



Public Outreach Lecture

Organized by
Public Outreach Center

&

School of Studies in Physical Education
Pt. Ravishankar Shukla University, Raipur
25th April, 2019



Resource Person

Dr. Manika Debnath
Professor (Retd.), LNIPE, Gwalior

About the Lecture

Dr. Manika Debnath delivered a talk under “Public Outreach Lecture” on 25/04/19. Honorable Vice Chancellor Prof. Keshari Lal Verma, Prof. Reeta Venugopal, Prof. Rajeev Choudhary, Prof. C.D. Aghase and Dr. Ravindra Kumar Mishra were present during the inauguration. Honorable Vice Chancellor Prof. Keshari Lal Verma interacted with students, research scholars and teachers. Dr. Manika Debnath gave a lecture on “**Rejuvenation through Aerobics**”. Students, research scholar and teachers of university were highly benefited by the lecture. The lecture was very fructiferous.

Schedule

Date	Title of Lecture Delivered	Time
25-04-19	“Rejuvenation through Aerobics”	1:00 pm

About School of Studies in Physical Education

School of Studies in Physical education was established in the year 1972. Since its inception, School of Studies in Physical Education is continuously thriving to produce trained physical education personnel. Physical Education curriculum consists of theoretically and practically program for Physical Education teachers it also provides opportunity for students to serve in the allied areas related to health and fitness.

Glimpses of Public Outreach Lecture



Arrival of honorable Vice Chancellor Prof. K.L.Verma and resource person Prof. Manika Debnath



During Inaugural Function



Lecture by Prof. Manika Debnath



Honorable Vice Chancellor Prof. K.L.Verma and participants

About Dr. Manika Debnath

- Educational Qualifications : Diploma in Sports Coaching, Master of Arts in Sociology, Master of Physical Education, Advanced Post Graduation Diploma in Rhythmic Gymnastics and Aerobic Dance Fitness, Ph.D. in Physical Education, Diploma in Naturopathy & Yoga, Primary Group Exercise Certification.
- Specializations : Artistic Gymnastics, Rhythmic Gymnastics, Badminton.
- Experiences
1. Experience of teaching First Aid, Safety Education to the under-graduate students of LNIPE, Gwalior for 5 years.
 2. Experience of teaching Health Education to the under-graduate students of LNIPE, Gwalior since last 15 years.
 3. Experience of teaching Health Education to the Post Graduate students of LNIPE, Gwalior since last 10 years.
 4. Acted as a resource person for five years in the Lal Bahadur Shastri Academy of Administration.
 5. Trained for several years who participated in All India Inter-University competitions.
- Conferences/ Symposia/ Seminars/ Workshops attended
1. Presented research paper on “**psychological profile of National Women Gymnastics**” in second National Conference on physical education and sports sciences, February, 22-24, 1986 at Patiala.
 2. Presented paper in the International seminar at Poland in December, 1996 on “**Role of Games and sports in physical Fitness and personality Development for women**”.
 3. Presented paper in the symposium on stress management (sports medicine) on 23rd December, 1999 at LNIPE, Gwalior.
 4. Attended world fitness convention 2000 at Anaheim, California.
- Publications
1. Published a book titled “**Health, Aerobic and beauty**”.
 2. Published a book titled “**Basic Core Fitness through Yoga and Naturopathy**”.