student to be attached.
- 7) Three recent attested photos (One to be pasted on Form) and two to be brought at the time of interview
- 8) Aadhaar Card, Voter Card.

ATTENDANCE

Every student shall be required to attend a minimum of each 75% theory classes and practical sessions for each subject of the course to be eligible for taking end semester examinations

A student who has attended the prescribed number of classes but did not appear in the examination or failed in the examination may be allowed to appear at any subsequent examination within two years without attending classes afresh.

If any student falls short of attendance he/she shall not be allowed to appear in the end semester examination. Such student may be allowed to appear in the examination on attending deficit lectures or training sessions through special classes arranged for detained students on payment of prescribed fee.

In case of late admission the attendance shall be counted as under:

(a) From the date of admission for the first year class.

(b) For other classes a student shall be deemed to have been admitted from the scheduled date of commencement of classes or one week of the date when he/she becomes eligible for admission, whichever is later.

In case a student does not join the course after taking admission within seven days of the start of academic session / date of admission whichever is later, his or her candidature shall be cancelled and the vacant seat shall be offered to the next candidate in the order of merit.

In case a student remains absent from classes for ten consecutive days without leave his/her name shall be struck off the rolls. However, a student may be readmitted within fifteen days, if there was any genuine cause, with the approval of the Registrar/Dean Academic Affairs/Vice-Chancellor.

Benefit of additional lectures may be given to the students participating in sports events /competitions or other co-curricular activities representing the University.

Provided that such students must have actually

attended minimum 50% of lectures delivered or training sessions held, to that class.

In case of serious ailments when a student is admitted as an in-patient in a clinic/hospital or otherwise confined to bed, the number of classes or training sessions missed may be deducted from the total number of classes held and his/her attendance shall be calculated accordingly.

Provided such student must have actually attended at least 50% of the lectures delivered or training sessions held

A student is required to submit his/her medical certificates, issued by a qualified doctor who administered the treatment, immediately on joining University after his or her illness/confinement, to be duly countersigned by the University Medical Officer. Subsequent submission of medical certificate shall not be considered for medical leave.

The Vice-Chancellor shall constitute a Condonation Committee to recommend condonation / addition of attendance as per rules.

A student who has 50% or above attendance but less than 75% may be allowed to appear in the examination by the Vice-Chancellor on the recommendation of the aforesaid Committee.

Subject to the aforesaid provisions, a student with less than 50% of attendance shall not be allowed to appear in the End-Term Examination.

Provided that the Vice-Chancellor may consider extreme cases of hardship on the recommendation of the Condonation Committee referred above and may allow a student to appear in the examination. Cases so allowed are to be put before the Academic and Activity Council at its next meeting for information.

In exceptional cases, where the hospitalization is not necessary, the Condonation Committee may accept. Medical Certificate from a qualified Medical Practitioner, and the same must be endorsed by the Medical Officer of the University.

In case it is found that any medical certificate submitted is false disciplinary action shall be initiated.



HOSTEL RULES

Students will need to sign the register upon taking charge of furniture, which must be used very carefully. The student will have to get a certificate from the security guard before leaving the hostel that he/she has returned all the furniture in good condition and the date of leaving the hostel shall be entered in the register.

The main door of the hostel will be closed for girls at 6 p.m. in summers and 5 p.m. in winters. For boys this time will be 8 p.m. in summers and 7 p.m. in winters. Students violating these deadlines shall be fined Rs 500.00. In Special circumstances, Students would need written permission of the Warden for entering/leaving the hostel at late hours. [not equitable; may reconsider]

The students should not keep large amount of cash or valuable items like cameras, electronic gadgets, gold chains, rings etc. in their rooms. Authorities will not be held responsible for any loss.

Students must turn off all lights and fans before leaving their rooms. The uses of electrical appliances such as immersion electric stoves/heaters etc. are forbidden in hostel rooms. Private cooking in the hostels/student's room is strictly forbidden. Such appliances, if found, will be confiscated and administrative action will be initiated and a fine of Rs. 500.00 shall be imposed.

Possession and/or consumption of cigarettes, alcohol, narcotics and any psychotropic substances/drugs is strictly prohibited in and around the hostel premises. Violators will attract the strictest punishment including expulsion.

Playing of loud music or disturbing fellow hostel inmates will not be permitted. Playing outdoor games inside the hostels is not permitted. No parties are permitted in hostel rooms. Silence hours will be observed from 10 p.m. to 06 a.m. on all days. No noise of any sort will be permitted during the silence hours. [reconsider]

Food will be served only in the dining hall of the mess during specified time. Mess food should not be taken to room or college. However, if the student is very sick, written permission may be sought by his/her roommate to bring food for the sick student to their room. Students must dress appropriately in the mess at all times.

Hostel Charges shall have to be deposited lump sum. In case a student fails to turn up, hostel charges once deposited shall not be refunded.

The mess fees shall be paid on or before 7th every month. Thereafter a fine of Rs- 10 per day by the 10th of each month and Rs-20 per day by the 15th of each month will be payable. If mess fees remain unpaid beyond the 15th, students' parents will be contacted.

The Principal, Warden or any person authorized by the Principal may inspect the hostel at any time. Students shall keep their rooms neat and clean at all times. Every student shall ensure they have a dustbin in their room. Students are not permitted to exchange rooms among themselves without prior written permission of the Warden/Principal.

The Principal/Warden shall grant leave from the hostel. Leave from college does not mean leave from hostel.

If any student loses the key to the hostel room and the

lock needs to be broken/dismantled, the student will be fined Rs 50. Any student who defaces hostel property in any manner will have the damages recovered from his caution money. If any damage to property occurs and the perpetrator is not discovered, the damages will be recovered from all hostlers equitably.

Possession of firearms/weapons/poisonous substances of any kind in the hostel is strictly forbidden. Students indulging in verbal abuse/physical fights or violent behaviour, either by themselves, or along with outside friends, shall be handed over to police authorities and disciplinary action taken against them. Any form of Ragging, Sexual Harassment or causing Communal Disharmony shall not be tolerated and appropriate legal action taken against offenders.

The students shall not bring or keep any pets in their hostel rooms.

Arguing/fighting with hostel staff or mess staff is strictly forbidden. Any complaint against them will be brought to the notice of the Principal/warden.

Any additional charges of water, electricity and maintenance in the hostel will be charged equally to all students.

The Authorities reserve the right to terminate any student for any wilful disobedience or defiance or authority, non-observance or frequent violation of hostel rules.

Students shall vacate their rooms on the day after the last examination and hand over the keys to the hostel office. Hostel mess will be closed after the end of the session. If rooms are not vacated in time; students' possession will be placed in storeroom and only released upon payment of Rs 50 fine and written permission from the Principal/ Warden. The hostel shall not be responsible for loss of any possessions.

Guests/day scholars are not allowed entry in the hostels. If absolutely necessary, the students may temporarily sign in guests by making an entry in the Students' register upon payment of Rs 100. Violations will attract a penalty of Rs 500.

Guests are not permitted to stay overnight in the room of the students without prior written permission from the Warden. Upon permission, Rs 100 per night will be charged. Violations will attract a penalty of Rs 500.00 No guests of the opposite sex are permitted in hostel rooms.

Hostel Code of Conduct.

MBSPSU students shall-

- i) not stay back in hostels while classes are going on
- ii) not allow any outsider in the hostel
- iii) maintain due tidiness and hygiene in their hostel room
- iv) not take their meals to the hostel rooms
- v) not use the music systems in a manner that may disturb other students
- vi) save and conserve electricity and water
- vii) maintain such other conduct as may be notified by the University time to time.

SEXUAL HARASSMENT POLICY

Sexual Harassment at workplace is an extension of violence in everyday life and is discriminatory and exploitative, as it affects a woman's right to life and safe livelihood. Any incident of sexual harassment must be addressed and dealt with swiftly and strictly in order to uphold women's right to dignity and a safe working environment. We at MBSPSU take this very seriously and strongly urge our male colleagues and employees to become aware of the meaning and scope of sexual harassment and to desist from any form of interaction that may be construed as unwelcome by our women employees.

What constitutes Sexual Harassment?

"Sexual Harassment" includes anyone or more of the following unwelcome acts or behavior (whether directly or by implication), namely:

- 1) Physical contact or advances;
 - 2) A demand or request for sexual favors;
 - 3) Making sexually colored remarks;
 - 4) Showing pornography;
 - 5) Any other unwelcome physical, verbal or non-verbal conduct of a sexual nature
- Some examples of behaviour that constitute sexual harassment at the workplace:**
- 1) Making sexually suggestive remarks or innuendos.
 - 2) Serious or repeated offensive remarks, such as teasing related to a person's body or appearance.
 - 3) Offensive comments or jokes.
 - 4) Inappropriate questions, suggestions or remarks about a person's sex life.
 - 5) Displaying sexist or other offensive pictures, posters, mms, sms, whatsapp, or e-mails.
 - 6) Intimidation, threats, blackmail around sexual favours.
 - 7) Threats, intimidation or retaliation against an employee who speaks up about unwelcome behaviour with sexual overtones.
 - 8) Unwelcome social invitations, with sexual overtones commonly understood as flirting.
 - 9) Unwelcome sexual advances which may or may not be accompanied by promises or threats, explicit or implicit.
 - 10) Physical contact such as touching or pinching.
 - 11) Caressing, kissing or fondling someone against her will (could be considered assault).
 - 12) Invasion of personal space (getting too close for no reason, brushing against or cornering someone).
 - 13) Persistently asking someone out, despite being turned down.
 - 14) Stalking an individual.
 - 15) Abuse of authority or power to threaten a person's job or undermine her performance against sexual favours.
 - 16) Falsely accusing and undermining a person behind closed doors for sexual favours.
 - 17) Controlling a person's reputation by rumour-mongering about her private life.

Procedural Aspects Internal Complaints Committee of MBSPSU

Aggrieved woman may make a complaint to ICC within 3 months of incident (ICC can condone delay if convinced of reasons)- u/s 9 of Act

Conciliation: U/s 10, at the request of the aggrieved woman, ICC may take steps to reach a non-monetary settlement before initiating enquiry u/s 11.

Enquiry u/s 11: ICC may enquire into complaint and submit report within 10 days of enquiry. If it is convinced that prima facie case exists, may make complaint to Police for FIR u/s 509 of IPC within 7 days of complaint.

ANTI-RAGGING POLICY

Ragging is an evil, inhuman, illegal and punishable practice. It violates the discipline of an educational institution and disturbs the sanctity of learning and standards of education that students deserve. The Hon'ble Supreme Court of India has banned ragging in Educational Institutions.

What Constitutes Ragging?

1. Any conduct by any student or students whether by words spoken or written or by an act which has the effect of teasing, treating or handling with rudeness a fresher or any other student;
2. Indulging in rowdy or undisciplined activities by any student or students which causes or is likely to cause annoyance, hardship, physical or psychological harm or to raise fear or apprehension thereof in any fresher or any other student;
3. Asking any student to do any act which such student will not in the ordinary course do and which has the effect of causing or generating a sense of shame, or torment or embarrassment so as to adversely affect the physique or psyche of such fresher or any other student;
4. Any act by a senior student that prevents, disrupts or disturbs the regular academic activity of any other student or a fresher;
5. Exploiting the services of a fresher or any other student for completing the academic tasks assigned to an individual or a group of students.
6. Any act of financial extortion or forceful expenditure burden put on a fresher or any other student by students;
7. Any act of physical abuse including all variants of it: sexual abuse, homosexual assaults, stripping, forcing obscene and lewd acts, gestures, causing bodily harm or any other danger to health or person;
8. Any act or abuse by spoken words, emails, post, public insults which would also include deriving perverted pleasure, vicarious or sadistic thrill from actively or

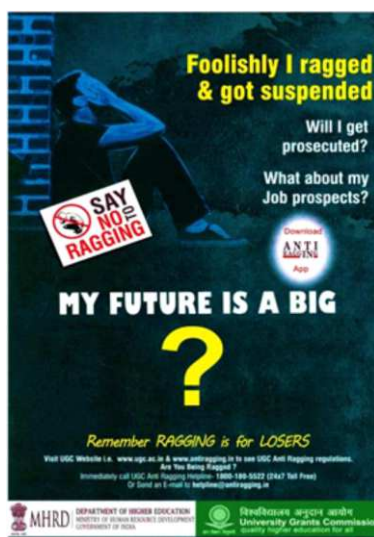
passively participating in the discomfiture to fresher or any other student;

9. Any act that affects the mental health and self-confidence of a fresher or any other student with or without an intent to derive a sadistic pleasure or showing off power, authority or superiority by a student over any fresher or any other student.
10. Any act of physical or mental abuse (including bullying and exclusion) targeted at another student (fresher or otherwise) on the ground of color, race, religion, caste, ethnicity, gender (including transgender), sexual orientation, appearance, nationality, regional origins, linguistic identity, place of birth, place of residence or economic background.

We at MBSPSU are committed to preventing ragging and strictly enforcing the laws on Anti-Ragging. To that end, an Anti-Ragging Squad and Anti-Ragging Committee have been formed as per UGC Regulations to look into, enquire and punish any incident of ragging in the institution. The National Anti-ragging helpline no. 1800-180-5522 and email id helpline@antiragging.in have been established for lodging complaints in addition. All students and their parents are mandatorily required to submit anti-ragging undertakings in all educational institutions.

If a student is found to have been engaged in any incident of ragging, the following punishments may be meted out:

- 1) Suspension from attending classes and academic privileges.
- 2) Withholding/ withdrawing scholarship/ fellowship and other benefits.
- 3) Debarring from appearing in any test/ examination or other evaluation process.
- 4) Withholding results.
- 5) Debarring from representing the institution in any regional, national or international meet, tournament, youth festival, etc.



- 6) Suspension/ expulsion from the hostel.
- 7) Cancellation of admission.
- 8) Rustication from the institution for period ranging from one to four semesters.
- 9) Expulsion from the institution and consequent debarring from admission to any other institution for a specified period.

Provided that where the persons committing or abetting the act of ragging are not identified, the institution shall resort to collective punishment.

PROCEDURAL ASPECTS:

Action to be taken by the Head of the institution: On receipt of the recommendation of the Anti-Ragging Squad or on receipt of any information concerning any reported incident of ragging, the Head of institution shall immediately determine if a case under the penal laws is made out and if so, either on his own or through a member of the Anti-Ragging Committee authorized by him in this behalf, proceed to file a First Information Report (FIR), within twenty four hours of receipt of such information or recommendation, with the police and local authorities, under the appropriate penal provisions relating to one or more of the following, namely;

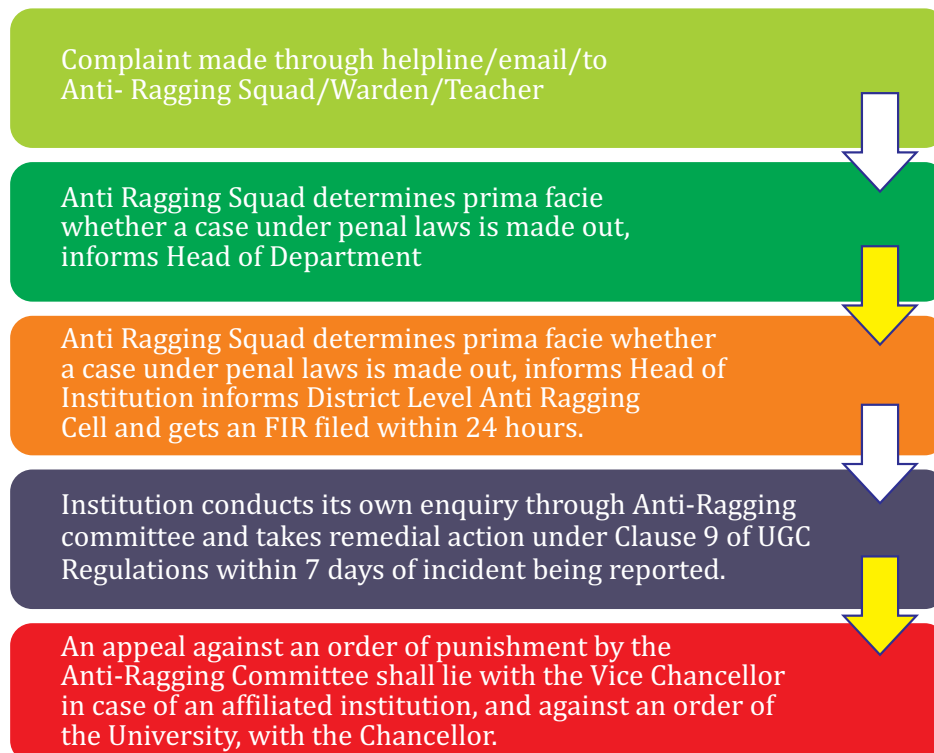
- Abetment to ragging;
- Criminal conspiracy to rag;
- Unlawful assembly and rioting while ragging;
- Public nuisance created during ragging;
- Violation of decency and morals through ragging;
- Injury to body, causing hurt or grievous hurt;

- Wrongful restraint;
- Wrongful confinement;
- Use of criminal force;
- Assault as well as sexual offences or unnatural offences;
- Extortion;
- Criminal trespass;
- Offences against property;
- Criminal intimidation;
- Attempts to commit any or all of the above mentioned offences against the victim(s);
- Threat to commit any or all of the above mentioned offences against the victim(s);
- Physical or psychological humiliation;
- All other offences following from the definition of "Ragging".

Provided that the Head of the institution shall forthwith report the occurrence of the incident of ragging to the District Level Anti-Ragging Committee and the Nodal officer of the affiliating University, if the institution is an affiliated institution.

Provided further that the institution shall also continue with its own enquiry initiated under clause 9 of these Regulations and other measures without waiting for action on the part of the police/local authorities and such remedial action shall be initiated and completed immediately and in no case later than a period of seven days of the reported occurrence of the incident of ragging.

In compliance with instructions dated 8.05.2009 issued by Hon'ble Supreme Court of India and implementation



of the Punjab Educational Institution (Prohibition of Ragging) Act, 2013 and UGC Regulations on the subject dated 17.06.2009, further amended on 29.06.2016, the following Anti-Ragging Squad and Anti-Ragging Committees have been constituted for Academic Session 2023-2024:

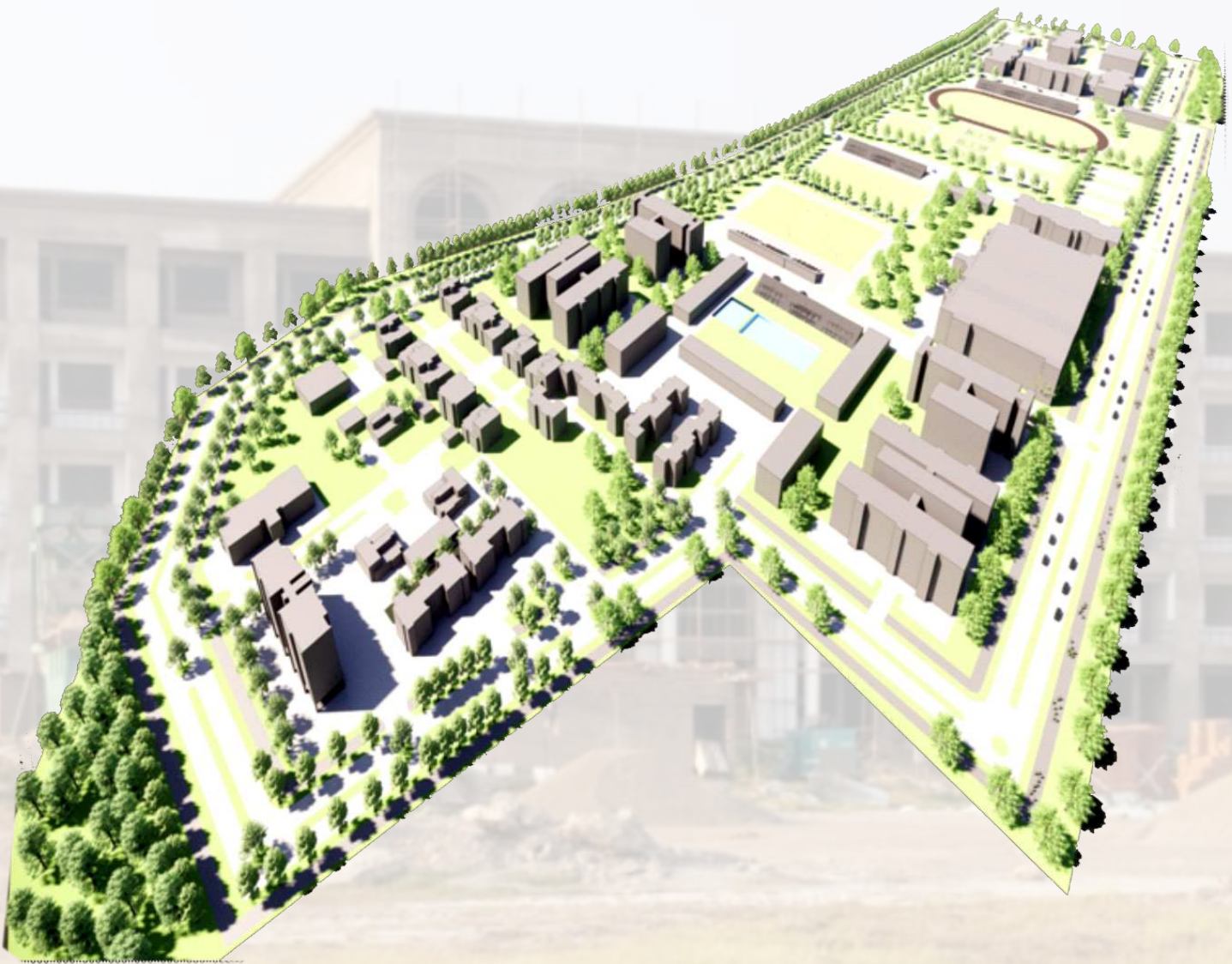
Anti-Ragging Squad:

Sr. No.	Name & Designation	Contact No.
1	Dr. Charu Sharma Assistant Professor (Yoga)	+9182795-73883
2	Dr. Sneh Lata Assistant Professor (Physical Edu)	+9195987-34999
3	Dr. Sonia Saini Assistant Professor (Physical Edu)	+9194176-13254
4	Dr. Manpreet Kaur Assistant Professor (Punjabi)	+9181465-85096
5	Dr. Sunman Kaur Assistant Professor (English)	+9199888-99644
6	Dr. Harjot Kaur Assistant Professor (Psychology)	+9198784-79267
7	Dr. Navneet Kaur Assistant Professor (Physical Edu)	+9194674-25675
8	Mr. Jagdev Kumar Coach Yoga	+9189205-72227
8.	Mr. Hardeep Singh Coach Boxing	+9193240-19191

Anti-Ragging Committee:

1	Principal, Prof Gursewak Singh College of Physical Education, Patiala	0175-2990016
2	DC Patiala or his nominee	0175-2311300
3	SSP Patiala or his nominee	0175-2311113
4	Dr. Sneh Lata Assistant Professor (Physical Edu)	+9195987-34999
5	Dr. Manpreet Kaur Assistant Professor (Punjabi)	+9181465-85096
6	Dr. Sunman Kaur Assistant Professor (English)	+9199888-99644
7	Dr. Harjot Kaur Assistant Professor (Psychology)	+91 98784-79267
8	Harbans Singh Parents Representative	+91 94635 81166
9	Sanjay Kumar Yadav Parents Representative	+91 98387 96059
10	Asha Yadav Student Representative	+91 83550 76552
11	Hirdyansh Dhiman Student Representative	+91 85330 94767
12	Manav Raj Tiwari Student Representative	+91 95178 91400
13	Suhain Hussain Student Representative	+91 82830 66910
14	District Social Welfare Officer or its representative	

UNIVERSITY CAMPUS **LAYOUT PLAN**



UNIVERSITY CAMPUS CONSTRUCTION

The University Campus is coming up on 93 acres of land donated by village Sidhuwal on Bhadson Road adjacent to the Rajiv Gandhi National University of Law. Phase 1 construction comprising an Academic Block and two Hostels, is expected to be completed by December 2023. The campus facilities will include the following:-

- Administrative Block and Hostels.
- Outdoor state of the art sports playground to include synthetic Athletic stadium, Astro-Turf hockey ground, Basketball, Handball, Volleyball courts and shooting cum archery range.
- Indoor Multipurpose Halls for Boxing and wrestling, weightlifting, fencing, Badminton, Squash, Yoga & Bio Mechanics Lab.
- State of the Art Fitness Center equipped with latest scientific apparatus and technology.
- Academic Block comprising of specialized scientific labs for sports science and biomechanics courses.
- An Auditorium, Library and Museum.
- Staff Residential areas.



Visit at Construction Site

The Honourable Sports Minister S. Gurmeet Singh Meet Hayer , Honourable Health Minister Dr. Balbir Singh and Honourable MLA Ghanaur visited the construction site of the University campus. They took stock of the the progress of ongoing construction activities wherein the Vice Chancellor Lt. Gen. (Dr.) JS Cheema briefed about the progress in construction activities of the project. The dignitaries appreciated the progress achieved so far. The Sports Minister envision that the establishment of the university is a step in the right direction to align with the emerging trend of the sports industries and imperative for providing scientific coaching to budding athletes.



University Activities



INTRAMURAL TRIVIA

Intramural Sports and cultural events provide students, faculty and staff the opportunity for competition and fun in a variety of team activities. On Campus tournaments provide opportunity to the participants to showcase their talent and competitive spirit.



CELEBRATING UNITY IN DIVERSITY

A Cultural Seminar on the theme **UNITY IN DIVERSITY** was organised in University Campus. In this seminar the students gave various presentations on the 28 States and 8 Union Territories of the country. The main feature of the seminar was to showcase the importance of the richness of different cultures and diversity.



MOTHER LANGUAGE DAY

The Maharaja Bhupinder Singh Punjab Sports University organised an event to celebrate the International Mother Language Day. On this day an Italian research scholar from King's College, London Sliya Tahiri was invited. Her address to the students created awareness of language and cultural diversity throughout the world.



WOMEN'S DAY CELEBRATION

The Maharaja Bhupinder Singh Punjab Sports University organised an event on International Women's Day on 7th May 2023. The Chief Guest of the event was Deputy Commissioner of Patiala, Mrs Sakshi Sawhney. . Her address to the students focused upon gender equality primarily mentioning about defining one's powerful role models. The Vice Chancellor of the University Lt.(Gen) Dr. J. S Cheema in his lecture gave a brief summary about the most prestigious women of the world exacting more on the domains of the sports. The event coordinator Dr Sunman Bains and Dr Harjot Kaur successfully conducted the entire event. The Registrar Col. Navjit Sandhu , Dean Academic Affairs Dr. Anubhav Walia and Finance Officer Seema Aggarwal also joined the event . The faculty members Dr Sneh Lata, Dr Charu Sharma, Dr Sonia Saini , Dr Navneet also joined the event .



PERSONALITY DEVELOPMENT CLASSES

Personality Development Classes have been started in the University to educate young students on numerous aspects of self- development. These classes aim at versatile grooming ,refining behavioural dimensions and building confidence among budding athletes. These classes include training , in form of modules such as Spoken English, Voice- Accent Training, Group Discussions , Verbal, Non- Verbal Communication and many such relevant topics.



The Maharaja Bhupinder Singh Punjab Sports University organised an expert session as a part of The Personality Development Course by Ms Jasmine Kaur ,Assistant Professor Open and Distance Learning from Punjabi University . The students were taught basics of effective communication and insights pertaining to Personality Grooming.



ANNUAL ATHLETIC MEET

The Maharaja Bhupinder Singh Punjab Sports University organised the Annual Athletic Meet 2022-2023 in collaboration with Professor Gursewak College of Physical Education, on May 4th 2023.

The Chief Guests for the opening and closing ceremony were S. Gurbaksh Singh Sandhu, International Boxing Coach, Dronacharya Awardee and S. Bahadur Singh International Athletics Coach Padam Shree and Dronacharya Awardee respectively. The event began with the ceremonial March-Past by all the four Houses. The Meet was marked by various team and individual events with athletes vying for top honour in fierce competitiveness and the spirit of true sportsmanship.

The Best Athlete among Boys and Girls included Harshehbaz Singh Bhullar, (student of BPES 3rd year) and Liza Lipcha (student of BPES-2nd year) respectively.



Best Athlete Female



Best Athlete Male





NCC TRAINING



The University is regularly conducting NC Training. The NCC provides exposure to the cadets in a wide range of activities with a distinct emphasis to provide the values of character, discipline and hard work and shape them into dynamic and responsible citizens of the country. The students were educated or folding, unfolding and hoisting the National Flag. The students were taught regarding correct salute position. In an another session the girls team was taken to the shooting range and were instructed regarding the laying position, aiming, firing, rifle cleaning and oiling the rifle. Two cadets namely Yashashavi Pathania, student of BSS Ist year and Priyanka , student of BPES IIIrd year performed exceptionally well. These students will be trained for the events to be held in future.



THE MILITARY LITERATURE FESTIVAL

The Maharaja Bhupinder Singh Punjab Sports University joined hands with the District Administration to organise the Military Literature Festival on 28th - 29th January as part of the Patiala Heritage Festival activities. This event was formally announced by the Honourable Chief Minister of Punjab S. Bhagwant Maan in the felicitation curtain raiser ceremony held earlier. In the inaugural session, the Hon'ble Health Minister of Punjab Dr. Balbir Singh in his opening address advised the youth to refrain from drugs and contribute to positive nation building roles. The events included panel discussions, Clarion Call theatre, War drums, Martial dances, Archery arena and Biker Rally.



THE EQUESTRIAN SHOW



The Maharaja Bhupinder Singh Punjab Sports University, Patiala in collaboration with Patiala District Administration organised a two day Equestrian Show as part of the Patiala Heritage Craft Carnival at Raja Bhalinder Singh Sports Complex. The event was presided by Honourable Finance Minister of Punjab Shri Harpal Singh Cheema. The Deputy Commissioner of Patiala, Mrs. Sakshi Sawhney, ADC Gurpreet Singh Thind and other eminent dignitaries graced the occasion. Col. Navjit Singh Sandhu, Registrar, The Maharaja Bhupinder Singh Punjab Sports University diligently coordinated the entire event.

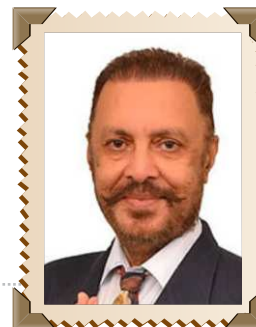


Visitor's Gallery



S. Gurmeet Singh Meet Hayer

Honourable Minister for Sports,
Governance Reforms, Water Resources,
Mines and Geology, Science,
Technology and Environment,
Sports and Youth Services.



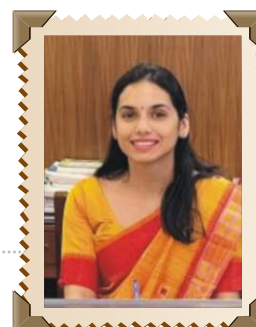
Dr. Balbir Singh

Honourable Minister for Health &
Family Welfare, Medical Education
& Research and Elections.



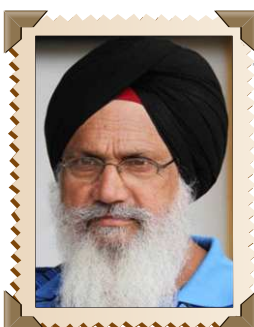
S. Gurlal Singh

Honourable MLA
Ghanaur



Mrs. Sakshi Sawhney

Deputy Commissioner
Patiala



S. Bahadar Singh

International Athletic Coach
Padam Shree, Dronacharya Awardee



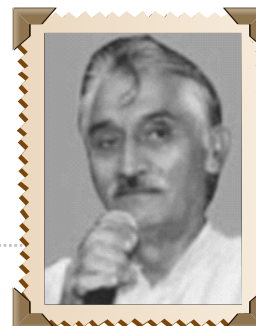
S. Gurbax Singh Sandhu

International Boxing Coach,
Dronacharya Awardee



Dr. Jaideep Arya

Chairman Haryana Yog Aayog and
Secretary General
National Yogasana Sports Federation



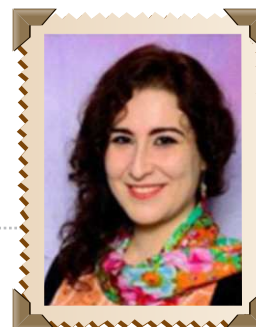
Prof. G.D Sharma

Formerly Director & HOD,
Department of Yogic Sciences,
HP University Shimla.



Dr. Karamjit K. Malhotra

Assistant Professor
Department of History &
Punjabi Historical Studies,
Punjabi University, Patiala



Mrs. Slviya Tahiri

Researcher
Kings college London



THE MAHARAJA BHUPINDER SINGH PUNJAB SPORTS UNIVERSITY, PATIALA
ACADEMIC CALENDAR 2023-24

<i>Registration for all Courses</i>	19th June 2023 onwards
<i>Admission Process for Undergraduate Courses</i>	15th July 2023 onwards
<i>Admission Process for Post-Graduate Courses</i>	7th August 2023 onwards
<i>Commencement of 2023-24 Academic Session</i>	Under Graduate-1st week of August 2023 Post-Graduate-1st week of September 2023
<i>Preparatory Break</i>	25th - 30th Nov. 2023
<i>Examination (Theory & Practical)</i>	1st Dec 2023 Onwards
<i>Winter Break</i>	24th Dec. 2023 to 8th Jan 2024
<i>Commencement of Classes</i>	8th Jan 2024 onwards
<i>Preparatory Break</i>	22 April 2024 to 30 April 2024
<i>Examination (Theory & Practical)</i>	01 May 2024 onwards
<i>Summer Break</i>	03 June to 7th July 2024

Note: List of holidays will be according to
Punjab Government Gazetted Holidays for the year 2023-24



A NEW MILESTONE IN ARENA OF SPORTS

**THE MAHARAJA BHUPINDER SINGH
PUNJAB SPORTS UNIVERSITY
(MBSPSU) PATIALA**



Address: Mohindra Kothi,
Near Fountain Chowk, Patiala-147001
Contact us : +91 94657 80091, +91 86999 95317
Email: helpdesk@mbpspu.ac.in
Website : <http://mbpspu.ac.in>