



### PATRONS

Shri Ramashankar Singh, Chancellor, ITM University Gwalior  
 Smt. Kanupriya Singh Rathore, Chairperson, ITM Universe Vadodara  
 Smt Ruchi Singh Chauhan, Vice President, ITM University Gwalior  
 Shri Ravindra Pratap Singh Rathore, Managing Director, ITM Universe Vadodara  
 Dr. Daulat Singh Chauhan, Managing Director, ITM University Gwalior

### ADVISORY COMMITTEE

Prof. Kamal Kant Dwivedi, Vice Chancellor, ITM University Gwalior  
 Prof. R. D. Gupta, Advisor to chancellor, ITM University Gwalior  
 Dr. Om Veer Singh, Registrar, ITM University Gwalior

### CONVENER

Prof. Indu Mazumdar, Dean SOPES, ITM University Gwalior

### ORGANIZING SECRETARY

Mr. Deepak Singh Kushwah, Asst. Director, SOPES, ITM University Gwalior

### ORGANIZING COMMITTEE

Dr. Manoj Singh Rana, 9425790403 (Theory Sessions In charge)  
 Dr. Rahul Kanojia, 8269202436 (Practical Sessions In charge)  
 Mr. Bhupendra Singh, 9981079199 (Transportation In charge)  
 Mr. Sanjeev Kumar Singh, 8269114872 (Venue Arrangement)  
 Mr. Arvind Singh, 9713544021 (Lodging In charge)  
 Mr. Vimal Sharma 9425109347 (Food In charge)  
 Mr. Pankaj Tiwari 8889997576 (Registration In charge)



### For Further Details:

Mr. Deepak Singh Kushwah, The Organizing Secretary  
 Emerging Trends in Physical Education and Sports Coaching  
 ITM University Gwalior, A.H. 43, Bypass Turari, Jhansi Road, Gwalior (M.P) 474001 India  
 Phones: +91-751-6560665 Cell: 07773005062, 9926433948 (Whatsapp)  
 E-mail: org.secretary@itmuniversity.ac.in, deepak.kushwah@itmuniversity.ac.in  
 Website: www.itmuniversity.ac.in

### CONFIRMATION OF REGISTRATION

Upon receipt of the registration form with delegation fee, confirmation will be made by e-mail/SMS only at the earliest. In case you do not receive the confirmation by March 10, 2017 please get in touch with the Workshop office.

### CLIMATE

In March Gwalior enjoys relatively pleasant weather conditions:

<b>Temperature</b>	Min 18 C	Max 28 C
<b>Humidity</b>	Min 20%	Max 25%

### THE SCIENTIFIC BOARD

Prof. A.K. Dutta	Prof. Rajeev Chaudhary
Prof. Jasraj Singh	Mr. Santosh Dixit
Prof. V.K. Dabas	Dr. Anurodh Singh Sisodia
Prof. Monika Debnath	Dr. KK Sahu
Prof. Rajendra Singh	Mr. Arun Singh
Prof. V K Shrivastava	Dr. Bhaskar Shukla
Prof. J.P. Verma	Dr. Y. S. Rajpoot
Prof. L.N. Sarkar	Dr. Birendra Jhanjhar
Prof. A S Sajwan	Dr. Anandita Das
Prof. Vivek Pandey	Dr. Suhel Raza
Prof. Reeta Venugopal	Dr. Nibu R Krishna
Prof. G. D. Ghai	Dr. Dalveer Singh
Prof. Jaishree Acharya	Dr. Vivek Singh



“CELEBRATING DREAMS”



# NATIONAL WORKSHOP ON EMERGING TRENDS IN PHYSICAL EDUCATION AND SPORTS COACHING

March 18-24, 2017

Organized by  
School of Physical Education and Sports



# NATIONAL WORKSHOP ON EMERGING TRENDS IN PHYSICAL EDUCATION AND SPORTS COACHING



## ITM University Gwalior – A Silhouette

ITM University Gwalior is a multidisciplinary University with an international reputation for the quality of its research and teaching across the academic spectrum. The University has received more than 20 awards & has been ranked in top category by a number of Government and other independent agencies. Recently the University is **Ranked 32<sup>nd</sup> in Management & 58<sup>th</sup> in Engineering by National Institutional Ranking Framework, Ministry of HRD, Govt. of India.**

ITM University, Gwalior is situated in a picturesque campus spread over 125 acres along the foot hills of Vindhyaal ranges. The campus is easily visible from AH-43 of National Highway-3, which is developed as a four lane express high way connecting the north & south of India. Indian Railway's main track to Mumbai, Chennai, Hyderabad, Bangalore, Indore, Pune etc. run along the highway. Gwalior is also connected by Air from Mumbai.

The University is approved by the concerned regulatory bodies of Govt. of India & the state of M.P., required to run courses in **Engineering, Management, Pharmacy, Commerce, Agriculture, Architecture, Computer Applications, Teacher Education, Art & Design, Physical Education, Sciences, Law, India & South Asia Studies, Nursing** etc. It is at the forefront of learning, teaching & research and leader in many different fields. It seeks to sustain and enhance its excellence as an institution of higher learning through outstanding teaching and world-class societies they serve.

## SCHOOL OF PHYSICAL EDUCATION AND SPORTS

The Physical Education & Sports Science is one of the fast emerging academic disciplines in our education stream and large number of institutes offer variety of programs in teacher education specializing in Physical Education and Sports Science and sincerely strives to develop the areas of professional competence and expertise in teaching Physical Education as a major subject. The school of physical education and sports (SOPES) at ITM University is committed to groom its teachers to be well-prepared practitioners in the field of physical education, sport science and sport pedagogy. We provide our trainee teachers with the most contemporary knowledge; inculcate and infuse them with the right attitudes and values. Along with strong professional preparation the mission of the school is also to excel in research and become the leaders in Physical education and sports

The main purpose of establishing Physical Education Programmes is to uplift the standard of physical education and sports and to produce best leaders to make our society physically fit, mentally strong, socially committed and professionally active. Physical education is unique discipline which is included in school/ college curriculum as it is the only program that provides students opportunities to learn motor skills, develop fitness, and gain understanding of physical activity and their benefits.

## INTRODUCTION

Physical education is an art and science that has grown in volumes due to the ongoing research all over the world. As a result of research new trends and areas are coming up which need to be understood practically and theoretically. The purpose of the workshop is to update physical education professionals in the latest trends in physical education and sports coaching.

We have made serious efforts to provide wide range of interesting topics from the field of physical science, physical education & yogic sciences presented by well-known speakers who are recognized authorities in their respective fields. In addition to presentation sessions, we are organizing tutorial lectures and practical classes for physical education professionals.

We sincerely invite you to take this unique opportunity in sharing your professional knowledge and also to visit many of the scenic, historical and cultural attractions in and around Gwalior.

## OBJECTIVES OF THE WORKSHOP

- To understand the construction of the playing arena, officiating, coaching and training in Athletics/Football/Cricket in theoretical and practical sessions.
- To demonstrate proficiency through acquired skills and experiences.
- Understanding the science of yoga, execution, benefits and corrective measures of different asanas, prayanamas and kriyas.
- Develop the need for Recreation as a tool to manage anxiety, stress, and load and re-energize after intensive exercises.
- To know about latest trends in physical education and sports sciences.
- Learning about the vocational areas in physical education, sports sciences and others.
- To understand the skills to collect study material from different sources and library, internet etc.
- To understand the untouched areas and spectrums of health.

## PARTICIPANTS

The participants for the workshop could be the faculty members, physical education professionals, yoga experts, yoga educators, doctors, physical education teachers, research scholars and students of physical education who have a passion for intrinsic leaning. The participants may start from any stage of the lecture series.

## WORKSHOP VENUE

The ITM University is located in the historic city of Gwalior and is in close proximity to the train station and airport. Gwalior is situated in the central part of the country about 320 Km south of New Delhi. Indian Railways has numerous direct connections to Gwalior from various parts of the country. For Train schedules please visit the following link: <http://www.indiarail.gov.in>

## LECTURES

The lectures will be based on numerous essential areas. Topics will be introduced by a plenary session in which ONE speaker will give his views on the given area followed by some practical sessions.

## ACCOMMODATION

Comfortable accommodation with necessary amenities will be available for out station delegates only. Please complete the enclosed Registration Form and return it along with the delegation fee to the Workshop Office. Upon receipt of the completed registration materials, participation will be confirmed.

## REGISTRATION FEE

Category	Before March 1, 2017	After March 1, 2017
Delegate	Rs. 2500	Rs. 3000
PhD Scholars	Rs. 2000	Rs. 2500
Students Delegates	Rs. 1800	Rs. 2000
Local Delegate	Rs. 2000	Rs. 2500

"Local delegates" are defined as those participants who are working within the municipal limits of Gwalior. "Student Delegates" are defined as those who are enrolled in a College/ University or any educational institutes in INDIA. Students will need to provide proof in support of their status (Identity Card) along with their Registration form.

## WORKSHOP FEE INCLUDES

- Lodging and boarding during workshop days only
- Workshop kit and workshop ID
- No accommodation will be provided to local delegates.

**Note: Delegates are required to wear officially issued ID badges during the Workshop.**

## METHOD OF PAYMENT

The demand draft should be made out to: The Registrar, ITM University, Gwalior payable at Gwalior or online payment can be made to UCO Bank, Sithouli, Gwalior, A/c No. 24660210000090, IFSC Code: UCBA0002466.

**Note: On the spot registration will be available at the workshop venue.**

## CANCELLATION

- Cancellations must be made in writing.
- Should a participant or accompanying person cancel the Registration before March 10, 2017 the full fees will be returned, with less 20% handling charges.
- No refund will be made after March 15, 2016

