



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

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

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

**2023-2024**

**Report of the 14th Refresher Course in Physical Education (Online Mode)**

The 14<sup>th</sup> Refresher Course in Physical Education was conducted by the UGC-Human Resource Development Centre, University of Mysore from 05-10-2023 to 18-10-2023. The theme of the Refresher Course is “Recent Trends and Development in Physical Education and Sports”. The Course Co-ordinator was Prof. S. Madialagan, Dept. of Studies in Physical Education and Sport Sciences, University of Mysore, Mysore. A total of 40 participants attended the refresher course.

The two week Refresher Course was started with the registration on 05.10.2023 at 10. AM followed by instructions to Teacher-Participants. Afternoon, Dr. Saju Joseph, Former High Performance Director, Bannerughatta, Bangalore addressed on “A Multi-Disciplinary Approach to Enhance Sports Performance” and “Identifying Technical Problems and Prevention of Sports Injuries”. On the second day, morning, Dr. Nallavan, Associate Professor, Dept. of Sports Technology, Tamil Nadu Physical Education and Sports University, Chennai delivered lectures on “Role of Technology in Physical Education and Sports” and “Artificial Intelligence and Sensor Technology in Sports Performance”. Afternoon, Dr. Saju Joseph, Former High Performance director, Bangalore spoke on “Running Mechanics” and “Use of SEMG in Sports for Diagnosis and Muscle Performance”. On the third day, morning, Prof. G. Venkatesh Kumar, Former Professor of Psychology, University of Mysore, Vijayanagara, Mysore gave talk on “Sports Psychology”. Afternoon, Sri M.R. Vijayaraghavan, President, Indian Federation of Sports Climbing, Member of Indian Mountaining Climbing, Mysore spoke on “Adventure Sports”. On the fourth day, morning, Prof. Sapna M.S, Dept. of Studies in Journalism and Mass Communication, University of Mysore, Manasagangotri, Mysore addressed on “Media and Sports” followed by Dr.. Ananta Nagendra Bhat, Former Professor of Sanskrit, University of Mysore, Kuvempunagara, Mysore spoke on “Yoga”. Afternoon, Dr. Gajanana Prabhu B, Associate Professor, Dept. of PG Studies in Physical Education, Kuvempu University, Shankaraghatta, Shivamogga demonstrated on “Recent Research Trends in Physical Education” followed by Dr. Vinay P, Assistant

Professor and Head, Dept. of Vedanta, Karnataka Samskrit University, Bangalore explained on “Philosophy of Yoga”. On the fifth day, morning, Dr. H.N. Vishwanath, Associate Professor, Sarada Vilas Teacher’s College, Krishnamurthypuram, Mysore gave talk on “Constructivist Pedagogy in Physical Education” and “Multiple Teacher Competencies in Physical Education”. Afternoon, Dr. Gerald Santhosh D’Souza, Director of Physical Education, Mangalore University, Mangalagangothri, Mangalore spoke on “Computer Application in Physical Education and Sports” and “Technological Trends in Sports Training and Research”. On the sixth day, morning, Dr. Srikanth R, Nodal Officer, Dept. of Collegiate Education Unnatha Sikshana Soudha, Bangalore addressed on “Physical Education and Sports-An Academic Perspective at Under Graduate Level”. Afternoon, Dr. S. Sethu, Assistant Professor, Dept. of Physical Education and Sports, Manonmanian Sundarnar University, Tirunelveli delivered lectures on “Digital Transformation in Sports: A Game Change in the Sporting Industry” and “From Basics to Brilliance: The Evolving Literacy in Sports”.

On the second week of first day, morning, Dr. Kiran Kumar Kulkarni, Indian Association of Sports Medicine Fellow, Dharwad gave information on “Sports Injuries and Management” and “Anti Doping in Sports”. Afternoon, Dr. Dr. C.P. Ramasesh, Former Librarian, University of Mysore, Chamarajapuram, Mysore gave lecture 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 spoke on “Genetics in Sports”. On the second day, morning, Prof. Lancy D’Souza, Dept. of Psychology, Maharaja’s College, University of Mysore, Mysore briefed on “Advanced Sports Psychology” followed by Prof. Asna Urooj, Chairman, Dept. of Studies in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysore on “Current Concepts in Sports Nutrition”. Afternoon, Dr. L. Nanjundaswamy, Assistant Professor, UGC-Human Resource Development Centre, University of Mysore, Manasagangothri, Mysore gave information on “CAS and UGC Regulations” followed by Prof. . Lancy D’Souza On “Issues and Challenges in Sports and Injury Psychology”. On the third day, morning, Prof. S. Thirumalai Kumar, Dept. of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai spoke on “Organisational Dynamics of Reform, Perform and Transform in Physical Education and Sports” followed by Dr. Nita Bandyopadhyay, Associate Professor, Dept. of Physical Education, University of Kalyani, West Bengal on “Role of Exercise on Healthy Ageing of Indian Women”. Afternoon, Prem Kumar Muddi, Founder, President Yogastoma, Secretary Haveri District Yogasana Sports Association, Haveri gave demonstration on “Yogasana Sports Championship”. On the fourth day, morning, Prof. C. Venkatesh, Dept. of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore moderated

the "Participants Seminar-1" followed by Prof. Rajkumar P. Malipatil, Professor and Dean, Dept. of Studies in Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura evaluated the "Participants Seminar-2". Afternoon, Dr. Gajanana Prabhu B moderated the "Participants Seminar-3 and 4". On the fifth day, morning, Prof. Rajkumar P. Malipatil moderated the "Participants Seminar-5" followed by Prof. N.G. Kannur, Dept. of Physical Education, Gulbarga University, Jnanaganga, Kalaburgi evaluated the "Participants Seminar-6". Afternoon, Dr. Jayarevanna M V, HOD, Dept. of Yoga Therapy and Counseling, Karnataka Sanskrit University, Bangalore spoke on "Yoga Therapy" followed by Multiple Choice Objective test (Online Test) was conducted for the teacher participants.

On the last day, morning, Prof. N.G. Kannur moderated the "Participants Seminar-7 and 8". Afternoon teacher Participants "Feedback Session" was held.

In support of this report, the following documents are enclosed.

1. Address List of Resource Persons
2. Address List of Teacher Participants
3. Seminar Schedule
4. Time Table
5. Photos



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

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

**Address List of Resource Persons of the 14th Refresher Course in Physical Education (Online)**  
**From : 05.10.2023 To 18.10.2023**

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 : ssmalinisri@yahoo.co.in
2.	<b>Dr. Saju Joseph</b> Former High Performance Director, # 46, Vanniamparampil, Jayaram Layout, Laxmipura, Opp. S.V. Dental College, Bannerughatta, Bangalore-560083.	Off : Res : Cell : 98864 62264 Email : sajujoseph91@gmail.com
3.	<b>Dr. Nallavan</b> Associate Professor, Dept. of Sports Technology, Tamil Nadu Physical Education and Sports University, Chennai-600005. Tamil Nadu.	Off : Res : Cell : 94458 13214 Email : nallavangovin@gmail.com
4.	<b>Prof. G. Venkatesh Kumar</b> Former Professor of Psychology, University of Mysore, # 5291, 10 <sup>th</sup> Cross, 2 <sup>nd</sup> Stage, Vijayanagara, Mysore-570030.	Off : Res : Cell : 94480 58140 Email : iamgvk@yahoo.com
5.	<b>M.R. Vijayaraghavan</b> President, Indian Federation of Sports Climbing, Member of Indian Mountaining Climbing, Mysore-570006.	Off : Res : Cell : 94811 87255 Email : mr.vijayaraghavan53@gmail.com
6.	<b>Prof. Sapna M.S.</b> Dept. of Studies in Journalism and Mass Communication, University of Mysore, Manasagangotri, Mysore-570006.	Off : Res : Cell : 98454 85234 Email : splashsapna@gmail.com
7.	<b>Prof. Ananta Nagendra Bhat</b> Former Professor of Sanskrit, University of Mysore, # 469, 2 <sup>nd</sup> Cross, Maruthi Temple Road, Kuvempunagara, Mysore-570009.	Off : Res : Cell : 94494 89915 Email : anantanagendrabbhat@gmail.com
8.	<b>Dr. Gajanana Prabhu B</b> Associate Professor, Dept. of P.G. Studies in Physical Education, Kuvempu University, Shankaraghatta, B.R. Project, Shivamogga-577451.	Off : Res : Cell : 98453 11458 Email : prabhuji888@gmail.com

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**From : 05.10.2023 To 18.10.2023**

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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9.	<b>Dr. H.N. Vishwanath</b> Associate Professor, Sarada Vilas Teacher's College, Krishnamurthypuram, Mysore-570004.	Off : Res : Cell : 94484 33950 Email : vishufocus@gmail.com
10.	<b>Dr. Gerald Santhosh D'Souza</b> Director of Physical Education, Mangalore University, Mangalagangothri, Mangalore-574199.	Off : Res : Cell : 93435 72023 Email : gsansouza@gmail.com
11.	<b>Dr. Srikanth. R</b> Nodal Officer, Dept. of Collegiate Education Unnatha Sikshana Soudha, Sheshadri Road, Bangalore-560001.	Off : Res : Cell : 94486 20169 Email : srisportive5@gmail.com
12.	<b>Dr. S. Sethu</b> Assistant Professor, Dept. of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-627012. Tamil Nadu.	Off : Res : Cell : 94434 61487 Email : drsksethu@gmail.com
13.	<b>Dr. Kiran Kumar Kulkarni</b> MBBS, Diploma in Sports Medicine, Indian Association of Sports Medicine Fellow, Near Laxmi Narayana Temple, Dharwad-580001.	Off : Res : Cell : 98443 57131 Email : kkkssportsmed@rediffmail.com
14.	<b>Dr. C.P. Ramasesh</b> Former Librarian, University of Mysore, # 1212, Ashoka Circle, Kantharaje Urs Road, Chamarajapuram, Mysore-570005.	Off : Res : Cell : 97313 43004 Email : cpramasesh@gmail.com
15.	<b>Prof. Asna Urooj</b> Chairman, Dept. of Studies in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysore-570006.	Off : Res : Cell : 94484 89334 Email : asnaurooj@foodsci.uni- mysore.ac.in
16.	<b>Prof. Lancy D'Souza</b> Head, Dept. of Psychology, Maharaja's College, University of Mysore, Mysore-570005.	Off : Res : Cell : 99863 32616 Email : lancyd@ymail.com

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S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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17.	<b>Prof. S. Thirumalai Kumar</b> Dept. of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai-600127. Tamil Nadu.	Off : Res : Cell : 98410 19670 Email : drstkpeonline@gmail.com
18.	<b>Dr. Nita Bandyopadhyay</b> Associate Professor, Dept. of Physical Education, University of Kalyani, West Bengal-741235.	Off : Res : Cell : 81454 18307 Email : nitabandyopadhyay@gmail.com
19.	<b>Prem Kumar Muddi</b> Founder, President Yogastoma, Secretary Haveri District Yogasana, Sports Association, Haveri-581110.	Off : Res : Cell : 88678 08361 Email : yogastoma@gmail.com
20.	<b>Prof. C. Venkatesh</b> Dept. of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore-570005.	Off : Res : Cell : 98440 61254 Email : venkateshphyedn@gmail.com
21.	<b>Prof. Rajkumar P. Malipatil</b> Professor and Dean, Dept. of Studies in Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura-586108.	Off : Res : Cell : 99455 66411 Email : patilrajkumarp@gmail.com
22.	<b>Dr. Jayarevanna M.V.</b> HOD, Dept. of Yoga Therapy and Counseling, Karnataka Sanskrit University, Chamarajapet, Bangalore-560018.	Off : Res : Cell : 99720 05782 Email : revannanrh@gmail.com
23.	<b>Prof. N.G. Kannur</b> Dept. of Physical Education, Gulbarga University, Jnanaganga, Kalaburgi-585106.	Off : Res : Cell : 94484 14223 Email : drngkannur@gmail.com
24.	<b>Dr. Vinay P</b> Assistant Professor and Head, Dept. of Vedanta, Karnataka Samskrit University, Bangalore-560004.	Off : Res : Cell : 98453 24894 Email : vinayacharya1981@gmail.com

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**Address List of Resource Persons of the 14th Refresher Course in Physical Education (Online)**  
**From : 05.10.2023 To 18.10.2023**

S.N	Name & Address of the Resource Persons	Contact No. & E-mail
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25.	<b>Prof. S. Madialagan</b> Course Coordinator, Dept. of Studies in Physical Education and Sports Sciences, University of Mysore, Mysore-570005.	Off : Res : Cell : 97402 31972 Email : shanmugammadialagan@gmail.com
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**Address List of Teacher Participants of the 14<sup>th</sup> Refresher Course in Physical Education (Online)  
from 05.10.2023 to 18.10.2023**

Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
1.	<b>Abdullatif A Nadaf</b> Physical Education Director, Government First Grade College, Paschapur- 591122. Hukkeri Tq, Belagavi Dist.	Off : 8618425218 Res : Cell : 9844581563 Email : nadaf9@gmail.com	
2.	<b>Dr. Anjan Kumar B J</b> College Director of Physical Education and Sports, Government First Grade College, Nelamangala- 562123. Bangalore Rural Dist.	Off : 9449239131 Res : Cell : 9945171014 Email : anjankumarbj2010@gmail.com	
3.	<b>Balasubramaniam</b> College Director of Physical Education, Government First Grade College, Bidar-585402.	Off : 08482232020 Res : Cell : 9448572101 Email : baluchalak@gmail.com	
4.	<b>Chanabasappa N Soratur</b> Assistant Physical Education Director, Priyadarshini First Grade College, Rattihalli- 581116. Haveri Dist.	Off : 9844822052 Res : Cell : 9880978296 Email : cnsoratur@gmail.com	
5.	<b>Girisha N</b> College Physical Education Director, Government Arts College, Bangalore- 560001.	Off : Res : Cell : 9481250259 Email : sukheshgiri@gmail.com	
6.	<b>Hanumantharayappa A</b> College Director of Physical Education and Sports, Y. E. Rangaiah Shetty Government First Grade College, Pavagada- 561202. Tumkur Dist.	Off : 9448343930 Res : Cell : 9538121285 Email : hanua1983@rediffmail.com	
7.	<b>Honakerappa R Kuri</b> Physical Education Director, KSS Vijayanagar College of Education, Hubballi- 580031. Dharwad Dist.	Off : 08362374081 Res : Cell : 9611188986 Email : hrkuri30@gmail.com	
8.	<b>Jagannadhan C</b> Assistant Professor, Government College, Chittur- 678104. Palakkad Dist. Kerala.	Off : 8078012347 Res : Cell : 09446150461 Email : cjangannadhan@gmail.com	



**Address List of Teacher Participants of the 14<sup>th</sup> Refresher Course in Physical Education (Online)  
from 05.10.2023 to 18.10.2023**

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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
9.	<b>Jayram Maraditot</b> Physical Education Director, T.M.A.E Society College of Education, Gangavathi- 583227. Koppal Dist.	Off : 08533-200646 Res : Cell : 9449160777 Email : jayarammaraditot@gmail.com	
10.	<b>Kanchanamala R Patil</b> Director of Physical Education, SMBK Government First Grade College, Naregal- 582119. Gadag Dist.	Off : 9902537208 Res : Cell : 9480779081 Email : krpatiljuly1972@gmail.com	
11.	<b>Karisiddaiah Wodiyar E</b> College Director of Physical Education and Sports, Government First Grade College, Holalkere- 577526. Chitradurga Dist.	Off : 08191275042 Res : Cell : 9535771881 Email : ekwodiyar@gmail.com	
12.	<b>Dr. Krishna R Yadav</b> Assistant Professor of Physical Education, College of Horticulture, Munirabad- 583233. Koppal Dist.	Off : 9480696399 Res : Cell : 8971672520 Email : krishnayadav1237@yahoo.com	
13.	<b>Lakkappa Boodanavar</b> College Director of Physical Education, Government First Grade College, Kittur- 591115. Belagavi Dist.	Off : 8277442559 Res : Cell : 9686512011 Email : lpboodanavar@gmail.com	
14.	<b>Madhukumar M</b> Physical Education Director, Government First Grade College for Women, Pavagada- 561202. Tumkur Dist.	Off : 08136-295656 Res : Cell : 9591730943 Email : kumarmadhu908@gmail.com	
15.	<b>Mahadevi S Injaganeri</b> College Director of Physical Education, Government First Grade College, Ilkal- 587125. Bagalkot Dist.	Off : 9901778075 Res : Cell : 9972160026 Email : jyothiinjaganeri@gmail.com	
16.	<b>Mallesha K L</b> College Director of Physical Education, Government First Grade College, Malavalli- 571430. Mandya Dist.	Off : 08231200183 Res : Cell : 9844291683 Email : klmallesha@gmail.com	

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**Address List of Teacher Participants of the 14<sup>th</sup> Refresher Course in Physical Education (Online)  
from 05.10.2023 to 18.10.2023**








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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
17.	<b>Mallikarjunagouda Patil</b> Physical Education Instructor, KLE Society's J G College of Commerce, Hubballi- 580021. Dharwad Dist.	Off : 0836 237 0435 Res : Cell : 9964078885 Email : anil8885.ap@gmail.com	
18.	<b>Manjunath Sajjan</b> Physical Education Director, Srisaila Jagadguru Vagesha Panditaradhya College, Harihar- 577601. Davanagere Dist.	Off : 08192-242216 Res : Cell : 9449959368 Email : manjusajjan123@gmail.com	
19.	<b>Manoj C Koparade</b> Physical Education Director, K R Bellad Arts and Commerce College and P G Studies in Economics, Mundargi- 582118. Gadag Dist.	Off : 9986324781 Res : Cell : 9741609009 Email : manoj10.koparde@gmail.com	
20.	<b>Mohanakumara</b> College Director of Physical Education, Government Ramnarayan Chellaram College of Commerce and Management, Bengaluru- 560001.	Off : Res : Cell : 9448609611 Email : mohanakumaragowda@gmail.com	
21.	<b>Nagesha</b> Assistant Director in Physical Education and Sports, Government Engineering College, Chamarajanagara-571313.	Off : Res : Cell : 7899534084 Email : nageshsupi@gmail.com	
22.	<b>Neelappa Kuri</b> College Director of Physical Education, Government First Grade College, Navanagar, Bagalkot-587103.	Off : Res : Cell : 7829985631 Email : neelappakuri02@gmail.com	
23.	<b>Prasannakumar D R</b> College Director of Physical Education and Sports, Vedavathi Government First Grade College, Hiriyur- 577598. Chitradurga Dist.	Off : Res : Cell : 9972871609 Email : prasuped10000@gmail.com	
24.	<b>Pratik Bhikhubhai Dabhi</b> Physical Training Instructor, Shri M. P. Shah Muni Commerce College, Jamnagar-361001. Gujarat.	Off : Res : Cell : 9275052335 Email : pratikdabhi2003@gmail.com	

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**Address List of Teacher Participants of the 14<sup>th</sup> Refresher Course in Physical Education (Online)  
from 05.10.2023 to 18.10.2023**








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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
25.	<b>Dr. Rajeeva H N</b> Assistant Professor of Physical Education, College of Horticulture, Kolar-563102.	Off : Res : Cell : 9353794406 Email : ravirajdaya@gmail.com	
26.	<b>Dr. Ramesha N</b> Assistant Director of Physical Education and Sports, Government Engineering College, Haveri-581110.	Off : Res : Cell : 9035984527 Email : n.rameshgowda@gmail.com	
27.	<b>R Ramesha</b> Physical Education Director, P E S College of Science Arts and Commerce, Mandya-571401.	Off : Res : Cell : 7019909528 Email : rramesha69@gmail.com	
28.	<b>Ramesha R</b> Physical Education Director, P L N First Grade College, Poorigali- 571463. Malavalli Tq, Mandya Dist.	Off : Res : Cell : 7829413854 Email : ramesha.malavalli@gmail.com	
29.	<b>Ravichandra K K</b> College Director of Physical Education, Government First Grade College, Devanahalli-562110. Bangalore Rural Dist.	Off : Res : Cell : 9448683806 Email : ravichandragowda99@gmail.com	
30.	<b>Ravikumara N G</b> Physical Education Director, Kumadvathi College of Education, Shikaripura- 577427. Shivamogga Dist.	Off : Res : Cell : 9986917088 Email : ravikumarnng79@gmail.com	
31.	<b>Ravindra B Khoba</b> College Director of Physical Education, Siddhartha Arts and Commerce Degree College, Bidar-585401.	Off : Res : Cell : 9845301865 Email : khobaravil@gmail.com	
32.	<b>Dr. Ravindra Gouda S M</b> Assistant Director, Dept. of Physical Education, Kuvempu University, Shankaraghatta, Shivamogga-577451.	Off : Res : Cell : 9886852688 Email : sportsravga@gmail.com	

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**Address List of Teacher Participants of the 14<sup>th</sup> Refresher Course in Physical Education (Online)  
from 05.10.2023 to 18.10.2023**

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Sl. No.	Name & Address of the Participant	Contact No. & E-mail	Photo
33.	<b>Dr. Roshan Kumar G</b> College Director of Physical Education, Government First Grade College and Post Graduate Study Centre, Thenkanidiyoor- 576106. Udupi Dist.	Off : Res : Cell : 9845432303 Email : roshankumar12274@gmail.com	
34.	<b>Dr. Sanjeevkumar Appe</b> College Director of Physical Education, Government First Grade College for Women, Bidar-585401.	Off : Res : Cell : 9448886884 Email : appemped@gmail.com	
35.	<b>Sathish B P</b> College Director of Physical Education, Government First Grade College, Bangarpet-563114. Kolar Dist.	Off : Res : Cell : 9980795869 Email : sathishbsv@gmail.com	
36.	<b>Shivanand Narahatti</b> Physical Education Director, Government First Grade College and P.G. Center, Dharwad-580008.	Off : Res : Cell : 9880656748 Email : narahattishivanand@gmail.com	
37.	<b>Shivaprasad R</b> College Director of Physical Education and Sports, Government First Grade College for Women, Chitradurga-577501.	Off : Res : Cell : 9740364246 Email : shivaprasadr81@gmail.com	
38.	<b>Srinivasa Murthy</b> Assistant Director of Physical Education and Sports, Government Engineering College, Hassan-573201.	Off : Res : Cell : 9902792790 Email : srinivasam.apd@gmail.com	
39.	<b>Suresh Babu D</b> College Director of Physical Education and Sports, Government First Grade College, Bharathinagara-571422.	Off : Res : Cell : 9620401495 Email : sureshbabud7227@gmail.com	
40.	<b>Vasanthraj</b> College Director of Physical Education and Sports, Government First Grade College, Raichur-584101.	Off : Res : Cell : 9845824330 Email : vasanthraj.phy@gmail.com	



**14<sup>th</sup> REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE)  
FROM 05.10.2023 TO 18.10.2023  
SEMINAR SCHEDULE**

Sl. No.	Name of the Participants	Title of the Seminar Topic	Date & Time
1.	Abdullatif A Nadaf	Benefits of Yoga Mudras	16.10.2023
2.	Dr. Anjan Kumar B J	Yoga as a Therapy for Back Pain	
3.	Balasubramaniam	Physical Fitness	10.00
4.	Chanabasappa Nagappa Soratur	First Aid	to
5.	Girisha N	Recent Technology in Sports	11.15

1.	Hanumantharayappa A	Mental Health and Physical Fitness of Older Adult's	16.10.2023
2.	Honakerappa R Kuri	Need of Yoga for Good Health	
3.	Jagannadhan C	National Educational Policy: A Vision for Physical Education and Yoga	11.45
4.	Jayaram Maraditot	Balanced Diet Food Habits	to
5.	Kanchanamala R Patil	Yoga in Higher Education	01.00

1.	Karisiddaiah Wodiyar E	Yoga for Total Health and Wellness	16.10.2023
2.	Dr. Krishna R Yadav	Trends of Technologies in Sports	
3.	Lakkappa Boodanavar	Alcohol and Sports	02.00
4.	Madhukumar M	Exercise to All	to
5.	Mahadevi S Injaganeri	Benefits of Meditation	03.15

1.	Mallesha K L	State Level Volleyball Tournament Organization	16.10.2023
2.	Mallikarjunagouda Patil	Diet and Nutrition	
3.	Manjunath Sajjan	Impact of Yogic Practice	03.45
4.	Manoj Koparde	Health and Wellness	to
5.	Mohanakumara	The Impact of Physical Education on Academic Performance in College Students	05.00

1.	Nagesha	Health and Fitness	17.10.2023
2.	Neelappa Kuri	Massage in Sports	
3.	Prasannakumar D R	Importance of Nutrition in Sports	10.00
4.	Pratik Bhikhubhai Dabhi	Eating Disorder	to
5.	Dr. Rajeeva H N	Talent Identification	11.15

1.	Dr. Ramesha N	Yoga and Health	17.10.2023
2.	Ramesha R	Importance of Physical Fitness	
3.	Ramesha R	Importance of Healthy Life Style	11.45
4.	Ravichandra K K	Mudra Therapy	to
5.	Ravikumara N G	ICT in Physical Education	01.00

1.	Ravindra B Khoba	Sports Injuries	18.10.2023
2.	Dr. Ravindra Gouda S M	Nutrition and Sports Performance	
3.	Dr. Roshan Kumar G	Sports and Social Development	10.00
4.	Dr. Sanjeevkumar Appe	Importance of Physical Education	to
5.	Sathish B P	Relationship between Selected Psychological Factors and Athletes Performance	11.15

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**FROM 05.10.2023 TO 18.10.2023**  
**SEMINAR SCHEDULE**

1.	Shivanand Narahatti	The Role of Yoga in Education	18.10.2023  11.45 to 01.00
2.	Shivaprasad R	Uses of Physical Exercise in Sports and Games	
3.	Srinivasa Murthy	Importance of Warm Up and Cooling Down in Sports Activities	
4.	Suresh Babu D	Training	
5.	Vasanthraj	Doping in Sports	

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

**14<sup>th</sup> REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE) – TIME TABLE FOR 1<sup>st</sup> WEEK (05.10.2023 TO 11.10.2023)**  
**THRUST AREA: “RECENT TRENDS AND DEVELOPMENT IN PHYSICAL EDUCATION AND SPORTS”**

<b>Date and Day</b>	<b>10.00 AM to 11.15 AM</b>	<b>11.45 AM to 1.00 PM</b>	<b>1.00 to 2.00</b>	<b>2.00 PM to 3.15 PM</b>	<b>3.45 PM to 5.00 PM</b>	
05.10.2023 Thursday	Instructions to Teacher-Participants		<b>L U N C H B R E A K</b>	A Multi-Disciplinary Approach to Enhance Sports Performance <b>Dr. Saju Joseph</b>	Identifying Technical Problems and Prevention of Sports Injuries <b>Dr. Saju Joseph</b>	
06.10.2023 Friday	Role of Technology in Physical Education and Sports <b>Dr. Nallavan</b>	Artificial Intelligence and Sensor Technology in Sports Performance <b>Dr. Nallavan</b>		Running Mechanics <b>Dr. Saju Joseph</b>	Use of SEMG in Sports for Diagnosis and Muscle Performance <b>Dr. Saju Joseph</b>	
07.10.2023 Saturday	Sports Psychology <b>Prof. G. Venkatesh Kumar</b>			Adventure Sports <b>M.R. Vijayaraghavan</b>	<b>Library Work</b>	
08.10.2023 Sunday	<b>HOLIDAY</b>			<b>HOLIDAY</b>		
09.10.2023 Monday	Media and Sports <b>Prof. Sapna M.S.</b>	Yoga <b>Prof. Ananta Nagendra Bhat</b>		Recent Research Trends in Physical Education <b>Dr. Gajanana Prabhu B</b>	Philosophy of Yoga <b>Dr. Vinay</b>	
10.10.2023 Tuesday	Constructivist Pedagogy in Physical Education <b>Dr. H.N. Vishwanath</b>	Multiple Teacher Competencies in Physical Education <b>Dr. H.N. Vishwanath</b>		Computer Applications in Physical Education and Sports <b>Dr. Gerald Santhosh D’Souza</b>	Technological Trends in Sports Training and Research <b>Dr. Gerald Santhosh D’Souza</b>	
11.10.2023 Wednesday	Physical Education and Sports – An Academic Perspective at Under Graduate Level <b>Dr. Srikanth R</b>			Digital Transformation in Sports : A Game Change in the Sporting Industry <b>Dr. Sethu</b>	From Basics to Brilliance : The Evolving Literacy in Sports <b>Dr. Sethu</b>	

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

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**14<sup>th</sup> REFRESHER COURSE IN PHYSICAL EDUCATION (ONLINE) – TIME TABLE FOR 2<sup>nd</sup> WEEK (12.10.2023 TO 18.10.2023)**  
**THRUST AREA: “RECENT TRENDS AND DEVELOPMENT IN PHYSICAL EDUCATION AND SPORTS”**

<b>Date and Day</b>	<b>10.00 AM to 11.15 AM</b>	<b>11.45 AM to 1.00 PM</b>	<b>1.00 to 2.00</b>	<b>2.00 PM to 3.15 PM</b>	<b>3.45 PM to 5.00 PM</b>	
12.10.2023 Thursday	Sports Injuries and Management <b>Dr. Kiran Kumar Kulkarni</b>	Anti Doping in Sports <b>Dr. Kiran Kumar Kulkarni</b>	<b>L U N C H B R E A K</b>	Information Sources for Teaching and Research in Physical Education <b>Dr. C.P. Ramasesh</b>	Genetics in Sports <b>Prof. S.S. Malini</b>	
13.10.2023 Friday	Advanced Sports Psychology <b>Prof. Lancy D’Souza</b>	Current Concepts in Sports Nutrition <b>Prof. Asna Urooj</b>		CAS and UGC Regulations <b>Dr. L. Nanjundaswamy</b>	Issues and Challenges in Sports and Injury Psychology <b>Prof. Lancy D’Souza</b>	
14.10.2023 Saturday	Organisational Dynamics of Reform, Perform and Transform in Physical Education and Sports <b>Prof. S. Thirumalai Kumar</b>	Role of Exercise on Healthy Ageing of Indian Women <b>Dr. Nita Bandyopadhyay</b>		Yogasana Sports Championship <b>Prem Kumar Muddi</b>	<b>Library Work</b>	
15.10.2023 Sunday	<b>HOLIDAY</b>			<b>HOLIDAY</b>		
16.10.2023 Monday	Participants Seminar – 1 <b>Prof. C. Venkatesh</b>	Participants Seminar – 2 <b>Prof. Rajkumar P. Malipatil</b>		Participants Seminar – 3 <b>Dr. Gajanana Prabhu B</b>	Participants Seminar – 4 <b>Dr. Gajanana Prabhu B</b>	
17.10.2023 Tuesday	Participants Seminar – 5 <b>Prof. Rajkumar P. Malipatil</b>	Participants Seminar – 6 <b>Prof. N.G. Kannur</b>		Yoga Therapy <b>Dr. Jayarevanna M.V.</b>	<b>Online Test</b>	
18.10.2023 Wednesday	Participants Seminar – 7 <b>Prof. N.G. Kannur</b>	Participants Seminar – 8 <b>Prof. N.G. Kannur</b>		<b>Feedback Session</b>		

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



UNIVERSITY  OF MYSORE

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

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