

Department of Physical Education
Guru Ghasidas Vishwavidyalaya, Bilaspur and
Technology Enabling Center (TEC)

Organize

A Two days national workshop

on

Tech Enabled Fitness Regime

21th - 22nd March 2024

Workshop Report

Introduction:

A two day national workshop on “Tech Enabled Fitness Regime” was held on the 21th to 22nd of March, 2024. The workshop was organized by the Department of Physical Education and Technology Enabling Center (TEC) of Guru Ghasidas Vishwavidyalaya Bilaspur, Chhattisgarh.

Objectives:

Technology has had a significant impact on the fitness industry, making it easier and more convenient for people to reach their fitness goals. From wearable fitness trackers to virtual reality fitness, technology is making it possible to track progress, set goals, and stay motivated in new ways.

Technology has undoubtedly reshaped the fitness industry, empowering individuals to lead healthier and more active lives. From various fitness tracking devices to virtual reality workouts, each innovation has contributed to making fitness more engaging and personalized.

Technology has had a significant impact on the fitness industry in recent years, with a wide range of new devices and apps being developed to help people track their fitness progress, set and achieve goals, and access virtual training and coaching. From wearable fitness trackers to virtual reality fitness, technology is making it easier and more convenient for people to reach their fitness goals.

The latest trends in fitness technology include wearable fitness trackers, virtual reality fitness, smart home gym equipment, virtual personal training, and artificial intelligence in fitness. Wearable fitness trackers, such as smartwatches and fitness bands, allow users to track a wide range of health and fitness metrics, such as steps taken, calories burned, and sleep quality. Virtual reality fitness is becoming increasingly popular as it allows users to create immersive workout experiences. Smart home gym equipment is making it easier for people to work out at home and connected gym equipment can track and save workout data, and also offer virtual coaching and training programs.

There are many different wearable fitness trackers available on the market, each with its own unique features and capabilities. Some popular options include the Fitbit Charge 4, the Apple Watch Series 6, and the Samsung Galaxy Watch Active 2. The Fitbit Charge 4 is a great option for those who want to track their fitness progress, monitor their heart rate, and track their sleep. The Apple Watch Series 6 is a great option. A workshop on the technology associated with real time fitness tracking and monitoring system and their association with the novel exercise regime and equipments will enable interested participants to understand and then create new ideas, tools and incubate startups. It will help participants to be self-reliant. Thus with a vision of self-reliance and creating novel technology ideation.

Workshop Overview:

The two day national workshop on "Tech Enabled Fitness Regime " focused on the technology associated with real time fitness tracking and monitoring system and their association with the novel exercise regime and equipments will enable interested participants to understand and then create new ideas, tools and incubate startups.

Day One

21 March, 2024

Inaugural Session

Tech Enabled Fitness Regime two-day workshop was organized by the Department of Physical Education at Guru Ghasidas Central University from 21.03.2024 to 22.03.2024, whose chief guest was the Vice Chancellor of the University, Professor Alok Kumar Chakrawal, and special guest was the Vice Chancellor of Saurashtra University, Professor Nilambari Dave. And Registrar of Guru Ghasidas University, Professor Manish Srivastava was present and the program was presided over by Professor, Head of Physical Education Department. Sanjeet Sardar did it. In which the Chief Guest, Honorable Vice Chancellor, shared the impact of technology in fitness on his life and the importance of technology from his experiences among the participants. Registrar of Guru Ghasidas University, Prof. Manish Srivastava told the participants about the need for fitness. Explaining the importance and benefits of fitness, he explained the harmony of body and mind. Dr. Alok Kumar Kushwaha, coordinator of the Technology Enabling Centre, told about the benefits of technology and the functioning of the Tech Enabling Centre. The efforts of Assistant Professor Dr. Shalini Menon (Department of Physical Education), convenor of Tech Enabling Regime, to create awareness among the people about health and fitness in the university were commendable, followed by the workshop-organizing secretary, Dr. Tilak Raj Meena, Assistant Professor, Department of Physical Education. Vote of thanks was expressed and the program was concluded.



Technical Session I

(Venue- Hall No. 2, Auditorium)

On the first day of the two day national workshop on “Tech Enabled Fitness Regime,” participants attended Technical Session 1.

Invited Lecture: Prof. Reeta Venugopal, Department of Physical Education, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.

Topic- Innovative Fitness Technology and Health.

The First speaker, Prof. Reeta Venugopal, Department of Physical Education, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, gave a detailed explanation on Innovative Fitness Technology and Health. She emphasized that today's fast-paced world, staying healthy and fit is more important than ever. With advancements in technology, there's a plethora of innovative gadgets designed to help you achieve your health and fitness goals. From wearable devices to smart home equipment.



Technical Session II

(Venue- Fitness & Wellness Center, Guru Ghasidas Vishwavidyalaya, Bilaspur)

On the first day of the two day national workshop on “Tech Enabled Fitness Regime,” participants attended Technical Session 2.

Invited Lecture: Ms. Shivani Namdeo, Zumba Expert.

Trained zumba expert was invited for taking zumba sessions and motivated girls and women to do zumba daily. It is a dance fitness program that helps you lose weight, get back in shape, and stay fit, all this while having loads of fun. Dance and music can uplift our moods and have proven to be great stress-busters, sometimes therapeutic, even. It is a great form of fitness program that blends them both with physical activity.



Day Two

22 March, 2024

Technical Session III

(Venue- Hall No. 2, Auditorium)

On the second day of the two day national workshop on “Tech Enabled Fitness Regime,” participants attended Technical Session 3.

Invited Lecture: Prof. Vishan Singh Rathore, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Chhattisgarh.



Topic- Fitness and the changing trends through technology.

The First speaker, Prof. Vishan Singh Rathore, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Chhattisgarh, gave a detailed explanation on Fitness and the changing trends through technology. He emphasized the world of fitness has undergone a significant transformation over the years, and technology has played a vital role in this change. Today, the fitness industry is evolving rapidly, and coaches and personal trainers need to keep up with the latest technological advancements to provide the best possible service to their clients. In this article, we will explore how technology is changing the fitness industry and provide a guide for coaches and personal trainers on how to incorporate these changes into their practice.

Technical Session IV

(Venue- Hall No. 2, Auditorium)

On the second day of the two day national workshop on “Tech Enabled Fitness Regime,” participants attended Technical Session 4.



Invited Lecture: Dr. Tilak Raj Meena, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Chhattisgarh.

Topic- Trending Fitness Technology: Enhancing Workouts with Innovative Gadgets and Apps

The second speaker, Dr. Tilak Raj Meena, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Chhattisgarh, gave a detailed explanation on Trending Fitness Technology: Enhancing Workouts with Innovative Gadgets and Apps. He emphasized the technology has become a cornerstone in shaping how we exercise, monitor our health, and achieve our fitness goals. From wearable gadgets to cutting-edge apps, technology is not just a tool but a revolution in the fitness industry. This article delves into the latest fitness technologies, exploring how they enhance workout experiences and track progress effectively