



राष्ट्रीय खेल विश्वविद्यालय, इम्फाल, मणिपुर

भारत सरकार, युवा कार्यक्रम एवं खेल मंत्रालय
(केन्द्रीय विश्वविद्यालय)

NATIONAL SPORTS UNIVERSITY, IMPHAL, MANIPUR

(Government of India, Ministry of Youth Affairs and Sports)
(Central University)

INTERNATIONAL WORKSHOP ON CAPACITY BUILDING IN SPORTS PSYCHOLOGY

Aiming to obtain, improve, and retain the skills, knowledge, tools and other resources required to handle athletes in various sports competently and to a greater capacity, a 7 day International workshop on CAPACITY BUILDING IN SPORTS PSYCHOLOGY was organised from the 3rd of Dec to the 9th Dec 2019 by the Department of Sports Psychology, National Sports University, Manipur, which is the first university of its kind in the country. The workshop was attended by faculty members of NSU and post graduation students of department of sports psychology and undergraduate students from Dept. of Sports Coaching and Physical Education both.

The workshop was kick-started by our very own, highly knowledgeable and inspirational, Dean and Head of Department of Sports Psychology, NSU, Manipur, PROF. JAYASHREE ACHARYA mam. The topics covered were: Controversy and Present status of Sports Psychology, Orientation for the Workshop in Capacity Building and Ethical Issues, Use of Technology in sports Psychology Consultation, Mental Toughness, Competition Game Plan & Recovery. The sessions were very educative as it encapsulated the essentials of Sports psychology practice.

Although the workshop started on 3rd of Dec, the formal inaugural function of the international workshop was held on the 5th of Dec at the academic building. The function was presided by Dr. AKOIJAM JOY SINGH, Professor and Head of Department of Physical Medicine and Rehabilitation and the Department of Sports Medicine, RIMS, Imphal as the chief Guest & Mr. FRANCIS MARWIN, Regional Director, SAI, North East region as the Guest of Honour. They highlighted the importance of sports psychology for athletes, and coaches alike and how it plays a major role for high performance in sports. During the function international experts and eminent personalities in the field of Sports Psychology namely PROF. ANDREA LAMONT-MILLS Associate Dean (Research), Professor of Psychology, Faculty of Health, Engineering and Sciences, University of Southern Queensland Australia & MR. STEVEN CHRISTENSEN, Lecturer, School of Psychology and Counselling, Faculty of Health, Engineering and Sciences, University of Southern Queensland Australia were felicitated.



राष्ट्रीय खेल विश्वविद्यालय, इम्फाल, मणिपुर

भारत सरकार, युवा कार्यक्रम एवं खेल मंत्रालय
(केन्द्रीय विश्वविद्यालय)

NATIONAL SPORTS UNIVERSITY, IMPHAL, MANIPUR

(Government of India, Ministry of Youth Affairs and Sports)
(Central University)

On 6th and 7th the topics covered were: Scoping review, Research-qualitative and quantitative. The sessions enriched the knowledge of all the attendees, students and faculty members alike in research as they learn how to use scoping review as a GUIDELINE & a ROADMAP for starting a dissertation or a research.

The last 2 days of the workshop were on the topics: Sports Psychology Mental Equipment and Innovative Practices, Suicide and Sports. The sessions were interactive and playful and it was made brighter by the presence of Bachelor students from Departments of Sports Coaching and Physical Education. It focused on making psychological techniques accessible and hands on to the coaches and the psychologist who'll work with athletes and parents. It also highlighted the importance of addressing mental health of an athlete.

This workshop is a success story as it ignited the spark needed for all of us to learn, improve and improvise. It has opened our minds and has been catalytic and has left all of us yearning for more knowledge.