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(B.P.Ed., M.P.Ed. & C.P.Ed.)

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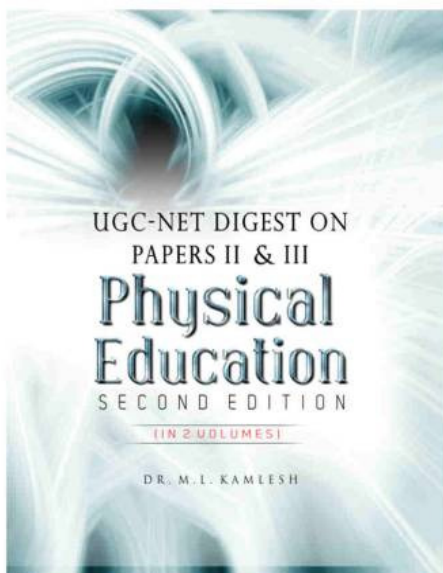
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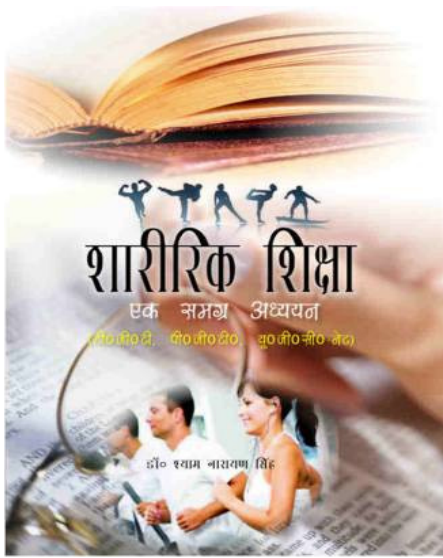
Author: Dr. M.L. Kamlesh

Price: 3,500/- (In 2 Vol. Set)

Edition: 2013

The 2nd Edition of the UGC-NET Digest Papers II & III (Physical Education) in two volumes is a unique in the sense that it contains the voluminous text on the prescribed syllabus followed by different types of objective type questions spread over 10 units for Junior Research Fellowship and Lecturer-ship Examination of the UGC. The salient features of the book are:

- It is a comprehensive objective approach to the subject of physical education as an academic discipline.
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- Rules of various games and sports given in the book have been updated.
- The two volumes qualify to be a sort of bible for the candidates preparing for SET/SET and other competitive examinations.



I.S.B.N. 978-81-7524-654-6

Author: Dr. Shyam Narayan Singh

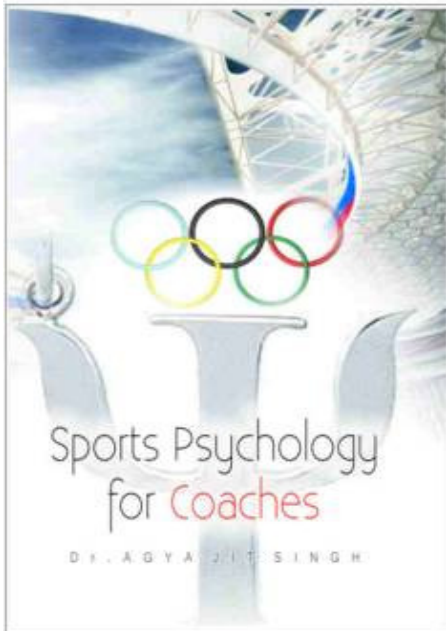
Price: 2,000/-

Edition: 2013

प्रस्तुत पुस्तक का प्रथम संस्करण **शारीरिक शिक्षा : एक समग्र अध्ययन**, शारीरिक शिक्षा से सम्बद्ध विषय की एक प्रमाणिक रचना है। ये पुस्तक विशेष रूप से शारीरिक शिक्षा विषय में बी.पी.एड., एम.पी.एड., टी.जी.टी., पी.जी.टी., स्लेट, यू.जी.सी. - नेट आदि अन्य संबंधित परीक्षाओं की तैयारी के लिए बहु-उपयोगी है।

सोलह अध्यायों में बंटी इस कृति में शारीरिक शिक्षा से संबंधित विषयों के उप-विषयों को संगठित, आवश्यक चित्रों से सुसज्जित एवं सारांश रूप से प्रस्तुत किया गया है तथा प्रत्येक विषय से संबंधित बहु-वैकल्पिक प्रश्न भी पर्याप्त संख्या में प्रस्तुत किए गए हैं।

अत्यंत रोचक एवं सरल भाषा में लिखी गई यह पुस्तक शारीरिक शिक्षा के विद्यार्थियों तथा अध्यापकों के लिए अमूल्य उपकरण सिद्ध होगी।



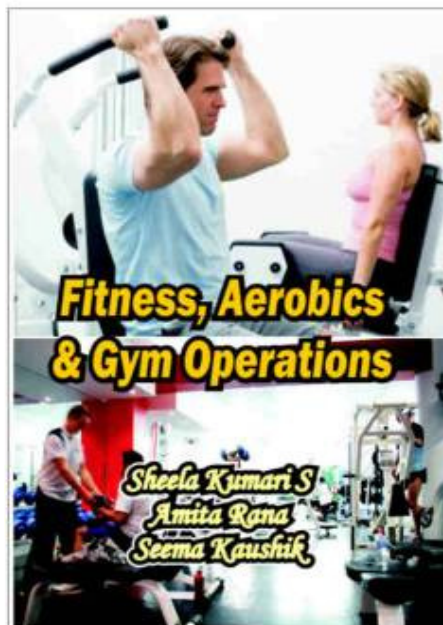
I.S.B.N. 978-81-7524-678-2

Author: Dr. Agyajit Singh

Edition: 2013

Price: 700/-

The present book entitled "**Sports Psychology for Coaches**" is primarily meant for the students and trainees of Diploma in Sports coaching who are undergoing their training course at Netaji Subhas National Institute of Sports, Patiala, Bangalore and Calcutta, being conducted by Sports Authority of India. It has been written in light of the syllabi and course contents of the paper in Sports Psychology. It consists of 15 chapters and covers the whole syllabus. It will cater to the academic needs of the students and they will find it useful and helpful in understanding the knowledge of Sports Psychology. It will also be useful to those students of Physical Education who are pursuing their course in B.P.Ed/D.P.Ed or M.A. Physical Education/M.P.Ed., as most of their course content in Sports Psychology is being covered in this book.



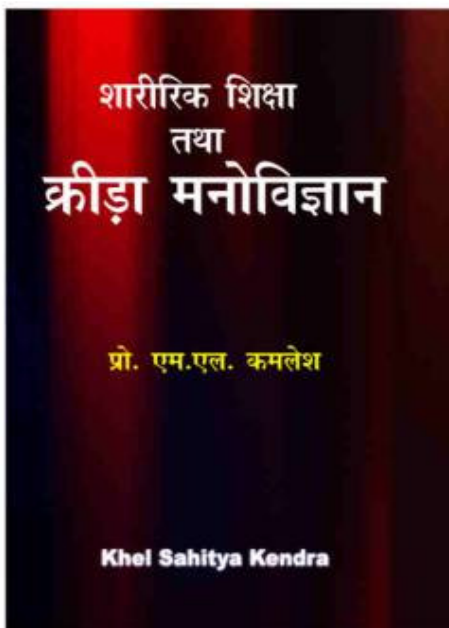
I.S.B.N. 978-81-7524-549-2

Author: Sheela Kumar S., Amita Rana, Seema Kaushik

Edition: 2012

Price: 400/-

Fitness, Aerobics and Gym Operations has been inspired by the application course of the same name introduced in the University of Delhi in 2006. Written in an easy to understand style, this book has attempted to tackle most important issues related to Fitness, Aerobics and Gym operations. Information about how to tackle lifestyle diseases which are on an increase needs to devolve to as many people as possible. Avoidable incidents of mortality can be eliminated if there is sufficient knowledge about the adequate care to be taken during childhood, youth, middle and old age. The book begins with the concepts and importance of physical activity and wellness; covers the areas of fitness; presents the role of nutrition and ways of weight management; expands on management of stress and presents the details of gym operations.



I.S.B.N. 978-81-7524-620-1

Author: Dr. M.L. Kamlesh

Price: 1,100/-

Edition: 2013

प्रस्तुत पुस्तक

प्रो. एम.एल. कमलेश

मनन किए तथा व्यावहारिक रूप से उपयोग में लाए जाते हैं।

अत्यंत रोचक शैली में लिखी गई यह पुस्तक व्यावसायिक प्रयुक्ता तथा उत्पादक अध्ययन के लिए

रुपै ।

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