



SUPPORTING DOCUMENTS

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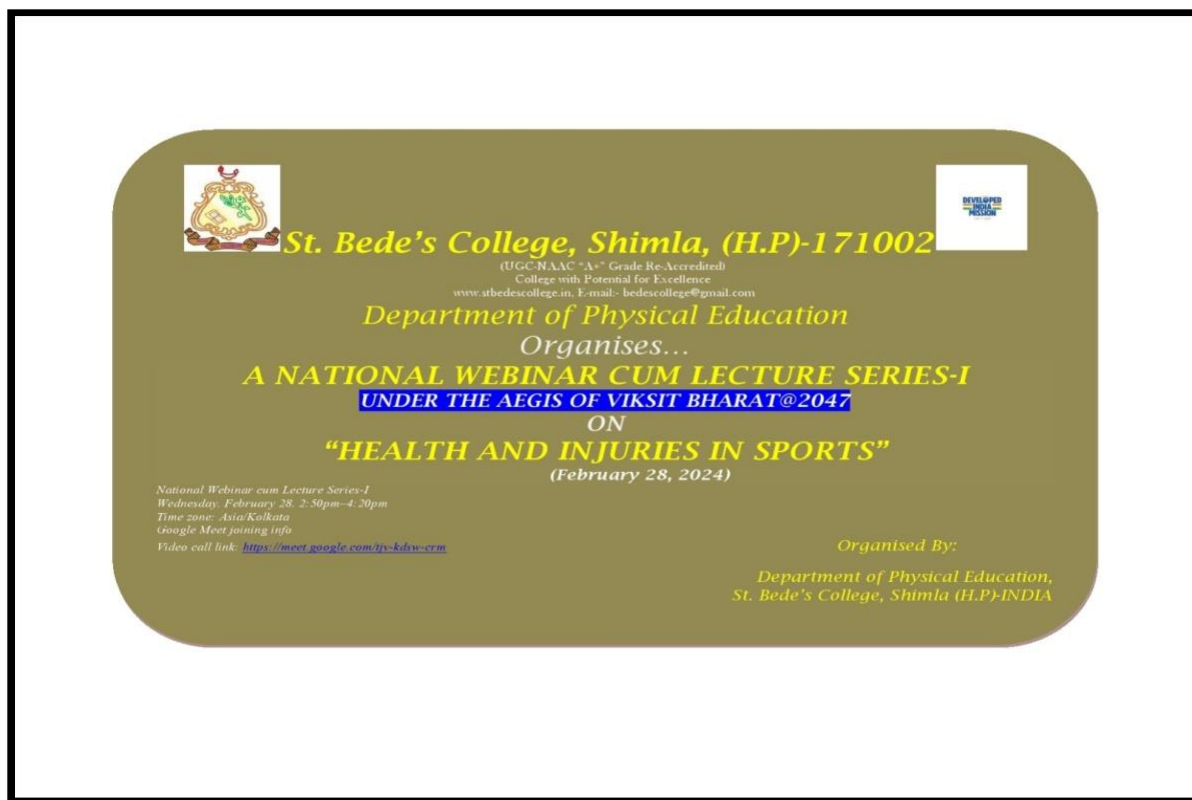
**NUMBER OF WORKSHOPS/SEMINARS CONDUCTED ON RESEARCH
METHODOLOGY, INTELLECTUAL PROPERTY RIGHTS (IPR) AND
ENTREPRENEURSHIP DURING THE YEAR**

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.



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

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You

DrAsh...

sh 23 others

Dr. L. Santosh is presenting

Dr. L. ...

Dibakar

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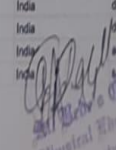
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DrAsh...

Dr 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
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 Total = 30
 20/2/24

Attendance Sheet