

T M JACOB MEMORIAL GOVERNMENT COLLEGE MANIMALAKUNNU

SEMINAR ON SCIENCE OF SPORTS

Organised by the Depts. of Physical Education and Physics

On 4th and 5th December 2017

Report

The seminar on Science of Sports started with an inaugural function at 9.15 am at seminar hall . Dr K Jothi, Associate Professor, YMCA College of Physical Education Inaugurated the seminar. The Principal Dr. N Shaji presided over the function. Smt Seenamol K Stephen HoD of Physics welcomed the dignitaries and participants, Sri M J Jacob the Ex MLA and the Asian Masters meet medallist gave an inspirational felicitation Dr. Babitha Mathews , HoD of Physical Education and Coordinator of the seminar gave vote of thanks in the function. The first session started at 10am. In the first sessions Dr. George Mathews , Associate professor, SAI, LNCPE, Thiruvananthapuram discussed on sports biomechanics – Playing with Physics very nicely. In the afternoon Dr. K Jothi took two sessions. In the first session she discussed about Technology and sports in Today's world, where the latest technology adapted for the manufacturing of the sports equipments etc which was very new and interesting area for all the participants. In the second session she discussed on Science of Yoga, which was an amazing session for all the participants and the teachers.

On 5th December 2017, the forenoon sessions started at 10 am. The forenoon sessions were handled by Dr. P. Mohamed Shafi, Former Professor, University of Calicut. In his session he discussed on new material for new records where he concentrated on the applications of chemistry for better performance. The second session was Nature's rules on the play ground which was an Outstanding class taken by Dr. Vaisakhan Thampi. . In the Afternoon session Dr, Vaisakhan Thampi discussed on Setting Record Man Vs Physics and he continued for the next session too. In his sessions he discussed the kinetic energy and how it converts for better performance etc. with full illustration.

A valedictory session was taken place at the end where the certificates have been distributed and the coordinated thanked everybody for the successful conduct of the two day National seminar

All the sessions were very informative and very useful to both the teachers and students. It helped to motivate the students a lot. A total of about 65 students and teachers participated in the seminar.

Dr. Babitha Mathews

HoD and Coordinator

