

Faculty Development Programme on

“IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH'S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR”

Organizing committee

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Registration Link

<https://forms.gle/Lx9zMxXZHwp3UcP08>



Rajiv Gandhi National Institute Of Youth Development

(Institution of National Importance by the Act of Parliament No. 35/2012)

Ministry of Youth Affairs & Sports, Government of India

Sriperumbudur - 602 105, Tamil Nadu

&

Tamil Nadu Physical Education and Sports University

Melakottiyur, Chennai 600127

Organizes

Faculty Development Programme

On

“IMPACT OF COVID-19 PANDEMIC ON ADOLESCENT AND YOUTH'S HEALTH, NUTRITION, PHYSICAL FITNESS AND SEDENTARY BEHAVIOR”

Under the Scheme

Programmes for Development of Youth through National Institutes /

Central Universities / State Universities and Affiliated Colleges

Date: 15.03.2022 - 17.03.2022 (3 Days) - Offline Mode

Venue

Tamil Nadu Physical Education and Sports University, Chennai.

ABOUT RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

The Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, Tamil Nadu, is an Institution of National Importance by the Act of Parliament No. 35/2012 under the Ministry of Youth Affairs & Sports, Government of India. The RGNIYD was set up in 1993 under the Societies Registration Act, XXVII of 1975.

The RGNIYD functions as a vital resource centre with its multi-faceted functions of offering academic programmes at Post Graduate level encompassing various dimensions of youth development, engaging in seminal research in the vital areas of youth development and coordinating Training Programmes for state agencies and the officials of youth organisation, besides the Extension and Outreach initiatives across the country.

The Institute functions as a think-tank of the Ministry and premier organization of youth-related activities in the country. As the apex institute at the national level, it works in close cooperation with the NSS, NYKS and other youth organizations in the implementation of training programmes. The Institute is a nodal agency for training youth as a facilitator of youth development activities in rural, urban as also tribal areas.

The RGNIYD serves as a youth observatory and depository in the country thereby embarking on youth surveillance on youth-related issues. It has a wide network with various organizations working for the welfare and development of young people and serves as a mentor.

ABOUT TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

The Tamil Nadu Physical Education and Sports University established by an act of the government of Tamilnadu in 2004, is unique and the first of its kind in India as an affiliating university, exclusively for physical education and sports.

Vision: "To engage in relentless pursuit of excellence in the promotion and development of Physical Education and Sports through innovative programmes in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit".

Mission: To develop advanced research facilities and contribute to the body of knowledge through scholarly work and publications, and disseminate the findings to the professionals, faculty and students.

- ★ To facilitate the application of research findings to refine and sharpen the coaching and training techniques in Physical Education and Sports, in matters of common interest and concern,
- ★ To establish linkages and networking with national and international specialized agencies and institutions and keep abreast of the latest developments in the field of Physical Education and Sports and
- ★ To support and assist the conduct of State and National level coaching camps in various sports disciplines, spot, nurture and groom the talent for National and International competitions.

Motto: "EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS"

ABOUT THE PROGRAMME:

"the World Is The Great Gymnasium Where We Come To Make Ourselves Strong."

-Swami Vivekananda.

On March 11, 2020, the WHO characterized the COVID-19 virus outbreak as a global pandemic. Consequently, the COVID-19 virus outbreak has led to significant changes in daily life for children, youth, and their families, with specific recommendations and restrictions varying within and between countries. Most adolescents and youth are no longer attending school, with classroom lessons replaced by home schooling and online learning activities. During the initial response to the COVID-19 outbreak and recommendations for physical distancing, behaviour restrictions, and overall instructions to 'stay home', families are seeking guidance and solutions to preserve healthy routines, including healthy movement behaviors and opportunities to spend time outdoors. It is important to note that physical activities (PA), nutrition and exercise not only maintain physical and psychological health but also help our body to respond to the negative consequences of several diseases such as diabetes, hypertension, cardiovascular diseases, and respiratory diseases (Jiménez - Pavón et al., 2020).

OBJECTIVES OF THE PROGRAM

This faculty development program would like to equip the faculties of Schools, Colleges and Universities to focus and entrust the knowledge on the following areas to be implemented to the adolescent and youth student community amidst this Covid 19 post pandemic crisis.

- ▲ Importance of Health
- ▲ Role of Exercise
- ▲ Need for Nutrition
- ▲ Significance of Fitness & Wellness
- ▲ Minimizing Sedentary behavior
- ▲ Promotion of active lifestyle behaviors

TARGET AUDIENCE

- ▲ Faculties of Colleges and Universities
- ▲ Physical Education Teachers & Coaches
- ▲ Research Scholars

KEY POINTS

- ▲ Last date for registration: 11/03/2022, 5.00 pm. (Google form)
- ▲ Registration and FDP Fee is Free
- ▲ The maximum number of seats allotted is 50 participants.
- ▲ The list of shortlisted candidates will be informed on 12/03/ 2022.
- ▲ Faculties & Research Scholars should get prior permission from their Institution.
- ▲ Working Lunch will be provided
- ▲ The programme contains both Theory and Practical sessions