

**SOPHIA COLLEGE**  
**(AUTONOMOUS), AJMER**



**DEPARTMENT OF PHYSICAL**  
**EDUCATION**

**International/National Seminars/ Conferences/  
Workshops**

# National Symposium 2024-25

- Age-related adaptations and implications for training programs
- Sports Marketing and Branding
- Economic impact analysis of sports events
- International sports diplomacy and relations
- Emerging Trends in Sports Science
- Strategies for Consumers Development in Sports
- Integrating Sports and Education

Category	Registration fee (INR)	On the Spot Registration (INR)
Students/Research Scholars	1500	2000
Academics/Industry/NGOs	3000	3500
Experts/Other	5000	4500

**(\* Institutional Registration:** The institution should select two student representatives, either sports enthusiasts or players, who will pose active questions during the panel discussion on the development of sports in the country. They will be accompanied by a staff member, who is also a member of a sports body and can contribute effectively by asking insightful questions. This participation aims to make strong contributions towards making India a global sports powerhouse.)

- Accommodation for participants will be arranged on a payment basis (Accommodation charges 1200/- Rs per day).

**Organizing Secretary**

Dr. Shabina Sherani  
(Assistant Professor and Head, Dept. of Physical Education)

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**Advisory Committee**

Mr. Dhruv Mohan  
(Assistant Professor and Head, Dept. of Economics)

Dr. Tanzeem Shirazi  
(Assistant Professor, Dept. of Sociology)

Mr. Nishant Patil  
(Assistant Professor, Dept. of Political Science)

Ms. Poojitha Pawley  
(Assistant Professor, Dept. of Economics)

Mr. Kumar Ganow  
(Assistant Professor, Dept. of Geography)

Ms. Lavanya Ganowani  
(Assistant Professor, Dept. of Computer Science)

Ms. Ajaysh/Valav  
(Assistant Professor, Dept. of English)

**Account Details for remitting the fee online**

<https://payments.infinix.com/qrcheck/YK9CGGpG6C9E8E>



**Patron**

Prof. Dr. Paul (Principal)

**Co-Patron**

Dr. Sr. Rani (Vice Principal)

**Convener**

Dr. Kamal Khatri (Assistant Professor, Dept. of Economics)

**Guidelines for Paper Submission**

1. The papers (abstract and full papers) should be sent by e-mail to [ecomm@smphiascollegeprw.in](mailto:ecomm@smphiascollegeprw.in).
2. Research Papers submitted for presentation must be original, previously unpublished and not under consideration for publication elsewhere.
3. Full-length Research Paper should be written in ADA format and should not exceed 1000 words.
4. The text should be typed in MS Word with 1.5 space. Times New Roman font size 12.
5. Papers will undergo a blind review process, and authors of selected papers for presentation will be notified via email.

**Awards**

Best Paper Presentation Award in Each Technical Session.

**Registration**

Participants should register by 5<sup>th</sup> September 2024.

- **Important Dates:**  
 Last Date for Submission of Abstracts: 15<sup>th</sup> August 2024  
 Notification to Authors of Selected Papers: 30<sup>th</sup> September 2024 (via email)  
 Last Date for Submission of Full Papers: 15<sup>th</sup> September 2024
- Registration entails attendance to all scientific sessions, registration kit, networking lunch high tea, certificate and hospitality.

**CONTACT US**

Dr. Kamal Khatri – 8619992084  
Dr. Shabina Sherani – 844102646



**Sophia Girls' College  
(Autonomous), Ajmer**

Re-Accredited 'A+' Grade by NAAC (UGC)

**NATIONAL SYMPOSIUM ON:  
'MAKING INDIA A GLOBAL SPORTS POWERHOUSE'  
SERIES -2**

**20<sup>th</sup> - 21<sup>st</sup> September, 2024**



**About the College**

Sophia Girls' College (Autonomous) Ajmer is an exclusive unit in higher education in Rajasthan. It holds an enviable reputation nationally and internationally, holding an 'A+' grade from NAAC. The college has a state-of-art infrastructure and an exquisitely green campus spread over 9.9 acres, offering a wide range of Undergraduate and Postgraduate programs, Ph.D. programs, International Certifications and 60+ MAUs with institutions of National and International repute for academic excellence and exposure. Our college has maintained a strong track record in sports, consistently winning the sports general championship trophy for the past 7 years. We offer a diverse range of over 20 games and sports to our students, creating a wide array of opportunities for athletic participation. Annually, around 200 students actively engage in inter-collegiate tournaments across various sports, showcasing their skills and competitive spirit. Moreover, a notable contingent of 30-40 players regularly represent our college in prestigious state, national, and zonal tournaments, highlighting our commitment to fostering excellence in sports at all levels.

Visit us at: <https://sophia-college/>

**About the Symposium**

When the Prime Minister speaks about "Viksit Bharat", it is essential to understand how the sports sector can contribute to this vision. Sports is an integral part of a country's development. Hosting a mega sporting event not only drives infrastructural development but also generates employment, attracts foreign capital, revitalizes the local economy, promotes tourism, and nurtures skilled athletes. However, these benefits depend on having a strong sports culture. Sports directly boost the economy and indirectly enhance it by improving health and education in society.

India, with its rich demographic dividend and immense manpower potential, excels in various fields, and this success can be mirrored in sports by achieving strong podium finishes at the Olympics and other international sporting events. Advancing sports in our country requires the collective effort

of not just sportspersons, but every sports enthusiast. This can be realized when everyone passionate about sports comes together on a single platform to share their insights and suggestions for making India a global sports powerhouse.

The aim of the sports symposium is to present research papers not only to showcase our research skills but also to make a significant contribution to the development of sports at the grassroots level. This event will focus on utilizing in-depth research to create a substantial impact. A key aspect of the symposium is the panel discussion, which is scheduled to draft recommendations for a sports policy that aims to effect dynamic changes in the country's sports landscape. Together, let's work towards making India a global sports powerhouse.

We wholeheartedly invite academicians, scholars, students, institutions, stakeholders, administrators, journalists, and all sports enthusiasts to join us in this symposium. Together, let us actively contribute to elevating sports in our country to new heights.

**Call for Papers**

Original research papers on the themes mentioned below are invited for the presentation.

**Themes**

- Mental Health and Well-being challenges in sports
- Psychological aspects of talent identification and development
- Cross-cultural perspectives in sports psychology
- Statistical models for performance prediction
- Analyzing injury patterns and risk factors
- Machine learning and AI applications in sports analytics
- Advanced statistical techniques for sports data
- Educating coaches and athletes on proper nutrition practices
- Role of sports dietitians and nutritionists in athletic support
- Nutrition and Supplementation in Sports Medicine
- Health implications of sports participation and physiological adaptations
- Physiological responses to environmental stresses during competition



## National Webinar on “Making India a Global Sports Powerhouse Series-2”

Date: 20<sup>th</sup> - 21<sup>st</sup> September, 2024

Total Number of Participants: 123

Venue: Seminar Hall, Sophia Girls' College (Autonomous), Ajmer

Chief Guest: **Colonel Bhaskar Chakarvarti, Shri Mahendra Singh Shekhawat**

### RESOURCE PERSONS:

1. Shri Gopalkrishnan R(Founder and Director Eklavyas Consultancy Pvt. Ltd. Bengaluru, India)
2. Shri Shaji Prabhakaran (President of Delhi Football Association, Director of Delhi United SC.)
3. Major Disha Pannu (Director, Department of Posts, India)
4. Professor Rajeev Choudhary (Dean, Student's Welfare, Pt. Ravi Shukla University, Raipur (Chhattisgarh)
5. Shri Sarthak Mondal (Sports Economics Lecturer University of Portsmouth England, U.K)
8. Shri Rajesh Sobti (Director of Sports Kurukshetra University, Haryana)

9. Shri Atul Dubey (Assistant professor, Physical Education Department of Social Sciences  
T Sri Auro-bindoMarg, New Delhi)

## REPORT

The Department of Economics and Physical Education of Sophia Girls' College Ajmer Autonomous, organised a two-day National Webinar on " Making India a Global Sports Powerhouse." On 20th-21<sup>st</sup> September 2024.

The event witnessed enthusiastic participation, with total of 123 students actively engaging in the symposium, contributing to insightful discussions and interaction via Google meet and YouTube live streaming.

On the first day, the inaugural session started by Dr.Sr. Pearl the Principal and Patron of the webinar welcoming the keynote speaker and other esteemed resource persons.

Following this, Dr. Kumud Khatri, Convenor of the webinar and Assistant Professor, Department of Economics, extended her warm welcome to the esteemed resource persons and presented the keynote of the webinar, outlining the objectives and significance of the sessions.

The Chief Guest of the day, Colonel Bhaskar Chakravarty, Group commander Rajasthan NCC Udaipur, delivered an impactful keynote address on the role of sports from a military perspective, highlighting how sports help soldiers manage mental stress and build resilience. The second Chief Guest, Shri Asgar Ali, Sport Officer Dayanand College Ajmer, provided a thought-provoking perspective on why sports remain underdeveloped in India, focusing on systemic challenges and the need for a paradigm shift in prioritizing sports infrastructure and support.

The first technical session began with research paper presentations on crucial aspects of the sports industry. Researchers discussed topics such as mental health in sports, corruption in Indian sports, and infrastructure development through sporting events. These presentations provided valuable insights into the challenges and opportunities in India's sports ecosystem.

The symposium featured a thought-provoking panel discussion with distinguished speakers from the field of sports management and education. Shri Shaji Prabhakaran, President of Delhi Football Association and Director of Delhi United SC, highlighted the role of fan culture in shaping a strong and sustainable sports ecosystem. Shri Rajesh Sobti, Director of Sports, Kurukshetra University, Haryana, analysed India's performance in the Olympics this year, identifying key takeaways for future improvements.

Shri Gopal Krishnan R, Founder and Director of Eklavyas Consultancy Pvt. Ltd., Bengaluru, discussed how social media can be effectively used to promote sports and enhance athlete engagement. Dr. Debendu Kumar, Assistant Professor, Physical Education, Department of Education, Regional Institute, emphasized the need for infrastructure development to strengthen sports at both grassroots and professional levels.

The second day of the symposium was chaired by Shri Atul Dubey, Assistant Professor, Physical Education Department of Social Sciences, NCERT, New Delhi, with Shri Gopalkrishnan R, Founder and Director of Eklavyas Consultancy Pvt. Ltd., Bengaluru, as the Co-Chairperson.

Dr. Kumud Khatri facilitated the felicitation of Shri Atul Dubey, while Dr. Divya Mishra felicitated the Co-Chairperson.

The day commenced with research presentations on topics such as statistical models for predicting the performance of female athletes, economic outcomes of hosting sports events, and India-Pakistan cricket diplomacy.

This was followed by a panel discussion featuring Miss Disha Pannu, Dr. Rajeev Choudhary, Dr. Rajesh Sobti, and Dr. Atul Dubey, who discussed crucial issues like the lack of sportspersons in policymaking, the importance of grassroots sports development, and injury management in sports. The discussion was highly engaging, with students asking insightful questions.

Towards the end, Mr. Mahendra Singh Shekhawat, an international basketball player, addressed the audience on fostering sports interest among children and the significance of diet in an athlete's life.

The symposium concluded with Dr. Shahina Sherani, co –convener of symposium, presenting a summary of the two-day event, followed by Dr. Kumud Khatri, the Convenor of the symposium,

delivering the vote of thanks, expressing gratitude to all resource persons, participants, and organizers for their contributions.

The webinar concluded on a hopeful note, emphasizing that India is steadily progressing on its path to becoming a GLOBAL SPORTS POWERHOUSE.



## सोफिया कॉलेज में राष्ट्रीय संगोष्ठी का आयोजन

**अजमेर, (कासं)।** सोफिया कन्या महाविद्यालय में शुक्रवार को 'भारत को एक वैश्विक महाशक्ति बनाया' विषय पर दो दिवसीय राष्ट्रीय संगोष्ठी का आयोजन हुआ। संगोष्ठी का शुभारंभ मुख्य अतिथि कर्नल भास्कर चक्रवर्ती ने किया। संगोष्ठी में प्रमुख वक्ताओं और विशेषज्ञों द्वारा खेल में प्रगति, मानसिक स्वास्थ्य संबंधी चुनौतियाँ, खेलों में विनीत अमर्यादा, प्रतिस्पर्धी संतुलन आदि विषयों पर अपने विचार प्रस्तुत किए। संगोष्ठी संयोजक डॉ. कुमुद खत्री ने बताया कि सुक्रवार को प्रथम दिवस पर संगोष्ठी में मुख्य अतिथि कर्नल भास्कर चक्रवर्ती ने संबोधित करते हुए कहा कि अनेकजण गतिविधि के जरूरत खेल कूद को प्राथमिकता देना चाहिए खेलकूद के महत्व पर प्रकाश डाला। विशेषज्ञ मार्केट मॉडल ने प्रतिस्पर्धी संतुलन, खेल प्रशासन और प्रबंधन पर अपने विचार व्यक्त करते हुए राष्ट्रीय स्तर

**विशेषज्ञों के समक्ष वक्ताओं ने रखे प्रश्न**

सवाल-जवाब सत्र में प्रतिस्पर्धी ने वक्ताओं से प्रश्नगत प्रश्न पूरे, जिसका विशेषज्ञों द्वारा तर्कपूर्ण जवाब दिए गए। वहीं विशेषज्ञों ने शौकियाओं को ओलंपिक का एक पारिवर्तीय काल के रूप में संज्ञान एवं प्रोत्साहन संस्कृति जैसे अन्य बिंदुओं पर भी प्रकाश डाला। संगोष्ठी के प्रथम दिन के समापन पर सोफिया कन्या महाविद्यालय को और से सभी सहभागियों का अभिनंदन किया। संगोष्ठी में अतिथि डॉ. शबिता खेतड़ी, डॉ. शाबती प्रभाकरण, अर गोपालकृष्णन मौजूद रहे।

पर खेल कूद के विश्लेषणात्मक व आर्थिक पहलू पर प्रकाश डाला। संगोष्ठी संयोजक मुख्य विषय में संबंधित बिंदुओं पर विशेषज्ञों द्वारा जागरूकतापूर्ण सौच पर भी प्रकाश डाला, जिसमें खेल कूद में प्रगति, प्रशासन, मशीन लैमिन के उपयोग सहित विभिन्न मुद्दों पर खेल को प्रगति, अनुकूलन और स्थिति आदि तर्कों पर प्रकाश डाला गया। डॉ. दिव्या मिश्रा, डॉ. शशिना शेरानी, डॉ. तन्मय शर्मा, प्रतिष्ठा पांडे, लवीना गंवरानी, निशांत पाल, कुमार गौरव, आयुषी यादव, डॉ. राजेश सांबती, सुश्री दिशा पन्ना, डॉ. सिस्टर रानी, डॉ. राजीव चौधरी आदि मौजूद रहे।

## दैनिक नवज्योति

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### सोफिया कॉलेज में दो दिवसीय राष्ट्रीय संगोष्ठी सम्पन्न

**कासं/अजमेर।** सोफिया कन्या महाविद्यालय द्वारा आयोजित दो दिवसीय राष्ट्रीय संगोष्ठी शनिवार को सम्पन्न हुई। भारत को खेल कूद में एक वैश्विक महाशक्ति बनाने पर संगोष्ठी में विशेषज्ञों और वक्ताओं ने अपने सुझाव साझा किए। खेल का अर्थशास्त्र, खेल की कूटनीति और जर्मनी स्तर पर विकास जैसे विषयों को संगोष्ठी में शामिल किया गया। इस संगोष्ठी ने खेल से संबंधित नए दृष्टिकोणों को प्रस्तुत किया। प्राचार्य प्रो. सिस्टर पर्ले ने वक्ताओं का स्वागत किया। इस दौरान संगोष्ठी संयोजक डॉ. कुमुद खत्री, पैनाल चेयर अर. गोपालकृष्णन, अतुल दुबे, महेंद्र सिंह शेखावत, डॉ. दिव्या मिश्रा, डॉ. शाहिना शेरानी, डॉ. तन्मय शर्मा, प्रतिष्ठा पांडे, लवीना गंवरानी, निशांत पाल, कुमार गौरव, आयुषी यादव, डॉ. राजेश सांबती, सुश्री दिशा पन्ना, डॉ. सिस्टर रानी, डॉ. राजीव चौधरी आदि मौजूद रहे।

## NATIONAL WEBINAR ON MAKING INDIA A GLOBAL POWERHOUSE 2020-21

- Name of the Department: Physical Education
- Name of the Activity: National Webinar on “**Making India a Global Sports Powerhouse**”
- Date: 5<sup>th</sup> – 6<sup>th</sup> January 2021
- Total Number of the Students: 1008
- Venue: Sophia Girls’ College, Ajmer
- Resource person :
  1. Shri R.D. Singh Ji
  2. Shri Shaji Prabhakaran
  3. Prof. Neera Verma
  4. Shri Anil Ramachandran
  5. Shri Bablu Mareek
  6. Professor Rajeev Choudhary
  7. Prof. Jayashree Acaharya
  8. Shri Rajesh Sobti

**Chief Guest: Ms. Deepa Malik**

**ABOUT THE COLLEGE**

Sophia Girls' College, Ajmer (Autonomous) is a premier institution for girls in the region. It was established in 1962 and has since then been providing quality education to the students of the region. The college is affiliated with the University of Rajasthan, Jaipur. It has a long history of excellence in education and has produced many successful graduates. The college is currently offering a wide range of undergraduate and postgraduate courses in various disciplines. It is a co-educational institution and is open to students from all backgrounds. The college is located in a beautiful campus and has a well-equipped library, sports ground, and other facilities. It is a proud member of the Association of Women's Universities, India.

**NATIONAL WEBINAR**

**Sophia Girls' College, Ajmer (Autonomous)**  
**National Webinar ON**  
**"Making India a Global Sports Powerhouse"**  
**5<sup>th</sup> and 6<sup>th</sup> January 2021.**  
**3:00pm - 6:00pm**

**Organizing Secretary**  
Dr. Suman Khatwani  
Head, Physical & Sports Education  
Department of Economics

**Contact Details**  
Address: Sophia Girls' College, Ajmer (Autonomous), Ajmer, Rajasthan - 305002  
Phone: 01456-222222  
Email: [sofia@sgcajmer.ac.in](mailto:sofia@sgcajmer.ac.in)

**OUR ESTEEMED SPEAKERS**  
(5<sup>th</sup> & 6<sup>th</sup> January 2021)

**ABOUT THE WEBINAR**

The webinar is a part of the college's efforts to promote sports and physical education among students. It will feature a series of presentations by experts in the field of sports and physical education. The speakers will discuss the importance of sports in education and how it can help students develop a healthy and active lifestyle. The webinar will also provide an opportunity for students to interact with the speakers and ask questions. The webinar is free of charge and is open to all students of the college. It will be held on the 5<sup>th</sup> and 6<sup>th</sup> of January 2021, from 3:00pm to 6:00pm. The webinar will be held in a virtual format and will be accessible to students from anywhere. It is a great opportunity for students to learn from experts and gain valuable insights into the world of sports and physical education.

The Department of Economics and Physical Education of Sophia Girls' College Ajmer Autonomous, organised a two-day National Webinar on " Making India a Global Sports Powerhouse." On 5<sup>th</sup>-6<sup>th</sup> January 2021 from 3 to 6 p.m. Over 1008 participants from all over the country participated via Google Meet and YouTube Live Streaming.

On the first day, The webinar began by Ms. Kumud Khatri the co-convener of the webinar welcoming all the resource persons and participants and presenting the concept note of the webinar.

The inaugural session started by Dr.Sr. Pearl the Principal and Patron of the webinar welcoming the keynote speaker and other esteemed resource persons. This was followed by the keynote address by Shri R.D. Singh Ji India's First Dronacharya awardee coach for para-sports. Sir by his own experience motivated the players and highlighted that the government now is definitely focusing on building Sports Culture in India.

The Speaker of the first Technical session was Shri Shaji Prabhakaran, President of Delhi Football Association and Director of Delhi United SC. Who briefed very extensively about the Dynamic Careers in sports that are not much talked about.

The Speaker of the Second special session was Prof. Neera Verma, Dean Faculty of Social Science Kurushetra, Haryana. Ma'am very passionately addressed on the much debatable topic Can the budget allocation in sports be applauded and by very clearly specifying the difference b/w per capita sports expenditure in China and India proclaimed that definitely the budget allocation in India cannot be applauded at present.

The Speaker of the third technical session was Shri Anil Ramachandran, Associate Professor, Dept. of Physical Education and Sports Sciences Kannur University, Kerala. Sir very keenly addressed on the topic Why Youth Dropout of Sports.

This was followed by the last technical session headed by Shri Bablu Mareek, Yoga Teacher and Fitness Consultant, who addressed the gathering on the topic How to reduce attrition rate in Sports.

The second day of the webinar began with the first technical session by Professor Rajeev Choudhary, Dean Welfare Pt. Ravi Shukla University, Raipur, Chattisgarh. Who delivered a very lucid but relevant talk on the need for developing a Sports Culture in India.

Prof. Jayashree Acharya, Director IQAC,Laxmibai National Institute of Physical education was the second resource person of the day who in a very transparent manner elaborated how toxicity in sports affects athletes mental health and what are its repercussions.

This was followed by the last technical session of today by Shri Rajesh Sobti, director Sports kuk Haryana. A rather interactive and though provoking session, on the need for double goal coaching where the coach not only prepares their ward to win but also teaches them life lessons to keep them motivated throughout their life.

These two days were successful in breaking the shackles of considering sports a not so admired destination.

A renowned Indian athlete, and our proud alumni, Dr. Deepa Malik graced the Valedictory session as the Chief Guest.

Ma'am Malik who is an arjun awardee, khelratna awardee and even the proud receiver of padma shri enthralled the participants by her motivating journey.

She kept the entire crowd captivated till end and proclaimed that if she despite facing so many odds at an unexpectable age conquer so many laurels, anyone by their firm determination and hard work can dream to achieve it for India.

With an enchantment of optimism the Webinar concluded with the thought that India has started moving towards becoming the GLOBAL SPORTS POWERHOUSE.

