

**A Report of  
Faculty Development Programme  
on  
Health Interventions for Fit and  
Prosperous India**



**Submitted  
to**

**Rajiv Gandhi University**

**Conducted by**

**Department of Physical Education**

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**Online Mode**

## Chief Patron



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Prof. Amitava Mitra  
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Prof. Tomo Riba  
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## Patrons



Chairman  
Dr. Anil Mili (HoD)



Joint Coordinator  
Dr. K. Rojeet Singh



Coordinator  
Dr. Vivek Kumar Singh



Joint Coordinator  
Dr. Tadang Minu



Advisor  
Dr. Sambhu Prasad

## ACKNOWLEDGEMENT

I express with innermost regard and sincerity, the sense of gratitude to our honourable Vice Chancellor, R.G.U, Prof. Saket Kushwaha for his constant guidance and support. I owe him Thanks for the way he has always encouraged me.

I extend my sincere gratitude to Registrar and Finance Officer of our university for providing financial support from the University.

Most of all, I express my deep sense of gratitude to the Chairman and Head, Dept. of Physical Education, Rajiv Gandhi University, Dr. Anil Mili, who always boosted my morale and has been a guide who helped me through thick and thin. I am indebted to you for your guidance.

I also extend my gratitude to Joint Coordinators of this five day FDP Dr. Tadang Minu and Dr. K. Rojeet Singh, for their time and cooperation, without which the event wouldn't have been made possible. I am also thankful to Dr. Sambhu Prasad, Advisor of this FDP for his valuable suggestions, technical support whenever we look towards him.

I must also thank to Rikpu Kamcham for all his support that he provided from the beginning to conclusion of this programme. He also helped us in circulation and popularization of this programme.

I will fail in my duty if I will not acknowledge the support and consent provided by all the esteemed resource persons of this FDP. We approached him for this programme and they not only accept our invitation, they also suggest some technical inputs to improve quality of this programme.

Dr. Vivek Kumar Singh  
Coordinator

## **Executive Summary:**

The Five Day Faculty Development Programme on Health Interventions for Fit and Prosperous India conducted with the motive of educating teaching fraternity about health benefits of participation in physical activities, yoga and sports. While it was an effort to inculcate healthy habits in daily life along with healthy and balanced diet. Peoples could avoid the risk of various life style diseases like High BP, diabetes, osteoarthritis, stroke, heart diseases and obesity by adopting customized training plan and appropriate diet intake. The discussion on osteoarthritis was eye opener when participants get to know that every individual after age of 40 start losing their bone health and specially female after their menopause and it can be managed through adopting certain small adjustment in our daily life like introduction of weight training, adequate diet and by efficient management of stress as it was discussed that how stress can be a positive stimulator in our life for achieving the top goal of our life if we would be able to understand its requirement in our life and able to manage it through help of experts advice. As balanced training plan and diet along with stress free life can also be helpful to improve the human immunity and now days entire health organisation of the world is emphasising the requirement of immunity power. It was surprising to know that our body has inbuilt mechanism to overcome all kind of diseases even to disease like cancer also be overcome if someone poses strong immunity. Participants showed their keen interest to learn about how hormonal disbalance can negatively affect our daily life and create a hindrance in attaining a healthy and fit life. As healthy and fit society can be asset for the nation and reduce the financial burden of the developing country like India. Participant's response towards programme was positive and encouraging.

## Part: 1

# Preface

### 1.1 The University

Rajiv Gandhi University (formerly Arunachal University) is the premier institution for higher education in the state of Arunachal Pradesh and has completed thirty-six years of its existence. Late Smt. Indira Gandhi, the then Prime Minister of India, laid the foundation stone of the university on 4th February 1984 at Rono Hills, where the present campus is located. Ever since its inception, the university has been trying to achieve excellence and fulfil the objectives as envisaged in the University Act. The University received academic recognition under section 2(f) from the University Grants Commission on 28th March, 1985 and started functioning since 1st April, 1985. It received financial recognition under section 12-B of the UGC on 25th March, 1994. Since then Rajiv Gandhi University then Arunachal University has carved a niche for itself in the educational scenario of the country following its selection as a University with potential for excellence by a high-level expert committee of University Grants Commission from among universities in India. The University was converted into a Central University with effect from 9th April 2007, according to a notification by the Ministry of Human Resource Development, Government of India. Being the only Central University of the State at present there are Twenty Six (26) Departments and Two (02) Institutes functioning under Nine (09) Academic Faculties. The Faculty members have been actively engaged in research activities. The University has been maintaining its academic excellence and individuals from its alumni group are contributing at significant positions not only in State and Central Government Services, but also in various Institutions, Industries and Organizations. The University has continuously maintained its premier status among top hundred (100) educational institutions in NIRF ranking across India.

### Department of Physical Education

Department of Physical Education a constituent unit of Rajiv Gandhi University (A Central University) established in the year 2015 to promote physical education and develop an interest among people regarding the need and importance sports and exercise which is medium to improve the community health. It is 1<sup>st</sup> and only one department of physical education in Arunachal Pradesh. The syllabi of the courses are so designed as to prepare professionally qualified leaders and teachers in physical education. The

infrastructures developed are as per the NCTE standard and norms. A team of competent and dedicated teachers are engaged in relentless pursuit of excellence in Physical Education and Sports for health, fitness and wellness of the citizens. Department is offering BPED since its inception and full time Ph. D from 2019-20. Numerous students from department have got admission in MPED in renowned institutions like LNIPE, Gwalior, LNIPE: NERC, Guwahati, LNCPE: Trivandrum and BHU. This is also in a process to upgrade the department into Centre of Excellence for Sports Sciences. Under its extension activities, department also provides yoga classes, boxing training and leadership camp.

## 1.2 Sponsoring Agency

The Program was sponsored by the Rajiv Gandhi University.

## 1.3 Background

Health has been essence of human society since origin of life and it is still more relevant in present era of globalization. As now days extra effort from different professionals has been increased significantly. It does not matter an individual involve in which profession, either it is IT, Medical, Management, Teaching, Defence, Engineering or any other profession all professions expect tremendous effort from employees and the good thing is that the professional are also doing their best to be succeed in their profession, to fulfil demands of society and to make their society rich and progressive. But the big question is we are achieving all the success on cost of our health either it is physical, mental, social or emotional.

According to **Mint**, If we see the India's total healthcare spending (out-of-pocket and public), at 3.6% of GDP, as per OECD, is way lower than that of other countries. The average for OECD countries in 2018 was 8.8% of GDP. India spends the least among BRICS countries: Brazil spends the most (9.2%), followed by South Africa (8.1%), Russia (5.3%), China (5%). Data reflects the need of attention required for health care system in India especially to professional workforce. When we think about productivity of professional it entirely depends on quality of their occupational health, mental health, social health and physical health. When we think about health of teachers it is as important as other professionals. As we all know the expectations of society from teachers of HEI are high. It is expected from teachers that they should contribute through their research work, innovative teaching and proper mentoring to the students and all

these efforts require a good healthy body and mind. A mind that is full from innovative ideas and a body that is full with positive energy.

A healthy body full with positive energy and a healthy mind full with innovative ideas is need of era. But due to lot of expectation and to fulfil the requirement of society, institute and students, teachers often ignore their health that may lead them towards lifestyle diseases. As lifestyle disease are sometimes genetic but it's our lifestyle i. e. eating pattern, involvement in physical activities, social relationship and ability to cope with stress are most important factors that determine the severity of life style diseases. Lifestyle diseases are basket of numerous life threaten disease like; Diabetes, Hypertension, Stroke, Atherosclerosis, Heart Disease, Colon Cancer, Obesity, Osteoarthritis and many more. Lifestyle diseases are caused by influences on the human body by the way people live their lives and even these diseases also determine how an individual is going to restrict in his/her life in terms of effort.

Health management will help us to understand the need of our body and to control the factors who adversely affect our body and mind, because lot of health related problems of human being are controllable and a person can protect himself from the adverse effect of various diseases, if he have adequate knowledge about the cause and prevention of these diseases, if he is able to manage his life style. This five day FDP is an initiative from Department of Physical Education to make our society fit and healthy so that they can contribute for their institution and society with full effort. This FDP will enable the participants to prioritize there health and health related requirement and provide them professional guidance to manage their personal and professional health. It will help them to enhance their professional and social productivity.

#### **1.4 Objectives**

- Develop concept of health and it relevance for successful professional life.
- Enable participants to manage their health by effective planning of physical activities.
- Equip the participants with knowledge of physical exercise, yogic activities and adequacy of nutrition.
- Develop awareness about lifestyle diseases there causes and various interventions to manage them.
- Educate about importance of sports for mental health and personality development of teachers.
- Aware participants that stress is not as dangerous as people think it also work as fuel and motivator to achieve our dreams and help us to gain the perfection.

- Explain relevance of physical education and sports in curriculum for better health, socialization and leadership quality.
- Discuss about hormonal influence on health and mood. How sports and nutrition can be a mean for hormonal balance and happy life.

### 1.5 Expected Outcomes

- The programme will enrich about management of health through different means and help participants to improve their productivity.
- Participants will be able to manage their nutritional intake according to their health and professional requirement.
- It will help participants to accept stress as positive stimulators that will motivate them do their best in profession.

### 1.6 Themes and Sub-themes

- Relevance of Physical Education and Sports in New Education Policy
- Fitness Management for All
- Life Style Diseases
- Physical and Yogic Interventions for Immunity
- Nutritional Management of Health and Life Style Diseases
- Consequences of Osteoarthritis and Way of Mobilization
- Sports for Mental Health and Personality Development
- Happy Hormones for Happy Life
- Stress a Childhood Friend and A Lifelong Enemy
- Healthy Citizens and Economy of Nation

### 1.7 Resource Persons

Sl. No.	Name	Designation & Address
1.	Dr. B. Basumatary	Professor & Dean, LNIPE. NERC, Guwahati
2.	Dr. B. C. Kapri	Professor, Department of Physical Education, BHU
3.	Dr. J. P. Singh	Head, Department of Panchkarma, IMS, BHU
4.	Dr. Rajeev Choudhary	Professor, Department of Physical Education, Pt. R. S. S. U. Raipur (C. G)
5.	Neetu Bhalla	Chief Dietician, Multispecialty Jagrati Hospital & Research Center Pvt. Ltd.

## 1.7 Resource Persons

- (DU) Chennai
7. Dr. Jayashree Acharya Professor & Dean , National Sports University, Manipur
  8. Dr. N. K. Agrawal Professor, Department of Endocrinology and Metabolism, IMS, BHU
  9. Siddhartha Srinet Sports Officer, Govt. Degree College, M.P.
  10. Dr. Ashish Phulkar Professor, LNIPE, Gwalior, M.P.

## 1.8 Target Population

- Teachers from Higher Education
- Teachers from Secondary Education
- Teachers from Primary Education
- Teachers from Elementary Education
- Research Scholars

## 1.9 Budget

The estimated budget of the programme is Rs. 11,000/- which includes honorarium to the Resource Persons and other Miscellaneous Expenses.

## 1.10 Modus Operandi

Five Day FDP was conducted on online platform ZOOM Meeting.

## Part 2: Session Wise Deliberations

### 2.1 Inaugural Session: (17.08.2020) 11.00 AM-12.00 PM

Department of Physical Education, Rajiv Gandhi University Doimukh inaugurated 5 Day Faculty Development Programme on the Theme: “Health Interventions for Fit and Prosperous India” w.e.f., 17<sup>th</sup> to 21<sup>st</sup> August, 2020. The Inaugural programme was held 17.08.20 through Zoom Platform, a total of 222 participants registered for the FDP. The programme was inaugurated today by Sri Kiren Rijiju, Hon’ble MOS(I/C) MYA&S and MOS, Minority Affairs, Government of India in presence of Prof. Saket Kushwaha, Hon’ble Vice Chancellor, RGU, Prof. Amitava Mitra, Pro-Vice Chncellor, RGU, Prof. Tomo Riba, Registrar, RGU, Prof. Biswajit Basumatary, Dean & Incharge LNIPE, North Eastern Regional Centre Guwahati, resource persons from across the nation, Deans of faculties, students and participants of the FDP.

Programme started with welcome address of Dr. Anil Mili, HoD, Physical Education; Dr Mili extends his heartiest greeting to all the participants to join this programme. Prof. Saket Kushwaha, Hon'ble Vice Chancellor of Rajiv Gandhi University being Chief Patron of this five day faculty development programme also extended his heartiest thanks to Sh. Kiren Rijiju Ji MOS (I/C) for MYA& S and MOS for Minority Affairs. He extended his gratitude to chief guest and said university will be indebted to him for his kind support and university will be loyal to the system of state and country to fulfill its academic and social responsibilities. Sir consented that this 5 day FDP is an initiative to promote physical education and sports and it will enhance the acceptability of sports science in society as a carrier. Hon'ble VC expressed his gratitude for providing four sports science departments and he committed that this department will be a mark of excellence in North-eastern part of India.

Sh. Kiren Rijiju Hon'ble MOS extended his congratulatory note to the university team and all the resource persons to be a part of such a noble cause to promote the movement of Fit India. Hon'ble minister congratulated the VC RGU and entire University fraternity for securing 2<sup>nd</sup> rank among 40 central universities. As the university is located in an interior part of India and has limited resources despite of that securing 2<sup>nd</sup> position is a remarkable achievement. He shared his memory of association with university and proudly revealed how university evolved to its present status. He quoted how Manchester University improved its academic ranking by promoting sports culture in the campus and by adopting their model UK has been a giant in the field of international sports. In European countries sports and physical activities have become a culture. Now days some Indian universities and colleges are also accepting that the benefit of sports and physical activities can be beneficial to improve the productivity of their students and faculty members also by accepting the fact St. Stephen college Delhi is improving their sports infrastructure and offering high priority to top sports persons in admission process.

While deliberating upon the theme of the FDP, he explained how the negatively skewed health indicators are the reflection of the poor health of the citizens. He believed that, it is only the fitness that will lead the nation to economic prosperity, psycho-physiological and socio-emotional wellbeing of citizens. He also explained the vision of Hon'ble Prime Minister Narendra Modi in launching "Fit India" campaign to help curb the

problem of loss of productivity due to avoidable non communicable diseases. He also appreciated the HRD Ministry for treating physical education and sports as one of the core subject and doing away the earlier practice of treating Physical Education as a co-curricular item in the New Education Policy, 2019. He believes that, not only fitness but the Fit India campaign will also help in grooming sports person from the school level and PE also helpful in Skill Development for lifelong engagement and employment which is achievable through active participation of physical education professionals as they play a major role of hand holding in the initial school years of a students.

He proudly discussed about the flagship programme: National Centre for Sports Sciences and Research initiative by MYAS. He regretted, despite of hard work of Indian sports persons, India still is lagging behind in medal tally because our players are not getting scientific support to enhance their performance and overcome their technical errors. In this respect ministry working to develop the scientific support for sports persons and Centre of Excellence RGU, and Manipur Sports University will play a pivotal role in the process. Hon'ble minister appreciated the effort taken by RGU as organizing FDP to promote fit india campaign as it is in top priority and to promote the same ministry is going to launch a manual book of fitness assessment to provide technical support. He shows his concern on report that 70% Indians are not aware about health benefits of physical activity and sports and that's why India is standing very low in fitness ranking.

Prof. Tomo Riba, Registrar while delivering Vote of Thanks he thanked Sri Kiren Rijiju and the MYA&S, GoI for launching "Fit India" campaign. He also thanked all members present for the programme.

## **2.2 Plenary Session: No**

## **2.3 Technical Sessions:**

**Day 1:** (17<sup>th</sup> August, 2020): 1st Technical Session

**Speaker:** Dr. B. Basumatary, Professor & Dean, LNIPE, NERC, Guwahati.

**Topic:** Relevance of Physical Education and Sports in New Education Policy

Prof. Biswajit Basumatary delivered his lecture on the topic "Relevance of Physical Education and Sports in new Education Policy". He discussed about the development of physical education and it

evolvment from the earlier stage of its implication in school and universities curriculum. He emphasized that sports and physical education should be considered as regular subject and every students should be part of it as it enhance productivity of students and explore new dimensions of personality. He appreciated the initiative taken by government in NYP: 2020 in which physical education has included as main subject of curriculum. Earlier it was considered as extracurricular activities than co-curricular activity, due to which schools were not focusing on this important aspect of life. He discussed about commercialisation of sports and its benefit to youth, due to commercialisation of sports people taking sports more seriously as a full time career.

**Day 1:** (17<sup>th</sup> August, 2020): 2<sup>nd</sup> Technical Session

**Speaker:** Dr. B. C. Kapri, Prof. Department of Physical Education, BHU, Varanasi.

**Topic:** Fitness Management for All

Dr. B. C. Kapri, in his deliberation discussed about the requirement of fitness management for all age group. Fitness does not mean only physical fitness, it means fitness with mental aspect, social aspect and professional aspect, because it does not mean that if someone is physically fit he or she will be mentally and socially fit. Fitness means how efficiently an individual fit with requirement of society or profession. He introduced the history of Jumping Jack and its relevance for maintenance of health for all age group. He also discussed different means to manage the health. Fitness has been essence now days for every individual of society and it is well relevant at each stage of life. Fitness plays a pivotal role to be succeeded in different profession not only in sports, so the training to achieve fitness should be specific according to profession and according to individual requirement. For a kid we should include drills to improve coordinative abilities as in this stage kids learn new skills related to different dimensions of life, more importantly they need their parent support and involvement in their different activities that encourage them to learn things more swiftly, while as they grow their requirement changes and in childhood stage they need exercise and drills that could emphasise on their flexibility and strength along with coordinative abilities. Fitness is even important before, during and after pregnancy. As before pregnancy a lady should be less fatty to conceive the baby while during pregnancy they should maintain fitness to avoid the chance of thyroid, genital diabetes and any other health related issue and yes in this stage they need specific exercise in different trimesters of pregnancy.

Same way after birth of baby there is more chance that the mother may gain weight due to medical conditions. In such situations appropriate diet with regulated exercise plane may help them to maintain adequate fitness level.

**Day 2:** (18<sup>th</sup> August, 2020): 1<sup>st</sup> Technical Session

**Speaker:** Dr. N. K. Agrawal, Professor, Department of Endocrinology and Metabolism, IMS, BHU

**Topic:** Happy Hormones for Happy Life

Dr. N. K. Agrawal addressed the participant by expressing his gratitude to Rajiv Gandhi University to invite him for deliver the lecture on this Five Day Faculty Development Programme. He begun the session that we all strive for bless full life and which mostly effect from internal and external environment. He explained that our body is made up of different chemical and substances. The sense of happiness is basically produced by hormones. The hormones are work as messenger in our body by sending the message to our brain. The external environment works through our sense organs. What sense organs feels whether it happy or stress by seeing, touch and smell it give message to brain through *Hypothalamus* and *Medulla*. When senses reach this part of body, it started neuron transmitted through endocrine system and nervous system to our brain. The outcome of this in chemical reaction we feel sad, happy and stress etc. Further he mention there are four (4) happy hormones namely as Serotonine, Oxytocin, Dopamine, and Endorphins. Which play very crucial role to be happy in our day today life. He explains deeply about each hormone how it produces through chemical process and if it is not release it also affects others parts of body organs. The happy hormones are.

- a) Serotonin – Produce by gut.
- b) Oxytocin – Produce by closeness and care.
- c) Dopamine – Produce Motivation by gut.
- d) Endorphins – Release after exercise.

He also explained clinical trial which he did as medical expert with a patient. He explain that our day to day activity very much important for release for happy hormones. Most of them indirectly affect our mood, how we feel and sense e.g. relationship, behaviour of friends and family members. Especially during this pandemic situation, we have to control our emotional aspect like stress due to economic crises, feeling loneliness and unable to sudden change in our life style.

He also elaborate other aspect of happy hormones that how adequate foods like vegetables and fruits can trigger the stimulation of hormones. This is a very essential for release of happy hormones. If we maintain our diets it will help to release happy hormones. He sums up the session with suggestion that, “Be positive towards life in every situation”.

**Day 2:** (18<sup>th</sup> August, 2020): 2<sup>nd</sup> Technical Session

**Speaker:** Dr. Rajeev Choudhary, Professor, Department of Physical Education, Pt. R. S. S. U. Raipur(C. G)

**Topic:** Physical and Yogic Interventions for Immunity

Dr. Rajeev Choudhary dwelt upon how physical; activity and yogic practices maintain and enhance our immunity. He explained about the physiological aspect of immunity and the factors who determine the immunity like physical activity, adequate diet, yogic practices and behavioural approach towards life. He started his session with concept of training load and explained about different types of training load that is internal and external training load. While external training load consist on volume and intensity, where load is also subdivided in frequency and duration, while intensity is consist on density and intensity. He explained about effect of training in different phases of training, it can be immediate effect, delayed effect and cumulative effect of training. Cumulative effect of training is combination of all the training done in last three to four weeks. Effects of training depend on training mean and accordingly it affects the different motor fitness components. After that he introduce the concept of immune system and factor affecting the immunity of an individual like age, gender, eating habits, medical status and fitness level. An individual gets immunity by two different ways one by innate immunity and another by adaptive immunity. Innate immunity refers to nonspecific defence mechanisms that come into play immediately or within hours of an antigen's appearance in the body. These mechanisms include physical barriers such as skin, chemicals in the blood, and immune system cells that attack foreign cells in the body. The innate immune response is activated by chemical properties of the antigen. While adaptive immunity refers to antigen-specific immune response. The adaptive immune response is more complex than the innate. The antigen first must be processed and recognized. Once an antigen has been recognized, the adaptive immune system creates an army of immune cells specifically designed to attack that antigen. Adaptive immunity also

includes a "memory" that makes future responses against a specific antigen more efficient. After that he conclude the relation between exercise and immunity where he explained for a moderately active person exercise should not be too intense and most importantly an individual should not be exercise addictive as it can harm individual's reproductive system in long run.

**Day 3:** (19<sup>th</sup> August, 2020): 1<sup>st</sup> Technical Session

**Speaker:** Neetu Bhalla, Chief Dietician, Multispecialty Jagrati Hospital & Research Center Pvt. Ltd.

**Topic:** Nutritional Management of Health and Life Style Diseases

Neetu Bhalla started her deliberation with concept of role of diet in our life and hoe dietician can play a pivotal role for healthy society. She explained dietician can play pivotal role in helping even the poor people to understand how to meet their minimum nutritional need while from absolutely low cost food. Diet therapy can be a mean to avoid the numerous diseases related to our life style. Diet therapy means the use of diet not only in the case of sick, but also in the prevention of disease and maintenance of health. It is concern with the use of food as an agent in affecting recovery from illness. Diet therapy focus on

- To maintain a good nutritional status.
- To correct nutritional deficiencies which may occur due to the disease.
- To afford rest to the whole body or to specific organs affected by the disease.
- To adjust the food intake to the body ability to metabolize the nutrients during the disease.
- To bring about the changes in body weight whenever necessary

She discussed about diabetes that is most common disorder and affects all age group of people. It is a very chronic disease and affinity associated with parental site. Allopathic cure is not long lasting and require perpetual injection of prescriptions. There ill effects are well recognised. Life style and food habits are the duel factors. Education is very effective and ecological safe way to manage the disease. It is an integrated approach in which particular can do physical exercise, mediation and other activities fit t reduce the said problems. So the goals of medical nutrition therapy (MNT) for Diabetes- achieve and maintain – blood glucose levels in the normal range or as close to normal as is safely possible, lipid and lipoprotein profile that reduce the risk of vascular diseases, blood pressure level in the normal ranges or as close to normal as is safely possible. To prevent or at least slow the rate of development of the chronic

complication of diabetes by modifying nutrient intake and life style. To address individual nutrition needs, taking into account personal and cultural preferences and willingness to change. After discussing diabetes she also discussed about Coronary artery disease (CAD) or ischemic heart disease expressed as myocardial infarction signifies ischemic necrosis or death of a portion of the myocardium. She discussed the risk factors associated with CAD like obesity, hypertension, high level of low density lipoprotein (LDL), low level of High density Lipoprotein (HDL), lipoproteinemia, hyper triglyceridemia, low level of anti oxidants along with smoking, alcoholism, physical inactivity. She emphasized that kids is on the risk at an alarming rate. It is to be notes that many kids today are seem less on the play ground and more on sofas watching T.V. or playing video games. They are also highly stressed by their demanding academic schedules. At last she concluded that Diabetes mellitus and CAD disease is now gaining wide spread occurrence and seems to be very acute problem especially with those living leaveously and sedentary life. If it not cured at time creates complex problems which further aggravated with the loss of time, health and money.

**Day 3:** (19<sup>th</sup> August, 2020): 2<sup>nd</sup> Technical Session

**Speaker:** Dr. K.A. Thiagarajan, Associate Professor, Arthroscopy & Sports Medicine, CSS, SRIHER, (DU) Chennai

**Topic:** Consequences of Osteoarthritis and Way of Mobilization

He started his presentation with comparison between great basketball player Kobe Bryant and Pope John Paul II, that both have one thing common in them self that is there knee health. As Kobe Bryant has knee injury due to his sports that enforced him to go through the intense rehab process, while Pope John Paul II is suffering from osteoarthritis due to his old age. Old age itself cause lot of health related complications in an individual's life that Pope John Paul II is facing. Most of time people confused with the concept that osteoarthritis is associated with old age but it may be happen to adults also if they gone through any kind of saviour knee injury and do not get appropriate treatment and physiotherapy management. Diet, nature of work, physical inactivity, gender, medical condition and genetic may be leading cause in long run. He discussed that osteoarthritis known with several names like degenerative joint disease, hypertrophic arthritis and degenerative arthritis. Some time it may be idiopathic where reason of arthritis can be unknown. Some

more relevant cause may be metabolic, aseptic necrosis, neuropathies, gout inflammation and endocrine related. It can be happen at any joint but is mostly occurred at weight bearing joints like knee and hip joints. In western countries hip joint osteoarthritis is very common while in India knee joint osteoarthritis is very common due to our different seating patterns. He explain the condition of arthritis where the articular cartilage the coating layer of connecting bone head deform due to any reason and after that the head of bones start brushing in between and cause pain and restricted movement. Actually articulating cartilage work as cushion between two articulation bones at a joint and it absorb the sock occurred due to various intense activity. There are good and bad cytokines around our joint and there should be balance between them, otherwise it may lead towards degeneration of articular cartilage. For management of arthritis we have some treatment option depending on severity of arthritis, such as exercise, weight loss, life style management are the basic thing that an individual can do to avoid the chances of arthritis and also in early stage. Medication and rehabilitation can also be a mean for management when an individual or a player is returning from injury. Non surgical steroid injection may also be temporary solution and in chronic condition surgery may be a last option but it is also not very successful. Success of surgery last only up to 10-15 years.

**Day 4:** (20<sup>th</sup> August, 2020): 1<sup>st</sup> Technical Session

**Speaker:** Dr. J. P. Singh, Head, Department of Panchkarma, IMS, BHU

**Topic:** Life Style Diseases

Dr. J. P Singh started his deliberation with a note that how common life style disease now days. He started with concept of that life style diseases are very common now days in our society at all age and all stage of life. Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, and disturbed biological clock. According to World Health Organization (WHO) and the World Economic Forum, India will incur an accumulated loss of \$236.6 billion by 2015 on account of unhealthy lifestyles and faulty diet. He also discussed that lifestyle-related diseases are on the rise in our country. Identifying the causes of lifestyle diseases is critical, because the elimination of the causes is the obvious and only way to achieve healing and enhanced health. After than he discussed about ways to tackle these conditions, he insist

that wholesome diet is absolutely essential for our health & wellbeing. We have to acknowledge the fact that good health is all about doing what's right for your body. He suggested that we should eat more of green veggies, fresh fruits, calcium & fiber rich foods, eliminate or at least try to limit the consumption of oily food and replace junk food with healthy snacks. He also suggested to make a perfect balance between food and physical activity. In order to keep your immune system active and functioning properly, an adult should participate in some or the other form of physical activity for a minimum of 30 minutes – 5 days a week. Walking is the best and safest form of exercise for people of all ages. It not only helps burn our calories but also improves our strength, stamina and endurance. Besides this, there are many more ways through which you can incorporate exercise in your daily routine. He gave a mantra for happy and healthy life that anything in excess is bad for health. High intake of Sugar, Salt, & Oil can lead to serious result in the form of diabetes, blood pressure and heart problems (due to high cholesterol). We have to cut down the usage of these 3 ingredients in our food. He also suggested some herbal remedies to cure the disease like back pain, immunity, diabetes care and high blood pressure.

**Day 4:** (20<sup>th</sup> August, 2020): 2<sup>nd</sup> Technical Session

**Speaker:** Siddhartha Srinet, Sports Officer, Govt. Degree College, M.P.

**Topic:** Stress a Childhood Friend and A Lifelong Enemy

He started his presentation with the concept of stress that stress can be physical and physiological activation in response to external situation. But it is very common that same response may not create similar kind of activation in two different persons. Because it depends on individual he perceive the stress, either he perceives as negative factor, positive factor or a common factor and he response accordingly, stress depends also on different stressors. Stress actually stimulates our nervous system and muscular system to tackle the demand. As a person perceive stressor his/her hypothalamus activates adrenal gland who increase secretion of adrenaline and cortisol and these hormone increase our heart beat, blood pressure and glucose level to full fill the demand. In short burst stress or acute stress can be helpful to fulfil the task and demand of life but in chronic condition it may lead to several health related complications. As it is known to every person that stress is one of the essential part of our life and it depends on an individual, how he perceive the stress and hoe he manage the stress. If an individual consider stress as positive stimulator it may help him focus better,

be more aware, more resilient, more aroused, more prepared, and more agile and ultimately help him to perform better but if an individual consider it as a negative it may lead to confusion, threaten, loss of control, negativity, rigidity and ultimately cause poor performance. He also classify the stress on different basis like on basis of result it may be; eustress, distress, hyperstress and hypostress, while on basis of duration it may be acute and chronic. He also discussed different causes of stress like imbalance between demand and personal capacity, social cause, emotional cause, under or over estimating the stressor, inferiority, injury and consequences of victory or failure. He emphasised that we should learn to cope with stress and we can adopt different strategies to cope with stress like cognitive, physical and environmental. He also suggested that we have to follow the procedure to achieve the goal, we should stick with right procedure and correction in skill and we should not care about the goal otherwise it may create unnecessary pressure.

**Day 5:** (21<sup>st</sup> August, 2020): 1<sup>st</sup> Technical Session

**Speaker:** Dr. Jayashree Acharya, Professor & Dean, National Sports University, Manipur

**Topic:** Sports for Mental Health and Personality Development

Madam Jayashree started her presentation with a question how am I feeling? She told the participants that they write their responses on paper and it will be discussed at later part of discussion. She than explained the concept of mental health and told mental health includes our emotional, psychological and social well being. It affects how we think, feel and act. It also helps determine how we handle stress related to others and make choices. She emphasised mental stage is important at every stage of life, from childhood and adolescence through adulthood. She explained the association between mental and physical health and told both are fundamentally linked. As WHO has also defined: health as a state of complete physical, mental and social well being and not merely the absence of diseases or infirmity. WHO states that “there is no health without mental health”? She than explained the factors who determine the mental health such as “Biological Factors” that includes brain chemistry and genetics, “Experience in Life” that includes abuse and trauma and “Family History of mental health issue or problems”. Most important thing is that like physiological health mental health can also be improved if proper psychological interventions apply at right time. Wellness activities can have a positive effect on our health as well as our sense of inner peace. Mental health activities include: meditation, cognitive behavioural therapy and psychotherapy. She also discussed

how these health activities work, she explain about cognitive behavioural therapy that works by helping an individual identify and change the elements of belief system and the cognitive distortion that can lead to automatic negative thoughts. She discussed that exercise can be mean of well being by improving self acceptance, positive attitude, personal growth, positive relation, autonomy and helps to reduce stress, improve mood, lift self-esteem, lower risk of depression, slows cognitive decline and improve sleep. She concludes her lecture with four ingredients of mental health: peace, faith, love and hope.

**Day 5:** (21<sup>st</sup> August, 2020): 2<sup>nd</sup> Technical Session

**Speaker:** Dr. Ashish Phulkar , Professor, LNIPE, Gwalior, M.P.

**Topic:** Healthy Citizens and Economy of Nation

Prof. Ashish Phulkar in his deliberation disused about how economy of country relies on health of its citizens. As health is important parameter which decide the strength of the economy. As in pandemic of covid-19 economy of the entire world has been brought to a standstill and policy planners should plan to include health promotion as preventive rather than curative measure. In the beginning of his presentation he discussed about concept of health and changing concept of health and health care is key to achieve the total health and wellness. Wellness is a very prominent aspect that has different dimensions that are internal wellness and external wellness. Internal wellness consists on health, happiness, wealth and spiritual harmony while external wellness consists on environment, society and occupation. He also elaborate the factors who determine the wellness of an individual like, physical fitness, optimal nutrition, appropriate management of stress and awareness of environmental influences on the individual, genetics, education. He then correlated the economical growth of country with health care system, as improved health of nation's citizens may lead country towards good economic condition, because the more healthy peoples will conduct more effective activity at workplace. He emphasised the need to improve the community health service as in present scenario the entire world, especially India is lacking in this aspect. Due to lack of proper community health service economy of the world is slowly moving towards recession and millions of people facing problem of unemployability. Due to the sock of this pandemic our government has taken initiative to protect the health of their citizens and for that government is working on modern concept of health care system that includes; promotion of healthy practices, prevention from diseases and restoration of healthy state of citizens. He then

discussed the sign of a healthy economy as it reflects in form of rising employment number, investors seeks to buy new business, consumers open their wallet to buy more, banks are more apt to approve loans and confidence return to stock market and all these are lacking in present scenario and economy is in trouble. Finally he concluded that health should be part of each system either it is politics, economics, science, education or family.

#### **2.4 Panel Discussion:**

None

#### **2.5 Valedictory Session:**

Valedictory session started with brief note by FDP Coordinator and Host of the ceremony Dr. Vivek Kumar Singh, who emphasised the significance of health for economically strong country, he mentioned the example of countries like Bhutan and Norway who focus on their citizen's health and happiness. That is missing in respect to Indian context. Due to lack of proper health education and awareness about benefits of physical activities peoples of India are more prone to life style diseases. As due to economic growth, development of technology peoples are getting more inactive and fast foods have been integral part of our daily life and all these factors significantly forcing us towards unhealthy and less productive society.

Dr. Anil Mili, HoD, Physical Education and Chairman of the Organising Committee in his concluding remarks told that if we include the physical activities and sports in our daily routine it may reduce chances of being ill and unhealthy. As physical activities and sports are free gift to our society for being healthy and happy. He told that participation in any kind of physical activity not only improves our physical and social health, it also regenerates neurones in our brain that increase the longevity of nervous system. As participation in physical activities also helps to handle the stress and consequences of stress, so we should regularly participate in any form of physical activity for at least 30 min.

A brief experience sharing session from participants hailing from various corners of the country was also held, where they highlighted and praised the relevance of health for productive as well as happy society. They praised to the department for organising such a meaningful event in this pandemic.

Vote of thanks is delivered by Dr. Tadang Minu, Joint Coordinator of this FDP. She expressed her sincere thanks to Sri Kiren Rijiju, Hon'ble MOS(I/C) MYA&S and MOS, Minority Affairs, Government of India for sharing his valuable time and ideas to promote acceptance of physical education and sports. She extended her sincere thanks to Prof. Saket Kushwaha, Hon'ble Vice Chancellor, RGU, Prof. Amitava Mitra, Pro- Vice Chancellor, RGU, Prof. Tomo Riba, Registrar, RGU for all of their encouragement and all required support. She expressed her gratitude to all the eminent recourse persons of this FDP who shared their knowledge and expertise with participants. Finally she thank to Dr. K. Rojeet Singh, Joint Coordinator and Dr. Sambhu Prasad, Advisor of this FDP for all their selfless support and backup.

## **Part 3: Major Takeaways**

### **3.1 Academic Context:**

- Participants understand about the essence of fitness at different age and stage of life. They develop concept about benefits of being active and more importantly activity should be customized with adequate nutritional intake, otherwise it may cause to numerous acute and chronic health problems.
- Hormones are messenger of our body who connect the functions of different organs to maintain the homeostasis of human body. Participants take away the concept that hormones determine our mental health and mental health determines our digestive and metabolic health. Through active participation in physical activities and adequate nutritional intake one can balance the secretion of hormones and it may help to overcome metabolic diseases.
- Nutrition can serve as medicine to delay the occurrence of diseases as well it helps to control the number of disease. Participants, specially aged one was surprised to know that through intake of complex carbohydrate they could easily maintain their blood sugar level and intake of poly and monounsaturated fat may reduce the chances of heart disease and can be beneficial to cure the arthritis.
- Participants of all age group and from different profession were stuck with the concept that stress is not good for our life, but when they understand that stress is everywhere in our life and we cannot

progress in our life without stress and even it helps to achieve our dreams and professional goals. So we should develop positive perception about stress as it helps to explore our hidden talent.

### **3.2 Research Context:**

- If exercise is helpful to improve immunity than it should be investigated that what should be the optimal intensity and volume of the exercise for different age person to get better result.
- If hormones are regulator of our body health and function than it should be investigate that how hormonal regulation determine our overall fitness and what measures can be adopted to maintain the optimal secretion of hormones.
- Osteoarthritis is a chronic condition along with genetic factors also and sometimes imbalance among exercise, diet and rest may lead a person towards arthritis at any stage of life in that case at every stage of life what should be the proportion of exercise, diet and rest to overcome the chances of arthritis.

### **3.3 Policy Making and Practice Context:**

- Sports and exercise culture should be developed and for this different sport events according to age should be organised in society.
- Sports or activity participation three hours in a week should be mandatory for all government employs and for its monitoring a dedicated portal should be developed, where employs could update their daily activity data.
- Two workshops on health and wellness should be mandatory part of University academic calendar.

## Part 4: Appendices & Annexure

### Annexure 1

#### Programme Schedule

##### MINUTE TO MINUTE PROGRAMME SCHEDULE OF INAUGURAL CEREMONY

Welcome Address by Dr. Anil Mili, Head Department of Physical Education	11:00 AM
Address by Prof. Saket Kushwaha, Hon'ble Vice Chancellor	11:05 AM
Address by Sri Kiren Rijju, Hon'ble MOS (I/C) Youth Affairs & Sports and MOS, Minority Affairs, Government of India	11:20 AM
Vote of Thanks by Prof. Tomo Riba, Registrar	11:55 PM

##### Tentative Schedule of FDP Technical Sessions

Date& Time	Theme	Resource Person
Day 1(17/08/2020) 12.00 PM to 01.00 PM	<b>Keynote Address on: Relevance of Physical Education and Sports in New Education Policy</b>	<b>Prof. B. Basumatary</b> Dean, LNIPE. NERC
Day 1(17/08/2020) 1.15 PM to 2.15 PM	<b>Fitness Management for All</b>	<b>Prof. B. C. Kapri</b> Deptt. of Physical Education, BHU
Day 2(18/08/2020) 12.00 PM to 01.00 PM	<b>Happy Hormones for Happy Life</b>	<b>Prof. N. K. Agrawal</b> Department of Endocrinology and Metabolism, IMS, BHU
Day 2(18/08/2020) 01.15 PM to 02.15 PM	<b>Physical and Yogic Interventions for Immunity</b>	<b>Dr. Rajeev Choudhary</b> Professor in Physical Education Pt. R. S. S. U. Raipur (C. G)
Day 3(19/08/2020) 12.00 PM to 01.00 PM	<b>Nutritional Management of Health and Life Style Diseases</b>	<b>Neetu Bhalla</b> Chief Dietician, Multispeciality Jagrati Hospital & Research Center Pvt. Ltd. Allahabad
Day 3(19/08/2020) 01.15 PM to 02.15 PM	<b>Management of Osteoarthritis and Geriatric Care</b>	<b>Dr. K. A. Thiagarajan</b> Associate Professor, Arthroscopy & Sports Medicine SRIHER, Chennai
Day 4(20/08/2020) 12.00 PM to 01.00 PM	<b>Life Style Diseases</b>	<b>Dr. J. P. Singh</b> Head, Department of Panchkarma, Faculty of Ayurveda, IMS, BHU
Day 4(20/08/2020) 01.15 PM to 02.15 PM	<b>Stress A Childhood Friend and A Lifelong Enemy</b>	<b>Siddhartha Srinet</b> Sports Officer, Govt. Degree College, MP
Day 5(21/08/2020) 12.00 PM to 01.00 PM	<b>Sports for Mental Health and Personality Development</b>	<b>Prof. Jayashree Acharya</b> Dean , National Sports University, Manipur

## Annexure 2

### List of Participants

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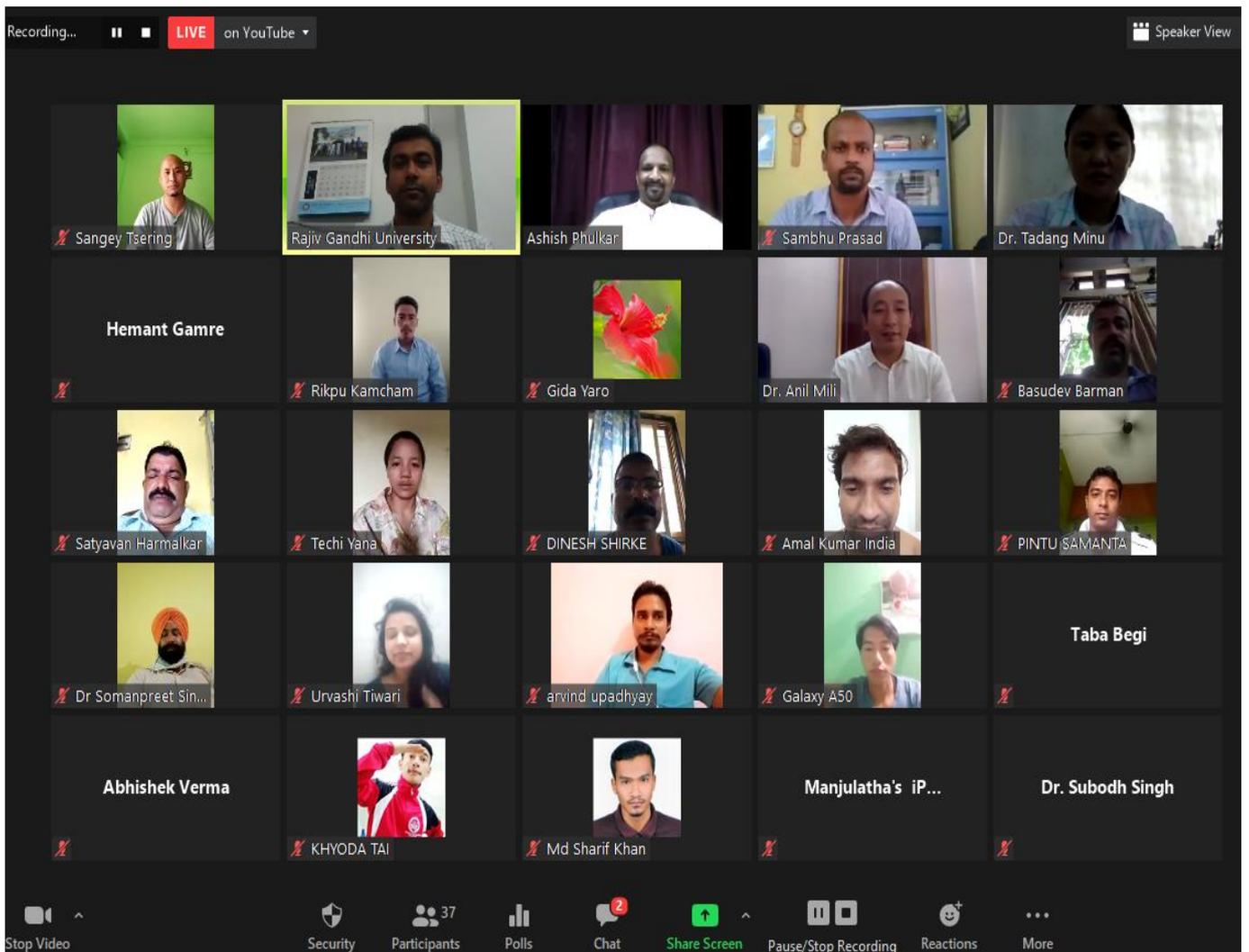
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# Annexure 3 Photographs



## Annexure 4: Media Coverage

<https://arunachaltimes.in/index.php/2020/08/18/fdp-on-health-interventions-underway/>

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