



SEVA BHARATI MAHAVIDYALAYA

(A multi-faculty college affiliated to Vidyasagar University and funded by UGC & Govt. of W.B.)

Vill. & P.O.-Kapgari: P.S.-Jamboni: Dist.-Jhargram (W.B.): Pin.-721505

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BEST PRACTICE -II

Academic Session: 2022-23

Title: ONLINE LECTURE SERIES ON “SUSTHA DEHE SUSTHA MON/ EI NIYEI ALAPAN” (A FRIENDLY DIALOGUE ON THE TOPIC OF “A HEALTHY BODY FOR A HEALTHY MIND”)

Objectives:

- To create a platform for exchange of knowledge, ideas, research findings, etc. on the subject of Physical Education and Sports.
- To make the students familiar with multiple emerging issues related to physical fitness, sports science, mental health, and various other related topics.
- To foster new links and collaborations with academic and sports institutes of national and international repute.
- To establish professional connections for the future benefits of the students.
- To make the students aware about the cultural traditions of health and physical well-being of the country.

The Context:

With the ever-evolving landscape of higher education, the Physical Education Department of the college has felt the urgency of making the students familiar with the emerging issues in the subject. The program is designed to provide a unique platform for both students and teaching faculty of the college with renowned scholars, sports persons and sports administrators from various colleges, universities, sports institutes at national and international levels. The program is also in keeping with the policy of National Education Policy (NEP2020) and the institution’s vision of transforming it into an academic institute of excellence.

The Practice:

“Sustha Dehe Sustha Mon/ Ei Niyei **Alapan**” (A Friendly Dialogue on the Topic of “A Healthy Body for a Healthy Mind”) is an online lecture series organized by the Physical Education Department of the college in association with Physical Education Foundation of India (PEFI), National Sports Promotion Organization, recognized by the Ministry of Youth



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Affairs and Sports, Govt. of India. Renowned Professors, Vice Chancellors of various universities, Sports Persons and sports administrators at national and international levels are invited to deliver a lecture on diverse issues.

Evidence of Success:

- The success of the online lecture series is evident in the increased exposure to global perspectives on the subject and culture of sports, and the positive reputation and recognition from several institutes.
- The program had facilitated the establishment of Memorandums of Understanding (MoUs) between the college and several other colleges, institutes, and sports organizations at national and international levels.
- The students of the Physical Education Department of the college had been exposed to different ideas, sports culture, methodologies, modern and emerging fields of research in their subject.
- The online lecture series had helped the rural students to use the digital devices and to access the virtual platforms with smartness and confidence.

Problems Encountered and Resources Required:

Poor network connectivity had sometimes interrupted the sessions. Recording of the lectures for the future benefit of the students had also been a major concern at the initial stages of the lecture series.

Computers with a good webcam, microphone and strong network connectivity had been used for smooth streaming of the online lectures and interactions with resource persons. A separate YouTube channel had been created to preserve the lectures for the easy access of the students for their future benefit.