



MALAVIYA MISSION TEACHER TRAINING CENTRE
PT. RAVISHANKAR SHUKLA UNIVERSITY, RAIPUR



Organized

**ONLINE REFRESHER COURSE IN
PHYSICAL EDUCATION**

SEPTEMBER - 11 to 29, 2023

REPORT

Name of Course/Program:	Online Refresher Course in Physical Education
Name of Contact person from MMTTC:	Dr. Arvind Agrawal MMTTC, Pt. Ravishankar Shukla University, Raipur
Date of Course/Program:	11. 09.2023 to 29.09.2023
Name of Course Coordinator:	Prof. Reeta Venugopal, S.o.S. in Physical Education, Pt. Ravishankar Shukla University, Raipur
Theme of Course/Program:	Refresher Course – Physical Education
Number of Participants:	45
State wise number of participants:	C.G. – 13, Kerala-03, Odisha-01, New Delhi – 02, Gujarat-03, Uttar Pradesh – 04, West Bengal – 03, Maharashtra – 06, Karnatka-02, Punjab-02, Tamil Nadu-04, Madhya Pradesh-04, Jharkhand-01
Gender wise number of participants:	Male – 26, Female - 19
Number of Resource Persons	32
Name and Signature of Course Coordinator	
Prof. Reeta Venugopal, S.o.S. in Physical Education, Pt. Ravishankar Shukla University, Raipur	Dr. Arvind Agrawal Assistant Professor MMTTC, Pt. RSU, Raipur (C.G.)

Refresher Course in Physical Education

(11.09.2023 - 29.11.2023)

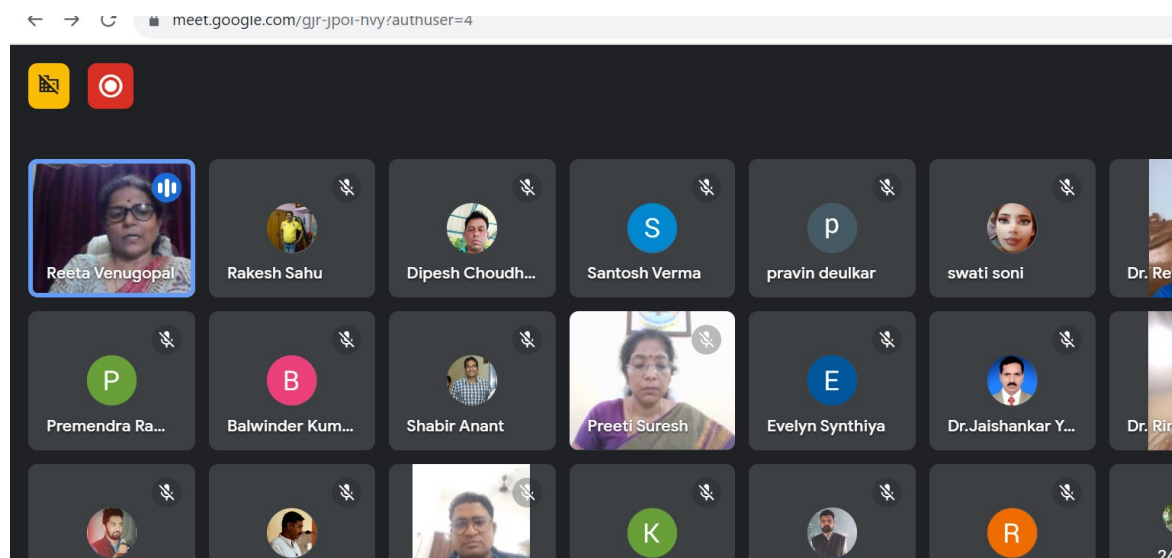
A Refresher Course on “Physical Education” was organized by Malaviya Mission Teacher Training Centre, Pt. Ravishankar Shukla University Raipur, in collaboration with School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur from 11th -29th , September 2023. The course was attended by 45 registered participants from across the country. 40 outstation and 05 local participants attended the same. 32 resource persons delivered lectures.

DAY 1

Session I (10.30-12.00) Inaugural Function

The Programme commenced with the Inaugural Function at 10.00 a.m. with With Director - **Prof. Prof. Preeti K. Suresh, Director, Malaviya Mission Teacher Training Centre, Pt Ravishankar Shukla University, Raipur**, Course Co-Ordinator – **Prof. Reeta Venugopal, Head, Professor, S.o.S. in Physical Education, and Co-Ordinator from MMTTC Dr. Arvind Agrawal, Pt Ravishankar Shukla University, Raipur** the Programme commenced by welcoming them ,which was followed by Introduction of the Participants, Introduction about the course by Course Co-Ordinator and Address by the Director MMTTC- Pt RSU.

Finally Vote of Thanks wasgiven by Course Co-Ordinator from MMTTC.



Session II (12:15 to 13:45)



1. Dr. Usha Sujit Nair, 1st session introduces Versatile personality in the field of Physical Education and Sports Dr Usha S Nair currently Hon V.C National Sports University Imphal talks about the topic on Power of communication in Sports. She is really a motivator, through her effective expression through the medium of English and Hindi. She also explained the importance of language in situations of matches through examples. I think now everyone has been enlightened and got an idea about the power of communication . Thank you madam once again for your wonderful session.

Session III (14.15 to 15.45) & Session IV (16.00 to 17.30)



2. Dr. Yogesh Chander, The Online Refresher Course in Physical Education, Session III, took place by the Dr. Yogesh Chander Associate Professor, Sports University of Haryana, on September 11, 2023 at 14:15 to 15:45 and 16:00 to 17:30. This session delved into the topic of "Refining Physical Education in respect to New Education Policy 2020." The presentation aimed to provide educators and professionals in the field of physical education with insights and strategies to align their practices with the evolving educational landscape shaped by the New Education Policy (NEP) of 2020.

Agenda:

• Welcome and Introduction, • Understanding the New Education Policy 2020, • Cardinal Principles of NEP 2020, • Structure of Education, • NEP Transformative Initiatives, • Curriculum Framework, • Outcomes based HEI approach, • Q&A Session

Conclusion and Closing Remarks

Key Highlights:

1. Understanding the New Education Policy 2020: The session began with an in-depth overview of the New Education Policy 2020, emphasizing its goals, principles, and significant changes in the education system. Participants gained insights into the policy's focus on holistic development and the role of physical education in achieving these objectives. 2. Impact on Physical Education: The session explored the specific implications of the NEP 2020 on physical education, highlighting the policy's emphasis on promoting physical fitness, sports, and well-being as integral components of a student's educational journey. It stressed the need for a balanced curriculum that incorporates physical education alongside academic subjects.

3. Adaptations and Innovations: Educators and professionals shared innovative approaches and strategies

for refining physical education programs in line with the NEP 2020. These included incorporating technology, emphasizing skill development, and fostering inclusivity in physical education classes.

4. Q&A Session: Participants engaged in a lively question-and-answer session, seeking clarifications and practical advice on implementing the discussed strategies. This interactive segment allowed for the exchange of ideas and best practices among attendees.

5. Conclusion and Closing Remarks: The session concluded with a summary of key takeaways and a call to action for educators to embrace the opportunities presented by the NEP 2020. The importance of continuous learning and adaptation in the ever-evolving field of physical education was emphasized.

DAY 2

Session I (10.30-12.00)



3. Prof. Balwant Singh Thakur Prof. Balwant Singh Thakur, SoS in Mathematics, PRSU, Raipur, took the first session, on September 12, 2023 at 10:30 A.M to 12:15 P.M. Total 50 participants participated in the first session. Today's Expert Speaker Prof. Balwant Singh Thakur taught how to create a Google website and all the participants practiced it on their phones, laptops and desktops simultaneously. The importance of creating a Google website was told to all the participants. Sir explained the step by step process of creating a Google website very well to all the participants.

Conclusion:

All the participants learned and practically designed the google website with the expert speaker. These sessions, proved to be an enriching experience for all participants. Prof. Balwant Singh Thakur, expertise and the interactive discussions ensured that attendees left with valuable knowledge and practical insights on promoting inclusivity in sports and physical activities.

Session II (12.15-13.45)



4. Dr.Vani Bhushanam Golla, Dr. Vani Bhushanam Golla, Scientific Officer, Department of Sports Nutrition, National Centre for Sports Science Research, Sports Authority of India, New Delhi, India took the second session, on September 12, 2023 at 12:15 P.M. to 1:45 P.M. Total 50 participants participated in the first session. This session delved into the topic of "Nutritional Supplements" The presentation aimed to provide educators and professionals in the field of physical education with insights and strategies to align their practices with the evolving educational landscape shaped by Nutritional Supplements.

Key Highlights:

Reasons, Prevalence, Claim Vs Evidence, Criteria, Gold Standard, Supplement Definition, Supplement Classification, Supplement Categories, Address nutrient deficiencies Vitamin D, Iron, Calcium, Practical source of energy and nutrients Sports drinks, Energy drinks, Sports Confectionary, Sports foods, Decision Tree

1. Is the athlete ready for supplement use, 2. Should I Recommend? Evidence?, 3. Sport/Event Evidence?, 4. Safe for Use?, 5. Source Reliable?, 6. Test Run. Positive Findings, 7. Results Consistent?

Conclusion:

The participants discussed about the topic for last 15 minutes after the completion of the session. The doubts of the participants were warmly accepted and was answered with great detail and precision. These sessions, proved to be an enriching experience for all participants. Dr. Vani Bhushanam Golla, expertise and the interactive discussions ensured that attendees left with valuable knowledge and practical insights on promoting inclusivity in sports and physical activities and Refining Physical education.

Session III (14:15 to 15:45)

5. Prof. Rajeev Choudhary, The first lecture by Dr. Rajeev Choudhary was on “Bibliometric Analysis”. He describes in detail to Bibliometric analysis, It is a popular and rigorous method for exploring and analyzing large volumes of scientific data. It enables us to unpack the evolutionary nuances of a specific field, while shedding light on the emerging areas in that field. Yet, its application in business research is relatively new, and in many instances, underdeveloped. Accordingly, we

endeavor to present an overview of the bibliometric methodology, with a particular focus on its different techniques, while offering step-by-step guidelines that can be relied upon to rigorously perform bibliometric analysis with confidence. Citation analysis is a commonly used bibliometric method which is based on constructing the citation graph, a network or graph representation of the citations shared by documents. Many research fields use bibliometric methods to explore the impact of their field, the impact of a set of researchers, the impact of a particular paper, or to identify particularly impactful papers within a specific field of research. To this end, we also shed light on when and how bibliometric analysis should be used and other similar techniques such as meta-analysis and systematic literature reviews. As a whole, this paper should be a useful resource for gaining insights on the available techniques and procedures for carrying out studies using bibliometric analysis.

Session IV (16:00 to 17:30)**6. Dr. Vani Bhushanam Golla,**

Dr. Vani Bhushanam Golla delivered a lecture on the “Performance Nutrition”. He discussed the diet significantly influences athletic performance, new ideas and being open and responsive to new perspectives. Good nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy. Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. You are more likely to be tired and perform poorly during sports when you do not get enough: Calories, Carbohydrates, Fluids, Iron, vitamins, and other minerals Protein. A number of factors contribute to success in sport, and diet is a key component. An athlete’s dietary requirements depend on several aspects, including the sport, the athlete’s goals, the environment, and practical issues. The importance of individualized dietary advice has been increasingly recognized, including day-to-day dietary advice and specific advice before, during, and after training and/or competition. Athletes use a range of dietary strategies to improve performance, with maximizing glycogen stores a key strategy for many. Carbohydrate intake during exercise maintains high levels of carbohydrate oxidation, prevents hypoglycemia, and has a positive effect on the central nervous system. Athletes should ensure they consume the essential vitamins and minerals they need to support their general health and sports performance. People can usually achieve adequate intakes of essential vitamins and minerals by

eating a varied, balanced diet. With regular strenuous training, there must be an increased total energy intake to balance the increased energy expenditure. Provided that a reasonably varied diet is consumed, this will generally supply more than adequate amounts of protein, minerals, vitamins and other essential dietary components. Athletes who chronically restrict energy intake to limit body mass, and especially fat mass, may benefit from a broad spectrum of vitamin and mineral supplements. Athletes with limited finances, little interest in the foods they eat, or those lacking in food preparation skills may also fail to consume a varied diet. While supplements are no substitute for good dietary choices, they may have a use in some of these situations.

Day 3

Session I (10.30-12.00) & Session II (12.15-13.45)



7. Prof. C.D. Agashe, The resource person Prof. C.D. Agashe delivered a lecture on topic: Peak performance on sports. He explained that the Peak performance is based on psychomotor ability of an athlete and the peak performance in sports is belief in winning a championship or achieving personal record. But this is not true, the concept of peak performance is more than just winning. Peak performance is related not only to win the matches but it is related to use the mental skills to the full potential. There is no switch as such by which peak performance can be turned on and off during competition. It is a set of mental skills that guides athletes to use its full potential. Peak performance comes from athletic development at every level on a consistent basis. The development means physical, tactical and mental parameters associated with sports performance. The peak performance comes from performance zone, the performance zone arouse when physical fitness, techniques, tactics, attention, focus and motivation work together during the competition phase he applies further which are vital to any sports. The athletes are categorised as 'elite' and 'sub' : He categorized the athletes as elite' and 'sub'. He further explained that sub athletes are those who started their journey of sports and 'elite athletes' are those who achieved a certain label of sports. But he that the athletes should have confidence first in his own abilities otherwise he can't perform well. Secondly, the goal setting by athletes are vital to any sports and the athletes should have their targets and well organised plan to achieve these targets. He elaborated his topic by quoting various examples. The resource person further emphasized upon the importance of self-talk, self confidence through process, tactical thinking and timing which are vital in sports. Further he added that relaxation is a beneficial tool to control mental and physical anxiety. Relaxation skills not only reduce self-doubts, worries but also improve concentration. Relaxation skills is also beneficial in controlling nausea and shaking. Relaxation can be used before and during competitions. There are quite a few relaxation techniques and there are two major aspects of relaxation techniques i.e. Physical and Mental relaxation. To relieve muscular tension so as to improve coordination during play, physical relaxation techniques can be used. In the end all the session was open to all for questions and answers purpose, all the participants raised their queries to resource person related to the session then the resource person gave the answer of all the doubts of the participants. It was very informative and knowledgeable session for all participants.

Session III (14:15 to 15:45)

8. Dr. Avinash Asnare Dr. Avinash Asnare, Director, Dept.of Physical Education, SGBAU, Amaravati. The Chairperson for the session was Dr.Santhosh R. Chaudhary. He Introduced the Resource person to the

participants and officially he Welcomed Dr.Avinash.. The session was reported by Lt.Anu D.Alappat. Resource person deeply lectured about Conflicts. The main slides were about definition of conflicts, causes of conflicts, Basic types of conflicts, Levels of conflicts etc. It is well rendered and make it clear that, 'Practice avoidance to stay away from Conflicts'. The expert emphasized on Cooperation, Accommodative, Compromises and collaboration.

Conclusion:

The key to successfully managing conflict is choosing the right style for each situation. For instance, it might make sense to use avoidance or accommodation to deal with minor issues, while critical disputes may call for a more assertive approach, like a competitive conflict management style.

Session IV (16:00 to 17:30)

9. Dr. Nilamadhab Ghosh, In the 11 th session of Refresher course the lecture was on ERGONOMICS: PROPHYLACTIC APPROACH by **Dr.Nilamadhab Ghosh**, Physiotherapist, Govt.Ayurveda College Hospital, Raipur. The Chairperson for the session was Dr.Santhosh R. Chaudhary. He Introduced the Resource person to the participants and officially he Welcomed the expert to the session. The session was reported by Lt.Anu D.Alappat.

The Contents in the lecture were: Definition of Ergonomics Role of Ergonomics Body's adjustment and the problems Risk factors Core Stability Standing Postures and variations Sitting postures Sleeping postures How the exercise session should be Benefits of Exercise

Conclusion:

After the completion of the lesson the participants discussed about their doubts and views and expert handled very smoothly with his knowledge on the topic. The session was an enriching experience for all participants.

Day 4

Session I (10.30-12.00)

10. Dr. Binayak Dubey, In the first session of the fourth day of online Refresher Course Physical Education organized by **UGC Human Resource Development Centre, Pandit Ravi Shankar Shukla**, University of Raipur, Chhattisgarh

At first, Chairperson Dr. Bindhu S., Head of the Department, Department of Physical Education, Sri Vyasa NSS College, Thrissur, Kerala greeted and introduced the speaker to all the participants

Dr. Binayak Dubey, Assistant Professor, Department of Physical Education, Banaras Hindu University, Varanasi, took the first session, on September 14, 2023 at 10:30 A.M. to 11:45 A.M. Total 50 participants participated in the first session.

Today's **Expert Speaker Dr. Binayak Dubey** taught us about **Traditional Indian Games and Sports** in which they told us about Vedas and its sub parts, and their relation to health, told us about books and temple's carvings monuments and cave paintings associated with physical activities of India and also taught us about ancient games like Wrestling, Chaupar Game, Hunting of a boar, Rati Krida, Kanuk Krida, and Play with Birds After that they told us about Bharatiya Paramparik Khel like Gilli Danda, Kokla Chhapaake, Kanche, etc. and the benefits of playing those games then they showed us the Bibliometric Presentation then told us about Homeostasis and its effect on us

Conclusion:

Today's session was in Hindi as today is Hindi Divas and all the participants enjoyed the session and the session was filled with interesting and useful facts and pieces of knowledge. **Dr. Binayak Dubey** explained all the things so perfectly and efficiently and it was so simple that anyone could have learnt that easily.

Session II (12.15-13.45)

11. Dr. Chanan Goyal, In the second session of the fourth day of online Refresher Course Physical Education organized by **UGC Human Resource Development Centre, Pandit Ravi Shankar Shukla**, University of Raipur, Chhattisgarh.

At first Chairperson **Dr. Bindhu S.**, Head of the Department, Department of Physical Education, Sri Vyasa NSS College, Thrissur, Kerala greeted and introduced the speaker to all the participants

Speaker Dr. Chanan Goyal, Faculty of Government Physiotherapy College, Raipur, MPT (Pediatrics) and Ph.D. (Neuro-Physiotherapy) took the second session on September 14, 2023 at 12:00 P.M. to 01:40 P.M. Total 50 participants participated in the first session.

Today's **Expert Speaker Dr. Chanan Goyal**, taught us about **Art & Science of Manuscript Writing** in which They gave us a tutorial on how to write a Manuscript and why shall we write a manuscript and why shall we publish it and the roadmap to create a good manuscript and then a brief tutorial on how to write a Case Report and reasons for publishing a case report and Case Report Guidelines, Checklist of information to include when writing a Case Report, after that they taught us about Journal which contained information on the writing sequence, Paper Quality, Format, Title, References, Plagiarism, Abstract, Authorship Journal identification, etc.

Conclusion:

All the participants enjoyed the session and the session was filled with interesting and useful facts and pieces of knowledge **Dr. Chanan Goyal** explained all the things so perfectly and efficiently and it was so simple that anyone could have learnt that easily.

Session III (14.15 to 15.45)**12. Dr. Anil Karwande**

Third Session was conducted by the chairperson **Mr. Alok Sharma**, Sports Officer from D. P. Vipra Law College, Bilaspur and the report was presented by the Reporter **Mr. M R Ramesh**, Assistant Professor, Indira Gandhi Centre for Atomic Research, Kalpakkam, Tamilnadu

Introduction:

The Online Refresher Course in Physical Education, Session III, took place by the **Dr. Anil Karwande, Former Principal, Ishwar Deshmukh College of Physical Education, Nagpur**, on September 14, 2023 at 14:15 to 15:45 this session delved into the topic of "**Modern Trends in Sports Science**". The presentation aimed to provide educators and professional in the field of physical education with insights and strategies to align their practices with the evolving educational landscape shaped by the expert .

Agenda:

- Welcome and Introduction, Data Analytics in Sports, Virtual Reality in Sports Training, Nutrition and Sports Performance, Injury Prevention and Recovery, Q &A Session, Conclusion and Closing Remarks

Session Highlights:

Data Analytics in Sports: The session on Data Analytics in Sports commenced with an insightful discussion on the growing significance of data in enhancing athletic performance. Key points raised during the session include:

- The role of wearable technology and sensors in collecting athlete data.
- The importance of data-driven decision-making in coaching and player development.
- Case studies showcasing the impact of data analytics on sports performance.
- Ethical considerations regarding data privacy and athlete consent.

Virtual Reality in Sports Training: The Virtual Reality in Sports Training session emphasized the transformative potential of VR technology in athlete development. Highlights from the session include:

- Demonstrations of VR applications for sports-specific training and simulations.
- Discussions on the cost-effectiveness and accessibility of VR training for athletes at all levels.
- Case studies showcasing how VR can enhance cognitive skills and decision-making in sports.
- Challenges related to motion sickness and technical limitations of VR in sports.

Nutrition and Sports Performance: The Nutrition and Sports Performance session focused on the critical role of nutrition in optimizing athletic performance. Key takeaways include:

- Discussions on the role of macronutrients and micronutrients in different sports.
- Insights into personalized nutrition plans for athletes.
- The impact of hydration and supplements on performance and recovery.
- The importance of nutrition education for athletes, coaches, and support staff.

Injury Prevention and Recovery: The session on Injury Prevention and Recovery addressed the strategies and technologies available to reduce injuries and enhance recovery in sports. Notable points included:

- Injury prevention programs and their effectiveness in different sports.
- Rehabilitation techniques and the role of physiotherapy.
- Emerging technologies such as cryotherapy and biometric monitoring for injury management.
- Psychological aspects of injury recovery and athlete resilience.

The session concluded with a call for holistic injury prevention strategies, including physical, psychological, and technological components.

Q & A Session: Participants engaged in a lively question and answer session, seeking clarifications and practical advice on implementing the discussed strategies. This interactive segment allowed for the exchange of ideas and best practices among attendees.

Conclusion and Closing Remarks: The discussions in each session underscored the evolving landscape of sports science and its impact on athlete performance, safety, and overall well-being. The rapporteur will compile the insights and recommendations from these sessions into a comprehensive report to be shared with stakeholders in the field of sports science. The participants expressed their enthusiasm for future collaborations and the continued exploration of modern trends in sports science to elevate the world of sports and athlete performance.

Session IV (16.00 to 17.30)

13. Mr. Alok Sharma, The Fourth Session was conducted by the chairperson **Mr. Alok Sharma**, Sports Officer from D. P. Vipra Law College, Bilaspur and the report was presented by the Reporter **Mr. M R Ramesh**, Assistant Professor, Indira Gandhi Centre for Atomic Research, Kalpakkam, Tamilnadu

Introduction:

After third Session **Dr. Vasanthi Kadhiravan, Prof. and Head, Department of Physical Education, University of Mumbai, Mumbai** took our fourth session on the topic of “**Mantras for enhancing Psychological Literacy for Healthy Living**”. This session aimed to provide educators and professional in the field of physical education with valuable insights and strategies for promoting inclusivity in sports and physical activities.

Agenda:

- Welcome and Introduction, Learning Outcomes, Q &A Session, Conclusion and Closing Remarks

Session Highlights:

Expert Speaker: The session featured an expert speaker, **Dr. Vasanthi Kadhiravan**, who is renowned for her work in promoting sports and physical activities. **Dr. Vasanthi Kadhiravan** shared her extensive knowledge and practical experience, making the session highly informative.

Learning Outcomes: The main focus of the meeting was to enhance participants' understanding of psychological literacy and its relevance in maintaining a healthy lifestyle. The following learning outcomes were achieved:

- **Definition and Importance:** Participants gained a clear understanding of what psychological literacy entails and why it is crucial for individual and community well-being.
- **Mantras for Enhancement:** A discussion on various mantras, techniques, and strategies to enhance psychological literacy and resilience was conducted. Key points included mindfulness practices, emotional intelligence development, and stress management.
- **Healthy Living Connection:** The connection between psychological literacy and healthy living was highlighted. Participants learned how psychological well-being impacts physical health, lifestyle choices, and overall quality of life.
- **Practical Application:** Real-life examples and case studies were shared to illustrate how individuals can apply psychological literacy principles in their daily lives for better mental and physical health.

Q & A Session: An interactive Q&A session followed the learning outcomes discussion. Participants had the opportunity to ask questions and seek clarification on any topic covered during the meeting. Key questions included:

- "How can I incorporate mindfulness practices into my busy daily routine?"
- "Are there any recommended resources for further learning on psychological literacy?"
- "Can you provide more insights into the role of emotional intelligence in maintaining mental health?"

The Q&A session allowed for a deeper exploration of the topic, providing valuable insights and addressing participants' concerns.

Conclusion and Closing Remarks: The meeting concluded with a summary of the key takeaways:

- Psychological literacy is essential for maintaining mental health and promoting healthy living.
- Mantras and strategies discussed in the meeting can be applied in daily life to enhance psychological literacy.
- The interconnection between mental and physical health highlights the importance of addressing psychological well-being.

The rapporteur expressed gratitude to all participants for their active engagement and contributions to the discussion. Attendees were encouraged to continue exploring the topic of psychological literacy and apply the mantras discussed for healthier, more fulfilling lives.

The meeting was adjourned, leaving participants with a renewed understanding of the significance of psychological literacy in the pursuit of healthy living.

Report submitted to: Prof. Reeta Venugopal, Course Coordinator, PRSU, Raipur, Chhattisgarh and Dr. Arvind Agarwal, Course Coordinator, UGC-HRDC

Report submitted by: Mr. M R Ramesh, Assistant Professor, Indira Gandhi Centre for Atomic Research, Kalpakkam, Tamilnadu

Day 5

Session I (10.30-12.00) & Session II (12.15-13.45)

In the 16th session of Refresher course, the lecture was on NEP 2020 and Physical Education by Professor. Sushma Ghildyal distinguished educator with over three decades of teaching experience in the field of Physical Education. The Chairperson for the session was Dr. Rohan Dcosta. He Introduced the Resource person to the participants and officially he Welcomed Shabir Ananth. The session was reported by Dr. Rohan Dcosta.

Resource person deeply lectured about The National Education Policy (NEP) 2020 is a landmark document that aims to transform the Indian education system. In the context of physical education, the NEP 2020 emphasizes its vital role in holistic development. It recognizes the significance of physical fitness and well-being alongside cognitive development.

One of the key objectives of the NEP 2020 is to integrate physical education into the mainstream curriculum from the early years. It advocates for a flexible and multidisciplinary approach to education, where physical activities are integrated with academic learning. This ensures that students receive a well-rounded education that nurtures their physical and mental well-being.

The policy also encourages the development of sports and physical education infrastructure in schools and colleges. It envisions the creation of a sports culture that fosters talent identification and nurturing from a young age. This can lead to the discovery of future sporting stars and improve overall health and fitness levels among the youth.

Conclusion:

In summary, the NEP 2020 recognizes physical education as an integral part of holistic education. It advocates for its integration into the curriculum, the development of sports infrastructure, and the promotion of traditional Indian sports. This approach not only enhances physical fitness but also contributes to the overall well-being and development of students.

In the 17th session of the Refresher course the ecture was on Basic Concept of Data Analysis and Statistical Techniques by Dr. Rajeev Choudhary, Professor in Physical Education, In-Charge Head, School of Studies in Law, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India. The Chairperson for the session was Dr. Rohan Dcosta. He Introduced the Resource person to the participants and officially he Welcomed the expert to the session. The session was reported by Dr. Rohan Dcosta.

Data analysis is the process of examining, cleaning, transforming, and interpreting data to discover meaningful insights, patterns, and trends. It plays a fundamental role in various fields, including business, science, social sciences, and research. At its core, data analysis involves working with numerical or categorical data to make informed decisions or draw conclusions. Statistical techniques are an integral part of this process. These techniques enable analysts to quantify and describe data, test hypotheses, and make predictions.

Data analysis and statistical techniques empower decision-makers to make evidence-based choices, whether in business strategy, scientific research, or policy formulation. They help uncover actionable information within the vast sea of data, enabling better understanding and more informed decisions. Parametric statistical tools assume specific data distributions like normal, while nonparametric tools make minimal assumptions about data distribution. Parametric methods offer efficiency but require strict assumptions, while nonparametric methods are more flexible but may have reduced statistical power.

The choice depends on data characteristics and research objectives.

A t-test is a statistical analysis used to determine if there is a significant difference between the means of two groups. The independent t-test is a statistical method used to compare the means of two independent groups to assess whether there is a significant difference between them, typically applied in experimental or observational studies with two distinct groups.

A dependent t-test, also known as a paired t-test, is a statistical method used to compare the means of two related or dependent groups to assess whether there is a significant difference between them, often applied when the same subjects are measured before and after an intervention or treatment.

Session III & IV (14.15 to 15.45 & 16.00 to 17.30)

The UGC-HRDC, PRSU, Raipur, Chhattisgarh Is organizing An Online Refresher Course In physical Education From 11 to 29 September, 2023. A total 50 participants are participating in this refresher course.

Session-III(14:15 to 15:45)&

Session-iv(16:00 to 17:30)

Date-(20/09/2023)

Topic: Seminar

After The successfully completion of first half on the day , the third & forth session was conducted by the chairperson prof. Dr. PARDEEP KUMAR, IGIPSS, New Delhi, and the report was presented by the reporter DR. Kabita Bairagi, Associate Professor, Physical Education , Govt.College of Physical Education for Women, Dinhat, Coochbehar Panchanan Barma University W.B. INDIA. Very smoothly one by one delivered their topic (related to physical education) and after the completion of the topic participants discussed their views with the knowledge on the topic. The session was an enriching experience for all participants.

Day 7

Day 8

The 31st session of Refresher course, was dedicated to ICT/ Microteaching. The resource person of the session was Prof. Ajay Sahni, School of Physical Education, DAVV Indore (M.P.) The Chairperson for the session was Dr. Ganesh Khandekar. He Introduced the Resource person to the participants and officially he Welcomed. The session was reported by Manish Mukherjee.

Honorable resource person nicely conducted the session & All the participants from Roll no. 25 to 36 Presented their microteaching bectures with the Permission of resource Pesson.

microteaching wars started by Dr. Pramendra A. Rampurker with his topic under hand pass in volleyball. Santosh Kumar Verma on "Asan dosh" Dr. Santosh Pradhan on Tracker software, Jaya Keerti H.T. On Hand ball skills and brief introduction, Dr. Beal want Kumon on sports performance Dr. Bramhesh Shrivastava on growth and development, Dr. Ganesh Khandekar on Effect of exercise on different organs of body, Mr. Manish Mukharjee on Aims and Objectives of Health Education, Dr. Ramkumar Thakur on positive mental Health inventory Presented Consequently.

At the last evaluative & conclusive comments have been putted by the resource Person. the session overed. with the vote of thanks Presented by chairs person Dr. Ganesh Khandekar Today's fourth session (32 nd Session) was focused on ICT / microteaching In great supervision of Dr. Dileep Tirkey, Associate Professor. LNIPE Gwalior (M.P.) He was the resource person of the session. The session was started with the welcome note presented by Dr. Ganesh Khandekar, the chairperson of the Session. The in Dr. Shabir K Anant introduced the resource person.

After the due permission of resource person, the microteaching lessons were presented by the participants, in which Dr. Shabir Kumar Anant Dr. Dipesh choudhary. Dr. Hrishikesh Patel, R. Divya Jyoti, Dr. Chandana Eswar, Dr. Jaishankar Yadav, Gautam Kumar, Jugal Kishor, Awam Barat singh Diwan and Dr. Praveen sathishrao Deulkar on structure of muscles Warm up and cool down, functions of water, Bad posture, Things to keep in mind while planning in sports, facility and equipment, Health and fitness, Plyometric exercises, Injuries in sports, and Basic rule and information of Handball accordingly The session ended with conclude note by the resource Person and vote of thanks by chairperson Dr. Ganesh Khandekar.

Day 9

REPORT ONLINE REFRESHER COURSE IN PHYSICAL EDUCATION Day -09, Date: 25.09.2023, Monday, Session: I (10.30 to 12.00) Lecture: 24 In the 24th session of Refresher course the lecture was on "Data Visualization" by Dr. Binayak Dubey, Department of Physical Education BHU, Varanas. The Chairperson for the session was Ms Swati Soni. Due to unavoidable circumstances she is unable to introduce the Resource person. Dr. Kuldeep Dubey was introduced the recourse person to the participants and officially Welcomed to Dr Binayak Dubey. Shortly thereafter, Swati Madom joined the session and conducted the entire session with great ease.

Resource person start his explanation about Data Visualization by storytelling. The main slides were about definition of Visualizations by William Cleveland (Data Visualization Pioneer) He Enlighten the topic under below subtopics. • What is Data • Classification of Data • Data Collection • Data Collection Methods • Data Editing • Data Coding • Data Classification • Data Tabulation • Exploratory Data Analysis • Statistical Data Package • Graph/ Chart • Conclusion: After the completion of the lesson the participants discussed about their doubts and views and expert handled very smoothly with his knowledge on the topic. The session was an enriching experience for all participants. Dr. Binayak has explained all the topics in detail through attractive slide presentation. Definitely the information given by sir will be very useful for us in our professional career and if we make any research paper or project in future, then this information will be very useful for us. Ms. Swati Soni has given vote of thanks and concludes the session.

Session: IV (16:00 to 17:30)

Date: 25th September 2023

Topic: Current Trends in exercise physiology and their role in Enhancing Athletic Performance After the successfully completion of Third Session. The Fourth session was conducted by the chairperson Mr.Ashok Kumar Singh ,assistant professor from Sam Higginbottom University of Agriculture , Technology and Sciences(SHUATS)Prayagraj and the report was presented by the Reporter , Rakesh Sahu, assistant professor from Sam Higginbottom University of Agriculture, Technology and Sciences (SHUATS) Prayagraj Introduction:

After third Sessions Dr.Ajay Kumar Professor, School of Physical Education DAVV INDORE took our fourth session on the topic of "Current Trends in exercise Physiology and their role in Enhancing Athletic Performance" This session aimed to provide educators and professionals in the field of physical education with valuable insights and strategies for promoting inclusivity in sports and physical activities.

Agenda:

- Welcome and Introduction • Improve of Athletes Performance • Sports Science
- Sports Training • Physiology of exercise . Objective of Physiology exercise
- . Roadmap for Sports Training Programme to high Performance . Doping
- . Q&A Session Session Highlights: Expert Speaker: The session featured an expert speaker, Dr.Ajay Kumar, who is renowned for her work in promoting inclusive sports and physical activities. Dr.Ajay Kumar shared her extensive knowledge and practical experience, making the session highly informative. Understanding Inclusivity: Dr.Ajay Kumar began by defining the concept of inclusivity in sports Training. How to Increase Sports Performance of Athletes? Adaptive Sports: The session delved into adaptive sports, highlighting various sports Training , Physiology of exercise . Principles of Sports Training etc. Interactive Discussions: The session encouraged interactive discussions among participants. Attendees had the opportunity to ask questions and share their own experiences, making the session engaging and collaborative.

Conclusion:

These sessions, proved to be an enriching experience for all participants. Dr. Ajay Kumar expertise and the interactive discussions ensured that attendees left with valuable knowledge and practical insights on promoting inclusivity in sports and physical activities and Refining Physical education.

Report submitted to: Prof. Reeta Venugopal, Course Coordinator, PRSU, Raipur, Chhattisgarh and Dr.Arvind Agarwal, Course Coordinator, UGC-HRDC

Report submitted by: Mr Rakesh Sahu assistant professor SHUATS NAINI PRAYAGRAJ

Day 10

First Half

The UGC-HRDC, PRSU, Raipur, Chhattisgarh is organizing an Online Refresher Course in Physical Education from 11 to 29 September, 2023. A total 50 participants are participating in this refresher course .

Session: II (12:15 to 13:45)

Date: 26 th September 2023

Topic: Importance of ITC in Reference to NEP 2020

The Second session was conducted by the chairperson Dr. Sabir Kumar Anant, Sports Officer, College of Veterinary Science & A.H Anjora and the report was presented by the Reporter Dr.Dipesh Choudhary, Assistant Professor, Physical Education, Netaji Satabarshiki Mahavidyalaya

Introduction:

The Online Refresher Course in Physical Education, Session II, presented by Prof. Sachchianand Shukla ,Vice Chancellor, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh on September 26, 2023 at 12:15 to 13:45. This session delved into the topic of "The importance of Information and Communication Technology in respect to National Education Policy 2020."

The NEP 2020, unveiled by the Government of India, aims to overhaul the nation's education system to make it more holistic, flexible, and relevant. In achieving these objectives, Information and Communication Technology (ICT) plays a central role. ICT encompasses a wide range of tools, including computers, smartphones, internet connectivity, educational software, and digital resources, which have the potential to reshape education in India.

Agenda:

- Welcome and Introduction
- Understanding the National Education Policy 2020
- Importance of ITC in reference to NEP 2020
- E-Learning
- E- Contents
- Key Objective of NEP 2020
- Curriculum Framework
- Q&A Session

Conclusion and Closing Remarks

Key Highlights: ICT in Education: An Overview:

1. Understanding the Importance of ICT in reference to New Education Policy 2020: The session began with an in-depth overview of the New Education Policy 2020, emphasizing its goals, principles, and significant changes in the education system. Participants gained insights into the policy's focus on holistic development and the role of physical education in achieving these objectives.
2. Impact on Physical Education: The session explored the specific implications of the ICT in NEP 2020 on physical education, highlighting the policy's emphasis on promoting physical fitness, sports, and well-being as integral components of a student's educational journey. It stressed the need for a balanced curriculum that incorporates physical education alongside academic subjects.
3. Adaptations and Innovations: Educators and professionals shared innovative approaches and strategies for refining physical education programs in line with the NEP 2020. These included incorporating technology, emphasizing skill development, and fostering inclusivity in physical education classes.
4. Q&A Session: Participants engaged in a lively question-and-answer session, seeking clarifications and practical advice on implementing the discussed strategies. This interactive segment allowed for the exchange of ideas and best practices among attendees.
5. Conclusion and Closing Remarks: The session concluded with a summary of key takeaways and a call to action for educators to embrace the opportunities presented by the ICT in reference to NEP 2020. The importance of continuous learning and adaptation in the ever-evolving field of physical education was emphasized.

In conclusion, Information and Communication Technology is of paramount importance in the context of NEP 2020. It has the potential to democratize education, foster personalized learning, empower teachers, and equip students with essential 21st-century skills. While challenges exist, concerted efforts from the government, educational institutions, and the private sector can help harness the full potential of ICT in revolutionizing India's education system. As NEP 2020 unfolds, embracing and integrating ICT effectively will be pivotal in realizing its vision of a transformed and globally competitive education ecosystem.

Report submitted to: Prof. Reeta Venugopal, Course Coordinator, PRSU, Raipur, Chhattisgarh and Dr. Arvind Agarwal, Course Coordinator, UGC-HRDC Report submitted by: Dr. Dipesh Choudhary, Assistant Professor, Physical Education, Netaji Satabarshiki Mahavidyalaya

Online Refresher Course in Physical Education (Day-10)

Session: I (10:30 to 12:00)

Date: 26th September 2023

Topic: Technology in Sports

The Fourth session was conducted by the chairperson Dr. Dipesh Choudhary from Netaji Satabarshiki Mahavidyalaya, and the report was presented by the Reporter Dr. Dipesh Choudhary

Introduction:

The online Refresher course in Physical Education, first Session was conducted by Dr. Yogesh Bodke, MM Chandrshekar, Agashe College of Physical Education, Pune, took our first session on the topic of "Technology in Sports." This session aimed to provide educators and professionals in the field of physical education with valuable insights and strategies for promoting inclusivity in sports and physical activities.

Agenda:

- Welcome and Introduction
- Understanding the impact of Technology in Sports
- What is Wearable Technology
- Universal Design for Learning
- What is Artificial Intelligence
- Technology used in class room teaching
- Documentation and Sharing
- Q&A Session

Session Highlights:

1. Understanding the Technology used in Sports The session began with an in- depth overview of the use of technology in sports, emphasizing its goal, objective and significant change in the sports arena, participant gained insight into the new technology used in sports and it will plays a vital role in improving the sports performance.

2. Impact of Technology in Sports.

3. Adaptation & Innovation: Coaches and Professional shared innovative approaches and strategies for using new technology in sports

4. Q&A Session: Participants engaged in a lively question-and-answer session, seeking clarifications and practical advice on implementing the discussed strategies. This interactive segment allowed for the exchange of ideas and best practices among attendees.

Sports technology continues to evolve rapidly, with innovations aimed at enhancing athlete performance, improving fan engagement, and ensuring the safety and fairness of sports. Here are some upcoming trends and innovations in sports technology:

Report submitted to: Prof. Reeta Venugopal, Course Coordinator, PRSU, Raipur, Chhattisgarh and Dr. Arvind Agarwal, Course Coordinator, UGC-HRDC Report submitted by: Dr. Dipesh Choudhary, Assistant Professor, Physical Education, Netaji Satabarshiki Mahavidyalaya

Day 11

The UGC-HRDC, PRSU, Raipur, Chhattisgarh is organizing an Online Refresher Course in Physical Education from 11 to 29 September, 2023. A total of 49 participants were participating in this refresher course.

The chairperson, Mr. Avinash Nirmalkar introduced and invited the Resource Person, Dr. Kusumanjali Deshmuk. The session delved into “OBE: Mapping of POs and COs Calculation of Attainment”.

The resource person stressed the aspect we need to adhere to while drawing the framework for outcome based education; she emphasized “Vedic Wisdom with Modern Education”. She spoke about the importance of having clarity to know what outcome is required from the education provided. It requires a clear target at the Institution, Teachers, Students and other stakeholders level. There needs to be a plan and an appropriate method of execution to achieve the targets with regular assessments to measure the progress.

We learnt that each course needs a mission and vision with a program outcome and program specific outcome (POs). The expectation of students related to skills, knowledge, and behaviors with not more than 4 to 5 specific programs outcomes from the particular course. The 7 POs which need to be considered were also mentioned.

1. Critical Thinking
2. Effective Communication
3. Social Interaction
4. Effective Citizens
5. Ethics
6. Environment and Sustainability
7. Self Directed and Life-Long Learning

The Course Outcomes follow the SMATR principles Specific, Measurable, Achievable, Relevant, Time-bound. The process of mapping the Course Outcomes with Program Outcomes and Program Specific Outcomes was explained in an elaborate manner. We were asked to consider the Blooms Taxonomy while implementing these outcomes. We also had a look at a sample of CO-PO & CO-PSO to get a better understanding.

The importance of balancing Direct Attainments and Indirect Attainments was looked into, and the regular intervals for assisting these attainments through tests, assignments, and feedback was mentioned. The prominence of drawing the COs-POs matrix for all courses was also mentioned.

The session was an interactive one with online responses during the session and to conclude with question and answers towards the end.

Overall it was a very informative session.

The UGC-HRDC, PRSU, Raipur, Chhattisgarh is organizing an Online Refresher Course in Physical Education from 11 to 29 September, 2023. A total of 49 participants were participating in this refresher course.

The chairperson, Mr. Avinash Nirmalkar introduced and invited the Resource Person, Dr. Shalini Menon. The session delved into the topic “Feminine Care and Menstrual Health”.

The resource person spoke about a topic most people consider taboo. She told us how it is essential not to consider the menstrual cycle as something uncommon but to accept it as a natural process without any tags of disgust or indifference.

The need of the hour by paying attention to menstrual hygiene and using the menstrual cups was also mentioned. For the trainers and coaches to understand menstruation better, the terminologies of menstruation was also mentioned. There needs to be concern when the menstrual cycle is absent and its probable cause of absence.

She also explained the cause and warning signs of amenorrhea, anorexia, bulimia, and other eating disorders, and its dangers and effects on the menstrual cycle. The facts about osteoporosis and bone density in female athlete triad with the place of osteoporosis in the triad and how to stop the triad before it starts.

The reasons for osteoporosis in young women and how there can be an intervention and treatment of the triad with its preventive measures were also mentioned. One of the most important takeaways was what we can associated with talking about menstruation and enlightened the participants regarding the barriers faced by women athletes. There was an interactive session for questions and answers at the end.

Day 12

मानव संशाधन विकास केन्द्र, पं. रविशंकर शुक्ल विश्वविद्यालय, रायपुर द्वारा शारीरिक शिक्षा के रिफ्रेशर कोर्स के बारहवें दिन दिनांक 29.09.2023 के 34 वें सेशन में आज के महत्वपूर्ण व्याख्यान के तीसरे सेशन में **Resource Person Dr. Robin Frank Simon, Faculty VNIT, Nagpur** के द्वारा **Periodization Topic** पर व्याख्यान दिए एवं प्रकाश डालते हुए जानकारी दिए। **Repoter** एवं **बरतसिंह दीवान** द्वारा सेशन के प्रतिभागियों की उपस्थिति एवं रिपोर्ट प्रस्तुत किया गया। **HRDC** के सपोर्ट स्टाफ को भी धन्यवाद।

ORGANIZING TEAM



Prof. Sachchidanand Shukla
Vice Chancellor
Pt. RSU, Raipur (C.G.)



Prof. Preeti K Suhresh
Director
HRDC, Pt. RSU, Raipur (C.G.)



Prof. Reeta Venugopal
S.o.S. in Physical Education,
Pt. Ravishankar Shukla
University, Raipur (C.G.)



Dr. Arvind Agrawal
Assistant Professor
HRDC, Pt. Ravishankar Shukla
University, Raipur (C.G.)

UGC - MMTTC, PRSU, Raipur
Time Table: Refresher Course on Physical Education
(11/09/2023 to 29/11/2022)

Refresher Course on Physical Education				
UGC-Malaviya Mission Teacher Training Centre				
Pt. Ravishankar Shukla University, Raipur 492 010, Chhattisgarh				
Day/ Date	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 01 (11.09.2023)	Registration; Inauguration; Induction	Lecture-1 Dr. Usha Sujit Nair Vice Chancellor (O) National Sports University, KhumanLampak Sports ComplexImphal, Manipur,795001. ushasujit@yahoo.com 9745827740	Lecture-2 Dr. YogeshChander Asst. Professor Dept. of Physical Education, Institute of Teachers Training & Research,BPS MahilaMahavidyalaya.Sonepat, Haryana yogesh@bpswomenuniversity.ac.in	Lecture-3 Dr. YogeshChander Asst. Professor Dept. of Physical Education, Institute of Teachers Training & Research,BPS MahilaMahavidyalaya.Sonepat, Haryana yogesh@bpswomenuniversity.ac.in
Day 02 (12.09.2023)	Lecture-4 Prof. Balwant Singh Thakur SoS in Mathematics, PRSU, Raipur balwantst@gmail.com 9827955810	Lecture-5 Dr. VaniBhushanamGolla Scientific Officer, Department of Sports Nutrition, National Centre forSports Science Research, Sports Authority of India, New Delhi, India vani.golla@gov.in 9971862876	Lecture-6 Prof. Rajeev Choudhary SoS in Physical Education, PRSU, Raipur chaudharyraje@gmail.com 9616557777 SoS in Physical Education, PRSU, Raipur chaudharyraje@gmail.com 9616557777	Lecture-7 Dr. VaniBhushanamGolla Scientific Officer, Department of Sports Nutrition, National Centre forSports Science Research, Sports Authority of India, New Delhi, India vani.golla@gov.in 9971862876
Day 03 (13.09.2023)	Lecture-8 Prof. C.D. Agashe SoS in Physical Education, PRSU, Raipur chaudharyraje@gmail.com 9425503534	Lecture-9 Prof. C.D. Agashe SoS in Physical Education, PRSU, Raipur chaudharyraje@gmail.com 9425503534	Lecture-10 Dr.AvinashAsnare Director Dept. of Physical education SGBAU, Amravati(MS) avinashasnare@srbau.ac.in 9922930166	Lecture-11 Dr. NM Ghosh Sports Physiotherapist School of Studies in Physical Education , Pt. RSU, Raipur Nilmadhab2001@rediffmail.com 9301373363
Day 04 (14.09.2023)	Lecture-12 Dr.Binayak Dubey Department pf Physical education, BHU, Varanasi binayak.dubey@bhu.ac.in 9621583369	Lecture-13 Dr.Chanan Goyal, Physiotherapist, chanangupta@gmail.com 9893000973	Lecture-14 Dr.VasanthiKadhiravan, Prof. and Head Department of Physical educationUniversity of Mumbai Mumbai phyedu.mu@gmail.com 9869441123	Lecture-15 Dr. Anil Karwande Ret Professor, Nagpur (MS). Kidepe_anil@rediffmail.com 9226194510
Day 05 (15.09.2023)	Lecture-16 G A GhanshyamProf English Swami AtmanandGovt EnglishMedium Model College, Old High Court Building, GandhoChauk, Bilaspur 495001 gagshyam@gmail.com 9425536525	Lecture-17 Prof. Sanjeet Sardar Dept. of Physical Education GGC University, Bilaspur sanjitsardar@rediffmail.com 9407928407	Lecture-18 Prof. Sushma Ghildyal Dept of Physical Education, BHU sushmaghildyal@yahoo.com 9415619059	Lecture-19 Prof. Rajeev Choudhary SoS in Physical Education, PRSU,Raipur chaudharyraje@gmail.com 9616557777

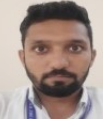

Day 06 (20.09.2023)	Lecture-20 Dr. Rajendra Kacharoo Hydrologist, Social Entrepreneur & Social Activist. Founder - AMAN MOVEMENT	Seminar (Sr. no. 1-12) Prof. Priyamvada Srivastava SoS in Psychology, PRSU, Raipur priyamvadas1@gmail.com 9425517387	Seminar (Sr.no. 13-24) Prof. Pardeep Kumar IGIPSS, New Delhi pardeepjonti@yahoo.com 9958998636	Seminar (Sr.no. 25-36) Prof. Pardeep Kumar IGIPSS, New Delhi pardeepjonti@yahoo.com 9958998636
Day 07 (21.09.2023)	Lecture-21 Mr. Yogesh Bodke MM's Chandrshekar Agashe College of Physical Education, Pune. yogy100@gmail.com 9158009695	Seminar (37-48) Dr. Nilmadhab Ghosh Sports Physiotherapist Guest Faculty, Pt.RSU Raipur nilmadhab2001@rediffmail.com 911199115	ICT/Micro teaching (Sr. no. 1-12) Dr. Yogesh Chander Asst. Professor Dept. of Physical Education, Institute of Teachers Training & Research, BPS Mahila Mahavidyalaya, Sonapat, Haryana yogesh@bpswomenuniversity.ac.in 9416768558	ICT/Micro teaching (Sr.no. 13-24) Dr. Shyam Sunder Rath Associate Prof. National Sports University Khuman Lampak, IMPHAL MANIPUR shyamrath2000@gmail.com
Day 08 (22.09.2023)	Lecture-22 Dr. Ayush Singh Sports science coordinator SAI, NCoE Bhopal Drayushsingh1994@gmail.com 8336861643	Lecture-23 Prof. Ratnesh Singh Dept of Physical Education, Guru Ghasidas Central University, Bilaspur, CG. directorhrdcggv@gmail.com 9826200372	ICT/Micro teaching (Sr.no. 25-36) Prof. Ajay Sahni School of Physical education Devi Ahilya University, Indore, MP. ajay.phyedu@gmail.com 9302237716	ICT/Micro teaching (Sr.no. 37-48) Prof. Dileep Tirkey Assistant Professor LNIPGE GWALIOR
Day 09 (25.09.2023)	Lecture-24 Dr. Binayak Dubey Department of Physical education, BHU, Varanasi binayak.dubey@bhu.ac.in 9621583369	Lecture-25 Prof. Ajay Sahni School of Physical education Devi Ahilya University, Indore, MP. ajay.phyedu@gmail.com 9302237716	Project Presentation/ Panel Discussion (Sr.no.1-12) Prof. Thingnam Nandala Singh Department of Physical Education, Punjab Chandigarh Nandlal_th@yahoo.co.in	Project Presentation/ Panel Discussion (Sr.no. 13-24) Prof. Thingnam Nandala Singh Department of Physical Education, Punjab Chandigarh Nandlal_th@yahoo.co.in
Day 10 (26.09.2023)	Lecture-26 Mr. Yogesh Bodke MM's Chandrshekar Agashe College of Physical Education, Pune. yogy100@gmail.com 9158009695	Lecture-27 Prof. Sachchidanand Shukla Vice Chancellor, Pt. Ravishankar Shukla University Raipur CG	Project Presentation/ Panel Discussion (Sr.no. 25-36) Prof. Arvind Agrawal HRDC, Pt. Ravishankar Shukla University Raipur CG	MCQ Ending Test
Day 11 (27.09.2023)	Lecture-28 Dr. Kusumanjali Deshmukh Asst. Prof. Physics, Govt. VYTPG College, Durg kd.physics@govtsciencecollege.ac.in 9424109836	Lecture-29 Dr. Shalini Menon Dept. of Physical Education GGC University, Bilaspur. shalubadminton@gmail.com 7587234714	Lecture-30 Dr. Amit Malik Country lead-International Physical Literacy association amitmalik@physicalliteracy.org.uk 9873183581	Project Presentation/ Panel Discussion (Sr.no. 37-48) Prof. Brijendra Pandey HRDC, Pt. Ravishankar Shukla University Raipur CG
Day 12 (29.09.2023)	Lecture-31 Dr. Rakesh Tomar , Physical Education Department, King Fahd, Dhahran, 31261, Saudi Arabia University of Petroleum and Minerals, rtau@rediffmail.com +966-556218798	Lecture-32 Dr. Amit Malik Country lead-International Physical Literacy association amitmalik@physicalliteracy.org.uk 9873183581	Lecture-33 Robin Simon Faculty Vnit Nagpur robinsimon@phyedu.vnit.ac.in 9422124434	Valedictory & Concluding Session

Refresher Course - Physical Education
(11.09.2023 to 29.09.2023)
Course Coordinator - Prof. Reeta Venugopal
Participants List

Roll No.	Name of Participants	Email	Mobile No.	Designation	Subject	College	University	Photo
01.	Dr. Kuldeep Dubey	Kuldeep.Dubey05@Gmail.Com	9826515377	Principal	Physical Education	St. Vincent Pallotti College, Raipur, CG	Pt. Ravishankar Shukla University, Raipur, CG	
02.	Dr. Sandeep Sunny	Dr.Sandeepsunny@Gmail.Com	9747097097	Assistant Professor	Physical Education	Sacred Heart College, Thevara, Kerala	MG University, Kottayam, Kerala	
03.	Dr. Arun Kumar Nayak	Arunnayak2008@Gmail.Com	9098167330	Sports Officer	Physical Education	RMD Colleg of Agriculture & Research Station, Ambikapur CG	Indira Gandhi Krishi Vishwavidyalaya, Raipur, CG	
04.	Dr. Gautam Kumar Choudhary	Dr.Gautam.Choudhary@Csu.Co.In	8800708007	Assistant Director	Physical Education	Central Sanskrit University, Shri Sadashiv Campus, Puri, Odisha	Central Sanskrit University, Shri Sadashiv Campus, Puri, Odisha	
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08.	Dr. Manoj Kumar Murmu	Manoj.Murmu77@Gmail.Com	9932263491	Asst. Professor	Physical Education	Post Graduate Govt. Institute for Physical Education, West Bengal State University		
09.	Dr. Limon Kumar Saha	Limonmisti@Gmail.Com	8537917804	Assistant Professor	Physical Education	Post Graduate Govt. Institute for Physical Education, West Bengal State University		
10.	Dr. Sanjay Kumar	Sanjaymankoti23@Gmail.Com	9816400535	Assistant Director Physical Education & Sports	Physical Education	Central Sanskrit University, Ved Vyas Campus, Balahar, H.P. Under The Aegis of Central Sanskrit University, New Delhi.	Central Sanskrit University, New Delhi	
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21.	Dr. Sourabh Pradhan	Spradhan027@Gmail.Com	9479090262	Sports Officer	Physical Education	Govt. P.D. Commerce and Arts College, Raigarh, CG	Shaheed Nandkumar Patel Vishwavidyalaya, Raigarh, CG	
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23.	Dr. Balwinder Kumar	Balwinderkumar0044@Gmail.Com	9914360044	Assistant Professor	Physical Education	National College of Physical Education, Chupki, Patiala, Punjab	Punjabi University, Patiala, Punjab	
24.	Dr. Bramhesh Shrivastava	Bramhesh.Shrivastava72@Gmail.Com	9755150058	Associate Professor	Physical Education	Department Of Physical Education, Dr. C.V. Raman University, Bilaspur, CG		
25.	Dr. Ganesh Khandekar	Kganeshkhandekar@Gmail.Com	6260375880	Assistant Professor	Physical Education	Department Of Physical Education, Dr. C.V. Raman University, Bilaspur, CG		

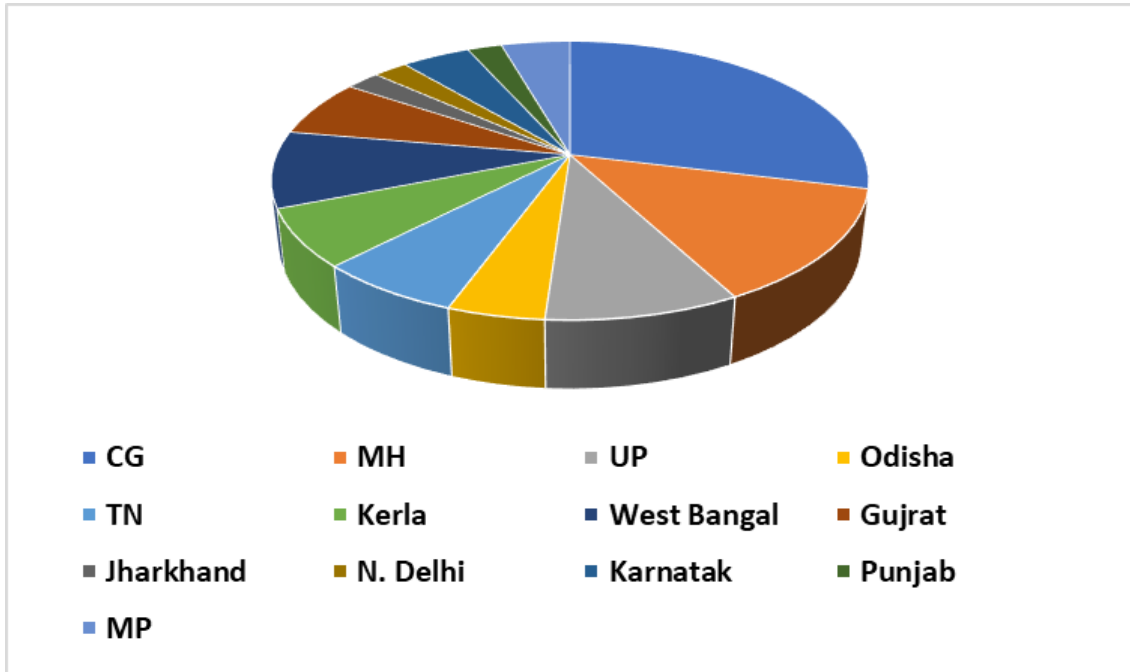
26.	Manish Mukharjee	Mukharjibala82@Gmail.Com	9893240085	Assistant Professor	Physical Education	Department Of Physical Education, Dr. C.V. Raman University, Bilaspur, CG		
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29.	Ashok Kumar Singh	Singhkashok1505@Gmail.Com	9554761993	Assistant Professor	Physical Education	Sam Higginbottom University of Agriculture, Technology & Sciences, Prayagraj, Uttarpradesh		
30.	Rakesh Sahu	Rakeshsahu2312@Gmail.Com	9415289892	Assistant Professor	Physical Education	Shuats Naini, Prayagraj, Uttarpradesh	Sam Higginbottom University of Agriculture, Technology & Sciences, Prayagraj, Uttarpradesh	
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37.	Pravin Satishrao Deulkar	pravindeulkar007@gmail.com	8421787377	Assistant Professor	Physical education	Arts and Commerce Degree College, Bhandara, Maharashtra	Rashtrasant Tukdoji Maharaj Nagpur, University, Nagpur, MH	

38.	Vaibhav Kiranrao Zanzad	vebuzanzad@gmail.com	8855888265	Assistant Professor	Physical Education and Sports	Nutan Adarsh Arts, Commerce & Smt. M.H. Wegad Science College, Umred, Dist-Nagpur. MH	Rashtrasant Tukdoji Maharaj Nagpur, University, Nagpur, MH	
39.	Dr. ajay p. kolarkar	ajaypkolarkar@gmail.com	8805885668	Assistant professor	Physical Education	Hanuman Vyayam Shala Krida Mandal Physical Education, Collage, Yavatmal, MH	Sant Gadge Baba Amravati University, Amravati, MH	
40.	Dr. Jai Shankar Yadav	jaishankar.cvru@gmail.com	9827994647	Professor and Head	Physical Education	Dr. C.V. Raman University, Bilaspur, CG		
41.	Dr. Shabir Kumar Anant	Shabiranant@gmail.com	9827405789	Sports Officer	Physical Education	College of Veterinary Science & A.H. Anjora, CG	Dau Shri Vasudev Chandrakar Kamdhenu University, Durg, CG	
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45.	Jugal Kishore	Universalbalic@gmail.com	8076676382	Assistant Professor	Physical Education	Veerangna Avantibai Govt. Degree College, Atrauli Aligarh, Uttar Pradesh	Raja Mahendra Pratap Singh State University, Aligarh, Uttar Pradesh	

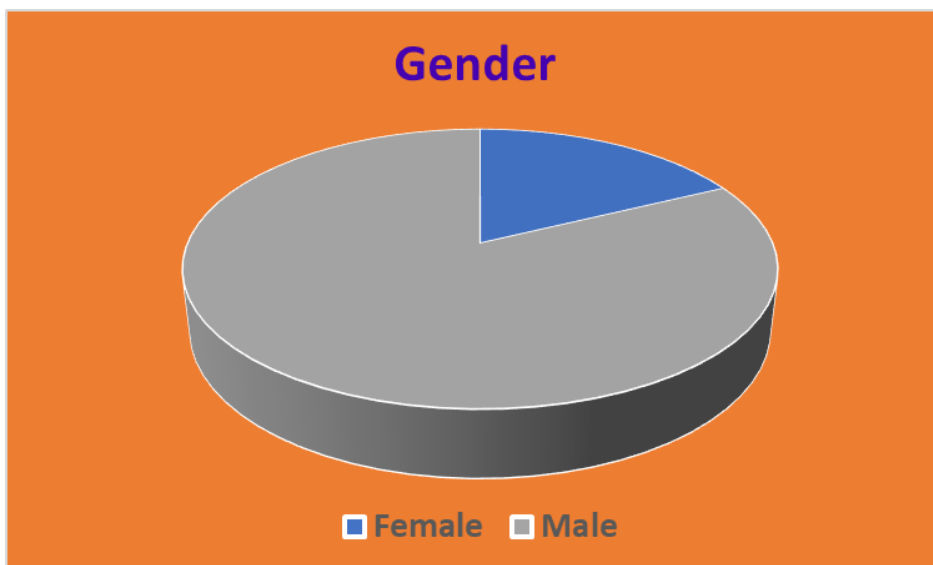
Refresher Course – Physical Education
(11.09.2023 to 29.09.2023)
Course Coordinator - Prof. Reeta Venugopal
Chairperson and Reporter List

S. No.	Date	Session I and II		Session III and IV	
		Chairperson	Reporter	Chairperson	Reporter
01.	Day 01 (11/09/23) Monday	Dr. Kuldeep Dubey	Dr. Sandeep Sunny	Dr. Arun Kumar Nayak	Dr. Gautam Kumar Choudhary
02.	Day 02 (12/09/23) Tuesday	Dr. Balvantsinh Bharatsinh Zala	Dr. Roopa	Dr. U. Mahaboob Basha	Dr. Manoj Kumar Murmu
03.	Day 03 (13/09/23) Wednesday	Dr. Limon Kumar Saha	Dr. Sanjay Kumar	Dr. Santosh R. Chaudhary	Lt. Anu D Alappat
04.	Day 04 (14/09/23) Thursday	Dr. Bindhu.S	Dr. Jagrutibahen Kantilal Prajapati	M R Ramesh	Alok Sharma
05.	Day 05 (15/09/23) Friday	Dr. Rinku Pandey	Dr. Sanjeev Kumar Yadav	Rakhee Poovanna M	Dr Rohan D'costa
06.	Day 06 (20/09/23) Wednesday	Dr. Minaxi Mansukhbhai Patel	Dr. Madan Lal Kurre	Dr. Rajendra Singh	Kabita Bairagi
07.	Day 07 (21/09/23) Thursday	Premendra Ashok Rampurkar	Santosh Kumar Verma	Dr. Sourabh Pradhan	Jayakeerthy.H.T
08	Day 08 (22/09/23) Friday	Dr. Balwinder Kumar	Dr. Bramhesh Shrivastava	Dr. Ganesh Khandekar	Manish Mukharjee
09.	Day 09 (25/09/23) Tuesday.	Swati Soni	Dr. Ram Kumar Thakur	Ashok Kumar Singh	Rakesh Sahu
10.	Day 10 (26/09/23) Wednesday	Evelyn Synthiya	Dr. Dipes Choudhary	Dr Hrishikesh Patel	R. Divya Jyoti
11.	Day 11 (27/09/23) Thursday	Avinash Nirmalkar	Dr. Chandana Eswar	Pravin Satishrao Deulkar	Vaibhav Kiranrao Zanzad
12.	Day 12 (29/09/23) Friday	Dr. Aay p. kolarkar	Dr. Jai Shankar Yadav	Dr. Shabir Kumar Anant	Awam Barat Singh Diwan

STATE WISE PARTICIPANTS



GENDER WISE PARTICIPANTS



MARKS AND GRADING PATTERN

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.

Online Delivery Platform: GOOGLE MEET