



ITL Hosts Capacity Building Program On Physical Education

Date	:	18 th – 19 th January, 2019
Venue	:	Conference Room
Organised By	:	CBSE
Attended By	:	Teaches from Delhi and other states

‘I hated every minute of training but I said, Don’t Quit. Suffer now and live the rest of your life as a champion.’

Mohammad Ali

ITL hosted the **CBSE Workshop on Capacity Building Program of Physical Education on 18 and 19 Jan 2018**. The objective of this informative workshop was to keep the Physical Education teachers updated with the new changes taking place in curriculum, techniques and assessment in the teaching of Physical Education. **Mr. Mukesh Kohli** (CEO Pecplanet) and **Dr. Lalit Sharma** (Associate Professor in IGIPSS) were the resource persons for this workshop. They enlightend the participants with techniques of assessments of four strands i.e. **Games and sports, Health and Fitness, Sewa**. It was really an enriching workshop for the Physical Education Department. The Resource persons discussed about the importance of implementing the evaluation program of the above mentioned four strands. They solved all the problems that are faced by Physical Education teachers in initiating this program. They highlighted the methodology of conducting the tests in the field. The workshop infused confidence in all the participants to confidently start the program that CBSE is going to introduce in the next session. PPTS shown by resource persons were really designed in a creative way and the lectures delivered by them were in real sense worthwhile. Demonstration was given to explain the procedure of taking the tests. It was an interactive and enriching session. All the participants were thoroughly involved in all the discussions and interactions. At the end of the second day of the workshop certificates were awarded to all the participants.



