

# Induction Booklet

(2022-2024)



**DEPARTMENT OF SPORTS PSYCHOLOGY**  
**SCHOOL OF SPORTS SCIENCES**  
**CENTRAL UNIVERSITY OF RAJASTHAN**

# Central University of Rajasthan

The Central University of Rajasthan aspires to be one of India's most dynamic and vibrant universities, responsive to the changing global trends, providing unparalleled educational opportunities for the learner community especially for those coming from the lower socio-economic strata of society seeking quality education. The Central University of Rajasthan (CURAJ) has been established by an Act of Parliament (Act No. 25 of 2009) as a new Central University, and is fully funded by the Government of India. The President of India, His Excellency Shri Ram Nath Kovind, is the Visitor of the CURAJ. Prof. Neeraj Gupta is the Vice Chancellor (I/C) of the University. CURAJ is located in Ajmer district of Rajasthan. In order to meet the challenges of the knowledge era and to keep pace with the knowledge explosion in Higher Education, the Central University of Rajasthan is committed to inculcating and sustaining quality in all the dimensions of Higher Education viz. teaching, learning, research, extension and governance while catering to the regional and global needs. CURAJ offers 50+ Masters and PhD programmes in its 29 departments. The University operates from its permanent campus of 550 (approx.) acres and it has adequate hostels housing nearly 2000 students in the campus.

## About the Department

Central University of Rajasthan has started the Department of Sports Psychology under the School of Sports Sciences MYAS-CURAJ supported by the Ministry of Youth Affairs and Sports (MYAS) Govt. of India. Currently the Department is offering a two year post graduate program in Sports Psychology. This programme trains and equips the students to use psychological knowledge and skills to address optimal performance and well-being of athletes, and to deal with the systemic issues associated with sports settings and organizations. The department will incorporate both theoretical and practical knowledge of the field to train the students to become a professional in the field of sports psychology. The department will incorporate both theoretical and practical knowledge of the field to train the students to become a professional in the field of sports psychology.

# Vision

To be a recognized and trusted education centre for sports psychology through cutting edge of scientific research, and teaching in sports psychology.

# Mission

- To improve professional practice in sports psychology through critical reflection, academic excellence and research.
- To develop theoretical knowledge, professional ethics, social responsibility, sensitivity, creativity and critical thinking among students to enable them to excel in the area of sports psychology.
- To engage in high impact research within and across disciplines.

# Programmes Offered

Ph.D.  
Sports Psychology

M.A./M.Sc.  
Sports Psychology

# Ph.D. Sports Psychology

The Department offers a full-time Ph. D. Programme. The Ph.D. programme consists of course work for a semester. On successful completion of course work, the research proposal is presented by the research scholar and approved subsequently by the Doctoral Research Committee and School Board to carry on the research activity. The research progress is regularly monitored by the DRC (Doctoral Research Committee) constituted by the Supervisors. The time for research is a minimum of six semesters & a maximum of ten semesters for the submission of the thesis from the date of registration.

**Eligibility:** A consistently good academic record possessing a Master's Degree in Sports Psychology/Applied Psychology/Counselling Psychology/Clinical Psychology/Organizational Behavior/Industrial Psychology/Psychology or in allied subject with minimum of 55% marks or equivalent grade from a recognized University at both undergraduate and postgraduate levels; 5% relaxation in minimum requirement of marks is granted to SC/ST/OBC/PWD candidates.

# M.A./M.Sc. Sports Psychology

The Department of sports Psychology is offering a two year M.A./M.Sc. Sports Psychology programme. The students pursuing this programme will have the opportunity to be involved in research during their dissertation work in collaboration with sports academies and centres under Sports Authority of India (SAI) and Ministry of Youth Affairs and Sports (MYAS).

**Objectives of the program:** The 2-Years Master's Program would help to develop a career in Sports Psychology, the students would learn how the human psychology influences sports/athletic performances and the effects of exercise and physical activity on the psychology. The programme provides an insight into the theoretical and practical orientation of sports psychology and the basic skills of psychological counselling that could be applied in the context of sports coaching.

**Eligibility:** Bachelors' Degree in any subject with Psychology as the subject or any other examination recognized equivalent there to or higher degree with 50% marks or equivalent grade in aggregate for General category and 45% or equivalent grade for SC/ST/OBC/PWD candidates.

**Admission Link:** Registrations for Admission has started through CUET (<https://cuet.nta.nic.in/>)

**Fee Structure:** Semester I = 27060\*, Semester II =15850\*

Hostel Accommodation fee Rs. 5880\* (per semester) +3330\* (Refundable, Security deposit for once)

*\*subject to revision as per the decision of the university*

### Scope and Career Opportunities

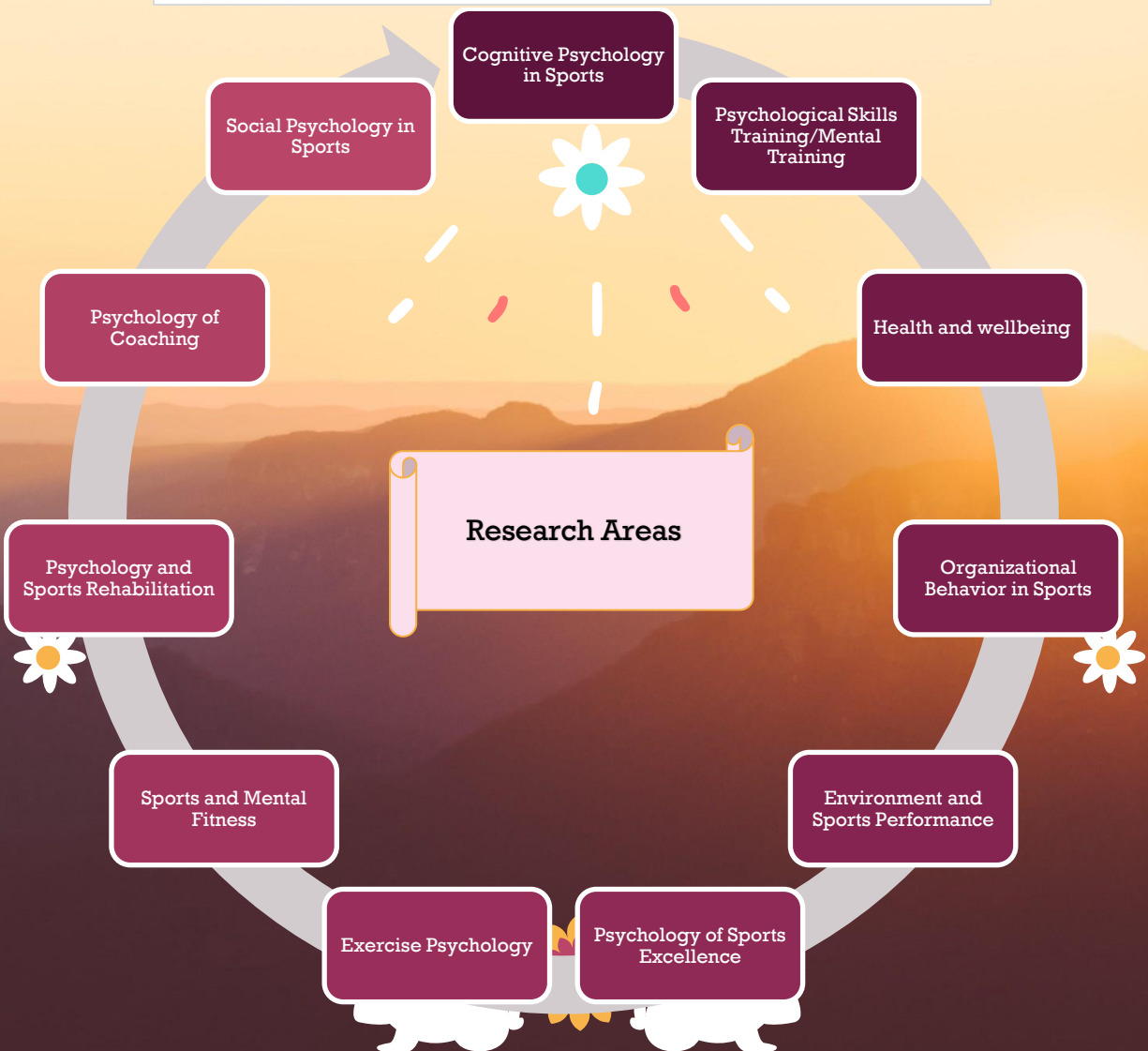
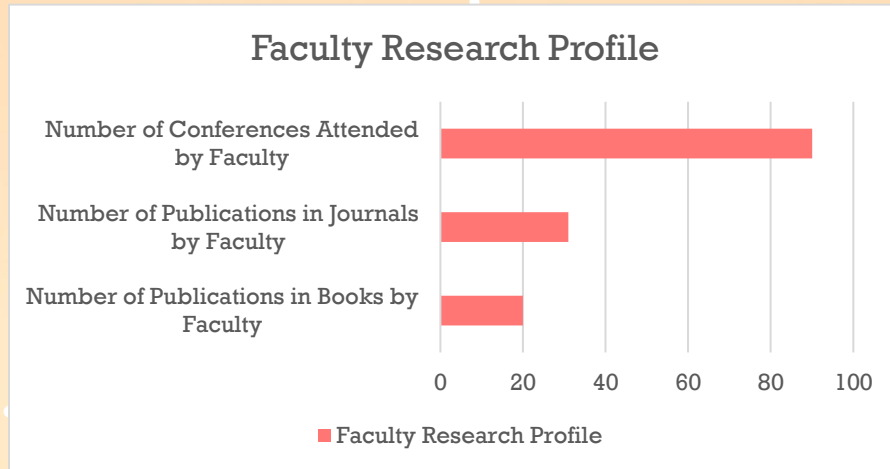
Sports psychology has been labelled as a "hot career" by the American Psychological Association and becoming sports psychologist is an exciting career choice for students, particularly those who have strong desire in improving their own health, well-being and performance as well as that of others. Sports Psychology as a field understands the factors in performance enhancement and hones the mental skills. These techniques when learnt can make anyone unstoppable! It is thus, useful because: -

- Not Limited to Sports: Sports Psychologists are psychologists trained to help people improve their performance, health and wellbeing.
- One Specialization, Many Careers: It is one specialization that caters to a plethora of careers from the field of sports to performing arts, health and fitness, and mental health.
- Helps in Preparation for Life: Sports Psychologists, also known as Mental Trainers work in the areas of optimising human performance and promotion and protection of mental health by equipping for challenges.
- Decoding the Role of Psychological Factors in Performance: Sports Psychologists help in understanding the self/players and the factors influencing the performance. They equip sportspersons/performers to mentally prepare for situations which lead to long term protection from mental health issues which arise

### Places to work as a Sports Psychologist



# Research Profile of the Department



# Departmental Laboratory

The Departmental Laboratory is equipped with equipments like

1. **Eye-hand Coordination Test Apparatus:** Good eye hand coordination increases the player's ability to perform complex movement, respond effectively to external stimuli and create fluent movement.
2. **Minnesota Rate of Manipulation test/ Minnesota Manual Dexterity Test/Turning and Placing Test (MRMT):** It helps in providing valuable information about an athlete's dexterity and skill.
3. **Ravens Progressive Matrices:** It offers worthy feedback on the abstract reasoning of the athlete, needed for the imagination of the play.
4. **Memory Drum Apparatus:** Helps to deliver information on the athlete's memorization ability and neuromotor reaction.
5. **Tachistoscope Apparatus:** It helps in assessing visual skills of athletes and can help in their training to enhance concentration and visual recognition.



**Electronic Tachistoscope**



**Digital Memory Drum**

# Sports Psychology- Need of the Hour

**THE TIMES OF INDIA**

City: Vadodra Mumbai Delhi Bengaluru Hyderabad Kolkata Chennai Agra Agartala Ahmedabad Ajmer Allahabad

WEATHER GUJARAT ELECTIONS

NEWS / CITY NEWS / VADODARA NEWS / BCCI To Hire Sports Psychologist For Women's Cricket Team

THIS STORY IS FROM JULY 29, 2017

## BCCI to hire sports psychologist for women's cricket team

Tushar Tere / TNN / Jul 29, 2017, 04:00 IST

## Why India needs more sports psychologists

From handling match pressure to dealing with success and failure, athletes and psychologists talk about why mental health experts are needed in sports

**IT'S NOT A GREAT FEELING WHEN YOU WAKE UP KNOWING YOU WON'T BE ABLE TO SCORE ANY RUNS, WHERE YOU'RE NOT IN CONTROL OF ANYTHING AT ALL. I JUST COULDN'T UNDERSTAND HOW TO GET OVER IT**

**'MENTAL HEALTH EXPERTS NEED TO MENTOR ATHLETES'**

**YOUNG FOOTBALLERS DO NOT UNDERSTAND HOW TO DEAL WITH FAILURES. SO IT'S IMPORTANT TO HAVE SPORTS PSYCHOLOGISTS IN YOUNGER TEAMS, TOO**

**'IT'S HARDER FOR PLAYERS IN A TEAM TO OPEN UP'**

**SHOOTER MANU BHASKAR, WHO IS PREPPING FOR THE TOKYO OLYMPICS, HAD REQUESTED THE SPORTS MINISTRY TO HIRE THE SERVICES OF A SPORTS PSYCHOLOGIST TO PREPARE BETTER FOR THE TOURNAMENT**

## FUTURE IN MENTAL HEALTH CARE

SPORTS PSYCHOLOGY

**Job opportunities**

- Can work with professional athletes individually or with a team or with a sporting organization. Can work with children to train them in a new sport

**THE TIMES OF INDIA**

Sports Cricket Tokyo Olympics IPL Football Badminton Hockey Tennis Racing Athletics Shooting Volleyball Chess

ICC WORLD TEST CHAMPIONSHIP ENG VS PAK SCHEDULE IPL 2021 RESULTS LIVE CRICKET SCORE

TOP SEARCHES Chris Cairns KL Rahul PV Sindhu Virat Kohli T20 World Cup schedule 2021 IPL 2021 news

NEWS / SPORTS NEWS / CRICKET NEWS / BCCI For Hiring Psychologists To Arrest Stress

THIS STORY IS FROM MARCH 11, 2017

## BCCI for hiring psychologists to arrest stress

Indranil Basu / TNN / Mar 11, 2017, 09:35 IST



## Programme Structure- M.A. / M.Sc. Sports Psychology

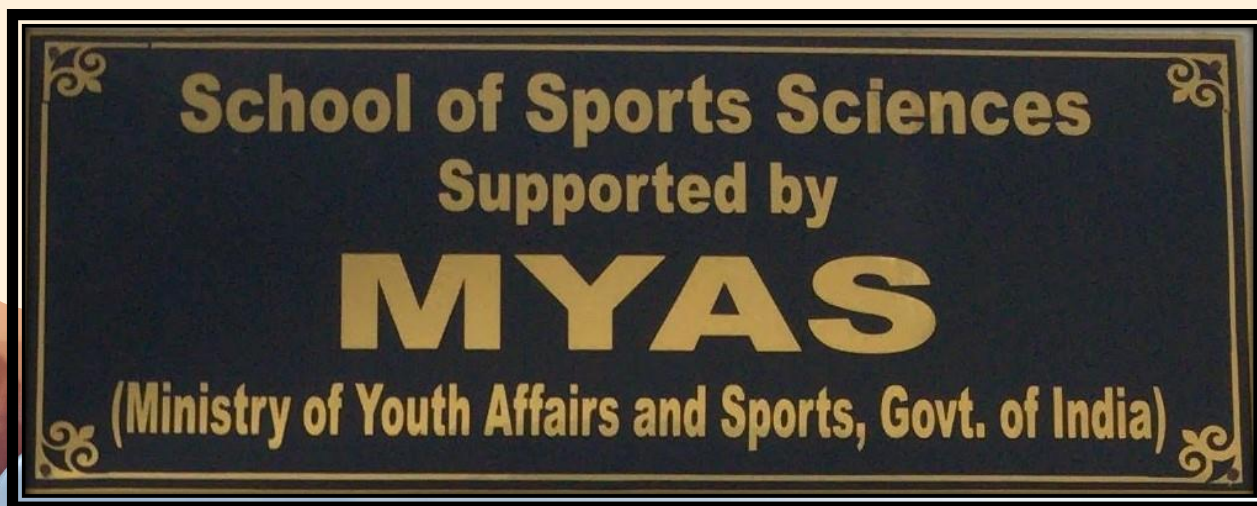
<b>Semester I (Total credits:24)</b>			
Code	Title of Course	Type of Course	Credits
SPS 401	Sports Psychology	Core 1	4
SPS 402	Applied Social Psychology in Sports	Core 2	4
SPS 403	Fundamental Psychology-I	Core 3	4
SPS 404	Psychological Training	Core 4	4
SPS 431	Discipline Elective I	DE 1	4
SPS 405	Practicum I	P1	2
SPS 406	Practicum II	P2	2
SPS 481	Fitness		1
SPS 482	Societal		1
<b>Semester II (Total credits: 24)</b>			
SPS 407	Fundamental Psychology-II	Core 5	4
SPS 483	Interventions Strategies and Sports Behaviour	Core 6	4
SPS 408	Clinical Sports Psychology	Core 7	4
SPS 432	Discipline Elective II	DE 2	4
SPS 433	Discipline Elective III	DE 3	4
SPS 409	Practicum III	P3	2
SPS 410	Practicum IV	P4	2
SPS 484	Fitness		1
SPS 485	Societal		1
<b>Semester III (Total credits: 24)</b>			
SPS 581	Counselling Skills for Sports Psychologists	Core 8	4
SPS 501	Research Methodology	Core 9	4
SPS 531	Discipline Elective IV	DE 4	4
SPS 532	Discipline Elective V	DE 5	4
SPS 533	Elective I	EI	4
SPS 502	Practicum V	P5	2
SPS 503	Practicum VI	P6	2
SPS 582	Fitness		1
SPS 583	Societal		1
<b>Semester IV (Total credits: 24)</b>			
SPS 534	Discipline Elective VI	DE 6	4
SPS 535	Elective II	E 2	4
SPS 504	Dissertation		16
SPS 584	Fitness		1
SPS 585	Societal		1



## DISCIPLINE ELECTIVES

Code	Title of Course	Credits
SPS 431/432/433/531/532/534	Positive Psychology	4
SPS 431/432/433/531/532/534	Developmental Psychology	4
SPS 431/432/433/531/532/534	Health Fitness and Wellness	4
SPS 431/432/433/531/532/534	Psychometric and Psycho Diagnostic in Sports	4
SPS 431/432/433/531/532/534	Team Cohesion and Dynamics	4
SPS 431/432/433/531/532/534	Statistics for Sports Sciences	4
SPS 431/432/433/531/532/534	Psychology of Special Population	4
SPS 431/432/433/531/532/534	Life Skills in Practice	4
SPS 431/432/433/531/532/534	Psychology for Effective Living	4
SPS 431/432/433/531/532/534	Youth and Sports	4

\*Any other Discipline Elective Course introduced from time to time will be included in the Discipline Elective (DE) of the M.A/ M.Sc. Programme



## Facilities in the Department

- ❖ Well Furnished Smart Classrooms
- ❖ Well-equipped Computer Lab with Internet Connection
- ❖ Audio Visual and other learning Facilities
- ❖ Central Transport Facilities
- ❖ Central Library equipped with internet, e-Gyan Kosh, and other learning resources
- ❖ Advance curriculum with various exposure to national and international events
- ❖ Student Centric, Qualified and Committed Faculty members.





- **Hostel Facilities**
- **Mega Mess**
- **Library**
- **Gym**
- **Health Centre**
- **Post Office and Bank**
- **Playgrounds**
- **Auditorium**



## Major Activity in the Department



# 4 days online Expert Lecture Series on "Career Prospects in Sports Psychology" 20<sup>th</sup>, 23<sup>rd</sup> July & 6<sup>th</sup>, 13<sup>th</sup> August, 2021

1200+ Registrations  
Pan India

YouTube Webcast of the  
Lecture Series  
with 500+ views

Invited Speakers from  
Sports Authority  
of India, Central  
Universities

DEPARTMENT OF SPORTS PSYCHOLOGY  
CENTRAL UNIVERSITY OF RAJASTHAN

4 days Online  
Expert Lecture Series  
on  
"Career Prospects in  
Sports Psychology"  
20<sup>th</sup>, 23<sup>rd</sup> July &  
6<sup>th</sup>, 13<sup>th</sup> August, 2021

Free  
Registration  
& E-certificates  
for  
each lecture!

### Expert Speakers



TOPIC: "Sports Psychology for the Pursuit of Excellence"  
Prof. Neeraj Gupta, Dept. of Psychology, Punjab University, Chandigarh  
YouTube Webcast Link: <https://youtu.be/DY4ITck0890>



TOPIC: "Recent Advances in the field of Sports Psychology"  
Dr. Anuradha Setnsky, Scientific Officer, Human Performance Lab, Sports Authority of India, New Delhi  
YouTube Webcast Link: <https://youtu.be/0ANR9VZELCI>



TOPIC: "Quest for Sporting Excellence: Harnessing the Power of Positive Psychology"  
Dr. Reema Kati, Senior Scientific Officer (Psychology), Dept. of physical education & sports, Sports Authority of India, Central Regional Centre, Bhopal  
YouTube Webcast Link: <https://youtu.be/Yin5WY2ic8G4>



TOPIC: "Recent Trends in Sports Psychological Assessment"  
Dr. Jai Prakash Bukhar, Associate Professor, Dept. of physical education & sports, Central University of Haryana  
13<sup>th</sup> August 2021 3:30PM  
REGISTRATION OPEN

### ORGANIZING COMMITTEE & REGISTRATION

Patron: Prof. Neeraj Gupta, Vice Chancellor (I/C) of Education  
Convener: Dr. Subhasis Bhadra, HOD- Department of Sports Psychology  
Co-Convener: Dr. Chandra Sekhar Gahan, Coordinator- School of Sports Sciences  
Organizing Secretaries: Dr. Guneet Inder Jit Kaur, Assistant Prof., Dept. of Sports Psychology  
Dr. Neethu P.S., Assistant Professor, Dept. of Sports Psychology

Organizing Committee: Dr. Anjali, Associate Professor, Dean, Dept. of Education  
Dr. Sunil G. Parohit, Assistant Professor, Dept. of Sports Bio-Sciences  
Dr. M. Marieswaram, Assistant Professor, Dept. of Sports Biomechanics  
Dr. Sakshi Bhatia, Assistant Professor, Dept. of Linguistics  
Dr. Atiq Ahmed, Assistant Professor, Dept. of Social Work  
Dr. T. Sangrotha, Assistant Professor, Dept. of Education

Department of Sports Psychology  
Central University of Rajasthan  
cordially invites you to the valedictory session of  
4 days online Expert Lecture Series  
on  
"Career Prospects in Sports Psychology"  
20<sup>th</sup>, 23<sup>rd</sup> July & 6<sup>th</sup>, 13<sup>th</sup> August, 2021  
13<sup>th</sup> August, 2021  
4:10 -5:00 PM  
Presided by  
Prof. Neeraj Gupta,  
Vice Chancellor (i/c) CURAJ

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Google Meet Video Link:

<https://meet.google.com/aww-cjzt-jei>

YouTube WebCast Link:

All interested participants are requested to use the below given link of google form for registration:  
[https://docs.google.com/forms/d/1HAlp\\_G1-sc0s0qH8t5CqTjWkCc0Gcm9h-1h3C5N2l00013/edit](https://docs.google.com/forms/d/1HAlp_G1-sc0s0qH8t5CqTjWkCc0Gcm9h-1h3C5N2l00013/edit)

Contact Details:

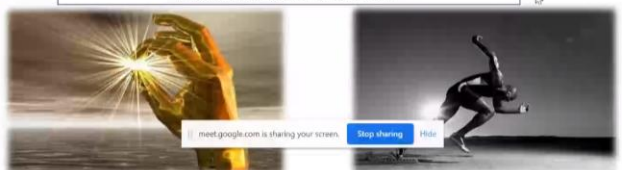
Dr. Guneet Inder Jit Kaur, Assistant Prof., Dept. of Sports Psychology

# Inaugural Session (20/07/2021)

Guneet Inder Jit Kaur is presenting

## SPORTS PSYCHOLOGY FOR THE PURSUIT OF EXCELLENCE

**Professor Jitendra Mohan**  
Founder President : Sports Psychology Association of India  
Vice President : South Asian Pacific Association of Sports Psychology  
Member , Governing Council, ISSP  
Former President: International Society of Mental Training For Excellence  
**PROFESSOR EMERITUS OF PSYCHOLOGY**  
PANJAB UNIVERSITY, CHANDIGARH, INDIA  
E-mail: jitendramohan74@gmail.com



meet.google.com is sharing your screen. Stop sharing. Hide

3:00 PM | Career Prospects in Sports Psychology

97 others

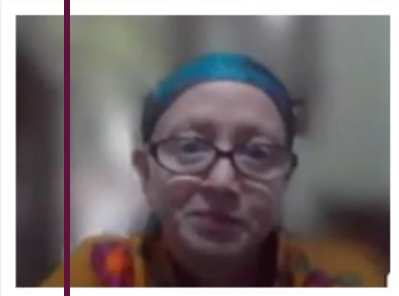


## Day 2 (23/07/2021)

### Performance Enhancement – Recent advances

**TOKYO 2024**

Dr. Anuradha Solanky  
Psychologist  
Sports Authority of India,  
New Delhi



REC

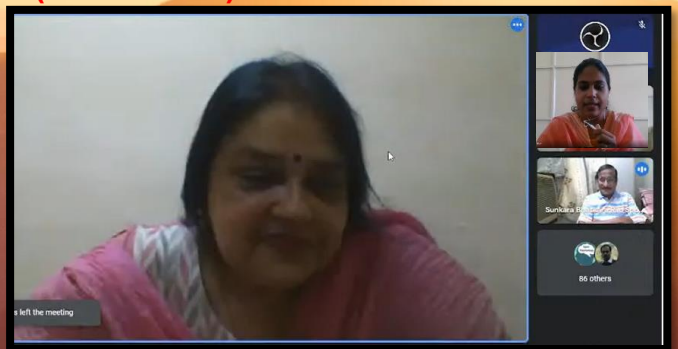
Dinesh Chandra  
Coordinator

Head Department of  
Sanjiv

## Day 3 (06/08/2021)

### QUEST FOR SPORTING EXCELLENCE: HARNESSING THE POWER OF POSITIVE PSYCHOLOGY

Dr. Reena Kaul (Ph. D)  
Sr. Scientific Officer (Psychology)  
Sports Authority of India  
CRC, Bhopal

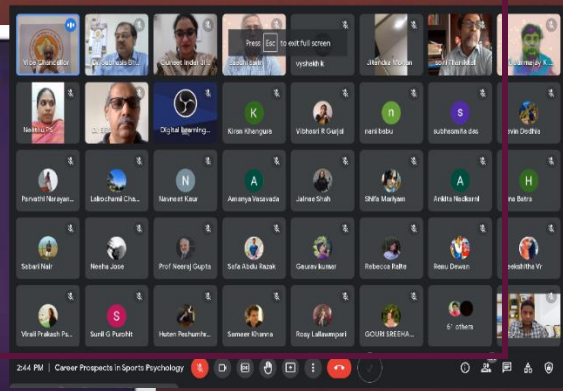


## Day 4 (13/08/2021)

### RECENT TRENDS IN SPORTS PSYCHOLOGICAL ASSESSMENT



Dr. J. P. Bhukar  
Central University of Haryana



## Profile of the Faculty



**Prof. Pradeep Verma**

***Professor and Dean- School of Sports Sciences***

MSc Microbiology (MDSU, Ajmer) PhD, Microbiology (SPU, Gujarat), UNESCO Fellow, Institute of Microbiology, Academy of Science, Prague, Czech Republic, Visiting Scientist, UFZ Centre for Env. Research, Halle, Germany, Postdoctoral, Gottingen Uni. Germany



**Dr. Subhasis Bhadra**

***Associate Professor and Head***

MSW, M. Phil (Psychiatric Social Work) and Ph. D. from NIMHANS (Bangalore)

**e-mail:** [subhasisbhadra@curaj.ac.in](mailto:subhasisbhadra@curaj.ac.in) [bhadrsubhasis@gmail.com](mailto:bhadrsubhasis@gmail.com)



**Dr. Neethu P S**

***Assistant Professor***

M.Sc Applied Psychology (Specialization Clinical Psychology), Pondicherry University; PG Diploma in Industrial Psychology; Ph.D. Applied Psychology (Environmental Psychology), Pondicherry University

**e-mail:** [neethu@curaj.ac.in](mailto:neethu@curaj.ac.in) 9486925168



**Dr. Guneet Inder Jit Kaur**

***Assistant Professor***

Master in Psychology (Specialization in Sports Psychology, Organizational Behaviour, Health Psychology), Panjab University, Chandigarh (University Gold Medalist); Ph.D. Psychology (Sports Psychology), Panjab University, Chandigarh; Assistant Professor, Dept. of Psychology, JAIN (Deemed to be University), Bangalore.

**e-mail:** [guneet@curaj.ac.in](mailto:guneet@curaj.ac.in) 9815292212



**4 days online Expert Lecture Series  
on  
“Career Prospects in Sports Psychology”  
20<sup>th</sup>, 23<sup>rd</sup> July & 6<sup>th</sup>, 13<sup>th</sup> August, 2021**

**YouTube Links of the Expert Lecture Series**

**Day 1**

**Sports Psychology for the Pursuit  
of Excellence**

<https://youtu.be/DY4TTc3o0B0>

**Day 2**

**Recent Advances in the field of  
Sports Psychology**

<https://youtu.be/OrNRV4ZFUCI>

**Day 3**

**Quest for Sporting Excellence:  
Harnessing the Power of Positive  
Psychology**

<https://youtu.be/YmSWPfcz8G4>

**Day 4**

**Recent Trends in Sports  
Psychological Assessment**

<https://youtu.be/di70vJlqM0g>

**Admission Link: <https://cuet.nta.nic.in/>**

For further information:

Reach us at: Department of Sports Psychology, School of Sports Science, CURAJ,  
Bandarsindari, Kishangarh, Dist Ajmer, Telephone:+91-1463-238755

E-mail: [hod.sportspsychology@curaj.ac.in](mailto:hod.sportspsychology@curaj.ac.in)

Website: <https://curaj.ac.in/departments/departments-sports-psychology>