



UGC - HUMAN RESOURCE DEVELOPMENT CENTRE

PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR



Organized

**Online Refresher Course in
Physical Education**

September – 6 to 20, 2021

Report

Name of Course/Program:	Online Refresher Course in Physical Education
Name of Contact person from HRDC:	Dr. Brijendra Pandey
Date of Course/Program:	06.09.2021 to 20.09.2021
Name of Course Coordinator:	Prof. Reeta Venugopal, Professor School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur
Theme of Course/Program:	“Technological development in the teaching and learning process, skills and knowledge for research new developments in field of Physical Education and Sports.”
Number of Participants:	31
State wise number of participants:	Chhattisgarh - 08, U.P.- 06, Madhya Pradesh – 03, Maharashtra – 05, Himanchal – 1, Uttarakhand – 1, Gujarat – 1, Haryana – 1, Tamil Nadu – 1, Kerala – 1, West Bengal – 3
Gender wise number of participants:	Male – 21, Female – 10
Number of Resource Persons	28
Name and Signature of Course Coordinator	
Prof. Reeta Venugopal SoS in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.)	

Refresher Course in Physical Education (06.09.2021 - 20.09.2021)

A Refresher Course on “Physical Education and Sports” was organized by Human Resource Development Centre, Pt. Ravishankar Shukla University Raipur, in collaboration with School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur from 6th -18th , September 2021. The course was attended by thirty one registered participants from across the country. 30 outstation and 01 local participants attended the same. 28 resource persons delivered lectures.

Objective : To develop Understanding about new technological development in the teaching and learning process. To enhance skills and knowledge for research To learn about new developments in field of Physical Education and Sports.

Course Module: This course was designed to provide an opportunity to participants to get acquainted with recent developments in the field of Physical Education while emphasizing on fundamentals of the subject. Information and communication technology has brought revolutions in pedagogical practices. Teachers were empowered with access to latest developments, new & emerging trends, research and were able to improve pedagogy skills. At the heart, of the recent developments lies use of technology to increase student engagement by restructuring the learning process. Mental and physical benefits of physical activities was emphasized by incorporating technology into physical education classes. The course gave equal emphasis to changing scenarios in field of physical education methodological refinements and applied aspects of the subject. It also covered diverse areas of sports sciences. The group were regular faculties of

Universities/ Colleges that are included under section 2 (f) of the UGC act. The teachers of the colleges affiliated to the University for at least five years can participate. It was an online course where sessions were conducted on Google Meet, from 10:30 to 17:30 for total 12 days .

DAY 1

Session II (12.15-13.45)



1. Dr Swaroop Savanur, Mental Conditioning and Peak performance coach New Delhi was the expert. Dr Swaroop savanur made the participants acquainted with the topic "psychological factors influencing young athletes involvement in sports" by sharing the attractive and interesting PPT. Lecture one of the resource person included the following points :Psychological and mental status of athletes of different age groups. Sports participation at grassroot level. P.E teachers are not just teachers they are councillors of athletes. Importance of sports in nurturing young children. Mental ability of teenage children Logical thinking, spatial awareness decision making, executive functions. Optimal motivational profile of an athlete. Motivation extrinsic and intrinsic. Motivational climate Questions were asked by participants in the question answer session. It was a wonderful session by Dr. Swaroop Savanur .

Session III (14:15 to 15:45)



2. Dr. Yogesh Chander Asst Professor , Dept of Physical Education, Institute of Teachers Training & Research, BPS Mahila Mahavidyalaya Sonapat, Haryana, was the resource person he dealt with the topic "MOOCs for Blended Learning in Physical Education and Sports" he emphasized

that the 21st century demands channelization of demographic dividend, sustainable development, responsible production and utilization of critical thinking, self learning and technology based learning. Today's working demand digital competence i.e. one's capability to operate digital instruments and software including various technologies in daily use. He further elaborated about the data facility of cloud computing, where practice of using internet via remote servers, information is stored, managed and thereafter data is processed.

Session IV (16.00 to 17.30)



3. Dr. Yash Paul Sharma Faculty , Central Institute of Educational Technology, NCERT, New Delhi discussed about MOOCs and the use disruptive technologies in Teaching Learning process As we are moving into the next generation of the media revolution, “immersive” technologies like Augmented Reality (AR), Virtual Reality (VR), and Mixed Reality (MR) are becoming the centre of discussion in educational technologies. Further he explained that National Policy of Education (NEP2020) also envisaged the use of MOOCs specially on SWAYAM

DAY 2

Session I (10.30-12.00)



4. Professor Balwant Singh Thakur, SOS in Mathematics, PRSU, Raipur was the resource person .In this session the speaker demonstrated how to make google forms. He discussed how this tool allows us to create forms, surveys and quizzes for the assessment of the students. The lecture

was all about new technology which is the need of today's era. The session ended with questions and answers of the participants. All participants learnt a lot from this session.

Session II (12.15-13.45)



5. Dr. Tarun Sachdeva, Sports Medicine Expert, Director of FitSol Sports Medicine Clinic New Delhi dealt with the topic Understanding Pain. He discussed the responsibility of Physical education teachers, to administer the physical sporting activities amongst the students of respective educational institutes. Apart from this it's also important for all to understand some basic roadblocks such as injuries. The first and foremost symptom of any impending or underlying injury is Pain. But Pain may have other multiple sources too. This lecture was helpful to improve understanding about pain and empowered to guide students more comprehensively about their injuries.

Session III (14:15 to 15:45)



6. Prof. Balwant Singh Thakur SoS in Mathematics, PRSU, Raipur Professor Balwant Singh Thakur, SoS in Mathematics, PRSU, Raipur was the resource person in the session the participants learned to make Google form with the help of expert's inputs and it was a very practical and useful session wherein the participants learned the micro details of the Google form.

Session IV (16:00 to 17:30)



7. Dr. Yash Paul Sharma Faculty , Central Institute of Educational Technology, NCERT, New Delhi. “ ICT- Pedagogy – Immersive” was the topic of this session. He stressed that gradually, technology has been making its way to revolutionizing the methods of teaching and learning. Technology has made its way to the classroom, increasing the engaging and interactive elements; many students are benefitting from it, right from Audio, Video, Graphics and Simulations. Learners, in today’s context, are already familiar with various technologies, which helps in modernizing the classroom with computerized tools and apps that make sense in a classroom setting. Further he emphasizes that as we are moving into the next generation of the media revolution, “immersive” technologies like Augmented Reality (AR), Virtual Reality (VR), and Mixed Reality (MR) are becoming the centre of discussion in educational technologies. The lecture was very informative and helpful for all the participants. Participants enjoyed the virtual tour of Mahatma Gandhi Ashram, Wardha, Maharashtra, India.

Day 3

Session I (10.30-12.00)



8. Prof. C.D. Agashe, SOS in Physical Education, was the expert “PSYCHOLOGICAL COUNSELING FOR SPORTSPERSONS”. He explained, points to be kept in mind while counselling the players. He explained parts of counselling Performance zone, Anger management, Cognitive theory, Personality, Mental illness, REBT (Rational Emotive Behaviour Therapy) and ABC (Anxiety, Believe and Consequences) model .

Session II(12.15-13.45)



9. Dr. Tarun Sachdeva, Sports Medicine Expert, Director of FitSol Sports Medicine Clinic, New Delhi Topic of this session was “Sports Concussion assessment Test” the expert explained that a concussion is a traumatic brain injury that affects the brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Concussions are usually caused by a blow to the head. It is very common in high body contacts sports like soccer, boxing etc. though its temporary but can cause detrimental damage if not assessed and acted upon immediately. In view of medical supervision not being available at the collegiate sports level it is important for the Physical education teachers to have knowledge about this simple test. This lecture addressed the understanding of the on field tool.

Session III (14:15 to 15:45)



10. Prof. C.D. Agashe, SOS in Physical Education, Pt. RSU, Raipur The topic covered by the expert in this session was “Mental health and hygiene” Dimensions of health were explained, which included self acceptance, self awareness ego satisfaction, philosophy of life spiritual and religious aspect and empathy.

Session IV (16:00 to 17:30)



11. Dr. Yogesh Chander, Asst. Professor, Dept of Physical Education, Institute of Teachers Training & Research, BPS Mahila Mahavidyalaya “**Re-imagining Indian Education**”

The expert explained that the expectations from 21st century teachers includes learner development; learning environments; content knowledge; application of content; assessment planning for instruction; instructional strategies; professional learning and ethical practice;

including leadership and collaboration. The presentation was designed while keeping in view with expected learning outcomes i.e learner understands the structure of education; learner know about the structure of teacher education;

learner know about the programmes recognized by NCTE 2014 & 2019; learner gets knowledge about the journey of Teacher Education especially after independence including NEP2020; and learner understands the issues and challenges in teacher education programme and their remedies. Teacher education refers to the policies and procedures designed to equip prospective teachers with the knowledge, attitude, behaviour and skills they require to perform their tasks effectively in class rooms, school and outside the four walls of the school. There are two broad classifications of teacher education including In-Service Teacher Education: NCERT, NIEPA, RIE, SCERT, UGC-HRDC etc DIETs, Block resource centre and clusters resource centre and second is Pre-Service Teacher Education: NCTE lays down standard, minimum qualification for teacher educators, course content, duration, and minimum qualifications for entering in course. These courses are run by colleges, stand alone institutions and universities. The teacher education in NEP 2020 has cardinal principles that focus on Access; Equity; Quality; Affordability; and Accountability.

Day 4

Session I (10.30-12.00)



12. Dr. Sandeep Tiwari, Principal, IGIPSS, B-Block, Vikaspuri, New Delhi In training it is very important to understand the components on the basis of which one plan the load, intensity. I weight training the concept of repetition maximum has to be understood which is usually stated 1RM or one -repetition maximum. To observe improvement in in performance establishing 1RM and tracking the same helps, it is very accurate method to judge effectiveness of training program. Various formulas to calculate 1RM were taught by the expert.

Session II (12.15-13.45)



13. Dr. Sandeep Tiwari, Principal, IGIPSS, B-Block, Vikaspuri, New Delhi Second session was a practical session where all the participants calculated 1RM on the basis of the different formulas. Training in sports is very scientific and for every sports person specific training program has to be developed, the hands on training was very useful for the participants.

Session III (14:15 to 15:45)



14. Dr. Neeta Nair Senior Sport Officer, Govt. Kamla Devi Rathi P.G. Mahila Mahavidyalaya, Rajnangaon, Chhattisgarh Seminar has become an advance method of teaching and instruction in higher education, it is a platform where participants interact among themselves on a theme. Participants presented seminars and the expert emphasized on using technology for the same.

Session IV (16:00 to 17:30)



15. Dr. Ritu Dubey, Sport Officer, Govt. Dr. Waman Wasudev Patankar Girls PG Colleg, Durg, Chhattisgarh. The expert assessed the seminar presented by the participants , the purpose of the seminar was to an environment for working together.

Day 5

Session I (10.30-12.00)

16. Prof. Anurodh Singh Sisodia, Director HRDC, LNIPE, Gwalior (MP)

The expert gave inputs about Eustress ,which is a positive form of stress leading to beneficial effect on mental emotional and physical health. It enhances creativity, thinking ability, greater orientation and motivation. He further explained that positive stress responsiveness to environment, improved interpersonal relationship, improved morale. It improves flexibility, endurance and relaxes muscles. During eustress feel good hormone ie endorphins are released which promotes overall wellbeing.

Session II (12.15-13.45)



17. Prof. Rajeev Choudhary, SoS in Physical Education, PRSU, Raipur Dr. Rajeev Choudhary, Professor in Physical Education, Pt. Ravishankar Shukla University delivered a lecture on Scholar's Scholarly Approach. He started his lecture with prologue, where he justified about the need of "Scholar's Scholarly Approach". In his lecture, he also discussed about the essentials of a good research paper as well as about the Curiosity of Scholars. He discussed in detail about Bibliometrics. He

explained about the concept of different indices I. e. h index, g index, i10 index. Also discussed about Journal Impact Factor, Citation Analysis, Citation Databases. He informed about , Web of Science, Scopus, Google Scholar, ORCID, Researcher ID, NCBI. In the last part of his lecture he discussed about means and methods by using that, we can publicize our publication.

Session III (14:15 to 15:45)



18. Prof. Sushma Ghildyal, Dept of Physical Education, BHU. The expert emphasized ,Women Health which refers to the branch of medicine that focuses on treatment and diagnosis of diseases and conditions that affect a women's physical and emotional well being. Women's wellness focuses on those aspects of well-being that pertain disproportionately, or solely, to women. Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. She discussed various problems of women during different stages of life cycle.

Session IV (16:00 to 17:30)



19. Dr. Yogesh Chander, Asst Professor, Dept of Physical Education, ITTR,BPS Mahila Mahavidyalaya., Sonapat, Haryana

Infusing Universal Design for Learning into Sports

The presentation aims to have learning outcomes i.e. understanding of dignity, individual autonomy and independence of persons; persuade non-discrimination; and ensure full and effective participation and

inclusive sports in society; acceptance of persons with disabilities as part of society in terms of equality of opportunity; accessibility; respect for the evolving capacities of children with disabilities and respect for the right of children with disabilities to preserve their identities. The universal design for learning is a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn. It is a research-

based set of principles to guide the design of learning environments that are accessible and effective to all. In order to impact different type of learners UDL focuses on multiple means of representation, multiple means of action, expression and multiple means of engagement. Realization of RPWD Act 2016 also suggests that physical educators need to continue to be prepared for the inclusion of diverse learners. In order to differentiate instruction in physical education for all students, UDL affords multiple means of *Engagement* (using a range of psychomotor practices to heighten student motivation); *Representation* (presenting/instructing content in a variety of ways); *Action and expression* (varying the ways in which students are encouraged to respond and show their learning of skills and concepts). Inclusion is a concept that ensures equality; rights; participation; process; values; diversity and change. Adapted Physical Education can ensure barrier free participation of person with disabilities by adjusting and adapting physical activities. It involves physical and motor fitness, fundamental skills and patterns, skills in aquatics and dance, involve individual and group games to meet unique demands of individuals. It is an art and science of developing, implementing, and monitoring a carefully designed physical education instructional program to give the learner the skills necessary for a lifetime of rich leisure, recreation, and sport experiences to enhance physical fitness and wellness.

Day 6

Session I (10.30-12.00)



20. Dr. Chanan Goyal, Paediatric Physiotherapist, Faculty, Govt. Physiotherapy College, Raipur, Paralympic is a term derived from amalgamation of Greek preposition “para” (beside or alongside) and the word “Olympic”. Sport-

specific classification determines which athletes are eligible to compete in a sport and how athletes are grouped together for competition. There are ten eligible impairment types including eight physical, a visual and an intellectual. Physical impairments include impaired muscle power, impaired passive range of movement, leg length difference, limb deficiency, short stature, hypertonia, ataxia and athetosis. Events in Paralympics include para alpine skiing, para archery, para athletics, para badminton, boccia, para canoe, para cycling, para dance sport, equestrian, football 5 A side, goalball, para judo, para Nordic skiing, para ice hockey, para powerlifting, para rowing, shooting para sport, sitting volley ball, para snowboard, para swimming, para taekwondo, para triathlon, wheelchair basketball, wheelchair curling, wheelchair fencing, wheelchair rugby, wheelchair tennis. India bagged medals in shooting, athletics, badminton, table tennis and archery in Tokyo Paralympics 2020. Physical education teachers and physiotherapists have huge responsibility in identifying and training differently abled young talents who have the potential to win medals and bring pride to the nation by unleashing their untapped abilities.

Session II (12.15-13.45)



21. Dr. Usha Sujit Nair, Associate Professor, Lakshmi Bai National College of Physical Education, Kariavattom, Trivandrum.

Exercise is Medicine: Attaining health and wellness through physical activity.

The concept of using exercise as the medicine-the rise in non-communicable diseases, especially during a pandemic, and the risks of inactivity also will be

dealt with. briefing the components of wellness and ways of attaining it through the medium of physical activity.

Session III & Session IV (Seminar)



23. Prof. Pradeep Sharma, IGIPSS, New Delhi

Seminar

One of the objectives of the course was to improve pedagogical skills and seminar is considered as one of the advance method of teaching, expert gave inputs regarding the skills during assessment.

Day 7

Session I (10.30-12.00)



24. Dr. Yogesh Chander, Asst. Professor, Dept of Physical Education, Institute of Teachers Training & Research, BPS Mahila Mahavidyalaya

Redressing the Balance in Sports."

The expert explained Gender equality is access of rights and an opportunity in sports unaffected by sexes. It includes demand of being human, especially for women who are oppressed in patriarchal social structure. It allows barrier free sport participation for both male and female. The literal meaning of gender equality in sports is equal access to all kind of resources. Women have low participation in overall world of sports. The reasons include poor financial position, household responsibilities, security concerns, transport access, insufficient sport facilities, etc. Historically, women were not allowed to witness sports events. Later on, with time access was given to women as spectators. Progressively the struggle by feminists

and favorable conditions emerged as a result of world war-II there originated a demand of women workforce and women sports. International Olympic Committee has taken so many measures to encourage women's participation at Olympic Games. It is pertinent to mention here that at the time of start of modern Olympic game in 1896 at Athens, there was no women participant. It was Paris, where first time 22 women entered in Olympic sports arena in athletes. Ms Anita L. DeFrantz was the first woman to be elected as IOC Vice-President in year 1997 and later on in year 2000 Women and Sport Awards was initiated by IOC. Setting up of women and Sports commission for policy

planning and gender equality was the other milestone in year 2004. Physical activities in form of games are one of the most popular acts of mankind in world that involve people from all ages and gender. The advocacy of women's rights and opportunities for women are full of blockages. There is a requirement to put in combined efforts from all the stakeholders. Gender equality in sports is possible through inclusion and sensitization of both the sexes. It can be achieved through education and by providing protected environments.

Session II (12.15-13.45)



25. Dr. Sandhya Tiwari, IGIPSS, B-Block, Vikaspuri, New Delhi **ppropriate Exercise Guidelines for the Expectant Mother**: Deals with the safety measures, mode of exercise, and intensity of exercise, benefits & risks associated with exercising during pregnancy.

Session III & IV (14.15-15.45) (16:00 to 17:30)

ICT/Micro Teaching



26. Prof. Alka Naik, Dept. of Physical Education, Rani Durgawati, University, Jabalpur, M.P.

Microteaching is an important component of teachers training program, which gives opportunity to participants to review their performance and improve their ability to improve teaching skill on the basis of feedback. The expert put in their valuable time and gave feed back to the participants

Day 8

Session I (10.30-12.00)



27. Mr. Satyapal Singh, Indian para-athlete coach, Dronacharya Award The expert who is para sports coach and is recipient of prestigious Draunachary Awardees explained about Paralympics, coaching Para athletes is huge challenge. He elaborated classification for Paralympic competition. Impairment in athletes lead to competitive disadvantages and the classification system leads to determination of athlete's success by skill, power, endurance, tactical ability and mental focus .He explained Paralympics movement gives opportunities to athletes with physical, vision and/or intellectual impairment, having one of the following impaired muscle power, impaired passive range of movement, vision impairment, intellectual impairment, limb deficiency, leg length difference, short stature, muscle tension uncoordinated movements etc. It was an eye-opening class for the participants.

Session II (12.15-13.45)



28. Dr. Tarun Sachdeva, Sports Medicine Expert, Director of FitSol Sports Medicine Clinic, New Delhi

Importance of post training Recovery. The expert provided insight in to need and importance of recovery after training or competition he explained recovery is more important than training itself because a player actually gains the benefits of training during recovery. This lecture will address, the importance of post training

recovery, different types of recovery and discussion on some advanced post training recovery methods.

Session III & IV (14.15-15.45)

ICT/Micro teaching, (Sr.no. 21-30)



29. Prof. Lalit Sharma, IGIPSS, New Delhi

The micro teaching involves Introduction Skill, Skill of Probing question, Skill of explanation, Skill of Stimulus Variation, Skill of achieving closure Content knowledge Quality of instruction, Teaching climate Professional behaviour. The participants were given inputs and the

expert evaluated with enquiries and suggestions.

Day 9

Session I (10.30-12.00)

Project Presentation/Panel Discussion (Sr.no. 1-10)



30. Dr. Brijendra Pandey, Assistant Professor, HRDC, Pt. RSU, Raipur.

Project Presentation

It was also a learning experience for the participants who were divided into groups to do a project and present the same for evaluation. The expert evaluated the project and gave additional tips for project presentations.

Session II (12.15-13.45)



31. Dr. Tarun Sachdeva, Sports Medicine Expert, Director of Fit Sol Sports Medicine Clinic, New Delhi Strategies of Return to Sports after a COVID19 infection. Role of a Physical education teacher/ Coach. It was a very relevant and burning topic about which every one wanted to have insight . The

topic was well covered by the expert elucidated COVID19 has an unprecedented impact on all verticals and facets of our society and the Sports fraternity is no different. Covid19 is a possible multisystemic disorder but primarily affects the Respiratory System. Though its matter of further research but this disease possibly causes a number of potential long term effects. Cardiopulmonary endurance being the most valuable asset of most athletes who suffer from this illness suffer from a substantial set back. The agenda of this lecture was to share the strategy we used to facilitate our athletes to

return to their respective sports while emphasizing on the role of a physical education teacher in it.

Session III (14.15-15.45)



32. Ms. Chetansi, Nutriion Expert, FitSol Sports Medicine Clinic, New Delhi

Hydration Parameters For Athletes There are no exact rules for how much water to drink while exercising, because every body is different. We need to consider factors including the sweat rate, the heat and humidity in the given environment, and how long and hard the person is exercising. In this lecture, we will be

discussing the importance of hydration parameters for athletes, knowing what these parameters are and how they affect their performance.

Day 10

Session I (10.30-12.00)



33. Prof. Rajeev Choudhary, SoS in Physical Education, PRSU, Raipur.

Statistical analysis was made easy for the participants by the expert, the participants could be able to use the software for analysis of data.

Session II (12.15-13.45)



34. Prof. Kavita Thakur, SoS in Electronics, PRSU, Raipur

Participants presented the project prepared by them in group. The expert assessed the projects with providing inputs to the participants.

Session III (14.15-15.45)



35. Ms Chetansi Sharma, Medical Nutrition Scientist, Fit Sol Clinic, New Delhi

Understanding Sports Nutrition Specific to Pre, During and Post Physical Training The ideal diet for an athlete is not very different from the diet recommended for any healthy

person. The amount of each food group they need will depend on: -The type of sport -The amount of training -The amount of time spent during the activity
A good diet is as important as good physical training for enhancing the performance of an athlete. Under this topic, we will be covering the specifics of the diet of an athlete during the training days.

Session IV (16.00-17.30) MCQ Test

Day 11

Session I (10.30-12.00)



36. Prof. Preeti K Suresh, Institute of Pharmacy, Pt. RSU, Raipur, Each database and/or tool employs its own measurement systems, indices, statistical parameters, data and authority files. Another, major constraint is due to the

difficulty to use these tools to compare across disciplines with dissimilar research and publication practices. With the evolution of scholarly communication, the limitations of existing metrics and tools are coming to fore. Good citation metrics indicates significant impact on the field however, the reverse is not necessarily true. Weak citation metrics of an academic, may be caused not only by a poor impact on the field, but may also be owing to working in a specific and/or small field, and therefore generating fewer total citations. Publishing in languages other than English and mainly in books may also limit the citation field. Metrics and evaluation tools to measure a journal's impact are also available. Author identifiers are the unique identifiers that allow authors to distinguish themselves from other researchers and to unambiguously associate themselves with their work. In the last few years, academic researchers have also moved workflows and discussions to online spaces like Mendeley, blogs, and other social media platforms. On these new

platforms, the activities like reading, saving, discussing, and recommending have acquired visibility and can be traced. These traces can inform new metrics of scholarly influence and impact, the altmetrics, which is evolving as another tool to measure academic performance and impact.

Session II (12.15-13.45)



37. Prof. Sandhya Tiwari, IGIPSS, B-Block, Vikaspuri, New Delhi

Administrative Guidelines for Health Related Fitness Assessment & Exercise Participation: Deals with all the aspects that needs to considered for a qualitative & authentic

implementation of an assessment program in health related fitness and exercise participation. Shall cover the significance of pretesting, during and post testing situations, informed consent process, PAR Q, Pre

assessment health screening, stop test indicators and tips for a successful implementation of a fitness assessment program at the school, university and community level.

Session III (14.15-15.45)



38. Dr. Karan Jeet Singh, Doctor Indian Boxing team

The expert raised the concern of athletes who take part in sports which is related to weight categories, wherein the athletes try to cut weight in a very short duration of time, to participate in lower weight category, which is very common in boxing. He explained the health hazards of dehydration, like disrupted thermoregulation, transport of nutrients and oxygen, decreased blood supply to brain leading concussion injury. It also

affects other vital organs like kidney and lead to high blood pressure and kidney failure. He suggested ways and means to avoid dehydration and to deal with if dehydration has occurred.

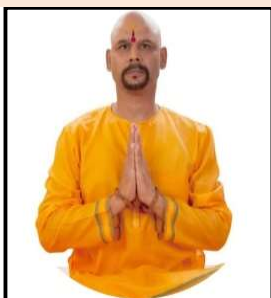
Session IV (16.00-17.30)



39. Dr. Avinash Ingle, Additional Professor, Department of Physiology AIIMS, Raipur, Topic for this session was "Exercise Monitoring" the speaker enlightened what exercise is, different types of exercise like static, dynamic, aerobic and anaerobic. He further explained oxygen intake and transportation. He spoke about exercise grading, and requirement of monitoring exercise, VO_2 Max, MET, blood flow during exercise, maximum cardiac output, heart rate, ECG monitoring and calculation maximum heart rate.

Day 12

Session I (10.30-12.00)



40. Mr. Sunil Singh, Yog Guru, New Delhi
"The role of yoga during Covid-19" and he enumerated the various benefits of yoga especially during the covid-19 pandemic . He told that mortality rate was quite low in our country as compared to the other countries on account of yoga. He also told some yogic exercises and processes which are very helpful to stay healthy and check the various modern times life style diseases and illness. He specifically mention that persons with deficiency of vitamin C and D are more prone to corona viral infection. He suggested that sun bathing 15 to 20 minutes for a year would be suffice to make up for the deficiency of

vitamin D. He suggested various recipes and yogic steps which are very useful to strengthen our immune system and stay healthy.

Session II (12.15-13.45)



41. Dr. Preeti Singh, Clinical Psychiatry, Psychiatry Dept. Pt. Jawahar Lal Nehru Memorial Medical College, Raipur (C.G.).

Psychological Perspective of Physical Activity: Problems and Solutions

The expert discussed the body mind interaction is well studied as regular physical activities help the person to reduce their anxiety, depression and stress with increasing their confidence and concentration level. There are many obstacles to follow regular physical activity routine such as lack of motivation, daily life stressors, physical illness, sudden changes in daily schedule etc. Teaching physical education to students also involves similar

kind of issues in addition personal problems such as failure in game, conflict or fight with other playmates, dominating attitude, anxiety and secondary gains. The present session aims to discuss different psychological techniques to manage these issues such as graded task assignment, prompting, problem solving, breathing exercise, positive reinforcement, catharsis, role-reversal, conflict resolution technique and distraction.

Session III (14.15-15.45) - Discussion and conclusion

Session IV (16.00-17.30) - Valedictory

REC

Reeta Venugopal, Dr. PRAVIN PATIL, Subhabrata Kar, Shabir Anant, Shailendra Saraf, Prof. K.L. Verma, Milind B

ABS Diwan, sudhir sahare, Uttam Anap, Brijendra Pandey, Raksha Yadav, Dr. S. Kalidasan, Dr. Pramod Tiwari

Sukhbir Singh, Dr. Rinku Tiwari, Dr. Sanjay Kumar, shraddha yadav, rupam saxena, ARUN KUMAR NA..., Dr. Gautam Kum...

Dr. Anil Mishra, Jugal Kishore, Human Yadu, sudhir sahare, Ramakant Tripathi, 7 others, You

4:47 PM | Online Refresher Course in Physical Education

REC

Reeta Venugopal, Dr. PRAVIN PATIL, Subhabrata Kar, Shabir Anant, Shailendra Saraf, Prof. K.L. Verma, Milind B

ABS Diwan, sudhir sahare, Uttam Anap, Brijendra Pandey, Raksha Yadav, Dr. S. Kalidasan, Dr. Pramod Tiwari

rupam saxena, Dr. Rinku Tiwari, Dr. Sanjay Kumar, shraddha yadav, Human Yadu, ARUN KUMAR N..., Dr. Gautam Kuma...

Kumud Lata, Jugal Kishore, Sukhbir Singh, sudhir sahare, RAJKUMARI MAR..., 8 others, You

4:27 PM | Online Refresher Course in Physical Education

ORGANIZING TEAM



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Pt. RSU, Raipur (C.G.),
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Dr. Shailendra Saraf
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Dr. Brijendra Pandey
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UGC - HRDC, PRSU, Raipur

Time Table: Refresher Course on Physical Education

(06/09/2021 to 18/09/2021)

	Session -I (10:30 to 12:00)		Session -II (12:15 to 13:45)		Session -III (14:15 to 15:45)		Session -IV (16:00 to 17:30)
First Week							
Day 01 (06/09/21) Monday	Registration, Inauguration & Induction	T E A B R E A K	Lecture 1 Dr. Swaroop Savanur Mental Conditioning and Peak performance coach New Delhi drswaroopsavanur@gmail.com	L U N C H B R E A K	Lecture 2 Dr. Yogesh Chander Asst. Professor Dept of Physical Education, Institute of Teachers Training & Research, BPS	T E A B R E A K	Lecture 3 Dr. Yash Paul Sharma Faculty 218, Central Institute of Educational Technology (NCERT) New Delhi yashraina007@gmail.com 9911078294
Day 02 (07/09/21) Tuesday	Lecture 4 Prof. Balwant Singh Thakur SoS in Mathematics, PRSU, Raipur balwantst@gmail.com		Lecture 5 Dr. Tarun Sachdeva, Sports Medicine Expert drtarunsachdeva@gmail.com 9650000719		Lecture 6 Prof. Balwant Singh Thakur SoS in Mathematics, PRSU, Raipur balwantst@gmail.com		Lecture 7 Dr. Yash Paul Sharma Faculty 218, Central Institute of Educational Technology (NCERT) New Delhi 9911078294
Day 03 (08/09/21) Wed.	Lecture 8 Prof. CD Agashe SOS in Physical Education, Pt.RSU, Raipur cdagash@yahoo.com		Lecture 9 Dr. Tarun Sachdeva, Sports Medicine Expert drtarunsachdeva@gmail.com 9650000719		Lecture 10 Prof. C.D. Agashe SOS in Physical Education, Pt.RSU, Raipur cdagash@yahoo.com		Lecture 11 Dr. Yogesh Chander Asst. Professor Dept of Physical Education, Institute of Teachers Training & Research, BPS Mahila Mahavidyalaya. Sonepat, Haryana yogesh@bpswomenuniversity.ac.in
Day 04 (09/9/21) Thus.	Lecture 12 Dr. Sandeep Tiwari, Principal IGIPSS, B-Block, Vikaspuri New Delhi sandeptiwari1964@yahoo.co.in 9868846327		Lecture 13 Dr. Sandeep Tiwari, Principal IGIPSS, B-Block, Vikaspuri New Delhi sandeptiwari1964@yahoo.co.in		Seminar (Sr.no. 1-10) Dr. Neeta Nair Senior Sport Officer Govt. Kamla Devi Rathi PG. MahilaMahavidyalaya, Rajnangaon, Chhattisgarh neetanair21@gmail.com 9424285637		Seminar (Sr.no. 11-20) Dr. Ritu Dubey Sport Officer, Govt. Dr.WamanWasudevPatank arGirls PG Colleg, Durg, Chhattisgarh ritudubey@gmail.com 9826810547

Day 05 (10/09/21) Friday	Lecture 14 Prof. Anurodh Singh Sisodia Director HRDC LNIPE, Gwalior (MP) dr.anurodhsisodia@gmail.com 9425114712	Lecture 15 Prof. Rajeev Choudhary SoS in Physical Education, PRSU, Raipur chaudharirajee@gmail.com 9616557777	Lecture 16 Prof. Sushma Ghildyal Dept of Physical Education, BHU. sushmaghildyal@yahoo.com 9415619059	Lecture 17 Dr. Yogesh Chander Asst Professor Dept of Physical Education, ITTR, BPS MahilaMahavidyalaya. Sonepat, Haryana yogesh@bpswomenuniversity.ac.in
Day 06 (11/09/21) Saturday	Lecture 18 Dr. Chanan Goyal, Pediatric Physiotherapist, Faculty, Govt. Physiotherapy College, Raipur chanangupta@gmail.com 9893000973	Lecture 19 Dr. Usha Sujit Nair Associate Professor, Lakshmbai National College of Physical Education, Kariavattom, Trivandrum. ushasujit@yahoo.com 9745827790	Seminar (Sr. no. 21-30) Prof. Pradeep Sharma IGIPSS, New Delhi pardeepjonti@yahoo.com pardeep.kumar@igipess.du.ac.in 9958998636	Seminar (Sr. no. 31-40) Prof. Pradeep Sharma IGIPSS, New Delhi pardeepjonti@yahoo.com, pardeep.kumar@igipess.du.ac.in profalkanail@gmail.com 9958998636
Second Week				
	Session -I (10:30 to 12:00)	Session -II (12:15 to 13:45)	Session -III (14:15 to 15:45)	Session -IV (16:00 to 17:30)
Day 07 (13/09/21) Monday	Lecture 20 Dr. Yogesh Chander Asst Professor Dept of Physical Education, Institute of Teachers Training & Research, BPS MahilaMahavidyalaya. Sonepat, Haryana yogesh@bpswomenuniversity.ac.in 9416768558	Lecture 21 Dr. Sandhya Tiwari IGIPSS, B-Block, Vikaspuri New Delhi tiwarisandhya22@yahoo.in 8368387925	ICT/Micro teaching (Sr.no. 1-10) Prof. Alka Naik RDVV, Jabalpur, (M.P.) profalkanail@gmail.com 9827532051	ICT/Micro teaching (Sr.no.11-20) Prof. Alka Naik RDVV, Jabalpur (M.P.) profalkanail@gmail.com 9827532051
Day 08 (14/09/21) Tuesday	Lecture 22 Mr. Satyapal Singh Indian para-athlete coach Dronacharya Award satyapalsingh@andc.du.ac.in	Lecture 23 Dr. Tarun Sachdeva, Sports Medicine Expert drtarunsachdeva@gmail.com 9650000719	ICT/Micro teaching (Sr.no. 21-30) Prof. Lalit Sharma IGIPSS, New Delhi lalit.sharma@igipess.du.ac.in 9625670792	ICT/Micro teaching (Sr.no. 31-40) Prof. Lalit Sharma IGIPSS, New Delhi lalit.sharma@igipess.du.ac.in 9625670792

Day 09 (15/09/21) Wed.	Project Presentation/ Dr. Brijendra Pandey Panel Discussion (Sr.no. 1-10) Assistant Professor, HRDC, Pt. RSU, Raipur	Lecture 24 Dr. Tarun Sachdeva, Sports Medicine Expert drtarunsachdeva@gmail.com 9650000719	Lecture 25 Ms Chetansi Sharma Medical Nutrition Scientist sharma98c@gmail.com 9999454200	Project Presentation/ Prof. Thingnam Nandala Singh Panel Discussion (Sr.no. 11-20) Department of Physical Education, Punjab Chandigarh
Day 10 (16/09/21) Thurs	Lecture 26 Prof. Rajeev Choudhary SoS in Physical Education, PRSU, Raipur chaudharyrajee@gmail.com 9616557777	Project Presentation/ Prof. Kavita Thakur Panel Discussion (Sr.no. 31-40) SoS in Electronics, PRSU, Raipur Kavitathakur67@gmail.com	Lecture 27 Ms Chetansi Sharma Medical Nutrition Scientist sharma98c@gmail.com 9999454200	MCQ Ending Test
Day 11 (17/09/21) Friday	Lecture 28 Prof. Preeti K Suresh Institute of Pharmacy, Pt. RSU, Raipur suresh.preeti@gmail.com 9827938427	Lecture 29 Dr. Sandhya Tiwari IGIPSS, B-Block, Vikaspuri New Delhi tiwarisandhya22@yahoo.co.in 8368387925	Lecture 30 Dr. Karan Jeetsingh Doctor Indian Boxing team karanchib13@gmail.com 9418477863	Lecture 31 Dr. Avinash Ingle Additional Professor, Department of Physiology AIIMS, Raipur 7999275492
Day 12 (18/09/21) Saturday	Lecture 32 Mr. Sunil Singh Yog Guru New Delhi yogagurusuneelsingh@gmail.com 9811520891	Lecture 33 Dr. Preeti Singh Clinical Psychiatry, Psychiatry Dept. Pt. Jawahar Lal Nehru Memorial Medical College, Raipur (C.G.). Preeti.c.psychologist@gmail.com 9893831527	Valedictory & Concluding Session	Valedictory & Concluding Session

Refresher Course – Physical Education
(06.09.2021 to 18.09.2021)
Participants List
Course Coordinator - Prof. Reeta Venugopal

Sr. No.	Name of Participant	Mobil No.	email	College	Name of the affiliating University
01.	Dr. Sandeep Sunny	9747097097	sandeep@shcollege.ac.in	Sacred Heart College, Thevara, Kochi, Kerala	Mahatma Gandhi University, Kottayam, Kerala
02.	Dr. Biswajit Garai	9475671808	biswajitgarai1@gmail.com	Mugberia Gangadhar Mahavidyalaya, Medinipur, West Bengal	Vidyasagar University, Kolkata, West Bengal
03.	Awam Barat Singh Diwan	9826847243	diwanabs.18@gmail.com	Office of Dean Students Welfare, Dau Shri Vasudev Chandrakar Kamdhenu Vishwavidyalaya, Durg, (C.G.)	Dau Shri Vasudev Chandrakar Kamdhenu Vishwavidyalaya, Durg, (C.G.)
04.	Dr. Sanjay Kumar	9816400535	sanjaymankotia23@gmail.com	Central Sanskrit University, Ved Vyas Campus, Balahar, Himachal Pradesh	Central Sanskrit University, New Delhi
05.	Raksha Yadav	7694088774	rakshayadav.ind@gmail.com	Government College, Sailana, Ratlam, (M.P.)	Vikram University, Ujjain, (M.P.)
06.	Dr. Pravin Gopalrao Patil	9890903883	pravingopalpatil@gmail.com	Renuka College, Near Bank oo India, Besa, Nagpur, (M.S.)	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, (M.S.)
07.	Dr. Milind Bhandeo	9691618905	mbhandeo@gmail.com	Vipra, Arts, Commerce and Physical Education, College, Raipur, (C.G.)	Pt. Ravishankar Shukla University, Raipur, (C.G.)
08.	Dr. Rinku Tiwari	9827401411	rinkutiwari31@gmail.com	Gurukul Mahila Mahavidyalaya, Raipur, (C.G.)	Pt. Ravishankar Shukla University, Raipur, (C.G.)
09.	Dr. S. Kalidasan	9944046268	drkalidasan.zhc@gmail.com	Dr. Zakir Husain College, Ilayangudi, Sivagangai Dist., (T.N.)	Alagappa University, Tamilnadu
10.	Dr. Uttam Damu Anap	9921234130	uttamanap2012@gmail.com	Women's College of Home Science & BCA, Loni, Rahata Dist., Ahmednagar (M.S.)	Savitribai Phule Pune University, Pune, (M.S.)
11.	Dr. Kumudlata Singh	8707533598	kumud206@gmail.com	D.G.P.G. College, Kanpur, (U.P.)	Chhatrapati Shahu Ji Maharaj University, Kanpur, (U.P.)
12.	Dr. Subhabrata Kar	8972245459	skarrana@gmail.com	Union Christian Training College, Berhampore, (W.B.)	University of Kalyani, (W.B.)
13.	Dr. Shabir Kumar Anant	9827405789	shabiranant@gmail.com	College of Veterinary Sci & A.H. Dau Shri Vasudev Chandrakar Kamdhenu Vishwavidyalaya, Durg, (C.G.)	Dau Shri Vasudev Chandrakar Kamdhenu University, Chhattisgarh
14.	Dr. Sudhir Gajanan Sahare	9860930061	Sudhir.sahare07@gmail.com	Late Nirdhan Patil Waghaye Art's, Commerce and Science College, Gadegaon, Bhandara, (M.S.)	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, (M.S.)
15.	Ramakant Tripathi	8083405732	ramakanttce@gmail.com	Eklavya University, Damoh, (M.P.)	Eklavya University, Damoh, (M.P.)
16.	Dr. Arun Kumar Nayak	9098167330	arunnayak2008@gmail.com	RMD College of Agriculture & Reasearch Station, Ajirma, Ambikapur, (C.G.)	Indira Gandhi Krishi Vishwavidyalaya, Raipur, (C.G.)

Sr. No.	Name of Participant	Mobil No.	email	College	Name of the affiliating University
17.	Dr. Gautam Kumar Choudhary	8800708007	gautam07chaudhary@gmail.com	Shri Raghunath Kirti Campus, Devprayag, Uttarakhand	Central Sanskrit University, New Delhi
18.	Dr. Sukhbir Singh	9991091900	sukhbirkhanda@gmail.com	All India Jat Heroes Memorial College, Rohtak, Haryana	Maharshi Dayanand University, Rohtak, Haryana
19.	Prof. Jugal Kishore	8076676382	Universalbolic@gmail.com	Veerangna Awantibai Govt. Degree College, Atrauli, Aligarh, (U.P.)	Dr. B. R. Ambedkar University, Agra, (U. P.)
20.	Shilpa Sharma	8120955781	shilpassd84@gmail.com	Government College, Saikheda-Dist., Narsinghpur, (M.P.)	Rani Durgavati Vishwavidyalaya, Jabalpur, (M.P.)
21.	Dr. Deepti Chandrasheel Thokal	7757919524	deeptithokal7@gmail.com	Dr. Vithalrao Vikhe Patil Foundation's College of Physiotherapy, Ahmednagar, (M.S.)	Maharashtra University of Health Sciences, Nashik,(M.S.)
22.	Prof. Shyam B. Korde	9922119970	siya2008shyam@gmail.com	Mahatma Jyotiba Phule College, Ashti, Dist-Gadchiroli, (M.S.)	Gondwana University, Gadchiroli, (M.S.)
23.	Manoj Kumar Murmu	9932263491	manoj.murmu77@gmail.com	Post Graduate Govt. Institute for Physical Education, KolKata, West Bengal	West Bengal State University, KolKata, West Bengal
24.	Dr. Rupam Saxena	6396700918	rupammzn@gmail.com	Bundelkhand University, Jhansi, (U.P.)	Bundelkhand University, Jhansi, (U.P.)
25.	Urvashiben Thakorbbhai Patel	8469544002	chirag.ushi195@gmail.com	Shree Ramkrishna Institute of Computer Education and Applied Sciences, Surat, Gujrat	Veer Narmad South Gujarat University, Surat, Gujarat
26.	Shraddha Shree Yadav	9455486030	shra828@gmail.com	Gindo Devi Mahila Mahavidyalaya, Budaun, (U.P.)	Mahatma Jyotiba Phule Rohilkhand University, Bareilly, (U.P.)
27.	Kiran Damle	9565260690	damlesept1980@gmail.com	Banaras Hindu University, Varanasi, (U.P.)	Banaras Hindu University, Varanasi, (U.P.)
28.	Dr. Anil Kumar Mishra	7905567552	dr.anilau@gmail.com	Dr. Rammanohar Lohia Avadh University, Ayodhya, (U.P.)	Dr. Rammanohar Lohia Avadh University, Ayodhya, (U.P.)
29.	Smt. Rajkumari Markam	9691055822	rk_markam@yahoo.com	Bharat Ratna Late Shree Atal Bihari Vajpayee Memorial Medical College, Rajnandgaon, (C.G.)	Chhattisgarh Ayush and Health Sciences University, Raipur, (C.G.)
30.	Human Ram Yadu	9407608849	humanryadu@gmail.com	Govt. Medical College, Ambikapur, (C.G.)	Chhattisgarh Ayush and Health Sciences University, Raipur, (C.G.)
31.	Dr.Pramod Kumar Tiwari	9826208979	pramodtwr23@gmail.com	Seth R.C.S. Arts and Commerce College, Durg, (C.G.)	Hemchand Yadav University, Durg, (C.G.)

Refresher Course – Physical Education

(06.09.2021 to 18.09.2021)

Participants List

Course Coordinator - Prof. Reeta Venugopal

Chairperson and Reporter List

Date	Chairperson	Reporter	Chairperson	Reporter
	1 st Half		2 nd Half	
06.09.2021	Dr. Sandeep Sunny	Raksha Yadav	Dr. Kumudlata Singh	Dr. Gautam Kumar Choudhary
07.09.2021	Dr. Biswajit Garai	Dr. Pravin Gopalrao Patil	Dr. Subhabrata Kar	Dr. Sukhbir Singh
08.09.2021	Sarita Choubey	Dr. Milind Bhandeo	Dr. Shabir Kumar Anant	Prof. Jugal Kishore
09.09.2021	Awam Barat Singh Diwan	Dr. Rinku Tiwari	Dr. Sudhir Gajanan Sahare	Shilpa Sharma
10.09.2021	Dr. Sanjay Kumar	Dr. S. Kalidasan	Ramakant Tripathi	Dr. Deepti Chandrasheel Thokal
11.09.2021	Dr. Neelam Shukla	Dr. Uttam Damu Anap	Dr. Arun Kumar Nayak	Arun Kumar Pandey
12.09.2021	Sunday			
13.09.2021	Dr. Narendra Kumar Sharma	Urvashiben Thakorbbhai Patel	Dr. Rinku Tiwari	Dr. Sudhir Gajanan Sahare
14.09.2021	Prof. Shyam B. Korde	Dr. Sandeep Sunny	Dr. S. Kalidasan	Kiran Damle
15.09.2021	Dr. Vidhya Chouhan	Dr. Biswajit Garai	Dr. Uttam Damu Anap	Dr. Arun Kumar Nayak
16.09.2021	Sanjay Raghuvanshi	Shraddha Shree Yadav	Raksha Yadav	Dr. Kumudlata Singh
17.09.2021	Manoj Kumar Murmu	Awam Barat Singh Diwan	Dr. Pravin Gopalrao Patil	Dr. Subhabrata Kar
18.09.2021	Dr. Rupam Saxena	Dr. Sanjay Kumar	Dr. Milind Bhandeo	Dr. Shabir Kumar Anant

States wise Participants



- ▣ Chhattisgarh - 8
- ▣ U.P. - 6
- ▣ Madhya Pradesh - 3
- ▣ Maharashtra - 5
- ▣ Himanchal - 1
- ▣ Uttarakhand - 1
- ▣ Gujarat - 1
- ▣ Haryana - 1
- ▣ Tamil Nadu - 1
- ▣ Kerala - 1
- ▣ West Bengal - 3

Assessment Criterion and Marking:

Multiple-choice objective tests:	30
Seminars / participant presentation:	15
Project / survey / others:	20
Micro-teaching / participation:	10
Holistic response:	25
Total:	100

Grading pattern (based on Marks)

A+ :	85 percent and above
A :	70 percent to less than or equal to 84 percent
B :	60 percent to less than or equal to 69 percent
C :	50 percent to less than or equal to 59 percent
F :	Below 49 percent

Those teacher participants who score F grade are required to repeat the program after a gap of one year without financial commitment to UGC-HRDC.

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