

DU Innovation Project 2013-14

Project Code: VC-201

“Exploring Psycho-Social Stressors, Coping Strategies and Mental Toughness in Delhi University Sports Students”

January 13, 2014

Sport is paradoxical because it has different meanings for different individuals. It may be playful or serious, expressive or instrumental, intrinsically or extrinsically motivating and it may provide both a personal as well as a social identity for the sports person. The present research tries to explore important Psycho social and cultural factors that are related to stress in Delhi university sports students.

Invitation for Applications for Student Researchers

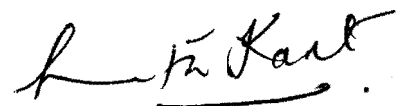
1. Applications are invited from second year and first year students of sports and Psychology for this project of one year duration.
2. Students with very good communication both oral and written, as well as proper personality skills will be selected after personnel interview.
3. Forms are to be collected from the sports office and the dept. of psychology and also submitted in the same office by January 20, 2014.
4. After preliminary selection on the basis of information given, the interview list will be put up on the notice board (next to sports room and the Deptt. of Psychology on Jan., 21, 2014).
5. Interview will be held in the sports room of the college on January 22 January, 2014 at 12:30 p.m.
6. Final selection list will be put up on January 23, 2014. Initially these students will work for the period of three months. Based on their performance, their tenure will be extended till the project finishes.

Details of the project are as follows:

- There will be a team of ten students' researchers in the project to work with one external mentor and three faculty investigators.
- Each student can take part in only one project.
- Each student will receive a stipend of Rs.1,000/- per month.
- Students may need to travel (during vacations or holidays) while on project.
- Selected students may have to work during the vacations including the summer vacations and will have to be available for the project. They have to seek permission before going for any break /other internship etc



Dr. Renu Sahni
Offg. Principal



Dr. Anita Kant
Project Investigator

On website

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APPLICATION FORM

PHOTO

1. Name:.....
2. Class..... Year/Sem..... Sec..... Roll No....
3. Mobile No..... E Mail:.....
Address:.....
4. Write an essay in about 250 words on: "Psycho social problems faced by sports students/ students during practice, competition and study"
Attach the additional sheets.
5. Extra –curricular activities:.....
.....
6. Any direct exposure/experience to
 - a. Sports/Psychological problems faced in school/college
.....
 - b. Interviewing/Transcribing: (Explain).....
7. I have read the details about the project and am willing to fully abide by the rules. I have also taken my parents into confidence and have their full consent about my participation.

Signature

Date: