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 Dr. K. K. Aadi



**Prof. N. Q. Joshi**  
 Organizing Secretary

State Level Seminar-Cum-Workshop on  
 "Psychological Dimension Of Physical Education & Sports Research"

**BPCAE's College of Physical Education,**  
 Bharatiya Krida Mandir, Nilgaon Cross Road,  
 Sahakar Nagar, Wadala, Mumbai-400 031 (Maharashtra)  
 Tel: 9522-2416 8609 • Fax: 9522-2417 2467 • Mo: 9869 507 224  
 Website - www.bpcapenumber.org • Email: bpcapenumber@gmail.com

**Registration Details**

Last date for Registration : .....10th August 2012  
 Last date for Confirmation of Registration : .....14th August 2012

Delegates / Participants	Without Late Fee	With Late Fee
Faculty (Local) (Out station)	600/- 700/-	800/- 900/-
Student (Local) (Out station)	400/- 500/-	600/- 700/-

The registration fee is to be sent along with registration form.

- Registration fee includes Tea, Lunch and Brunch to all delegates as well as lodging arrangement in the college hostel for OUTSIDE DELEGATES during the seminar.

[Send DD from a nationalized bank in favour of "BPCAE College of Physical Education, Wadala, Mumbai - 31"]

**Correspondence**

Prof. N. Q. Joshi  
 Organizing Secretary,  
 State Level Seminar-Cum-Workshop on "Psychological Dimension Of Physical Education & Sports Research"

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**Programme (tentative) (Two days)**

**25th August 2012**

Time: 10:00 AM - 10:45 AM	- Inauguration
10:45 AM - 11:00 AM	- Tea Break
11:00 AM - 12:30 PM	- Psychological tests in sports
12:35 PM - 1:35 PM	- Lunch Break
1:30 PM - 3:00 PM	- Psychological tests in sports
3:00 PM - 3:25 PM	- Brunch
3:30 PM - 5:00 PM	- Clinical theories association with physical activity
5:00 PM - 6:30 PM	- Practical session for test

**26th August 2012**

Time: 10:00 AM - 11:30 AM	- Psychological Theories
11:35 AM - 01:00 PM	- Various psychological test in Physical Education
1:00 PM - 1:55 PM	- Lunch Break
2:00 PM - 3:30 PM	- Analysis of Psychological test with the help of SPSS
3:35 PM - 3:55 PM	- Brunch
4:00 PM - 5:30 PM	- Practical session for test.
5:30 PM onwards	- Concluding session.



Jointly Organized  
**STATE LEVEL  
 SEMINAR-CUM-WORKSHOP**



On  
**PSYCHOLOGICAL DIMENSION OF  
 PHYSICAL EDUCATION  
 & SPORTS RESEARCH**



Date: August 25-26, 2012



Jointly Organized by  
 Bombay Physical Culture Association's

**College of Physical Education**  
 Nilgaon Cross Road, Wadala, Mumbai - 400 031 (Maharashtra)

Association of Non Government Aided Colleges  
 of Physical Education (Maharashtra)

Affiliated to University of Mumbai, Recognized by the  
 Govt. of Maharashtra & NCTE, NAAC Accredited  
 Website: www.bpcapenumber.org • Email: a4@bpcapenumber.org

**Preamble**

Background of the Seminar-Cum-Workshop may help to understand that researcher's test responses and enhance the value of scores in predicting subsequent behavior-in school, colleges, or work and in other contexts of everyday life. It follows that the test user has increased responsibility in selecting appropriate tests and methods of processing leading to the judiciously in interpreting scores and in communicating and using test results. Because of this consideration this Seminar-Cum-Workshop is designed especially with the goal of providing a foundation for understanding various dimensions of psychology and use of proper test. Effective test use requires some basic familiarity with test construction. Such information is needed in order to evaluate different test, choose tests appropriate for particular purposes and individual examinees, and to interpret scores properly. It was, therefore, thought desirable to organize such a state level seminar-cum-workshop entitled, "Psychological Dimension of Physical Education & Sports Research" especially for the professionals of physical education and sports in Maharashtra with a view to render some practical knowledge.

**About the Institute**

The Bharatiya Physical Culture Association (popularly known as BPCA) is one of the pioneer voluntary organizations rendering invaluable services to humanity for propagating the cultural heritage of India situated in the heart of Mumbai city since its inception. These services encompassed and great emphasis viz., Late Radhakrishnan Krishnaji Shripad Apte, Sampurnanand Mohanrao, Late Manoharprasadrao, J.K. Apte, Shrikrishna Sarwan and Pritoparsadi, and Late B.H. Apte, Narasimha Khatkhatkar had established this Association on 29 June 1925, during British period, with a great vision 'an sports', which means strength for nation building - by empowering youth with physical, mental, intellectual, emotional and social traits imbued with integrity and humanity. In fact, this vision of the institute is based on the universal truth survival of the fittest and true national spirit, mainly for the promotion of the indigenous games and exercise systems. Shrikrishna Khatkhatkar is a campus portrait of its own kind in the country having big stadium and other sports infrastructure specifically designed and created for the promotion of Indian games & sports.

BPCA's College of Physical Education is permanently affiliated to the University of Mumbai, and aided by the government of Maharashtra. It also covers under section 29F and 12B of the UGC act for receiving central assistance. The College is recognized by the NCTE as well for conducting BLED and M.A.Ed. Courses. Presently, the College is conducting various programmes viz., B.B.Ed, M.A.Ed, and Ph.D. as well as certificate courses in Health and Fitness Management, Technical Officials Exams. of games and sports etc. The academic standing of the students has been consistently the best in the University and State. Further, it is a leading institution in the area of Research in Physical Education, Sports & Ergic Sciences in India. About 70% of teaching faculty is engaged in research projects sponsored by U. G. C. Out of the only aided and leading institution of Physical Education in the jurisdiction of the University of Mumbai, which has taken initiative in introducing all the available courses of Physical Education, since its establishment in 1972.

**Objectives of the Seminar-cum-Workshop**

- a. To show the current status of various dimension of psychology with reference to research in Physical Education and sports.
- b. To provide appropriate use of psychological interventions and data for testing, analyzing, interpreting and discussion as well.
- c. To improve the quality of research in sports psychology as well as Physical education and sports sciences.
- d. To help introduce concern professionals to sports psychology and its application.

**Venue of the Seminar**

The Seminar-Cum-Workshop will be held in the campus of the college. Situated in the most populous city in India, Mumbai, which was previously formerly known as Bombay is a major metropolitan city of India. It is the state capital of Maharashtra.

**Who can attend?**

- Students of Physical Education (M. B Ed., M. Phil., Ph. D.)
- Teachers & Directors of Physical Education
- Faculties of Sports Psychology disciplines
- Scientists/Researchers in the field of Physical Education and Sports Psychology

**Why this Workshop?**

Performance and psychology are intertwined. Sports bring about changes in the behavior and attitudes of individuals through physical activities and competitiveness. Principles of psychology can also help in charting out the contents of sports training for improved performance and providing information to trainers and coaches. About the mental state of sportsperson at their various stages of growth and development. In competitive sports, need to excel is a natural death. Sports psychology tries to help the athletes in such a way that they are able to realize their inner potential, regulate their behaviors before, during or after the competition and strive for higher levels of achievement in games and sports. There is no doubt that psychology as applied to sports can make a significant contribution to performance enhancement. Thus, a proper understanding of sports psychology would be very helpful in optimizing performance of the sportspersons in various sports competitions.

The popularity of sports and exercise psychology as a subject of study continues to grow. It attracts those who want to work in the expanding sports, leisure and health industries, whether in relation to the performance enhancement of competitors or one end of the continuum or to promoting exercise and healthy lifestyles in the population generally. To a health psychologist it may be defined as the psychology of physical activity in general & to a clinical psychologist it may mean particular therapeutic the interventions associated with physical activity. To a sports and exercise psychologist the term may describe a sub discipline of psychology that applies psychological theories and methods to an understanding of physical exercise in general and competitive sport in particular. Therefore, sports psychologist must keep current with the literature to be effective in their diagnosis and prescription.

However, the primary purpose is to help coaches and sports participants alike reach a higher, more sophisticated level of expertise, and thus make the sports experience satisfying and successful.

Here this seminar-cum-workshop "Dimension of Psychology" is very important role because the modern psychology is a relatively young discipline. The discipline was gradually exported to other parts of the world. Since any knowledge system grows in a socio-historical setting, the ways in which psychology was institutionalized, both as a body of knowledge and as a set of practices, shaped the discipline in different parts of the world. Therefore, played a significant role in the structuring of the discipline. Thus, this seminar-cum-workshop seems to be useful not only for the research professionals in education and sports but also for the common people too. Thus, considering the need to study the Psychological dimension in the state of Maharashtra we are glad to announce State level Seminar-cum- Workshop on "Psychological Dimension of Physical Education & Sports Research"

Objective behind this proposed workshop is to enrich the quality of research and to acquaint the participants about various testing techniques and data analysis in solving various of research problems providing a platform to present their research work. It has been observed that the researcher develops a good research problem based on his abstract thought. This workshop would facilitate the participants to know the effective use of research tool, equipment in framing and analyzing their research problems.

**Aim of State level seminar-cum-workshop**

- To access an opportunity to exchange ideas among practitioners, academicians, physical educationists, sports scientists and research scholars for improve the knowledge and understanding of those who construct tests and challenges in "various psychological dimension" as required for physical education and sports research.
- To learn about the about the right kind of parenting, ways of motivating people, modes of effective training, reducing and managing stress, enhancing the quality of life, and helping mentally troubled people.
- Researcher using the scientific method, a system for reducing bias and error in the measurement of data.
- To help coaches and sport participants alike reach a higher, more sophisticated level of expertise, and thus, make the sport experience a more satisfying and successful one.
- To render such facilities to our researchers in the state and help to prepare them as trained professionals who can discuss the issues and interpret the research findings as experts, in due course of time, in the field of physical education and sports research.

**REGISTRATION FORM**

State level Seminar-cum- Workshop on  
"Psychological Dimension Of Physical Education & Sports Research"

Jointly Organized by

BPCA's College of Physical Education,  
Bharatiya Krishi Mandir, Neigraon Cross Road,  
Sahakar Nagar, Wadala, Mumbai-400 031 (INDIA)  
&  
Association of Non Government Aided Colleges of  
Physical Education (Maharashtra)

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Institute / Organization: \_\_\_\_\_

Phone : (C) \_\_\_\_\_ (Res) \_\_\_\_\_

(H) \_\_\_\_\_ Email: \_\_\_\_\_

Registration details: Put tick mark (✓) in the appropriate box.

Delegate (Local)  Delegate (Outstation)  Student (Local)  Student (Outstation)

**DD Details:**

Amount Rs: \_\_\_\_\_ DD No. \_\_\_\_\_

Date: \_\_\_\_\_

Name of the Bank: \_\_\_\_\_

Branch: \_\_\_\_\_

Floor: \_\_\_\_\_

Date: \_\_\_\_\_

Signature

N.B. - The completed registration form in the prescribed format must reach the Seminar-Cum-Workshop, organizing secretary on or before 10th August 2012, on the above mentioned address.