



NATIONAL SPORTS UNIVERSITY

(A CENTRAL UNIVERSITY)

Ministry of Youth Affairs & Sports, Government of India

Souvenir
2023





अनुराग सिंह ठाकुर
ANURAG SINGH THAKUR



सत्यमेव जयते
75
आजादी का
अमृत महोत्सव

मंत्री
सूचना एवं प्रसारण और
युवा कार्यक्रम व खेल
भारत सरकार
MINISTER
INFORMATION & BROADCASTING AND
YOUTH AFFAIRS & SPORTS
GOVERNMENT OF INDIA



MESSAGE

It gives me immense pleasure to learn that the National Sports University (NSU), Imphal is celebrating its 5th Foundation Day on 16th January, 2023 and is going to bring out a Souvenir to mark the occasion.

Over the past 5 years, NSU has established itself as a prominent institution for sports education. I am confident that it will make significant contributions to the development and advancement of the sports ecosystem.

I would like to extend my congratulations to the entire National Sports University community, from its students, to the faculty and staff. Your hard work and dedication is commendable.

I wish the National Sports University the very best for the celebration of its 5th Foundation Day.



(Anurag Singh Thakur)



निशित्थ प्रामाणिक
NISITH PRAMANIK



युवा कार्यक्रम और खेल राज्य मंत्री
भारत सरकार
Minister of State for Youth Affairs & Sports
Government of India

75
आज़ादी का
अमृत महोत्सव



MESSAGE

I am delighted to know that the National Sports University, Imphal is celebrating its 5th Foundation Day on 16th January, 2023 and on this occasion, a souvenir is also being brought by the University.

The National Sports University has accomplished great milestones in a very short period of time. The vision of the University is to produce world class sportspersons and sports educators. In just five years, the National Sports University has achieved a very sound footing with a very good promise in the field of sports education, research and training.

I am hopeful that in coming years the University will become a Centre of Excellence in all aspects.

I wish the University all success for the celebration of the 5th Foundation Day.



(Nisith Pramanik)





सुजाता चतुर्वेदी, भा.प्र.से
सचिव
Sujata Chaturvedi, IAS
Secretary



75
आजादी का
अमृत महोत्सव

सत्यमेव जयते

भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

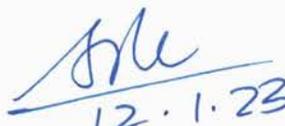


Message

I am happy to know that the National Sports University, Imphal is celebrating its 5th Foundation Day on the 16th January, 2023. The University in its nascent stage is running five academic programmes and operating from temporary premises with a vision to become one of the best sports universities of the world.

NSU is the embodiment of the commitment of the Government of India towards the development of sports and games to international standards by pioneering the first ever Central University dedicated to the cause of sports and applied research thereof. Cutting edge research in the field by partnerships with other universities within and outside the country will surely give NSU the impetus required to launch it on to its journey to become a world-class university of its kind. I am certain that the NSU will emerge as a truly effective model for the development of positive changes in the sports eco-system of our country.

I extend my warm wishes to the faculty, staff and students on the occasion of the 5th Foundation Day of the National Sports University.


12.1.23
(Sujata Chaturvedi)





It gives me tremendous pleasure to see our National Sports University, Imphal observing its fifth foundation day on January 16th, 2023 with such fervour and zest.



Vice-Chancellor's

Message

As India's first Nobel Laureate Rabindranath Tagore remarked and, I believe, that the highest education is that which does not merely give us information but makes our life in harmony with all existence. The National Sports University aims to provide such an eco-system in the field of sports education, which will unleash the harmonious individuals with potential of sporting excellence across the country. We will not only have the world-class physical infra- structure but will leverage the latest know how in the area of sports science and technology to offer the best of research, education and training nationally and internationally.

Even though the University is presently functioning from a temporary campus, its students have already started making marks in national sporting events. Credit for this obviously goes to the highly qualified and dedicated faculty and our passionate students. We are thankful to the Ministry of Youth Affairs and Sports, Government of India for approving, the master plan of our new campus. The construction work has already started and realization of our dream to have a world class University complex is already taking shape.

The University is truly national in its spirit and character as it houses a number of students from over 25 states of India, amalgamated into the unity of being recognized as one, hence standing testimony to the age-old adage of "unity in diversity". The University aims to develop a well-rounded personality of its students by providing them a holistic education including inculcating values and leadership skills necessary to succeed in all facets of life.

While development of world class physical infrastructure is on track, in the coming years, the university would be focusing on laying a deep foundation of a world class institution through brand building, attracting the best talents both faculty as well as students, offering new courses with great degree of employability, providing placement services to the outgoing students and collaborating with the best institutions in the world. Our motto is to build an NSU brand, which would be a matter of envy for all the peer institutions internationally.

I extend my best wishes to the staff, faculty members and our students and assure them all the support in realizing their dreams.

May the family of NSU grow leaps and bound and win applaude and laurels from its peer community.

(R.C. Mishra)





Registrar's

Message

It gives me immense pride and satisfaction to see that the National Sports University (NSU), Imphal, Manipur is celebrating the 5th Foundation Day on January 16th, 2023 and have come up with a souvenir on this occasion. The souvenir contains laudable articles that reflect various academic activities but also other spheres of interest and achievements.

In a short span of time the University has been consistently proving its merit by their unmitigated grit, determination, effort and will.

I extend my warm greetings and good wishes to all the faculty members, staff and students of NSU.

A handwritten signature in blue ink, appearing to read 'L. Dibamani Singh'.

(Dr. L. Dibamani Singh)





From the Dean's desk

The National Sports University has completed five years with the vision of being the leader in the field of sports education, research, and training across the globe.

In October 2021 while working at SAI, LNCPE, I was asked by the Principal, Dr. G Kishore, to take up an assignment at NSU. However, I denied it. After being asked multiple times, he suggested that I give it a try and In the end I obliged. Though I was not delighted with the idea to come to Manipur.



Prof. (Dr.) Usha S. Nair
Dean (Academics)

But when I reached here, I was welcomed by the Vice-chancellor and staff of NSU. They made me feel at home. Now I realise how Manipur is the sporting hub, where parents take initiative to get their children involved in physical activity and sport, the Khuman Lampak Park in Imphal is always a busy place, it might have some magic where children, men, women, elders would walk, run on it. women are empowered- I feel Manipur could be the model for the other states.

The National Sports University is being run from a temporary campus. The courses offered are unique and the students, coming from nearly 25 states are the heart and soul of our program. NSU also has one of the best labs in the country for Sports Psychology. With time NSU hopes to have students from abroad as well. We are very optimistic about shaping the vision of our institution for the near future. These are truly exciting times that lie ahead for us, for our collective future.

This souvenir is an effort to put together the events for the academic year 2022-23, reminiscences of the alumni, and our achievements. It is the outcome of the extraordinary efforts of our colleagues and students who worked tirelessly behind the scene.





Brief History

The National Sports University, Manipur was established in 2017 under the Manipur Societies Registration Act 1989. It started functioning in a temporary campus at Khuman Lampak Sports Complex, Imphal in 2018 with two courses undergraduate programmes, namely Bachelor of Physical Education and Sports (B.P.E.S.) and Bachelor of Science in Sports Coaching [(B.Sc. (SC)]. On 17th August, 2018, NSU was enacted by an act of Parliament. The University is the first of its kind in India. The University has completed four successful years and is currently offering three post graduate programmes and two under graduate programmes.

To promote sports education in the areas of sports sciences, sports technology, sports management, and sports coaching. It will also function as the national training centre for selected sports disciplines by adopting the best international practices.

Vision

Be the best and lead the rest in the sports education, research and training across the globe.

Mission

Sports Excellence through Education, Research and Training.

Objective

To promote sports education in the areas of sports sciences, sports technology, sports management and sports coaching besides functioning as the national training centre for select sports disciplines by adopting best international practices.

In matters of academics, research, athletic performance, and extension services, the University has the following objectives, which sets it apart from the other universities or institutions of higher education.

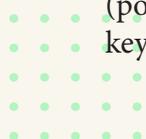
i. Academics: The University shall impart undergraduate, postgraduate, and doctoral programmes in Sports Coaching, Sports Sciences, and Physical Education in various disciplines.

Specialised degree programmes in various disciplines of Sports Education and Coaching are also envisaged for the future.

ii. Research: NSU shall focus on collaborating with leading researchers within and outside the country to undertake pioneering research programmes and exchange information in various research areas, particularly in the field of sports coaching and performance enhancement of athletes.

iii. Performance: One of the significant functions of the University shall be to conduct sports training programmes to enable athletes to enhance their performance and attain excellence in sports.

iv. Serving the Community: Providing extension services to the local community with the objectives of improving their health and lifestyle as well as giving impetus to sports of local origin like Sagol Kangjei (polo), Thang Ta (Manipuri martial art), Yubi Lakpi (rugby), Mukna, Kang, etc. shall also be one of the key functions of NSU.





The Olympians from Manipur to be honoured on the occasion of the 5th Foundation Day Celebration

1. **Shri. Pangambam Nilakomol Singh: “First Olympian of Manipur “. Hockey**

Born in the year 1955 from Moirangkhom Bokulmakhong, Imphal. He started playing hockey from early childhood. He was selected to represent Manipur State in the Senior National Hockey Championship held at Hyderabad in 1979. He represented India in the Indo-Pak Hockey Test Match series, held at Pakistan and India in 1982 and was adjudged the best player. Participated in the 6th World Cup held in London 1986 and the Xth Asian Games 1986 held in Seoul. He represented Indian National Hockey Team in the **1984 Los Angeles Summer Olympics**.



2. **Shri. Kshetrimayum Thoiba Singh: Hockey**

Born in the year 1961, in Imphal, Manipur, took to hockey early and soon found his natural talent in the game. He represented India at Asia Cup 1985, 1989; Champions Trophy 1985, 1989; Azlan Shah Trophy 1985; 1986 Asian Games, 1990; World Cup 1986; Indo-Pak Test Series 1986; Five-nation 1988 and Indira Gandhi tournament 1987. **He was a member of the 1988 Seoul Summer Olympics field hockey team in which India secured the 6th place.** He coaches the Imphal Rangers, hockey team. Presently he is the Dy. General Manager, Food Corporation of India, Regional Office, Imphal, Manipur.



3. **Ngangbam Soniya Chanu: Weightlifting**

Born on 15 February 1980 from Manipur. Her medal tally includes 5 podium finishes in world class events which include a Silver medal in 2003 in the first Afro-Asian Games in Hyderabad, a Silver medal at the Commonwealth Weightlifting Championships in Melbourne, Australia, 2005 and two Gold medals in the 2009, Commonwealth Weightlifting Championship in Malaysia and 2010, Commonwealth in Cape Town, South Africa. She also bagged a Silver medal at the 2010 Commonwealth Games in New Delhi, India and a Bronze medal in the Senior Asian Championships at Pyeongtaek, South Korea in 2012. She represented India, in **2012 London Summer Olympics** in Women's 48 kg and finished with 7th position. She was honoured by the Govt. of India the **Arjuna Award** in the year 2012. She received Kansiram Award (Uttar Pradesh) in 2010. She is currently the Deputy S.P. (Sports), Manipur Police.



4. **Chinglensana Singh Kangujam: Hockey**

Born on 2 December 1991 from Manipur, he made it to the Indian team in 2011, at the Champions Challenge I in South Africa. He represented India at the 2014 Commonwealth Games in Glasgow, finishing second, and a ninth-place finish at the 2014 World Cup. In the same year, he won the gold medal with the team at the Asian Games in Incheon. He represented India in the **2016 Rio Summer Olympics**. He plays for Dabang Mumbai in the Hockey India League.



5. **Sushila Devi Likmabam: Judo**

Born on 1 February in the year 1995 from Manipur, she won the silver medal in the women's 48 kg weight class in Judo at the 2014 Commonwealth Games at Glasgow. In 2019 South Asian Games, she won Gold medal in women's 48 Kg weight category. **Likmabam qualified for the 2020 Tokyo Summer Olympics as the lone representative for India in Judo.** In 2022 Commonwealth Games, held at Birmingham she won silver medal. She was awarded the prestigious **Arjuna Award** by the Govt. of India in 2022.





Authorities of the University

Sl no	Name	Designation
1	Shri. R.C. Mishra, IAS (Retd)	Vice-Chancellor
2	Dr. Laishram Dibamani Singh	Registrar
3	Prof. (Dr.) Usha S. Nair	Dean (Academics)
4	Dr. Shyam Sundar Rath	Dean (Students' Welfare)
5	Smt. Zamthianniing Thomte	Deputy Finance Officer
6	Smt. Gehabati Chanambam	Deputy Controller of Examination

Faculty Members

Department of Sports Coaching		
Sl no	Name	Post
1	Dr. Shyam Sundar Rath	Associate Professor; HoD
2	Mr. Ravi K Shankar	Assistant Professor
3	Mr. Anshuman Bal	Assistant Professor
4	Ms. Manjinder Jyoti	Assistant Professor
5	Mr. M. Rakeshsunder Singh	Assistant Professor
6	Mr. Praloy Kanti Sarkar	Assistant Professor
7	Mr. Y Biondi Meitei	Assistant Professor
Department of Physiology and Sports Nutrition		
Sl no	Name	Post
1	Prof. (Dr.) Usha S. Nair	Professor; HoD
2	Dr. Arijit Chakraborty	Assistant Professor
3	Dr. Keren Susan Cherian	Assistant Professor
Department of Sports Psychology		
Sl no	Name	Post
1	Dr. Shyam Sundar Rath	Associate Professor; HoD
2	Dr. Kuldeep Singh	Assistant Professor
3	Dr. N. Debala Chanu	Assistant Professor
Department of Physical Education		
Sl no	Name	Post
1	Prof. (Dr.) Usha S. Nair	Professor; HoD
2	Dr. N. Amitrasen Singh	Assistant Professor
3	Dr. S. Premananda Singh	Assistant Professor
4	Dr. M. Surchand Singh	Assistant Professor
5	Dr. Harish Kumar Tiwari	Assistant Professor
6	Dr. S. Vinay Kumar Singh	Assistant Professor
7	Dr. A. Yuvaraj	Assistant Professor





Achievements



An extramural research project has been approved with the following details:

Title: 'Prevalence of sports injury and evaluation of associated risk factors related to circadian chronotype alterations, postural imbalance, nutritional inadequacy, and psycho-physiological factors among traditional sports players of Manipur, North-East India'. The funding agency is the Indian Council of Medical Research (ICMR) New Delhi. Dr Arijit Chakraborty, Asst Prof, Dept of Sports Physiology & Nutrition is the principal investigator along with Dr N Amitrasen Singh, Asst Prof, Dept of Physical Education and Dr Keren S Cherian, Asst Prof, Dept of Sports Physiology & Nutrition as the co-investigators. The budget of the project is Rs 76.2 lakhs.

Faculty Achievements

Prof. (Dr.) Usha Sujit Nair

- Development committee member of International Council of Sports Science and Physical Education -ICSSPE, 2021.
- Secretary of the International Society of Comparative Physical Education and Sports - 2022
- Co-opted Member of International Association of Physical Education and sports for Girls and women IAPESGW -2021.
- Kerala State Planning Board – Fourteenth five-year plan-working group member under priority of sports 2022- 2027.
- Resource person for the orientation and refresher courses of the UGC-HRDC, University of Kerala.
- Member of the Committee for e- Khel Patshala under Khelo India, representing NSU.
- Presented paper in the ISCPES International conference hosted jointly by SAI, LNCPE and NSU Virtually on Quality of Physical Education and Dimensions – Practice and Innovation on 18 November 2022 on the topic PE Teacher Education in India.

Dr. Shyam Sundar Rath

- Co-chaired (Scientific Session): Three Day International Conference on Emerging Trends of Physical Education and Sports Science 2022, Manipur University, 24th – 26th August, 2022.
- NADA Expert committee member for anti-doping in existing council programme and recommending the roadmap for anti-doping education for Sports Education, Physical Education and School Education programme in country.

Dr. Arijit Chakraborty

- Conferred as 'Founder Fellow' of The Physiological Society of India (FPSI), Kolkata, India.
- Invited Subject Expert on Brain Storming Session in Sports Traumatology and Sports Injuries organized by Indian Council of Medical Research (ICMR), Ansari Nagar, New Delhi on 27th July, 2022.
- Resource Person & Keynote Speaker in 'Online International Conference on Treatment and Rehabilitation of Narcotics and Social Interaction to Sportspersons' organized by Institute of Physical Education, Shri JTT University, Rajasthan on the topic 'Narcotics and Sports: An overview of Scientific mechanism and health hazards' October 18-19, 2022.
- Invited Lecture on 'Chronobiology and sports health in female athletes' in 'National conference on Women's health in India: issues and concerns' Organized by Department of Physiology, Berhampore Girls College (Govt. of West Bengal), West Bengal, India, 14-16th March 2022.
- Editor in Chief, Indiana Journal of Life Sciences (IJLS), Indiana Publishing group, India.
- Editorial Board Member, American Journal of Biomedical and Life Sciences, USA.
- Paper Published in international journals during the year 2022 - three.

Dr. Kuldeep Singh

- Visiting faculty IIM Rohtak.
- Published 1 paper and presented 2 papers in conferences.
- Attended Faculty induction program and 3 faculty development programs





- Reviewer of Humanities and Social Science Communications (A Nature Journal published by Springer)
- Reviewer of Parimarsh Journal (An International Interdisciplinary Research Journal)
- Delivered a talk on “Importance of Sports Psychology” as a Resource Person at Mary Kom Regional Boxing Foundation Imphal.
- Delivered a lecture on “Understanding Mental Health” as a Resource Person on World Mental Health Day at Mary Kom Regional Boxing Foundation

Dr. S Premananda Singh

- Certificate of Best Oral Presenter Award-SOSH 2020 by (World Submit on Social Science and Humanities 2020 Organized by Eudoxia Research Centre dated 6th and 7th June 2020.
- Best Paper Presentation Award for presenting the paper entitled “Application of Psychological Skill Training in Sports: A Comprehensive Review” on Online International Conference on Post COVID- 19 Education, Physical Education Scenario Organized by Department of Physical Education and Sports of KVPS SPDM Arts, Commerce and Science College, Shirpur Dist. Dhule in collaboration with KBC North Maharashtra University, Jalgaon (IQAC) on 29th May 2020.
- Appointed as a Technical Officials Manipur State Olympic Games, 2022 which was held at 26th to 30th August 2022 organized by Manipur Olympic Association at BASU Ground, Khangabok, Manipur.
- Appointed as an External Examiner to conduct practical examination for M.P.ES 2nd Semester at Department of Physical Education & Sports Science, Manipur University (A Central University) on 19th August 2022.
- Appointed as an External Examiner to conduct practical examination for B.P.Ed 2nd Semester at Centre of Studies in Physical Education & Sports, Dibrugarh University, Assam from 4th to 6th July 2022.
- Appointed as an External Examiner to conduct practical examination for M.P.ES 1st Semester at Department of Physical Education & Sports Science, Dhanamanjuri University, Manipur from 13th to 14th July 2022.

Mr Praloy Kanti Sarkar

- Guest Lecturer for taking sessions in Diploma course in sports coaching 2022-23 for weightlifting at NS-NIS Patiala, SAI
- Completed a Certificate Course in Yoga conducted by Kaivalyadhama, Pune for 1 month duration.
- Attended CPDHE (UGC-HRDC) Workshop conducted by University of Delhi.

Dr. A Yuvaraj

- Life-time member in Indian Federation of Computer Science in Sports in the year of 2011.
- Member in International Society for the Advancement of Kinanthropometry (ISAK) as Anthropometrist until 5/5/2023.
- Published 2 research papers.
- Attended short term professional development programme and 3 faculty development programs.

Ms Manjinder Jyoti

- Long jump 1st place, 100m 1st place on 43rd State Master Athletics held at Khuman Lampak, Imphal, Manipur from 18 -19 October 2022.
- Long Jump Gold Medal 43rd Punjab Master Athletics Championship held at Chandigarh from 19 – 20th November 2022.
- Three students got senior state meet gold medal. Two students got senior state meet two silver medal. Two students got senior state meet bronze medal. One student got two gold medal and one silver medal in North east Olympic Games. One student got silver medal in North east Olympic Games. 9 students selected for AIU.
- Ms. Manjinder Jyoti Assistant Professor and Aditya Tokas have been short listed to be as volunteer in Athletics and Swimming for Special Olympics World Games Berlin 2023.

Dr. S Vinay Kumar Singh

- Co-chaired (Scientific Session): International Conference on “Emerging Trends of Physical Education and Sports Science (ICETPSS), Manipur University, Canchipur, Imphal, Manipur, 24th to 26th August, 2022.





- Organizing Committee Member: International Conference on “Emerging Trends of Physical Education and Sports Science (ICETPESS), Organized by Department of Physical Education and Sports Science, Manipur University, Canchipur, Imphal, Manipur, 24th to 26th August, 2022.
- Acted as Organizing Secretary in the “National Workshop on Sports Science”, Organized by National Sports University, Manipur and SAI, NERC, Takyel, Manipur, 31st May 2022 to 2nd June 2022.

Dr. Keren S Cherian

- Member of the International Society of Advancement of Kinanthropometry.
- Life member of the Nutrition Society of India.
- Resource person for the National Conference entitled “Novel Trends in Sports Nutrition” at Alvas College, Mangalore.
- Resource person for the National Workshop on Sports Science jointly organized by National Sports University and SAI NERC Imphal, Manipur.
- Resource person for the seminar on Heart Health Day organized by National Sports University, Manipur.
- Co-investigator in a project related to sports injuries funded by ICMR.

Dr. Harish Kumar Tiwari

- Rope skipping team coach in Inter-university tournament in July 2022 with 2 Gold, 1 Silver and 2 team Bronze medal.
- As a volleyball coach in NSU, 3 students got selected in junior national & 2 in senior national in 2022.

Dr. Mayanglambam Surchand Singh

- Attended a 4 Week Induction/Orientation Programme for “Faculty in University/Colleges/Institutes of Higher Education organized by Teaching Learning Centre, Ramanujan College, University of Delhi which was held from 15th February to 16 March, 2022.

Dr. Ningthoujam Debala Chanu

- Resource Person at the National Workshop on Sports Science organized by NSU & SAI NERC, Imphal from the 31st May to 2nd June 2022. Delivered a

talk on “Mental Health & Psychological well-being among athletes”

- Resource Person and delivered a talk on “The intervention strategies of Sports psychology” at the seminar on “Introduction to Sports Psychology” held at the Mary Kom Regional Boxing Academy, Imphal.
- Delivered talks on the topic “Identifying Mental Health issues among athletes” at NSU, Khuman Lampak & Mary Kom Regional Boxing Academy, Imphal both on the 10th October 2022 at the seminar organized as a part of celebration of the World Mental Health.

Dr. N. Amitrasen Singh

- Co-chaired (Scientific Session): Three Day International Conference on Emerging Trends of Physical Education and Sports Science 2022, Manipur University, 24th – 26th August, 2022.
- 4 Week Induction/Orientation Programme Under the aegis of Ministry of Education PMMMNMTT, 15th Feb. – 16th March 2022.
- Co-investigator in a project related to traditional sports injuries funded by ICMR, 2022.
- Dope sample collection officer, 56th National Cross-Country Athletics Championships 2022 and South Asian Federation Cross Country Championships 2022.

Mr. Mayanglambam Rakeshsundar Singh

- Member of Manipur Finswimming Association 2022.





Celebrates
5th Foundation Day



Celebrates
5th Foundation Day



Students Sports Achievements



Siddharth Dey
Rope Skipping
Gold Medal



Nidhi Bharadwaj,
Kayak Slalom (K1)
Bronze Medal



All India Inter University Medalist: Rope Skipping

INTERNATIONAL

Name of Participant	Sports	Name Of Competition	Course	Medals
Siddharth Dey	Rope Skipping	South Asian Rope Skipping Championship	BPES	Gold

NATIONAL GAMES

Name of Participant	Sports	Name Of Competition	Course	Medals
Nidhi	Canoe Slalom (K1)	36 th National Games 2022	MA (Sports Psychology)	Bronze

NATIONAL

Name of Participant	Sports	Name Of Competition	Course	Medals
Nidhi	Canoe Slalom	33 rd National Sprint Senior Men & Women Championship 2022	MA (Sports Psychology)	Silver
Nakshatra Khatri	Triathlon	4 th Calicut Triathlon	BSC (Sports Coaching)	Gold
Nakshatra Khatri	Biathle & Triathle	11 th Biathle & Triathle National Championship 2022	BSC (Sports Coaching)	Bronze

ASSOCIATIONS OF INDIAN UNIVERSITIES

Name of Participant	Sports	Name Of Competition	Course	Medals
Jatin Bajaj, Samir Singh, Siddharth Dey, Rahul Kumar, Ajay Kumar, Suraj Sinha	Rope Skipping	All India Inter-University Rope Skipping Championship	BPES	Gold - 2, Silver - 1, Bronze - 2

STATE

Name of Participant	Sports	Name Of Competition	Course	Medals
Nangsha	Thang-Ta	XXXII State Sub-Junior, Junior, Senior Thang-Ta Championship 2022	BPES	Bronze
Ritika Kandpal, Aditi Chauhan, Mrinal Joshi, Kanishka, Tanishqa Dixit, Manjusha Tissopi, Rageshwari Devi	Volleyball	Senior State Manipur	BPES	Silver
Muruga Luxmi	Fencing	29 th Junior National Fencing Championships	BPES	Bronze
Anu	Boxing	5 th Senior Punjab Women Boxing Championship	B.Sc. (Sports Coaching)	Silver
Kshitiz Dhamala	Weightlifting	4 th State Weightlifting Championship	B.Sc. (Sports Coaching)	Gold
Yaisana L, Chanchanrani, Elabanta, Anil	Athletics	Manipur Olympic Games	B, Sc. (Sports Coaching) BPES	Gold - 6 Silver - 4 Bronze - 2





Celebrates
5th Foundation Day



Celebrates
5th Foundation Day



Events at National Sports University

International Women's Day Celebration 2022: 8th March - 11th March 2022

Every year, 8th March is being celebrated as International Women's Day. This year, the goal was to create a gender-equal world with the theme "Gender Equality today for a sustainable Tomorrow". It is about celebrating a woman's success and raising awareness against Gender bias across the country.

On this occasion National Sports University celebrated the International Women's Day 2022 with a several activities in the Khuman Lampak Sports Complex from 8th March to 11th March 2022.

राष्ट्रीय खेल विश्वविद्यालय, मणिपुर
(केन्द्रीय विश्वविद्यालय)
भारत सरकार, युवा कार्यक्रम एवं खेल मंत्रालय
NATIONAL SPORTS UNIVERSITY, MANIPUR
(Central University)
(Government of India, Ministry of Youth Affairs and Sports)
Celebrates
"International Women's Day"
Theme : "Gender equality today for a sustainable tomorrow"
8th - 11th March 2022

75 Azadi Ka Amrit Mahotsav
SAI
राष्ट्रीय खेल विश्वविद्यालय
SPORTS AUTHORITY OF INDIA
SAI LNCPE TRIVANDRUM
Webinar on International Women's Day
"Gender equality today for sustainable tomorrow"
Sh. R. C. Mishra (IAS Retd)
Vice-Chancellor,
NSU, Manipur
Ashwini Nachappa
Olympian & Arjuna
Awardee
A.Novtuneshwari Devi
Retd. Dist. & session Judge
I.L.C. Manipur
Padma Shri
Shiny Wilson
Indian Athlete
Padma Shri
Kunjara Devi
Indian Weightlifter
Prof. Rosa Lopez
de D'Amico
President (ISCPES)
Hima Das
Indian athlete &
Arjuna Awardee
Organized by
National Sports University, Imphal @
Sports Authority of India,
Lakshminilal National College of Physical Education
Trivandrum, Kerala
Inaugural Function
8th March 2022 | 10:30 Hrs
Zoom ID: 896 6483 5502



9th March, 2022: In continuation to the celebration of International Women's Day, a Football Match between Female Staff Vs Female Students was held on Wednesday, 9th March 2022.

Sh. R.C. Mishra, IAS (Retd), Vice Chancellor, NSU and Laishram Shyam Kumar, Registrar, NSU and Prof. (Dr.) Usha Nair, Dean, NSU graced the occasion as chief guest, guest of honour and special guest respectively.

The match was won by Female staffs with the score 1-0 against Female students of NSU. Kamala Devi a security staff from staff's team scored the lone goal, who led the team victory over female students. Prize distribution ceremony was also held to felicitate all the women's staffs and female students by Hon'ble Vice Chancellor and Registrar to acknowledge and motivate women's staff and achievers of NSU.



Football match between Female Staffs vs Female Students, 9th March, 2022.



11th March, 2022: Yoga Sessions for staffs, students and faculties was conducted by Dr. Harish Kumar Tiwari and Dr. A Yuvaraj, Assistant Professor, NSU



Session for staffs, students and faculties.

11th March, 2022: Workshop cum discussion for students on the theme “Women’s Empowerment through Sports” was conducted by Dr. S Premananda Singh and Dr. Arijit Chakraborty, Assistant Professor, NSU.



11th March, 2022: On the closing day of International Women's Day Dr. Usha Nair, Dean, NSU addressed the gathering and she congratulated all the winners and women's participants for their active participations. The event was attended by the Officers, staff (Teaching & Non-Teaching) and students of NSU by following the SOP provided by State Govt. The program concluded with vote of thanks by Anshita Yadav, MPES 2nd Semester.



Group photo session after the closing ceremony of International Women's Day, 11th March, 2022.





4th Poshan Pakhwada Celebration, 2022

NATIONAL SPORTS UNIVERSITY SUPPORTING THE POSHAN PAKHWADA CAMPAIGN IN MANIPUR: STANDING TOGETHER TO MAKE A DIFFERENCE TO HEALTH



As part of the 4th Poshan Pakhwada Campaign, the faculty and students of the National Sports University actively participated in conducting programs targeting children, mothers, and adolescents from 01st to 4th April, 2022. A mime on the “Importance of Balanced diet and physical activity for Fitness” was conducted for about 150 adolescent students from class 8th to 12th of the Praja Higher Secondary Govt School, Lamshang. The mime represented the lifestyle and eating habits of adolescent child in a healthy versus an unhealthy family environment. The healthy family had proper work and leisure time management, including daily physical activity in their routine, and consuming a balanced diet with greater proportion of fruits and vegetables, along with cereals, pulses, and non-vegetarian foods. As opposed to habits like waking up late, being glued to gadgets, disrupted work and leisure time routines, including lack of physical activity, and eating more of junk and fried food items by the unhealthy adolescent. The role of family and oneself in choosing physical fitness and healthy eating routine was highlighted.

A focus group discussion was carried on selected Manipuri mothers from our university on the topic “Traditional Manipuri Recipes for a Healthy Mother and Child” as part of the themes of 4th Poshan Pakhwada to promote traditional foods for healthy mother and child in Tribal Areas. Some nutritious and easy to prepare recipes for mother like Kangshoi (Diced Vegetable Soup), Singju (Finely chopped vegetable like cabbage, banana stem, lotus leaf etc), Chak Hao Kheer (Black rice pudding or kheer) were discussed. These recipes could also be easily sourced and prepared in other parts of the country as well.

A visit was also made to a nearby Anganwadi centre and anthropometric assessments were carried out on children below 6 years. Three out of six children below 6 years were found to be healthy in terms of absence of stunting, wasting and underweight. The others were found to be stunted, wasted or underweight or a combination. There was a discussion with all mothers of the children on foods to be included and avoided for making up healthy weight and height. A higher craving for packaged foods like fruit juices, chips and noodles were reported among children, and a recommendation to avoid such items which are processed was made. Further, four short recipes video were made for healthy eating targeting adolescent or young adults and two porridge recipe videos were made for children below 6 years.



A major Milestone for National Sports University was the Visit of the Parliamentary Standing Committee on Education, Women, Children, Youth & Sports



Members of the Parliamentary Standing Committee on Education, Women, Children, Youth & Sports under the Chairpersonship of Dr. Vinay Sahasrabuddhe Hon'ble Member of Parliament, along with 14 members of the Parliament visited National Sports University Temporary Campus at Khuman Lampak Sports Complex on 24th April 2022. The parliamentary committee was received by Vice Chancellor and faculties of NSU on arrival.

Shri R.C. Mishra, Vice Chancellor, NSU made a presentation highlighting the courses being offered, strength of the students, temporary facilities, sports achievements and budgets. He also presented the map of the new campus, its facilities and work status.



The Standing Committee Members visited the sports science labs of NSU (Exercise Physiology, Sports Psychology, Sports Nutrition, Sports Anthropometry). Most of the members got themselves tested including Dr. Vinay Sahasrabuddhe Hon'ble Member of Parliament in some of the labs such as assessing the Body Composition, the Bio-feedback and Happiness Scale.

The Standing Committee members also interacted with the students and were highly appreciative of the NSU



International Yoga Day Celebration, 2022

As per the direction received from the Ministry of AYUSH, the programs were conducted from 7 the April to 21st June 2022. Common Yoga Protocol was practiced in the morning by the students and staffs of NSU. The following program conducted were, common Yoga Protocol Practice, Interactive Yoga Session (Dr. Yogendre Kushwah Yogi, International Yoga Instructor) and yoga related competitions.

Common Yoga Protocol was performed by students, celebrities, general public, staff and their families on 14th April, 2022 and 21st June, 2022.



Independence Day Celebration, 2022

Honouring of Olympian and Commonwealth medalist by the National Sports University on the occasion of Independence day celebration (Azadi ka Amrit Mahotsav).





Mass Rally was organised in Commemoration with the AZADI KA AMRIT MAHOTSAV. The rally was flagged off by honorable Vice-Chancellor, NSU, Shri R C Mishra, IAS (Retd.).



Scintillating performance by the Faculties of National Sports University, Manipur on the occasion of 75th Independence Day Celebration 2022.



Campus cleaning drive was also conducted as a part of this celebration.



National Sports Day Celebration, 2022

National Sports University, Imphal, Manipur, celebrated the National Sports Day on 29th August 2022, remembering the legend Major Dhyan Chand. This day was celebrated in the NSU multipurpose hall by offering tribute and a hockey match was played between faculty and students.



Hindi Diwas Celebration, 2022

National Sports University, Manipur celebrates 'Hindi Diwas' on 14th September 2022, an Extempore Speech and Poem Recitation competition for students was organized by the Literary Society NSU.

World Heart Day Celebration, 2022

National Sports University, Manipur celebrates 'World Heart Day' on 29th September 2022, an Aerobic Dance was performed in the morning session and a seminar was organized in the afternoon to give the awareness and importance of heart and to stay with healthy heart in every individual.





Special Campaign 2.0, 2022



World Mental Health Day Celebration, 2022

The Department of Sports Psychology, National Sports University, Manipur organized a Workshop on the theme “Mental Health & Well-Being for All a Global Priority” on the occasion of World Mental Health Day on 10th October 2022 at NSU Multi-Gymnasium Hall. Students of Sports Psychology also carried out various activities like Gratitude exercises, mental health Bingo, etc.



Rashtriya Ekta Diwas Celebration, 2022



Rashtriya Ekta Diwas 2022 was observed on 31st October 2022 in the NSU Multipurpose Hall. Shri Laishram ShyamKumar, Registrar, NSU graced the occasion.

National Unity Day is celebrated in remembrance of Sardar Patel, who was a great leader of India. The biggest contribution of our leader Sardar Vallabhbhai Patel is making India a union by uniting all the states. The program was followed by a pledge-taking ceremony.

Observation of Vigilance Awareness Week, 2022



National Sports University, Manipur is observing Vigilance Awareness Week from 31st Oct. 2022 to 06th Nov. 2022 with the theme "Corruption Free India for a Developed Nation". As a part of the program, all the Teaching and Non-Teaching staff took Integrity Pledge for the organization on 04th Nov. 2022 in the Administrative Block.

Observation of National Constitution Day, 2022

National Sports University, Manipur celebrated National Constitution Day on 26th November 2022 at NSU Multipurpose Hall.





Webinar on Quality Physical Education and Dimensions Practice and Innovation



The International Society for Comparative Physical Education and Sports (ISCPES) webinar on quality Physical Education and Dimensions Practice and Innovation was jointly hosted by SAI LNCPE and NSU on 18th November 2022. 14 international speakers from 10 countries and a global participation.

National Seminar on 'Sports & Spirituality'

National Seminar on the theme 'Sports & Spirituality' was organized by National Sports University, Manipur at NSU Multipurpose Hall on 19th November 2022.

Honorable Vice Chancellor Shri R C Mishra, IAS (Retd.) graced the occasion as Chief Guest.

Keynote Speaker Shri Ramanuja Das delivered his lecture on the topic "Synthesis of Science and Spirituality", Shri Millinder Segar and Dr. Ramjee Repaka were the speakers of the session and they spoke on "Physical Education and Spiritual Education" and "Science of Happiness" respectively.



Celebrations at National Sports University

Teacher's Day Celebration, 2022



Onam Celebration, 2022



Duga Puja Celebration, 2022



Irabot Day Celebration, 2022





Extension Services

As part of the Extension Service, Dr. Kuldeep Singh and Dr. N. Debala Chanu, Assistant Professors of Sports Psychology, conducted an interactive session on “Importance of Sports Psychology” for the boxers of Mary Kom Boxing Foundation, Imphal on 24th September 2022.

During the session 80 boxers of sub-junior, Junior and Elite level athletes were present. Also all the coaches and teaching staff of the academy were present there.



As a part of the World Mental Health Day celebration, National Sports University, Manipur in collaboration with Mary Kom Regional Boxing Foundation, Imphal organized a Seminar on 10th October 2022 at Mary Kom Regional Boxing Foundation Campus, Imphal, Manipur.

Dr. Kuldeep (Asst. Prof.) delivered the lecture on ‘Understanding Mental Health and Dr. Ningthoujam Debala Chanu (Asst. Prof.) delivered the lecture on ‘Identifying Mental Health Issues’ and Ms. Nehna Chungkham (Sports Psychologist), Mary Kom Regional Boxing Foundation delivered the lecture on 'Concept of Positive Mental Health-Psychological Well Being and its Importance in Sports'.





Memorandum of Understanding (MoU) was signed by The National Sports University (NSU) Imphal, with Mary Kom Regional Boxing Foundation, Imphal on 9th January 2022.

The Master's degree students of NSU trained the students of JNV Yaralpat from 5th December 2022 to 24th December 2022 for the preparation of mass demonstration (Bharatyam).



The faculty and students of NSU trained the Eklavya Model Residential School students from 6th December to 13th December 2022 in Athletics and Badminton for the 3rd EMRS National Sports Meet 2022.





Community Fitness Programme

One of the objective of the National Sports University is serve the community through its outreach programme.

Faculty and students at the National Sports University offer morning exercise programs for adults who desire some supervision, direction, education, and camaraderie in their health and fitness efforts. Our vision is to help improve health and wellness in the locality of Manipur by providing an exercise program for those who are interested in improving their health and fitness and/or desiring more structure in their workout efforts. We aim to get you feeling better, stronger, and more energetic.

The programme was launched on 2 October 2022. We have 12 women most of them above the age of 60 who have registered for the programme. Six to 7 of them are diabetic and some hypertensive. The health of these women has improved. They perform aerobics and Yoga.



Leadership Training Camp. 2022

Leadership Training Camp, 2022 was held on 10 th April to 16th April, 2022 at Manipur Mountaineering Institute Lamdan (MMTA).





Celebrates
5th Foundation Day



Celebrates
5th Foundation Day



Students' Corner

झांसी की रानी: लक्ष्मीबाई

थी कूद पड़ी रणभेरी पर,
लेकर तलवार हथेली में,
सरि काट-काट चंडी बनती,
धरती कपाल गदेली पे।
सशक्त वीर सी लड़ी पड़ी,
बखिरे अंगों पर चढ़ी पड़ी,
अंग्रेजों की थी लगी लड़ी,
वकिराल काल सी ठनी खड़ी।
तलवार चमकती थी लहू चाट,
अरदिल के मसूतक काट-काट,
लूकर-वाकर सब धापे थे,
रानी का देख रूप वकिराट।
वह वजर वेग सी बढ़ी पड़ी,
बैरी समाज पर टूट पड़ी,
करती परहार द्युताचपल धार,
रण घोर समर चढ़ बादल पर,
मोती माला से बखिर गए,
अरमिंडल मुंड धरातल पर।
अरकिट-कट वकिट सुभट,
रण युद्ध भवानी जागी थी,
छल कपटी लपटें देख देख,
नव करुद्ध जवानी जागी थी।
तुम कुरु परपात हो बजर घात,
तुम प्रकट डंकनी सी बाला,
क्षत वकिषत कर गोरों का,
कर डाला तुमने मूँह काला।
फूलों के संग कलियां फूटी
बन जगदम्बा ललकारी थी

-- Rajat Tiwari MPES 4th Semester

Indulging to aim again
It's yet another indulgence
To aim, of purpose;
Purposefully accepting the combinations
of life, sorted-unsorted,
Purposefully planning next moves,
next zones, pulling in and off new disciplines
Purposefully tiring thyself to extremes
time-bound, no rest!
Overtime doesn't count now, they do
at old-age.
Redirecting the thoughts of separation,
from age old memories, beings,
Cause work voids everything, but fills
thyself.
Gratitude and the laws of the Universe,
A few gates they open;
These sounding like thoughts, aren't as
they seem;
Tired and tested.
It's yet another indulgence
To support Life, to reach the ultimate
purpose;
Cause everything that's happy, doesn't
get there unheated, leftout, unfitting,
unlearn!
Indulging to aim again, just a different
approach.

-- Manish Nath,
BPES 4th Semester



Abir Guha,
MPES 4th Semester

कभी बचपन की चंचल सी अदा है याद है हमको।
वही यादें सजाकर के सुकून मलिता ही है हमको।

1 पानी दांतो से खाके, शुरू जो था कथिया पीना।
पकड़कर ईस को हमने, तो फूला गरव से सीना। कभी
जो उठ नहीं पाये, सहारा खाट का लीना। उठायें डरते
से खुद को, तो मानो आया था चलना। जपौह वह हाथ
जो रपटा, रूलाई आई थी हमको। वही यादें..

2 खाना मट्टी का प्यारा, दमिगी पटल पर आये।
लौटना ठंडी बालू का, भुला ना हम जो अब पाये।
तोतली बोली जो बोले, नहीं सध बोल जो पाये।
कोशिशि बारंबारी की, जुबां पर थोड़ा ला पाये। मामा
बाबा की बोली, दर्ती आनंद दे हमको। वही यादें..

3 कभी तो सरि हलिया नस के ऐसे भाव थे प्यारे।
कभी कूतले को चू चू, कभी बोले तू आज राँ। कभी
बछिया को ले ले ले, कभी आओ कबू आरे। रूठने पर
मां कहती, अरे हाऊ बुला ला रे। उसी हाऊ का डर
जो था, अभी भी याद है हमको। वही यादें..

4 रात को लोरियां मां से, तो सुनकर नींद लेते थे।

सुबह फरि साथ उठकर के, चाकी की धुन जो सुनते
थे।

दबेडे खा के ऊ ऊ कर, हम फरि से जो सोते थे।

उस वंशाल आडी अंक, लेटे लुफ्त लेते थे।

चाकी से हलितो वो गोदी, अभी भी याद है हमको।

वही यादें सजाकर के, सुकून मलिता ही है हमको।

-- Harshvardhan Sharma, B.Sc. (SC) 8th Semester

में बिहार हूँ, अत्यंत शर्मसार हूँ, कैसे बताऊ किन्तुना लाचार हूँ ? दुनिया को गणतंत्र का तोहफा देकर आज मैं स्वयं गुणतंत्र की ज्वाला में दहक रहा हूँ। मेरे ही गोद में बैठकर बुद्ध, महावीर, श्रीकृष्ण ने दुनिया को धर्मसन्देश दिया लेकिन आज धर्म के ही नाम पर मेरे सपूत मेरी अंचल को मैला कर मुझे खून के अँसू रुला रहे हैं। विक्रमादित्य, सम्राट अशोक जैसे शासक भी हुए लेकिन आज सत्ता के प्रलोभन में हुक्मरानों ने मुझे क्षल-विक्षल कर दिया है। मैं कैसे व्यक्त करूँ अपनी नम आँखों और आहत हृदय की व्यथा? दुनिया को शून्य देकर सम्यक् किया परन्तु आज विपन्नता की खाई में इसकदर दबा महशूस कर रहा हूँ नहीं कर सकता। मेरे बच्चों के बीच आपस में सामाजिक एवं धार्मिक सोहार्द का इतिहास अनुकरणीय था। परन्तु सत्ता के भूले कुछ देतों ने मेरे आत्मजों के बीच नास्त्व का ऐसा जहर घोला की आज उन विषों से मेरे प्राण घुटे जा रहे हैं। भला मैं कैसे बदस्त कर सकता मेरे प्राणों में जो दो हाथ आपस में गले मिलने के लिए उठा करते थे आज वो एक दूसरे का गला काटने की उतारू है। इस धरा पर जनित हर प्राणी मेरे आँखों का तारा है तुम अपने भाईयों को मास्कर ही प्रफुल्लित हो उठते हो क्या कभी मेरा (बिहार) ख्याल नहीं आया ? तुम दोनों मेरी दो आँखों की तरह हो, दो पैरों की तरह हो, दो कानों की तरह हो। क्या मेरी आँखें छीनकर अंधा बनाना चाहते हो मेरे हाथ-पैर तोड़कर मुझे अंग बनाना चाहते हो? अगर ऐसा ही इरादा है तो तो पूरा शरीर समर्पित है कर दो अंग मुझे हो सके तो मेरा अस्तित्व भी मिटा देना मेरे कई हिस्सों को तो आग के इवाले कर ही दिए हुए इससे पहले की आग पूरे बदन में लग जाये बहिष्कार करो उन बास्वद रूपी अराजकतत्वों का जो तुम्हें स्वस्थ नहीं देखना चाहता। अपने गंगाजल रूपी विचारों से जले हुए भागों पर ऐसी ठण्ड प्रदान करो की जलन की पीड़ा पुनः रोकक में परिणत हो जाये। मैं अब किसी से उम्मीद नहीं कर सकता मुझे पता है मेरी इस झुलसी हालत पर इस निष्ठुर संसार के मुसकुराहट में चार चांद लग रहे हैं लेकिन उसे यह भी मालूम होना चाहिए हर जगह मेरा खून बिखरा पड़ा है न जाने कब ये चाँद उकापिंड में परिणत होकर उसे भी चपेट में ले ले। अतः तुम ही एक उम्मीद की किरण हो, अपनी प्रकृतिक सोच के ऊपर उस कुत्रिम सोच की चादर को उठाकर उसी आग में कैंक दो जो मुझे जला रहा है और अपनी इस बहुलुख गौरवमयी विरासत को अक्षुण्ण रख लो।
अंतिम सास तक मुझे इन्तजार रहेगा..... तुमहारा अपना बिहार।।

-- Kriti Raj, BPES 4th Semester



Madhurika,
MASP 2nd Semester





Faculty Corner

Physical Education and Health Promotion

-- Dr. Usha S. Nair, Dean (Academics)

Participation in physical activity (PA) has been regularly highlighted as a vitally important aspect of health and wellbeing. Physical inactivity is considered one of the leading causes of mortality across the globe, leading to an increased risk of a range of cardiovascular diseases and cancers. Indeed, physical inactivity has been highlighted as a major cause of premature death across the globe; it is estimated that 5.3 million of the 57 million global deaths in 2008 were associated with physical inactivity. Habit formation in youth has been highlighted as a key predictor of adult PA. It is, therefore, imperative that we seek to provide positive experiences for young people that maximise the likelihood that they will see value and enjoyment in continuing to engage in PA as they progress into adulthood

Physical education (PE) has been regarded as a crucial vehicle for the promotion of a physically active lifestyle. NEP 2020 has given impetus to PE and sports in schools, this would be a changemaker provided that the implementation could be effective. India, with over 1.5 million schools and more than 260 million enrolled, is home to the largest and most complex education system in the world. Is it possible to provide PE qualified PE teachers.

The new National Education Policy is a welcome change in this regard at a time when the health, happiness and immunity of children are becoming increasingly important due to the covid pandemic and increase in sedentary behaviour. The new NEP-2020 includes several key points that are instrumental for the holistic development of a child. By eliminating the rigid separation between curricular and extra-curricular activities, the NEP-2020 acknowledges sports to be equally important as any other subject like English or Science, thereby increasing the Fun and Engagement that children desperately seek in a school.

Significant changes in physical education have taken place over years with a transition from a traditional sports skill-orientation to a broader emphasis on health-related fitness and lifelong physical activity. In an age of increased accountability, the lack of effective measures to demonstrate the importance of physical education in the development of learners is a serious challenge to the future of the profession. Linking the benefits and outcomes of physical education to the 21st Century core learning areas such as critical thinking, problem solving, ability to operate with agility and adaptability, ability to analyse information, communicate effectively and the ability to act innovatively, will be essential if physical education is to continue to be valued as a part of the basic school curriculum. If, in fact, physical education can be linked to such core learning areas, then the importance of physical education will be more fully embraced. Can we demonstrate that physical education is as important as other basic areas, such as reading, writing and mathematics, as a necessary lifelong vocational and non-vocational requirement?

The lack of accountability in physical education prevents programmes accepted. Just as there is a need to improve basic skills such as reading, mathematics and science, there is a need to justify the existence of physical education programmes. The physical education teacher should be increasingly being called upon to demonstrate student's proficiency in developing the skills to achieve a healthy, active lifestyle

Physical Education in the 21 century needs to Revamping the Physical Education Pedagogy methodologies should focus on developing healthy active lifestyles for children and youth. Should. This should include integration of skill development, physical fitness, health, nutrition and planning for free time.



1. Sports Profile: The demand for sports is vital and the coaches have a thorough and detailed understanding of it. The dominant motor abilities of competitive sports differ related to the nature of sports. This is all about performance indicators and competition demands of the sports.

2. Athlete's profile: The athlete's strengths and weaknesses have already been examined. This indicates about athlete's characteristics that support performance and physical qualities that limit the performance. Those physical qualities have to be identified and necessary action to be taken in the training session. Proper monitoring is required in the training session.

3. Objectives: The coach knows the competition calendar, the demands of the sports and the needs of the athletes. Here the objective must be specific, and time-based so that the needs of the athletes will be fulfilled and ultimately performance can be achieved.

4. Training plan: Once the coach knows the athletes' needs and objectives, the Periodization of the training plan including training units has to be designed and implemented. The coach would decide on intensity, volume, frequency of the load and overload with a recovery strategy. Different types of training would be implemented based on Periodization strategies.

5. Monitoring: The effectiveness of the chosen training strategies with their completion including individual response to the training must be monitored.

Sports performance requires a lot of planning and the athlete's experiences of past tournaments are also crucial. Each plan has many layers and many factors to be considered. The first is athletes and their physical, mental, technical, tactical and general holistic perspectives. Team needs must be considered. Understanding the uniqueness of the tournament, the high-pressure competitive environment and solutions to unexpected problems during training sessions and competition must be considered.





Faculty Corner

Expanding the boundaries of Sports Psychology

-- Dr. Kuldeep Singh, Assistant Professor (Sports Psychology)

Sports psychology is a field of study that examines the psychological factors that affect athletic performance and how participation in sports and physical activity can affect psychological and physical well-being. While sports psychology has traditionally focused on athletes and coaches, it is increasingly being recognized that the principles and techniques developed in this field can also be applied to other areas of life.

One of the critical areas where sports psychology has been expanded is the field of sports medicine. Sports psychologists work closely with physicians, athletic trainers, and physical therapists to help athletes overcome injuries and return to performance at their best. They can help athletes to manage pain, develop strategies for coping with physical limitations, and address psychological barriers that may be preventing them from returning to full performance. This can be important not just for athletes, but for anyone who is dealing with an injury or chronic health condition that affects their ability to engage in physical activity.

Another area where sports psychology has been expanded is in the field of education. Sports psychology principles can be applied to help students perform better academically. For example, goal-setting, visualization, and mental toughness can all be used to help students set and achieve academic goals, stay motivated to study, and perform well on exams. Additionally, the principles of sports psychology can be used to help students develop a growth mindset and overcome the fear of failure, which can hold them back in their academic pursuits.

Sports psychology has also been expanded to the corporate world, where it can be used to improve organizational performance and individual productivity. Mental skills such as goal-setting, visualization, and mental toughness can be taught to employees to help them perform better in their jobs. Additionally, stress management techniques can be taught to employees to help them handle high-pressure situations and maintain their mental well-being.

Furthermore, sports psychology can be used in career counselling and job coaching. It can be used to help individuals identify their strengths, set and achieve career goals, and develop the necessary skills and mindset to perform well in their chosen field.

In the field of personal development, the principles and techniques developed in sports psychology can be applied to overcome life challenges, and reach self-improvement goals. These mental skills, such as goal-setting, self-talk, and visualization, can aid in problem-solving, decision-making, and motivation. Furthermore, the stress-management techniques used in sports psychology can be beneficial for managing day-to-day stressors and improve mental health.

Additionally, sports psychology can be applied to rehabilitation and recovery. Individuals who are recovering from illness or injury can benefit from the application of sports psychology principles. It can help them to set realistic goals, stay motivated and manage the emotional and mental challenges of recovery.

Finally, sports psychology can help people set and achieve physical fitness goals, stay motivated to exercise and overcome any psychological barriers that may prevent them from achieving their fitness goals. It can also help people to adopt healthy lifestyle changes and to maintain their physical and mental well-





being.

In conclusion, sports psychology is a field of study that has traditionally been associated with sports and athletic performance. However, the principles and techniques developed in this field can be applied to other areas of life, such as sports medicine, education, business, career counselling, personal development, rehabilitation, and health and fitness. By expanding the boundaries of sports psychology, individuals and organizations can achieve their full potential and lead better life. The insights and strategies gained through sports psychology can help people to improve their performance in various fields, overcome obstacles and achieve their goals, which leads to a more fulfilling life.





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