



**UNIVERSITY OF MYSORE**  
**UGC-HUMAN RESOURCE DEVELOPMENT CENTRE**

**Prof. S.S. Malini**  
**Director**

**MANASAGANGOTRI**  
**MYSURU – 570 006**  
**KARNATAKA, INDIA**

**2022-2023 (Offline Mode)**

**Report of the 13<sup>th</sup> Refresher Course in Physical Education**

The 13<sup>th</sup> Refresher Course in Physical Education was conducted by the UGC- Human Resource Development Centre, University of Mysore, Mysore from 14-02-2023 to 27-02-2023. The theme of the Refresher Course was “Physical Education and Sports as a Career in Purview of New Education Policy”. The Course Coordinator was Prof. C. Venkatesh, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore. A total of 32 participants attended the refresher course.

The two week Refresher Course was started with the registration on 14.02.2023 at 10AM followed by instructions to Teacher-Participants. The Inaugural function was started at 11am, Prof. M.Chandra Kumar, Former Chairman, Department of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore, who delivered the Inaugural address, Prof. S.S. Malini, Director, UGC - Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore who presided over the function. Afternoon, Prof. Sundar Raj Urs, Former Professor of Physical Education, Bangalore who gave lecture on “Opportunities and Challenges in Implementing Physical Education Programme in NEP”. On the second day, morning, Prof. K.K. Amarnath, Chairman, University College of Education, Bangalore University, Jnanabharathi Campus, Bangalore gave talk on “Teaching Swimming Techniques”, followed by Dr. Gajanana Prabhu B, Associate Professor, Department of P.G. Studies and Research in Physical Education, Kuvempu University, Shankaraghatta, Shivamogga on “Need Based Practical Approaches for Implementing Physical Education Under NEP” and continued the afternoon session on the topic “Relevance of Physical Education for UG Students Under NEP 2022”, followed by Dr. K.P. Manoj, Director, Department of Physical Education and Dean Faculty of Education, University of Calicut, Malappuram, Kerala on “Statistics in Physical Education and Sports Science Research”. On the third day, morning, Prof. K.K. Amarnath addressed on the topic “Teaching Swimming Techniques”, followed by Prof. G. Vasanthi, Department of Physical Education and Sports, Pondicherry University, Pondicherry delivered lectures on “Effect of New Education Policy on Youth Empowerment and Sports Development” and

continued the afternoon session on the topic "Fitness and Wellness Components", followed by Dr. B. Sadashiv Bhat, Former Director of Physical Education, Somani First Grade College, Mysore on "Weight Lifting and Weight Training Techniques". On the fourth day, morning, Mr. Hruthik B.J, Dance Fitness Instructor, D Criminalz Dance Crew, Mysore gave information on "Aerobics", followed by Dr. Srikanth R, Physical Education Director and Nodal Officer Collegiate Education, Government First Grade College, Varthur, Bangalore addressed on "Skill Enhancement Varients Offered through Physical Education Under New Education Policy 2020" and continued the session in the afternoon on the same topic followed by Mr. Hruthik B.J on the topic "Aerobics". On the fifth day, Dr. Sanjana Kiran, Sports and Psychologist, Bangalore explained on "Creating Student Curiosity and Interest towards Physical Education". Afternoon, Dr. Gerald S D'Souza, Director of Physical Education, Mangalore University, Mangalagangothri, Konaje, Mangalore spoke on the topics "Fitness Testing in Physical Education and Sports" and "Nutrition in Competitive Sports". On the sixth day, morning, G.R. Prabhakar, Athletic Coach (Retd.), Sports Authority of India, Mysore gave information on "ABC of Fitness", followed by Dr. L. Nanjundaswamy, Assistant Professor, UGC Human Resource Development Centre, University of Mysore, Manasagangothri, Mysore on "CAS and UGC Regulations". Afternoon, Dr. C.P. Ramasesh, Former Librarian, University of Mysore, Mysore gave talk on "Information Sources for Teaching and Research in Physical Education", followed by Prof. S.S. Malini, Director, UGC - Human Resource Development Centre, University of Mysore, Manasagangothri, Mysore on "Health and Environment".

On the second week of first day, morning, Rajashekar Murthy, Yoga Instructor in China, Rajajinagar, Bangalore demonstrated on "Yoga Practice", followed by Prof. Lancy D' Souza, Department of Psychology, Maharaja's College, University of Mysore, Mysore who delivered lecture on "Psychological Benefits of Physical Activity" and on the topic "Sports Psychology" in the afternoon, followed by Pradhan, Swimming Coach, Mysore University Swimming Coach, Mysore on "Life Saving skills in Swimming". On the second day, morning, Rajashekar Murthy continued the demonstration on "Yoga Practice", followed by Prof. D.S. Guru, Department of Studies in Computer Science, University of Mysore, Manasagangothri, Mysore on "Artificial Intelligence in Physical Education". Afternoon, Prof. B.S. Vishwanath, Former Professor of Biochemistry, University of Mysore, Mysore spoke on "NEP: An Overview about the Syllabus", followed by Pradhan on "Life Saving Skills in Swimming". On the third day, morning, Rajashekar Murthy continued the demonstration on "Yoga Practice", followed by Ms. Asmathunnisa G, Assistant Professor, JSS Law College, Kuvempunagar, Mysore on "Sports Law and Doping". Afternoon, Prof. B.S. Vishwanath spoke

on “Sports Injuries : An Overview”, followed by Prof. Sapna M.S, Professor and Chairperson, Department of Studies in Journalism and Mass Communication, University of Mysore, Manasagangotri, Mysore on “Coverage of Sports through Indian Cinema and its Impact”. On the fourth day, morning, Dr. Girish Chandra, Orthopaedic Surgeon, G.C. Hospital, Mysore gave information on “Injuries and Management”, followed by Dr. K. Rama Subba Reddy, Department of Physical Education and Sports Science, Yogi Vemana University, Kadapa, Andhra Pradesh delivered lecture on “A Way of Success in Perspective of NEP” and continued on the same topic in the afternoon, followed by Prof. Asna Urooj, Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on “Sports Nutrition”. On the fifth day, morning, Prof. M. Chandrakumar, moderated the “Participants Seminar-1 and 2”. Afternoon, Dr. Kiran G.N, Assistant Professor, Department of Physical Education and Sports Science, Akkamahadevi Women’s University, Vijayapura evaluated the “Participants Seminar-3 and 4”.

On the last day, morning, Prof. C. Venkatesh, Course Coordinator, moderated the “Participants Seminar-5 and 6”.Afternoon, “Multiple Choice Objective Test” was conducted for Teacher Participants followed by “Feedback Session”.

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

1. Invitation
2. Resource Persons’ List
3. Teacher Participants’ List
4. Seminar Schedule
5. Time Table
6. Photo’s



**(Prof. S.S. Malini)**  
Director

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

UNIVERSITY  OF MYSORE

UGC-HUMAN RESOURCE DEVELOPMENT CENTRE  
and  
DEPARTMENT OF STUDIES IN PHYSICAL EDUCATION &  
SPORTS SCIENCES

**Inaugural Function**

**13<sup>th</sup> Refresher Course in Physical Education**

Organized for College & University Asst. Professors and Physical Education Directors

Thrust Area: "Physical Education and Sports as a Career in Purview of New Education Policy"

**Inauguration :** **Prof. M. Chandrakumar**  
Former Professor and Finance Officer,  
University of Mysore,  
Mysore.

**Presiding :** **Prof. S.S. Malini**  
Director,  
UGC-Human Resource Development Centre,  
University of Mysore, Mysore.

***You are cordially invited***

Venue : UGC-HRDC Auditorium  
Manasagangotri, Mysore

Date : 14.02.2023  
Time : 11.15 AM

**Prof. C. Venkatesh**  
Course Co-ordinator

**Dr. L. Nanjundaswamy**  
Asst. Professor, UGC-HRDC

ಮೈಸೂರು  ವಿಶ್ವವಿದ್ಯಾನಿಲಯ

ಯು.ಜಿ.ಸಿ.- ಮಾನವ ಸಂಪನ್ಮೂಲ ಅಭಿವೃದ್ಧಿ ಕೇಂದ್ರ  
ಮತ್ತು  
ದೈಹಿಕ ಶಿಕ್ಷಣ ಮತ್ತು ಕ್ರೀಡಾ ವಿಜ್ಞಾನ ಅಧ್ಯಯನ ವಿಭಾಗ

**ಉದ್ಘಾಟನಾ ಸಮಾರಂಭ**

ಪದವಿ ಕಾಲೇಜು ಮತ್ತು ವಿಶ್ವವಿದ್ಯಾನಿಲಯಗಳ ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ದೈಹಿಕ ಶಿಕ್ಷಣ  
ನಿರ್ದೇಶಕರುಗಳಿಗಾಗಿ ವ್ಯವಸ್ಥೆಗೊಳಿಸಿರುವ

**13 ನೇ ದೈಹಿಕ ಶಿಕ್ಷಣ ಪುನಶ್ಚೇತನ ಶಿಬಿರ**

ಪ್ರಧಾನ ಕ್ಷೇತ್ರ : Physical Education and Sports as a Career in Purview of New  
Education Policy

ಉದ್ಘಾಟನೆ : **ಪ್ರೊ. ಎಂ. ಚಂದ್ರಕುಮಾರ**  
ವಿಶ್ರಾಂತ ಪ್ರಾಧ್ಯಾಪಕರು ಮತ್ತು ಹಣಕಾಸು ಅಧಿಕಾರಿಗಳು,  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ,  
ಮೈಸೂರು.

ಅಧ್ಯಕ್ಷತೆ : **ಪ್ರೊ. ಎಸ್.ಎಸ್. ಮಾಲಿನಿ**  
ನಿರ್ದೇಶಕರು,  
ಯುಜಿಸಿ-ಮಾನವ ಸಂಪನ್ಮೂಲ ಅಭಿವೃದ್ಧಿ ಕೇಂದ್ರ,  
ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ, ಮೈಸೂರು

**ನಿಮಗೆ ಆದರದ ಸ್ವಾಗತ**

ಸ್ಥಳ : ಯು.ಜಿ.ಸಿ.-ಹೆಚ್‌ಆರ್‌ಡಿಸಿ ಸಭಾಂಗಣ  
ಮಾನಸಗಂಗೋತ್ರಿ, ಮೈಸೂರು.

ದಿನಾಂಕ : 14.02.2023  
ಸಮಯ : ಬೆಳಿಗ್ಗೆ 11.15 ಕ್ಕೆ

**ಪ್ರೊ. ಸಿ. ವೆಂಕಟೇಶ್**  
ಶಿಬಿರ ಸಂಯೋಜಕರು

**ಡಾ. ಎಲ್. ನಂಜುಂಡಸ್ವಾಮಿ**  
ಸಹಾಯಕ ಪ್ರಾಧ್ಯಾಪಕರು, ಯುಜಿಸಿ-ಹೆಚ್‌ಆರ್‌ಡಿಸಿ



**Address List of Resource Persons of the 13th Refresher Course in  
Physical Education (Offline)**

**From : 14.02.2023 To 27.02.2023**

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
1.	<b>Prof. S.S. Malini</b> Director, UGC -Human Resource Development Centre, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 94491 33293 Email : ssmaliniisri@yahoo.co.in
2.	<b>Prof. Sundar Raj Urs</b> Former Professor of Physical Education, # 10, Bettada Arasi, 3 <sup>rd</sup> Cross, 1 <sup>st</sup> Main, Mallathahalli, Bangalore-560056.	Off : Res : Cell : 94484 54872 Email :
3.	<b>Dr. Gajanana Prabhu B</b> Associate Professor, Dept. of P.G. Studies & Research in Physical Education, Kuvempu University, Gnanasahyadri, Shankaraghatta-577451. Shivamogga.	Off : Res : Cell : Email :
4.	<b>Dr. K.P. Manoj</b> Director, Dept. of Physical Education & Dean Faculty of Education, University of Calicut, Malappuram-673635. Kerala.	Off : Res : Cell : Email :
5.	<b>Prof. G. Vasanthi</b> Dept. of Physical Education & Sports, Pondicherry University, Pondicherry-605014.	Off : Res : Cell : Email :
6.	<b>Dr. B. Sadashiv Bhat</b> Former Director of Physical Education, Somani First Grade College, # 1387/A, Dhruva, 4 <sup>th</sup> Main, 10 <sup>th</sup> Cross, Vivekanandanagara, Mysore-570023.	Off : Res : Cell : 94492 64728 Email :
7.	<b>Dr. Srikanth R</b> Physical Education Director & Nodal Officer Collegiate Education, Govt. First Grade College, Varthur, 3 <sup>rd</sup> Stage, Mathuranagara, Bangalore-560087.	Off : Res : Cell : 94486 20169 Email : srisportive5@gmail.com
8.	<b>Dr. Sanjana Kiran</b> Sports & Psychologist, No. 144, Shirke Apartments, Kengeri Satelite Town, Bangalore-60.	Off : Res : Cell : Email :

**Address List of Resource Persons of the 13th Refresher Course in  
Physical Education (Offline)**

**From : 14.02.2023 To 27.02.2023**

<b>S.N</b>	<b>Name &amp; Address of the Resource Persons</b>	<b>Contact No. &amp; E-mail</b>
9.	<b>Dr. Gerald S D'Souza</b> Director of Physical Education, Mangalore University, Mangalagangotri, Konaje, Mangalore-574199.	Off : Res : Cell : 93435 72023 Email : gsansouza@gmail.com
10.	<b>Mr. Hruthik B.J</b> Dance Fitness Instructor, D Criminalz Dance Crew, T.K. Layout, Mysore-570009.	Off : Res : Cell : Email :
11.	<b>Dr. C.P. Ramasesh</b> Former Librarian, University of Mysore, No.1212, Ashoka Circle, Kantharaje Urs Road, Chamarajapuram, Mysore-570005.	Off : Res : Cell : 97313 43004 Email :
12.	<b>Dr. Lancy D Souza</b> Head, Dept. of Psychology, Maharaja's College, University of Mysore, Mysore-570005.	Off : Res : Cell : 99863 32616 Email : lancyd@gmail.com
13.	<b>Prof. D.S. Guru</b> DOS in Computer Science, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 96202 28005 Email : dsguruji@yahoo.com
14.	<b>Mr. Rajashekar Murthy</b> Yoga Instructor in China, # 587/56, 52nd Cross, 3rd Block, Rajajinagar, Bengaluru-560010	Off : Res : Cell : 91484 44992 Email :
15.	<b>Mr. G.R. Prabhakar</b> Athletic Coach (Retd.), Sports Authority of India, # 1407, Navagraha Temple Street, K.R. Mohala, Mysuru-570004.	Off : Res : Cell : 97519 71978. Email :
16.	<b>Ms. Asmathunnisa G</b> Assistant Professor, J.S.S. Law College, New Kantharaj Road, Kuvempunagar, Mysore-23.	Off : Res : Cell : 72045 78694 Email : asma1189.adv@gmail.com

**Address List of Resource Persons of the 13th Refresher Course in  
Physical Education (Offline)**









**From : 14.02.2023 To 27.02.2023**

<b>S.N</b>	<b>Name &amp; Address of the Resource Persons</b>	<b>Contact No. &amp; E-mail</b>
17.	<b>Prof. B.S. Vishwanath</b> DOS in Biochemistry (Retd.), University of Mysore, # 163, 5th Main, A Block, 3rd Stage, Vijayanagara, Mysuru-570030.	Off : Res : Cell : 9845893634 Email :
18.	<b>Prof. M.S. Sapna</b> Chairperson, DOS in Journalism & Mass Communication, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 98454 85234 Email : splashsapna@gmail.com
19.	<b>Dr. Girish Chandra</b> Orthopaedic Surgeon, G.C. Hospital, Vidyaranyaapuram, Mysore-570008.	Off : Res : Cell : 99863 09071 Email :
20.	<b>Dr. K. Rama Subba Reddy</b> Dept. of Physical Education & Sports Science, Yogi Vemana University, Vemanapuram, Kadapa, Y.S.R. Kadapa-516005. Andhra Pradesh.	Off : Res : Cell : 90599 90999 Email : drkryvu@gmail.com
21.	<b>Prof. Asna Urooj</b> DOS in Food Science & Nutrition, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 94484 89334 Email : asnaurooj@foodsci.uni.mysore.ac
22.	<b>Prof. M. Chandra Kumar</b> Former Professor of Physical Education, # 21, Suchandra, Yashodara Nagara, Bogadi 2 <sup>nd</sup> Stage, Mysore-570026.	Off : Res : Cell : 94490 40903 Email :
23.	<b>Dr. Kiran G.N</b> Assistant Professor, Dept. of Physical Education and Sports Science, Akkamahadevi Women's University, Vijayapura-586108.	Off : Res : Cell : 70191 13734 Email :
24.	<b>Prof. K.K. Amarnath</b> Chairman, University College of Education, Bangalore University, Jnanabharathi Campus, Bangalore-560056.	Off : Res : Cell : 94497 51141 Email :

**Address List of Resource Persons of the 13th Refresher Course in  
Physical Education (Offline)  
From : 14.02.2023 To 27.02.2023**

<b>S.N</b>	<b>Name &amp; Address of the Resource Persons</b>	<b>Contact No. &amp; E-mail</b>
25.	<b>Mr. Pradhan</b> Swimming Coach, Mysore University Swimming Pool, Saraswathipuram, Mysore-570009.	Off : Res : Cell : 98806 41485 Email :
26.	<b>Prof. C. Venkatesh Kumar</b> Course Coordinator, DOS in Physical Education & Sports Science, University of Mysore, Mysore-570005.	Off : Res : Cell : 94832 02497 Email : venkateshphyedn@gmail.com

**Address List of Teacher Participants of the 13<sup>th</sup> Refresher Course in Physical Education (Online)  
from 14.02.2023 to 27.02.2023**

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
1.	<b>Abdul Kunhi K.</b> Physical Education Director, Government First Grade College for Women, Puttur-574201. Dakshina Kannada Dist.	Off : 08251231463 Res : Cell : 9449035360 Email : akpedputtur@gmail.com	
2.	<b>Anthony Moses</b> Physical Education Director, Teresian College, Siddarthanagara, Mysuru-.570011.	Off : 08212471316 Res : Cell : 9900104387 Email : anthony.moses15@gmail.com	
3.	<b>Balachandra B.R.</b> Physical Education Director, Sri Basaveshwara Government First Grade College, Mayakonda-577534. Davangere Dist.	Off : 08192215908 Res : Cell : 9964091999 Email : brbsbr@gmail.com	
4.	<b>Dr. Bhaskar K.S.</b> Physical Education Director, Government Women's College, Hunsur-571105. Mysore Dist.	Off : 08222251251 Res : Cell : 9902436574 Email : bhaskarhunsur@gmail.com	
5.	<b>Dr. Bipin G.</b> Assistant Professor, Sree Kerala Varma College, Thrissur-680011. Kerala.	Off : 04872380535 Res : Cell : 9446031212 Email : bipingopalakrishnan@gmail.com	
6.	<b>Elias Pinto</b> Physical Education Director, St. Philomena College, Puttur-574202. Dakshina Kannada Dist.	Off : 230430 Res : Cell : 9448549616 Email : avileliaspinto@gmail.com	
7.	<b>Dr. Harisha P.S.</b> Physical Education Director, Government First Grade College, Honnali-577217. Davanagere Dist.	Off : Res : Cell : 9739116563 Email : harishaps09@gmail.com	
8.	<b>Dr. Jayabharathi A.</b> Physical Education Director, MPM Government First Grade College, Karkala-574104. Udupi Dist.	Off : 08258233004 Res : Cell : 9448208360 Email : jaibharathi.rao@gmail.com	
9.	<b>Dr. Jayaprakash</b> Physical Education Director, Shree Gokarnanatheshwara College, Gandhinagar, Mangalore-575003. Dakshina Kannada Dist.	Off : 08242457226 Res : Cell : 9900903802 Email : prakash5279@gmail.com	



**Address List of Teacher Participants of the 13<sup>th</sup> Refresher Course in Physical Education (Online)  
from 14.02.2023 to 27.02.2023**

-2-

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
10.	<b>Jayashree K.</b> Physical Education Director, Maharani's Women's Commerce and Management College, Mysuru-570012.	Off : 08212428855 Res : Cell : 9880816027 Email : jaisports8888@gmail.com	
11.	<b>Krishnamoorthy Vaidya</b> Physical Education Director, Government First Grade College, Muniyalu-574108. Udupi Dist.	Off : 9980969930 Res : Cell : 9980969930 Email : kmkvaidya@gmail.com	
12.	<b>Mahammed Rafeek K.</b> Physical Education Director, Government First Grade College, Mudipu-574153 Dakshina Kannada Dist.	Off : 08242494109 Res : Cell : 9980005020 Email : rafeekped@gmail.com	
13.	<b>Maheshwari Udagatti</b> Physical Education Director, SJMVS Arts & Commerce College for Women, Hubli-580020. Dharwad Dist.	Off : 09945522222 Res : Cell : 9900553241 Email : maheshwariraddi@gmail.com	
14.	<b>Manju S.</b> College Physical Education Director, Government First Grade College, Nanjangud-571301. Mysore Dist.	Off : 08221223067 Res : Cell : 9141315309 Email : manjusiddappa6@gmail.com	
15.	<b>Dr. A. Murugan</b> Assistant Director of Physical Education, University College of Engineering, BIT-Campus, Anna University, Tiruchirappalli-620024. Tamil Nadu.	Off : 04312407946 Res : Cell : 9884113591 Email : gagan.murugan608@gmail.com	
16.	<b>Pooja M.</b> Physical Education Director, K.L.E. Society's Gudleppa Hallikeri Arts, Science and Commerce College, Haveri-581110.	Off : 08375236824 Res : Cell : 9844246874 Email : poojambajarangi@gmail.com	
17.	<b>Prathima K.R.</b> Physical Education Director, Government First Grade College, K.R. Nagar-571602. Mysore Dist.	Off : 6362557262 Res : Cell : 9449855496 Email : prathimasampath18@gmail.com	
18.	<b>Dr. Radhakrishna H.B.</b> Physical Education Director, Government First Grade College, Vamadapadavu-574324. Dakshina Kannada Dist.	Off : 08255282252 Res : Cell : 9343094319 Email : radhakrishnavarun@gmail.com	



**Address List of Teacher Participants of the 13<sup>th</sup> Refresher Course in Physical Education (Online)  
from 14.02.2023 to 27.02.2023**





-3-

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
19.	<b>Raghu J.</b> Physical Education Director, SJM First Grade College of Arts and Commerce, Tarikere-577228. Chikkamagaluru Dist.	Off : 8277450673 Res : Cell : 9980064363 Email : jnrag82@gmail.com	
20.	<b>Ramachandra Patkar</b> Physical Education Director, Dr. G. Shankar Government Women's First Grade College and PG Study Centre, Ajjarkadu, Udupi-576102.	Off : 08202527955 Res : Cell : 7892093589 Email : ramujire@rediffmail.com	
21.	<b>Dr. Ravi H. Gadadannavar</b> Physical Education Director, SSS Government First Grade College, Mudalagi-591213. Belagavi Dist.	Off : 0834228300 Res : Cell : 7349104175 Email : rrgsunstar@rediffmail.com	
22.	<b>Ravi R. Kattimani</b> Physical Education Director, Government First Grade College for Women, Jamkhandi-587303. Bagalkot Dist.	Off : 08353221310 Res : Cell : 9986379018 Email : ravi.kattimani10@gmail.com	
23.	<b>Ravi Vishwanath Gola</b> Physical Director, G.P. Porwal Arts Commerce and V.V. Salimath Science College, Sindagi-586128. Vijayapur Dist.	Off : Res : Cell : 9880067890 Email : ravigola1969@gmail.com	
24.	<b>Dr. Rekha M.R.</b> Physics Education Director, Government First Grade College, Davangere-577004.	Off : 08192223960 Res : Cell : 9591103434 Email : rekharajmr1981@gmail.com	
25.	<b>Dr. Sangeetha K.</b> Physical Education Director, Maharani's Arts College for Women, JLB Road, Mysuru-570005.	Off : 0821425635, 2425636 Res : Cell : 9008511799 Email : sangeethaklagali@gmail.com	
26.	<b>Dr. Sharada M. Nimbaragi</b> College Director of Physical Education, Government First Grade College, Rampur-587207. Bagalkot Dist.	Off : 08354250025 Res : Cell : 9538275029 Email : sharadanimbaragi90@gmail.com	
27.	<b>Shashidhar Kumbar</b> Physical Education Director, KLES'S G.I. Bagewadi Arts, Science and Commerce College, Nipani-591237. Belagavi Dist.	Off : 08338220116 Res : Cell : 7026103441 Email : shashi7997@gmail.com	



**Address List of Teacher Participants of the 13<sup>th</sup> Refresher Course in Physical Education (Online)  
from 14.02.2023 to 27.02.2023**

-4-

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
28.	<b>Shihabudheen Paikarathodi</b> Assistant Professor, EMEA College of Arts and Science, Kondotti, Malappuram-673638. Malappuram Dist. Kerala.	Off : 04832712030 Res : Cell : 9846990313 Email : shihabudheen009@gmail.com	
29.	<b>Shobha S.</b> Physical Education Director, Bharathi College (Autonomous), Bharathinagara-571422. Maddur Tq, Mandya Dist.	Off : 0823235034 Res : Cell : 9972845466 Email : shobhas9743@gmail.com	
30.	<b>Dr. Siddappa Nandar</b> Assistant Professor, College of Agriculture, Vijayapur-586101.	Off : 8352230578 Res : Cell : 9739531282 Email : nandarsb@uasd.in	
31.	<b>Dr. Sudeep Kumar R.</b> Assistant Director of Physical Education, University College of Arts, Tumkur University, Tumakuru-572103.	Off : 9481068008 Res : Cell : 8904131981 Email : sudeep.aryan5@gmail.com	
32.	<b>Yogeesha T.D.</b> Assistant Professor. Agriculture College. V.C. Farm, Mandya-571405.	Off : 08232277411 Res : Cell : 9008764115 Email : yogeeshatd.2@gmail.com	



**13<sup>th</sup> REFRESHER COURSE IN PHYSICAL EDUCATION  
FROM 14.02.2023 TO 27.02.2023  
SEMINAR SCHEDULE**

Sl. No.	Name of the Participants	Title of the Seminar Topic	Date & Time
1.	Abdul Kunhi K.	Effect of Exercise on Physiological System	<b>25.02.2023</b>  <b>10.00</b> <b>to</b> <b>11.15</b>
2.	Balachandra B.R.	Components of Physical Fitness	
3.	Elias Pinto	Importance of Aerobics Dance, Zoomba and Aerobics Differences	
4.	Dr. Jayaprakash	Own Body weight strength Development Exercises	
5.	Mahammed Rafeek K.	Physical Fitness and Its Types	

1.	Prathima K.R.	Balanced Diet in Sports	<b>25.02.2023</b>  <b>11.45</b> <b>to</b> <b>01.00</b>
2.	Dr. Radhakrishna H.B.	Strength Training Exercise	
3.	Dr. Ravi H. Gadannavar	Knee Injuries and Treatment	
4.	Dr. Rekha M.R.	Influence of Technology in Sports	
5.	Shobha S.	Wellness and Its Components	
6.	Yogeesha T.D.	Strength Training Methods	

1.	Anthony Moses	Benefits of Power Yoga on Mind and Body	<b>25.02.2023</b>  <b>02.00</b> <b>to</b> <b>03.15</b>
2.	Dr. Harisha P.S.	Role of Yoga in Performing Athletics Skills	
3.	Jayashree K.	Benefits of Adventure Sports	
4.	Maheshwari Udagatti	Benefits of Yoga Mudras	
5.	Manju S.	Current Issues and Challenges in Physical Education and Sports	

1.	Raghu J.	First Aid in Sports	<b>25.02.2023</b>  <b>03.45</b> <b>to</b> <b>05.00</b>
2.	Ramachandra Patkar	Effect of Sports Related Injuries on Athletes	
3.	Ravi R. Kattimani	Importance of Yoga in Sedentary People	
4.	Ravi Vishwanath Gola	Role of Yoga in Sports	
5.	Dr. Sangeetha. K	Yogasana to Maintain Good Health	
6.	Dr. Siddappa Nandar	Adventure Sports in India	

1.	Dr. Bhaskar K.S.	Importance of Nutrition in Sports	<b>27.02.2023</b>  <b>10.00</b> <b>to</b> <b>11.15</b>
2.	Bipin G.	Sports and Recreation	
3.	Dr. Jayabharathi A.	Driving Physical Education on the path and NEP	
4.	Krishnamoorthy Vaidya	Stress Management	
5.	Dr. Murugan A.	New Scopes and Opportunities of Sports Event Management in Technical Institutions	

1.	Pooja M.	Periodisation in Sports Training	<b>27.02.2023</b>  <b>11.45</b> <b>to</b> <b>01.00</b>
2.	Dr. Sharada M. Nimbaragi	Wellness and Yoga	
3.	Shashidhar Kumbar	Careers in Physical Education	
4.	Shihabudheen.Paikarathodi	Sports Journalism	
5.	Dr. Sudeep Kumar R.	Job Opportunities in Physical Education and Sports	



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

**13<sup>th</sup> REFRESHER COURSE IN PHYSICAL EDUCATION (OFFLINE) – TIME TABLE FOR 1<sup>st</sup> WEEK (14.02.2023 TO 20.02.2023)**  
**THRUST AREA: “PHYSICAL EDUCATION AND SPORTS AS A CAREER IN PURVIEW OF NEW EDUCATION POLICY”**

Date and Day	10.00 AM to 11.30 AM	11.15 AM to 12.30 PM	1.00 to 2.00	2.00 PM to 3.15 PM	3.45 PM to 5.00 PM
14.02.2023 Tuesday	Instructions to Teacher-Participants	Inaugural Function <b>Prof. M. Chandra Kumar</b>	L U N C H B R E A K	Opportunities and Challenges in Implementing Physical Education Programme in NEP <b>Prof. Sundar Raj Urs</b>	
	7.00 AM to 8.30 AM	10.00 AM to 11.30		11.45 PM to 01.15 PM	2.00 PM to 3.30 PM
15.02.2023 Wednesday	Teaching Swimming Techniques <b>Prof. K.K. Amarnath</b>	Need Based Practical Approaches for Implementing Physical Education under NEP <b>Prof. Gajanana Prabhu</b>		Relevance of Physical Education for UG Students under NEP 2022 <b>Prof. Gajanana Prabhu</b>	Statistics in Physical Education and Sports Science Research <b>Prof. K.P. Manoj</b>
	7.00 AM to 8.30 AM	10.00 AM to 11.30		11.45 PM to 01.15 PM	4.00 PM to 5.30 PM
16.02.2023 Thursday	Teaching Swimming Techniques <b>Prof. K.K. Amarnath</b>	Effect of New Education Policy on Youth Empowerment and Sports Development <b>Prof. Vasanthi</b>		Fitness & Wellness Components <b>Prof. Vasanthi</b>	Weight Lifting and Weight Training Techniques <b>Dr. Sadashiv Bhat</b>
17.02.2023 Friday	Aerobics <b>Mr. Hruthik B.J.</b>	Skill Enhancement varients offered through Physical Education under New Education Policy 2020 – I <b>Dr. Srikanth R.</b>		Skill Enhancement varients offered through Physical Education under New Education Policy 2020 – II <b>Dr. Srikanth R.</b>	Aerobics <b>Mr. Hruthik B.J.</b>
	10.00 AM TO 11.30	11.45 PM TO 01.15 PM		2.00 PM TO 3.30 PM	3.45 PM TO 5.15 PM
18.02.2023 Saturday	Creating Student Curiosity & Interest towards Physical Education <b>Dr. Sanjana Kiran</b>			Fitness Testing in Physical Education and Sports <b>Prof. Santhosh Gerald D’Souza</b>	Nutrition in Competitive Sports <b>Prof. Santhosh Gerald D’Souza</b>
19.02.2023 Sunday	<b>HOLIDAY</b>			<b>HOLIDAY</b>	
	7.00 AM TO 8.30 AM	10.00 AM TO 11.30		11.45 PM TO 01.15 PM	3.45 PM TO 5.00 PM
20.02.2023 Monday	ABC of Fitness <b>Mr. G.R. Prabhakar</b>	CAS and UGC Regulations <b>Dr. L. Nanjundaswamy</b>	Information Sources for Teaching and Research in Physical Education <b>Dr. C.P. Ramasesh</b>	Health and Environment <b>Prof. S.S. Malini</b>	

**Tea Break** : 11.30 AM to 11.45 AM and 3.30 PM to 3.45 PM

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

**13<sup>th</sup> REFRESHER COURSE IN PHYSICAL EDUCATION (OFFLINE) – TIME TABLE FOR 2<sup>nd</sup> WEEK (21.02.2023 TO 27.02.2023)**  
**THRUST AREA: “PHYSICAL EDUCATION AND SPORTS AS A CAREER IN PURVIEW OF NEW EDUCATION POLICY”**

<b>Date and Day</b>	<b>7.00 AM to 8.30 AM</b>	<b>10.00 AM to 11.30</b>	<b>1.00 to 2.00</b>	<b>11.45 PM to 01.15 PM</b>	<b>4.00 PM to 5.30 PM</b>	
21.02.2023 Tuesday	Yoga Practice <b>Mr. Rajashekar Murthy</b>	Psychological Benefits of Physical Activity <b>Prof. Lancy D’Souza</b>	<b>L U N C H B R E A K</b>	Sports Psychology <b>Prof. Lancy D’Souza</b>	Life Saving Skills in Swimming <b>Mr. Pradhan</b>	
22.02.2023 Wednesday	Yoga Practice <b>Mr. Rajashekar Murthy</b>	Artificial Intelligence in Physical Education <b>Prof. D.S. Guru</b>		NEP : An Overview about the Syllabus <b>Prof. B.S. Vishwanath</b>	Life Saving Skills in Swimming <b>Mr. Pradhan</b>	
	<b>7.00 AM to 8.30 AM</b>	<b>10.00 AM to 11.30</b>		<b>11.45 PM TO 01.15 PM</b>	<b>2.00 PM to 3.30 PM</b>	
23.02.2023 Thursday	Yoga Practice <b>Mr. Rajashekar Murthy</b>	Sports Law and Doping <b>Smt. Asmathunnisa</b>		Sports Injuries : An overview <b>Prof. B.S. Vishwanath</b>	Coverage of Sports through Indian Cinema and its Impact <b>Prof. Sapna M.S.</b>	
	<b>10.00 AM to 11.30 AM</b>	<b>11.45 AM to 01.15 PM</b>		<b>2.00 PM to 3.30 PM</b>	<b>3.45 PM to 5.15 PM</b>	
24.02.2023 Friday	Injuries and Management <b>Dr. Girish Chandra</b>	A Way for Success in Perspective of NEP – I <b>Dr. K. Rama Subba Reddy</b>		A Way for Success in Perspective of NEP – II <b>Dr. K. Rama Subba Reddy</b>	Sports Nutrition <b>Prof. Asna Urooj</b>	
25.02.2023 Saturday	Participants Seminar – 1 <b>Prof. M. Chandrakumar</b>	Participants Seminar – 2 <b>Prof. M. Chandrakumar</b>		Participants Seminar – 3 <b>Dr. Kiran G.N.</b>	Participants Seminar – 4 <b>Dr. Kiran G.N.</b>	
26.02.2023 Sunday	<b>HOLIDAY</b>			<b>HOLIDAY</b>		
27.02.2023 Monday	Participants Seminar – 5 <b>Prof. C. Venkatesh</b>	Participants Seminar – 6 <b>Prof. C. Venkatesh</b>		Multiple Choice Objective Type Test and Feedback Session	Valedictory Function <b>Smt. V.R. Shylaja, KAS</b>	

**Tea Break** : 11.30 AM to 11.45 AM and 3.30 PM to 3.45 PM

UNIVERSITY  OF MYSORE

UGC-HUMAN RESOURCE DEVELOPMENT CENTRE

13<sup>th</sup> Refresher Course in Physical Education

Photo Gallery

