

**Nagaland Board of School Education
Kohima**

NOTIFICATION NO.21/2021
Dated Kohima, the 4th March 2021

NO.NBE-8/Ad-Misc(10)/2020-21:: It is hereby notified for information of the heads of registered institutions that the Ministry of Youth Affairs and Sports, to commemorate International Women's Day, has decided to conduct an online programme to empower women PE teachers and community/sports coaches in the field of physical education under the aegis of Fit India Movement.

An online training programme for existing/aspiring women PE teachers and community/sports coaches has been planned in the month of March 2021, to be embarked on International Women Day (8th March). It will be a 2-week programme with 28th sessions in total (two session of 90 minutes each) (schedule & details of the programme is enclosed as Annexure-A). The programme would provide an opportunity for women teachers to learn from the best trainers in the world in the field of physical education.

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

1. Primary classes : Primary teachers who undertake physical activities in their schools.
2. Secondary/higher secondary classes : a) PE Teachers.
b) Community/Sports coaches.
3. Aspiring teachers/coaches.

Interested candidates may apply at the registration link of the training programme- <https://schoolfitness.kheloindia.gov.in/tot.aspx>

Enclosed: Annexure A

Sd/- Asano Sekhose
Chairman

NO.NBE-8/Ad-Misc(10)/2020-21/303

Dated Kohima, the 4th March, 2021

A. Copy for information and necessary action:

1. The Heads of Registered Institutions under NBSE.
2. All DEO/SDEO. They are requested to inform the primary schools (Govt. & Private) falling under their jurisdiction the contents of this notification.

B. Copy for information:

1. The Special Secretary to the Government of Nagaland, School Education & SCERT, Nagaland, Kohima.
2. The Mission Director, Samagra, Nagaland, Kohima.
3. The Principal Director, School Education, Nagaland, Kohima.


(Rangumbing Nsarangbe)
Additional Secretary

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 - saincpe@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: sujt@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 Wednesd ay	11 AM - 12:30 PM	Integrating Fitness In PE Program, Progressive Curriculum for N-12	Dr .Ajit Kumar, Asst. Professor, ASPES, Noida Dr.BirenderJhajharia, 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.
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. Narendragangwar, 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 Wednesd ay	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