

Centre for Life Skills and Skill Development

A report on

Skill Enhancement Workshop for Sports Professionals

9 March, 2024

New Horizon College of Engineering

Bengaluru

Executive Summary

- This report has been prepared to provide the management with insights and updates from the one – day training program conducted on 9th March, 2024 at New Horizon College of Engineering, Bengaluru.
- The training was facilitated in association with two visionary sportspersons, who have had significant achievements in the field of sports and education.
- The facilitators were Ms. Bharathi B.L. (Vice President – Karnataka Athletic Association) and Mr. Krishnamurthy S. (International Athletics Technical Official).
- The incumbents of the training were the PE educators, yoga teachers and sports coaches at the New Horizon Educational Institutions.

Objectives

- To increase participants' understanding of the strategic aspects of the sport, including game tactics, positioning, team formations, and decision-making on the field;
- To provide guidance on fitness training methods tailored to the demands of the sport, including strength, speed, endurance, flexibility, and agility training;
- To educate participants on proper warm-up and cool-down routines, stretching exercises, and techniques to reduce the risk of injuries common to the sport;
- To develop participants' coaching abilities, including communication skills, motivation techniques, leadership qualities, and effective feedback delivery;
- To inform the policies related to filing a complaint and subsequently addressing a grievance.
- To introduce participants to the use of technology for performance analysis, such as video analysis, statistical data interpretation, and tracking tools, to identify strengths and areas for improvement.

Methodology

Ms. Bharathi ensured that the training was insightful by the usage of real – life scenarios that had made the discussions relatable, fostering a deeper understanding among the participants. Open dialogue was encouraged to foster active participation. Mr. Krishnamurthy emphasized the various marking techniques for the field and track events. Both the speakers spotlighted the importance of physical fitness, mental health, discipline and positive reinforcement. The session ended with a briefing on life skills by Ms. Suneetha who guided the participants on the importance of communication, time management, emotional intelligence, mindfulness and personality development.

Glimpses



Fig 1: Dr. Sowmya Narayanan's opening address (Director – CLSSD)



Fig 2: Ms. Bharathi's session



Fig 3: Dr. Sowmya felicitating Ms. Bharathi

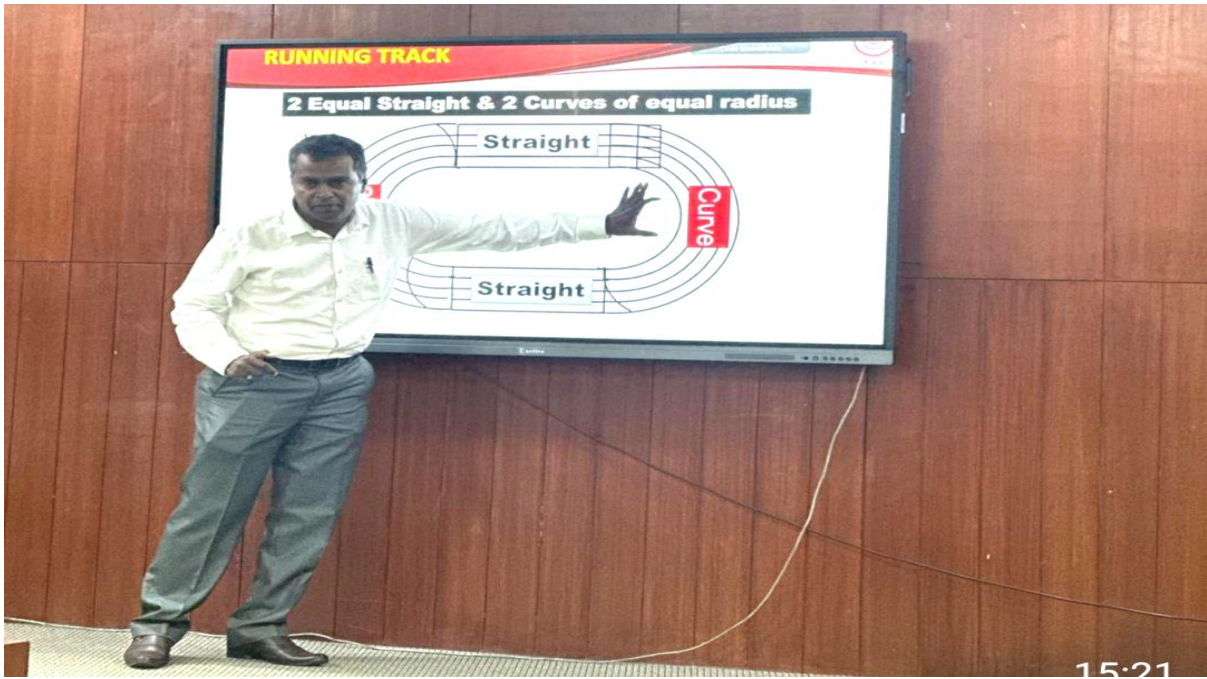


Fig 4: Mr. Krishnamurthy's session



Fig 5: Mr. Hari (PE) felicitating Mr. Krishnamurthy



Fig 6: Ms. Suneetha's session



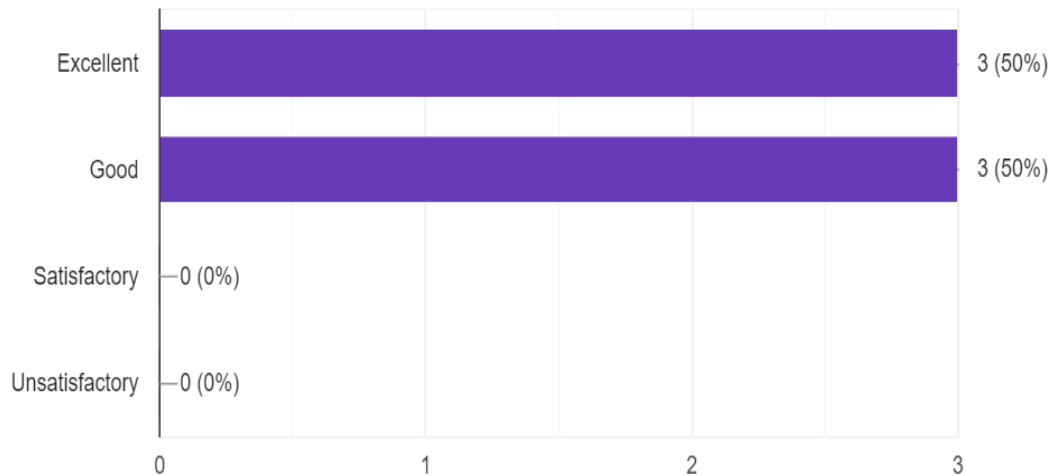
Fig 7: The participants

Attendance

New Horizon Educational Institution							
Center For Life Skills And Skill Development, Dept. of HRD							
Agenda For PE Professional:-Attendance					Date-09/03/2024		
Sl.	Name	Designation	Phone No	Email Id	sessions 1	sessions 2	session 3
1	Mr.Naveen Bahu	HOD Sports	9901511141	naveenbabunhg.nb@gmail.com	✓	✓	✓
2	Mr. Gurumurthy	PE	8746925526	gurumurthy1989.guru@gmail.com	✓	✓	✓
3	Mr. Veershetty	PE	8123875735	pveershetty88@gmail.com	✓	✓	✓
4	Mr. Abhishek S	PE	9743233941	abhisheks@newhorizongurukul.in	✓	✓	✓
5	Mr. Siva Sankar	PE	9082693771	sivasankard@newhorizongurukul.in	✓	✓	✓
6	Ms. Sowmya A	PE	9538620954	sowmya.a@newhorizongurukul.in	✓	✓	✓
7	Ms. Gargi Madan	PE	8951266728	gargimadan@newhorizongurukul.in	✓	✓	✓
8	Ms. Preethi, R	Self-Defense	9071152781	preethir@newhorizongurukul.in	✓	✓	✓
9	Mr. Manjunath R	Self-Defense	9663682082	manjunathr@newhorizongurukul.in	✓	✓	✓
10	Mr. Kotturesha B.M	Yoga	9886299027	kottureshabm@gmail.com	✓	✓	✓
11	Ms. Baishakhi	Yoga	8296217458	beingwithbaishakhi@gmail.com	✓	✓	✓
12	Mr. Sandeep Sandil	Yoga	8105040454	prakharyogmitra@gmail.com	✓	✓	✓
13	Mr. Madhu T K	PE	9986893086	madhutk@newhorizoninternationalschool.in	✓	✓	✓
14	Mr. Vidhyadharan	PE	8608691721	vidyadharan@newhorizoninternationalschool.in	✓	✓	✓
15	Ms. Divya Bharti	Yoga	8210190173	Kumaridivya.b@newhorizoninternationalschool.in	✓	✓	✓
16	Mr. Avitesh Kumar Gupta	Yoga	9716001957	aviteshkg@newhorizoninternationalschool.in	✓	✓	✓
17	Mr. Sreenivas B.M	PE	9480265846	sreenivasbm_nhck@newhorizonindia.edu	✓	✓	✓
18	Mr. Sunil G R	PE	7022535352	sunilgr_pei_nhck@newhorizonindia.edu	✓	✓	✓
19	Mr. Suresh D	PE	8978833726		✓	✓	✓
20	Mr. Suresh M	PE	9448811979		✓	✓	✓
21	Mr. Lakshamma C	PE	762284252		✓	✓	✓
22	Mr. Adarsh S	PE	9535726051		✓	✓	✓
23	Mr. Anil Kumar M	Self-Defense			✓	✓	✓
24	Mr. Siddeshwara G	Self-Defense	8904531041		✓	✓	✓
25	Mr. Hari / Kumar / K.		7892097778		✓	✓	✓
26	Mr. Murli						

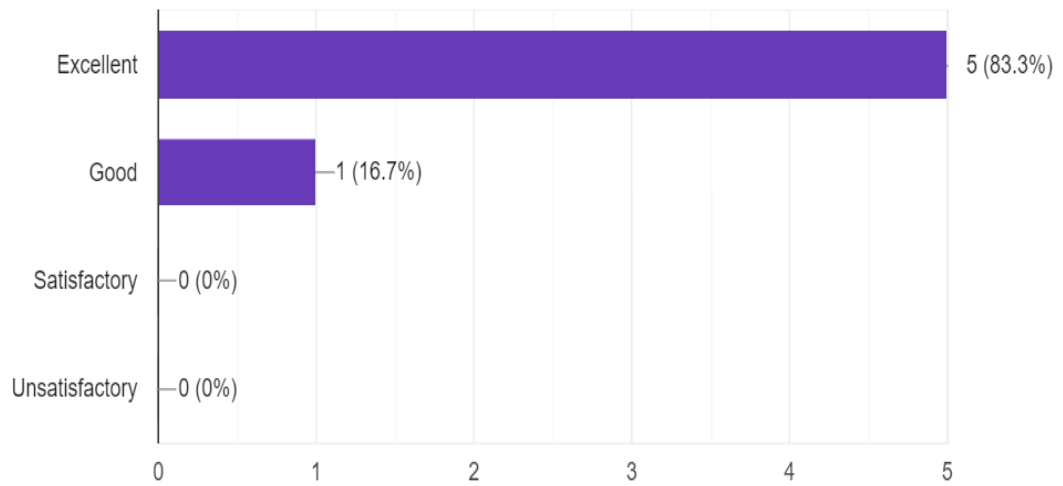
Feedback

- Session by Ms. Bharathi
18 responses



- **Session by Mr. Krishnamurthy**

18 responses



- **Session by Ms. Suneetha**

18 responses

