



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved)

Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

SPORTS FITNESS AND TRAINING
ON
5.MARCH.2022



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Name of the faculty- Faculty of physiotherapy

Name of the EVENT – Sports Training and Fitness – Expert Talk

On

5.MARCH .2022 at 11:00AM

At TV Studio, 3rd Floor B- Block

E Brochure-



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Faculty of Physiotherapy
Association of Sports Health &
Fitness,
is organizing
EXPERT TALK on

“SPORTS FITNESS & TRAINING”

05th March, 2022

11:00 AM
onwards

Venue:
TV Studio, 3rd Floor,
B-Block

SPEAKER



Dr Devinder Kumar Kansal

Ex. Principal, IGIPSS,
New Delhi

Fig 1: E Banner

Brief Profile of Speaker: Dr. Devinder Kumar Kansal Retired Principal from Indira Gandhi Physical Education and Sports Sciences.

Organizers: FACULTY OF PHYSIOTHERAPY IN ASSOCIATION WITH ASSOCIATION WITH ASSOCIATION OF SPORTS HEALTH & FITNESS.

Report of the EVENT: Faculty of Physiotherapy, SGT university organized an expert talk on “Sports Fitness and Training” in association with Association of Sports Health & Fitness on March 05, 2022. The speaker of the talk was Dr. Devinder Kumar Kansal Retired Principal from Indira Gandhi Physical Education and Sports Sciences. The event started with lamp lightening ,followed by the welcome note of Advisor & Director, Simulation training pedagogy & E- Lecture, Dr. Shyam Lal Singhla and Dean Prof. Dr. Pooja Anand. Dr. Kansal explained the various components of physical fitness and its benefits. Dr. Kansal explained about the relevance of physical fitness to physiotherapists. Sir also gave the insights of the measurement techniques for various components of physical fitness. This talk was followed by an open



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stage question answer discussion round. Students interacted and cleared their doubts with relevant practical examples. At the end vote of thanks was given by Dr. Jaganjyoti Das on behalf of Faculty of Physiotherapy.

a) Screenshots of Webinar/ Picture of Event:



Fig 2: Faculty Members & Students of FPHY gaining the knowledge through expert talk



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Fig 3: Faculty members and students understanding the facts and relevance of sports training



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Fig 4: Dr. D.K. Kansal gave examples of daily life for better understanding of strength



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Fig 5: Advisor & Director, Simulation training pedagogy & E- Lecture, Dr. Shyam Lal Singhla and Dean & Prof. Dr. Pooja Anand honored Dr. Kansal with sapling

b) Feedback Forms - NA

List of participants— about 150 students participated.

Copy of E certificate for participants -NA

Name & Signature of Coordinator: DR. Jaganjyoti Das

Jaganjyoti Das



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ATTENDANCE SHEET

Expert talk on "Sports Fitness and Training

DATE: 5/3/2022

S. No	Name Of Student	Remark
1	SALMAN KHAN	P
2	ARADHYA SINGH	P
3	MANISH	P
4	PRIYA JAKHAR	P
5	MAHIMA MAYEE TRIPATHY	P
6	ANURADHA	P
7	SUNIDHI GUSAIN	P
8	AANCHAL GOYAL	P
9	VANSHIKA GANOTRA	P
10	KRISHAN	P
11	KANU PRIYA	P
12	AYUSHI GUPTA	P
13	KAJAL YADAV	P
14	RAVEENA	P
15	RINKU KUMAR MEENA	P
16	GARVIT ARORA	P
17	NIKITA SAINI	P
18	ABHINEY SOOD	P
18	NIKHIL RAGHAV	P
20	RENU RAGHAV	P
21	KM KAJAL	P
22	MAHESHVER SINGH PATHANIA	P
23	ANKUR KUMAR	P
24	APURVA VASHIST	P
25	RAKSHITA BIRORIA	P
26	MUSKAN	P
27	NEHA	P
28	AARAV CHAUDHARY	P
29	ASHISH BHARTI	P
30	MUNMEE FARNAZ HUSSAIN	P
31	MOUSINA SAHNAJ HUSSAIN	P
32	RITIK GUPTA	P
33	ASHUTOSH SINGH	P
34	PRIYA YADAV	P
35	K S SHANGYAOLA	P



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36	FARMAN UR RAHMAN	P
37	KIRAN	P
38	AACHAL YADAV	P
39	NEHA AGGARWAL	P
40	RASHI SINGHAL	P
41	DIPANKAR	P
42	ARSHA RAJ P R	P
43	KHUSHBOO	P
44	NAVISTA	P
45	RASHMI	P
46	SAKUNTALA THADARAI	P
47	MUTUM SUSHIBALA DEVI	P
48	ROHAN RAI	P
49	SHILPA SHARMA	P
50	PANKAJ CHAUDHARY	P
51	AYUSHI BIST	P
52	MD ASIF RAJA	P
53	MAHIMA	P
54	HIMANI YADAV	P
55	AKANSHA PANDEY	P
56	VARSHA	P
57	DIKSHA ADHIKARI	P
58	HIMANI THUKRAL	P
59	SHIVANJALI SINGH	P
60	PRIYA UPADHYAY	P
61	SHIVANI KAUNDAL	P
62	SIMRAN RANA	P
63	PANYA RAO	P
64	ANSHUL KUMAR RATHORE	P
65	JAYA YADAV	P
66	GARIMA KOHLI	P
67	DIVYA	P
68	KM SUMAN GUPTA	P
69	VISHAKHA	P
70	PRANJAL GUPTA	P
71	GUNJAN BISHT	P
72	NIKITA JOSHI	P
73	PINKI	P
74	AKASH SINGH	P
75	DEEPAK VATS	P
76	PRIYANSHU RAWAT	P
77	TEJPAL MEHLAWAT	P
78	SHRISHTI DRALL	P
79	SANPREET KAUR	P
80	SAGAR YADAV	P



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81	ROHIT CHANDILA	P
82	ISHA NAGPAL	P
83	SWETA PANDEY	P
84	NEHA	P
85	NAVEEN	P
86	SHIVANAND MISHRA	P
87	RESHAM PRIYA	P
88	PARASSERIL ASHWIN SONI	P
89	LAXMI	P
90	PUSHPANJALI PRASAD	P
91	TANISH	P
92	KASHINA ARORA	P
93	KAVINDER SINGH	P
94	PALLAVI KUMARI	P
95	HIMANSHI	P
96	NEETU	P
97	ANCHAL DHIMAN	P
98	AALIYA JAVED	P
99	ANJALI DUTT	P
100	PRACHI PRIYA	P
101	RAJNISH KUMAR	P
102	SONALIKA RAJ	P
103	SHIVANI KUSHWAHA	P
104	PRAGYA SHARMA	P
105	SHRISTI SWETANGINI	P
106	NANDINI VASHIST	P
107	KANNU JAIN	P
108	ASHUTOSH JHA	P
109	DEEPAI CHAUHAN	P
110	HITANSHA	P
111	SHREYA	P
112	HITESH SHARMA	P
113	PUSHPA	P
114	KUMARI SANI	P
115	ANJALI SAHU	P
116	BHARTI	P
117	AMAN	P
118	KIRTI	P
119	SOMYA JHA	P
120	A INDUSHA	P
121	PINKI	P
122	VIVID JOHN	P
123	ISHAN KHATRI	P
124	NAINA RAINA	P
125	SHITAL MAHESHWARI	P



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126	ANAND KUMAR	
127	DEVPRIYA	
128	LAKHAN LUCKWAL	
129	JAISWAL SHALLU SURESH	
130	RAHUL GULIA	
131	DEEPAK KUMAR	
132	ABHISHEK KUMAR	
133	ROHIT AGRAWAL	
134	AARTI	
135	ASHIMA RAI	
136	NIHARIKA SINGH	
137	ABHISHEK GUPTA	
138	KASHISH	
139	GEETA YADAV	
140	ANUJ KUMAR RAI	
141	LIBU JOHN	
142	NEHA	
143	AAYUSHI SHARMA	
144	NISHITA CHAUHAN	
145	GAYATRI	
146	RAVIA	
147	REETA SHARMA	
148	KAVITA	
149	ROSHNI KUMARI	
150	CHHAVI CHATURVEDI	