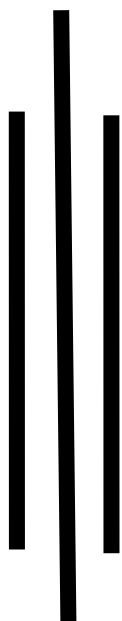


TRIBHUVAN UNIVERSITY
DRONACHAL MULTIPLE CAMPUS
Dullu, Dailekh



Practical Academic Notebook

VOLLEYBALL

Foundations of Physical Education (HP417P)

Prepared By:

Name: Nirajan Hamal

Roll No.: 904250107

Level: Bachelor First Year

Academic Year: 2083

Submitted To:

Mr. Atma Prasad Upadhyaya

Subject Teacher

Acknowledgment

I would like to express my sincere gratitude to **Dronachal Multiple Campus Dullu, Dailekh** for providing me with the opportunity, academic environment, and necessary support to prepare this notebook on **Volleyball** for the subject **Foundations of Physical Education**.

First of all, I am deeply thankful to our respected **Campus Chief, Mr. Narendra Bahadur Bohora**, for his valuable leadership, encouragement, and continuous support. His guidance and positive academic environment have motivated me to complete this work successfully.

I would also like to express my special thanks to our respected **Subject Teacher, Mr. Atma Prasad Upadhyaya**, for his valuable guidance, suggestions, encouragement, and academic support throughout the preparation of this notebook. His teaching and advice helped me understand the subject more clearly and organize the information in a systematic way.

I am equally grateful to the entire **Dronachal Multiple Campus family**, including all teachers, staff members, and everyone who directly or indirectly supported me during the preparation of this academic work. Their cooperation and encouragement have been very helpful.

Finally, I would like to thank everyone who contributed, directly or indirectly, to the successful completion of this notebook. I hope this work will help improve my knowledge and understanding of volleyball and the foundations of physical education.

Thank you.

Nirajan Hamal

Exam Roll No.: 904250107

RECOMMENDATION LETTER

This is to recommend that Mr. Nirajan Hamal, a student of **Dronachal Multiple Campus Dullu, Dailekh**, has successfully prepared and submitted this practical academic notebook on **Volleyball** as a part of the requirements for the subject **Foundations of Physical Education (HP417P)**.

The student has demonstrated sincere effort, interest, and dedication in preparing this work. The notebook contains relevant information about the history, development, rules, court and equipment, basic skills, player positions, officials, and educational importance of volleyball.

The work has been prepared under the guidance and supervision of the concerned subject teacher. To the best of our knowledge, the student has completed this practical work satisfactorily and has fulfilled the academic requirements of the subject.

We appreciate the student's effort and recommend this notebook for academic evaluation and record.

Recommended by:

Mr. Atma Prasad Upadhyaya

Subject Teacher

Date: _____

Campus Seal: _____

APPROVAL LETTER

This is to certify that Mr. Nirajan Hamal a student of **Dronachal Multiple Campus Dullu, Dailekh**, has prepared and submitted the practical academic notebook entitled “**Volleyball**” in partial fulfillment of the requirements of the subject **Fundations of Physical Education (HP417P)**.

The work has been completed under the guidance and supervision of **Mr. Atma Prasad Upadhyaya**, Subject Teacher. The contents of this notebook have been reviewed and found satisfactory for academic evaluation.

Therefore, this practical work is **approved** for submission and evaluation.

Approved By:

Mr. Narendra Bahadur Bohora
Campus Chief

Guided By:

Mr. Atma Prasad Upadhyaya
Subject Teacher

Student's Name: Nirajan Hamal

Roll No.: 904250107

Class/Level: Bachelor First Year

Date of Submission: _____

Campus Seal: _____