



# Office-Principal

**Govt. Jagannath Munnalal Choudhary Mahila  
Mahavidyalaya, Mandla, Madhya Pradesh**



Towards Excellence...

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## Report

### **Title of the Programme: 15 Days Certificate Course on “Sports and Health”**

The 15 Days Certificate Course was begun with the welcome speech by the trainer of the Programme, Mr. Zafar Siraj (Sports Officer) after that the coordinator of the course Dr. S.N. Khare also shared his view on the significance of the course in the upcoming career as well as daily life of the students. The trainer of the programme Mr. Zafar Siraj added in his speech that sports play vital role in the Personality Development and sports are the medium to be fit as well as these can be chosen as profession in the upcoming future.

#### **The topics discussed thoroughly during the 15 days course were: -**

- Introduction to sports and health education.
- Overview of the curriculum objectives and outcomes.
- Importance of sports and physical activity in promoting overall health and well-being.
- Introduction to concept such as Physical Fitness, Nutrition, Mental Health and Injury Prevention.
- Pedagogy and teaching strategies for sports and health.
- Fundamental movement skills.
- Teaching basic locomotor and Non-locomotor movements (Running, Jumping, Skipping, Hopping, Balancing etc.).
- Professions and modifications for different skill levels and abilities.
- Incorporating fundamental movement skills into games and activities.
- Nutrition and Hydration.
- Teaching students about the importance of balanced nutrition for optimal performance and health.
- Identifying macronutrients and micronutrients and their roles in the body
- Strategies for promoting healthy eating habits and hydration practices among students.
- Injury prevention and safety educating students on common sports injuries and their prevention.
- Teaching proper warm up, cool down and stretching techniques.

During the certificate course the following areas of 'Health and Hygiene' were discussed with the students:

The human body is designed to be active regularly over the course of the day. The benefits of sport for physical health have been demonstrated, such as, for example enhanced muscular resistance, flexibility, and lower pain, etc. But there is also an improvement in mental wellbeing, it boosts self-esteem, improves concentration, and increases optimism.

In fact, experts state that the benefits of sport are fundamental for a healthy life. That's why it is necessary that both children and adults, regardless of their age, carry out routines of physical activity. However, it is important to be clear on what each person can do and tailor the exercises to their age and physical condition. In this way, annoying injuries will be prevented.

### **Benefits of Sports on Health:**

We are going to give you ten important reasons why you must include an exercise routine in your life. Your body and mind will thank you not only in the short run, it also provides multiple long-term benefits and may even prevent many illnesses.

- **Strengthens muscles and bone density:**

Exercise helps to develop bone density, prevent the onset of osteoporosis, an illness in which bones lose density and become weak, fragile, and porous. Likewise, muscle mass is lost as the years go by, so it is important to exercise the strength, stamina, and flexibility of muscles and all the joints in our body.

- **You will reduce the risk of early death**

Not exercising raises the risk of an early death. Regular physical exercise strengthens our heart and improves cardiovascular health. This means, even in the short term, a reduction in illnesses such as type 2 diabetes, high blood pressure, and high cholesterol. But not only that, by reducing the cell ageing process, by increasing the amount of oxygen in the body, it will give you the greatest benefit in the long term; you'll live longer.

- **Enhanced concentration and memory**

There are millions of neurons in the brain, they are connected by a type of hormone called neurotransmitters. When we exercise we are stimulating the production of these compounds which control a large part of our mental state. Most of these substances are widely known, including dopamine, serotonin, and endorphins. That's why, any sport improves concentration, memory, and, generally, all cognitive capacities that influence the feeling of physical and mental wellbeing. And that's not the only thing that happens, by increasing the flow of oxygen to the brain, brain cells are activated, which may even prevent the onset of illnesses such as Parkinson's or Alzheimer's.

- **You'll live without stress**

Do you want to leave stress behind? If you follow a sporting routine, 30 minutes a day are enough, your levels of anxiety, stress, apathy, and angst are lowered noticeably. In this way you can improve negative moods leading to depression. You'll feel relaxed, free of all stress, and you'll be able to regain control over your mind. The explanation behind this relief is that exercise releases endorphins, also known as happiness hormones, which produce a feeling of satisfaction. Moreover, as you feel better with yourself, your self-esteem improves and helps to boost your social relationships, lowering social isolation.

- **You'll sleep better**

Exercising tires the body, so your quality of sleep improves, becoming deeper and more restorative. Another of the mechanisms that make us sleep better is the production of hormones in physical exercise that contribute to physical and mental relaxation, which brings on sleep.

Taking these recommendations into account, it is, however, important that you don't do any exercise just before going to bed, especially if it's high impact, because instead of relaxing you, it will have the

opposite effect. Doing sport is an effective and accessible treatment for insomnia and you'll get up the following day with more energy.

- **Strengthens your defences**

Although it may seem unbelievable, moderate physical activity will help to strengthen your immune system. This will bring about greater resistance to any type of illness, especially in the young and elderly. However, doing gruelling exercise increases the likelihood of getting more infections due to the stress on the body.

It is not known exactly what causes the increase in the defences. However, it is thought that by increasing breathing, bacteria in the respiratory tracts are eliminated, which reduces the risk of suffering pulmonary infections. Likewise, the antibodies and white blood cells that make up the immune system travel at greater speed during exercise, which allows them to detect and combat illnesses more quickly and effectively.

- **Your weight under control**

Aerobic exercises will help you to attain or maintain a healthy weight. You must combine exercise with a proper diet to prevent obesity. And the most important thing of all, if you have a healthy weight your self-esteem will grow, giving you the security to take on your everyday problems. A good option, if you want to follow a balanced diet, is to try Vitalgrain biscuits from Gullón, which are ideal for breakfast or a snack in the morning or afternoon.

- **You'll have perfect skin**

Does sport have benefits for our skin? Regular exercise stimulates blood flow, the skin receives more nutrients, which delays the onset of the first signs of ageing. The skin is toned naturally, which has a positive effect on firmness and the appearance of wrinkles. Your skin will look clean and glowing, with a better tone. At the same time, by increasing your body temperature the sweat will help to eliminate blackheads, if you have any. Have a refreshing shower when you finish and get rid of all those substances your body has purged by sweating, and, of course, rehydrate to replenish lost fluids.

- **Helps to treat chronic illnesses**

It is important that people diagnosed with chronic illnesses keep active. It is possible that we are reluctant to exercise for fear of worsening the symptoms. But moderate periodic exercise may even reduce pain and reduce the damaging effects of a sedentary lifestyle. Even in cancer patients, it may mitigate the side effects of medication and help to prevent the loss of muscle mass.

- **Benefits of sport for children**

And children? Is it good that they do sports? Nowadays it is more important than ever for children to be active to prevent childhood obesity. Physical activity in childhood has many physical and mental benefits, including healthy growth and development. But, above all, it gives them a chance to interact with other children. Sport will allow them to develop strong and healthy bones and will protect them from illness that manifest in adulthood.

A healthy lifestyle combines a balanced diet and daily exercise. If you want a better quality of life, then forget about a sedentary lifestyle and fill your life with activity. Get off the sofa!



**Govt. J.M.C. Mahila  
Mahavidyalaya, Mandla, M.P.**



**Department of Sports and Physical  
Education in collaboration with  
IQAC  
organizes**

**15 Days Skill Based Certificate  
Course on "Sports and Health"**

**Date:** 04/09/2018-20/09/2018 **Time:** 12:00 Hrs-14:00 Hrs **Venue:** Seminar Hall  
(Room No. 10)



**Trainer:**  
Mr. Zafar Siraj  
Sports Officer



**Coordinator:**  
Dr. S.N. Khare  
IQAC Coordinator



**Principal :**  
Dr. Kalpana  
Shastri



The certificate course was wrapped up after distribution of the course completion certificates by Dr. S.N. Khare (Coordinator, IQAC) among the enrolled students.  
The number of enrolled as well as the benefitted students was 84.

**Trainer:**

Mr. Zafar Siraj  
Sports Officer

**Organizer:**

Dr. S.N. Khare  
Coordinator, IQAC

**Principal:**

Govt. Jagannath Muniraj Choudhary  
Govt. J.M.C. Mahila  
Mahavidyalaya,  
Mandla, M.P.