

CAPACITY BUILDING PROGRAM FOR PHYSICAL EDUCATION TEACHER AT JNANA PRABODHNI, NIGDI, PUNE FROM DATED 19.06-2023 TO 24.06-2023

Report

It was a matter of great fortune that for the first time, a Capacity Building Program for Physical Educators was organized by SCERT. All the teachers were also fortunate that soon after their new appointment, they got the opportunity to go outside Delhi to observe the ongoing programs in physical education and get benefited from them. A group of 40 Participants (37 Physical Education Teachers One Supervisor in Physical Education one officer from DOE) along with a SCERT coordinator started the journey on 18th June 2023 to Gyan Prabodhani, Nigdi Pune, Maharashtra for taking part in the Capacity Building Program for Physical Education Teachers from 19th June to 23rd June 2023.

Dated- 18.06.2023

After Landing at Pune airport at 10:30 a.m., We were welcomed by the organizers of Gyan Prabodhini and breakfast was arranged for all the participants inside the bus. From there we were taken directly to the hotel and after taking a bath had delicious Lunch. After that, we went straight to places **Sant Tukaram Maharaj mandir and Sant Gyaneshwar Maharaj Samadhi sthal** to understand the culture and to know the impact of their teachings on the personal life of **Veer Shivaji** and common men. After coming back around 4 pm, we were introduced to the faculty members of Jnana Prabodhini and were briefed about the whole program. After an Introduction session, we were served snacks and tea then all the P.E. teachers went straight to the playground and engaged in different physical activities. All the participants had their dinner and were excited for the first day of their CBP.

DAY 1 - 19.06.23

1. YOGA SESSION (7 a.m. to 8 a.m.)

All the participants reached the venue at 6.45 a.m. as instructed on the previous day. Ms Vidhya Tai senior teacher (Age- 55 yrs) and Yoga Expert from the school started the Yoga session with a yogi prayer. She was gracefully performing yoga poses and demonstrating **Surayanamaskara** very efficiently. Our teachers were surprised and no teacher seemed as perfectly flexible as her. Being a Yoga practitioner, it was also new for me because she was demonstrating **IYENGAR YOGA**, and the Suraya Namaskar style was totally different but was very interesting to learn. She instructed explained the contraindications and benefits of each Asana. Very wisely she chose the asanas which can be performed easily inside the school.

2. Self-defence and laathi kaathi session (8:15 to 9:00 a.m)

Gnan prabodhini administration introduced us to two carefully chosen sports activities- self defence and lathi kathi, one from the modern era and other representing the ancient Indian culture. The group was divided into two, one was sent to learn self defence and other to lathi kathi, where teachers learnt new skills and activities that can be taught in our schools of DOE, where students can get exposure to various physical skills and self-defence.



Inauguration ceremony

Gnan prabodhini welcomed us with an inauguration ceremony, where the management of Jnan Prabodhini school, Ms. Nirupama Nimbalkar (ex deputy director of DOE Delhi), Mr. Shekhar singh (commissioner PCMC pune) were present. Lamp lighting ceremony was followed by Saraswati Vandana. The chief guest Mr. Shekhar Singh motivated the teachers for the upcoming workshop, emphasized the importance of physical education and highlighted the role of teachers in uplifting the society, following which the principal of Jnan Prabodhini school briefly addressed the audience and accustomed us on how the school is run by the management.



Lecture on teaching methods (12:30 to 1:30 p.m.) by Mr. Mahesh Despande -

Different teaching methods/styles were introduced along with the importance of the methods to improve the standards of teaching and physical education in schools. Towards the end of the lecture a question-answer session was done on how to improve teaching methods in which teachers participated and Mr. Despande took all the questions and resolved doubts.

Lunch break (1:30- 2:15 p.m.)

Visit to gurukul and kreedakul (2:15 to 3:15)

Teachers were again divided into two groups, one was taken to gurukul and other to kreedakul. I was in the group that was taken to gurukul. In the gurukul students performed Surya namaskar and then explained the gurukul culture in a short demonstration of 15-20 min. They then chanted the shlokas from Geeta and told us about various activities that are conducted in gurukul, one of which that amazed a lot of us was the activity to inculcate entrepreneurship in children, where school children are given a sum of money with which they buy rakhi with help of some teachers. These Rakhis are distributed to all the students, these students then go door to door to sell those rakhis and the money thus collected is handed over to the school management.

Students told us that they perform Suryanamaskar and other different asanas every morning in the school. They organise a Surya namaskar competition on 12th January every year on Vivekanand Jayanti and every student participates in the competition. It was really good to hear that all the students in the gurukul participate in physical activities in the evening from 4 to 6 p.m., where they are free to choose and play any traditional sports, where teachers supervise them and help them with the sport. Every student is given the choice to select between solo and group sports. At the beginning of session every student undergoes a physical fitness test which is again repeated after six months and at the completion of the session, a record of each test is maintained and then compared at the end of the session to evaluate the progress. Students participate in debate, extempore, and various other competitions in the gurukul. Students are taught various traditional games like lezium, barchhi, lattu, marbles etc, . Once every year they go for cycle day in which students cycle for hundreds of kilometers. They even celebrate rainy day during rainy season in which they go out on treks and walks when it rains. When the students were asked whether they not get tired at the school from 7 a.m. till 7 p.m., there response was surprising as they told us that they loved being at the school. It was great to note that parents take interest in all the activities of the school and various workshops are organised for them also.

Teachers visited the classrooms of the gurukul and interacted with the students.

Visiting the gurukul and getting to know about their teaching methods, extra-curricular activities, evaluation process, etc was a very enriching experience for us.



Lecture on Importance of warm up and cooling down (3:30 to 4:30 p.m.)

This session was taken by Mr Nikhil (athletics coach), he explained how we should teach the children to warm up and cool down before and after playing so as to prevent injuries in them. He also talked about different types and mechanisms of injuries in sports. He taught us different methods to conduct warm up and cool down in short time at school.

Barchi and lazium session (4:45 to 5:30)

Teachers were again divided into two groups and sent for barchi and lazium.

Founder of jnana prabodhini started barchi activity at school level. Barchi is performed during Ganesh utsav at Pune. Teachers enjoyed the barchi dance and it was a new experience for them.

Lazium is also performed at Ganesh utsav and in different cultural festivals of Maharashtra in which lazim instrument is used in dance. Teachers learnt the steps of lazim and performed it beautifully. Every teacher participated wholeheartedly in each activity and they were very excited for next day. Day was ended with a delicious dinner.

DAY 2 - 20.06.23

Yoga session (7 a.m. to 8 a.m.)

All the participants reached for the yoga session on time. Vidya Tai did Surya Namaskar today with more pause and discussed the contraindications and benefits of different postures of suryanamaskar. She demonstrated different poses of Sitting, Standing, supine, and Prone poses and corrected them. Every teacher explore the advantages of starting the day with a yoga routine, including improved flexibility, reduced stress, increased energy levels, and enhanced mental focus. It was a different pleasure to do the asana with Vidya Tai. She advised to practice each asana repeatedly and do it properly. She also suggested that always go with easy asanas at school. She also Discussed the importance of conscious breathing techniques and meditation in morning yoga, aiding in relaxation, mindfulness, and improved mental clarity. There was a tea break after the Yoga session.

Self-defense and lathi- kaathi session (8:15 to 9:00 a.m)

The teachers who had participated in Lathi Kathi today were going to learn self-defense and those who had participated in Self Defense yesterday were going to learn Lathi Kathi today. Teachers were very excited to participate in different activities. Lathi Kathi and self- defense teachers taught our teachers with great enthusiasm and all the teachers were very displaying with very

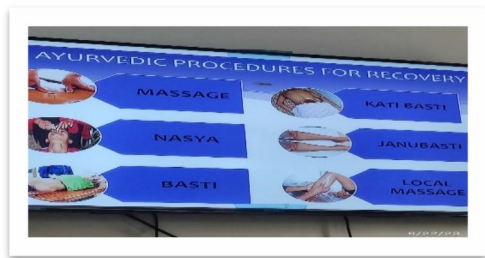
gracefully the skills of Kathi Kathi and various self-defense skills. After the session, teachers were went for break-fast.

Trainer Explained the significance of self-defense techniques in promoting personal safety, empowering individuals, and building confidence. He demonstrated an overview of fundamental self-defense techniques, including strikes, blocks, and escapes, emphasizing their practical application in real-life situations. He also highlighted the importance of situational awareness, recognizing potential threats, and implementing preventive measures to minimize the risk of becoming a victim. After the session team went for breakfast.



Lecture on Importance of Ayurveda (11.15 a.m. to 12.15 p.m.)

By Mrs Medha; It was very fascinating to know about Ayurveda and its implication in sports, Lecture was taken by Dr. Medha a very experienced doctor of Ayurveda who was practicing with Sportsman. She introduced the ancient Indian holistic healing system of Ayurveda, emphasizing its personalized approach and focus on balancing mind, body, and spirit. She discussed the fundamental principles of Ayurveda, such as the three doshas (Vata, Pitta, and Kapha), and how they influence our well-being. She also explained and discussed the significance of Ayurvedic practices like dietary guidelines, herbal remedies, and daily routines (Dinacharya) in maintaining optimal health and preventing ailments. The session ended with a doubt session.



Lecture on Postural Deformity (12.30 a.m. to 1.30 P.M)

In this session, we discussed how posture affects physical and mental well-being, including musculoskeletal health, breathing patterns, digestion, and self-confidence. He discussed the causes of bad posture like sitting on a desk, at the time of using electronic device and lifting objects. He further discussed the importance of exercise and demonstrated different exercises for different muscle group like core muscle, back and neck.

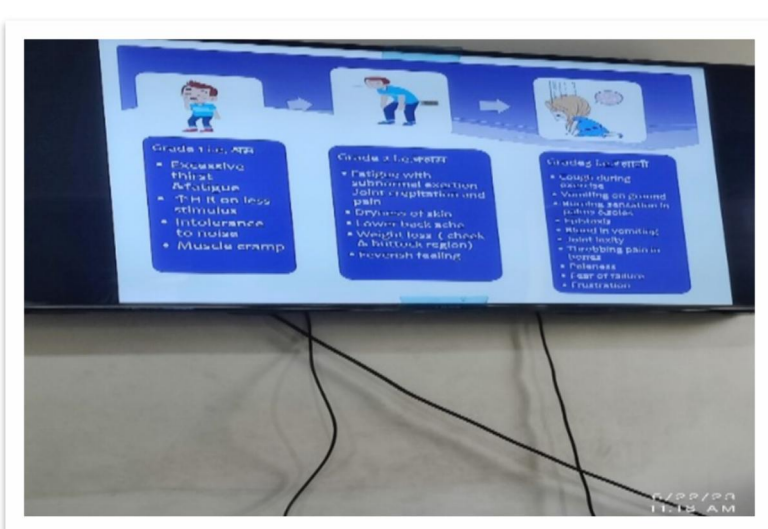
Prevalent postural deformities such as kyphosis (rounded upper back), lordosis (exaggerated lower back curve), scoliosis (sideways spinal curvature), and forward head posture were discussed with their causes . He further discussed the preventive measures, therapeutic exercises, and treatment options available for postural deformities, emphasizing the importance of early detection and intervention.

Visit to the Kreedhakul and Gurukul (2.25 p.m. to 3.15 p.m.) - Teachers who visited gurukul previous day were directed to to visit Kreedhakul and vise versa. It was very interesting to visit their Class room . A group of students who participated at national level interacted with us. A student from High Jump event briefly explained the admission procedure, every child is test physically and a test battery is deigned by the the expert of Gyan Prabodhani school. Test items included in the battery to test their Agility , Speed, Explosive strength, Muscular Strength, Muscular endurance and Endurance.

Their fitness record, psychological parameter and Health Record is maintained and checked thrice in a year. We interacted with Psychologist and she explained different situations of the athletes and how she handle all the athletes during training, before competition and after the competition. A students also explained the situation when she was out of town and feeling very low before the competition but situation was handled by the psychologist tai very nicely on telephone. She kept all the records of the athletes and counsel them whenever required.

We also visited the Ayurveda lab where we have seen the steam bath apparatus, different kinds of oil used for massage. The Ayurveda doctor explained us about the importance of three tattva and how they test the child through questionnaire. The also kept record of each child and advise them according to their Prakruti. It was very interesting to know the use of ayurveda in sports and how it helps to enhance the performance of the athlete. They also explained the different ways to treat the sports injuries through Indian ancient method and how fast they recover from their injuries. They had also given us a lap to use while bathing.

In Kreedhakul, Each Student participate in physical activities/sports. In morning session, they work on physical fitness only and in evening session they engage in particular sports as per guidance of expert team. Sometime it happens that a student is not doing good in one particular sports then after the consultation of expert committee of sports he/she may diverted to another sports. There are number of coaches in athletics, kabaddi, Volley ball, badminton, Archery, Shooting, Table tennis, Kho kho, Malakhamb, Yoga and for traditional game also. Parents of the students also take part in volleyball on regular basis and a structured competition is also organised for them . Even, we have seen the principal of the school also do Suryanamskar everyday with thir staff and play volleyball. We have also discussed about their long hour stay at school in relation to fatigue and their performance but all the students were happy to stay in school for long hour. A structured curriculum was there to follow under the guidance of their Physical education teachers. We were amazed that around 500 students took part in physical education programme without any interruption.

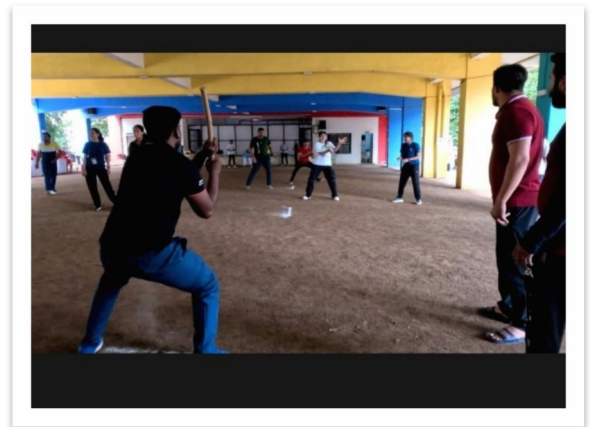


Traditional Indian Games (3.30 a.m. to 4.3. a.m.)

The games which we had seen in our childhood days and used to enjoy when we were kids thereby living the same moments which make us realise that we still have a kid inside us all, the games were been played by everyone and everyone were energized. Games taught were;

- *Gillidanda
- *Marble
- *Hopscotch
- *Langdi
- *Stapoo

We learnt how important are Traditional games and how we can inculcate the different values through participation. Through participation in traditional games not only we can build physical fitness but also social and emotional balance individual.



Barchi and Lezium session (4.45 a.m. to 5.30 P.M.) - The same was organised by the expert. All the teachers were enjoying and practicing the ski of lezium and Barchi. We were told about the demonstration of the skill on the closing ceremony, so all the teachers were seriously practicing all the skill of Barchi and Lezium. Afer completing the session a feedback session was arranged by the Gyan Prabodhni management.



Yoga session started by 7.00 A.M am and ended by 8.00 A.M.by Mrs. Vidya tai. The choice of asanas were selected on the basis of the level we will be teaching in the schools, every and each detail was given by Mrs. Vidya during the asanas. Practice and correction were made by the Vidhya tai, Special attention was given on meditation. Each participants enjoyed the meditation session .



For the Next session the squad was divided into two different group. Session started by 8.15 and ended by 9.00 A.M. One group went for self defence and another went for the LATHI (stick) KATHI. Which is an ancient form of martial arts. The basics were taught for the day as it was difficult to handle those sticks.

Breakfast timing were 9.00 to 9.30 A.M

Introduction to Mukstisopan from 11 A.m to 12.15 A.M

After the breakfast and a short break, Our Teachers visited the different sections of school where they witnessed the students practicing like dance, tabla, role play, drawing, harmonium etc. They were learning how to sing with ragas. The class from 6 to 8 were visiting the section and each class get a chance to visit the section twice in a week.



Lecture on Indian perspective of personality: Panchkosh (12.30 to 1.30 p.m.)

This session was very interesting as there is another way of understanding the personality from the point of view of Pancha Koshas theory, mentioned in the Taittiriya Upanishad. This is the vedantic psychophilosophical view of human personality and similar to the trait perspective of personality where each Kosha exhibit certain characteristics. "The ancient Indian model of "Personality", given in the Taittiriya Upanishad, consists of the 'five' sheaths. They are 'Annamaya' (food sheath), 'Pranamaya' (vital air sheath), 'Manomaya' (mental sheath), 'Vijnanamaya' (intellectual sheath), and 'Anandamaya' (bliss sheath). 'Annamaya'; a segment of human system is nourished by 'anna', that is, food. 'Pranamaya' is that segment which is nourished by 'prana', that

is, 'bioenergy'. 'Manomaya' is the segment nourished by 'education'. 'Vijnanamaya' is nourished by 'ego' and 'Anandamaya' is the segment nourished by 'emotions'." It was explained that how these Koshas are addressed by the Gyan Prabodhini syllabus and its importance in our life. After the session we went for the lunch break.

Lecture on Importance of traditional diet and habit formation (2.15 to 3:15 p.m.)

This session was taken by Dr. Prabha a Ayurvedic Doctor. She told us how they interact with the students regarding traditional diet and its importance on our day-to-day life. She also gave us some examples regarding traditional diet and its impact on sports performance. It was really a fantastic session where we learned about traditional diet and habit formation.

Lecture on Lead-up games for skill development, team building and recreation (3.30 to 4.30 P.m)

This session was taken by Mr. Manoj Sir, Principal Gyan Prabodhani. He was a dynamic leader and a true physical educator. He taught us different lead up games which we can conduct at school and make students engage. He explained the importance of Team Building and how we can make it through Physical education. He also interact with students and patiently. He explained the recreational theories and importance of recreation in students life . He suggested different ways how we can conduct recreational activities in adverse situation in school. It was fantastic session and he promised to our teachers to play volleyball with them at evening and he played.

Barchi and Lezium (4.45a.m. to 5.30 p.m.)

Repetition of the same skill was performed by the teachers under the supervision of the expert. After the session all the teachers including us were engaged to watch different activities and ground, Some of the teachers went for shooting and archery after taking permission from the authority. The day was ended after taking Dinner at the school.

Day -4, Dated : 22.06.2023

Yoga Session :

The same yoga poses and Suryanamaskar was repeated by ms VIDHYA Tai. Some of new asana was introduced by her. Today she gave emphasis on Shavasana and told us how the practicing shavasana keep our blood flow slow down and increases the mental peace. After relaxation in shavasana every teacher was calm and cool. This was a great session.

Self defence and Lathi Kathi (8.15 to 9.00) –

In this session all the teachers practiced the same skill for getting perfection in self-defence activities. It was planned by the authority that some of the selected teachers will demonstrate the activity on the day of closing ceremony. A healthy and delicious breakfast was served from 9.00 to 9.30 am followed by short break till 10.45 am .

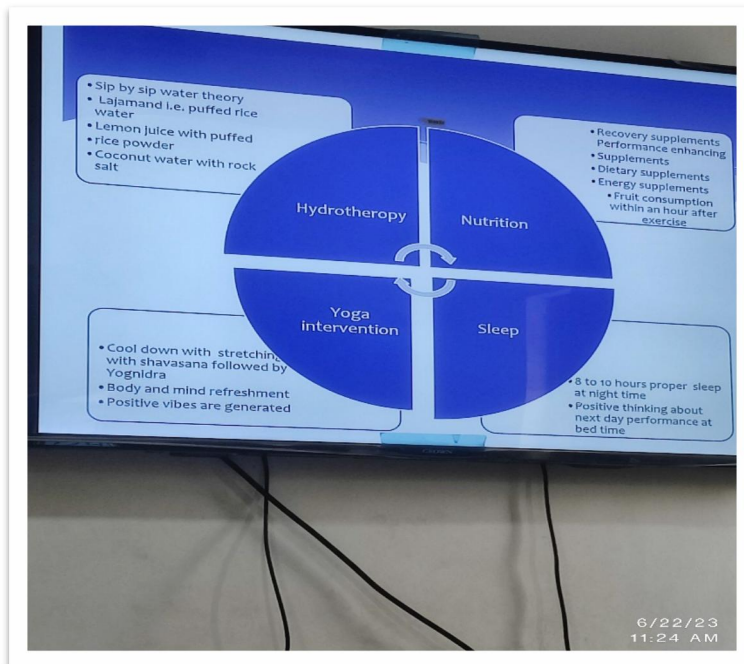
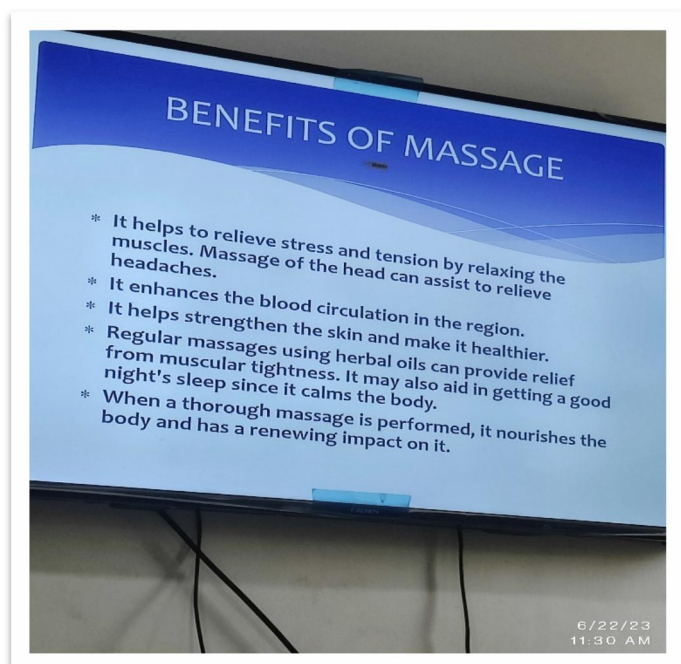
Hindi Padhya (11:00 -11:15am).

It was very interesting to sing with the expert the hindi Padhya. Every teacher participated and sung the padhya with music. It was very nice for physical education teachers to participate in Singing class .



Lecture on concept of recovery and remedial measures with ayurveda session (11:15 a.m. to 12:15p.m.).

This session was taken by MRS MEDHA, In this session Ayurveda was introduced. An ancient Indian Holistic healing system was discussed and emphasises was given on its personalised approach and focus on balancing mind. Principle of Ayurveda (vata,Pittaand Kapha) were discussed on detail that how they influences our well being. Discussion was around Ayurvedic practices like dietary guidelines ,herbal remedies in our daily routine to maintain optimal health ,preventing ailments and to reduce stress and anxiety were learnt during the highly motivating session .



Lecture on concept and components of physical fitness (12:30 to 1:30 p.m.)

This session was taken by Anand Lunkad, In this session very wisely he asked the teachers regarding testing of physical fitness and divided the 4 group and allotted 5 component to them for teastin . each group came up and explained how they eill conduct the physical fitness test in their school. It was really a enriching session in which teachers learned to conduct fitness assessment in their schools. After the session all the teachers went for Lunch Break.



Reflective writing (3:30 to 4:15 pm) : Reflecting writing session was organised for teachers, its importance and uses were discussed in the session.

Preparation for Concluding ceremony demo was done between 4.15 to 4.50 p.m.

Whatever teachers learned in 4 days were practiced. Lezium, Lathi -kathi ,Self-defense, Yoga, and Barchi. All the items/activities were performed by the teachers in this session.

Concluding ceremony started by 5 p.m. and ended by 6:15 pm

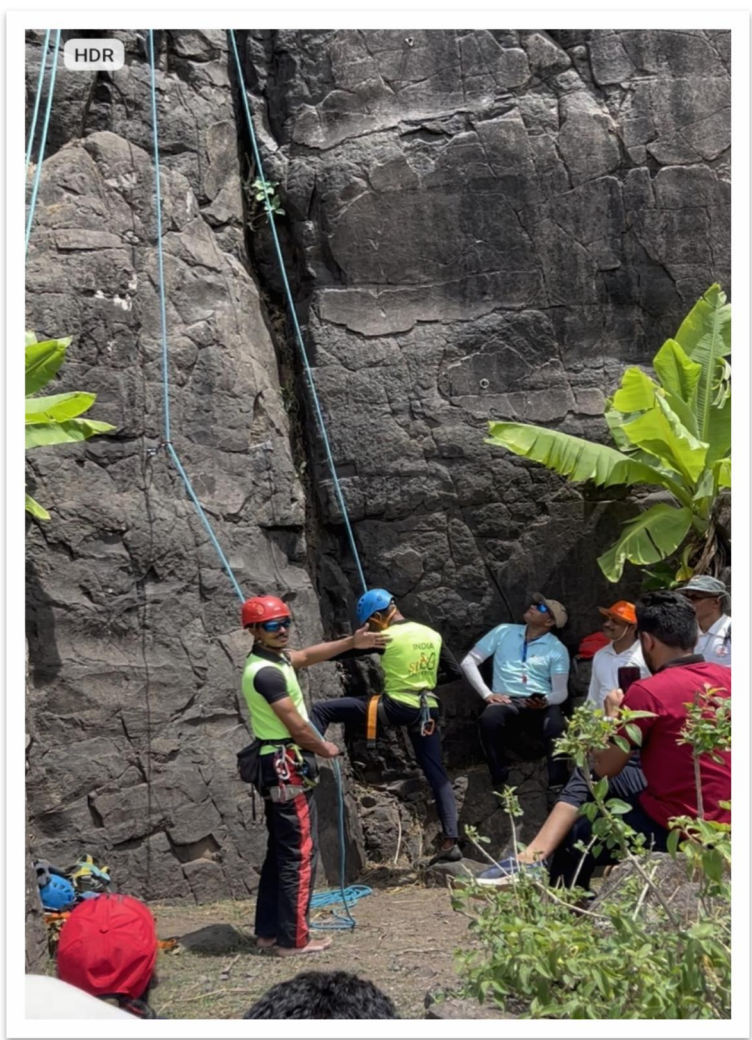
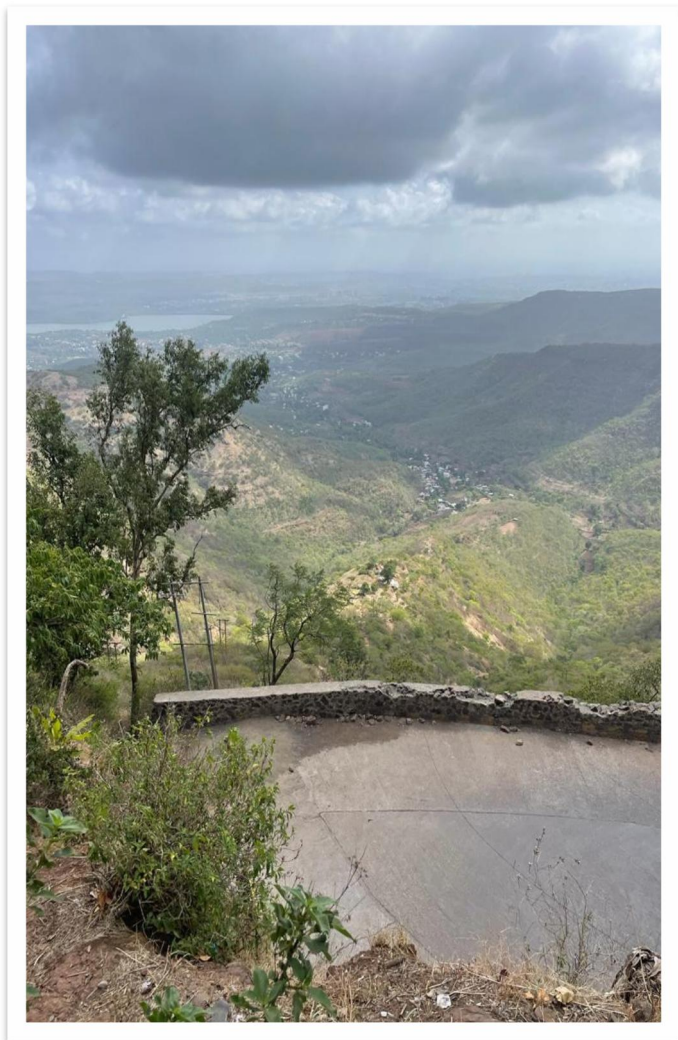
Dy. Commissioner of Pune was the Chief guest of the Closing ceremony. Mr. B.P. Pandey (OSD) and other two officials from DOE were also present. All the activities were demonstrated before the guest by the physical education teachers and it was remarkable. The Chief guest addresses the teachers and appreciated the performance of the teachers. He motivated teachers to impart morning yoga at school , several self defence techniques and imply ayurveda in our life as ayurvedic principles helps to maintain good healthy lifestyle. He appreciated the Gyan Prabodhani administration to organise such a wonderful training programme. Mr B.P. Pandey also appreciated the performance of the teachers and motivated them to imply the learning at Delhi govt schools. Vote of thanks was given by Mr Manoj Develokar, Principal Gyan Prabodhani.



Day- 5, Dated-23.06.2023

This day was dedicated to visit the surrounding historical places, the schedule of the day was -

1. Trekking to sinhagad fort
2. Mountain climbing
3. Mountain rapling
4. Visit of sinhagad fort



Summary of the activities :-

At the early morning of 23 June 2023 we started our journey from Jnana prabhodhini to kalyan village, that is the starting point of sinhagad fort trekking. We started trekking at 8 o'clock and reached to the fort around 12:00 pm. In between the journey we also did mountain climbing and rappelling with the help of expert. It was very nice to meet a climber of Everest, which was arranged by Gyan Prabodhani administration. All the teachers enjoyed Rock climbing and rappelling. After all the activities we visited to sinhagad fort. A school parent who was a mountaineer briefed us the history of fort and the bravery story of SRIMANT TANHAJI RAO MARWARE. After that whole group was served delicious food and then whole team proceed to Gyan prabodhini.

Day 6- Dated-24.06.2023

On last day we visited the following places ;

This report summarizes the Lonavala visit, which followed a five-day training program organized by the Directorate of Education, GNCT Delhi, for physical education teachers. The trip encompassed cultural exploration, spiritual enlightenment, and physiological awareness. The Lonavala Wax Museum showcased life like wax statues of renowned personalities, inspiring and enlightening us about their achievements. The Manshakti Kendra, a spiritual retreat, facilitated meditation and mindfulness sessions, fostering mental well-being and self-awareness. Engaging in trekking expeditions amidst Lonavala's scenic beauty strengthened our physical abilities and emphasized the importance of outdoor activities for overall well-being. The visit to Lonavala proved to be a transformative experience, promoting personal growth and expanding our perspectives as educators.



Major take Away

- Structured Physical Education curriculum is the most important part of the School Curriculum.
- Different pedagogies and TLM may be used while conducting physical education classes .
- Tradition game can play a very important role in physical education classes.
- We can celebrate local festival with the help of physical activities or in dance form.
- We can also celebrate Cycle Day in our schools
- Performing of Suryanamskar at morning assembly must be incorporate to develop a child Physical, mentally, socially and emotionally.
- We can develop the entrepreneurship quality among students while participating in local festival.
- Bridge Course in between the session
- Yearly project to each child
- Monthly Calendar for participation and performance.
- Culture of appreciation
- Active involvement of Parents in different activities.
- Special Sports day organisation for parents.
- Special Surya namaskar competition at School level
- Physical fitness test of everyone
- Health assessment of student on the basis of Vata, Cough and Pitta
- Psychological test of the students by different personality and motivational questionnaire.

Went back at 5 P.M to janana prabodhni and started journey towards Pune Airport.

Rakesh mohan kothari
 Assisstant Professor (HPE)
 DIET KESHAVPURAM