



SUSTHA DEHE SUSTHA MON EI NIYE...

# ALAPAN



NEW HORIZON OF PHYSICAL EDUCATION IN 21<sup>st</sup> CENTURY

100 Weeks Virtual Lecture Series

ORGANIZED BY

Department of Physical Education

Seva Bharati Mahavidyalaya

Kaggari, Jhargram

IN ASSOCIATION WITH

Physical Education Foundation of India




















National Sports Promotion Organization

Recognised by the Ministry of Youth Affairs & Sports

Government of India

Lecture Sl. No.	Date	Title/Topic	Speaker Name and Designation	Speaker Photo	Special Guest Name and Designation	Guest Photo	Guest Of Honour	Guest Of Honour Photo	Youtube Link
1	30/03/2023	A Professional Journey Of Physical Education Towards 21st Century	Prof. Alope Kumar Banerjee Former Vice Chancellor, University of Kalyani, W.B		Dr. Piyush Jain, Secretary, PEFI		Mr. Jhulan Kr. Mahanty President, Governing Body, Seva Bharati Mahavidyalaya, Kaggari, Jhargram W.B		<a href="https://youtu.be/27KV-2uYSNs">https://youtu.be/27KV-2uYSNs</a>
2	06-04-2023	Concept of Education And It's Relation With Physical Education	Prof. Parimal Debnath Former Professor Jadavpur University		Dr. Ajay Kumar Bansal Dronacharya Awardee, Hockey, 2010				<a href="https://youtu.be/QmYZDpk5DM">https://youtu.be/QmYZDpk5DM</a>
3	13/04/2023	Teaching Models in Physical Education	Prof. Dr. Sudarsan Bhowmik Former Professor Department of Physical Education, University of Kalyani & Former Visiting Prof. Department of Physical Education & Sports Science, Jashore University of Science & Technology, Bangladesh		Dr. Kalyan Chaudhuri Dy Chief National Athletic Coach (sr). Also Chief National Athletic Coach for Youth Indian Athletics team				<a href="https://youtu.be/oZ7Lpk528Ko">https://youtu.be/oZ7Lpk528Ko</a>
4	20/04/2023	Perspectives of Health Education	Prof. (Dr.) Ashim Kumar Bose Former Principal, Post Graduate Government Institute for Physical Education, Banipur, West Bengal & Former Prof. IGTI University, Tripura		Biswajit Palit Arjuna Awardee 1998, Asian Games 1994 Hiroshima gold, 1998 Asian Games Bangkok gold, Former India Captain, West Bengal Chapter				<a href="https://youtu.be/6HsPSA9ui8">https://youtu.be/6HsPSA9ui8</a>
5	27/04/2023	Fitness And Wellness	Prof. (Dr.) Sagarika Bandyopadhyay Retd. Professor Department of Physical Education & Sport Science, & Former Dean, Visva-Bharati, Santiniketan, India		Yashpal Solanki Arjun High Sports Awarded (Judo) Performance Director, Authority of India				<a href="https://youtu.be/6HsPSA9ui8">https://youtu.be/6HsPSA9ui8</a>
6	04-05-2023	Psychological Implications in Physical Education & Sports	Dr. Dilip Kumar Bandopadhyay Former Associate Professor Department of Physical Education University of Kalyani		Maha Singh Rao Dronacharya Awardee (2005) Chief Coach, Wrestling, Sports Authority of India				<a href="https://youtu.be/2p7ASEHYZQ">https://youtu.be/2p7ASEHYZQ</a>
7	11-05-2023	Value of Physiology in Physical Education And Sports	Prof. Asis Goswami Former Professor, Department of Sports Science and Yoga & Former UNESCO Chairholder & Dean, Ramakrishna Mission Vivekananda Educational and Research Institute & Former Exercise Physiologist, Sports Authority of India.		Shakuntala Pandhrihat Khatavkar Arjun Awardee (1979) (The First lady to receive this award in India for the game of Kabaddi.)				<a href="https://youtu.be/qcmXBtIV-8">https://youtu.be/qcmXBtIV-8</a>
8	18-05-2023	An Introduction To Somatotyping	Prof. Brajanath Kundu Retd. Professor Dept. of Physical Education And Sports Science Visva Bharati Shantiniketan		Sri Sanjay Bhardwaj Dronacharya Awardee Coach, Cricket				<a href="https://youtu.be/ML_8si2wzw">https://youtu.be/ML_8si2wzw</a>
9	25-05-2023	Role Of Physical Science And Technology In Sports And Physical Education	Dr. Pratip Kumar Chaudhuri Formerly, Prof. of Physics. WBSSE DPI, Govt. of WB, Member Secy, WBSCHS.		Sri Bhanu Sachdeva Arjuna Awardee (1999) Swimming				<a href="https://youtu.be/8qWFZ2Ca7W0">https://youtu.be/8qWFZ2Ca7W0</a>
10	01-06-2023	Statistics In Physical Education	Prof. (Dr.) Madhab Chandra Ghosh Retired Professor Department of Physical Education & Former Dean Student Welfare, University of Kalyani Kalyani, WB		Prof. Amiya Kumar Panda Vice-Chancellor Ramchand Murmu University of Jhargram, Jhargram				<a href="https://youtu.be/nsHy4gDxas">https://youtu.be/nsHy4gDxas</a>
11	06-08-2023	Sports Culture And Talent Identification	LT. GEN. (Dr.) J.S. CHEEMA (Retired) (PVSM, AVSM, VSM) & Honble Vice Chancellor, Maharaja Bhupinder Singh Punjab Sports University, Patiala, Punjab, India.						<a href="https://youtu.be/jxFd9sIGD0c">https://youtu.be/jxFd9sIGD0c</a>
12	15-06-2023	Introduction of Combined Events for Talent Identification in Athletics	Dr. Kuntal Roy (Former Chief Coach, Athletics, Indian National Team & Sports Authority of India)						<a href="https://youtu.be/anuDG4fuaGg">https://youtu.be/anuDG4fuaGg</a>
13	22-06-2023	Science Of Exercise : Ancient Indian Origin	Prof. Samiran Mondal (Prof, Dept. Of Physical Education and Sport Science, Visva Bharati)						<a href="https://youtu.be/CqjPNwr-n70">https://youtu.be/CqjPNwr-n70</a>
14	29-06-2023	Modern Trends Of Adapted Physical Education for Improving Quality of Life Among Person With a Disability	Prof. Dr. Kanchan Bandopadhyay (Former Professor, Department of Physical Education, University of Kalyani, Kalyani, WB, India)						<a href="https://youtu.be/phvTY1FghHc">https://youtu.be/phvTY1FghHc</a>
15	06-07-2023	Realising Inclusivity : Exploring the Efforts	Dr. Papiya Upadhyay (Assistant Professor, School of Education, Netaji Subhas Open University, Kolkata, WB)						<a href="https://youtu.be/F0ddc1sID80">https://youtu.be/F0ddc1sID80</a>

16	13-07-2023	Youth Motivation And Sports	Dr. Chandana Chakraborty (Associate Prof. & Former Officer In Charge, PGGIPE, Banipur & Former International Gymnast)					<a href="https://youtu.be/5XnE0FVTac">https://youtu.be/5XnE0FVTac</a>
17	20-07-2023	Modern Carries Aspects of Physical Education	Dr. Subhabrata Kar (Associate Prof. Dept. Of Physical Education Union Christian Training College, Berhampore, Murshidabad,WB)					<a href="https://youtu.be/awS4duPw7s">https://youtu.be/awS4duPw7s</a>
18	27-07-2023	Physical Education and Sports in Terms of Value Education and Views of Physical Education Teachers	Prof. Bishnupada Nanda (Prof. and Former Head, Dept. Of Education, Jadavpur University, Kolkata, India)					<a href="https://youtu.be/2-PMrgXF-1g">https://youtu.be/2-PMrgXF-1g</a>
19	03-08-2023	Sports Management : Past and Present	Dr. Asish Paul (Associate Professor & Head , Dept. Of Physical Education, Jadavpur University, Kolkata, India)					<a href="https://youtu.be/QuXakJaHLf4">https://youtu.be/QuXakJaHLf4</a>
20	10-08-2023	Traditional Concept Of Yoga	Dr. Kishore Mukhopadhyay (Associate Professor & Head , Dept. Of Physical Education Union Christian Training College, Berhampore, Murshidabad,WB.India)					<a href="https://youtu.be/rVxTioxF1s">https://youtu.be/rVxTioxF1s</a>
21	17-08-2023	Motivation in Sporting Behaviour	Prof. Samiranjan Adhikari (Dept. Of Education, Sidho-Kanho-Birsha University, Purulia, WB, India)					<a href="https://youtu.be/V_JE3652vc4">https://youtu.be/V_JE3652vc4</a>
22	24-08-2023	Co-curricular Activities in Holistic Development of Children	Dr. Saikat Chatterjee (H.O.D. & Associate Professor Dept. Of Physical Education, University Of Kalyani, WB, India)					<a href="https://youtu.be/Pq4IStAN4kw">https://youtu.be/Pq4IStAN4kw</a>
23	31-08-2023	What is Sports Medicine? What is the Present Scenario of Application Sports Medicine in Our Country	Dr. Shanti Ranjan Dasgupta (Senior Orthopedic Surgeon & Sports Medicine Specialist & Visiting Professor, Ramkrishna Mission Vivekananda Educational And Research Institute, Belur Math, WB, India)					<a href="https://youtu.be/UmdE0Xf6IQ">https://youtu.be/UmdE0Xf6IQ</a>
24	07-09-2023	Yoga and The Healthy Mind in a Healthy Body	Dr. Sanjib Kumar Bhowmik Assistant Professor, Dept. Of Physical Education, Tripura University (A Central University)					<a href="https://youtu.be/ImqG5LYQb0e">https://youtu.be/ImqG5LYQb0e</a>
25	14-09-2023	Evaluation on Gymnastic Performance	Dr. Gora Chand Mallik Retd. Associate Prof. Former Officer in Charge GPECW, Hooghly, WB, India					<a href="https://youtu.be/nq4fn-7IU4">https://youtu.be/nq4fn-7IU4</a>
26	21-09-2023	The Status and Nature of Current Education and Youth Society	Prof. Dr. Hiralal Adhikari Retd. Professor, Department of Physical Education, University Of Burdwan & Resource Person, Dept. Of Sports Science, Sidho Kanho Birsha University, Purulia,WB					<a href="https://youtu.be/sI.FvdGM7w2g">https://youtu.be/sI.FvdGM7w2g</a>
27	28-09-2023	Fit India And Systemic Mass Training In Athletics	Dr. Kalyan Chaudhuri Deputy Chief Athletics National Coach, Indian Athletics And Chief Coach, Youth India And Former In Charge Academic & Athletics, SAI Kolkata					<a href="https://youtu.be/3SYZLa49-dw">https://youtu.be/3SYZLa49-dw</a>
28	05-10-2023	Physical Education in Indo-Bangla Context	Dr. Shaybal Chanda Associate Professor Dept. Of Physical Education & Sports Science Jashore University Of Science And Technology, Bangladesh					<a href="https://youtu.be/IT2MMKzKfc">https://youtu.be/IT2MMKzKfc</a>
29	12-10-2023	Why Working Out Too Much Can Be Fatal The Alarming Bell	Prof. Rahul Dev Choudhury Assistant Professor, Regional College of Physical Education, Tripura.Specilization: Exercise Physiology					<a href="https://youtu.be/ELVhIDF4go">https://youtu.be/ELVhIDF4go</a>
30	19-10-2023	Physical Education : A Profession	Dr. Pramod Kumar Das Assistant Professor, Dept. Of Health Education, Lakshmbai National Institute Of Physical Education, Gwalior (MP)					<a href="https://youtu.be/_Dy3Ze5QJOk">https://youtu.be/_Dy3Ze5QJOk</a>
31	26-10-2023	Basic Concept of Research	Prof. (Dr.) Rajeev Choudhary, Professor of Physical Education, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India. Best Teacher Educator-2019 Awardee, from NCTE.					<a href="https://youtu.be/cUMVOVFaik">https://youtu.be/cUMVOVFaik</a>
32	02-11-2023	Yoga as a Way of Life	Prof. (Dr.) Tarak Nath Pramanik (Professor of India Gandhi Institute of Physical Education & Sports Science, University of Delhi, Vikasपुरi, New Delhi, India)					<a href="https://youtu.be/UQRy9Xtr1U">https://youtu.be/UQRy9Xtr1U</a>
33	09-11-2023	Emerging Rules of Officiating in Athletics	Lieutenant Dr. T. Onima Reddy Professor, Department of Physical Education, Banaras Hindu University					<a href="https://youtu.be/aiR27ERwNKY">https://youtu.be/aiR27ERwNKY</a>
34	16-11-2023	Issues and Challenges in Physical Education and Sports	Prof.(Dr.) Shakti Ranjan Mishra Department of Physical Education and sports Science, Panskura Banamali College (Autonomous College), Vidyasagar University, W,B					<a href="https://youtu.be/8nq6za9r26s">https://youtu.be/8nq6za9r26s</a>

35	23-11-2023	Lesson Plan for Physical Education	Dr. Mahesh S Khetmalis Associate Professor, Department of Physical Education and Sports Science & Vice Principal, Vinaya Bhawan , Visva Bharati, Santiniketan					<a href="https://youtu.be/LmzNvRSWx0">https://youtu.be/LmzNvRSWx0</a>
36	30-11-2023	Tackling Injured Sports Person	Dr. Nitish Ranjan Chowdhury MBBS(Call), Dip.Sports Medicine (JU), Master of Sports Medicine (UNSW, Australia) Sports Medicine Consultant, FIFA-AFC Medical Officer, BWF Tournament Doctor					<a href="https://youtu.be/1S7_r2C_SsM">https://youtu.be/1S7_r2C_SsM</a>
37	07-12-2023	Remedies in context to the University Sports in India	Dr. Sudarsan Biswas Asso. Prof. of Physical Education & Sport Science, Visva-Bharati & Former Sports Officer, University of Calcutta, President, PEFI West Bengal Chapter					<a href="https://youtu.be/QF7D7a9o_sM">https://youtu.be/QF7D7a9o_sM</a>
38	14-12-2023	Fundamental of Kho-Kho	Dr. Tanmoy Saha Physical Instructor, University of Kalyani, National Coach & Former International Player, West Bengal, India		Sri Kamalash Chatterjee President, West Bengal Kho Kho Association			<a href="https://youtu.be/FyMt62ed40">https://youtu.be/FyMt62ed40</a>
39	21-12-2023	Research and Statistics	Dr. Pallob Kumar Mondal Assistant Professor, State Institute of Physical Education for Women, Hastings House, Alipore, Kol-27					<a href="https://youtu.be/wizFinh_NNI">https://youtu.be/wizFinh_NNI</a>
40	28-12-2023	Training Load, Adaptation and Harmfull Consequences of Overload	Prof. (Dr.) Arun Kumar Uppal Former Vice Chancellor, Jiwaji University, Gwalior, Madhya Pradesh, India & Chairman, Physical Education Foundation of India (PEFI)					<a href="https://youtu.be/YxJEPBbVSCQ">https://youtu.be/YxJEPBbVSCQ</a>
41	04-01-2024	Esports: The Neophyte on the Block	Dr. Arijit Putatunda Student Activity and Sports Officer (Gr. A) National Institute of Technology Patna, Institute of National Importance, Ministry of Education (Govt. of India)					<a href="https://youtu.be/XngDmyjIMTU">https://youtu.be/XngDmyjIMTU</a>
42	11-01-2024	Important Biochemical Test in Sports	Dr. Anirban Misra HOD, Department of Physical Education, Union Christian Training College, Murshidabad, Berhampore, West Bengal, India					<a href="https://youtu.be/wTu0Hx8fS">https://youtu.be/wTu0Hx8fS</a>
43	18-01-2024	The Science of Sports Recovery and Coaching Practices : Key for the High Performance Sports	Mr. Subarata Dey Sports Scientist, High Performance Analyst (Physiology), Department of Exercise Physiology, Sports Authority of India, National Centre of Excellence, North East Regional Centre, Imphal-795001, Manipur, India					
44	25-01-2024	Sports Medicine Support to Attain a Better Health Security Nationally.	Dr. Subrata Maikick Former- Sport Medicine Department Doctor, Sports Authority of India					<a href="https://youtu.be/6Lj43NOA2_I">https://youtu.be/6Lj43NOA2_I</a>
45	01-02-2024	Mental Toughness & Psychological Skill Training for High Sports Performance	Prof. (Dr.) Subir Debnath HOD & Professor of Practice (Sports), IIT, Jodhpur, India & Trainer of Ms. Avani Lekhara (Paralympic Gold Medalist), Major Dhyan Chand Khel Ratna & Padmashree Awardee					<a href="https://youtu.be/kaXVao5Xq8s">https://youtu.be/kaXVao5Xq8s</a>
46	08-02-2024	Periodization Strategies for Optimal Athletic Development	Dr. Rajarshi Kar Assistant Professor, State Institute of Physical Education for Women, Hastings House, Kolkata, W. B.					<a href="https://youtu.be/s_WAcQQ74c0">https://youtu.be/s_WAcQQ74c0</a>
47	15-02-2024	Innovative Coaching Pedagogy for Olympic Preparation	Dr. Pulen Das Assistant Professor, Lakshmbal National Institute of Physical Education, North East Regional Center, Ministry of Youth Affairs and Sports, Government of India					<a href="https://youtu.be/59MKccclpwo">https://youtu.be/59MKccclpwo</a>
48	22-02-2024	Psychology of Physical Activity	Dr. Saon Sanyal Bhowmik Assistant Professor, Lakshmbal National Institute of Physical Education, North East Regional Center, Ministry of Youth Affairs and Sports, Government of India					<a href="https://youtu.be/YeUZh9TUKg">https://youtu.be/YeUZh9TUKg</a>
49	29-02-2024	A Journey Through Stress And Solution	Dr. Gopa Saha Roy Associate Professor, Department of Physical Education, The University of Burdwan, Burdwan, West Bengal, India					<a href="https://youtu.be/JIs_ofkt2qA">https://youtu.be/JIs_ofkt2qA</a>
50	03-08-2024	Role of Fit India Movement in 2047 Viksit Bharat	Prof. (Dr.) Arjunsinh Rana Vice Chancellor, Swarnim Gujarat Sports University, Gandhinagar & Nodal Officer / Brand Ambassador of FIT INDIA MOVEMENT, Gujarat, Bharat		Mr. Prasad Mahankar Ji Sanghatan Mantri, Kreedha Bharati, Bharat			<a href="https://youtu.be/MmM19ZLAY0c">https://youtu.be/MmM19ZLAY0c</a>
51	14/03/2024	Current Trends in Grass Root Athletic Development	Dr. Nilima Deshpande SeniorAthletics Coach, NSNIS, Patiala, India & Honorary Professor, Sri Sri University, Cuttack, Odisha		Dr. Piyush Jain, Secretary, PEFI			<a href="https://youtu.be/J20Upzv205I">https://youtu.be/J20Upzv205I</a>



