



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/DIR(Academics)/Fit India/2021

03.03.2021

Circular No. Acad-22/2021

All the Heads of CBSE Affiliated Schools,

Subject: Physical Education and Community Coaching Program for all Women Teachers, March 2021 – reg.

I am pleased to inform that to commemorate the International Women's Day 2021, Ministry of Youth Affairs and Sports, under the aegis of FIT INDIA MOVEMENT along with Ministry of Women & Child Development is organizing an Online Physical Education and Community Coaching Program for all Women Teachers.

The above program will be conducted in March 2021 to be embarked on 08 March 2021. It will be a Two Week Program with 28 sessions in total (two sessions of 90 minutes each). The program would provide an opportunity **for Women Teachers** to learn from the best Trainers in the world and reflect an empowerment of women in the field of Physical Education and Health.

Online Training Program is intended to train the following category of women Teachers:

- i. Primary Classes: Primary Teachers who undertake Physical Activities
- ii. Secondary/Sr Secondary Classes: (a) PE Teachers and (b) Community Coaches
- iii. Aspiring Teachers/Coaches

Training is free of cost to all participants. Participation Certificate will be given to the participants who will attend 70% classes. Certificate of Merit will be given to participants who get 60% marks in online examination.

Detailed schedule of online Training has been attached as 'Annexure A'

Registration link: <https://schoolfitness.kheloindia.gov.in/tot.aspx>

Please ensure that from every school few teachers join the proposed online Training Program for Women Teachers.

With Best Wishes,

Dr Joseph Emmanuel
Director (Academics)



'शिक्षा सदन', 17 राऊज एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Director General, Sports Authority of India (Ministry of Youth Affairs & Sports), Jawaharlal Nehru Stadium Complex, East Gate No. 10, Lodhi Road, New Delhi – 110003
2. The Mission Director, "Fit India", Sports Authority of India (Ministry of Youth Affairs & Sports), Jawaharlal Nehru Stadium Complex, East Gate No. 10, Lodhi Road, New Delhi - 110003
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, Delhi-110016.
4. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida 201309.
5. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110054
6. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
7. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
8. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
9. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
10. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
11. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
12. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
13. All Director/Regional Directors/Regional Officers/Heads/In-Charges, COEs of the Board with request to disseminate the information
14. The Head (Media & PR), CBSE
15. PS to Chairperson, CBSE
16. In-charge IT Unit (Academic) with the request to upload the circular at Board's CBSE Academic website



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'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002



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 OnlineExamination
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.kheloidia.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 - sailncpe@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: sujit@seqfast.com, www.fitness365.me

SCHEDULE OF THE PE AND COMMUNITY COACHING PROGRAM FOR WOMENTEACHERS

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 ICSSPEUSA
10.03.21 Wednes day	11 AM - 12:30 PM	Integrating Fitness In PE Program, Progressive Curriculum for N-12	Dr .Ajit Kumar, Asst. Professor, ASPESS, 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 - JSPP, 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 Wednes day	11 AM - 12:30 PM	Sports and Events	Francis Sabastian , HOD, Physical educationSt 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'sand Girls' Involvement in Sport Ensuring Continuity In Sports, Ethics, Decision Making	Dr.Ashutosh Acharya , Assistant Professor SAILNCPE 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