

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਸੈਸਿ) ਪੰਜਾਬ ਕੰਪਲੈਕਸ
ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ, ਫੇਜ਼-8, ਐਸ.ਏ.ਐਸ. ਨਗਰ
(ਸਪੋਰਟਸ ਸਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈਸਿ/ਐਸਿ)

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ।

ਈ ਫਾਈਲ ਨੰ: 299683

ਮਿਤੀ 21-07-2022

ਵਿਸਾ: ਸਪੋਰਟਸ ਅਥਾਰਟੀ ਆਫ ਇੰਡੀਆ (SAI) ਵੱਲੋਂ ਸ਼ੁਰੂ ਕੀਤੇ ਫਾਊਂਡੇਸ਼ਨ ਲੈਵਲ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਦੀ ਟ੍ਰੇਨਿੰਗ ਸਬੰਧੀ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ SAI ਵੱਲੋਂ ਫਾਊਂਡੇਸ਼ਨ ਲੈਵਲ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਬਾਰੇ ਲਿਖਿਆ ਹੈ। ਇਸ ਟ੍ਰੇਨਿੰਗ ਪ੍ਰੋਗਰਾਮ ਵਿੱਚ ਸਪੋਰਟਸ ਸਾਇੰਸ ਦੇ ਵੱਖ-2 ਪਹਿਲੂਆਂ ਨੂੰ ਸ਼ਾਮਲ ਕਰਕੇ ਭਾਗੀਦਾਰਾਂ ਦੀ ਹੋਰ ਪ੍ਰੋਫੈਸ਼ਨਲ ਡਿਵੈਲਪਮੈਂਟ ਕੀਤੀ ਜਾਣੀ ਹੈ।

SAI ਵੱਲੋਂ ਇਸ ਪਹਿਲ ਨੂੰ ਜਾਰੀ ਰੱਖਣ ਲਈ ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਨੂੰ ਇਸ ਪ੍ਰੋਗਰਾਮ ਨੂੰ ਜੁਆਇਨ ਕਰਨ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕਰਨ ਹਿੱਤ ਲਿਖਿਆ ਹੈ (ਸਹਿ ਪੱਤਰ ਨੱਥੀ)। ਇਸ ਸਬੰਧੀ 8ਵੇਂ ਬੈਚ ਦੀ ਆਨ ਲਾਈਨ ਟ੍ਰੇਨਿੰਗ ਮਿਤੀ 25-07-2022 ਤੋਂ 30-08-2022 ਤੱਕ ਕਰਵਾਈ ਜਾਣੀ ਹੈ ਜਿਸਦਾ ਲਿੰਕ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:

<https://schoolfitness.kheloindia.gov.in/googleform.aspx>

ਆਪ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਫਿੱਟਨੈਸ ਅਤੇ ਪ੍ਰੋਫੈਸ਼ਨਲ ਡਿਵੈਲਪਮੈਂਟ ਵਿੱਚ ਵਾਧਾ ਕਰਨ ਲਈ ਆਪ ਦੇ ਜਿਲ੍ਹੇ ਅਧੀਨ ਆਉਂਦੇ ਸਰੀਰਕ ਸਿੱਖਿਆ ਅਧਿਆਪਕਾਂ ਨੂੰ ਇਸ ਪ੍ਰੋਗਰਾਮ/ਟ੍ਰੇਨਿੰਗ ਨੂੰ ਉਕਤ ਲਿੰਕ ਰਾਹੀਂ ਆਨ ਲਾਈਨ ਜੁਆਇਨ ਕਰਨ ਦੀ ਹਦਾਇਤ ਕੀਤੀ ਜਾਵੇ।

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜ਼ੀਕਲ ਐਜੂਕੇਸ਼ਨ)

Government of India
Ministry of Education
Department of School Education & Literacy

Shastri Bhawan, New Delhi
Dated: 19th July, 2022

To,

The Additional Chief Secretary/Principal Secretary/Secretary (Education)
All States/UTs

Subject: 8th batch of Foundation Level Training Program for Physical Education Teachers by Lakshmbal National College for Physical Education (LNCPE). - reg.

Sir/Ma'am,

This is in continuation to this Department's letter of even number dated 12th July, 2022, wherein letter dated 12th July, 2022 of Sports Authority of India (SAI) LNCPE was enclosed, regarding 8th batch of Foundation Level Training Program for Physical Education Teachers (PETs) across the country. Now, vide letter dated 16th July 2022 (copy enclosed) SAI LNCPE has informed that the training programme which was earlier scheduled from 18th July, 2022 has been postponed and shall be conducted online from 25th July, 2022 till 30th August, 2022. The detailed program structure and schedule is enclosed.

2. You are kindly requested to encourage PE teachers from your States/UTs to register online at- <https://schoolfitness.kheloindia.gov.in/googleform.aspx> and participate in the training programme in large number.

Encl: As above.

Yours faithfully,



(V.K.Verma)

Deputy Secretary to the Government of India

Tel No. 011-23385744

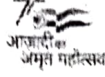
Mall Id: vinodk.verma@nic.in

Copy for necessary actions to:

The Commissioner, KVS
The Commissioner, NVS
The Director, NCERT
The Chairperson, CBSE
The Chairperson, NCTE
The Chairperson, NIOS
The Director, NBB
The SPDs, Samagra Shiksha,, all States/UTs
TSG State Coordinators

Copy to:For Information

- i. Senior Director, SAI
- ii. Principal SAI LNCPE



भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA

लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा महाविद्यालय

LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

पी.बी.सं. 3, कार्यावट्टम, तिरुवनंतपुरम 695581-P.B No.3, Kariavattom, Thiruvananthapuram - 695 581

Telephone: 0471-2418712, 2416886. Fax. 0471-2414771 Web: <http://www.lncpe.gov.in>, email: sailncpe@gmail.com

SAI
भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA

SAILNCPE/PE & CC/8th Batch/2022

Dt.16.07.2022

To,

Sh. Santosh Kumar Yadav
Additional Secretary (SS-I)
Department of School Education & Literacy
Ministry of Education, Govt of India

**Sub:- Conduct of 8th Batch of e-Khel Pathshala by SAI LNCPE, Trivandrum
postponement information - Reg**

Sir,

May I bring it to your kind notice that the Lakshmbai National College of Physical Education, Thiruvananthapuram initially proposed the schedule of "e-Khel Pathshala-PE and Community Coaching Programme" from the 18th July, 2022. However due to unavoidable circumstances we are constrained to postpone the same to the 25th July, 2022. The revised schedule of programme is attached for your kind perusal and further needful action.

It is humbly requested that all the Education Boards and other affiliated units/ regions, schools etc, may also be informed on the postponement and change of date to facilitate maximum physical education teachers and community coaches to attend the Pathshala.

Anticipating kind favourable action

Yours Faithfully,

(Dr. G Kishore)

Principal

SPORTS AUTHORITY OF INDIA
LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION,
THIRUVANATHPURAM

**e-Khel Pathshala,
Physical Education & Community Coaching Program
"Foundation Level Course"
(8th Batch)**

**Online Training program for PE and Community Coaches
Proposed Schedule**

Day	Date	Session-I Topic	Time	Session-II Topic	Time
THEME 1 - PHYSICAL EDUCATION					
INAUGURATION					
Day 1	25-07-2022	Roles and Responsibilities of a PE Teacher	11.00AM-12:30PM	Concepts of Fitness, Health, Physical Education, Sports, Lifestyle	03.00PM-4:30PM
Day 2	26-07-2022	Concept of Fit India School	11.00AM-12:30PM	Integration of fitness into current activities in schools	03.00PM-4:30PM
Day 3	27-07-2022	Age-appropriate activities for foundation years till class 12	11.00AM-12:30PM	Planning and executing a play session	03.00PM-4:30PM
Day 4	28-07-2022	Progressive Curriculum - Structure for N-12 Class Nursery to Class 2, Class 3-5	11.00AM-12:30PM	Progressive Curriculum - Structure for Class 6-8	03.00PM-4:30PM
Day 5	01-08-2022	Progressive Curriculum - Structure for Class 9-12	11.00AM-12:30PM	Nutrition and balance diet in sports	03.00PM-4:30PM
Day 6	02-08-2022	Sports and Events	11.00AM-12:30PM	Role of yoga in sports performance	03.00PM-4:30PM
THEME 2: COMMUNITY COACHING					
Day 7	03-08-2022	Introduction to Community Coaching, Roles and Responsibilities of a Coach.	11.00AM-12:30PM	Preparing to Coach	03.00PM-4:30PM
Day 8	04-08-2022	Working with Others	11.00AM-12:30PM	Effective Communication	03.00PM-4:30PM
Day 9	05-08-2022	Coach in Action	11.00AM-12:30PM	Community Officiating General Principles	03.00PM-4:30PM
Day 10	08-08-2022	Competition Routine	11.00AM-12:30PM	Injury Prevention and First Aid	03.00PM-4:30PM

24/2022/SPORTS-DPISE

Day 11	10-08-2022	Safe Environment to protect and safeguard children	11.00AM-12:30PM	Ensuring Continuity	03.00PM-4:30PM
Day 12	12.08.2022	Ethics and Decision Making	11.00AM-12:30PM	Creativity in PE and Sports	03.00PM-4:30PM
Day 13	16.08.2022	Talent identification in sports	11.00AM-12:30PM	Fitness protocols for teachers and parents	03.00PM-4:30PM
THEME 3: SPORTS SCIENCE					
Day 14	17.08.2022	Basic application of Exercise physiology in sports	11.00AM-12:30PM	Physiological factor determining component of Physical fitness	03.00PM-4:30PM
Day 15	22.08.2022	Introduction to Sports Biomechanics	11.00AM-12:30PM	Basic terminology In Sports Biomechanics	03.00PM-4:30PM
Day 16	23.08.2022	Strength and Conditioning "Various stages of Long-term athletic development"	11.00AM-12:30PM	Introduction to Exercise Biochemistry	03.00PM-4:30PM
Day 17	24.08.2022	Sports Anthropometry "Kinanthropometry in Sports"	11.00AM-12:30PM	Sports Medicine "Prevention of Injury & primary care"	03.00PM-4:30PM
Day 18	25.08.2022	Physiotherapy "Role of Physiotherapist in Sports"	11.00AM-12:30PM	Nutrition "Reading Nutrition Labels"	03.00PM-4:30PM
Day 19	26.08.2022	Sports Psychology "Attention and Concentration in Sports"	11.00AM-12:30PM	An Introduction to Anti-doping	03.00PM-4:30PM
THEME 4: KHELO INDIA FITNESS ASSESSMENT					
Day 20	30.08.2022	Khelo India Fitness Application	11.00AM-12:30PM	Hands-on learning of Assessor App and Web Portal for Schools	03.00PM-4:30PM
		Khelo India Battery of Tests			
CLOSING CEREMONY					

* The 3-week program shall be followed with an examination (60 minutes).

24/2022/SPORTS-DPISE

F.N:13-3/2022-IS.4
Government of India
Ministry of Education
Department of School Education & Literacy

Shastri Bhawan, New Delhi
Dated: 17 July, 2022

To,

The Additional Chief Secretary/Principal Secretary/Secretary (Education)
All States/UTs

Subject: 8th batch of Foundation Level Training Program for Physical Education Teachers by Lakshmbai National College for Physical Education (LNCPE). - reg.

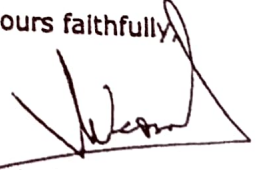
Sir/Ma'am,

Please find enclosed herewith a letter dated 12.07.2022 from Sports Authority of India (SAI) LNCPE regarding 8th batch of Foundation Level Training Program for Physical Education Teachers (PETs) across the country. The training program aims to contribute in professional development of PETs across India and equip them with right set of knowledge and skills. The said program shall be conducted online from 15th July, 2022 till 13th August, 2022. The detailed program structure and schedule is enclosed.

2. You are kindly requested to encourage PE teachers from your States/UTs to join the program.

Encl: As above.

Yours faithfully,



(V.K.Verma)
Deputy Secretary to the Government of India
Tel No. 011-23385744
Mail Id: vinodk.verma@nic.in

Copy for similar action to:

The Commissioner, KVS
The Commissioner, NVS
The Director, NCERT
The Chairperson, CBSE
The Chairperson, NCTE
The Chairperson, NIOS
The Director, NBB
The SPDs, Samagra Shiksha,, all States/UTs

Copy to: For Information

- i. Senior Director, SAI,
- ii. Principal SAI LNCP.



भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA
लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षा महाविद्यालय
LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION

पी.बी.सं. 3, कार्यालय, तिरुवनंतपुरम 695581-P.B No.3, Kariavattom, Thiruvananthapuram - 695 581
Telephone: 0471-2418712, 2416886. Fax. 0471-2414771 Web: <http://www.lncpe.gov.in>, email: sailncpe@gmail.com



Dt.12.07.2022

To,
Sh. Santosh Kumar Yadav
Additional Secretary (SS-I)
Department of School Education & Literacy
Ministry of Education, Govt of India

Sub:- 8th Batch of PE Teachers for SAI LNCPE Foundation Level Program – reg

Sir,

Reference to the meeting held on 12.01.22 regarding implementation of major initiatives announced by Hon'ble Prime Minister, wherein it was decided to conduct foundation level training program for the entire physical education teachers in the country through the program introduced by SAI LNCPE. The training for the registered Physical Education Teachers, 8th batch of foundation Level Training Program is now being introduced by SAI LNCPE.

1. The training program shall contribute in professional development of PETs across India and equip them with right set of knowledge and skills to:
 - a) Conduct structured, age appropriate PE Programs in their School;
 - b) Be physically fit and motivate other teachers to be fit;
 - c) To implement Khelo India/Fit India Programs.
2. The training program shall be conducted online from 15th July 2022 till 13th August 2022. The detailed program structure and schedule in enclosed.
3. It is requested to kindly encourage PE Teachers from different schools across the country to join the program. The 3 week program shall be followed with an examination (60 minutes) and participants securing more than 70% marks shall be rewarded with certificate of merit.
4. The registered candidate shall be intimated via Email/SMS regarding the session link in due course of time. The registration link of the program is as follows:
<https://schoolfitness.kheloindia.gov.in/googleform.aspx>
5. You are requested to circulate the same to all Education Board.

Yours Faithfully

(Dr. G Kishore)
Principal

Encl. Program Schedule

SPORTS AUTHORITY OF INDIA
LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION,
THIRUVANATHPURAM

**e-Khel Pathshala,
Physical Education & Community Coaching Program
"Foundation Level Course"
(8th Batch)**

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Day 4	20-07-2022	Progressive Curriculum - Structure for N-12 Class Nursery to Class 2, Class 3-5	11.00AM-12:30PM	Progressive Curriculum - Structure for Class 6-8	03.00PM-4:30PM
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CLOSING CEREMONY					

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