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Maharaja Agrasen College

Physical Education and Sports: A Pillar to Higher Education System

Dr Mukesh Agarwal

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University of Delhi*

KEYWORDS: Physical Education, Sports, Higher Education

INTRODUCTION

With the inception of civilization on Earth, the paramount role of Physical Education and Sports was undisputed over the period of time. The great civilizations of Greece and Rome also put ample emphasis on the contribution of physical activity for every citizen. The great philosophers Aristotle, Plato and others never underestimated the importance of a sound body.

The sound body requires the physical training and activities on a regular basis. The separate places for men and women were built where the physical educationist provided training to the aspirants. Besides, the rulers advocated for the regular hard training to the male members of the society in order to build the strong army. The female members of the society were also prepared to be tough so as to shoulder the responsibility of the home and to give birth to the strong child.

Old education system in Athens was subdivided into two parts - intellectual and physical, or "gymnastike" as known by Athenians. Gymnastike was a form of physical education which involved the ideas of military - stamina, strength, and preparation for a war-like scenario. For Athenians, it was of utmost importance to have a strong and physically fit body. Boys were introduced to the type of

About the Editors



Dr Praveen Kanti Pandey is working as Associate Professor in Department of Electronics, Maharaja Agrasen College, University of Delhi with over 20 years of teaching and research experience. His field of specialization is Embedded Systems and Artificial Intelligence. He has authored many research papers in national and international research journals. He is very active in participating and organizing Research Conferences and Workshops. He has three major research projects to his credit. He has also worked in the field of innovative pedagogy through Inspired Learning at undergraduate level. He has been awarded Teaching Excellence Award for Innovation by the University of Delhi in 2015.



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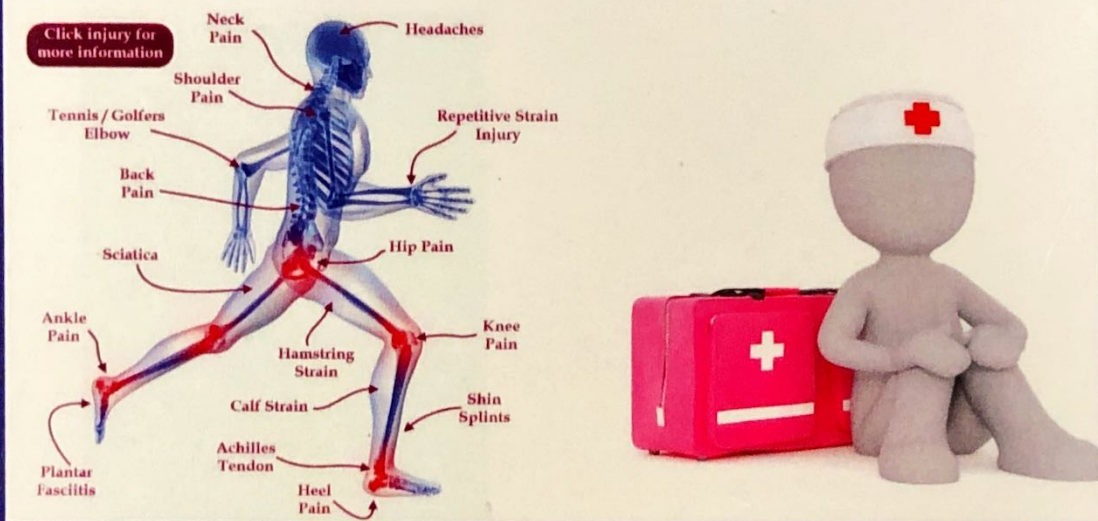
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Maharaja Agrasen College
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Vasundhara Enclave, Delhi, India

A Textbook on
Physical Education & Health Education

Posture, Athletic Care and First Aid



Dr. Mukesh Agarwal
Dr. Sunita Arora
Dr. Benu Gupta



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Dr. Mukesh Agrawal worked in the field of sports administration as Joint Secretary in Delhi University Sports Council. Recently working as head department of Physical Education in Maharaja Agrasen College with an experience of around 12 years. Expertise in organizing National/International conference and seminars.

He has also organized various events at International level in various disciplines, like Hockey, Archery etc. He has edited many books and presented various research papers in International Conferences & Journals. Also he has the experience of delivering talks and lessons in various countries like Finland (sports Institute of Finland, Greece (International Olympics Academy), Britain (Cambridge University), and Italy. He has been associated with various organizations like ILRO, SPAA, DAA as board executive. He also holds a Ph.D from CSS University.



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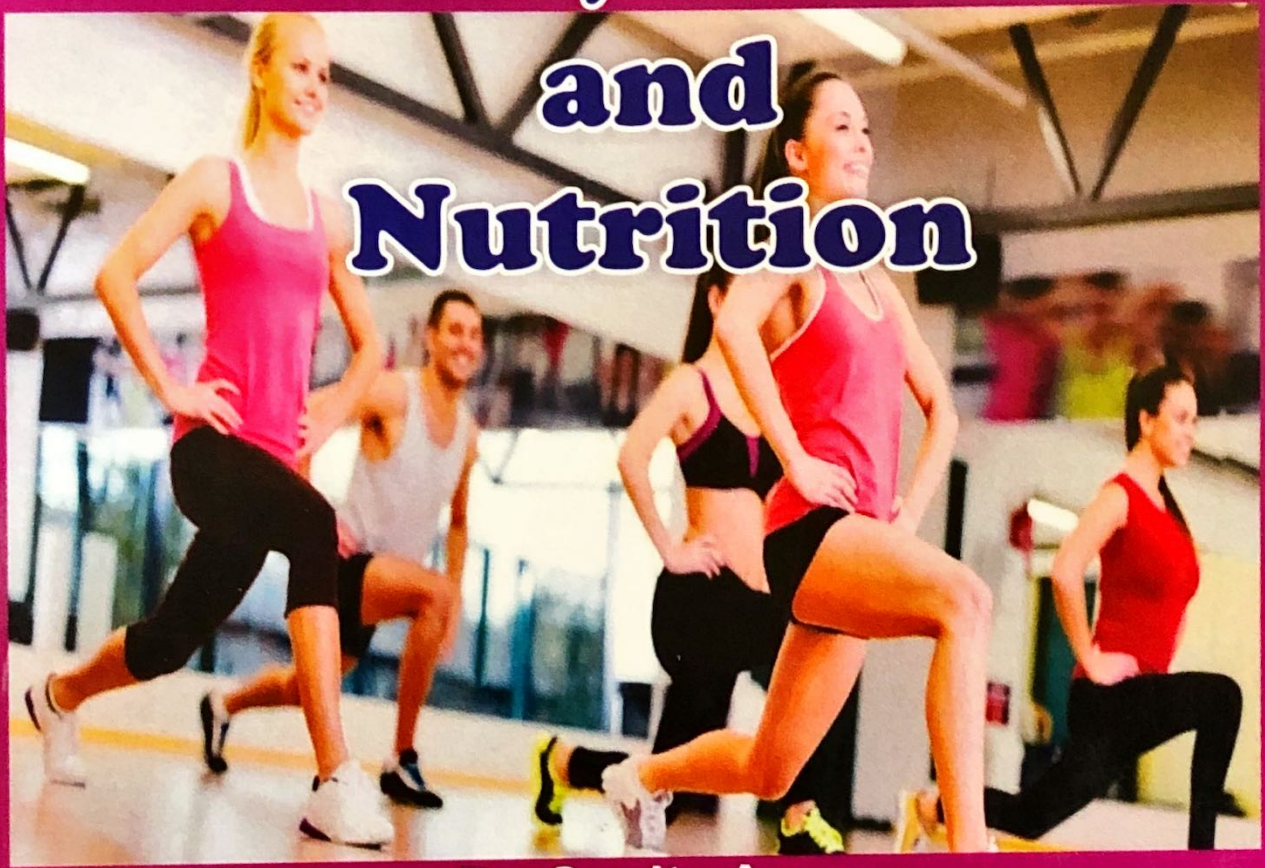


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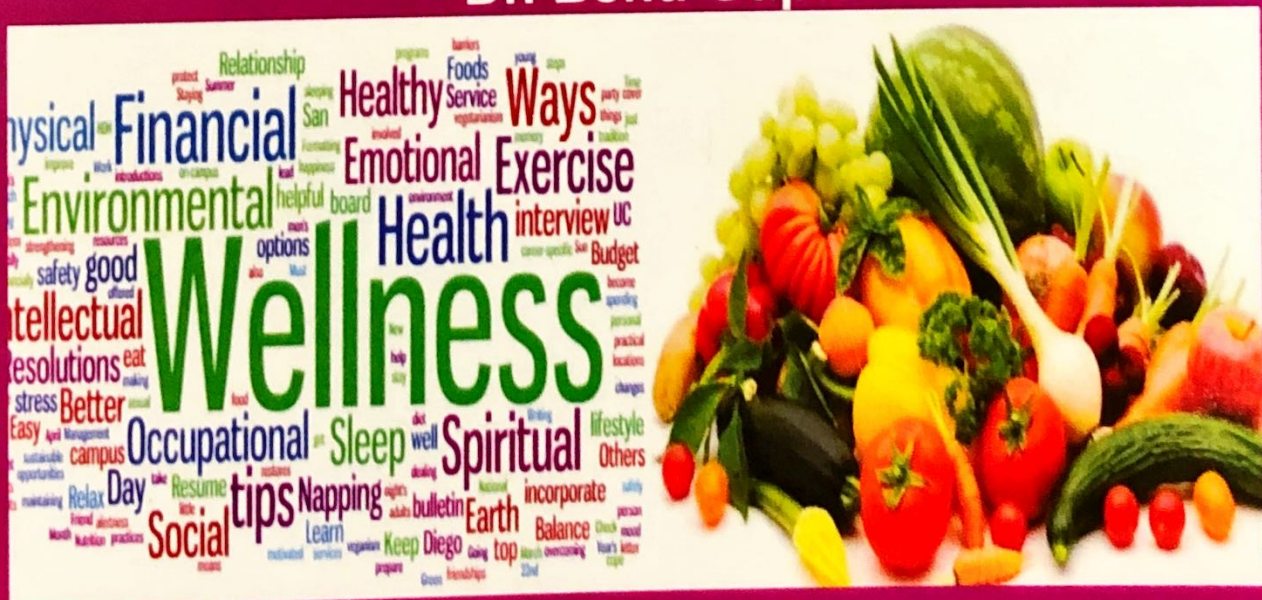
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A Textbook on
Physical Education & Health Education
Fitness, Wellness



**and
Nutrition**

**Dr. Sunita Arora
Dr. Mukesh Agarwal
Dr. Benu Gupta**



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- Weight Management through Behavioural Modifications



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Text Book of Physical Education Health Education, Anatomy and Physiology

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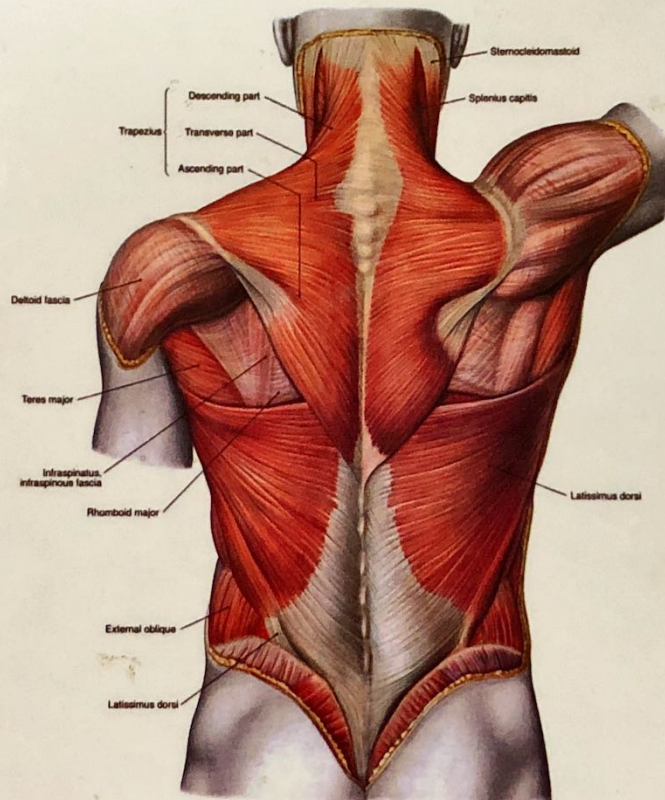


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Dr. Benu Gupta has impeccable academic & sports credentials to her credit. She topped in graduation and post graduation in physical Education and is first Indian to qualify Advance Sports Management Course from International Olympic Committee OS, Switzerland. Represented two universities and three states in Hockey, Basketball, Badminton, Football and Swimming along with other cultural activities. She is Director: IOC-OS-ASMC-IOA-INDIA and Coordinator: OVEP-INDIA the Olympic Education Programme. She has been teaching in higher education from more than 20 years. She has the honour of being first Indian to be impaneled lecturer at International Olympic Academy Greece and Resource Person to Sports Institute of Finland and NOA SL. Also

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Impact of Surya Namaskar in the Socio Political Context

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KEYWORDS: Suryanamaskar, Socio-political Aspect, Holistic Fitness

INTRODUCTION

Surya Namaskar is a branch of yoga which specifically focuses on the physical and mental upliftment of an individual. Surya Namaskar comprising of various body postures, breathing techniques and meditation brings with it the prospects of a sound physical and a mental health. In a nutshell, Surya Namaskar preferably known as Sun Salutation involves offering prayers to the rising sun followed by a series of well progressing postures to gain the correct balance of a peaceful mind and body by paying attention to the detailed elements in the human body contributing to this sound balance of the human soul.

The different developments in society affects its social dimensions. Different groups in society willingly accept and welcome the development and change, but at the same time, there are other groups having reservations on the basis of tradition, ritual and religion. Surya Namaskar is one of the important forms of yoga which invoked action and reaction in the society in recent days. On one

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