



UNIVERSITY OF MYSORE
UGC-HUMAN RESOURCE DEVELOPMENT CENTRE

Prof. S.S. Malini
Director

MANASAGANGOTRI
MYSURU – 570 006
KARNATAKA, INDIA

2021-2022

(ONLINE MODE)

Report of the 12th Refresher Course in Physical Education

The 12th Refresher Course in Physical Education was conducted by the UGC-Human Resource Development Centre, University of Mysore from 16-12-2021 to 29-12-2021. The theme of the Refresher Course was “Physical Education and Sport Sciences-Recent Trends”. The Course Coordinator was Dr. S. Madialagan, Associate Professor, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore. A total of 21 participants attended the refresher course.

The two week Refresher Course was started with the registration on 16.12.2021 at 10 AM followed by instructions to Teacher-Participants. The lecture session commenced in the Afternoon session with Prof. Arvind Malik, Department of Physical Education, Kurukshetra University, Kurukshetra, Haryana delivered the lectures on “Prenatal Programming for Sports in Success” and “Physical Literacy”. On the second day, morning, Dr. Srikanth. R, Nodal Officer, Department of Collegiate Education, Unnata Shikshana Soudha, Bangalore addressed on “The Role of NEP in the Present Era” and “The Implementation of NEP in College: Challenges and Success”. Afternoon, Dr. M. Elayaraja, Department of Physical Education and Sports School of Humanities, Pondicherry University, Pondicherry explained on “Long Term Athlete Development Framework for Developing the Future Athletes” and “Hypokinetic Diseases and Physical Activity”. On the third day, morning, Dr. Krishna Kant Sahu, Director, Open and Distance Learning, IQAC, LNIPE, Gwalior, Madhya Pradesh gave talk on “Career Prospectives in Physical Education and Sports” and “Sports Facility in Management”. Afternoon, Dr. H.N. Vishwanath, Faculty of Education, Sharada Vilas Teachers College, Mysore spoke on “Life Skills for Physical Education Directors”. On the fourth day, first session, Dr. C.P. Ramasesh, Former Librarian, University of Mysore, Mysore gave talk on “Information Sources for Teaching and Research”, second session Dr. M. Elayaraja, spoke on “Physiology of Stretching”. Afternoon, Dr. D. Maniazhagu, Associate Professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamil Nadu explained on “Health and Wellness through Physical Activity”. On the fifth day, first session, Dr. S. Suthakar, Department of Physical Education, Karpagam University, Coimbatore gave talk on “Present Trend in Research Methodology”, second session Dr. Nita Bandyopadhyay, Associate Professor, Department of Physical Education, University of Kalyani, Kalyani, West Bengal addressed on “Importance of Self Defence

in Women's Live".Afternoon, Prof. Jyoti Dhama Prakash, Department of Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura gave lecture on "Sports Marketing in Present Scenario". On the sixth day, morning, Dr. Gajanana Prabhu. B, Assistant Professor, Department of Physical Education, Kuvempu University, Shankaraghatta, Shivamogga explained on "Introduction to Sports Injuries" and "Recent Trends in Sports Injury Management", third session Prof. M. Chandrashekar, Chairman, Department of Studies in library and Information Sciences, University of Mysore, Mysore gave talk on "Information Literacy for Physical Education Professionals", fourth session Dr. Jayakumar. S, Consultant Director, Pranava Yogadhama Trust, Mysore spoke on "Physical and Mental Efficiency through Yoga".

On the second week, first day, morning, Dr. Rajkumar Sharma, Associate Professor, UGC-Human Resource Development Centre, Lakshmibai National Institute of Physical Education, Gwalior delivered lectures on "Introduction to MOOCs and OER's" and "UGC Guidelines and Its Impact on Professional Growth". Afternoon, Dr. P. Karthikeyan, Associate Professor, Department of Physical Education, Annamalai University, Annamalai Nagar, Tamil Nadu gave talk on "Research and Statistics in Physical Education" followed by Sri Vijaya Raghavan, Bogadi 2nd Stage, Mysore spoke on "Introduction to Adventure Activity and Adventure Sports". On the second day, morning, Prof. Joseph Singh, Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh gave talk on "Analysis of Sports Skills" and "Text Mining and Software to Detect it. Afternoon, Dr. Sudhir Kumar Sharma, Associate Professor, Swarnim Gujarat Sports University, Gandhinagar, Gujarat explained on "Use of Information Communication Technology in Research Work", followed by Dr. Rajkumar Sharma, on "Practical Session of MOOCs and OER's Courses". On the third day, morning, Dr. S. Akila, Associate Professor, Department of Physical Education, School of Educational Studies, Bharathiar University, Coimbatore spoke on "The Role of Transgender towards Physical Education and Sports" and "Indian at the Olympics". Afternoon, Dr. Nita Bandyopadhyay, gave talk on "Exercise can be an Effective Modality for Graceful Aging of Indian Women". On the fourth day, first session, Dr. Megha Sahu, Assistant Professor, Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh gave talk on "Burnout in Sports", second session Dr. Prakash. S.M, Former Director of Physical Education, Kuvempu University, Shivamogga explained on "Stress Management", third session Dr. Sathisha. H.K, Assistant Professor of Commerce, Govt. Ramnarayan Chellaram College of Commerce and Management, Bangalore spoke on "CAS Regulations in Physical Education and API Scoring", fourth session Prof. C. Venkatesh, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore moderated the "Participants Seminar-1".

On the fifth day, morning, Prof. G. Venkatesh Kumar, Department of Studies in Psychology, University of Mysore, Mysore addressed on "How to Loose and Win the Game" and "Easy to Win".

Afternoon, Prof. P.C. Krishnaswamy, Department of Physical Education, University of College of Physical Education, Bangalore University, Bangalore evaluated the “Participants Seminar-2 and 3”. On the last day, morning, Prof. N.G. Kannur, Department of Physical Education, Gulbarga University, Kalburgi moderated the “Participants Seminar-4 and 5”.

As a part of the Refresher Course, the Online test was conducted in the afternoon followed by Interaction with Course Coordinator and feedback 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. Photo’s



(Prof. S.S. Malini)

Director

UGC-Human Resource Development Centre

University of Mysore,

Manasagangotri, Mysore-570006.

Allotment of courses for 2021-22-reg.

1 message

Archana Thakur <archana.ugc@nic.in>

Fri, Jun 25, 2021 at 3:18 PM

To: asc_au@yahoo.com, hrdcuoh@gmail.com, hrdcou@gmail.com, hrdcsvutpt@gmail.com, rama_jaypee@rediffmail.com, directorhrdcjntuh@jntuh.ac.in, gkviswanadh@jntuh.ac.in, Shakeel_du@yahoo.com, ugchrdmannuhyd@gmail.com, ugcascgu@rediffmail.com, subodhpankhu@gmail.com, rkjha51266@gmail.com, ascpatna@yahoo.com, c.singh.vmpu@gmail.com, hrdcprsu@gmail.com, akguptarsu@gmail.com, ratnesh1975@gmail.com, Ratnesh Singh <directorhrdc@ggu.ac.in>, Du.cpdhe@gmail.com, geetanjali1908@gmail.com, dir.ascjmi@rediffmail.com, asc.jnu@gmail.com, MGOVIND MGOVIND <m_govind@mail.jnu.ac.in>, asc@unigoa.ac.in, curivonkar@unigoa.ac.in, asc@ascgujarat.org, joshijagdish@yahoo.com, kaladhar@ascrajkot.org, kaladharaya@gmail.com, mkayagnik@yahoo.co.in, director@hrdcspu.ac.in, ugcasc_kuk@yahoo.co.in, ugcascbpps@rediffmail.com, hrdcgjuhisar@gmail.com, hrdcshimla@gmail.com, ashokchoudhary.ru@gmail.com, ugcascjammu@gmail.com, jpsjoord@gmail.com, asc@kashmiruniversity.ac.in, hrdc@uok.edu.in, shivakumarais@gmail.com, ugchrdc.kud@gmail.com, hrdcmysore@gmail.com, asc.uoc@gmail.com, hrdcunike@yahoo.com, drsvsudheer@hotmail.com, kannurasc@gmail.com, ugcascindore@gmail.com, hrdcagar@gmail.com, ugcasc@gmail.com, /hrdcjabalpur@gmail.com, asclnipe@rediffmail.com, martin_evcity@yahoo.com, director.hrdc@bamu.ac.in, ugchrdc@mu.ac.in, asc_ngpnu@yahoo.co.in, cgdethe@gmail.com, ascpune7@gmail.com, directorhrdc@srbau.ac.in, dirasc@manipuruniv.ac.in, hrdcnehu@gmail.com, asc@nehu.ac.in, sarro@nehu.ac.in, lalundunga@rediffmail.com, asc.utkal@gmail.com, akdm.2002@gmail.com, ugcascsu@gmail.com, HRDC_PU <director.asc@pondiuni.edu.in>, hrdcgndu@yahoo.com, krjsingh@gmail.com, hryograj@yahoo.com, hrdcjnvu@gmail.com, directorhrdc@gmail.com, vijayvir@hotmail.com, ascmdsu@gmail.com, mathi_principal@yahoo.co.in, richardpaulv@gmail.com, asc@bdu.ac.in, ugcasc@uom.ac.in, ugcascuom@yahoo.com, mkuascdirector@gmail.com, asc_amu@yahoo.com, ugcascu@rediffmail.com, pksahooald@rediffmail.com, ac_staff@rediffmail.com, ascddugkp@gmail.com, nutan_tyagi@yahoo.com, asclko@rediffmail.com, hrdcnainital@gmail.com, divyavj@gmail.com, Pabitra_c@hotmail.com, anjaneco@gmail.com, office@hrdc.buruniv.ac.in, dirhrdc@jadavpuruniversity.in, rajat.acharya@gmail.com, ascnbu@gmail.com, hrdcnbu@gmail.com

Cc: archana ugc2012 <archana.ugc2012@gmail.com>, kundlaugc <kundlaugc@gmail.com>, hrdcsection <hrdcsection@gmail.com>

TO ALL THE DIRECTORS OF 66 HRDCs

Sir/Madam,

Kindly find attached herewith Allotment of courses for the year 2021-22 in respect of all 66 HRDCs.

With regards,

Dr. Archana Thakur, Joint Secretary, UGC

**Allotment of courses for 2021-22 to 66 HRDCs.pdf**

2260K



**UNIVERSITY GRANTS COMMISSION
BAHADUR SHAH ZAFAR MARG
NEW DELHI – 110002**

	<u>Allotted for 2020-21</u>	<u>Demanded/Allotted for 2021-22: Carry Forward is allowed from previous allocation, if the programs could not be organized or generated much interest in participants as evidenced from Feedback.</u>
01	<p>ANDHRA UNIVERSITY</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme - 04 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i) Life Science ii) Languages, Literature & Cultural Studies (Indian, English & foreign Languages). iii) Commerce & Management iv) Human Rights Refresher Courses: Inter/Multi-disciplinary: <ol style="list-style-type: none"> v) Environmental Sciences vi) Computational Social Sciences vii) Teacher Educators: Learning outcomes and educational reform – Pedagogy, Assessment and Quality Assurance. viii) Home Science (Food & Nutrition) 3. Short Term Courses <ol style="list-style-type: none"> i) Professional Development Programme for Non Academic Staff ii) Women Studies iii) Research Methodology iv) Applied Statistics for Teachers & Research Scholars 4. Workshop. <ol style="list-style-type: none"> i) Leadership Development Programme 02 ii) MOOCs, Online Courses & Open Educational Resources iii) E-content Development and Online Pedagogy iv) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc 	<p>ANDHRA UNIVERSITY</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme-04-06 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i. Computer Science ii. Indian Language & Literature iii. Commerce & Management iv. Teacher Education (B.Ed. & Physical Education) Refresher Courses: Inter/Multi-disciplinary: <ol style="list-style-type: none"> i. Human Rights ii. Home Sciences (Food & Nutrition) iii. Disaster Management iv. Environmental Sciences 3. Short Term Courses <ol style="list-style-type: none"> i. Applied Statistics for Teachers & Research Scholars ii. Research Methodology iii. Professional Development Programme for Non Academic Staff iv. Women Studies 4. Workshop on Leadership Development Programme 5. E-content Development and Online Pedagogy 6. Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc 7. Thematic popularization of NEP2020
02	<p>UNIVERSITY OF HYDERABAD</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme - 04 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i) Commerce & Management ii) Social Sciences iii) Experimental Physics iv) Life Sciences Refresher Courses: Inter/Multi-disciplinary: <ol style="list-style-type: none"> v) Research Methodology vi) Quantitative Biology vii) Chemistry: Synthetic Biology viii) English Language Studies 	<p>UNIVERSITY OF HYDERABAD</p> <ol style="list-style-type: none"> 1. Faculty Induction Programme– 04-06 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES <ol style="list-style-type: none"> i) Commerce & Management ii) Experimental Physics iii) Mathematics iv) Chemistry v) English Language Studies Refresher Courses: Inter/Multi-disciplinary

	<p>and educational reform – Pedagogy, Assessment and Quality Assurance.</p> <p>ix) Life Sciences</p> <p>Summer/Winter School</p> <p>x) Winter School: Science and Technology of Yoga and Meditation</p> <p>xi) Summer School: Quantum Biology</p> <p>3. Short Term Courses.</p> <p>i) Gender Sensitization</p> <p>ii) Communication Skills and computer Applications</p> <p>iii) Research Methodology</p> <p>iv) Disaster Management</p> <p>v) Workshop on MOOC's e-content development and open education Resources</p> <p>vi) Non-Academic Staff Training</p> <p>4. Workshop.</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> <p>v) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p>	<p>x) Information and Communication Technology</p> <p>3. Workshops</p> <p>i) MOOCs, E-content Development and Open Educational Resources</p> <p>ii) Disaster Management</p> <p>iii) Gender Sensitization</p> <p>iv) Research Methodology</p> <p>4. Short Term Courses.</p> <p>i) Non-Technical Staff Training</p> <p>ii) Principal Workshop on Leadership Development</p> <p>iii) Counseling and guidance</p> <p>iv) Yoga and Spirituality</p> <p>5. Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p> <p>6. Thematic popularization of NEP2020</p>
27	<p><u>KARNATAK UNIVERSITY, DHARWAD</u></p> <p>1. Faculty Induction Programme - 04</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES</p> <p>i) Sociology</p> <p>ii) Kannada</p> <p>iii) Life Sciences</p> <p>iv) Social Sciences</p> <p>Refresher Courses: Inter/Multi-disciplinary:</p> <p>i) Research Methodology in Social Sciences</p> <p>ii) Indian Languages</p> <p>iii) Research Methodology in Sciences</p> <p>iv) Teacher Education</p> <p>v) Business Studies</p> <p>vi) Environmental Sciences</p> <p>vii) Physical Education</p> <p>viii) ICT Applications</p> <p>3. Short Term Courses –</p> <p>i) Non-Teaching staff Training</p> <p>ii) Computer Training</p> <p>iii) Gender Sensitization</p> <p>iv) Academic Leadership</p> <p>v) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p>	<p><u>KARNATAK UNIVERSITY, DHARWAD</u></p> <p>1. Faculty Induction Programme – 04-06</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES</p> <p>i) Economics</p> <p>ii) Commerce and Management</p> <p>iii) Life Sciences</p> <p>iv) Library & Information Science</p> <p>Refresher Courses: Inter/Multi-disciplinary:</p> <p>i) Research Methodology in Social Sciences</p> <p>ii) Indian Languages</p> <p>iii) Research Methodology in Sciences</p> <p>iv) Teacher Education</p> <p>v) Physical Education</p> <p>vi) ICT Applications</p> <p>3. Short Term Courses.</p> <p>i) Research Methodology</p> <p>ii) Non-Teaching Staff Training</p> <p>iii) Computer Training for non-teaching staff</p> <p>iv) Workshop for Principal's</p> <p>v) Gender Sensitization</p> <p>vi) Academic Leadership</p> <p>vii) Teacher's Educator</p> <p>viii) Webinars- Leadership, Ethics, Disaster Management, Data Analysis, Language, Research Methodology, MOOC's Development & Delivery, Yoga and Wellness</p> <p>4. Thematic popularization of NEP2020</p>
28	<p><u>UNIVERSITY OF MYSORE</u></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</p>	<p><u>UNIVERSITY OF MYSORE</u></p> <p>1. Faculty Induction Programme - 04.</p> <p>2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES</p> <p>i) Commerce</p>

	<p>(Kannada & Indian Languages). iii) History. iv) .Library & Information Science. v) Physical Education. Refresher Courses: Inter/Multi-disciplinary: vi) Cognitive Economics. vii) Quantum Biology. viii) Human Rights. ix) Materials Science. x) Teacher Educators: Learning outcomes and educational reform – Pedagogy, Assessment and Quality Assurance. 3. Short Term Courses. i) "Research Methodology" ii) 'Gender Sensitization'. iii) 'Disaster Management'. iv) "Soft Skills". 4. Workshop. i) Leadership Development Programme 02 ii) MOOCs, Online Courses & Open Educational Resources iii) E-content Development and Online Pedagogy iv) Interaction Programme for Ph.D. Research Scholars/Post-Doctoral Fellows v) Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc</p>	<p>ii) Economics iii) English iv) History v) Kannada vi) Library & Information Science vii) Physical Education viii) Political Science Inter/Multi-disciplinary: i) Mathematical Science ii) Human Rights. iii) Materials Science iv) Life Sciences v) Indian Literature vi) Teacher Educator 3. Short Term Courses i) Gender Sensitization' ii) Disaster Management' iii) Information Communication Technology iv) Soft Skills v) Principal Meet' 4. Workshop. i) Academic Administrator ii) MOOCs, Online Courses & Open Educational Resources iii) Administrative Staff 5. Webinars can be frequently organized on the topics ranging from Leadership, Ethics, Climate change, Artificial Intelligence, machine learning, Data analytics, Language, Research Methodology, MOOCs development and delivery, Yoga and Wellness, Disaster management post COVID etc 6. Thematic popularization of NEP2020</p>
29	<p>UNIVERSITY OF CALICUT 1. Faculty Induction Programme – 04. 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES 11. i) Languages, Literature & Cultural Studies (Indian, English & foreign Languages). ii) Hindi Language & Literature. iii) Art & Culture (Humanities & Languages). Refresher Courses: Inter/Multi-disciplinary: viii) Material Sciences: Recombinant Memetics (Chemistry, Nano Science/Technology, Physics, Biological Sciences). ix) Malayalam & Kerala Studies (Anthropology, History, Malayalam, Sociology). x) Development Studies (Commerce, Management & Economics). Winter/Summer School xi) Experimental Techniques for Biological Sciences (Agricultural Science, Biotechnology, Botany, Environmental Science, Veterinary Science, Zoology). 3. Short Term Courses (1 week) i) Soft Skills Development for Asstt./Associate Professors. ii) E-content Development and</p>	<p>UNIVERSITY OF CALICUT 1. Faculty Induction Programme– 04-06 2. Refresher Courses: Theme-LEARNING OUTCOMES AND COMPETENCES i) Material Science ii) Life Sciences iii) Mathematical Science iv) Development Studies v) English Language & Literature vi) Hindi Language & Literature vii) Arabic Language & Literature viii) E-content Development and Online Pedagogy in Social Science Teaching ix) Physical Education x) Library and Information Science xi) Biotechnology (Botany, Zoology, Bioinformatics, Biochemistry, Microbiology, Aquatic Biology, Animal Husbandry, Aquaculture, Fisheries) xii) Computer Science/Computer Application xiii) Chemistry xiv) Physics Refresher Courses: Inter/Multi-disciplinary: i) Environmental Science ii) ICT-enabled Teaching iii) Malayalam & Kerala Studies iv) Cultural Studies</p>

Address List of Resource Persons of the 12th Refresher Course in Physical Education (Online)**From : 16.12.2021 To 29.12.2021**

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
1.	Prof. S.J. Manjunath Director, UGC-Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : Email :
2.	Prof. Arvind Malik Dept. Of Physical Education. Kurukshetra University, Kurukshetra, Haryana-136119.	Off : Res : Cell : 94161 04101 Email : Arvindmalik.kuk@gmail.com
3.	Dr. Srikanth . R Nodal Officer, Dept. Of Collegiate Education, Unnata Shikshana Soudha, Seshadri Road, Bangalore-560001.	Off : Res : Cell : 94486 20169 Email : srisportive5@gmail.com
4.	Dr. Krishna Kant Sahu Director-Open & Distance Learning, Director- IQAC, LNIPE, Gwalior, Shaktinagar, Mela Road, Gwalior, Madhya Pradesh-474002.	Off : Res : Cell : 95828 96690 Email : krishnalnipe@gmail.com
5.	Dr. H.N. Vishwanath Faculty of Education, Sharada Vilas Teachers College, Krishnamurthypuram, Mysore-570004.	Off : Res : Cell : 94484 33950 Email : vishufocus@gmail.com
6.	Dr. C.P. Ramasesh Former Librarian, University of Mysore, # 1212, Ashoka Circle, Kantharaje Urs Road, Chamarajapuram, Mysore-570005.	Off : Res : Cell : 97313 43004 Email :
7.	Dr. M. Elayaraja Dept. of Physical Education & Sports School of Humanities, Pondicherry University, R. Venkat Raman Nagar, Kalapet, Pondicherry-605014.	Off : Res : Cell : 94889 79000 Email : elaya.cricket@gmail.com
8.	Dr. S. Suthakar Dept. of Physical Education, Karpagam University, L & T Bypass Road, Eachanari Post, Coimbatore-641021.	Off : Res : Cell : 99650 65096 Email : suthakar.ku@gmail.com

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S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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9.	Dr. Gajanana Prabhu. B Assistant Professor, Dept. of Physical Education, Kuvempu University, Shankaraghatta, Shivamogga-577451.	Off : Res : Cell : 98453 11458 Email : prabhuji888@gmail.com
10.	Prof. Jyoti Dhama Prakash Dept. of Physical Education & Sports Sciences, Karnataka State Akkamahadevi Women's University, Jnanashakti Campus, Torvi, Vijayapura-586108.	Off : Res : Cell : 94485 70696 Email : dmjyoti@yahoo.com
11.	Dr. D. Maniazhagu Associate Professor, Dept. of Physical Education & Health Sciences, Alagappa University, Karaikudi, Tamil Nadu-630003.	Off : Res : Cell : 70103 74496 Email : drmaniazhagu@gmail.com
12.	Prof. M. Chandrashekar Chairman, Dept. of Studies in Library Science, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 94486 00970 Email :
13.	Dr. Jayakumar . S Consultant Director, Pranava Yogadhama Trust, 664, 1 st Stage, Vijayanagara, Mysore-17.	Off : Res : Cell : 94484 13125 Email :
14.	Dr. P. Karthikeyan Associate Professor, Dept. of Physical Education, Annamalai University, Annamalai Nagar, Tamil Nadu-608002.	Off : Res : Cell : 98420 12154 Email : karthi_pe@yahoo.co.in
15.	Dr. Rajkumar Sharma Associate Professor, UGC- Human Resource Development Centre, Lakshmibai National Institute of Physical Education, Gwalior-474002.	Off : Res : Cell : 95807 65651 Email : rajumonasona@gmail.com
16.	Prof. Joseph Singh Lakshmibai National Institute of Physical Education, H.No.02, LNIPE Campus, Mela Road, Gwalior-474002. Madhya Pradesh.	Off : Res : Cell : 99355 23938/74090 81660 Email : josephnipe@gmail.com

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S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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17.	Dr. Sudhir Kumar Sharma Associate Professor, Swarnim Gujarat Sports University, Sector-15, G-Road, BH. College Building, Gandhinagar, Gujarat-382016.	Off : Res : Cell : 98689 10376 Email : asso.prof.pe.sgsu1@gmail.com
18.	Mr. Vijayaraghavan No.28, Padmavathi, 1 st Cross, Telecom Layout, Bogadi 2 nd Stage North, Mysore-570026.	Off : Res : Cell : 94811 87255 Email : vijayaraghvan53@gmail.com
19.	Dr. S. Akila Associate Professor, Dept. of Physical Education School of Educational Studies, Bharathiar University, Coimbatore, Tamil Nadu-641046.	Off : Res : Cell : 98940 77744 Email : akila.sathish@yahoo.com
20.	Dr. Nita Bandyopadhyay Associate Professor, Dept. of Physical Education, University of Kalyani, Kalyani, Nadia West Bengal-741235.	Off : Res : Cell : 81454 18307 Email : nitabandyopadhyay@kly.univ.ac.in/ nitabandyopadhyay@gmail.com
21.	Dr. Megha Sahu Assistant Professor, Lakshmibai National Institute of Physical Education, H.No.02, LNIPE Campus, Gwalior, Madhya Pradesh-474002.	Off : Res : Cell : 99718 83824 Email : 22meghasahu@sgmail.com
22.	Dr. Prakash. S.M. Former Director of Physical Education, Kuvempu University, No.26084, Tata New Heaven, Vaderahalli, Mathalli, Bangalore North.	Off : Res : Cell : 94482 60774 Email : yesenpee@gmail.com
23.	Dr. Sathisha. H.K. Assistant Professor of Commerce, Govt. Ramnarayan Chellaram College of Commerce & Management, Rececourse Road, Bangalore-560001.	Off : Res : Cell : 94489 88783 Email : sathisha.spark@gmail.com
24.	Prof. C. Venkatesh Dept. of Studies in Physical Education & Sports Sciences, University of Mysore, Mysore-570005.	Off : Res : Cell : 98440 61254 Email :



Address List of Resource Persons of the 12th Refresher Course in Physical Education (Online)**From : 16.12.2021 To 29.12.2021**

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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25.	Prof. G. Venkatesh Kumar Dept. of Studies in Psychology, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 94480 58140 Email :
26.	Prof. P.C. Krishnaswamy Dept. of Physical Education, University College of Physical Education, Bangalore University, Jnanabharathi Campus, Bangalore-560056.	Off : Res : Cell : 94499 58295 Email : kswamypc@gmail.com
27.	Prof. N.G. Kannur Dept. of Physical Education, Gulbarga University, Jnana Ganga, Kalburgi-585106.	Off : Res : Cell : 94484 14223 Email : drngkannur@gmail.com
28.	Dr. S. Madialagan Course Coordinator, Dept. of Studies in Physical Education & Sports Sciences, University of Mysore, Mysore-570005.	Off : Res : Cell : 97402 31972 Email : shanmugammadialagan@gmail.com

**Address List of Teacher Participants of the 12th Refresher Course in Physical Education
(Online) from 16.12.2021 to 29.12.2021**

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
1.	Chanabasappa N. Soratur Physical Education Director, Priyadarsini First Grade College, Rattihalli-581116. Haveri Dist.	Off : 08376200114 Res : Cell : 9880978296 Email : cnsoratur@gmail.com	
2.	Anand S. Chanagi Physical Education Director, Government First Grade College, Raibag-591317. Belagavi Dist.	Off : 08331224563 Res : Cell : 8105255910 Email : gfgcchanagi@gmail.com	
3.	Prakash Rao D. Physical Education Director, Vaikunta Baliga College of Law, Kunjibettu, Udupi-576102.	Off : 08202520373 Res : Cell : 9480157766 Email : prakasharao64@gmail.com	
4.	Jayashankar College Physical Education Director, Government First Grade College, Bannur-571101. Mysore Dist.	Off : 08227295108 Res : Cell : 9916216777 Email : jysr.mly@gmail.com	
5.	Dayananda M.J. College Director of Physical Education, Government First Grade College, Sargur-571121. Mysore Dist.	Off : 9845567431 Res : Cell : 7975257443 Email : dayamj3@gmail.com	
6.	Shreenivasa A.N. Physical Education Director, Government First Grade College, Halebeedu-573121. Hassan Dist.	Off : 9481964749 Res : Cell : 9448877819 Email : shreenivasgfgch@gmail.com	
7.	Kumara C. Physical Education Director, Government First Grade College, Saligrاما-571604. Mysore Dist.	Off : 0822328388 Res : Cell : 9844144616 Email : ckumara2011@gmail.com	
8.	Rajashekar M. Physical Education Director, Government First Grade College, Raichur-584101.	Off : 08532220542 Res : Cell : 7026824555 Email : rajamogh555@gmail.com	
9.	Dr. Shantharaju Physical Education Director, Government First Grade College, Kuderu-571316. Chamarajanagara Dist.	Off : 08226234198 Res : Cell : 9538673032 Email : ramani.2281@gmail.com	

**Address List of Teacher Participants of the 12th Refresher Course in Physical Education
(Online) from 16.12.2021 to 29.12.2021**




-2-

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
10.	Roopathi M. Physical Education Director, Besant Women's College, Mangalore-575003. Dakshina Kannada Dist.	Off : 08242492206 Res : Cell : 7676449454 Email : roopasports39@gmail.com	
11.	Wasave Dattu Laxman Director of Physical Education, S.M. Joshi College, Hadapsar, Pune-411028. Maharashtra.	Off : 02028999001 Res : Cell : 9763468631 Email : dlwasave@gmail.com	
12.	G.M. Shivakumar College Director of Physical Education, Sri Maddaneshwara Government First Grade College, Kabbahalli- 571109. Chamarajanagara Dist.	Off : 08229235649 Res : Cell : 9844992761 Email : shivakumar.gm11@gmail.com	
13.	P.C. Murugeshappa Physical Education Director, Saraswathi Law College, Chitradurga-577501.	Off : 08194224549 Res : Cell : 9482013306 Email : pcmurugeshappa@gmail.com	
14.	Dr. Ravindra Gouda S.M. Assistant Director, Dept. of Physical Education, Kuvempu University, Shankaraghatta-577451. Shivamogga Dist.	Off : 9481877431 Res : Cell : 9886852688 Email : sportsravga@gmail.com	
15.	Dr. H.K. Vinaya Physical Education Director, SRJV Arts and Commerce College, Shiggaon-581205. Haveri Dist.	Off : 08378200025 Res : Cell : 8296219473 Email : srjvsports@gmail.com	
16.	Dr. G. Akhila Assistant Professor, College of Veterinary Science, Rajendra Nagar, Hyderabad-500030. Telangana State.	Off : 7989570975 Res : Cell : 6300069338 Email : goliakhila82@gmail.com	
17.	Dr. Sangeetha K. Physical Education Director, Maharani's Arts College for Women, JLB Road, Mysuru-570005.	Off : 0821242635 Res : Cell : 9008511799 Email : sangeethaklagali@gmail.com	
18.	Dr. N.P.R. Kesarkar College Director of Physical Education, Government First Grade College, Pandavapura-571434. Mandya Dist.	Off : 08236255413 Res : Cell : 9480554486 Email : kesarkar1976@gmail.com	

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**Address List of Teacher Participants of the 12th Refresher Course in Physical Education
(Online) from 16.12.2021 to 29.12.2021**

-3-

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
19.	Mallikarjun M. Laxmish Physical Education Director, SSPO Government First Grade College, Muddebihal-586212. Vijayapur Dist.	Off : 7899071411 Res : Cell : 8951757849 Email : mlaxmish158@gmail.com	
20.	Mohan S. Physical Culture Instructor, Government First Grade College for Women, K.R. Nagar-571602. Mysuru Dist.	Off : 08223262110 Res : Cell : 9686310300 Email : mohanrohanbipin@gmail.com	
21.	Dr. Gayathamma G.P. Physical Education Director, Government First Grade College for Women, Krishnarajapete-571426. Mandya Dist.	Off : 08230261080 Res : Cell : 9964149980 Email : gpgayathriped@gmail.com	

12th REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE)
FROM 16.12.2021 TO 29.12.2021
SEMINAR SCHEDULE

Sl. No.	Name of the Participants	Title of the Seminar Topic	Date & Time
1.	Chanabasappa Nagappa Soratur	First Aid	27.12.2021 03.45 to 05.00
2.	Anand S. Chanagi	Principles of Management of Soft Tissue Injuries	
3.	Prakash Rao D.	Stress Management	
4.	Jayashankar	Importance of Yogasana's to maintain Good Health	
5.	M.J. Dayananda	Sports Injuries in Weight Lifting	

1.	Shreenivasa A.N.	Recreation	28.12.2021 02.00 to 03.15
2.	Kumara C.	Anxiety and Stress Management Practices during Sports for an Athlete	
3.	Rajashekar M.	Prevention of Injuries in Sports	
4.	Dr. Shantharaju	Sports Event Management	
5.	Roopathi M.	Emotions in Sports	

1.	Wasave Dattu Laxman	Obesity	28.12.2021 03.45 to 05.00
2.	G.M. Shivakumar	Elements of Yoga	
3.	P.C. Murugesappa	Ashtanga Yoga	
4.	Dr. Ravindra Gouda S.M.	Fitness and mental well-being	

1.	Dr. Vinaya H.K.	Massage as Aid for Relaxation	29.12.2021 10.00 to 11.15
2.	G. Akhila	Women Empowerment in Sports	
3.	Dr. Sangeetha K.	Emotional Intelligence & its Effects on Interpersonal Adjustment of Sports Persons	
4.	Dr. N.P.R. Kesarkar	Has V.A.R helped Referees in Football?	

1.	Mallikarjun Laxmish	Importance of Sports Psychology	29.12.2021 11.45 to 01.00
2.	Renuka B. Ambali	Health and Fitness	
3.	Mohan S.	Importance and benefits of yoga in modern days	
4.	Dr. Gayathamma G.P.	Components of Physical Fitness	

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MANASAGANGOTRI, MYSORE-570 006.**

**12th REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE) – TIME TABLE FOR 1st WEEK (16.12.2021 TO 22.12.2021)
THRUST AREA: “PHYSICAL EDUCATION AND SPORTS SCIENCES – RECENT TRENDS”**

Date and Day	10.00 AM to 11.15 AM	11.45 AM to 1.00 PM	1.00 to 2.00	2.00 PM to 3.15 PM	3.45 PM to 5.00 PM	
16.12.2021 Thursday	Instructions to Teacher-Participants		L U N C H B R E A K	Prenatal Programming for Sports in Success Prof. Aravind Mallik	Physical Literacy Prof. Aravind Mallik	
17.12.2021 Friday	The Role of NEP in the Present Era Dr. Srikanth R.	The Implementation of NEP in College: Challenges and Success Dr. Srikanth R.		Long Term Athlete Development Framework for Developing the Future Athletes Dr. M. Elayaraja	Hypokenetic Diseases and Physical Activity Dr. M. Elayaraja	
18.12.2021 Saturday	Career Prospectives in Physical Education and Sports Dr. Krishna Kant Sahu	Sports Facility in Management Dr. Krishna Kant Sahu		Life Skills for Physical Education Directors Dr. H.N. Vishwanath	Library Work	
19.12.2021 Sunday	HOLIDAY			HOLIDAY		
20.12.2021 Monday	Information Sources for Teaching and Researches Dr. C.P. Ramasesh	Physiology of Stretching Dr. M. Elayaraja		Health and Wellness through Physical Activity – I Dr. D. Maniazhagu	Health and Wellness through Physical Activity – II Dr. D. Maniazhagu	
21.12.2021 Tuesday	Present Trend in Research Methodology Dr. S. Suthakar	Importance of Self Defence in Women’s Lives Dr. Nita Bandyopadhyay		Sports Marketing in Present Scenario – I Prof. Jyothi Dhama Prakash	Sports Marketing in Present Scenario – II Prof. Jyothi Dhama Prakash	
22.12.2021 Wednesday	Introduction to Sports Injuries Dr. Gajanan Prabhu B.	Recent Trends in Sports Injury Management Dr. Gajanan Prabhu B.		Information Literacy for Physical Education Professionals Prof. Chandrashekhara M.	Physical and Mental Efficiency through Yoga Dr. Jayakumar S.	

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

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**12th REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE) – TIME TABLE FOR 2nd WEEK (23.12.2021 TO 29.12.2021)
THRUST AREA: “PHYSICAL EDUCATION AND SPORTS SCIENCES – RECENT TRENDS”**

Date and Day	10.00 AM to 11.15 AM	11.45 AM to 1.00 PM	1.00 to 2.00	2.00 PM to 3.15 PM	3.45 PM to 5.00 PM	
23.12.2021 Thursday	Introduction to MOOCs and OER's Dr. Rajkumar Sharma	UGC Guidelines and Its Impact on Professional Growth Dr. Rajkumar Sharma	L U N C H B R E A K	Research and Statistics in Physical Education Dr. P. Karthikeyan	Introduction to Adventure Activity and Adventure Sports Sri Vijaya Raghavendra M.R.	
24.12.2021 Friday	Analysis of Sports Skills Dr. Joseph Singh	Text Maching and Software to Detect it Dr. Joseph Singh		Use of Information Communication Technology in Research Work Dr. Sudhir Kumar Sharma	Practical Session of MOOCs and OER's Courses Dr. Rajkumar Sharma	
25.12.2021 Saturday	The Role of Transgender towards Physical Education and Sports Dr. S. Akila	Indian at the Olympics Dr. S. Akila		Exercise can be an Effective Modality for Graceful Aging of Indian Women Dr. Nita Bandyopadhyay	Library Work	
26.12.2021 Sunday	HOLIDAY			HOLIDAY		
27.12.2021 Monday	Burnout in Sports Dr. Megha Sahu	Stress Management Dr. S.M. Prakash		CAS Regulations in Physical Education and API Scoring Dr. Sathisha H.K.	Participants Seminar – 1 Prof. C. Venkatesh	
28.12.2021 Tuesday	How to Loose and Win the Game Prof. G. Venkatesh Kumar	Easy to Win Prof. G. Venkatesh Kumar		Participants Seminar – 2 Prof. P.C. Krishnaswamy	Participants Seminar – 3 Prof. P.C. Krishnaswamy	
29.12.2021 Wednesday	Participants Seminar – 4 Prof. N.G. Kannur	Participants Seminar – 5 Prof. N.G. Kannur		Interaction with Course Coordinator	Online Test and Feedback Session	

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

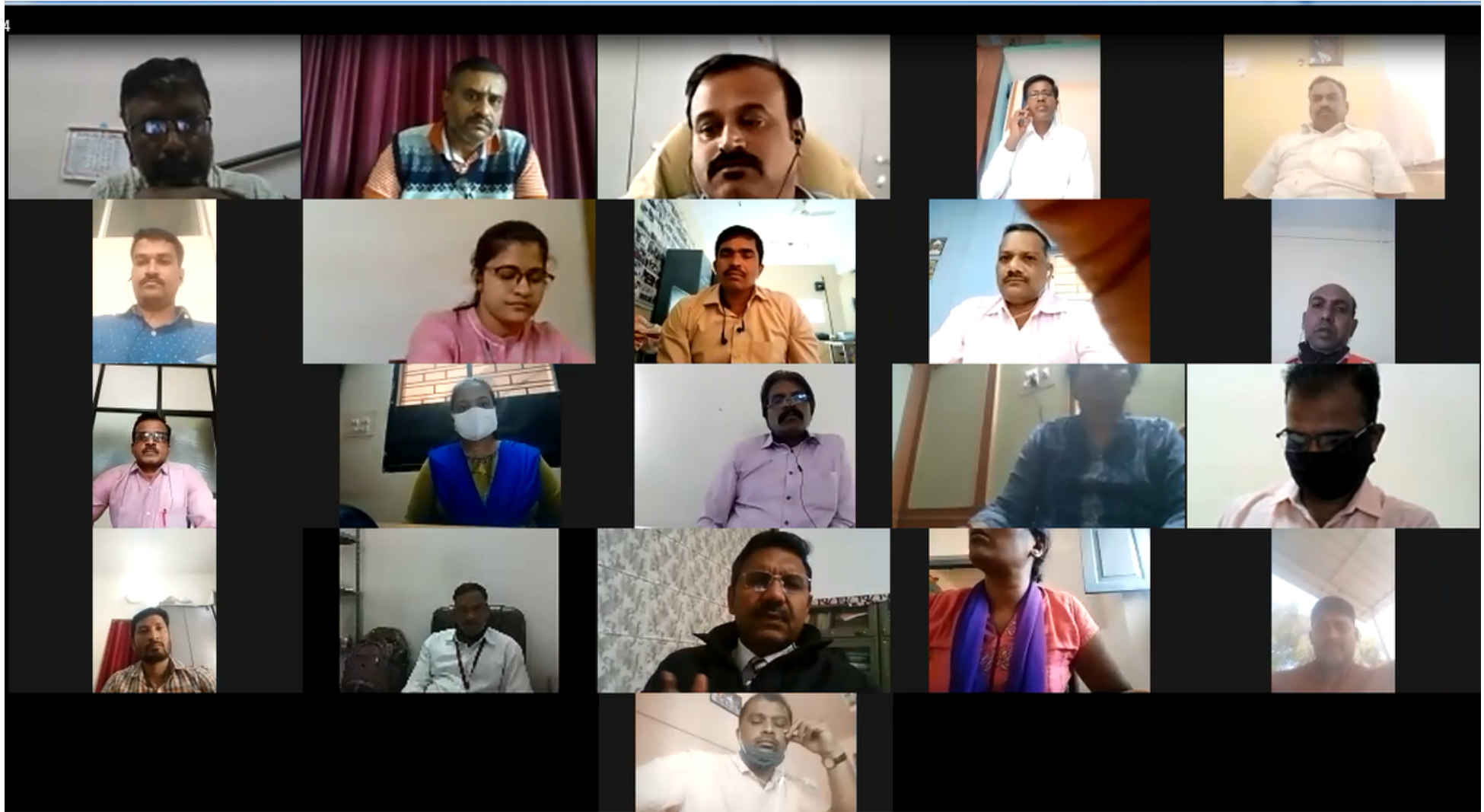
UNIVERSITY OF MYSORE



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12th Refresher Course in Physical Education

GROUP PHOTO





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HUMAN RESOURCE DEVELOPMENT CENTRE

University of Mysore



UGC Sponsored Refresher Course (Online)

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Participated in the *Refresher Course in*.....

From..... *To*..... *and obtained*..... *Grade.*

Director

Co-ordinator

Vice-Chancellor