



JAMMU AND KASHMIR PUBLIC SERVICE COMMISSION

Solina Srinagar, Kashmir - 190001

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Subject: Filling up of posts of Physical Education Lecturer in J&K Youth Services & Sports Department.

Reference: i. No. Edu/YSS/Phy/93/2019 dated 14.06.2021
ii. No. YSS-Adm/384/2021-02-YSS (Computer No. 88118) dated 24.03.2022

Notification No: 19 - PSC (DR-P) OF 2022
Dated: 05 -08-2022

Applications through online mode are invited from the applicants who are domiciled in the Union Territory of Jammu & Kashmir and are possessing the prescribed Academic/ Professional qualification and age for the post of Physical Education Lecturer, details of which are given in the following paras, in terms of Jammu & Kashmir Youth Service & Sports Department (Gazetted) Service Recruitment Rules, 2013 issued vide SRO NO. 415 dated 20.09.2013, "Jammu & Kashmir Probationer (Conduct of Service, Pay & Allowance) and Fixation of Tenure Rules, 2020" notified vide S.O. 192 of 2020 dated 17.06.2020 and the Jammu and Kashmir Public Service Commission (Business and Procedure) Rules, 2021.

MOST IMPORTANT

- **Candidates are advised to update their One Time Registration before filling the application Form**
- The Application Form together with instructions for filling up the Application Forms, will be available at the website of the Commission from **10.08.2022**
- Candidates are advised to go through the instructions and ensure that they meet all the eligibility conditions prescribed for the post before filing the online Application Form.
- Last date for filing of online Application complete in all respects along with the requisite fee (online mode only) is **09.09.2022**
- The last date for receipt of online applications provided in the notification shall be the cut-off date for determining the eligibility as regards acquisition of domicile certificates, educational or professional qualifications.
- The minimum and maximum age will however be reckoned with reference to **1st January, 2022**.
- Candidates can edit some of the fields in their online application form from 10.09.2022 to 12.09.2022 (upto 11:59 P.M) Instructions in this regard will be separately made available on the website.
- Candidates are required to upload all the mandatory prescribed/requisite documents alongwith the online application form.
- In case the mandatory prescribed/requisite documents are not uploaded with the online applications form, the application form/candidature of the applicant is liable to be rejected without any further notice.
- Candidates are not required to submit hard copy of the online application form or any other documents to the Commission at the time of filling up of online application form.
- The candidates will however, be required to present/produce a down loaded copy of the online form alongwith original certificates at the time of documentary verification.
- Candidates are advised in their own interest to submit online applications much before the closing date and not to wait till the last date to avoid the possibility of disconnection/inability to pay fee or failure to login to the online application portal on account of heavy load on the website during the closing days.

2. Details of post with category wise breakup is given below

Name of the Post with pay scale	OM	RBA	SC	ST	ALC/IB	Social Cast	PSP	EWS	Total
Physical Education Lecturer L- 6F (40800-129200)	12	03	02	02	01	01	01	02	24

3. Prescribed Qualification

Designation	Qualification
Physical Education Lecturer	Masters Degree in Physical Education from a recognized university.

4. Age as on 1st January 2022

The prescribed age (minimum/maximum) for candidates belonging to Open Merit (OM) & Reserved Categories is as below:-

S.NO	Category	Age limit	Not born after	Not born before
1	OM	40	01.01.2004	01.01.1982
2	RBA, SC, ST, ALC/IB, Social Cast, PSP, EWS	43	01.01.2004	01.01.1979
3	In service candidate	40	01.01.2004	01.01.1982

5. Reservation

- i) A candidate seeking his/her consideration under a Reserved Category must ensure that he/she possesses a valid requisite Category certificate on the cut-off date.
- ii) The candidature of the candidates will be provisional till the genuineness of the reserved category certificate is verified by the Appointing Authority.
- iii) Candidates may note that in case a claim for reservation is made on the basis of false/fake/fraudulent certificate, he/she shall be debarred from the examination(s) conducted by the J&K Public Service Commission, in addition to any other penal action as may be deemed appropriate.

6. Domicile

The candidate should be a Domicile of the Union Territory of Jammu & Kashmir. The candidate must possess a valid Domicile Certificate issued by the Competent Authority in the prescribed format as on the last date prescribed for submission of online application form.

7. Centre of Examination

- I. The examination will be held at Srinagar & Jammu centres. All the candidates shall indicate the option for examination centre as indicated above.
- II. The allotment of centres shall be at sole discretion of the Commission and once a centre is allotted to a candidate, request for a change of centre will not be entertained.
- III. Information about the Examination indicating the time table and Centre of Examination for the candidates will be uploaded on the websites of the Commission about two weeks before the date of

examination. If any candidate does not find his/her Roll Number on the website of the Commission, one week before the date of examination, he/she must immediately contact the Commission's Office at Srinagar/Jammu, with proof of having submitted his/her application. Failure to do so will deprive his/her of any claim for consideration.

- IV. Candidate must submit his/her online application form, Email ID and Mobile Number along with his/her Name, Date of Birth and Name of the Examination, while addressing any communication to the Commission. Communication from the candidates not furnishing these particulars shall not be entertained.
- V. Admit Cards will be available for downloading about two weeks before the date of examination on the official website of the Commission i.e. jkpsc.nic.in. Candidate must bring printout of the Admit Card/Roll Number Slip to the Examination Hall.
- VI. For securing entry into the centre of examination, in addition to the Admit Card/roll Number Slip, it is mandatory to carry at least two passport size recent color photographs (not taken earlier than 01.01.2021) and any of the original valid Photo-Id proof such as:
 - i. Aadhar Card/ E-Aadhar,
 - ii. Voter's ID Card,
 - iii. Driving License,
 - iv. PAN Card,
 - v. Passport,
 - vi. School /College/University I- Card
 - vii. Employer ID Card.

8. Scheme of Selection / Examination

The Scheme of Selection/ Examination shall comprise the following two stages:

(A) Written Examination

- i) The written examination will be an objective type Multiple Choice Question (MCQ) paper of two hours duration and having minimum 100 questions.
- ii) There will be negative marking for incorrect answers (as detailed below) for all questions:
 - a) There are four alternatives for the answers to every question. For each question for which a wrong answer has been given by the candidate, one fourth (25) of the marks assigned to that question will be deducted as penalty.
 - b) If a candidate gives more than one answer, it will be treated as a wrong answer even if one of the given answer happen to be correct and there will be same penalty as above for that question.
 - c) If a question is left blank i.e. no answer is given by the candidate, there will be no penalty for that question.

The selection shall be made in accordance with the provisions of Rule 43(i) of Jammu & Kashmir Public Service Commission (Business & Procedure) Rule, 2021, reproduced as under:-

A	Written Examination	62 points
B	Performance in the Interview/ Viva Voce test. The candidate shall be asked to deliver a 5 minute demonstration/lecture on a given topic from the relevant subject to demonstrate his/ her domain knowledge/ skills/ teaching skills and will be assessed and evaluated by the subject experts and the members of the Commission in the Selection Committee/ Interview Board.	25 points
C	Weightage for Academic Merit/ Higher Qualification in the relevant subject	Upto a Maximum of 10 points
	a. Where Bachelor's degree is prescribed as the minimum qualification	Upto a maximum of 10 points
	(i) One year Post-Graduate Diploma in the subject relevant to the job/post (on pro-rata basis)	02 points
	(ii) Master's/ Post Graduate Degree in the subject relevant to the job/post (on pro-rata basis)	4 points
	(iii) M Phil in the relevant subject	6 points
	(iv) Ph.D in the relevant subject	10 points
	b. Where Master's degree is prescribed as the minimum qualification	Upto a Maximum of 10 points
	(i) MPhil in the relevant subject	6 points
	(ii) PhD in the relevant subject	10 points
D	Distinction in Sports (Certified by Secretary, J&K Sports Council to be an outstanding Sports Person in terms of J&K (Appointment of Outstanding Sports Persons) Rules, 2022)	1 point
E	Distinction in NCC activities (Holder of Grade "C" Certificate)	1 point
F	Special Attributes	
	I Gold Medal for overall first position in the prescribed qualification	1 point
G	Total (A to F)	100 points

The syllabus for the written examination is given in Annexure "A"

(B) Interview/ Viva Voce

On the basis of the marks obtained by the candidates in the written examination, an interview/viva voce test will be conducted. The number of candidates called for interview/ viva voce test shall be restricted, as far as practicable, to a minimum of three times the number of vacancies in order of merit. The interview/ viva-voce will have 25 points.

9. Requisite Fee

After successful submission of the online application form, candidate will be required to deposit requisite fee through online mode. The amount of fee to be paid is given below:

General Category	=	Rs.1000.00
Reserved Categories	=	Rs.500.00

Note:

- The application Form submitted without deposition of the fee, which gets substantiated through reflection of the same on the application form, such application form shall be treated as incomplete and candidature shall be deemed to have been rejected without any notice. No representation against such rejection shall be entertained.

- i. Submission of multiple applications by way of prefixing Mr./Ms or through generation of multiple User ID's or any other mode, followed by either non-payment of fee particulars or fee particulars (TID) of one application (RID) being mentioned against another application with a different RID would lead to rejection of the online application. The applicants who are submitting multiple applications should note that only the applications with higher Registration ID (RID) number shall be entertained by the Commission and fee paid against one RID shall not be adjusted against any other RID number. Besides a strict disciplinary action shall be taken including the cancellation of candidature and debarment for future examinations of J&K PSC will be taken against such applicants.

10. Documents to be uploaded

While filling the online application form the applicants are requested to upload the documents as per details given bellow:-

Documents (Mandatory):-

1. Date of birth certificate (secondary School/Matric Certificate)
2. Domicile Certificate of the UT of J&K.
3. Masters' Degree Marks Card (s) upto 05 lvs.

Documents (Mandatory if claiming benefit under that category):-

1. Category Certificate. 01 leaf
2. In-service certificate signed by HOD

Any other document for which the candidate is claiming weight age as per J&K (Business and Procedure) Rules, 2021:-

1. M.Phil degree certificate alongwith result Notification
2. Ph. D Degree certificate alongwith result Notification
3. "C" Certificate in NCC activities. 01 leaf
4. Certificate of Distinction in Sports in terms of J&K Appointment of (Outstanding Sports Persons) Rules, 2022
5. Gold Medal Certificate for overall first position in the prescribed qualification. 01 leaf

It may be noted that no further opportunity to upload any document shall be provided hereafter and action under rules including rejection of application/candidature will be taken. While uploading the documents, the following guidelines, wherever applicable, shall also be kept in view before claiming weightage on such parameters:-

- i. The weightage available for the Gold Medal(s) shall be for securing the overall first position in the minimum prescribed qualification. In case the convocation for award of Gold Medal has not been convened, a certificate from the competent authority shall be uploaded to the effect that he/she is entitled to Gold Medal for security overall 1st position in the prescribed qualification and shall be awarded the same in the convocation of the University/Institute.
- ii. Foreign Degree shall only be entertain if equivalence Certificate issued by Association of Indian Universities (AIU) is made available.

11. Important instructions regarding filling up of online applications are given herein below:

- a) Candidates are required to apply online through the website of the Commission i.e. <http://www.jkpsc.nic.in>. No other means/ mode of application shall be accepted.
- b) Candidates are first required to go to the JKPSC website www.jkpsc.nic.in and click on the link "**One Time Registration**" or click on Login menu if you have already created your profile with the JK PSC.
- c) After logging into your account, candidates are required to fill all the requisite fields of One Time Registration (OTR) i.e. personal information, contact information & educational qualification, service details etc.
- d) The candidate shall also be required to upload the image of date stamped recent passport size color photograph and signature. The photograph should not be taken earlier than 01.01.2021.
- e) Size of the photograph (passport size) and signature must be between 10kB to 20kB in *.jpeg or *.jpg only.
- f) After successful submission of all the details in your OTR account, check the eligibility conditions as mentioned in the advertisement notification before applying for the post.
- g) On Clicking on the "show examination" a window will appear on your computer screen. Select the month of the advertisement notification for which you want to apply, a link(s) for the post(s) will appear on the computer screen.
- h) An "APPLY" button is shown against the respective post and the candidates will click on the APPLY button against the post he/she is eligible.
- i) On clicking "APPLY" button, an instruction window will appear. Candidates should read instructions carefully before clicking on "APPLY" button at the bottom of the webpage.
- j) On clicking "APPLY" button, the system will display all facts/particulars that a candidate may have mentioned while filling up the necessary fields of his/her OTR account. Candidate shall fill up the remaining required fields in the application form and accept the declaration thereof.
- k) Once the candidate is satisfied *about the correctness* of the filled in details, then, he or she may click on "SUBMIT" button to finally push the data into server with successful submission report.
- l) On successful submission of the basic details, the candidates will be required to pay the online fee and uploading of the documents, for final submission of the online application form.
- m) Candidates can pay the requisite fee through online mode in the "SUBMITTED APPLICATIONS" menu in your account.
- n) After successful payment of the fee, the fee status will get reflected on the Online Application form. Candidates can check the fee status by clicking on the **Print Application Button** in the submitted Applications menu in your JKPSC account. In case the payment status shows either "not submitted or under processing or status has not been reflected on your submitted application form", candidates(s) are advised to contact the JKPSC office at Solina Srinagar/ReshamGhar Colony Jammu immediately for clarification. Further where the online fee is paid through other service providers the candidate must ensure that not only the amount of fee is debited from his/service provider's Account but also credited into the official account of JKPSC.
- o) After successful submission of fee, the candidates will be required to upload requisite documents as specified in the advertisement/application form.
- p) The candidate would be able get the printout of his/her submitted application only after the payment of the requisite fee and uploading of requisite documents.

- q) Please note that the above procedure is the only valid procedure for applying. No other mode of application or incomplete steps would be accepted and such applications would be rejected.

12. Editing of the online application form

Candidates who have successfully submitted the online application form along with requisite fee will be allowed to edit some of the fields in their submitted online application form within three days after the cut-off date i.e. on **10.09.2022 to 12.09.2022**. Detailed instruction in this regard will be made available on the website.

13. Action against candidates found guilty of misconduct

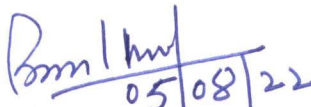
Candidates are advised that they should not furnish any particulars that are false or suppress any material information.

A candidate who is, or has been, declared by the Commission, to be guilty of:

- i. obtaining by wrongful support of his/her candidature by any means, or
- ii. impersonating, or
- iii. procuring impersonation by any person, or
- iv. submitting fabricated documents or documents which have been tampered with or
- v. making statements which are incorrect, or false or suppressing material information, or
- vi. resorting to any other irregular or improper means in connection with his/her candidature for the selection, or
- vii. using unfair means during the interview, or
- viii. misbehaving in any other manner in the interview, or
- ix. harassing or doing bodily harm to the staff employed by the Commission for the conduct of their test, or
- x. attempting to commit or, as the case may be, abetting the Commission of all or any of the acts specified in the foregoing clauses may, in addition to rendering himself/herself liable to criminal prosecution.

Shall be liable;

- (a) to be disqualified by the Commission from selection for which he/she is a candidate, and/or
- (b) to be debarred either permanently or for a specified period:-
 - (i) By the Commission from any examination or selection held by them.
 - (ii) By the Union Territory Government from any employment under them, and
- (c) if he/she is already in service under Government, disciplinary action can be taken against his/her under the appropriate rules.


(Bashir Ahmad Dar) JKAS
Secretary

J&K Public Service Commission

No:PSC/DR-Vacancies/YSS/2020/08

Dated: **05.08.2022**

Copy to the: -

1. Commissioner/Secretary to the Government, Youth Service & Sports Department, Civil Secretariat, Jammu/Srinagar.
2. Director, Information Department J&K. He is requested to publish the Notification in at least two local dailies of the Union Territory of J&K, for at least three consecutive days.
3. Controller of Examinations, Jammu & Kashmir Public Service Commission.
4. Assistant Director, (Planning), Jammu & Kashmir Public Service Commission.
5. P.S. to Chairman, J&K Public Service Commission for information of the Hon'ble Chairman.
6. P.S. to Member _____, J&K PSC for information of Hon'ble Member.
7. In charge website, J&K Public Service Commission for uploading of the Notification on the website.
8. Notice Board, J&K Public Service Commission, Srinagar/Jammu.
9. Stock file/Main file.

Unit-I: History and Principles of Physical Education

- i. Physical Education: Definition, Aims, Objectives & Scope of Physical Education.
- ii. Adapted Physical Education: Meaning, Definitions, Aims, Objectives, Principles & Characteristics.
- iii. Teaching Aptitude: Nature, Objectives, Characteristics of Teaching, Learner Characteristics.
- iv. Wellness: Importance, Benefits & Challenges, Development & Maintenance.
- v. Physical Education in India. Recent Government Policies for promoting Physical Education & Sports in India.
- vi. Physical Education in ancient Greece, Rome and contemporary Germany, Sweden, Denmark, Russia, Australia & China.
- vii. Olympic movement-Historical development of Ancient and Modern Olympics Games.
- viii. Asian Games, commonwealth Games, SAARC Games.
- ix. National Sports Award.
- x. Central Advisory Board of Physical Education and Recreation (National Discipline Scheme, Kaulakpooor Committee, National Physical Efficiency Drive, Kunzurur Committee)

Unit-II: Physiology, Sports Medicine, Correctives & factors affecting sports performance

- i. Exercise Physiology its scope & importance in the field of Physical Education
- ii. Exercising Muscle- its types, characteristics and functions. Microscopic structure of muscle fibre. Sliding filament theory of muscular contraction. Types of muscle fibres and sports performance. Muscular adaptations to exercise.
- iii. Energy Expenditure and Fatigue- Measuring Energy expenditure, Energy expenditure during rest and exercise- Fatigue and its causes, restoration of energy stores.
- iv. Neuro-muscular junction and transmission of nerve impulse, kinaesthetic sense organs and neural control of motor skills.
- v. Sports injuries- common sports injuries, Causes and treatment, prevention of sports injuries. Need and importance of study of sports injuries in the field of physical education.
- vi. Cardio respiratory adaptations to long and short term physical activities.
- vii. Women in sports- trainability. Physiological gender differences and special problems of women athletes. Aging - Physiological consequences, life style management and healthful aging.
- viii. Physiological responses of various therapeutic modalities and rehabilitation.
- ix. Physical Education in India. Recent Government Policies for promoting Physical Education & Sports in India.
- x. Physiological aspects of various Ergogenic aids. Massage manipulations and their physiological responses.

Unit-III: Kinesiology and Biomechanics

- i. Meaning and importance of kinesiology in the field of Physical Education.
- ii. Origin insertion and action of the muscles (Pectoralis Major, Deltoid, Biceps, Rectus abdominus, Trapezius, Latissimus Dorsi, Rectus Femoris, Sartorius, Biceps Femoris, Gastrocnemius).
- iii. Lever, Types of levers and its implication in sports.
- iv. Motion, types of Motion, Laws of Motion and its implication.
- v. Projectile and Principles of projections- Linear and Angular Kinematics & Kinetics.
- vi. Joints and their movements, (Planes and Axes)
- vii. Friction, Spin, Impact and Elasticity, Air and Water Dynamics.
- viii. Mechanical analysis of various sports activities, Postural deformation and their correction.
- ix. Massage (Manipulation and therapeutical exercise)
- x. Importance of therapies (Physiotherapy, hydrotherapy and Electric Therapy)

Unit-IV: Research Methodology and Statistical Techniques

- i. Meaning, definition and need of research in physical education.
- ii. Formulation and Selection of research problem.
- iii. Types of Research (Historical, Descriptive and Experimental)
- iv. Sampling-Process and Technique (Probability and Non-Probability)
- v. Methods of research-Historical, Descriptive & Experimental.
- vi. Hypothesis-formulation, types and testing.
- vii. Data collection-tools and Techniques.
- viii. Statistical techniques of data analysis-measures of central tendency and variability, correlation, normal probability curve, t-testing, chi-square, z-test.
- ix. Silent features of research proposal, Computer Applications- Statistical Packages for Data Analysis- SPSS, Email, Search Engines and Microsoft Office.
- x. Writing of Research Report, proposal, abstract, paper for publication & presentation.

Unit-V: Measurement and Evaluation in Physical Education

- i. Meaning, Importance & Principles of Measurement & Evaluation.
- ii. Modern Developments in Physical Education Measurements.
- iii. Criteria of test (Objectivity, Reliability, Validity, Norms)
- iv. Construction and classification of tests.
- v. Criteria of test Evaluation.
- vi. Test Administration (Pre-Planning, Duties during testing & posting test duties)
- vii. Test of major ability-fitness & Cardiovascular Endurance-Barrow Motor Ability Test, Phillip's JCR Test, AAHPER Youth Fitness Test, Cooper's Aerobics Test, Harvard Step Test & Tuttle Pulse Ratio Test.
- viii. Sports Skill Test for Johnson Basketball Test, Modified Bredy Volleyball Test, Mitchell Modification of the McDonal Soccer Test, Fridel Field Hockey Test, Lockhart & Mepheron Badminton Skill test, Carnist Handball Test, Matt-Lockhart Table tennis test & Nelson-Cozens Track Skill Achievement Test.
- ix. Testing psychological variables-competitive anxiety, aggression, team cohesion, motivation, and self-concept.

- x. Anthropometric measurement and body composition. Somatotype and Posture Evaluating Techniques.

Unit-VI: Sports Management

- i. Concept and principles of sports management.
- ii. Principles of organization and Administration Organization and functions of sports bodies.
- iii. Facility Management- planning, procuring and maintenance of facility-indoor and outdoor facility. Planning and management of Sports infrastructure. Management of records.
- iv. Methods and techniques of teaching.
- v. Concept of supervision techniques. Objectives, principles, importance and Scope.
- vi. Personal Management – objectives & Principles. Self Appraisal, communication skills and time management.
- vii. Intra-mural and Extra Murals
- viii. Pupil teacher interaction and Relationship.
- ix. Budget and its importance in Physical Education. Financial Management.
- x. Public Relation-Principles of Public relations in physical education and sports. Mass Media Communication & Publicity, Qualification of Public Relation Officer.

Unit-VII: Sports Training and Competition preparation

- i. Meaning, Aims and Characteristics of Sports Training.
- ii. Principles of Sports Training, Factors influencing performance in sports.
- iii. Conditional Ability- Basic methods of conditioning, strength and Endurance.
- iv. Flexibility and Coordinative Abilities.
- v. Training load and over load – technique & skill
- vi. Training methods and specific training programmers for development of various motor qualities.
- vii. Planning- principles and importance.
- viii. Training plans-training conception, early plan, meso-cycle and micro-cycle plan.
- ix. Criteria for selection of players at different levels
- x. Sports talent identification process and procedures.

Unit-VIII: Health and Health Education

- i. Meaning and objectives of Health Education
- ii. Guiding principles of Health & Health Education.
- iii. School Health Program and personal hygiene.
- iv. Health related fitness, obesity and its management.
- v. Balance Diet W.H.O (World Health Organization), Pollution-air, water, sound & radiation.
- vi. Communicable and Non-Communicable Diseases.
- vii. Psychosomatic disorders sedentary life styles disease: causes, symptoms and prevention.
- viii. Obesity related health problems. Body weight control and its significance on health. Role of exercise, dieting and combination of exercise and dieting on weight control.

- ix. First-aid; objectives and principles First-aid for Shock, poisoning, burns, drowning, bleeding, electric shock and common sports injuries.
- x. Role of Physical Education teacher in relation to school health services & healthful school environment. Qualities, Qualification and responsibilities of physical Education Personnel at Primary, secondary and Higher Education Levels.

Unit-IX: Psychology of Sports

- i. Meaning, Definition and importance of Sports Psychology.
- ii. Aims, Objectives and Scope of Sports Psychology.
- iii. Learning process-theories and laws of learning.
- iv. Cognitive Process- Memory and Thinking. Principles of Motor Skill.
- v. Motivation theories and dynamics of motivation in sports.
- vi. Psychological factors affecting sports performance-viz stress, Anxiety, Tension and aggression.
- vii. Personality, its dimensions, theories, personality and performance.
- viii. Transfer of Training and its types with its implications in sports.
- ix. Group dynamics, team cohesion and leadership in sports.
- x. Psychological Skill Training for Activation and Relaxation.

Unit-X: Teacher Education Development and curriculum planning in physical education

- i. Recent Government policies for promoting physical education and sports in India.
- ii. Role of public & private sectors in the promotion of physical education and sports in the country.
- iii. Rules of games and Sports-measurements, Score-Sheets, Tournaments and Fixtures.
- iv. Duties of officials pertaining to various games, athletic (Track and field events)
- v. Meaning, Definition, Origin & Types of YOGA.
- vi. Asanas, its importance & their Effects.
- vii. Modern concept of supervision, factors, techniques and Guiding principles of supervision.
- viii. Curriculum Development- Concepts and Principles of Curriculum Planning.
- ix. Meaning, Definition, importance of recreation & agencies providing Recreation.
- x. Theories and principles of recreation & recreation programme for various categories of people.