



## REPORT/PROCEEDINGS

of

### **Indian Council of Social Science Research (ICSSR) Sponsored Research Methodology Course (RMC) (01<sup>st</sup> August- 10<sup>th</sup> August 2024)**

The journey of academic research is both challenging and rewarding, requiring a blend of curiosity, rigor and methodological precision. This course helps research scholars by teaching them important research methods and also supports their mental well-being. It covers both the technical skills needed for research and ways to manage stress, anxiety, and depression through yoga and meditation. This holistic approach ensures that scholars are well-prepared and mentally stable for their research projects.

With this objective, Department of Physical Education, Yoga and Sports Science, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) has organized ICSSR sponsored 1<sup>st</sup> Research Methodology Course of 10 days with the theme of “Research and Mental Health” from 01<sup>st</sup> August to 10<sup>th</sup> August 2024. The eminent personalities from the Physical Education field like Prof. C.D. Agashe, Pt. Ravi Shankar Shukla University Raipur, Prof. Krishnakant Sahu, Head Sports Management, LNIPE Gwalior, Prof. Reeta Venugopal, Pt. Ravi Shankar Shukla University Raipur, Prof. Vishal Omprakash Banne, Head Dept. of Physical Education, Rani Durgavati Vishwavidyalaya Jabalpur M.P., Prof. Nishan Singh Deol, Head, Department of Physical Education, Punjabi University, Patiala, Punjab, Prof. Jayrajan David, Head, Dept. of Physical Education, Govt. College Munnar, Idukki, Kerala, Prof. Prasanta Kumar Das, Head, Dept. of Physical Education, Tripura Central University, Prof. Vishan Singh Rathore, Dean, SOS-Education G.G.V., etc were invited as a resource person to deliver lectures. The opening ceremony began with bouquets of flowers presented to the esteemed dignitaries. The program was started with lamp lightening by all the dignitaries. To participate in the program, participants have come from all over the country like Kerala, Uttar Pradesh, Madhya Pradesh, Chhattisgarh etc. The chief guest for the opening ceremony was Hon’ble Vice -Chancellor, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.). In the opening ceremony, the RMC coordinator and Head & Director Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) Prof. Sanjit Sardar gave information about the ICSSR sponsored Research Methodology Course. He also briefed the participants about the complete RMC outline, examination and evaluation processes and theory & practical sessions during the 10 days of course.

There were total 50 participants in the said course, but the expenditure was incurred only for 30 participants (UC and all related documents are attached). The valedictory function of this RMC was conducted on 10<sup>th</sup> August 2024 at UGC-Malaviya Mission Teacher Training Centre, G.G.V. Bilaspur (C.G.) in which senior most Professor of the Department Prof. Vishan Singh Rathore was the Chief Guest who addressed the participants and distributed the RMC completion certificates to the participants.



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(01<sup>st</sup> August- 10<sup>th</sup> August 2024)**



L to R (Chair): -Dr. Jitendra Sharma, Prof. K.K. Sahu, Prof. P.K. Das, Prof. Vishan Singh Rathore, Prof. Sanjit Sardar, Dr. Bhoj Ram Rawte, Dr. Shalini Menon, Dr. Tilakraj Meena

**Group Photo with All the RMC Participants**



**Welcome of Hon'ble Vice-Chancellor, G.G.V. Bilaspur (C.G.) Prof. Alok Kumar Chakrawal by Prof. A. S. Ranadive Registrar (Acting) & Professor, Department of Mathematics, Dean SoS-Education Prof. V. S. Rathore, Prof. (Dr.) Chandra Shekhar Vazalwar, Dr. Sanjit Sardar, Course Director and other members with all RMC participants.**

### Activities of the RMCprogram



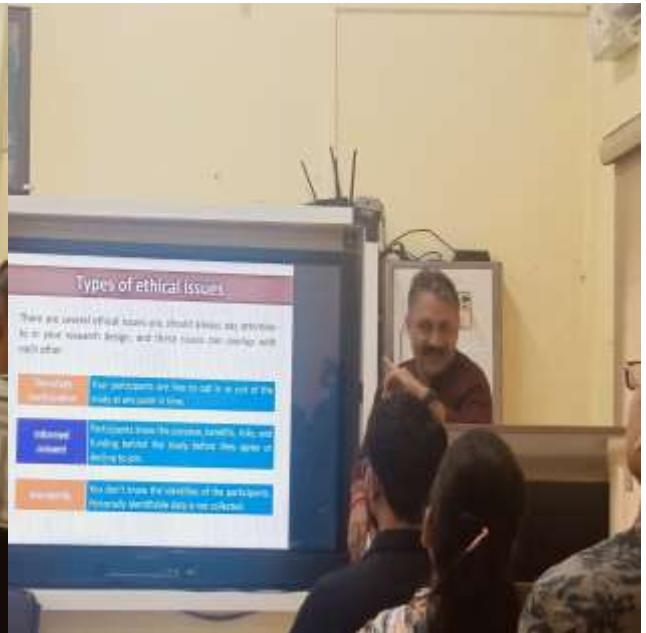
**Aerobic& Zumba Session byDr.Shalini Menon**



**Yogic Practices Session by- Dr.Pankaja Pandey**



**Interactive Session by  
Prof. Prasanta Kumar Das, Head, Dept. of  
Physical Education, Tripura Central University**



**Interactive Session by  
Prof. Krishnakant Sahu, Head Sports Management,  
LNIPE Gwalior**



**Interactive Session by  
Prof. Reeta Venugopal, Pt. Ravi Shankar  
Shukla University Raipur**



**Interactive Session by  
Prof. Nishan Singh Deol,  
Head, Department of Physical Education,  
Punjabi University, Patiala, Punjab**



**Interactive Session by  
Prof, C.D. Agashe,  
Pt. Ravi Shankar Shukla University Raipur**



**Interactive Session by  
Prof. Vishal Omprakash Banne,  
Head Dept. of Physical Education,  
Rani Durgavati Vishwavidyalaya Jabalpur M.P.**



**Interactive Session by  
Dr. Mahesh Singh Dhapola  
Asst. Professor  
Dept. of Physical Education,  
Yoga and Sports Science,  
GGV, CG**



**Interactive Session by  
Prof. (Dr.) Sujeet Kumar Mishra  
Department of Education  
GGV, CG**

**Informative and Interactive sessions of RMC by Eminent Experts from all Over the Country**



**Distribution of Certificates to RMC Participants after completion of the Course**



**Address by Head & Course Director  
Prof. Sanjit Sardar  
Dept. of Physical Education, Yoga and Sports Science**



**Address by  
Prof. V. S. Rathore  
Dept. of Physical Education, Yoga and Sports Science**



**Address & Blessings by Hon'ble Vice-Chancellor, G.G.V. Bilaspur (C.G.)  
Prof. Alok Kumar Chakrawal**



**Felicitaton of Prof. Nishan Singh Deol by Prof. Sanjit Sardar**



**Felicitaton of Prof. Sushil Kumar Shahi by Mr. Sourav Mondal**



**Feedback by Mr.Himanshu Kumar Tiwari(RMCParticipant)**



**Vote of Thanksby-Dr. Shalini Menon**

***Prof. Sanjit Sardar  
Head and Director  
Dept. of Physical Education,  
Guru Ghasidas Vishwavidyalaya***