

I/2411/2021

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Government of Jammu & Kashmir



Directorate of School Education, Jammu

Circular No. **45** -DSEJ of 2021
 Dated: **06** - 03-2021

Sub: Physical Education and Community Coaching Programme for all women teachers in March 2021- regarding.

Kindly find enclosed herewith a copy of communication from Samagra Shiksha J&K Jammu vide no. Edu/SMS/136/38041-66/21 of dated 04-03-2021 along with four pages of Annexure & Programme schedule of Ministry of Youth Affairs and Sports GOI Vide No 6-5/SAI/FITINDIA/2020, dated 22.02.2021 regarding the subject cited above.

Whereas to commemorate the international women's day 2021, Ministry of Youth Affairs & Sports Govt. of India under the aegis of Fitindia Movement along with Ministry of Women & Child Development has planned to organize an online physical education and community coaching programme for all women teachers/ PE teachers/ community women coaches and aspiring women teachers to enable, engage and empower themselves as well as school going children especially **Betis** in the field of physical fitness and health.


Moreover two weeks online programme will be conducted from 8th March 2021 to 26th March 2021(14 days) through Zoom/ Youtube/ Facebook in 2 sessions of 90 minutes each (11AM -12:30PM, 5PM-6:30PM). The training is free of cost to all participants. Certificates to be given to participants who will attend 70% classes with 60% marks in online examination.

In view of the above, all the Chief Education Officers of Jammu Division are hereby directed through this circular to issue immediate necessary instructions to all schools in winter as well as summer zones of Jammu division and encourage all women Teachers including women PETs/PEMs/PELs/Community Coaches/ Aspiring Teachers from Primary, Middle, Secondary & Higher Secondary Schools for attending online physical education and community coaching programme w.e.f. 08.03.2021 to 26.03.2021 in an online mode through Zoom/You Tube/ Facebook. It is pertinent to mention that online registration and joining link for attending this online programme is as- <https://schoolfitness.kheloindia.gov.in/tot.aspx>.

Concerned CEOs are also directed to nominate DNOs Fitindia India Movement in the districts as coordinators for this programme, their contact nos and emails may also be forwarded to all concerned schools in the districts, direct them to furnish status report from the districts for the action taken in the matter and submit to this directorate within weeks time after the culmination of the said programme.

For any further queries, you may contact Sh. Govind Sharma, Nodal Officer of this Directorate at Mobile No. 94192-80527.

Encls = (06)


 (Anuradha Gupta) KAS
 Director School Education
 Jammu

No: DSEJ/FIT INDIA/2021/9021-35

Dated 06-03-2021

Copy to the:

1. Administrative Secretary to Govt. School Education Department, Civil Secretariat, Jammu for inf please.
2. Director General YS & S J&K/Joint Director YS & S Jammu for favour of information with the request to direct all Women PET/PEM/PEL of Jammu Division for similar necessary action please.
3. **Chief Education Officers (All) Jammu Division for information and necessary action on priority basis.**
4. State Nodal Officer, Fitindia Movement at SAMAGRA Shiksha J&K Jammu for information please.
5. Sh. Govind Sharma, Nodal Officer, Fit India Movement, at DSEJ for information and compliance please.

2044/2021/Receipt



Government of India
Ministry of Youth Affairs and Sports



F.No. 6-5/SAI/FIT INDIA/2020

Dated: 22nd Feb. 2021

Respected Sir/Ma'am,

Sub: Physical Education and Community Coaching program for all women teachers in March 2021 -reg.

At the outset, it gives us immense pleasure to state that to commemorate the international women's day 2021, Ministry of Youth Affairs and Sports under the aegis of Fit India Movement along with Ministry of Women & Child development is organising an online physical education and community coaching program for all women teachers.

2. The program will be conducted in the month of March 2021, to be embarked on 8th March. It will be a 2-week programme with 28 sessions in total (two sessions of 90 minutes each). The programme would provide an opportunity for women teachers to learn from the best trainers in the world and reflect as an empowerment of women in the field of physical fitness and health.

3. Online training program is intended to train the following category of women teachers-

- i. Primary Classes: Primary Teachers who undertake physical activities in their schools
- ii. Secondary / Senior Secondary Classes
 - a) PE Teachers
 - b) Community Coaches
- iii. Aspiring Teachers / Coaches

4. Training is free of cost to all participants. Participation Certificate to be given to the participants who attended 70% classes. Certificate of Merit to be given to those participants who get 60% marks in online examination

5. For the successful implementation of this training across your state, you are kindly requested to ask schools in your state to encourage all women teachers to participate in this online training program.

Registration Link- <https://schoolfitness.kheloindia.gov.in/tot.aspx>

With Regards,

Yours sincerely,

(Ekta Vishnoi)

Mission Director, Fit India

Encl.: **Annexure – 'A'**: Schedule for online PE women training program.

To:

The Additional Chief Secretary/Principal secretary / Secretary (Education),
All States and UTs

Annexure 'A'
PE and Community Coaching Program for Women Teachers
8th March - 26th March 2021 | Online | 11 AM - 12:30 PM, 5 PM - 6:30 PM

Vision:

Provide Knowledge, Skills and Attitude to our women teachers to Enable, Engage and Empower Children (especially Betis) to be Physically Active, Confident and Self-Reliant Leaders.

Training Mode

1. Online, through Zoom / YouTube / Facebook
2. Session Details:
 - a. 2 Weeks (14 Days) of 2 Sessions of 90 minutes each
 - b. Total 28 Sessions
 - c. To be done in Dual Language (English and Hindi)
3. **Certificates**
 - a. Participation Certificate to be given to the participants who attended 70% Classes
 - b. Certificate of Merit to be given to those participants who get 60% Marks in Online Examination
4. Online Form to be filled up by PE Teachers and Coaches who want to attend the training

REGISTRATION LINK:

<https://schoolfitness.kheloindia.gov.in/tot.aspx>

How to JOIN each session each day and mark daily attendance:

1. For each Session, go to <https://schoolfitness.kheloindia.gov.in/tot.aspx>
2. Click on JOIN 15-30 minutes before session start
3. Your attendance will get automatically marked and you will be taken to Zoom Webinar
4. PN: 70% Attendance compulsory for Morning Session and Evening Sessions for getting Participation Certificate

Contact Information:

1. Principal, SAI LNCPE Trivandrum:
 - a. Dr. G Kishore, Principal, SAI LNCPE Trivandrum - sailncpe@gmail.com
2. Course Co-ordinators:
 - a. Dr. Usha S Nair, Asst. Professor, SAI LNCPE Trivandrum: ki.peandcc@gmail.com
 - b. Sujit Panigrahi, CEO Fitness365: sujit@seqfast.com, www.fitness365.me

**SCHEDULE OF THE PE AND COMMUNITY COACHING PROGRAM FOR WOMEN
TEACHERS**

Date	Time	Topic	Name of Speakers
THEME 1: Physical Education			
08.03.21 Monday	11 AM - 12:30 PM	INAUGURATION & Key note address Concept of Fit India Schools	Keynote Address: Smt. Ekta Vishnoi, IRS, Mission Director, Fit India
	5-6:30 PM	IAPESGW- Physical Education and Sport	Prof.Rosa Lopez de D'Amico, PhD, President, International Association of Physical Education and Sport for Girls and Women(IAPESGW), Venezuela
09.03.21 Tuesday	11 AM - 12:30 PM	Roles and responsibilities of PE Teachers	Dr. G Kishore, Principal, SAI LNCPE Trivandrum
	5-6:30 PM	Girls to women through physical activity and sport?	Darlene A. Kluka, USA, Vice President of ICSSPE USA
10.03.21 Wednesday	11 AM - 12:30 PM	Integrating Fitness In PE Program, Progressive Curriculum for N-12	Dr .Ajit Kumar, Asst. Professor, ASPES, Noida Dr.BirenderJhaharia, Asst. Professor. LNIPE Gwalior
	5-6:30 PM	Safeguarding in Sports	Rosa Diketmueller, PhD, Assistant Professor University of Vienna, Austria, Vice President - IAPESGW
11.03.21 Thursday	11 AM - 12:30 PM	Age-appropriate Activities for Class N- 05. Planning and Executing a Play Session	Sh. MS Chauhan, Deputy Commissioner, KVS (Retd.)
	5-6:30 PM	The Physical Education Teacher in the Role of Health Coach	Dr. Claudia Magaly Espinosa Méndez Professor and researcher of Meritorius University Autonomus of Puebla, Mexico
12.03.21 Friday	11 AM - 12:30 PM	Age-Appropriate Activities for Class 06- 12	Dr. Sanjay Kumar Prajapati, Assistant Professor SAI LNCPE Trivandrum
	5-6:30 PM	Public policies of sport and it's relation with gender	Prof.Ms. Giovanna Xavier de Moura State University of Maringá, Brazil
15.03.21 Monday	11 AM - 12:30 PM	Benefits and Barriers of Sport and Physical Activity for Women and Girls Fitness Protocols for Parents and Teachers	Dr.Usha S Nair, Associate Professor, SAI LNCPE Trivandrum

5-6:30 PM	Cultivating Mental Health in PE and Sports during COVID	Maria Luisa M. Guinto , Ph.D., R.Psy. Sport Psychologist, College of Human Kinetics, University of the Philippines. Board Member – IAPESGW, Philippines.
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THEME 2: Fitness Protocols For Students, Teachers And Parents

16.03.21 Tuesday	11 AM - 12:30 PM	Khelo India Fitness Assessment Program & Khelo India Battery of Tests	Mr. Sujit Panigrahi , CEO, Fitness365 and Mr. S SURYA PRAKASH , Incharge - Sports Cell KVS RO Hyderabad
	5-6:30 PM	Physical Education, Physical Activity and Sports Threats, Challenges and Opportunities an International Perspectives	Dr. Uri Schaefer President, International Council of Sport Sciences and Physical Education (ICSSPE). Past President and Board member, International Council of Coaching Excellence (ICCE). Secretary General Israel Coaching Association (In progress).
17.03.21 Wednesday	11 AM - 12:30 PM	Hands-on learning of Assessor App and Web Portal for Schools, Report Cards	Mr. Sujit Panigrahi , CEO, Fitness365 Ms. Neeraj Singh , National Master Trainer, Khelo India Fitness Assessment
	5-6:30 PM	Physical Education and its Place in an Active School	Branislav Antala (Ph.D.) (Slovakia) Vice President: FIEP Comenius University in Bratislava, Slovakia.
18.03.21 Thursday	11 AM - 12:30 PM	Injury Prevention and First Aid	Dr. George Mathew , Associate Professor, SAI LNCPE Trivandrum
	5-6:30 PM	Game-Based- Approches in PE	Dr. N Suzuki , Associate Professor, Pedagogy of Physical Education Tokyo Gakugei University, Japan and Bianca , Research Fellow - JSPS, Waseda University, Japan

THEME 3: Community Coaching

19.03.21 Friday	11 AM - 12:30 PM	Nutrition and Lifestyle	Mrs Rohini Sports Nutritionist, SAI, LNCPE, Trivandrum.
	5-6:30 PM	Sports and PE in Iran	Dr. Maryam Koushkie Jahromi Executive board member of IAPESGW, Professor of Department of Sports Science, Shiraz University, Iran
22.03.21 Monday	11 AM - 12:30 PM	Introduction to Community Coaching Roles and Responsibilities of a Coach	Dr. M.N. Sawant , Associate Professor, SAI LNCPE, Trivandrum Dr. Narendra Gangwar , Assistant Professor, SAI LNCPE Trivandrum
	5-6:30 PM	Special Olympics & Inclusive PE	Fiona Murray , Director, Coaching and Education with Special Olympics International (SOI), Ireland

23.03.21 Tuesday	11 AM - 12:30 PM	Preparing to Coach, Communication & Community Officiating: General Principles	Dr S Jayaraman . Assistant Professor, SAI LNCPE Trivandrum Dr.Sanjeev S Patil .Assistant Professor, SAI LNCPE Trivandrum
	5-6:30 PM	Sport in Canada : Getting and Keeping Canadians Active	Ms. Karen Danylchuk , EdD President WASM Professor, School of Kinesiology Faculty of Health Science, Canada
24.03.21 Wednesday	11 AM - 12:30 PM	Sports and Events	Francis Sabastian , HOD, Physical education St Thomas Mount, Chennai
	5-6:30 PM	Student Engagement: Advantages and Barriers to Success	Dr Ruth M Crabtree ,Faculty of Health & Life Sciences, Vice President of the World Association of Sport Management, UK.
25.03.21 Thursday	11 AM - 12:30 PM	Psycho-Social Factors that Influence Women's and Girls' Involvement in Sport Ensuring Continuity In Sports, Ethics, Decision Making	Dr.Ashutosh Acharya , Assistant Professor SAI LNCPE Trivandrum
	5-6:30 PM	How to Promote Physical Activity Globally? The experience of Agita Sao Paulo	Dr. Victor Matsudo ,Specialized in Orthopedic and Traumatology & Sports Medicine, Professor of Medicine, Gama Filho University, President - Physical Fitness Research Center of São Caetano do Sul – CELAFISCS
26.03.21 Friday	5-6:30 PM	Valedictory Function	Representatives from Ministry of Women & Child Development (MoWCD) and Ministry of Youth Affairs and Sports (Govt of India), Sports Authority of India, SAI LNCPE Trivandrum and All Speakers