



**REPORT ON
CAPACITY BUILDING PROGRAM
FOR
PHYSICAL EDUCATION TEACHERS of DoE, GNCT Delhi**

Jnana Prabodhini, Nigdi, Pune

w.e.f. 02.11.2023 to 07.11.2022



Coordinator: Dr.H.L.Khatri., Assistant. Professor, DIET Daryaganj

Nodal Officer : Dr. Dinesh Kumar, Nodal Officer INSET Cell, SCERT, Principal, DIET, R K Puram

CAPACITY BUILDING PROGRAM FOR PHYSICAL EDUCATION TEACHERS of DoE, GNCT Delhi

Details of the Programme:

- **Date:** 02.11.2023 to 07.11.2022
- **Destination:** Jnana Prabodhini, Nigdi, Pune
- **Stakeholders:** Physical Education Teachers of DoE, GNCT Delhi.
- **No of Participants attended:** 41 (38 PET, 1 Official of DoE, 1 DIET Faculty, 1 SCERT Official)
- **Coordinator:** Dr. H.L. Khatri, Assistant Professor, DIET Daryaganj
- **Nodal Officer:** Dr. Dinesh Kumar, Nodal Officer INSET Cell, SCERT & Principal, DIET, R K Puram



Capacity Building Program (CBP) provides unique opportunities for teachers to continue to craft their teaching skills. SCERT Delhi has taken consistent initiative to promote such strategies. This time SCERT organized CBP for the Physical Education Teachers (PETs) of DoE, GNCT Delhi at Jnana Prabodhini, Nigdi, Pune from 2nd November to 7th November 2023. The main objective behind the CBP was to acquaint the PETs with innovative and alternative models and practices of classroom teaching followed by Jnana Prabodhini, Nigdi and also to increase their motivation and enthusiasm. The day-wise schedule of the program is given as under:

2nd November, 2023

Time	Schedule
7.00 - 8.00	Travel from Delhi
8.15 - 9.00	Receiving at Airport
9.00 - 9.30	Travel to JP School
9.30 - 10.45	Break Fast
11.00 - 11.15	Travel to Hotel
11.15 - 1.30	Rest
1.30 - 2.30	Reporting in School and Lunch

2.30 - 3.15	Opening Ceremony - Chief Guest - Mr. Uday Joshi, Deputy Director, Sports, Maharashtra State
3.30 - 4.15	Importance of Health assessment Vd. Dipti Dharmadhikaree
4.30 - 5.30	बचक / लेझीम
5.30 to 6.00	School visit
8.00 - 9.00	Dinner

After reaching Jnana Prabodhini School we had a warm welcome by the staff members and a patriotic song has been sung by them. Lightening of the lamp were done by Chief Guest Mr. Uday Joshi DDE Sports Maharashtra, Dr. Dinesh Sharma, Nodal Officer INSET Cell, SCERT, Dr. H.L. Khatri, Co-coordinator and Dr. Manoj Devolekar, Principal, Jnana Prabodhini.



After opening ceremony a session on importance of health assessment was taken by Ms. Dipti Dharmadhikaree. In this session the main focus was importance of health assessment in sport, types of health test, how to maintain health record. The session was very knowledgeable for us we learn how health assessment helps in the talent identification and improvement of sports performance of students.

Day 1 (3rd November 2023)

Time	Schedule
7.00 - 8.00	Yoga Session by Neha- Vidya Tai
8.15 - 9.00	Self Defence & लाठी-काठी by Nikhil dada/Rakesh dada
9.00 - 9.30	Breakfast
9.30 - 10.45	Short Break
11.00 - 11.15	हिन्दी पद्य by waresha Pore
11.15 - 1.30	Teaching Methods by Dr. Mahesh Deshpande
1.30 - 2.30	Correct Postures for Healty Lifestyle of Teenager Dr. Amruta Potdar
2.30 - 3.15	Lunch Break Tushar dada
3.30 - 4.15	Visit to school Section KK/Gk by Jayshree Tai/Padmini Tai
4.30 - 5.30	Behavioural Development through Sports By Ms Arti
5.30 to 6.00	बछी / लेझीम Sampada Tai / Kamthe Sir Aryan/Nishad
8.00 - 9.00	Snacks and Feedback

Every day the morning session of the CBP started with yoga. All the participants practiced yogasanas, suryanamaskar, meditation and other yogic kiryas. In the second session, all the participants practiced daily self defence activities/ lathi kathi etc.



Self Defence & Lathi – Kathi

Lathi is one of the ancient arts of India which was invented by our ancestors. They used Lathi for their attack and defence purposes. The word lathi in Hindi means bamboo stick. All the self- defence techniques originated from lathi. Lathi training aims at the ultimate coordination of mind and body. In this session teachers learned and practice many defence and attacking skills of lathi like rotation of sticks, sirvaar, adhovaar attack etc. and in self - defence punching, kicking, slapping and chopping etc.

Every day participants were given 15 minutes time to learn and sing a patriotic song Hindi Padya “हम करे राष्ट्र आराधन तन से, मन से, धन से”which they also perform on last day.

Session on Teaching Methods was taken by Dr. Mahesh Deshpande he discussed the different methods and strategies of teaching physical education. The group was divided into four subgroups to visit different sections of the school system i.e. kirdakul, gurukul and muktisopan which lead to different philosophy of education, science, sports, and Indian ancient methods of teaching. The day ends with practice of barchi and Indian traditional martial art, a dance from specially practice at the time of Ganesh Utsav and Lazium a musical exercise use to practice for fitness purpose and which will be practice all four days along with self defence followed by final performance on the last day.

Ms. Arti Khot had taken the session on behaviour development through sports. She had throws light on that sports helps an individual much more than in the physical aspects alone. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills, goal setting and risk taking, just to name a few.



Day 2 (4th November,2023)

Time	Schedule
7.00 - 8.00	Yoga Session By Neha- Vidya Tai
8.15 - 9.00	Self defence & लाठी-काठी By Nikhil dada/Rakesh dada
9.00 - 9.30	Breakfast
9.30 - 10.45	Short Break
11.00 - 11.15	हिन्दी पद्य Swaresha Pore
11.15 - 1.30	Importance of Traditional Diet and Habit formation Vd. Dipti Dharmadhikari
1.30 - 2.30	Lead up games for - Skill improvement, Team building and Recreational Dr.Anand Lunkad
2.30 - 3.15	Lunch break Tushar dada
3.30 - 4.15	Visit to school Section KK/Gk Jayshree Tai/Padmini Tai
4.30 - 5.30	Music Function – Muktisopan Introduction with KK performance
5.30 to 6.00	बछी / लेझीम Sampada Tai / Kamthe Sir Aryan/Nishad
8.00 - 9.00	Snacks and Feedback

The Day two first session was on Importance of Traditional Diet and Habit Formation was taken by Ms. Dipti Dharmadhikari. In this session we discussed the importance of traditional diet in our life and how to inculcate good eating habits in students.

The next session on Lead up games for skill improvement, team building and recreation was taken by Dr. Anand Lunkand. Main points which were discussed are: importance of lead up games to enhance sports performance, team building and recreation.



Day 3 (5th November, 2023)

Time	Schedule
05.45 am	Reporting to JPNV
06:00 am	Bus will start for Lohagad
08:00 am	Reach to base village and enjoy the breakfast
08:45 am	Trek will start and explore the fort
11:00 am	Start decent reach to base village
12:00pm	Start journey towards Raanfula
01: 00pm	Reach to Raanfula and freshen up
01:30 pm	Enjoy the lunch
02:30:pm	Gather at the Rappelling point
3:00 pm	After briefing & introduction of the equipment Rappelling activity will start
05:00 pm	Finish the rappelling for all participants and back to the Raanfula
05:30 pm	Enjoy the snacks and hi-tea
06: 30pm	Start the return journey
07:30 pm	Reach to School

Learning is a continuous process, everyday experiences teach us new concepts. It is a natural fact that something that is seen in real can be more easily perceived than something that we simply read in a book and memorize theoretically. Also, practical learning stays longer in our minds. Trekking is a physical activity with a thousand virtues regardless of the duration of your trek. Trekking allows you to escape, to get away from your daily life, to discover new things, and new spaces while doing well to your body. The team went to Lohagarh Fort for trekking which has rich historical value. Lohagad Fort is one of the most iconic historic sites that says a lot about the culture and rich history of the place. The team spent the whole day in trekking and repelling activities and learned and experienced many new things.



Day 4 (6th November,2023)

Time	Schedule
7.00 - 8.00	Yoga Session Neha- Vidya Tai
8.15 - 9.00	Self defence & लाठी-काठी Nikhil dada/Rakesh dada
9.00 - 9.30	Breakfast
9.30 - 10.45	Short Break
11.00 - 11.15	हिन्दी पद्य Swaresha Pore
11.15 - 1.30	Ayurved for Sports Vd. Medha Tai Deolekar
1.30 - 2.30	Mental skills for sports performance Miss Arti Khot
2.30 - 3.15	Lunch break Tushar dada
3.30 - 4.15	Indian Perspective of Personality - Panchakosh - Aditya shinde
4.30 - 5.30	NEP Perspective towards Physical Education -
5.30 to 6.00	बछी / लेझीम Sampada Tai / Kamthe Sir Aryan/Nishad
8.00 - 9.00	Snacks and Feedback

The day four first session after the yoga and self-defence activity was on Ayurveda for Sports. This session helps participants to understand the Ayurved diet and its effects on sports performance like diet is one of the easiest ways to influence the doshas. Intake of foods that are spicy will increase Pitta.

The next session was on Mental Skills for Sports which was taken by Ms. Arti Khot. In this session participants learned and practiced different mental skill to enhance sports performance like Choose and maintain a positive attitude, Maintain a high level of self-motivation, Set high, realistic goals, Deal effectively with people, Use positive self-talk, Use positive mental imagery, Manage anxiety effectively, Manage their emotions

effectively.

The next session was on Indian prospective of personality Panchkosh which was taken by Aditya Shinde. He told to the participants that Panchkosha derived from the Sanskrit term pancha meaning “Five” and Kosha meaning “Sheath”. Panchkosha refer to the concept in yoga philosophy that there are five layers of awareness through which all experiences is filtered. At the center of these five layers is atman known as the true self. An individual’s unique perspective of reality is believed to come from identification with each of the five koshas and the path of yoga can help to heighten understanding and awareness of these sheaths. The session was new and really very useful to the participants.

Day 5 (7th November, 2023)

Time	Schedule
7.00 - 8.00	Yoga Session Neha- Vidya Tai
8.15 - 9.00	Self defence & लाठी-काठी Nikhil dada/Rakesh dada
9.00 - 9.30	Breakfast
9.30 - 10.45	Short Break
11.00 - 11.15	हिन्दी पद्य
11.15 - 1.30	Concluding Ceremony Certificate/photos/ Demo/ etc Dr. Sanjay Shinde - IPS Commissioner of Police – PCMC Dumbre Sir/ Jayshree Tai/ Vidya Tai/
1.30 - 2.30	Lunch break Tushar dada
2.30 - 3.15	Travel Pune to Delhi

Day five was the concluding day where the demonstration of all activities practiced during last 4-5 days i.e. patriotic song, yogasana, baarchi, self-defence and lathi kathi, lazium were performed by the participants in the closing ceremony. Participants also share their experiences about the five days CPB. A vote of thanks was given by the coordinator of the program Dr. H.L. Khatri and at the end Chief Guest distributed the certificates to the participants.

Finally the CBP for PETs to Jnana Prabodhini organised by SCERT Delhi was completed successfully with enriching experiences and lots of learning. The group expressed its sincere gratitude to Delhi Government, the worthy Director (Education) and, the worthy Director, SCERT Delhi for providing them with such an excellent opportunity to enhance their academic knowledge, to update themselves with the good practices being followed in Jnana Prabodhini and sharing good practices being followed by Department of Education, Govt. of NCT of Delhi.



List of Participant

ANNEXURE-A				
S.No	Name of PET	Employee ID	School ID	Name of School
1	Rakshit Kumar	20225757	1001026	GGSSS, VV Phase -II
2	Bindu	19941421	1001104	RPVV, Surajmal Vihar
3	Sheetal	20195096	1002185	GGSSS, Vasundhara Enclave
4	Gayatri Singh	20222679	1002027	SKV Dallupura
5	Chhavi	20194460	1002026	RSKV, Kondli Jijabai
6	Dev Kumar Yadav	20194676	1003001	GSBV, Laxmi Nagar
7	Ritu	20197070	1104021	GSKV, Gokal Pur Village
8	Pratham Pal Singh	20182070	1105248	RPVV, Gautam Puri
9	Sujan Kumar Ojha	20194372	1106258	GBSS, Harsh Vihar
10	Akhil Saroha	20194683	1207108	RPVV, Rajniwasmarg
11	Sumit	20228488	1208025	GSKV, Pulbangash
12	Rao Pradyuman	20225395	1309260	GGSSS, K Block Jahangirpuri
13	Mohit Sehrawat	20226468	1310472	Govt. Coed SSS Holambi
14	Pardeep	20222712	1411022	GBSSS, JJ Colony Wazirpur
15	Varun Yadav	20225652	1412131	SKV, O Block, Mangolpuri
16	Rahul Singh	20194360	1413004	GSV, Sec-6 Rohini
17	Manoj	20228527	1514016	SKV, No. 3 Tilak Nagar
18	Sumit Kumar	20194445	1515139	GBSSS, Tagore Garden
19	Rajneesh	20182085	1516010	Sarvodaya Bal Vidyalaya Moti Nagar
20	Ravinder Kumar	20194728	1617223	Govt. Sarvodaya Coed, Nihal Vihar
21	Kapil	20225784	1618264	GGSSS, Mohan Garden
22	Dinesh Kumar	20201027	1719070	Govt. Coed SSS, Sec-6 RK Puram
23	Vikas	20196402	1720005	GBSSS, IARI Pusa
24	Sehdev Gurjar	20196353	1821003	GBSSS, Raj Nagar-2
25	Parveen Gulia	20194744	1822003	SV, Sureda
26	Rakesh	20225394	1822066	GGSSS Jharoda Kalan
27	Rekha	20211400	1822044	GGSSS No. 1 Najafgarh
28	Karyanand Kumar	20222694	1923005	Sarvodaya Bal Vidyalaya Gogi No. 1
29	Bijay Kumar	20194747	1923027	GBSSS, C-Block Sangam Vihar
30	Shalendra Kumar Pandey	20222757	1924001	GB Panth SBV, Srinivas Puri
31	Anuj Yadav	20225767	2026002	SV Coed SSS, Kitchner Road
32	Krishan lal	20200873	2127004	SBV, Zeenat Mahal, Kamla Markit
33	Parveen Kajla	20232910	21280006	GBSS, 22-B, Dev Nagar
34	Atul Kumar	20222668	1925402	SBV, No. 2 Molarband
35	Amit Kumar	20194654	1822245	GGSS, Nangli Sakrawati
36.	Vipin Rathi	20194399	1002016	SBV, Pocket-4 Mayur Vihar Phase-1
37.	Priyanka	20225751	1001022	SKV, Vivek Vihar
38.	Ms. Ritu Devi	20081188	1822177	Zone -22, South West B-II
39.	Ravi Kumar	20225697		
40.	Dr. Dinesh Kumar	Nodal Officer, INSET Cell & Principal DIET R.K. Puram		
41.	Dr. H.L. Khatri	Coordinator, Assistant Professor, DIET Daryaganj		

