

**Capacity Building of KPRs of Western Region on  
Physical Education, Health, Wellbeing and Yoga with  
Reference to the NEP 2020**

**PAC 23.27**

**Programme Report**

**Year - 2024-25**

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Programme Coordinator**

**REGIONAL INSTITUTE OF EDUCATION (NCERT), BHOPAL**  
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We are highly indebted to all the Resource Persons: Prof. Bhuwan Chandra Kapri, Senior Professor Department of Physical Education, Faculty of Arts, BHU, Prof. (Dr.) Mahendra Kumar Singh, LNIPE, Dr. Joseph Singh Professor, Department of Sports Biomechanics, LNIPE, Lt. (Dr.) Brij Kishore Prasad. Associate Professor. HEAD (Health Sciences), DIRECTOR (Research and Development Cell), IN-CHARGE (Health Centre), LNIPE, Dr Vijay Shankar Rai, Institute for Excellence in Higher Education, Bhopal, Dr. Yatendra Kumar Singh, Associate Professor, LNIPE Gwalior, Dr. Om Prakash Mishra, Assistant Professor, Department of Physical Education, Swarnim Gujarat Sports University, Dr Moradhvaj Singh, Assistant Professor, LNIPE, Dr Deepak Kumar Dogra, Assistant Professor, Department of Physical Education, Faculty of Arts, BHU, Dr Atul Dubey, Asst. Professor of Physical Education, NCERT, NIE, New Delhi, Dr Shri Bagwan, Assistant Professor, RIE, Mysore for their valuable contribution, without which this endeavor would have been quite impossible to accomplish.

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## **Preface**

This programme report and module book has been designed in accordance with NEP-2020. It is expected to serve as a guide for key resource persons which includes Physical Education Teacher, Physical Training Instructors and Yoga Teachers. It is very important to educate learners of Physical education and Yoga about the latest trends in physical education, yoga and indigenous sports.

Yoga is a way of better life. It ensures greater efficiency in work and a better control over mind and emotions. Through Yoga, we can achieve both physical and mental harmony.

Physical Education plays a key role in the holistic development of students. It helps in developing competencies and confidence in students. It also enables them to take part in a wide range of physical activities that are crucial to their lives, both in and out of school. The importance of Physical Education Programme is to help students to develop a wide range of skills as well as to give them the ability to use tactics, strategies and new ideas to perform successfully both at home and school.

NEP 2020 envisages sports as a part of curriculum and lays emphasizes on sports integrated learning as well as adopting sports as a life style. To achieve this sport must be made a compulsory subject at all levels in schools. It is expected that this training programme has guided all sports teachers for incorporating sports activity in the school curriculum as well as adopting fitness as a lifelong attitude.

**(Dr Triloki Prasad)**

Programme Coordinator & I/c Physical Education

**(Dr. Mahendra Barua)**

Co-Coordinator

### **Brief Summary**

#### **Objectives of the Programme:**

1. To orient KRPs about the importance of Physical Education, Health, Wellbeing and Yoga at the secondary and senior secondary levels.
2. To provide training to KRPs on organizing Physical Education, Health, Wellbeing, and Yoga in organizations/institutes.
3. To offer practical training in the operation of different types of sports equipment and scientific equipment.
4. To provide KRPs with guidance on how to implement inclusive physical education and sports in relation to NEP 2020.
5. To provide practical knowledge about various sports and games such as cricket, volleyball, kho-kho, badminton, basketball, and table tennis.

<b>Objectives of the First Workshop</b>	<b>Development of Training Package</b>
Duration (03 days)	Date: 4-6 Sept, 2024
1	Dr. Joseph Singh Professor, Department of Sports Biomechanics, LNIPE
2	Dr. Yatendra Kumar Singh, Associate Professor, LNIPE Gwalior,
3	Dr. Om Prakash Mishra, Assistant Professor, Department of Physical Education, Swarnim Gujarat Sports University,
4	Dr Deepak Kumar Dogra, Assistant Professor, Department of Physical Education, Faculty of Arts, BHU,
5	Dr Shri Bagwan, Assistant Professor, RIE, Mysore
6	Dr Triloki Prasad, Program Coordinator, RIE, Bhopal
7	Dr. Mahendra Barua, Co-Coordinator, RIE, Bhopal

#### **Workshop for development of Training Package:**

#### **Workshop for finalization of Training Package:**

<b>Objectives of the Second Workshop</b>	<b>Development of Training Package</b>
Duration (05 days)	Date: 7-10, Nov, 2024
1	Dr. Joseph Singh Professor, Department of Sports Biomechanics, LNIPE
2	Dr. Yatendra Kumar Singh, Associate Professor, LNIPE Gwalior,
3	Dr. Om Prakash Mishra, Assistant Professor, Department of Physical Education, Swarnim Gujarat Sports University,
4	Dr Deepak Kumar Dogra, Assistant Professor, Department of Physical Education, Faculty of Arts, BHU,
5	Dr Shri Bagwan, Assistant Professor, RIE, Mysore
6	Dr Triloki Prasad, Program Coordinator, RIE, Bhopal
7	Dr. Mahendra Barua, Co-Coordinator, RIE, Bhopal

### Organization of Training Programme (Phase-I) Resource Persons

<b>Objectives of the Training Programme</b>	<b>Organization of Training Programme for Key Resource Persons of Physical Education Teachers of Region/ Western Region (Gujrat, MP, Chhattisgarh, Maharashtra and Goa)</b>
Duration (05 days)	Date: 30.01.2023 to 03.02.2023
1	Prof. Bhuwan Chandra Kapri, Senior Professor Department of Physical Education, Faculty of Arts, BHU
2	Prof. (Dr.) Mahendra Kumar Singh, LNIPE, Dr. Joseph Singh Professor, Department of Sports Biomechanics, LNIPE
3	Dr. Joseph Singh Professor, Department of Sports Biomechanics, LNIPE
4	Lt. (Dr.) Brij Kishore Prasad. Associate Professor. HEAD (Health Sciences), DIRECTOR (Research and Development Cell), IN-CHARGE (Health Centre), LNIPE
5	Dr. Yatendra Kumar Singh, Associate Professor, LNIPE Gwalior,
6	Dr. Om Prakash Mishra, Assistant Professor, Department of Physical Education, Swarnim Gujarat Sports University,
7	Dr Moradhvaj Singh, Assistant Professor, LNIPE
8	Dr Deepak Kumar Dogra, Assistant Professor, Department of Physical Education, Faculty of Arts, BHU,
9	Dr Atul Dubey, Asst. Professor of Physical Education, NCERT, NIE
10	Vijay Shankar Rai, Institute for Excellence in Higher Education, Bhopal
11	Manoj Kumar, Sports Coach, Athletic, SAI,Bhopal
12	Dr Triloki Prasad, Program Coordinator, RIE, Bhopal
13	Dr. Mahendra Barua, Co-Coordinator, RIE, Bhopal

## List of Participants

### Phase-I

S. No.	Name	Official Address
1	Patel Dhaval Kumar Raman Bai	Primary School, Anand, Gujarat
2	Bhanuprasad A. Pandya	Navad Pra School TA- Borsad Dist-Anand
3	Baraiya Pravinbhai. J	Ghanshyamnagar Pra School, Bhavnagar
4	Jaydeep Singh D.Chauhan	SSA Ghadhinagar
5	Upade Bankati Shivaji	Vivekanand Vidyalay Pimapalgar Pepati
6	Boinwad Suryakant Govindrao	Z.P.Ps Rui (South)
7	Sonpasare Rajkumar Marotirao	Z.P Girls High School Majalgam, Dist Beed
8	Khot Vikas Bajirao	Anandi Bai Balvantro, Sarnobat, High School, Dist Kolhapur, Maharastra
9	Neeta Anil Jadhav	Patnagar Municipal English Girls, School, East Mumbai
10	Surekha Pralhadrao Debaje	Z.P.P School Wai Dist Washim
11	Sarika M. Tiwari	M.N.C Hindi Boys School, Akola
12	Deepali S. Deshpande	Z.P Primary School Arvi Pune Maharastra
13	Sapna M. Rawlani	Opt No 2 Jalgaon
14	Bapu Baba Shinde	Zilha Parishad High School Astha, Dist Beed
15	Samir P. Patil	St Joseph High School Umerkhadi, Mumbai
16	Brihaspati H. Shinde	D D ShindeSankar College, Kolhapur
17	Subhash Vasram Chavhan	Uday Vidhya Deolapar Tal Ramtek Dist Nagpur
18	Leena Maruti Pote	Z.P.P.S Ganeshnagar (Karti) Tal Maharastra
19	Sammer N. Gawas	PM Shri Govt High School Gao
20	Ritesh K. Parab	Govt High School, Gao
21	Nitin Pandurang Parsekar	Srimati High School Velgoem, Gao
22	Suvarankant P. Shetkar	Govt High School, Gao
23	Abhishek Arun Ajgaokar	Govt High School,Palem Gao
24	Omkar Sawant Talaulikar	Shree Mahalasa Narayani H.S Goa
25	Heramb Umeh Prabhu Gaonkar	The Rosary H.S Goa
26	Mark Pascoal D'Souza	St John of the cross H.S, Goa
27	Harish Kumar I Sailor	DIET, Dist Navsar, Gujarat
28	Ranjitbhai R. Chaudhari	Suman H.S, Gujarat
29	Mehulkumar J. Chauda	Suman H.S Surat, Gujarat
30	Jayshreeben NikehilKumar Prajapati	Ghanshyampura Pra School, Vadodara, Gujarat
31	Bhagwati Anilkumar Gandhi	Jarod Kanya School, Dist Vadodara
32	Ravesinh B. Parmar	GCERT, Ghandhinagar
33	Bipin Kumar Arvindbhai Patel	Mandavi, Dist Kachchh
34	Hitesh Manilal Choudhari	Shree Guneri Pra School, Dist Kachchh
35	Jayraj J. Vala	Shobhavadia Pra School Junagadh
36	Diptiben Anilkumar Trivedi	DIET, Mahesana
37	Jagdish T. Naik Bandodkar	St Joseph Institute, Goa
38	Rashikant Namdev Gauns	Govt High School South Goa
39	Pratap N Volvoikar	St Thomas Boys High School, Goa

40	Richard Mascarenhas	Holy Cross Institute, Goa
41	Jasida Fernandes	Chubby Ckeeks Spring Valley High School
42	Nareshbhai Dubarbhai Patel	Govt H.S Daman
43	Manesh Amrat	GHSS Moti Daman
44	Ashaben K Bhoya	C.P.S Hindi Medium School, D.N.H
45	Solanki Priyanka Suryakumar	GPS/ GMS E.M School Diu
46	Ramankant Raja Solanki	GHSS (B) DIU
47	Ravikumar Velsi Jethava	GPS/ GMS DIU
48	Ajay Nagin Patel	GHSS Bhimpore, Daman
49	Mahesh Zina Patel	Bhoyspada, D.N.H
50	Patel Miteshbhai Chhotubhai	P.S Demni, D.N.H
51	Chaudhari Rustam J	Govt H.S.S Ambola
52	Rajesh Kumar P Bhatt	DIET, Gujarat



## **Modules**

### **1 Physical Education**

Indian Knowledge System of Physical Education

### **2 Sports Psychology**

The Role of Sports Psychology in Physical Education: Motivation, Stress Management, and Coping Abilities under NEP 2020

### **3 Sports Biomechanics & Kinesiology**

Understanding Biomechanics and Kinesiology in Physical Education

### **4 Test, Measurement & Evaluation**

Importance of tests and measurement in evaluating physical performance, fitness, and skill development

Annual Training Programme for School Children (ATPs)

### **5 Health Education**

Menu Planning for School Children

Emergency Care

Hygiene

### **6 Well-Being**

Aerobics for School Children

### **7 Yoga**

Yoga for Young Minds: Developing Focus and Flexibility

Promoting the traditional Indian values of Swasthya (health and Samyam (self-control)

The Role of Yoga in Enhancing Physical, Mental, and Spiritual Growth

### **8 Sports & Games**

#### **8.1 Cricket**

An In-Depth Look at Cricket

#### **8.2 Football**

"Building Sportsmanship and Fitness through Football – A Pathway to Holistic Development"

### **8.3 Volleyball**

"Building leadership and coordination through Volleyball– A Pathway to Holistic Development"

**Duration: 20-24 January, 2025**

**Training Programme Schedule - Phase-I**

<b>Day/Date</b>	<b>Session-1 (06:30 – 8:00 a.m.)</b>	<b>Breakfast (8:30 – 9:15a.m.)</b>	<b>Session-2 (10:00-11:30a.m.)</b>	<b>Session-3 (11:45 – 1:15 p.m.)</b>	<b>Lunch (1:30 –2:30)</b>	<b>Session-4 (3:00 – 4:30 p.m.)</b>	<b>Tea (4:30 –4:45p.m.)</b>	<b>Session-5 (4:45 – 6:15p.m.)</b>
<b>Monday 20-01-2025</b>	<b>Reporting</b>		<b>Registration &amp; Opening of the Workshop</b>	<b>Indian Knowledge System of Physical Education (YKS)</b>		<b>Introduction to Indigenous Activities (TP)</b>		<b>Practical Session of Indigenous Activities (YKS/TP/MB)</b>
<b>Tuesday 21-01-2025</b>	<b>Group Activities and Presentation of Indigenous Activities (JS/YKS/TP/MB)</b>		<b>Sports Biomechanics &amp; Kinesiology (JS)</b>	<b>Test, Measurement &amp; Evaluation (JS)</b>		<b>Relaxation Techniques (OP)</b>		<b>Cricket (Practical) (OP/TP)</b>
<b>Wednesday 22-01-2025</b>	<b>Basic Skills &amp; Techniques Track and Field (Practical) (MB/TP)</b>		<b>Anatomy &amp; Physiology (OP)</b>	<b>Emergency Care &amp; Hygiene (VSR)</b>		<b>Volleyball (Practical)</b>		<b>Inclusive Sports (Special Olympics, Paralympic &amp; Deaflympic Games etc) (Practical) (TP)</b>
<b>Thursday 23-01-2025</b>	<b>Fitness &amp; Aerobics (Practical) (DKD)</b>		<b>BCK</b>	<b>Introduction of Yoga &amp; Meditation (MS/AD)</b>		<b>Football/Volleyball /kabaddi/Table Tennis (Practical) (BCK/MS/AD)</b>		<b>Yoga &amp; Meditation (Practical) (MS)</b>
<b>Friday 24-01-2025</b>	<b>Fitness &amp; Aerobics Yoga &amp; Meditation (DKD &amp; MS)</b>		<b>Use of Different ICT &amp; Software applications to promote Sports and games (BKP/AD)</b>	<b>MKS</b>		<b>Presentation of each group related to the Workshop</b>	<b>Valedictory &amp; Distribution of Certificate</b>	

**YKS: Dr Yatendra Singh, MB: Dr Mahendra Barua, JS: Prof Joseph Singh, OP: Dr Om Prakash Misra, VSR: Dr Vijay Sankar Rao, DKD: Dr Deppak Kumar Dogra, AD: Dr Atul Dubey, BCK: Prof B.C.Kapri, MS: Dr Moradhavj Singh, BKP: Prof Brij Kishore Prasad, MKS: Mahendra Kumar Singh**

### **Day 1 Summary: Summary of the Registration & Opening of the Workshop PAC 23.27**

The Workshop PAC 23.27 commenced with a smooth and well-organized registration process, where participants from diverse educational institutions were welcomed and provided with workshop materials. The event officially began with an inaugural ceremony marked by the presence of distinguished guests, resource persons, and organizing committee members. The opening session included a welcome address that emphasized the objective and importance of the workshop, followed by an introduction to the theme—focusing on innovative approaches and contemporary relevance of the topic. Keynote speakers highlighted the significance of professional collaboration and knowledge sharing. The session concluded with an outline of the workshop schedule, goals, and expected outcomes, setting a positive and enthusiastic tone for the days ahead.



**Dr. Yatendra Singh** emphasizes that the Indian Knowledge System (IKS) offers a rich and holistic understanding of physical education, deeply rooted in ancient texts, traditions, and philosophies. He highlights that physical education in India is not merely about physical fitness but integrates the body, mind, and spirit. Drawing from sources such as the Vedas, Upanishads, Ayurveda, Yoga, and the epics like Mahabharata and Ramayana, Dr. Singh illustrates how traditional Indian practices focused on developing discipline, endurance, moral strength, and mental clarity alongside physical prowess. Ancient systems like Yoga, Dhanurvedya (archery and martial arts), and traditional games played a key role in promoting overall well-being and community bonding.

He underscores the scientific basis of practices like Yoga and Ayurveda, showing their relevance to modern health and sports science. Dr. Singh advocates for integrating IKS into contemporary physical education curricula to preserve cultural heritage, promote sustainable health practices, and foster holistic development among students.

In conclusion, Dr. Yatendra Singh believes that reviving and incorporating India's traditional knowledge into physical education can enrich the discipline and provide a more balanced and culturally grounded approach to human development.



**Dr. Triloki Prasad** delivered an insightful session on the significance and relevance of indigenous activities within the Indian Knowledge System. He began by explaining that indigenous activities are traditional physical practices and games that have been an integral part of Indian culture for centuries. These include activities like Kabaddi, Kho-Kho, Gilli Danda, Mallakhamb, and traditional wrestling (Kushti), among others.

Dr. Prasad emphasized that these activities are more than just recreational—they promote physical fitness, mental alertness, teamwork, discipline, and cultural identity. He highlighted how these traditional practices are rooted in local wisdom, environment, and societal values, often requiring minimal resources yet delivering high physical and educational value.

He also pointed out the pedagogical value of indigenous activities, suggesting their inclusion in school curriculums to promote holistic development and national pride. Dr. Prasad called for renewed interest and research in this area to revive and preserve these traditional forms, making them relevant and engaging for the younger generation.

In conclusion, he encouraged educators and trainers to recognize the value of indigenous games not just as physical exercises but as cultural treasures that connect students with their heritage while fostering holistic well-being.







### **Practical Session on Various Indigenous Activities**

The first day of the practical session on indigenous activities was engaging and energetic, offering participants hands-on exposure to a variety of traditional Indian physical practices. The session began with a brief introduction highlighting the importance of indigenous games in promoting physical fitness, cultural heritage, and teamwork.

Participants actively took part in games such as Kabaddi, Kho-Kho, Gilli Danda, and Langdi, under the guidance of experienced instructors. Each activity was preceded by a short demonstration and explanation of rules, techniques, and their historical significance. Emphasis was placed on the educational and developmental aspects of these games, such as agility, coordination, strategic thinking, and cooperation.

The practical atmosphere was both interactive and inclusive, allowing participants to not only learn the physical techniques but also understand how these games can be integrated into modern physical education programs. The session successfully revived interest in indigenous activities while encouraging a deeper appreciation for India's traditional sports culture.





### **Day 2 Summary: Presentation and Creation of Indigenous Activities**

The workshop focused on the presentation of indigenous activities and the creation of new interactive activities led by the key resource persons. The day began with participants showcasing the indigenous games and activities they had learned on Day 1, such as Kho-Kho, Kabaddi, Mallakhamb, and traditional relay races. Each presentation was accompanied by an explanation of the game's origin, rules, educational value, and adaptability for school or community settings.

Following the presentations, the key resource persons introduced innovative interactive activities that blended traditional elements with modern pedagogical techniques. These included:

- Modified team-based games that promoted collaboration and physical engagement.
- Skill-building circuits inspired by indigenous movements, designed for agility and balance.
- Story-integrated games to connect folklore with physical tasks, making the activities more immersive and educational for children.
- Cultural relay games where teams performed tasks reflecting different regional traditions of India.

The interactive nature of these sessions sparked creativity among participants, who were encouraged to contribute their ideas and customize the games according to their local contexts.

The day concluded with an open discussion where feedback was shared, and participants appreciated the value of integrating innovation with tradition to keep indigenous activities relevant and engaging in contemporary physical education.







### **Summary of Prof. Joseph Singh on "Sports Biomechanics & Kinesiology":**

Prof. Joseph Singh delivered a comprehensive and insightful lecture on the subject of Sports Biomechanics and Kinesiology, highlighting their crucial role in enhancing athletic performance and preventing injuries. He began



by explaining that biomechanics is the study of human movement using mechanical principles, while kinesiology focuses on the science of body movement, including muscular and skeletal functions.

He elaborated on how understanding body mechanics, joint movements, force application, and motion analysis can help athletes improve technique, efficiency, and overall performance. Through practical examples, Prof. Singh illustrated how biomechanical analysis is used to refine movements in sports such as running, jumping, throwing, and swimming.

Prof. Singh also emphasized the significance of kinesiology in rehabilitation, posture correction, and functional training, especially in designing exercise programs tailored to an individual's anatomical and physiological needs.

He concluded by encouraging educators, trainers, and students to integrate these scientific principles into coaching and training methodologies for safer and more effective athletic development. His talk provided participants with a solid foundation in applying theoretical knowledge to real-world sports settings.

### **Summary of Prof. Joseph Singh on "Test, Measurement & Evaluation"**

Prof. Joseph Singh presented a detailed and practical session on the topic "Test, Measurement & Evaluation" in the context of physical education and sports sciences. He began by defining the three key terms:

- Test is a tool or instrument used to collect data.
- Measurement is the process of quantifying performance or ability.
- Evaluation is the interpretation of data to make informed decisions regarding performance, progress, or program effectiveness.

He emphasised the importance of these components in ensuring objectivity, accuracy, and fairness in assessing the physical, motor, and fitness levels of students and athletes. Prof. Singh highlighted how properly selected and administered tests provide essential feedback that can be used to design training programs, monitor development, and guide future planning.

He also discussed various standardized fitness tests, skill assessments, and motor ability measurements commonly used in educational and competitive settings. Stressing the value of validity, reliability, and usability, he guided participants on how to choose the right tools for specific populations and contexts.

In conclusion, Prof. Singh underlined that effective test and evaluation practices not only improve athletic performance but also support educational goals, talent identification, and inclusive development in physical education programs.

### **Summary of Dr. Om Prakash Mishra's Lecture on Relaxation Techniques**

Dr. Om Prakash Mishra conducted an informative and calming session on Relaxation Techniques, focusing on their significance in promoting mental well-being, reducing stress, and enhancing overall physical performance. He began by explaining that in today's fast-paced world, relaxation is not a luxury but a necessary practice to maintain balance between body and mind.

He introduced participants to various scientifically proven and traditional Indian methods of relaxation, including:

- Deep breathing exercises (Pranayama)
- Progressive muscle relaxation
- Guided imagery and visualization
- Meditation and mindfulness techniques
- Shavasana (Corpse Pose) in Yoga

Dr. Mishra highlighted how these techniques help lower anxiety, improve concentration, enhance recovery after physical exertion, and promote emotional stability. He also discussed the physiological benefits, such as reduced heart rate, lower blood pressure, and decreased cortisol levels.

The session included live demonstrations, where participants practiced several techniques under his guidance, creating a peaceful and reflective learning environment. Dr. Mishra encouraged everyone to incorporate relaxation into their daily routine, especially for students, athletes, and professionals under constant pressure. In conclusion, he emphasized that regular use of relaxation methods leads to a more focused, calm, and productive life and should be considered an essential part of any physical education or training program.

#### **Summary of Dr. Om Prakash Mishra and Dr. Triloki Prasad's Session on Leg Cricket**

Dr. Om Prakash Mishra and Dr. Triloki Prasad jointly conducted an engaging and informative session on Leg Cricket, a unique and emerging indigenous sport that combines elements of football and cricket. The session aimed to introduce participants to the rules, skills, and educational value of the game, promoting it as an innovative and inclusive physical activity.

They began by explaining the origin and objectives of leg cricket, highlighting its role in encouraging physical fitness, teamwork, coordination, and strategic thinking—particularly in school and community sports programs. The game is played similarly to cricket, but instead of using a bat, players kick the ball to score runs.

Key points covered in the session included:

- Basic rules and regulations of leg cricket
- Team formation, field setup, and match duration
- Skills required, such as kicking techniques, running between wickets, fielding, and bowling
- Safety measures and modifications to suit various age groups

Live demonstrations and interactive practice sessions helped participants understand the technical and tactical aspects of the game. Both resource persons emphasized how leg cricket can be a cost-effective, engaging, and inclusive sport suitable for rural and urban areas alike.

In conclusion, Dr. Mishra and Dr. Prasad encouraged educators to promote leg cricket in schools and colleges as a means to diversify physical education programs, enhance student participation, and preserve indigenous sports culture.

## **Summary of Practical Lecture by Mr. Manoj Kumar and Dr. Mahendra Barua on Basic Skills & Techniques of Track and Field**

The practical session led by Mr. Manoj Kumar and Dr. Mahendra Barua focused on introducing and demonstrating the fundamental skills and techniques involved in Track and Field events. The session was aimed at building a strong foundation in athletics for physical education professionals and aspiring coaches.

The instructors covered the basics of:

- Track Events: including sprints (100m, 200m), middle-distance (400m, 800m), and relays. Emphasis was placed on starting techniques (block starts), stride length, running posture, arm movement, and pacing strategies.
- Field Events: such as shot put, where participants learned correct stance, grip, body alignment, approach techniques, and follow-through for optimal performance and safety.

The session was highly interactive, with demonstrations followed by individual practice, correction of techniques, and personalized feedback. Both experts emphasized biomechanical efficiency, injury prevention, and the importance of warm-up and cool-down routines.

In addition, they explained how these basic skills can be taught progressively in school and college-level programs, encouraging structured training plans for athletes at different levels.

The session concluded with a Q&A and group reflection, reinforcing the importance of technique in achieving athletic excellence and ensuring safe and effective coaching practices.



### **Summary of Dr. Om Prakash Mishra's Lecture on Anatomy & Physiology**

Dr. Om Prakash Mishra presented a comprehensive and engaging lecture on Anatomy and Physiology, emphasizing its foundational importance in the field of physical education, sports science, and health. He began by explaining that anatomy is the study of the structure of the human body, while physiology deals with how those structures function.

Dr. Mishra discussed key systems of the body—skeletal, muscular, circulatory, respiratory, and nervous systems—and their roles in supporting physical activity and athletic performance. He used diagrams and models to illustrate how the body moves, generates force, and maintains balance and coordination.

Special attention was given to:

- Muscle groups and their actions during exercise
- Joint types and movement patterns
- Cardiovascular and respiratory adaptations to physical activity
- The importance of homeostasis and recovery in training

He linked theoretical knowledge to practical applications by explaining how understanding body mechanics helps in designing effective training programs, preventing injuries, and improving athletic outcomes.

In conclusion, Dr. Mishra encouraged physical educators, coaches, and students to apply anatomical and physiological knowledge in everyday teaching and training practices to promote scientific, safe, and performance-oriented physical education.

### **Summary of Dr. Vijay Sankar Rao's Lecture on Emergency Care & Hygiene**

Dr. Vijay Sankar Rao delivered an informative and highly relevant lecture on Emergency Care and Hygiene, emphasizing its critical role in health education, sports, and day-to-day life. He began by explaining that emergency care refers to the immediate and appropriate response given to injuries or medical conditions before professional help arrives, while hygiene involves practices that maintain health and prevent disease.

In the emergency care segment, Dr. Rao covered:

- Basic first aid principles
- Management of cuts, burns, fractures, sprains, and fainting
- Use of a first aid kit and how to respond during sports-related injuries

He stressed the importance of quick thinking, calmness, and proper technique in emergency situations, especially for physical education teachers, coaches, and trainers who often serve as first responders.

In the hygiene segment, he explained:

- The importance of personal, environmental, and food hygiene
- The role of hygiene in preventing infections and promoting overall health
- Hygiene practices specific to athletic environments such as locker rooms, gyms, and shared equipment

Dr. Rao emphasized that a clean environment and proper emergency preparedness contribute significantly to the safety and well-being of students and athletes. He concluded by encouraging institutions to conduct regular first aid training and hygiene awareness programs.



**Summary of Dr. Triloki Prasad's Session on Inclusive Sports: Blind Cricket, Blind Football, and Bocce Game**  
Dr. Triloki Prasad conducted an insightful and inspiring session on Inclusive Sports, focusing on Blind Cricket, Blind Football, and Bocce—sports designed to promote participation among individuals with disabilities. His lecture emphasized the values of accessibility, equality, and inclusion in the realm of physical education and community sports.

He began by highlighting the importance of inclusive sports in empowering persons with disabilities, improving their confidence, and fostering social integration. The session offered both theoretical background and practical understanding of each sport:

#### 1. Blind Cricket:

Dr. Prasad explained how the game is adapted using a sound-emitting ball and modified rules to suit visually impaired players. He described team compositions, role of sighted players, and how the game enhances spatial awareness, reflexes, and coordination.

#### 2. Blind Football:

Played with an audible ball and guided by verbal cues, Blind Football was introduced as a fast-paced, exciting sport that strengthens communication, agility, and trust among players. Dr. Prasad stressed the importance of safety and structure in conducting such games.

### 3. Bocce Game:

He described Bocce as a precision ball sport suitable for players with physical disabilities. Using soft balls and a target (pallino), the game encourages fine motor control, focus, and strategic thinking. Its adaptability makes it an ideal game for inclusive school and community programs.

Throughout the session, Dr. Prasad advocated for the integration of inclusive sports into mainstream physical education to ensure equal opportunities for all. He encouraged teachers and trainers to create accessible environments, use adaptive equipment, and promote participation regardless of physical ability.

In conclusion, Dr. Prasad highlighted that inclusive sports not only build physical fitness but also cultivate empathy, teamwork, and respect for diversity in learners and athletes.

### Summary of Practical Session by Dr. Deepak Dogra (BHU) on Fitness & Aerobics

Dr. Deepak Dogra from conducted a dynamic and energizing practical session on Fitness and Aerobics, aimed at enhancing participants' understanding of physical conditioning through structured aerobic routines and fitness exercises. The session was designed to promote the significance of cardiovascular health, muscular endurance, and overall physical well-being.

The session began with a warm-up segment, focusing on joint mobility, light stretching, and preparatory movements. Dr. Dogra then introduced a series of aerobic routines set to rhythmic music, combining movements such as:

- Marching and jogging in place
- Grapevine steps
- High knees and jumping jacks
- Arm and leg coordination drills

These exercises were designed to elevate heart rate, improve stamina, and engage multiple muscle groups. He emphasized proper posture, breathing techniques, and movement control to maximize the effectiveness of each routine and reduce the risk of injury.

In the fitness segment, Dr. Dogra guided participants through a circuit of bodyweight exercises including squats, push-ups, planks, and lunges, highlighting their role in core strength, flexibility, and muscular development. He also discussed the importance of consistency, diet, hydration, and recovery in maintaining overall fitness. The session was interactive, motivating, and suitable for individuals of all fitness levels.

In conclusion, Dr. Dogra encouraged participants to integrate aerobics and fitness workouts into daily life to foster a healthy lifestyle and promote well-being across age groups.





### **Summary of Practical Session by Prof. Kapri on Football: Basic Skills – Dribbling and Passing**

Prof. Kapri led a focused and interactive practical session on football, emphasizing the foundational skills of dribbling and passing—essential techniques for both beginners and developing players. The session aimed to enhance players' ball control, coordination, teamwork, and on-field communication.

The session began with a brief warm-up routine, including light jogging, dynamic stretches, and agility drills to prepare participants for skill work. Prof. Kapri then introduced dribbling techniques, demonstrating how to:

- Control the ball using the inside, outside, and sole of the foot
- Maintain close contact with the ball while moving
- Navigate through cones and opponents using quick footwork
- Keep eyes up for better field awareness

Participants practiced dribbling drills individually and in relay formats to improve control and speed while maintaining balance.

The second part of the session focused on passing techniques, where Prof. Kapri highlighted:

- Short and long passes using the instep and inside of the foot
- The importance of timing, accuracy, and communication
- Receiving the ball properly to maintain flow in gameplay
- Small group passing drills and combination plays

Through pair work and team activities, participants developed a better understanding of movement off the ball and how to create effective passing lanes during matches.

Prof. Kapri concluded the session by reinforcing the importance of regular practice and game intelligence, stating that mastering these basic skills lays the foundation for advanced tactical play in football.

## **Summary of Practical Session by Dr. Muradhwaj Singh on Yoga & Meditation and Its Impact on School Children During Examinations**

Dr. Muradhwaj Singh led an enlightening and practical session on Yoga and Meditation, specially tailored to highlight its benefits for school children during examination periods. The session emphasized how regular practice of yoga and meditation can reduce exam-related stress, improve concentration, and promote emotional stability in young learners.

The session began with simple warm-up stretches and basic yoga postures (asanas) suitable for school-aged children, such as:

- Tadasana (Mountain Pose) – to improve posture and focus
- Balasana (Child’s Pose) – to calm the mind and relax the body
- Vrikshasana (Tree Pose) – to enhance balance and concentration
- Shavasana (Corpse Pose) – for deep relaxation

Dr. Singh explained that these postures help release physical tension, increase blood flow to the brain, and prepare the body and mind for effective learning and retention.

Following the asanas, he introduced Pranayama techniques like:

- Anulom Vilom (Alternate Nostril Breathing)– to balance the nervous system
- Deep breathing exercises – to reduce anxiety and support calm thinking

He also led the children through guided meditation, focusing on breath awareness and positive affirmations, which is known to enhance memory, reduce test anxiety, and improve emotional control.

Dr. Singh stressed that incorporating 10–15 minutes of yoga and meditation daily—especially during exam preparation—can significantly help children stay mentally focused, emotionally balanced, and physically relaxed.

In conclusion, he encouraged teachers and parents to integrate yoga into daily school routines, particularly during exam time, as a natural, effective, and non-medical method for boosting students’ academic performance and mental well-being.



#### Summary of Practical Session by Dr. Brij Kishore on Use of ICT & Software Applications in Sports and Games

Dr. Brij Kishore conducted an informative and hands-on practical session focused on the integration of Information and Communication Technology (ICT) and various software applications to promote and enhance sports and games. The session aimed to equip physical education teachers, coaches, and students with digital tools to improve training efficiency, performance analysis, and sports management.

He began by explaining the growing role of technology in modern sports, highlighting how ICT tools can aid in planning, assessment, monitoring, and communication within sports settings. Dr. Kishore introduced participants to a range of software and applications, including:

- Video analysis tools (e.g., Dartfish, Kinovea) for evaluating player movements and techniques
- Fitness and training apps (e.g., MyFitnessPal, Google Fit, Coach's Eye) to monitor physical activity and progress
- Sports simulation software for skill development and strategic understanding
- Digital scoreboards, performance tracking spreadsheets, and online tournament management systems

He also demonstrated how to use presentation tools, virtual classrooms, and online resources to conduct engaging and interactive physical education classes. Emphasis was placed on using Google Workspace, YouTube tutorials, and educational platforms to share training content and assignments.

Dr. Kishore encouraged participants to adopt ICT not only for improving athletic performance but also to make sports education more accessible, data-driven, and inclusive. He also discussed the challenges of digital adaptation and stressed the importance of digital literacy among educators.

In conclusion, Dr. Brij Kishore motivated the attendees to embrace technology as a powerful ally in modern sports training and education, helping bridge the gap between traditional physical training and 21st-century learning.

#### Summary of Lecture by Prof. M.K. Singh on Sports Management

Prof. M.K. Singh delivered an insightful lecture on the topic of Sports Management, focusing on its critical role in the effective planning, organization, and administration of sports activities and events. The session aimed to provide a comprehensive understanding of how systematic management practices can enhance the efficiency, professionalism, and success of sports programs at various levels.

Prof. Singh began by defining Sports Management as the application of business, administrative, and leadership principles to the field of sports. He emphasized that sports today require much more than physical skills—they demand strategic planning, financial oversight, resource management, and stakeholder coordination.

Key areas covered during the lecture included:

- Planning and organizing sports events
- Budgeting and financial management in sports
- Marketing and promotion of sports teams and activities
- Leadership and team management in coaching and training environments
- Facilities and equipment management
- Legal and ethical considerations in sports management

He also highlighted the importance of communication skills, decision-making, and conflict resolution in handling teams, athletes, and event logistics effectively.

Prof. Singh discussed the growing scope of career opportunities in sports management, particularly with the rise of professional leagues, sports tourism, and digital broadcasting. He encouraged students and educators to adopt modern management tools and technology, such as performance tracking software, scheduling apps, and sports analytics platforms.

In conclusion, Prof. M.K. Singh emphasized that efficient sports management is essential not only for the smooth execution of events and training but also for the overall development of sports culture in educational institutions and society.



## Photos of the Program





































