

UGC - Human Resource Development Centre

Prof. S.J. Manjunath, B.E., M.B.A., Ph.D.

Director

No. : HRDC /

Ref. :

Manasagangothri
Mysuru - 570 006.
Karnataka, INDIA

Report of the 11th Refresher Course in Physical Education

The 11th Refresher Course in Physical Education was conducted by the UGC-Human Resource Development Centre, University of Mysore from 24-11-2020 to 07-12-2020. The Thrust Area/theme of the Refresher Course was "Sports Medicine, Exercise Physiology, Research Pedagogy and Psychological Intervention in Physical Education and Sports". The Course Co-ordinators are Dr. S. Madialagan and Dr. C. Venkatesh, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore. A total of 38 Participants attended the refresher course.

On the first day, first session, Instruction has been given to Teacher-Participants, second and third session Dr. Lancy D'Souza, Department of Psychology, Maharaja's College, University of Mysore, Mysore delivered lectures on "Sports and Injury" and "Psychology Issues and Challenges", fourth session, Prof. Mrinal Chakraborty, West Bengal spoke on "Mental Toughness". On the second day, morning, Prof. Sanjana Kiran, Saraswathipuram, Mysore addressed on "Psychological Safety", afternoon, Prof. P. Prakash, Former Professor of Physical Education, Bogadi, Mysore discussed on "Self Efficacy and Sports Performance". On the third day, morning, Dr. H.N. Vishwanath, Faculty of Education, Sharada Vilas Teachers College, Mysore spoke on "Micro-Teaching", afternoon, Dr. Anuradha Solanky, Junior Scientific Officer, Human Performance Lab, Sports Authority of India, Delhi demonstrated on "Psychological Considerations of Youth Sports" and "Stress Management". On the fourth day, morning, Prof. M. Chandrakumar, Former Professor of Physical Education, Bogadi, Mysore gave lecture on "Use and Misuse of Performance Enhancing Drugs", third session Dr. C. Venkatesh, Course Coordinator spoke on "Role of Social Efficiency in Physical Education and Sports", fourth session, Prof. G. Venkatesh Kumar, Department of Studies in Psychology, University of Mysore, Mysore addressed on "Sports Psychology". On the fifth day, morning, Prof. B.S. Vishwanath, Former Professor of Biochemistry, University of Mysore, Mysore delivered lectures on "Drugs and Doping in Sports" and "Talent Identification in Sports and Games". Afternoon, Dr. Gerald

Santhosh D'Souza, Deputy Director of Physical Education and Chairman, Mangalore University, Mangalore discussed on "Energy Systems in Play" and "Environmental Factors in Sports Performance". On the sixth day, morning, Prof. Arvind Malik, Department of Physical Education, Kurukshetra University, Kurukshetra, Haryana explained on "Parental Programming of Sporting Success" and "Struggle of WADA in Making Invisible Visible". Afternoon, Dr. Malay Mandal, Junior Scientific Officer, Sports Authority of India, Mysore spoke on "Cardio Respiratory Changes During Exercise" and "Psychological Evaluation of Sports Persons".


On the second week, first day, morning, Prof. S.M. Prakash, Director of Physical Education, Kuvempu University, Shankaraghatta, Shivamogga explained on "Research Problem : Criteria Identification and Formulation" and "Statistical Applications : Measures of Central Tendencies & Variabilities and Other Applications". Afternoon, Prof. C.K. Kishore Kumar, Department of Physical Education, Mangalore University, Mangalore gave information on "The Language of Research". On the second day, morning, Prof. Nishanth Singh Deol, Director of Physical Education, Punjab University, Chandigarh addressed on "Ethics in research" and "Technology in Sports", Prof. Suthakar, Department of Physical Education, Karpagam University, Coimbatore spoke on "Research Methods" and "Research Proposal". On the third day, morning, Prof. Elayaraja M, Department of Physical Education & Sports, School of Humanities, Pondicherry University, Kalapet, Pondicherry addressed on "Current Concepts in Muscle Stretching". Afternoon, Prof. Shahin Ahamed, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai spoke on "optimizing Peak Performance in Sports through Psychological Intervention". On the fourth day, morning, Dr. C. Venkatesh, moderated the "Participants Seminar". Afternoon, Dr. Gajanan Prabhu B, Assistant Professor, Department of Physical Education, Kuvempu University, Shankaraghatta, Shivamogga evaluated the "Participants Seminar". On the fifth day, morning, Prof. M. Chandra Kumar, moderated the "Participants Seminar". Afternoon, Prof. P.C. Krishnaswamy, Principal/Chairman, University College of Physical Education, Bangalore University, Bangalore evaluated the "Participants Seminar". On the last day, first session, Prof. M. Chandrashekar, spoke on "Scholarly Communication", second session, Prof. Sundar Raj Urs, Former Professor of Physical

education, Bangalore explained on "Importance and Relevance of Research in Physical Education".

As a part of the Refresher Course , the Online test was conducted in the afternoon followed by feed back from the participants.

In support to this report , the following Documents are attached.

1. Resource Persons' List
2. Teacher Participants' List
3. Seminar Schedule
4. Time Table
5. Group Photo


(Prof. S.J. Manjunath)

Director

DIRECTOR

UGC-Human Resource Development Centre
University of Mysore
Manasagangotri, Mysuru-570006

Recommendations of Committee towards allotment of courses for 2020-21 (RC/OP/STC etc.) under the scheme of HRDC

S.NO	NAME OF HRDC/RECOMMENDED PROGRAMMES BY THE COMMITTEE
5.	<p>UNIVERSITY OF MYSORE.</p> <p>1. Faculty Induction Programme - 04.</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES 10</p> <p>i) Commerce.</p> <p>ii) Languages, Literature & Cultural Studies (Kannada & Indian Languages).</p> <p>iii) History.</p> <p>iv) .Library & Information Science.</p> <p>v) Physical Education.</p> <p>Refresher Courses: Inter/Multi-disciplinary:</p> <p>vi) Cognitive Economics.</p> <p>vii) Quantum Biology.</p> <p>viii) Human Rights.</p> <p>ix) Materials Science.</p> <p>x) Teacher Educators: Learning outcomes and educational reform – Pedagogy, Assessment and Quality Assurance.</p> <p>3. Short Term Courses.</p> <p>i) “Research Methodology”</p> <p>ii) ‘Gender Sensitization’.</p> <p>iii) ‘Disaster Management’.</p> <p>iv) “Soft Skills’.</p> <p>4. Workshop. - 05.</p> <p>i) Leadership Development Programme 02</p> <p>ii) MOOCs, Online Courses & Open Educational Resources</p> <p>iii) E-content Development and Online Pedagogy</p> <p>iv) Interaction Programme for Ph.D. Research Scholars/Post-Doctoral Fellows</p>

**Address List of Resource Persons of the 11th Refresher Course in Physical Education (Online)
From 24.11.2020 to 07.12.2020**

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
1.	Prof. Midatala Rani Director, UGC-Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore-570006.	Off : 0821-2419319 Res : Cell : Email : mallirani@yahoo.co.in
2.	Dr. Lancy D Souza Head, Associate Prof. Dept. Of Psychology, Maharaja's College University of Mysore Mysore- 570006	Off : Res : Cell : 9986332616 Email : lancyd@yahoo
3.	Prof. Prakash P Prof. In Physical Education (Retd.) A-07-03, AIISH Layout, 2 nd Stage, Near Amruthanandamayi School, Bogadi, Mysore-26	Off : Res : Cell : 9845336034 Email : prakashp99@gmail
4.	Prof. Sanjana Kiran No.41, 8 th Main, 12 th Cross, Kamakshi Hospital Road, Saraswathipuram, Mysore- 570009	Off : Res : Cell : 6596174262 Email : sanjana.kiran@abft.in
5.	Dr. Anuradha Solanky Junior Scientific Officer, Human Performance Lab, Sports Authority of India, Jawaharlal Nehru Stadium Complex (East Gate, Lodhi rd, New Delhi, Delhi 110003	Off : Res : Cell : 9810827721 Email : anuradhasolanky@yahoo
6.	Dr. H.N. Vishwanath Faculty of Education Sharada Vilas Teachers College Krishnamurthy Puram, Mysore- 04	Off : Res : Cell : 9448433950 Email :
7.	Prof. G.Venkatesh Kumar DOAS in Psychology University of Mysore Manasagangothri, Mysore- 06	Off : Res : Cell : 94480580140 Email :
8.	Prof. B.S. Vishwanath Prof. of Biochemistry(Retd.) UOM #163, 5 th Main, A Block, Vijayanagara 3 rd Stage, Mysore- 570030	Off : Res : Cell : 9845893634 Email :

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S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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9.	Dr. Gerald Santhosh D'Souza Deputy Director of Physical Education and Chairman, Mangalore University Mangalagangothri- 574199, Mangalore	Off : Res : Cell : 9343572023 Email : gsansouza@gmail
10.	Prof. Arvind Malik Prof. Dept. Of Physical Education Kurukshetra University, Kurukshetra Haryana- 136119	Off : Res : Cell : 91416104101 Email : arvindmalik.kuk@gmail
11.	Dr. Malay Mandal Junior Scientific Officer (Exercise Physiology) Sports Authority of India, Mysore Road, Bengaluru- 560056	Off : Res : Cell : 7259671668 Email : malaymandaldr@gmail
12.	Dr. Prakash S.M Director of Physical Education Kuvempu University, Shankaragatta, Shivamogga- 577451	Off : Res : Cell : 9448260774 Email : yesempee@gmail
13.	Prof. C.K. Kishore Kumar Dept. Of Physical Education Mangalore University, Mangalagangothri, Konaje- 574199 Mangalore	Off : Res : Cell : 9448178402 Email : kishorechattimada@gmail
14.	Prof. Nishan Sigh Deol Director of Physical Education Panjab University, Sector 14 Chandigarh, U.T- 160014	Off : Res : Cell : 9417602626 Email : donsdeol@gmail
15.	Dr. S. Suthakar Dept. Of Physical Education Karpagam University, L & T Bye-Pass Road, Eachanari Post Coimbatore- 641021	Off : Res : Cell : 9965065096 Email : suthakar.ku@gmail
16.	Prof. Elayaraja M Dept. Of Physical Education & Sports School of Humanities, Pondicherry University, R Venkat Raman Nagar, Kalapet Pondicherry- 605014	Off : Res : Cell : 9488979000 Email : elaya.cricket@gmail

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S.N	Name & Address of the Resource Persons	Contact No. & E-mail
17.	Dr. Shahin Ahmed Dept. Of Physical Education Tamil Nadu Physical Education and Sports University, Chennai- 600127	Off : Res : Cell : 9841216509 Email : khanshahinkhan@yahoo
18.	Dr. Gajanana Prabhu B Asst. Prof. Dept. Of Physical Education Kuvempu University, Shankaragatta, B.R Project, Shivamogga- 577451	Off : Res : Cell : 9845311458 Email : prabhuji888@gmail.com
19.	Prof. P.C Krishnaswamy Principal/Chairman University College of Physical Education Bangalore University, Jnana Bharathi Campus, Bangalore- 560056	Off : Res : Cell : 9449958295 Email : pswamyps@gmail.com
20.	Prof. M. Chandrakumar Prof. In Physical Education (Retd.) Suchandra # 21, Yashodhara Nagara Bogadhi 2 nd Stage (North), Mysore- 570005	Off : Res : Cell : 9449040903 Email : chandraphy@yahoo
21.	Prof. M. Chendrashekara Chairman, DOS in Library Science, University of Mysore, Manasagangothri, Mysore- 570006	Off : Res : Cell : 9448600970 Email :
22.	Prof. Sundar Raj Urs Professor of Physical Education (Retd.) #10, Bettada Arasi, 3 rd Cross, 1 st Main, Mallathahalli, Bengaluru- 560056	Off : Res : Cell : 9448454872 Email : sundarrajus@gmail
23.	Prof. Mrinal Chakraborty Regent Enclave Block-1, 3 BHK (3 rd Floor) Besides PS Magma Building, Kaikhali Service, West Bengal- 700052	Off : Res : Cell : 9830333323 Email : mreenalchak@gmail

Address List of Resource Persons of the 11th Refresher Course in Physical Education (Online)
From 24.11.2020 to 07.12.2020

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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Course Coordinators










1.	Dr. S. Madialagan Course Co-ordinator, Dept. of Studies in Physical Education and Sports Sciences, University of Mysore, Manasagangothri, Mysore – 06	Off : Res : Cell : 9740231972 Email : shanmugammadialagan@gmail.com
2.	Dr. C. Vekatesh Course Co-ordinator, Dept. of Studies in Physical Education and Sports Sciences, University of Mysore, Manasagangothri, Mysore - 06	Off : Res : Cell : 9901203647 Email : venkateshphyedn@gmail.com

**Address List of Teacher Participants of the 11th Refresher Course in
Physical Education (Online) from 24.11.2020 to 07.12.2020**

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
1.	Shankarappa C. Physical Education Director, Sri Manjunatha Swamy First Grade College, Saraswathinagar, Davanagere-577004.	Off : 8192261215 Res : Cell : 9448255478 Email : cshankardvg@gmail.com	
2.	Dr. Shantharaju Physical Education Director, Government First Grade College, Kuderu-571316. Chamarajanagara Dist.	Off : 9449704903 Res : Cell : 9538673032 Email : ramani.2281@gmail.com	
3.	Shreenivasa A.N. Physical Education Director Govt. First Grade College, Halebeedu-573121. Hassan Dist.	Off : 9448877819 Res : Cell : 9448877819 Email : shreenivasgfgch@gmail.com	
4.	Dr. S. Ramesh Kannan Director of Physical Education, S.K.S.S Arts College, Thiruppanandal-612504. Thanjavur Dist. Tamil Nadu.	Off : 04352456299/ 2456644 Res : Cell : 9751907535 Email : rameshbb88@gmail.com	
5.	Dr. Ravi T.K. Physical Education Director, Shankaragowda College of Education, Mandya-571401.	Off : 08232220809 Res : Cell : 9448739832 Email : ravisport9448@gmail.com	
6.	Sunil Nadakatta Physical Education Director, Government First Grade College for Women, Bagalkote-587101.	Off : 08354222148 Res : Cell : 9900292025 Email : sunilknvb@gmail.com	
7.	Dr. Kishor V. Physical Education Director, Vidyodaya Law College, B H Road, Tumakuru-575102.	Off : 8162278243 Res : Cell : 9036113243 Email : kishorped@gmail.com	
8.	Kutubuddin M. Saravan Physical Education Director, Smt. I.S. Yadawad Government First Grade College, Ramadurg-591123. Belagavi Dist.	Off : 8335242787 Res : Cell : 8861634102 Email : saravankml1@gmail.com	
9.	Jayanthi P.P. Physical Education Director Government First Grade College Periyapatna-571107. Mysore Dist.	Off : 9448504895 Res : Cell : 9900797352 Email : kendonden@gmail.com	



**Address List of Teacher Participants of the 11th Refresher Course in
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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
10.	Dr. Ashok Kumar Asst. Professor of Physical Education, College of Horticulture, GKVK Post, Bengaluru-560065.	Off : 08029720568 Res : Cell : 9902456411 Email : samrat5akki@gmail.com	
11.	Lohith L. Physical Education Director, Government First Grade College, Siddarthanagara, Mysore-570011.	Off : 08212478899 Res : Cell : 9886914882 Email : lohithgowda222@gmail.com	
12.	Dr. Rajashekhar D. Benakanahalli Physical Education Director, Government First Grade College for Women, Vijayapur-586101.	Off : 8352240161 Res : Cell : 8431032808 Email : kingomxxx@gmail.com	
13.	Dr. Kanthraj S. Physical Education Director, CBR National College of Law, Shivamogga-577201.	Off : 08182272228 Res : Cell : 8453477594 Email : kanthraj7268@gmail.com	
14.	R. Ramesha Physical Education Director, P.E.S. College of Science, Arts and Commerce, Mandya-571401.	Off : 08232220252 Res : Cell : 9900665370 Email : rramesha69@gmail.com	
15.	Shreepal Yallappa Kurakuri Physical Education Director, Government First Grade College, Alnavar-581103. Dharwad Dist.	Off : 08362957990 Res : Cell : 9480402922 Email : shreepalkurakuri@gmail.com	
16.	Siddhesh Subhash Kesarkar College Director of Physical Education and Sports, Govt. College of Commerce and Economics, Borda-Margao-403601 South-Goa Dist. Goa.	Off : 08322700555 Res : Cell : 9766969545 Email : ksiddhesh14@gmail.com	
17.	Dr. R. Anitha Physical Director, Periyar University Constituent College of Arts and Science, Idappadi-637105. Salem Dist. Tamil Nadu.	Off : 04283290789 Res : Cell : 8946095152 Email : dheepaksa@gmail.com	
18.	Shailesh Gurudas Chodankar Asst. Prof. of Physical Education, Vidyaprabodhini College of Commerce Education Computer and Management, Parvari-403521. North-Goa Dist. Goa	Off : 08322410500 Res : Cell : 7887836621 Email : chodankarshailesh10@gmail.com	


**Address List of Teacher Participants of the 11th Refresher Course in
Physical Education (Online) from 24.11.2020 to 07.12.2020**

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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
19.	Roopa D.R. Assistant Director of Physical Education, BMS College for Women, Basavanagudi, Bengaluru-560004.	Off : 08026601836 Res : Cell : 9844183677 Email : roopadr7@gmail.com	
20.	Dr. Sangeetha K. Physical Education Director, Maharani's Arts College for Women, JLB Road, Mysore-570005.	Off : 08212425635/2425636 Res : Cell : 9008511799 Email : sangeethaklagali@gmail.com	
21.	Joslyn Maria D'Souza College Director of Physical Education, St. Xavier's College, Mapusa-403507. North Goa Dist. Goa.	Off : 08322262356 Res : Cell : 9822981156 Email : hi2joslyn@rediffmail.com	
22.	Sangamesh R. Gurav Physical Education Director, Government First Grade College, Indi-586209. Vijayapura Dist.	Off : 8359224231 Res : Cell : 9481060273 Email : sangameshgurav@rediffmail.com	
23.	Prasad Salian Assistant Director of Physical Education and Sports, Government Engineering College Kushalnagara-571234. Kodagu Dist.	Off : 8276272335 Res : Cell : 9964245467 Email : saliansport@s@gmail.com	
24.	Ramesha R. Physical Education Director, PLN First Grade College, Poorigali-571463. Mandya Dist.	Off : 8231241782 Res : Cell : 7829413854 Email : ramesha.malavalli@gmail.com	
25.	Rajasab B. Sonekhan Physical Director, Government First Grade College for Women, Dharwad-580008.	Off : 08362959858 Res : Cell : 9632010867 Email : rsonekhan@gmail.com	
26.	Dr. N.P.R. Kesarkar College Director of Physical Education, Government First Grade College, Pandavapura-5714340. Mandya Dist.	Off : 8236255413 Res : Cell : 9480554486 Email : kesarkar1976@gmail.com	
27.	Renuka B. Ambali Assistant Physical Education Director, Government First Grade College, Basavana Bagewadi-586203. Vijayapura Dist.	Off : 8358244407 Res : Cell : 7760266467 Email : patilsuniltk@gmail.com	

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Physical Education (Online) from 24.11.2020 to 07.12.2020**

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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
28.	Dr. Roshan Kumar G. Physical Education Director, Dr. G Shankar Govt. Women's First Grade College and PG Centre, Ajjarakadu, Udipi-576101.	Off : 08202574955 Res : Cell : 984543303 Email : roshankumarg2012@rediffmail.com-	
29.	Huchappa Gurupadappa Patil Physical Education Director, M.G.V.C. College, Muddebihal-586212. Vijayapur Dist.	Off : 8356220329 Res : Cell : 9449666211 Email : hgpatil74@gmail.com	
30.	Dr. Gayathamma G.P. Physical Education Director, Govt. First Grade College for Women, K.R. Pet-571426. Mandya Dist.	Off : 8230261080 Res : Cell : 9964149980 Email : gpgayathriped@gmail.com	
31.	Malluswamy N. Physical Education Director, JSS College of Arts and Commerce, Gundlupet-571111. Chamarajanagar Dist.	Off : 8229222243 Res : Cell : 9590884220 Email : jsscgsports@gmail.com	
32.	Sudeep Kumar R. Assistant Director of Physical Education, University College of Arts, Tumkur University, Tumkur-572103.	Off : 9916063545 Res : Cell : 8904131981 Email : sudeep.aryan5@gmail.com	
33.	Mahadevi S. Injaganeri Physical Cultural Instructor, Government First Grade College, Navanagar, Bagalkot-587103.	Off : 8354297110 Res : Cell : 9972160026 Email : jyothiinjaganeri@gmail.com	
34.	Dr. Manohar S. Kalode Director of Physical Education, Bhagwantrao Arts College, Sironcha-442504. Gadchiroli Dist. Maharashtra.	Off : 7131233201 Res : Cell : 9421735129 Email : manohar.kalode@gmail.com	
35.	Neelappa Kuri Physical Education Director, Govt. First Grade College, Ilkal-587125. Bagalkot Dist.	Off : 7829985631 Res : Cell : 7829985631 Email : neelappakuri02@gmail.com	
36.	Srihari K. Physical Education Director, Government First Grade College, Sidlaghatta-562105. Chikkaballapur Dist.	Off : 815256483 Res : Cell : 9739683455 Email : sriharivolleyball@gmail.com	

**Address List of Teacher Participants of the 11th Refresher Course in
Physical Education (Online) from 24.11.2020 to 07.12.2020**

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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
37.	Dr. Radhakrishna H.B. Physical Education Director, Government First Grade College, Vamadapadavu-574324. Dakshina Kannada Dist.	Off : 08255282252 Res : Cell : 9343094319 Email : radhakrishnavarun@gmail.com	
38.	Doddappa. M. Yenagi Asst. Director of Physical Education, K.R.C.E. Society's GGD Arts, BMP Commerce and SVS Science College, Bailhongal-591102. Belgaum Dist.	Off : 08288295180 Res : Cell : 9900981822 Email : dmyenagisports@gmail.com	

**11th REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE)
FROM 24.11.2020 TO 07.12.2020**

SEMINAR SCHEDULE

Sl. No.	Name of the Participants	Title of the Seminar Topic	Date & Time
1.	Dr. Shantharaju	Recreation	04.12.2020 10.00 to 11.15
2.	Dr. Kishor V.	Exercise for Life: Why and in What Way	
3.	Shreepal Yallappa Kurakuri	Association Among Motor Fitness Components Of Shooting Ability In Basketball Players.	
4.	Dr. N.P.R. Kesarkar	Is Technology needed in Sports?	

1.	Dr. Roshan Kumar G.	CLUBS/Associations Influence On Sports Performance Among University Sports Person's	04.12.2020 11.45 to 01.00
2.	Sudeep Kumar.R	Know Your Happy Chemicals	
3.	Mahadevi S. Injaganeri	Leadership styles of a physical Education Director	
4.	Doddappa M. Yenagi	Stress and Management in Social Life	

1.	Shankarappa C.	Health Benefits of Yogasan	04.12.2020 02.00 to 03.15
2.	Dr. Rajashekhar D. Benakanahalli	Maharshi Patanjali Astanga Yoga	
3.	Dr. Gayathamma G.P.	Yoga: Pranayamas to Healthy lungs During covid -19	
4.	Dr. Sangeetha K.	Importance of Yogasana's to Maintain Good Health	
5.	Dr. Manohar S. Kalode	Yoga and Lifestyle.	

1.	Jayanthi P.P.	Healthy Eating	04.12.2020 03.45 to 05.00
2.	Dr. R. Anitha	Positive Attitude and Success	
3.	Joslyn Maria D'Souza	Promotion of Physical Activities among School Students	
4.	Prasad Salian	Physical and Mental Well-being during COVID 19 : A New Normal	
5.	Renuka B. Ambali	Health & Fitness	

1.	Shreenivasa A.N.	Importance of Physical Fitness for Healthy Life	05.12.2020 10.00 to 11.15
2.	Dr. Ashok Kumar	Fitness for younger generation	
3.	Lohith L.	Physical fitness and components of physical fitness	
4.	Huchappa Gurupadappa Patil	Nutrition and Diet on Sports	
5.	Srihari K.	Health Fitness and Balanced Diet	

1.	Dr. Ravi T.K.	Postural deformities and remedial measures	05.12.2020 11.45 to 01.15
2.	Shailesh Gurudas Chodankar	Postural deformities	
3.	Roopa D.R.	Doping in Sports	
4.	Sangamesh R. Gurav	Five Ways to avoid Sports injuries	
5.	Malluswamy N.	Health Education - First-Aid	

1.	Sunil Nadakatta	Duties and Responsibilities of Officials in Swimming	05.12.2020 02.00 to 03.15
2.	Kutubuddin M. Saravan	Rules implements in pro Kabaddi	
3.	R. Ramesha	New Rules and Regulation in the Game of Ball Badminton	
4.	Siddhesh Subhash Kesarkar	Integrating Technology into Physical Education	
5.	Neelappa Kuri	Basic Skills In Kabaddi	

1.	Dr. S. Ramesh Kannan	Impact of Sports Specific Endurance Training on Handball Players.	05.12.2020 03.45 to 05.00
2.	Dr. Kanthraj S.	Importance of Warm Up and Cool Down Exercise in Sports Activity	
3.	Ramesha R.	General principles of sports training.	
4.	Rajasab B. Sonekhan	The Effect of Plyometric Training on Athlete	
5.	Dr. Radhakrishna H.B.	Training session	



**UGC-HUMAN RESOURCE DEVELOPMENT CENTRE
MANASAGANGOTRI, MYSORE-570 006.**

**11th REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE) – TIME TABLE FOR 1st WEEK (24.11.2020 TO 30.11.2020)
THRUST AREA : Sports Medicine, Exercise Physiology, Research Pedagogy and Psychological Intervention in Physical Education and Sports”**

Date and Day	10.00 AM to 11.15 AM	11.45 AM to 1.00 PM	1.15 to 2.00	2.00 PM to 3.15 PM	3.45 PM to 5.00 PM	
24.11.2020 Tuesday	Instructions to Teacher-Participants	Sports and injury Dr. Lancy D’Souza	L U N C H B R E A K	Psychology Issues and Challenges Dr. Lancy D’Souza	Mental Toughness Prof. Mrinal Chakraborty	
25.11.2020 Wednesday	Psychological Safety – I Prof. Sanjana Kiran	Psychological Safety – II Prof. Sanjana Kiran		Self Efficacy and Sports Performance – I Prof. P. Prakash	Self Efficacy and Sports Performance – II Prof. P. Prakash	
26.11.2020 Thursday	Micro-Teaching – I Dr. H.N. Vishwanath	Micro-Teaching – II Dr. H.N. Vishwanath		Psychological Considerations of Youth Sports Prof. Anuradha Solanky	Stress Management Prof. Anuradha Solanky	
27.11.2020 Friday	Use and Misuse of Performance Enhancing Drugs – I Prof. M. Chandra Kumar	Use and Misuse of Performance Enhancing Drugs – II Prof. M. Chandra Kumar		Role of Social Efficiency in Physical Education and Sports Dr. C. Venkatesh	Sports Psychology Prof. G. Venkatesh Kumar	
28.11.2020 Saturday	Drugs and Doping in Sports Prof. B.S. Vishwanath	Talent Identification in Sports and Games Prof. B.S. Vishwanath		Energy Systems in Play Dr. Gerald Santhosh D’Souza	Environmental Factors in Sports Performance Dr. Gerald Santhosh D’Souza	
29.11.2020 Sunday	HOLIDAY			HOLIDAY		
30.11.2020 Monday	Parental Programming of Sporting Success Prof. Arvind Malik	Struggle of WADA in Making Invisible Visible Prof. Arvind Malik		Cardio Respiratory Changes During Exercise Dr. Malay Mandal	Psychological Evaluation of Sports Persons Dr. Malay Mandal	

Tea Break : 11.15 AM to 11.45 AM and 3.15 PM to 3.45 PM

UGC-HUMAN RESOURCE DEVELOPMENT CENTRE
MANASAGANGOTRI, MYSORE-570 006.

11th REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE) – TIME TABLE FOR 2nd WEEK (01.12.2020 TO 07.12.2020)
THRUST AREA : Sports Medicine, Exercise Physiology, Research Pedagogy and Psychological Intervention in Physical Education and Sports”

Date and Day	10.00 AM to 11.15 AM	11.45 AM to 1.00 PM	1.15 to 2.00	2.00 PM to 3.15 PM	3.45 PM to 5.00 PM	
01.12.2020 Tuesday	Research Problem: Criteria Identification and Formulation Prof. S.M. Prakash	Statistical Applications: Measures of Central Tendencies & Variabilities and other Applications Prof. S.M. Prakash	L U N C H B R E A K	The Language of Research – I Prof. C.K. Kishore Kumar	The Language of Research – II Prof. C.K. Kishore Kumar	
02.12.2020 Wednesday	Ethics in Research Prof. Nishanth Singh Deol	Technology in Sports Prof. Nishanth Singh Deol		Research Methods Prof. Suthakar	Research Proposal Prof. Suthakar	
03.12.2020 Thursday	Current Concepts in Muscle Stretching – I Prof. Elayaraja M.	Current Concepts in Muscle Stretching – II Prof. Elayaraja M.		Optimizing Peak Performance in Sports through Psychological Intervention – I Prof. Shahin Ahamed	Optimizing Peak Performance in Sports through Psychological Intervention – II Prof. Shahin Ahamed	
04.12.2020 Friday	Participants Seminar Dr. C. Venkatesh	Participants Seminar Dr. C. Venkatesh		Participants Seminar Dr. Gajanan Prabhu B.	Participants Seminar Dr. Gajanan Prabhu B.	
05.12.2020 Saturday	Participants Seminar Prof. M. Chandra Kumar	Participants Seminar Prof. M. Chandra Kumar		Participants Seminar Prof. P.C. Krishnaswamy	Participants Seminar Prof. P.C. Krishnaswamy	
06.12.2020 Sunday	HOLIDAY			HOLIDAY		
07.12.2020 Monday	Scholarly Communication Prof. M. Chandrashekara	Importance and Relevance of Research in Physical Education Prof. Sundar Raj Urs		ONLINE TEST AND FEEDBACK SESSION		

Tea Break : 11.15 AM to 11.45 AM and 3.15 PM to 3.45 PM



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11th REFRESHER COURSE IN PHYSICAL EDUCATION

GROUP PHOTO

