



G.N.I.Public School

Gujarkhan Campus, Model Town, LUDHIANA-141002

(Affiliated to the C.B.S.E. New Delhi)

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58 Physical Education Teachers attend 'Khelo India' workshop conducted in Guru Nanak International Public School, Model Town

A workshop on 'Khelo India' was conducted at **Guru Nanak International Public School, Model Town Ludhiana** on **28th November, 2019**. Khelo India a national programme was introduced by Govt. of India in 2017 in order to revive sports. The day long workshop attended by Physical Education Teachers was held in collaboration with **CBSE Centre of Excellence (COE) Chandigarh & Sports Authority of India (SAI)**.

Ms. Gurcharan Kaur, Principal, Mamta Niketan Public School, TarnTaran & Mr. Jitender Kumar, Asstt. Executive, Khelo India, Sports Authority of India (SAI) Chandigarh were the resource persons. 58 participants from various schools attended the workshop which consisted of 4 sessions.

The programme commenced with **welcome address by Mrs. Gurmant Kaur Gill, Principal of Guru Nanak International Public School, Model Town** followed by sessions in which the participants were told about **Khelo India Battery of Fitness Assessment Tests**. They were explained with the help of videos.

Different tests such as **Body Mass Index (BMI), Flamingo Balance Test, Push Ups, 600 mts run, 50 mts dash** etc. were explained. The trainees were instructed to download '**Khelo India (School Version) Assessor App**'. The participants were also **told to upload the data** of the students. Lastly, the **participants were taken to the field** for a better understanding of the concepts which were explained in the first 3 sessions. **The resource persons explained about the holistic & healthy life style, awareness & support for fitness.** The participants **Mr. Rajinder Singh Steta of Sacred Heart Sr. Sec. School, BRS Nagar, Mr. Bhupinder Singh of Guru Nanak Public School, Sarabha Nagar** stated that the workshop was quite beneficial & the hidden talent of the students will be found out through proper evaluation. **Ms. Paramjit Jhaggi & Mrs. Kulwant Dhaliwal of Guru Nanak International Public School, Model Town** said that it aimed for the development of sports skills & evaluation of fundamental skills & components of physical fitness. Moreover it would improve the performance of the students. The training session came to an end with a light refreshment.

The workshop was very informative, enriching & empowering.

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