



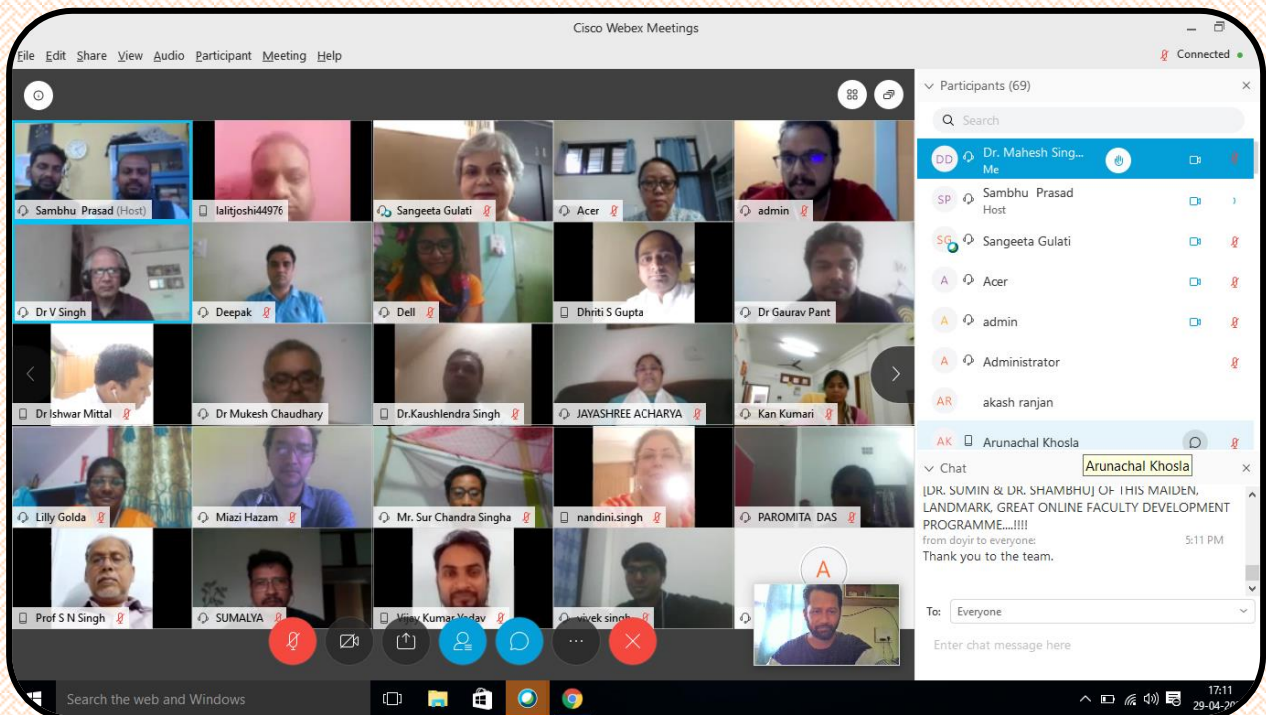
Report of

Three Days Faculty Development Programme (FDP) (Through On-line Mode only)

on

Teaching Learning through E-Learning Technologies

(27- 29 April 2020)



Rajiv Gandhi University
Rono Hills: Doimukh
Arunachal Pradesh, India-791112

Submitted by

Dr. Sumin Prakash & Dr. Sambhu Prasad (FDP Coordinators)

Acknowledgement:

This was the first ever it's kind of Online programme organized by Rajiv Gandhi University, Doimukh, Arunachal Pradesh, during the first phase of lockdown in the country due to Covid-19 pandemic. Conducting such online programme was really a tough task, however we took the challenge and proceeded further with only little prior-experience. In the meantime many people from academic fraternity, friends and well-wishers from both university and outside, supported with ideas, planning and experiences available at their hand. With this kind of support and motivation we progressed further and things became systematic.

We acknowledge the direct and indirect support and contribution offered by different people in making this programme a real success. We acknowledge the support of Hon'ble Vice Chancellor, RGU, **Prof. Saket Kushwaha**, Pro-VC, **Prof. A. Mitra**, Registrar, **Prof. Tomo Riba** and the university administration for financial and logistic support. We also acknowledge the support of learned Resource persons who spared their valuable time, interacted with the participants, shared educational materials and imparted them knowledge and skills of ICT and blend learning in this programme. We acknowledge the contributions of technical team of this FDP Mr. Tsering, Joint Director., Computer Center, RGU, Mr. Solung and Mr. Gyan Rai all from RGU. We acknowledge the support of HODs of Education and Physical Education, RGU. We also acknowledge the guidance of **Dr. Madhuri Hooda**, Asst. Professor, Dept. of Education and **Dr. Ishwar Mittal**, Dept. of Commerce, both from MDU, Rohtak, Haryana in conceptualizing and conducting this programme.

We acknowledge the interest of **4,882** people from wide spectrum of academia who shown their interest and enrolled themselves in this FDP and the participants of this programmes.

We also acknowledge the support of Mr. Sanjay Pratap Singh, DD cosrrespondent, Itanagar for full coverage of this programme and DD News, New Delhi for coverage at national TV. We acknowledge the support of other media house for wide coverage of this FDP in different forms. We also acknowledge the support of RGU fraternity comprising of all the teaching and non-teaching members.

We also acknowledge the Cisco WebEx Incorporation for providing free of cost online communication support in the form of video conferencing, whereby we could host this FDP.

We also acknowledge the support of our friends and family members who despite this pandemic were vital during the planning and execution phase of this programme.

Organizing committee:

CHIEF PATRON



Prof. Saket Kushwaha
Hon'ble Vice-Chancellor

PATRONS



Prof. Amitava Mitra
Pro Vice-Chancellor



Prof. Tomo Riba
Registrar

TECHNICAL COMMITTEE

Mr. Tsering D. Megeji, Jt. Director (Computer Centre)

Mr. Solung Sonam, System Analyst

Mr. Gyan Rai, Technical Assistant

PROGRAM COORDINATORS



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Part 1: PROGRAMME OVERVIEW

1.1 Background

The existing Covid-19 pandemic had disrupted the face-to-face mode of teaching learning in one go compelling the teachers and students to stay at homes for safety. In this unprecedented scenario, teaching learning through E-Learning has given an alternative to connect to the learners and resume teaching learning and other academic activities. This 03 days Faculty Development Program (FDP) during Apr 27-29, 2020 was designed to highlight the online technologies (a broader domain), and to give hand on training in developing e-learning materials to help the teachers/ faculty members to ensure a smooth teaching learning process through online and blended mode. The FDP aims to focus on planning, developing, delivering and managing online resources for teaching learning in higher education institutions, to lay down the foundation for the teachers to engage the learners through various interactive technologies, E-learning tools, Open Online Educational Resources (OERs) and assessment activities. Furthermore, this FDP was an attempt to develop skills of the participants for course design and transaction, through the collaboration of individuals and institutions, while keeping both the learners as well as the teachers, at their homes, which in the need of the hour.

This programme was first of its kind in Rajiv Gandhi University, Doimukh, and Arunachal Pradesh, as it was thought of and conducted in the very early phase of countrywide lockdown, through online mode, using free version of the Cisco WebEx platform. This FDP was a joint venture of Department of Education and Department of Physical Education, RGU. The success of this programme motivated the academic fraternity of the university and the model of this programme was replicated thereafter in many such programmes.

1.2 LEARNING OBJECTIVES

The primary objective of this Programme was to:

- Introduce OER platforms to Faculty member/ Teachers, Trainers and of various Institutions who were undergoing transition in the teaching learning methods during this Covid-19 lockdown period.
- Participants will develop insights into the challenges and potentials for online education & E - Technologies.
- The present FDP will help the participants acquire practical experience of Open Online Resources available at various platforms, for online teaching learning and developing effective courses as per their needs.

1.3 THEMES

LEARNING OUTCOMES

Learners got an understanding and hands on experience of:

- Open Online Educational Resources (OERs)
- Preparing for Online Learning
- Digital Tools for Online Teaching learning Platforms
- Development of Interactive Contents
- Skills development for designing courses
- Delivery through network of individuals and institutions
- Copyrights & intellectual property rights
- Online Assessment & Feedback
- Getting started with Google Apps

TARGET PARTICIPANTS

This programme was of particular benefit to:

- Faculty members of University/ Colleges/ Institutes from all disciplines across India and particular RGU
- Trainers and Course designers
- Higher education administrators
- Researchers and Industry training professionals

1.4 Resource Persons

Prof. S. Senthilnathan

Director, HRDC
Bharathidasan University
Trichy, Tamil Nadu

Topic:

Digital learning: Perspectives & Prospects



Prof. Ramesh C. Sharma,
School of Global Affairs,
Dr. Bhimrao Ambedkar University, New Delhi

Topic: Open Educational Resources



Prof. K. Srinivasan,
Head, ICT & Project Management Unit, NIEPA,
New Delhi

Topic
MOOCs: Design, Development, Deliver & Access
for Online Teaching



Dr. Deepak Bisla,
Sr. System Analyst,
Dr. Bhimrao Ambedkar Univ., New Delhi

Topic: Interactive Content development



Dr. Parween Sharma,
Asst. Professor, Communication Skills & English,
Maharishi Markandeshwar University,
Mullana, Ambala, Haryana

Topic: Podcasts for Content creation, Innovative
Tools & Platforms for SMART teachers



Dr. K. Thiyagu,
Assistant Professor,
Department of Education
School of Education, Central University of Kerala (CUK),
Kasargod, Kerala

Topic: Online Evaluation Tools



Dr. Sangeeta Gulati, (Fulbright Scholar,
National ICT Awardee & Google Certified Trainer) Head,
Department of Mathematics, Sanskriti School, New Delhi
Topic: Create, Connect & Collaborate with G-Suite
for Education



1.5 About the sponsoring agency

Rajiv Gandhi University, Doimukh, Arunachal Pradesh



1.6 Budget

Rs. 30,000.00 (Thirty Thousand Only)

Part 2: Session wise Details

2.1 Inaugural session

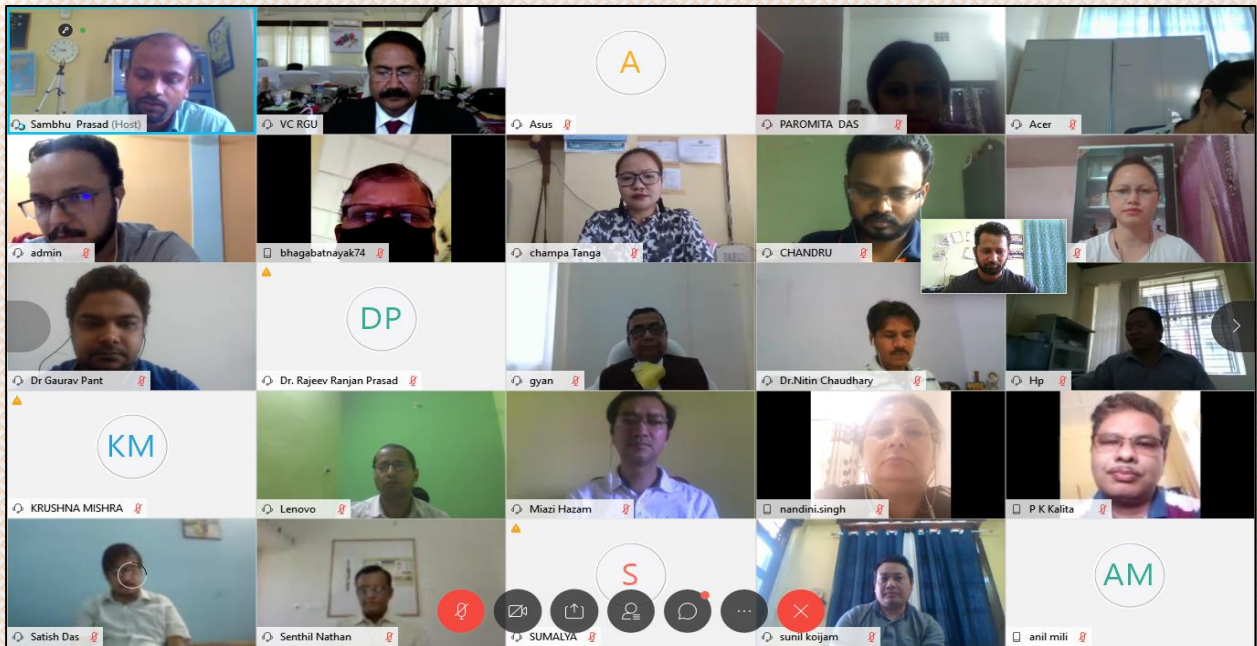
In the inaugural session **Prof. Saket Kushwaha**, Hon'ble Vice-Chancellor, RGU motivated the participants with his remarks that we the learning community should continue to work and be ready to face any situation Covid-19 possess before us. He reiterated the message of Hon'ble PM of the country that we should maintain the physical distancing, however we need to ensure our work. To the larger student community of RGU he stressed that the university has moved ahead towards online and blended mode of learning, and after lockdown is over, new avenues in this regard will be explore to help them regain their academic loses, they suffered. **Prof. A. Mitra**, Pro-Vice Chancellor stressed the importance of online platforms for learning during this pandemic. The other dignitaries of the Inaugural Session included Resource Persons **Prof. R. C. Sharma**, Dr. B. R. Ambedkar University, New Delhi, **Prof. S. Senthilnathan**, Director, HRDC, Bharatidaan University, Tami Nadu. A total number of 150 participants had been selected for the programme consisting of nine technical sessions.

The inaugural lecture will be delivered by **Prof. S. Senthilnathan**, Director, HRDC, Bharatidaan University, Tamil Nadu. Wherein he stressed on the need and modalities of online teaching-learning. He also elaborated the requirements of Digital learners' needs and raised the question that how much our teachers are ready to challenge the challenges of the generation. He further promulgated how the teachers can be more responsive towards such learners.

2.2 Plenary sessions (Day wise)

Day-1

In other sessions, **Prof. R. C. Sharma**, Dr. B. R. Ambedkar University, New Delhi demonstrated and interacts with the participants on the identification, selection, use and creation of Open Online Educational Resources (OOER's) and continued for 02 consecutive sessions. He further demonstrated various online repositories, where teachers can find open contents like; educational texts, audio, video, pictures etc. to be used for their learners. He further elaborated the licensing issues associated with the use of online contents and discussed variety of Creative Common License Attribution of the contents. He referred to various online and offline softwares that the teachers can use for creation of online and e-content as per the needs of their learners. He also motivated the participants with his saying that "We the Indians are very good downloaders, however we should convert to very good uploaders" and cautioned the teachers to take specific care of the licensing issues while downloading and using any content from the internet.



Day-2

On second day of program **Dr. Deepak Bisla**, System Administrator, IT Dept. Dr. B. R. Ambedkar University, New Delhi discussed various online and offline tools which are helpful for creation of the e-content. Tools like Kahoot, Padlet can be used for making animated and collaborative contents. Second session was taken by **Dr. Parveen K. Sharma**, Faculty of Maharshi Markandeshwar University, Ambala, Haryana. He highlighted the importance and creation of Podcasts for learning. Podcasts are very power learning tools wherein audio can be recorded, edited and shared even with low internet connectivity. SO this tool can be very useful in context of Arunachal Pradesh, where mobile and connectivity has always been an issue. Last session was taken by **Dr. K. Thiyagu**, School of Education, Central University of Kerala (CUK), Kasargod. He demonstrated various tools, which teachers can use, both in synchronous as well as asynchronous ways for online collaboration and assessing the performance of their learners. Assessment tools viz; Vevox, Mentimeter, Meeting Pulse, Near Pod teach, Pigeonhole, Flipgrid etc. and Assessment tools like; Testmoz, Kahoot, Meet Socrative, Plickers, H5P, Pro Profs, Digital Concept Maps, Mind Maps etc. There is plethora of online materials and tools, however its usage, modification and creation depends on the teachers, who can effectively use for online collaboration and assessment of their students. Second day of the program ended with the votes of thanks from the coordinators; **Dr. Sumin Prakash & Dr. Sambhu Prasad**.



Day-3

On the 3rd day of program **Prof. K. Srinivas**, Head, ICT and Project Management, NIEPA, delivered upon blended mode of teaching learning and continued for 02 consecutive sessions. He clarified that online teaching does not only refer to interacting through real time video conferencing; a synchronous mode. It includes asynchronous ways as well whereby teachers can use Modular Object Oriented Dynamic Learning Environment (MOODLE), which provides opportunity to teachers to Design, Develop, Deliver and Access to online teaching as per the requirements. At the same time, it provides access to the learners to go through the e-contents (in the form of e-text, video links, audio links, and presentation links) made available by the teacher in the course as per their suitability in terms of learning time, speed, and place of learning. This way both get benefit in their own ways. Other important feature of the MOODLE courses are that teachers can connect to their distant learners even in case of low internet connectivity. Thus, this modality may be very useful in Arunachal Pradesh, given that teachers are appropriately oriented and trained in designing courses through MOODLE. Prof. Srinivas in his 03 hours video conference meeting clarified and demonstrated the steps of course design through MOODLE.

3rd session was graced by **Ms. Sangeeta Gulati**, Sanskriti School, New Delhi, a Fullbright fellow, National ICT Awardee for innovation in ICT and Google Certified Trainer. She discussed and demonstrated to the teachers the ways the teachers can use Google Suit consisting of Mail, Drive, Classroom, Docs, Sheets, Slides, Sites, calendar and many more applications including one-to-one support which Google offers as an Education partner. Most of these applications are free wares and teachers can use these for both synchronous as well as synchronous teaching learning and to engage the learners in collaboration and assessment as well. Teachers can use G-Suite with mantra of create, Collaborate and Connect.

2.5 Valedictory Session

In the valedictory session all the resource persons of the FDP, **Prof. Saket Kushwaha**, Hon'ble Vice-Chancellor, RGU, **Prof. A. Mitra**, Pro- Vice Chencellor, RGU, **Prof. Tomo Riba**, Registrar, RGU and all the participants popped out on the screen with their videos on, for the group photo session and were welcomed by **Dr. Sambhu Prasad**, the FDP coordinator. Thereafter, 05 participants shared their learning experiences. This way the 03 Days FDP concluded with the formal vote of thanks from FDP coordinator **Dr. Sumin Prakash** and the resolve that teaching was ready to continue the teaching learning, despite the Covid-19 pandemic and will gear up to fulfill the needs of learners, through the mantra of Learn, Relearn, and Unlearn.



Part 3: Outcome of the Programme

Learners got an understanding and developed their competence on:

- Sources of Open Online Educational Resources (OER's)
- Requisites for Online and Blended Learning
- Digital Tools for Online Teaching learning and interacting with students
- Development of Interactive Contents and using
- Skills development for designing short-term online and blended courses
- Delivery and collection of informations through network of individuals and institutions
- Copyright issues, Creative Common Licenses and intellectual property rights involved in access and sharing of contents in online and offline mode
- Online Assessment & Feedback using various online tools
- Use of Google Apps/ Suite for creating various forms and documents for collecting informations, collaborating and evaluating student's performance

3.1 Immediate Implications in the context of knowledge

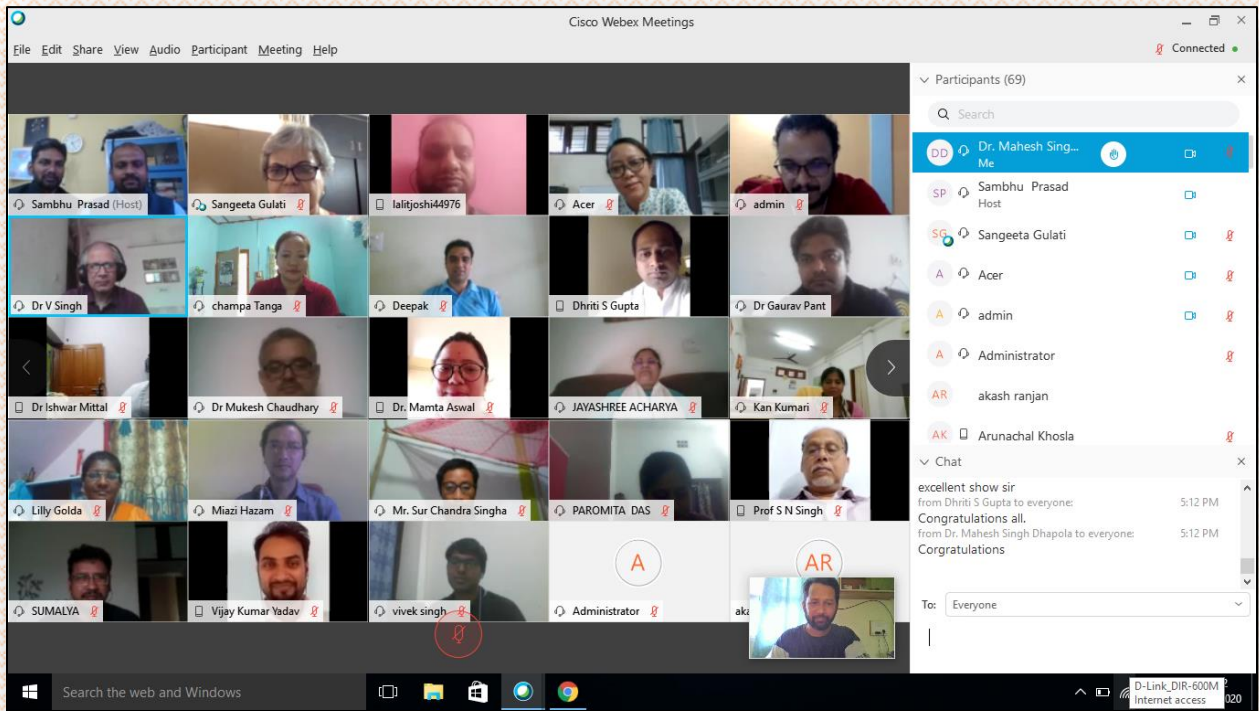
The participants gained informations, knowledge and hands on experience regarding availability and sources of online educational materials and the copyright issues involved in their use, sharing and modification. They got basics of Online and blending learning, in terms of its preparations and practice and enabled them to conduct online classes for their students during this unprecedented time of lockdown. They got insight of online assessment and the tools available for it. The programme also enriched the experience of learners in terms of giving them hands on experience on the use of Google apps in planning, delivery, interaction, collaboration and evaluation of the learners.

The participants of this programme organized many such programmes in online mode for benefit of their students and academic fraternity at large and this programme provided opportunity to make a network of academicians who continue to collaborate for further academic development.

3.2 Policy implications

The success of this FDP conducted through online mode paved ways for planning and execution of many such online programmes in RGU, its affiliated colleges and institutions and even outside the state. In the aftermath of this FDP, various such programmes were organized with focus on knowledge and skill sharing with participants and such activities ranged from online lecture series to direct one-to-one interaction between the participants themselves and with the resource persons. As a matter of policy, this model was accepted by the university and many such programmes were funded thereafter. Various Institutes and Departments of RGU organized hundreds of such online programmes whereby lacs of participants got benefitted despite such pandemic and lockdown.

This online programme reduced the budget required for such FDP or workshop, where in best resource persons of the field were invited with ease, that saved time and money needed for travel for both the source persons and participants as well, and ensured their safety from Corona virus by keeping all the stakeholders at their homes. It provided opportunities to learn, right from the comfort of their homes in a flexible manner.



Part 4: Annexures

Annexure 1: Programme Schedule

Day	Date	Session-I (10:00 am-11:30 am)		Session-II (12:00 pm-01:30 pm)		Session-III (03:00 pm-04:30 pm)
1	27.04.2020	Digital Learning: Perspectives and Prospects (Prof. S. Senthilnathan)	BREAK	OER –I (Prof. R. C. Sharma)	BREAK	OER-II (Prof. R. C. Sharma)
2	28.04.2020	Development of Interactive Contents (Dr. Deepak Bishla)		Podcast for Content Creation, Innovative tools & Platforms for SMART Teachers (Dr. Parven Kr. Sharma)		Evaluation Tools (Dr. K. Thiyagu)
3	29.04.2020	MOODLE - I (Prof. K. Srinivas)		MOODLE-II (Prof. K. Srinivas)		Getting started with Google Apps and many more to do (Ms. Sangeeta Gulati)

Annexure 2: List of participants

Sl.	Name	Gender	Designation	Name Of Department	Name Of Organization	State
1	Wanglit Mongchan	Male	Assistant Professor	AITS	Rajiv Gandhi University	Arunachal Pradesh
2	Mr. Sushant Kumar Nayak	Male	Assistant Professor	Department Of Education	Rajiv Gandhi University	Arunachal Pradesh
3	Vivek Singh	Male	Assistant Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
4	Doyir Ete	Female	Assistant Professor	English	Rajiv Gandhi University	Arunachal Pradesh
5	Sunil Koijam	Male	Assistant Professor	Mass Communication	Rajiv Gandhi University	Arunachal Pradesh
6	Narender Singh	Male	Assistant Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
7	Prasanta Kumar Barik	Male	Assistant Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
8	MARPE SORA	Male	Assistant Professor	Marpe Sora	Rajiv Gandhi University	Arunachal Pradesh
9	SATISH KUMAR DAS	Male	Assistant Professor	Computer Sc & Engineering (CSE)	Rajiv Gandhi University	Assam
10	Elizabeth Hangsing	Female	Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
11	Dr. Tayum Saroh	Male	Assistant Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
12	Ashok Barman	Male	Assistant Professor	Fine Arts And Music	Rajiv Gandhi University	Arunachal Pradesh
13	Subhas Chandra Mandal	Male	Assistant Professor	Physical Education	Rajiv Gandhi University	West Bengal
14	Anil Mili	Male	Assistant Professor	Physical Education	Rajiv Gandhi University	Arunachal Pradesh
15	Tarun Mene	Male	Assistant Professor	AITS	Rajiv Gandhi University	Arunachal Pradesh
16	Dr. Vivek Kumar Singh	Male	Assistant Professor	Physical Education	Rajiv Gandhi University	Bihar
17	Moyir Riba	Female	Assistant Professor	IDE, RGU	Rajiv Gandhi University	Arunachal Pradesh
18	Tade Sangdo	Male	Assistant Professor	Dept. Of History	Rajiv Gandhi University	Arunachal Pradesh
19	Dr. Nipen Saikia	Male	Assistant Professor	Mathematics	Rajiv Gandhi University	Arunachal Pradesh
20	Dr. K. Rojeet Singh	Male	Assistant Professor	Physical Education	Rajiv Gandhi University	Arunachal Pradesh
21	Manju Burman	Female	Assistant Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
22	Champa Tanga	Female	Assistant Professor	Electronics And Communication	Rajiv Gandhi University	Arunachal Pradesh
23	Tajen Dabi	Male	Assistant Professor	Department Of History	Rajiv Gandhi University	Arunachal Pradesh
24	BHASKAR JYOTI CHUTIA	Male	Assistant Professor	Computer Science And Engineering	Rajiv Gandhi University	Assam
25	Dhriti Sundar Gupta	Male	Assistant Professor	Department Of English	Rajiv Gandhi University	Arunachal Pradesh
26	MIAZI HAZAM	Male	Assistant Professor	Department Of English	Rajiv Gandhi University	Arunachal Pradesh
27	Bhagabat Nayak	Male	Professor	English	Rajiv Gandhi University	Arunachal Pradesh
28	Pradip Kumar Kalita	Male	Professor	Physics	Rajiv Gandhi University	Arunachal Pradesh
29	Ashok Barman	Male	Assistant Professor	Dept Of Fine Arts And Music	Rajiv Gandhi University	Arunachal Pradesh
30	Prof S N Singh	Male	Professor	Dept Of History	Rajiv Gandhi University	Arunachal Pradesh

31	CHANDRA SEKARAN M	Male	Assistant Professor	Department Of Geology	Rajiv Gandhi University	Arunachal Pradesh
32	Anwarul Alam Laskar	Male	Assistant Professor	Geology	Rajiv Gandhi University	Arunachal Pradesh
33	Dr. Rajeev Ranjan Prasad	Male	Assistant Professor	Department Of Hindi	Rajiv Gandhi University	Arunachal Pradesh
34	Kiran Kumari	Female	Professor	Geography	Rajiv Gandhi University, Rono Hills, Doimukh, Arunachal Pradesh	Arunachal Pradesh
35	RAMA CHANDRA PARIDA	Male	Professor	Commerce	Rgu	Arunachal Pradesh
36	David Gao	Male	Assistant Professor	Political Science	Rajiv Gandhi University, Central University	Arunachal Pradesh
37	AKASH RANJAN	Male	Assistant Professor	Department Of Education	Rajiv Gandhi University	Arunachal Pradesh
38	PRASANTA KUMAR NAYAK	Male	Associate Professor	History	Rajiv Gandhi University	Arunachal Pradesh
39	Dr. VINOD KUMAR YADAV	Male	Assistant Professor	Commerce	Rajiv Gandhi University	Uttar Pradesh
40	KRUSHNA CHANDRA MISHRA	Male	Associate Professor	English	Rajiv Gandhi University	Arunachal Pradesh
41	Rikpu kamcham	Male	Assistant Professor	Physical Education	Rajiv Gandhi University	Arunachal Pradesh
42	Dr.Nisanth.P.M	Male	Assistant Professor	Department Of Education	Rajiv Gandhi University	Arunachal Pradesh
43	Dr Uday Kumar Khanikar	Male	Other	Registrar, NIT Arunachal Pradesh	National Institute Of Technology, Arunachal Pradesh	Arunachal Pradesh
44	Mimik Nyodu	Female	Assistant Professor	Chemistry	Dera Natung Govt. College	Arunachal Pradesh
45	DR. TAGE HABUNG	Male	Assistant Professor	History	Government College Doimukh	Arunachal Pradesh
46	Gete Umbrey	Male	Assistant Professor	Mathematics	Jawaharla Nehru College Pasighat	Arunachal Pradesh
47	Sangey Drema	Female	Assistant Professor	Commerce	Government College Bomdila	Arunachal Pradesh
48	Jayashree Acharya	Female	Other	Dept Of Sports Psychology	National Sports University	Manipur
49	Dr MUKESH CHAUDHARY	Male	Associate Professor	Physical Education & Sports	C L Jain (Pg) College, Firozabad	Uttar Pradesh
50	Dr. Avijeet Mondal	Male	Assistant Professor	Physical Education	Saltora Netaji Centenary College	West Bengal
51	DR. MAHESH SINGH DHAPOLA	Male	Assistant Professor	Physical Education	Guru Ghasidas Vishwavidyalaya, Bilaspur, Chattisgarh	Chhatisgarh
52	Dr Gaurav Pant	Male	Assistant Professor	College Of Physical	Bharati Vidyapeeth	Maharashtra

				Education	University College Of Physical Education	
53	Maresh S Khetmalis	Male	Associate Professor	Physical Education	Visva-Bharati, Santiniketan	West Bengal
54	Dr. Bhaskar Shukla	Male	Assistant Professor	Physical Education	H. N. B. Govt. P. G. College Naini Prayagraj	Uttar Pradesh
55	Dr. Nitin Chaudhary	Male	Assistant Professor	UP Higher Education	Government Degree College, Punwarka Saharanpur	Uttarpradesh
56	Anuj Pratap Singh	Male	Other	Gymkhana	Indian Institute Of Technology Bombay	Maharashtra
57	Lt. (Dr.) Brij Kishore Prasad	Male	Assistant Professor	Health Sciences	Lnipe, Gwalior	Madhya Pradesh
58	Nutan Kumari	Female	Assistant Professor	Amity Institute Of English Studies & Research	Amity University Patna	Bihar
59	Purabi Bhattacharya	Female	Other	Journalism And Mass Communication	Banaras Hindu University	West Bengal
60	Dr. Nita Bandyopadhyay	Female	Associate Professor	Department Of Physical Education	University Of Kalyani	West Bengal
61	Prof Archana Chahal	Female	Professor	Physical Education	University Of Allahabad	Uttar Pradesh
62	Dr. Mukul pant	Male	Assistant Professor	Physical Education	Hnbgu Srinagar Garhwal Uttarakhand	Uttarakhand
63	Dr. (Mrs.) Indu Bora	Female	Professor	Yogic Sciences	Lakshmbai National Institute Of Physical Education	Madhya Pradesh
64	Dr.Nalluri Srinivasa Rao	Male	Associate Professor	Physical Education	P.B.Siddhartha College Of Arts & Science,Vijayawada	Andhra Pradesh
65	Arijit bera	Male	Professor	Physical Education	Tamralipta Mahavidyalaya	West Bengal
66	Deepti shukla	Female	Associate Professor	Physical Education	Prayag Mahila Vidyapeeth Degree College Prayagraj	Uttar Pradesh
67	Dr Nibu R Krishna	Male	Assistant Professor	Department Of Yogic Science	LNiPE, Gwalior	Madhya Pradesh
68	Dr Jaiprakash Bhukar	Male	Associate Professor	Physical Education And Sports	Central University Haryana -Mahindergarh	Haryana
69	Dr Darshana Sharma	Female	Professor	Directorate Of Distance Education.	University Of Jammu	Jammu And Kashmir
70	Bahunlang Tron	Female	Assistant Professor	B.Ed	College Of Teacher Education (Pgt)	Meghalaya
71	PAROMITA DAS	Female	Assistant Professor	Education	University Of North Bengal	West Bengal

72	Vijay kumar yadav	Male	Assistant Professor	Educatiom	Central Universtith Of Jharkhand	Jharkhand
73	DR. ISHWAR MITTAL	Male	Assistant Professor	IMSAR	Maharshi Dayanand University, Rohtak, Haryana	Haryana
74	Dr. Rajesh Kumar	Male	Assistant Professor	Teacher Education Programme (M.Ed.)	L.N. Mishra College Of Business Management, Muzaffarpur, Bihar-842001	Bihar
75	Dr. Kaushlendra Singh	Male	Assistant Professor	B.Ed.	Arya Mahila P.G.College (B.H.U.) , Varanasi	U.P.
76	Meenakshi	Female	Assistant Professor	Department Of Education CIE University Of Delhi	University Of Delhi	Delhi
77	Dr Sukanta Kumar Pradhan	Male	Assistant Professor	Education	Indira Gandhi Govt College, Tezu	Arunachal Pradesh
78	T. Lilly Golda	Female	Assistant Professor	English	A.P.C. Mahalaxmi College For Women	Tamil Nadu
79	Dr. Suryawanshi Parmeshwar Lakshmanrao	Male	Assistant Professor	English	Pah Solapur University, Solapur	Maharashtra
80	Dr Tridib kr Goswami	Male	Assistant Professor	English	Batadraba Sss College	Assam
81	Dr.M.Mirunalini	Female	Assistant Professor	Department Of Educational Technology	Bharathidasan University Khajamalai Campus Tiruchirappalli Tamilnadu	Tamilnadu
82	DR K NACHIMUTHU	Male	Professor	Education	Periyar University	Tamil Nadu
83	Amrita Katyayni	Female	Assistant Professor	Education	Vasanta College For Women, Bhu, Varanasi	Uttar Pradesh
84	Mamta Kumari	Female	Other	Women's Studies Centre	Ranchi University	Jharkhand
85	Dr. Manohar Kumar Das	Male	Assistant Professor	Department Of Education	Central University Of Jharkhand, Ranchi	Jharkhand
86	Dr. Hans Raj	Male	Assistant Professor	Department Of Teacher Education (B.Ed.)	Ratan Sen Degree College, Bansi, Siddharth Nagar	Uttar Pradesh
87	DR. LALIT KUMAR JOSHI	Male	Assistant Professor	Commerce	Kazi Nazrul University	West Bengal
88	Kshtrashal singh	Male	Assistant Professor	School Of Physiotherapy	Aimst University Malaysia	Bihar
89	Susmitha Govind	Female	Assistant Professor	School Of Physiotherapy	Aimst University Malaysia	Kerala
90	Goutam Ghosh	Male	Other	Department Of Human Perfomance	Cambridge International School, Dubai	Uae
91	DR RAKESH GUPTA	Male	Associate Professor	Dpess, University Of	University Of Delhi	New Delhi

				Delhi		
92	Dr. Ashutosh Acharya	Male	Assistant Professor	Physical Education	Lakshmbai National College Of Physical Education	Kerala
93	Nandini C Singh	Female	Professor	Department Of Geography	Rajiv Gandhi University	Arunachal Pradesh
94	Janki dhapola	Female	Other	Education	Gurughasidas Vishwavidyalaya	Chattisgarh
95	Dr.Sameer Kumar Yadav	Male	Assistant Professor	Physical Education	Lnipe	Madhya Pradesh
96	Dr.Alma Juliet Pamela	Female	Other	Mathematics-Education, Educational Research And Statistics	Stella Matutina College	
97	Dr. Ajanta Kalita	Female	Assistant Professor	Geotechnical Engineering	Civil Engineering Department	North Eastern Regional Institute Of Science And Technology
98	Dr.Amol Baban Ubale	Male	Assistant Professor	Education	Education	Pvdt College Of Education For Women
99	Dr. Bhanu Pratap	Male	Assistant Professor	Department Of Physical Education	Imt University, Meerut,Up	
100	Chayon Bangyang	Male	Assistant Professor	Agriculture Economics	Wangcha Rajkumar Government College Deomali Tirap District Arunachal Pradesh	
101	Dr Gavisiddappa R Angadi	Male	Associate Professor	School Of Education	Central University Of Gujarat	Gujarat
102	Dr.Harish G C	Male	Assistant Professor	Teacher Education	Vijay Teachers College-Cte Pg And Research Centre In Education	
103	Dr Mamta Aswal	Female	Assistant Professor	Education	Kumaun University	Uttarakhand
104	Leeyir Ete	Female	Assistant Professor	Psychology	Rajiv Gandhi University	
105	Dr. Navnath Dnyandeo Indalkar	Male	Assistant Professor	Education	Shivaji University Kolhapur	Maharashtra
106	Dr. Nisanth.P.M	Male	Assistant Professor	Education	Rajiv Gandhi University	Arunachal Pradesh
107	Dr. Nita Bandyopadhyay		Associate Professor	Physical Education	University Of Kalyani	West Bengal
108	Prayagraj pacers	Male			University Of Allahabad	Prayagraj
109	Prerna Mandhyan	Female		Education	D.S.College	Katihar
110	Dr.Priti Verma	Female			Kendriya Vidyalaya Shivgarh	Raebareli
111	Dr. Reetesh Sah		Assistant Professor	UGC HRDC	Kumaun University,	Nainital

					Nainital	UTTARAKHAND
112	Dr. Sanjeev Sakiya	Male	Assistant Professor	Physical Education	Faa Govt. P.G. College Mahmoodabad U.P.	
113	Saurabh Mishra	Male		Department Of Physical Education	Banaras Hindu University	Uttar Pradesh
114	SHIVESH SHUKLA	Male	Sports Officer	Narsee Monjee College Of Commerce And Economic	Mumbai	
115	SUMALYA ROY	Male	Assistant Professor	Dept. Of Physical Education	Chatra Ramai Pandit Mahavidyalaya	West Bengal
116	Arunachal Khosla	Female	Assistant Professor	Human Resource Management	University Institute Of Applied Management Sciences	Panjab University, Chandigarh
117	Dr. Bhaskar Chaudhary	Male	Assistant Professor	Research Methods In Education	Faculty Of Education	Kumaun University, Nainital
118	Hemant Kumar Maurya	Male	Assistant Professor	Education Department	Indian Institute Of Teacher Education (Iite)	Gujarat
119	Sur Chandra Singha	Male	Library	Don Bosco College, Itanagar, Arunachal Pradesh		
120	Dr.Vishwajeet Kumar Mishra					
121	Dr. Upasana Ray	Female	Assistant Professor	Dept Of Education	Rie, Bhubaneswar, Odisha	Odisha

Participants at a glance

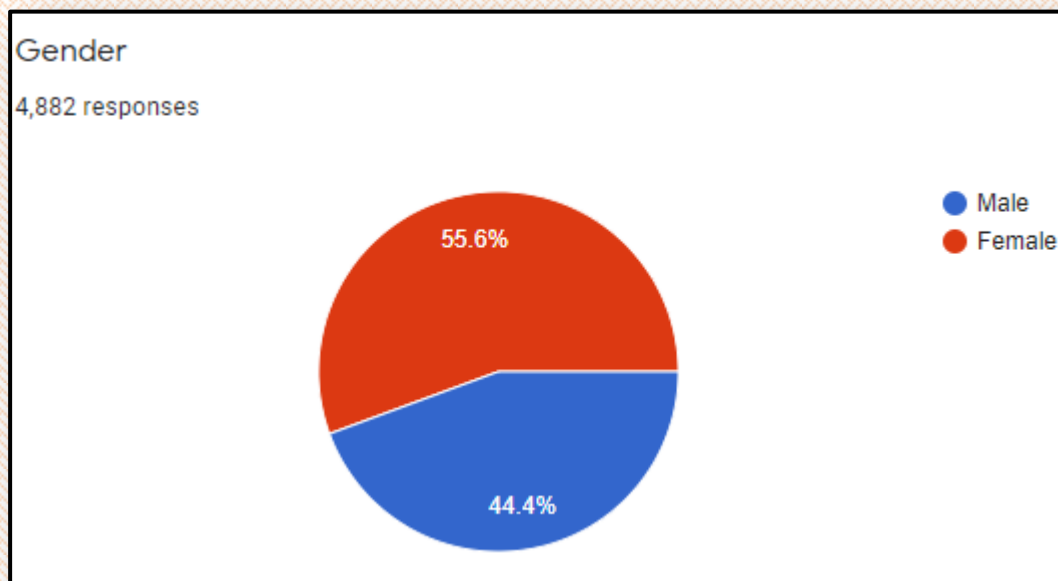


Fig: Total 4,882 participants applied for the programme

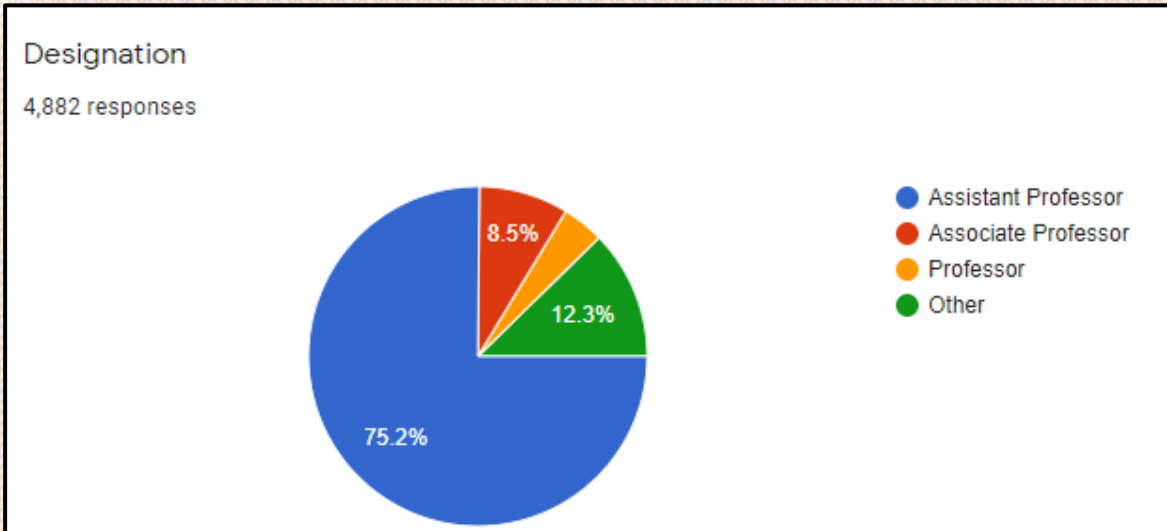


Fig: Designation of the respondents

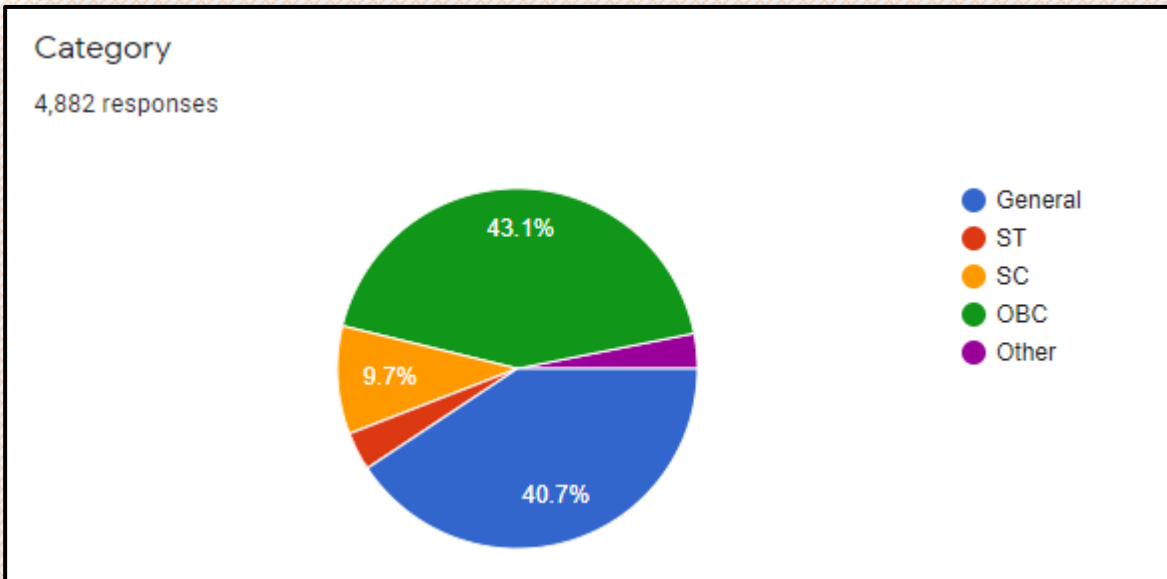


Fig: Social category of the respondents

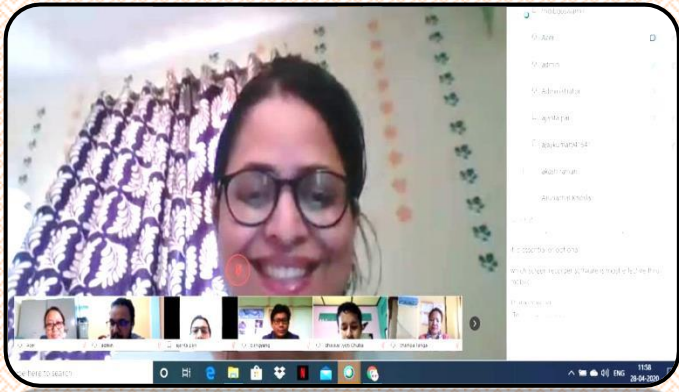
Annexure 3: Photographs



PDF Coordinators: Dr. Sumin Prakash , Dr, Sambhu Prasad (Left to Right)



Prof. Saket Kushwaha, Hon'ble Vice Chancellor, RGU addressing the participants



Prof. Tomo Riba, Registrar (i/c) addressing the participants

Annexure 4: Media Coverage

- RGU organizes OFDP on teaching-learning through e-learning technologies - <https://arunachaltimes.in/index.php/2020/04/30/rgu-organizes-ofdp-on-teaching-learning-through-e-learning-technologies/>
- http://echoofarunachal.in/news_details.php?nid=6648
- <https://arunachalobserver.org/2020/04/30/4882-benefit-rgus-teaching-learning-ofdp/>
- <https://www.youtube.com/watch?v=RO8JZwelK-M>
- <http://thecriticalmirror.com/news/education/rgu-organized-three-day-online-faculty-development-programme/2020/04/28/>
- <http://thecriticalmirror.com/news/education/the-creation-of-postcards-is-important-learning-of-tools-in-low-internet-connectivity-dr-parveen-k-sharma/2020/04/29/>
- <http://www.newsonair.com/Main-News-Details.aspx?id=387037>
- <https://www.youtube.com/watch?v=RO8JZwelK-M>
- <https://www.rgu.ac.in/>
- <https://www.youtube.com/watch?v=IYYmCEWShvE&t=53s>. AIR Arunachal Pradesh

THANK YOU



**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

17 - 21 August, 2020

Online Mode

Chief Patron



Prof. Saket Kushwaha
Vice-Chancellor,
Rajiv Gandhi University



Prof. Amitava Mitra
Pro. VC
Rajiv Gandhi University



Prof. Tomo Riba
Registrar
Rajiv Gandhi University



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 1st 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. 12,100/- 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., 17th to 21st 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 2nd rank among 40 central universities. As the university is located in an interior part of India and has limited resources despite of that securing 2nd 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: (17th 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: (17th August, 2020): 2nd 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: (18th August, 2020): 1st 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: (18th August, 2020): 2nd 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: (19th August, 2020): 1st 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 how 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 dual 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, meditation and other activities fit to 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: (19th August, 2020): 2nd 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: (20th August, 2020): 1st 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: (20th August, 2020): 2nd 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: (21st August, 2020): 1st 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: (21st August, 2020): 2nd 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	Keynote Address on: Relevance of Physical Education and Sports in New Education Policy	Prof. B. Basumatary Dean, LNIPE. NERC
Day 1(17/08/2020) 1.15 PM to 2.15 PM	Fitness Management for All	Prof. B. C. Kapri Deptt. of Physical Education, BHU
Day 2(18/08/2020) 12.00 PM to 01.00 PM	Happy Hormones for Happy Life	Prof. N. K. Agrawal Department of Endocrinology and Metabolism, IMS, BHU
Day 2(18/08/2020) 01.15 PM to 02.15 PM	Physical and Yogic Interventions for Immunity	Dr. Rajeev Choudhary Professor in Physical Education Pt. R. S. S. U. Raipur (C. G)
Day 3(19/08/2020) 12.00 PM to 01.00 PM	Nutritional Management of Health and Life Style Diseases	Neetu Bhalla Chief Dietician, Multispeciality Jagrati Hospital & Research Center Pvt. Ltd. Allahabad
Day 3(19/08/2020) 01.15 PM to 02.15 PM	Management of Osteoarthritis and Geriatric Care	Dr. K. A. Thiagarajan Associate Professor, Arthroscopy & Sports Medicine SRIHER, Chennai
Day 4(20/08/2020) 12.00 PM to 01.00 PM	Life Style Diseases	Dr. J. P. Singh Head, Department of Panchkarma, Faculty of Ayurveda, IMS, BHU
Day 4(20/08/2020) 01.15 PM to 02.15 PM	Stress A Childhood Friend and A Lifelong Enemy	Siddhartha Srinet Sports Officer, Govt. Degree College, MP
Day 5(21/08/2020) 12.00 PM to 01.00 PM	Sports for Mental Health and Personality Development	Prof. Jayashree Acharya Dean , National Sports University, Manipur

Annexure 2

List of Participants

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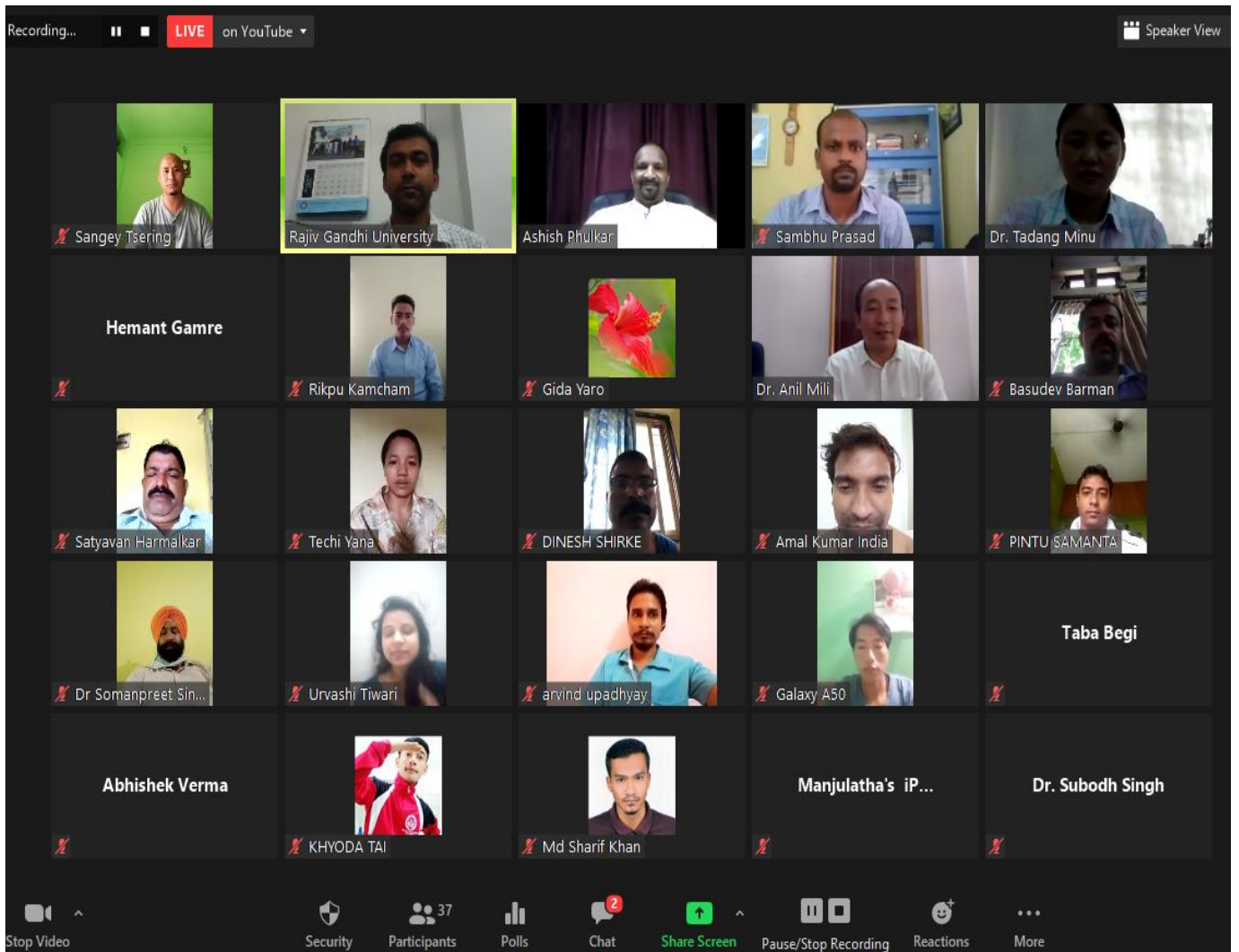
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Annexure 3 Photographs



Annexure 4: Media Coverage

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Final Report on

Six Day Refresher Course

For

"Coaches and Instructors of Sports Authority of Arunachal and Directorate of Sports"

Department of Physical Education, RGU Doimukh concluded its Six day Day Refresher Course For "Coaches and Instructors of Sports Authority of Arunachal and Directorate of Sports" on 5th September, 2020 through the Zoom Platform, all coaches and instructors working under Sports Authority of Arunachal and Directorate of Sports participated in this course. The Inaugural programme was held on 31.08.2020 by Prof. Saket Kushwaha, Hon'ble Vice Chancellor, RGU which was also attended Tadar Apa, Director Sports, Government of Arunachal Pradesh, Gumnya Karbak, Director, Sports Authority of Arunachal, Government of Arunachal Pradesh

Renowned experts across the nation delivered their lecture on various topics related to Sports Science, High Performance Sports, Coaching Philosophy, Psychological Aspect of Performance, Female Athletes and Management of Sports Injuries which were delivered by Dr. Shailendra Kumar Sinha, Former Sports Scientist, SAI, Kolkata, Prof. Abhimanyu Singh, HoD, Physical Education, BHU, Dr. Sanjeev S. Patil, SAI, Trivandrum, Siddartha Srinet, Sports Officer, Prithvipur, MP, Dr. K. P. Manilal, Senior Scientific Officer, SAI, Bangalore, Dr. Saju Joseph, Scientific Officer, SAI, Bangalore, Dr. O. P. Mishra, Former HoD, Sports Science, Swamim Gujarat Sports University, Dr. Sanjay Kumar Prajapati, SAI, Trivandrum, Mrs. Mridu Sharma, Sports Psychologist, Mr. Thefukolie Punyu, LNIPE, NERC, Guwahati, Dr. Kakali Goshwami, Dr. Tadang Minu, Dr. Sambhu Prasad, Dr. K. Rojeet Singh and Dr. Vivek Kumar Singh for RGU

The day one started with keynote address on the "High Performance Sports and Role of Sports Science & Science of Technology in Management of HPS" Dr. Shailendra Kumar Sinha revealed that high performance sports is highly competitive sports that require appropriate coaching along with full fledge support of sports science. As without scientific support players can't achieve the performance that can help them to win medal at international tournaments like, Olympic, Commonwealth Games Asian Games and World Championship.

One day two experts enriched the knowledge of coaches about Coaching Philosophy, Management of Training Load and Periodization in sports. Session started with discussion on coaches' role in different dimensions and why a coach should be better manager to manage the personal and professional problems of his trainee athletes. While in the 2nd session management of training load was discussed with coaches where they learned about training load and its effect on player's performance. If it is manipulated adequately it may lead to increased performance but if it over suit the trainee capacity it may cause deterioration in performance. In last session of day two Periodization, its different components and principal of planning was discussed.

The day three rolled on with discussion on doping and ergogenic aids. Coaches had lot of misconception about use of different banned substances by WADA. It was discussed that player as well as coach should have at least basic concept of doping that may protect their trainees from being banned. While in 2nd and 3rd session Resistance Training Planning was discussed. Expert discussed about different forms of resistance training, equipments used in resistance training and principles of resistance training. They explained that resistance training is base of strength development that is base of all motor components.

The fourth day began with a lecture on psychological aspects of sports performance. It is mental toughness that play important role in performance along with technical and tactical training and it should be part of training at every level. While injury management was discussed in 2nd session as injury is a common phenomenon in sports and it should be mange properly with help of experts otherwise it may hinder performance of player and may lead to end of player's carrier. Biomechanical analysis of running in the last session where experts revealed proper pattern of running may enhance performance and faulty technique may consume more energy and may lead towards injury.

Fifth day started with discussion on female athletes as female athletes has specific physiological requirements and that should be managed properly with help of concern expert as due to menstrual cycle female lose more hemoglobin and they are more prone to be suffer from osteoarthritis. So coaches should efficiently manage their diet, training and mental aspect also. While talent identification for future performance is pivotal role of coaches and administrators and they

should adopt scientific approach to that. If real talent will identified at right time and groomed with proper tarring that may be true future prospect for country. Management of stress, anxiety and aggression was discussed in the last session as stress is ingredient of tournaments, players should learn to take it positively. While aggression is also important factor of performance but if it is used by players in controlled way.

On the final day experts discussed about relevance of Speed Training and Endurance Training in different sports and at different level of performance. Experts discussed about different means and methods to develop these two important motor components of sports performance. Motivation is one of the significant aspects of sports performance at every level of sports participation, experts discussed how motivation is important for coaches as well as their trainee athletes and players. Participating coaches and trainers shared their views about this refresher and all of them anonymously appreciated the effort of SAA. The refresher concluded with the concluding remarks from Dr. Anil Mili, Chairman of the Organising Committee. The programme was coordinated by Dr. Vivek Kumar Singh, supported by Dr. Tadang Minu, Dr. Rojeet Singh and Dr. Sambhu Prasad as Joint Coordinators. Gumnya Karbak, Director, Sports Authority of Arunachal expressed his gratitude to Department of Physical Education, RGU for their support and hosting this Six Day Refresher.



Vivek Kumar Singh
Organizing Secretary