



NATIONAL SEMINAR ON BIO-PSYCHO-SOCIAL ISSUES OF SPORTS WOMEN

NOVEMBER 14TH -15TH, 2022



**SPONSORED BY
NATIONAL COMMISSION FOR WOMEN, NEW DELHI, INDIA**

**ORGANIZED BY
CENTRE FOR WOMEN'S STUDIES
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR (C.G.)**



National Seminar
on
“BIO- PSYCHO- SOCIAL ISSUES OF SPORTS WOMEN”
NOVEMBER 14th -15th, 202

BACKGROUND

The sports women in India as well as across the globe are accorded special status and are pride for society and nation. Sports has power to change lives, women taking part in sports show better life qualities. Women have performed and shown their efficiency in all type of sporting events and also held top level management positions in apex sports bodies in educational institutes and government offices on the basis of their performance and competency. Despite of all these achievements, they are still affected by numerous bio-psycho- social issues. Few of these are gynaecological, gender inequality, sexual harassment, and psychological. Though society is working towards becoming more sports inclusive for women. Encouraging women to pursue careers as players, coaches, and trainers, can push sports towards more gender equality.

Sports has power to change lives, women taking part in sports show better life qualities. Though society is working towards becoming more inclusive, discrimination in sports continues, one should strive to thoroughly investigate all the area and issues so that sports can be more inclusive for women. Encouraging women to pursue careers as players, coaches, trains, her executives and journalist can push sports towards more gender equality.

Female athletes have a unique physiology compared to their male counterparts and so have unique biological, nutritional ,sociological and psychological needs. Biological issues like “The Female Athlete Triad” put athletes at an increased risk of injury, illness and nutrient deficiency, as well as affecting the menstrual cycle which in turn causes poor bone health and an increased risk of fractures beaks and osteoporosis. None of which are ideal for a female athlete. Knowing how to fuel afemale athlete is key to successful sports performance and health. We need to ensure that female athletes get adequate nutrition. However, the exact number of calories to be consumed is much more complicated and will depend on a number of factors like age, weight activity level etc.

Gender equality is one of the major concerns of Indian society and it is now being looked after by several authorities and women as well. Women are made to face the consequences of buoyant

sexism as they are confined more towards house hold chores and they are judged in all aspects of life. Women have now excelled and endorsed in their lives.

The sports sector has seen an upsurge in the number of women athletes. The first and foremost challenge faced by women in sports is the dip in their pay scale as women athletes are paid either less or half what is paid to the male counterparts. There is a huge discrepancy between the male and female incomes and so is the case with prize money.

Despite assurances of changes and a few female athletes making a name for themselves internationally, the situation of women in sports in India is on rise but till we need to work on it. Although woman participation in sport sector is on upsurge in India still the women folk in remote areas need a push and awareness in sport participation. Encouraging women to pursue careers as players, coaches, and trainers, can push sports towards more gender equality.

In order to understand and address these issues related to hesitancy of women to participate in the sports, a two day workshop on, “**Bio- Psycho- Social Issues of Sports Women**” was organized by Center of Woman Studies in collaboration with National Commission for Women, New Delhi, India. Target participants of Seminar were students & Research Scholars in Physical education, Teachers/Coaches/Trainer, All sports Professionals, Women employees & Sports officer.

FOCUS OF THE SEMINAR

Sports has immense opportunities in career, personal, social and national development. Still there are many hinderances in sport participation by the woman folk. The seminar focusses to help to raise bio-psycho-social issues of sports women and empower them by thoughtful deliberations of the experts of the field.

OBJECTIVES OF THE SEMINAR

The objective of the seminar was to discuss the biopsychosocial issues of sports women.

SUB THEMES

Sub themes of the seminar were -

1. BIOLOGICAL (PHYSIOLOGICAL) PROBLEM OF WOMEN IN SPORTS –Female Athlete's Triad, Pre-Menstrual Syndrome, Pregnancy etc.
2. PSYCHOLOGICAL PROBLEMS AMONG SPORTS WOMEN: Psychological, Health & Stress.
3. SOCIAL ISSUES: Gender Discrimination, Sexual Harassment, & Social Support.
4. BENEFITS OF PARTICIPATION IN SPORTS: Social, Mental, Social& Psychological.

ORGANIZERS

The seminar was jointly organized by the Centre for Women's Studies, Pt. Ravishankar Shukla University and National Commission for Women.

Seminar started with registration in the morning. About 200 participants from various colleges and universities of Raipur registered and participated in the seminar. Registration was also done through Google forms.

DAY -I

INAUGURAL FUNCTION

The programme was inaugurated by Dr. Kiranmayee Nayak, Chairperson, State Commission for Women. Prof. Reeta Venugopal, Director, Center for Woman Studies gave the opening remarks. Prof. C.D. Agashe, HoD, SoS in Physical Education said the programme complimented the golden jubilee of Physical education department. Guest of Honor of the inaugural session were Ms. Neeta Dumre, Ex International Hockey player and Mr. Yashpal Solanki, Arjun Awardee. They shared their experiences as a sports person. In the programme we had 4 sports women, Dr. Banso Nuruti, Kavita Verma, Yashoda Sahu & Maheshwari who shared their experience of sports journey. This was followed by special lecture by Dr. Vani Bhushanam



Pic no. 01- Glimpses of the Inaugural Function



Pic no. 02- Dignitaries at the inaugural ceremony

Prof. Reeta Venugopal, Director, Center for Woman's Studies gave the opening remarks. She gave a brief introduction of Nation Commission for Women. She said that although women sport persons are making their mark globally but still there remains a lot of scope to work in this field. BCCI has announced to give equal wages to both men and women. She said that sexual harassment is very commonly experienced by even sports women which puts a deep impact if any women athlete experiences in her life. It is very important to create a healthy environment to avoid such unpleasant incidences. She further, highlighted on the need of the hour to promote women and girls in sports



Pic no. 03- Prof. Reeta Venugopal giving the opening remarks at the inaugural session

Prof. C.D. Agashe, the HoD of SoS in physical education said the programme complimented the golden jubilee of Physical education department. He talked about the role of sport in boosting a countries economic prosperity. He talked about the economic issues of the sports woman. He also showed concern about gender biasness in many games because of which women feel constrained to participate in sport.



Pic no. 04 - Prof. C. D. Agashe, Head, SOS in Physical Education, addressing the audience

Dr. Kiranmayee Nayak, Chair person, State Commission for Women said that in the society gender biasness prevails and so as in sport and in the communities especially in the rural areas the biasness are actively perceived by the community folk that women are sensitive and more delicate and they require protection biologically, socially and psychologically. She drew attention of audience by telling that how in our society male and female are discriminated in the nutritional , education and social aspects. She said that activities relating to Sports and Physical Education are essential components of human resource development, helping to promote good health, comradeship and a spirit of friendly competition, which, in turn, has positive impact on the overall development of personality of the youth.



Pic no. 05- Dr. Kiranmayee Nayak addressing the house at the inaugural session

Guest of honor Ms. Neeta Dumre, Ex International Hockey player said that she got a lot of recognition after she represented India in the international level. She said that social stigma is attached to sports women, which may lead to drop out from sports. She said that we want our girls to play games but when it comes to match making we don't want to accept women players or athletes as our daughter in laws. She emphasized that we should encourage our girls to play sports and also we should also have a whole hearted acceptance of a sports women as our daughter in laws.

She shared her personal experience as a sports person and narrated how she managed to practice with inadequate sports equipment's and clothing. She shared that participation in sport was difficult due to lack of facilities in terms of equipment's as well as infrastructure which sometimes reduced self confidence and vigor to play with the players at the national level but the hard work, will power, and love and passion for playing hockey helped her to overcome the hurdles. She emphasized that bio-psycho- social issues are untouched areas which needs attention for women in sports.



Pic no. 06- Mrs. Neeta Dumre sharing her experience as a sports person and addressing the house
Dr. Vani Bhushanam Golla, Scientific Officer, Department of sports nutrition, National center for sports Science Research, Sports Authority of India, New Delhi said that although the level of participation and performance still varies greatly by country and by sport, women's sports are widely accepted throughout the world today.

She said that although there has been a rise in participation by women in sports, a large disparity still remains. Her presentation focused on the nutritional needs of the women athletes. Equality in sports is now being provided by giving women sports persons equal opportunities of sports training and sports participation. Females have always experienced hurdles and challenges as a sports person. Social acceptability is a big challenge when a woman chooses sports as her career. It is difficult to convince even the family members for the same. Dr.Vani explained very elaboratively about the nutritional advice for men and women athletes. She explained how the energy expenditure involved in different sport events and the body weight of the players should be considered in calculating the calorie requirements of every player. She also explained that the nutritional requirements should be personalized as per individual player's needs. Ms. Vani Bhushanam further explained the various advantages and disadvantages of male and female athletes as per body composition. She talked about the total calory requirement and total micronutrient requirements of the athletes for getting better performance.

STORY NARRATIONS OF SPORTS WOMAN OF UNIVERSITY

In the inaugural session the sports women of the Pt. Ravishankar Shukla University, Raipur (C.G) Dr.BansoNuruti, Kavita Verma, Yashoda Sahu& Maheshwari. They shared their real stories and experiences of sports journey.

A short video clip of the sports journey of the four plyers was played . Link of the video clip of sports journey of the 4 athletes is- <https://youtu.be/zCWPn9zYbNQ>

In the post lunch session **Mr. Yashpal Solanki,Arjuna Awardee,Sports Authority of India** gave his presentation on Gender Equality and Inclusion in Sports. He explained how gender equality could be considered in sports.

He said that “Achieving gender equality and women’s empowerment is key to meet the 2030 Agenda for Sustainable Development and its 17 Sustainable Development Goals (SDGs) adopted by world leaders in 2015, as a roadmap for progress that is sustainable and leaves no one behind”. He narrated that sport holds enormous capacity to propel gender equality and women and girls’ empowerment. He said that present priority of International Olympic Committee (IOC) is to build a peaceful and better world through sport and gender equality. IOC continues to push for women’s representation and participation in all levels and all structures of sport, beyond

balancing the number of women competing in the Olympic Games. He said that the number of women athletes in Olympic games is approaching 50%. Women have participated in every Olympic sport since 2012. Another remarkable thing is all the new sports to be included in the games must contain women's events. Female participation in the Olympic games has increased from 2.2% in Paris Olympic in 1900 to 48.8% in Tokyo Olympic in 2020, which indicates a positive change.



Pic no. 07 -Mr. Yashpal Solanki giving his presentation

This was followed by a presentation by **Dr. Vani Bhushanam Golla**. She described that biological differences are pertinent in sporting performance. Men have higher aerobic capacity, larger muscle, lower fat percent, higher power to weight ratio, better GI adaptation and faster recovery. On the other hand, women have lesser muscle fatigability, even running speed and better user of fat as fuel.

In addition, menstrual cycle could reduce exercise performance though trivially which was observed in the early follicular phase of the menstrual cycle. Hormone patterns in women can influence many outcome measures but not limited to substrate metabolism, stress reactivity,

muscle function, and bone health. Nutritional Strategies therefore, could be seen in the light of variations among males and females.

The speaker emphasized that the recommendations currently available for female athletes should be encouraged and supported to come up with gender specific guidelines that will

- Firstly promote their health and wellbeing,
- Secondly improve on the biological differences,
- Thirdly garner the advantage of changes in the menstrual cycle,
- Fourthly identify and excel in the sports which provide women with an edge and fifthly optimize sporting performance.



Pic no. 08- Dr. Vani Bhushanam Golla giving her deliberation

GROUP ACTIVITY OF SEMINAR

A group activity for the participants of seminar was organized to discuss various barriers sports women come across. All the participants were divided into five groups for the activity. Each group worked with mentors to guide them. The groups worked on socio-cultural barriers, Health Related Barriers and Biological Barriers, Psychological Barriers, Economic Barriers & Physical

Barriers. Participatory methods were used for the group activity. The group members worked together and came up with various barriers in sports for women as they believe in the form of painting, mapping, stories and in the form of text along with recommendations to cope up with those barriers.

The main findings of the group activity were shared by the groups in the seminar. Outcomes of group activity that is various barriers in the sports for women and the ways to cope up with the same are presented in the following table-

Key Recommendations of the various barriers to participation in sports among female were-

BARRIERS IN SPORTS PARTICIPATION AMONG WOMEN AND SUGGESTIONS TO OVERCOME

GROUP 1 - SOCIAL AND CULTURAL BARRIERS

Barriers

- Lack of family care and social support
- Cultural barriers hinders/puts on adverse remarks for the use of various sports garment
- Lack of motivation
- Body image
- Hurdles of family life

Recommendations To Overcome Barriers

- Awareness for women participation in sports has to be increased in the family, community and society which in turn might bring about social acceptance for women sports persons.
- Positive perception of one's own skills and ability should be built up.
- Use a variety of images in publicity, not just those which show the idealized female figure.
- Identification of sports talent at the community level should be done and they should be assisted financially to pursue sports as career.
- Sport club at rural and urban areas should be made to initiate training and sports discipline at a very early age and even at school level onwards.
- Awareness about the present financial assistance for sports should be created.
- Provide crèche facilities or classes for toddlers and children, so that adults can bring their children when they go to exercise.

Group 2 - Health Related Barriers and Biological Barriers

Barriers

- Being a female itself seems a barrier
- Lack of sanitation
- Conditions like Amenorrhea, anemia, malnourishment, low bone density, trauma in post injury phase etc .

Recommendations

- Families should encourage women to participate in sports. Women and girls cannot play sport if they cannot get access to the basic amenities.
- Better sanitation facilities should be made available at the schools, sports academies
- Micronutrient recommendations should be according to be the menstrual loss
- Sports doctors should be appointed at even remote sports training centers for helping recover the injuries.
- Malnourishments and other health issues should be taken care of before and during the sports training.

GROUP 3 - PSYCHOLOGICAL BARRIERS

Barriers

- Anxiety
- Peer pressure
- Fear of loosing
- Depression due to injuries
- Lack of confidence due to poor communication skills

Recommendations

- With the help of counselling by professional psychologist the issues listed above can be taken care of.
- Mental and physical health of athletes should be made strong to handle the pressures.
- Need to work for strengthening the communication skills among athletes.

GROUP 4- ECONOMIC BARRIERS

Barriers

- Lower socio-income families cannot afford the expenses involved in sports training and coaching cannot pay for sports equipment's, clothing etc.
- Lack of financial support

Recommendations

- Scholarships should be given to talented players.
- Wages of female should be given hike.
- Subsidies for women's activities can make them more affordable. If subsidies cannot be sustained, consider offering them at the start of a new project or activity, and then gradually introduce fees.



Pic no. – 09 & 10 - Group Activity

GROUP 5-PHYSICAL BARRIERS

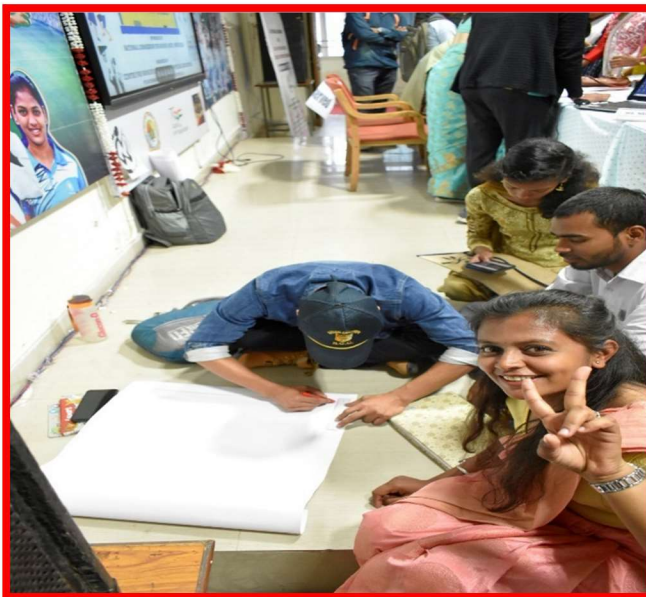
Barriers

- Long distance of sports academy
- Lack of infrastructure
- Lack of practice means such as no Astroturf grounds available for practice
- Poor group practice
- Lack of trained coaches

Recommendations

- Talent hunting at every city, village and community must be done with serious efforts
- Sports facility should be developed at community level
- Developmental issues at community level will help overcome most of our physical barriers.
- Sports culture should be encouraged.

The existing barriers to women and girls 'participation in sport and physical activity leads to lower participation rates among women as compared to men. This gender gap is caused by these barriers and it plays a significant role in women and girls' attitudes and behavior. It is recommended to work on the various barriers and the suggested ways to overcome those.

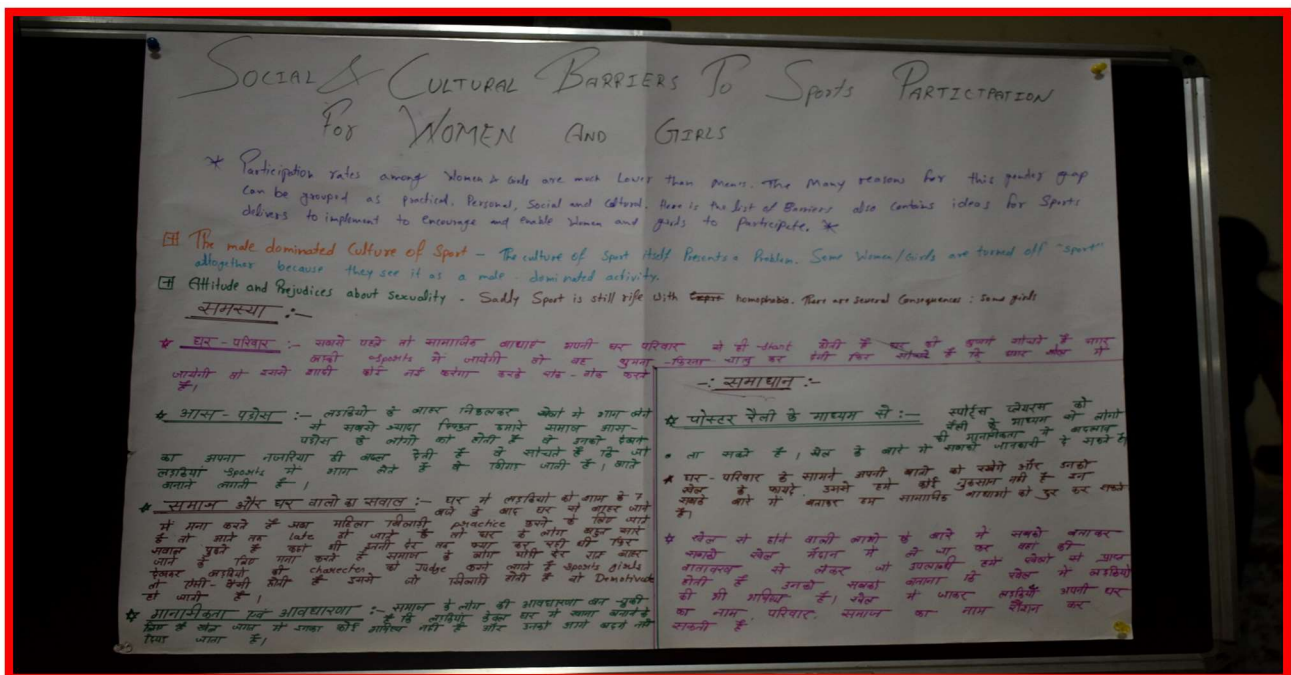


Pic no. – 11 & 12 - Group Activity

SHARING OF RESULTS



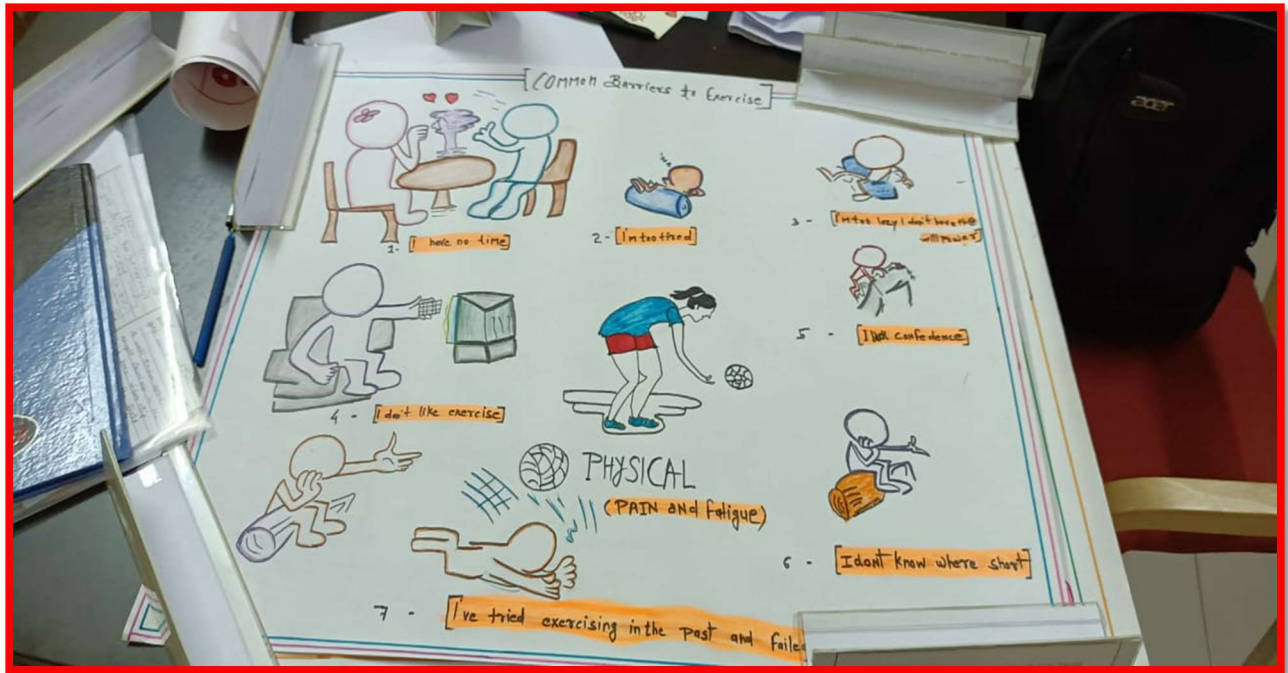
Pic no.13 - Sharing of result of Group - I



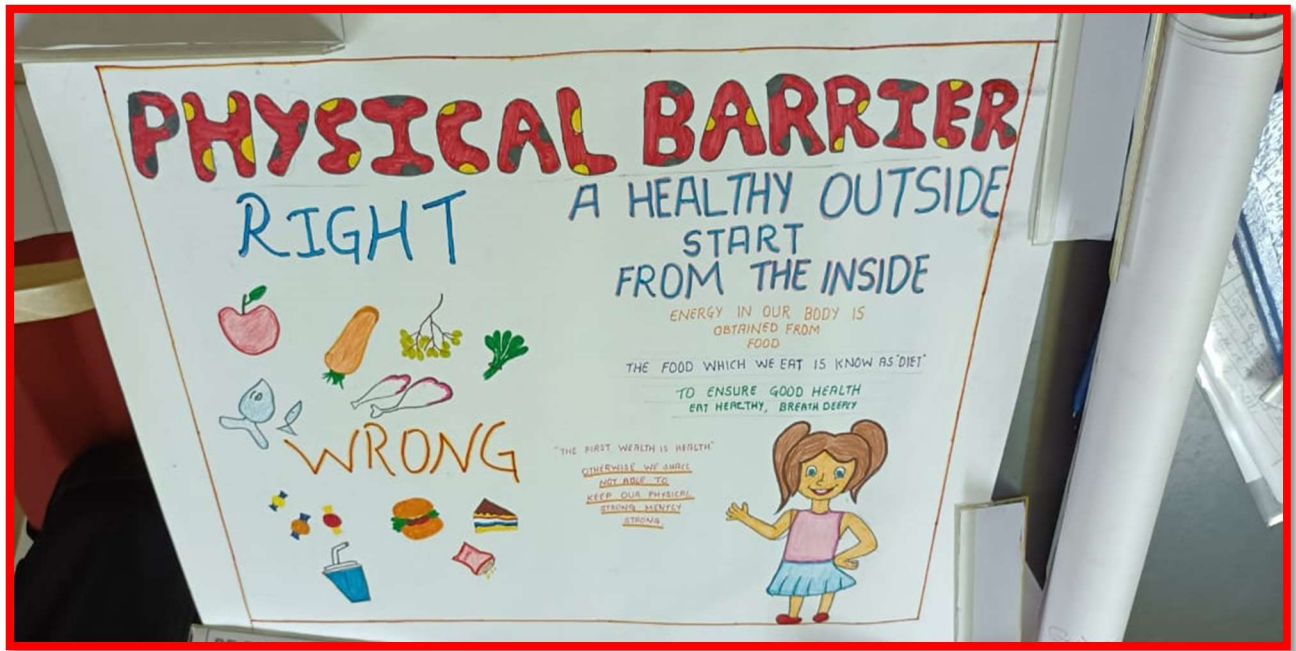
Pic no. 14-Group 2 - Health Related Barriers and Biological Barriers



Pic no. 15 & 16 - Result sharing by Group 02 & 03



Pic no. 17 (A) -Group 5 - Physical Barriers

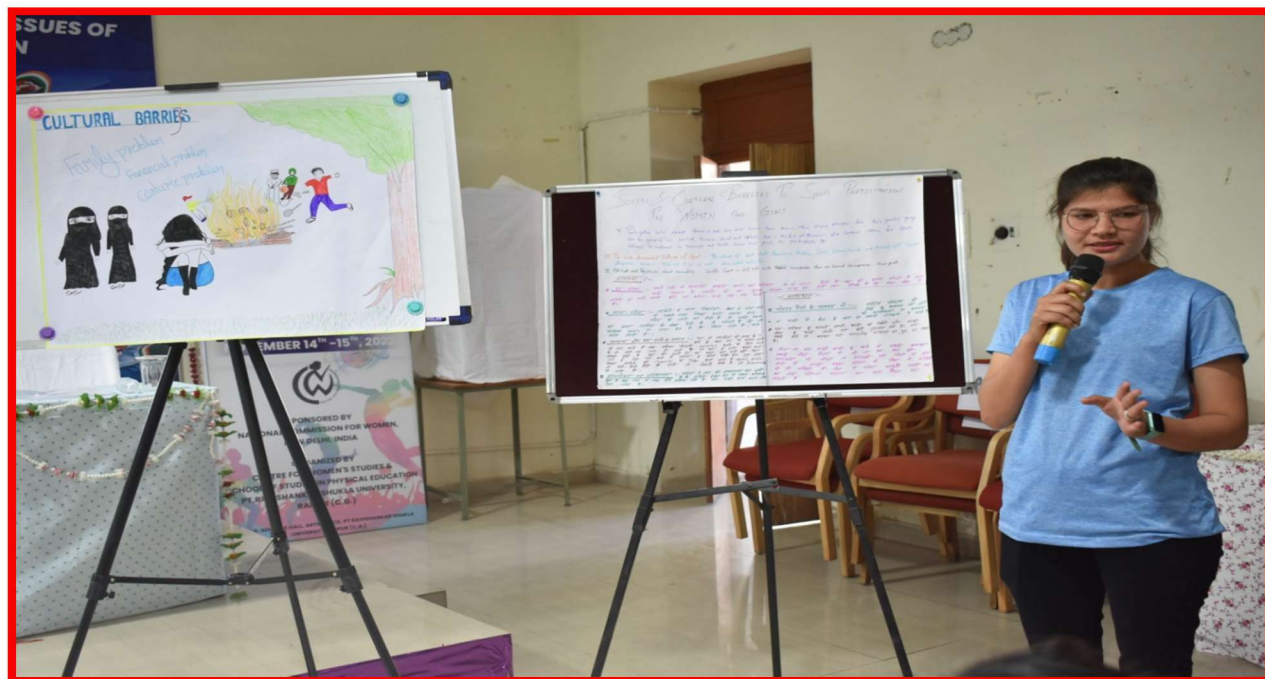


Pic no. 17 (B) - Group 5 - Physical Barriers



Pic no. 18 - Result sharing by participants

SECOND DAY (15TH NOVEMBER, 2022)



Pic no. 19 - Result sharing by participants



Pic no. 20 - Result sharing by participants

The second day of the seminar started with the lecture **Ms. Susmita. R. Jyotsi, Regional Director, Sports Authority of India, Mumbai.** She started her lecture by the statement that, “It is adventures that I am a sports person”. Further she shared her personal experiences, and highlighted that if our muscles are active, then we are ready to compete. She urged for grooming the children for indulging in sports. The speaker talked about the various bio psycho social issues of sports women. Biological issues are physiological/ pathological conditions. Psychological issues she talked about is due to one thoughts, emotions and behaviours such as psychological fear, avoidance and beliefs. While social issues included socio-economical, socio-environmental, and cultural factors such as work issues, family circumstances, etc. She explained about the ways to overcome psychological barriers by our power of thought process. Ones behaviours and environment cause changes that affect the way your genes work.



Pic No. 21 - Ms. Sushmita R. Jyotsi sharing her deliberation

Dr. Arun Kumar,Anthropometrist, Sports Authority of India, Ministry of Youth Affairs and Sports Bhopal (M.P) told about the Policies Towards Socio-Economic Empowerment of Women in Sports. He said that the participation of women and girls in sports and in physical fitness activities have been recorded to have existed throughout history. Although participation of women in sports was very less and with time now women have come up to showcase their talent in the field of sports.However, participation rates and activities vary in accordance with nation, era, geography, and stage of economic development. that were considered as “feminine sport” and known as women’s sports events. He focused on challenges faced by women athletes and said that low pay scale and prize money, gender issues and negative effects of gender types and stereotypes are some major challenges faced by women players.



Pic No. -22 Dr. Arun Kumar sharing her deliberation

Dr. Shalini Menon, Assistant Professor, Department of Physical Education, GGU, Bilaspur, Chhattisgarh dealt with Gynecological considerations of sports women and described that Premenstrual syndrome (PMS) encompasses the most common issues, such as mild cramping and fatigue, but the symptoms usually go away when our period begins. Through data support that there are over 355 million menstruating women and girls in India, 28 yet millions of women across the country still face significant barriers to comfortable and dignified experience with menstrual health, Girls do not consistently have access to education on puberty and menstrual health.



Pic No. -23. Dr. Shalini Menon sharing her deliberation

Dr. Om ji Gupta ,Assistant Professor, Department of Physical Education, Sant Guru Ghasidas Govt. P.G. College, Kurud, Dhamtari (C.G) gave his presentation on Nutritional Data Management. He demonstrated how to compile large data on the spread sheet and develop the calculation tools. He explained in details about the compilation of data and ways of data management for further calculation and implementation of the results. He has worked on the nutritional aspects of sports women and he has developed calculation soft wares with the guidance of subject experts. He demonstrated how to utilize those software tools for managing large data and explained the ways of calculations and interpretation.He discussed about the huge participation disparities among the male and female sports persons.



Pic No. -24. Dr. Om Ji Gupta sharing her deliberation

Valedictory Session

Dignitaries present in the valedictory ceremony were Prof. Kesarilal Verma, Honorable Vice Chancellor, Pt. Ravishankar Shukla University, Raipur, Dr. Sushmita R. Jyotsi, Regional Director, Sports Authority of India, Mumbai, Ms. Naina Singh, The first woman mountaineer from Chhattisgarh, Prof. Reeta Venugopal, Director, Center for Women's Studies and Prof. C.D. Agashe, HoD of SoS in Physical Education.

Prof. Kesari Lal Verma in his address said that Sports culture should be encouraged. Advantages of women participating in sports Participation of women in sports leads to not only their empowerment but also allows them to acquire individual competency, team & personality building and health improvement.



Pic no. 25. Honorable Vice Chancellor, Prof. Kesari Lal Verma addressing the participants

Special guest Ms. Naina Singh shared her success story of mountaineering with the participants. **Naina Singh has become the first woman mountaineer from Chhattisgarh to reach Mount Everest (8848.86 m).** Besides this extraordinary achievement, she has also conquered the Mount Lhotse (8516 m). On June 1st at 9 am, she made her name into the records

of history as she touched the world's highest peak – the Mount Everest. Throughout the expedition, Naina had shown immense grit and determination.

She has become a beacon of hope for youngsters of Chhattisgarh. A few days after this seminar Ms. Naina Singh was awarded the **TenzingNorgay National Adventure Award 2022**



Pic No. – 26. Naina Singh sharing her experience of mountaineering



A short video footage about Naina Singh was shown in the valedictory ceremony. The link of the video footage is- <https://youtu.be/AtmWy8fccRg> .At the end an interaction was also done with Naina Singh and the participants.

Prof Reeta Venugopal, in her concluding remarks said that is the future. She shared the key recommendations of the seminar and said that such seminars should be organized in future also.

Vote of thanks was given by Dr. Anuradha Chakraborty, Guest Faculty, Center for Woman Studies Pt. Ravishankar Shukla University, Raipur.



Pic No. -27. Concluding remarks of the seminar by Prof. Reeta Venugopal



Pic No. -28. Feedback by Participants

CONCLUSION

Sport holds enormous capacity to propel gender equality and women and girls' empowerment. It mobilizes the global community and speaks to youth. It unites across national barriers and cultural differences. It is a powerful tool to convey important messages in a positive and celebratory environment – often to mass audiences.

Seminar participants acknowledged the biological issues of women in sports. The problems are varied as per rural and urban areas affecting level of sports participation. The participants also recognized barriers to participate in sports for women whereas women feel insecure and discriminated at various level. The sports promotional schemes were discussed in details which created awareness among the participants of the seminar.

Various schemes and policies have facilitated participation of women but more policies and programs in close collaboration of different stakeholders are needed to be framed. Adequate training facilities should be accessible for all in adequate number and place. Towards building awareness sensitization on various issues will improve participation. Promoting sports among women is a very promising field for creating gender equality in the society. Participation of women in sports will lead to not only their empowerment but also allow them to acquire individual competency, team & personality building and health improvement. This would lead to positive consequence for the family as well as the whole society.

नवभारत

छत्तीसगढ़ • ओडिशा

Rajdhani - 15 Nov 2022 - 15raj04



रविवि में दो दिवसीय कार्यशाला का शुभारंभ

रायपुर। रविवि में महिला अध्ययन केंद्र और शारीरिक शिक्षा अध्ययनशाला द्वारा राष्ट्रीय महिला आयोग नई दिल्ली के संयुक्त तत्वावधान में जैव मनोवैज्ञानिक - सामाजिक मुद्दे खिलाड़ी महिलाओं पर दो दिवसीय कार्यशाला का आयोजन किया जा रहा है। सोमवार को इसका उद्घाटन राज्य महिला आयोग की अध्यक्ष डॉ. किरणमयी नायक ने किया। प्रो. रीता वेणुगोपाल, निदेशक, महिला अध्ययन केंद्र ने उद्घाटन भाषण दिया।