



SUPPORTING DOCUMENTS

3.2.2

**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**

NATIONAL WEBINAR CUM LECTURE SERIES-I UNDER THE AEGIS OF 'VIKSIT BHARAT@2047'

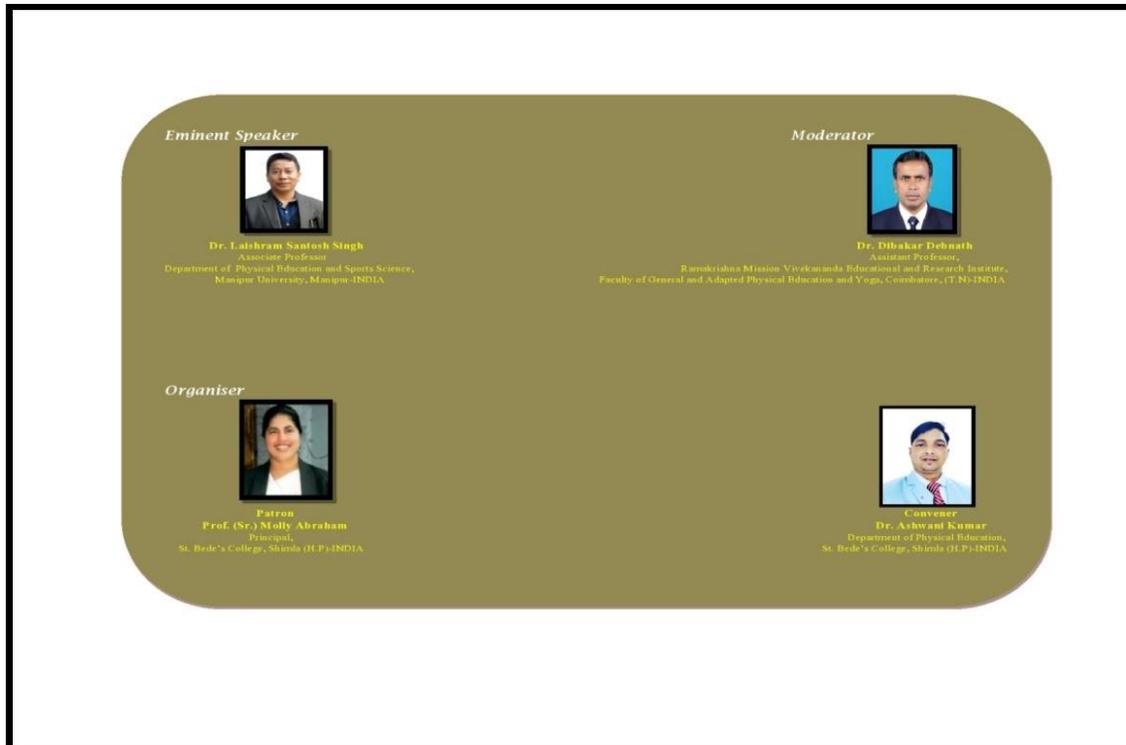
Objective: The main objective of the webinar was to explore the importance of exercises and its health benefits in our life.

Description: The Department of Physical Education organized a National Webinar cum Lecture Series-I under the aegis of 'VIKSIT BHARAT@2047' on "Health and Injuries in Sports" on February 28, 2024. The event featured an insightful session conducted by Dr. L. Santosh from Manipur University, Manipur, who shared valuable knowledge on the importance of exercise and its numerous health benefits for individuals and society. The session was moderated by Dr. Dibakar Debnath from Ramkrishnan Institute of Research and Training, Coimbatore, Tamil Nadu, who facilitated the discussions and ensured a smooth flow of the session. The webinar emphasized the connection between physical health and injury prevention in sports, offering participants practical guidance on maintaining fitness while reducing the risk of injuries. The Principal, Prof. (Sr.) Molly Abraham, in her address, highlighted the importance of achieving harmony between the body, mind, and soul, which can be attained through regular practice of yogic and physical activities. The event saw active participation from individuals across India, including students, faculty, and sports enthusiasts, making it a successful and impactful event.

Outcome: The practice of regular exercise is known to bring about a perfect harmony between mind and body and this unity plays a great role in overall stability.

The brochure is a rectangular graphic with rounded corners, set against a dark olive green background. At the top left is the St. Bede's College logo, and at the top right is the 'DEVELOPED BY NEERA' logo. The main text is centered and reads: 'St. Bede's College, Shimla, (H.P)-171002' in yellow, followed by '(UGC-NAAC "A+" Grade Re-Accredited) College with Potential for Excellence' and 'www.stbedescollege.in, E-mail:- bedescollege@gmail.com' in small white text. Below this is 'Department of Physical Education Organises...' in yellow. The main title is 'A NATIONAL WEBINAR CUM LECTURE SERIES-I UNDER THE AEGIS OF VIKSIT BHARAT@2047 ON "HEALTH AND INJURIES IN SPORTS"' in yellow, with the date '(February 28, 2024)' below it. At the bottom left, it lists 'National Webinar cum Lecture Series-I, Wednesday, February 28, 2:50pm-4:20pm, Time zone: Asia/Kolkata, Google Meet joining info, Video call link: https://meet.google.com/hv-kdsw-czm'. At the bottom right, it says 'Organised By: Department of Physical Education, St. Bede's College, Shimla (H.P)-INDIA'.

Brochure



Brochure



National Webinar cum Lecture Series-I under the aegis of 'Viksit Bharat@2047' (February, 28, 2024)

Types of Injuries.....

| (A) Acute Injuries: | (B) Overuse Injuries: |
|----------------------------------|------------------------------------|
| 1. Sprains | 1. Tendonitis |
| 2. Strains | 2. Stress Fractures |
| 3. Fractures | 3. Bursitis |
| 4. Dislocations | 4. Runner's Knee |
| 5. Concussions | 5. Tennis Elbow/ Golfer's Elbow |
| 6. Lacerations and Contusions | |

Prevention Strategies.....

- Proper Training and Conditioning
- Technique Correction
- Pre-Activity Warm-up and Stretching
- Equipment and Safety Gear
- Environmental Considerations
- Education and Awareness

Dr. L. Santosh is presenting

Dr. L. ...

Dibakar

You

DrAsh...

s | 23 others

Dr. L. ...

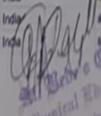
Dibakar

DrAsh...

28 others

National Webinar cum Lecture Series-I under the aegis of 'Viksit Bharat@2047' (February, 28, 2024)

| Timestamp | Name (Mr./Miss/Mrs./Dr./ Designation) | Affiliation (College/ Unive Department) | State | Country | E. mail | Timestamp |
|--------------------|--|--|------------------|---------|----------------------------|--------------------|
| 2/22/2024 18:17:47 | Mr. PREM CHAND Assistant Professor | Govt. College Jukhala Department of English | Himachal Pradesh | India | pujan2prem@gmail.com | 2/22/2024 18:17:47 |
| 2/23/2024 8:33:09 | Karan Mohal Assistant Professor | Govt. Degree College Ha Department of Political S | Himachal Pradesh | India | karanmohal@gmail.com | 2/24/2024 8:33:09 |
| 2/23/2024 9:52:00 | Dr. Laishram Shila Devi Assistant Professor | ICFAI University Tripura Faculty of Physical Educa | Tripura | India | shilanodev@gmail.com | 2/24/2024 10:42:41 |
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| 2/28/2024 17:10:27 | Mr. Adarsh Kant Assistant Professor | RIMT UNIVERSITY Department of Physical E | Punjab | India | adarsh.kant@rimt.ac.in | 2/29/2024 17:10:27 |
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 Physical Education
 Department
 ADP
 Total = 90
 Total = 64

Attendance Sheet