

Orientation Program on “Enhancing Psychological Strength and Sports Performance among Sportspersons” - A Brief Report

On 13th February, 2023, the Department of Applied Psychology, Rajiv Gandhi National Institute of Youth Development conducted an orientation program on “enhancing psychological strengths and performance of sportspersons” on 13th February 2023. The program was held at Seminar Hall, New Academic Block, RGNIYD.



The event was hosted by Ms. Deima, first year student, the Department of Applied Psychology. The honourable Director of RGNIYD, Prof. Sibnath Deb, Dr. Shilpa Bisen, Dr. Suresh Sundaram, Dr. Subhasis Bhadra, Dr. Shyam Sundar Rath and Dr. Arijit Chakraborty were invited on the dias for the Inaugural Session.



The welcome address was given by Dr. Shilpa Bisen, Assistant Professor & Head of the Department. She spoke about objectives and expected outcome of the program. She has given warm welcome to the chief guest and the participants.



Professor Sibnath Deb, Director, RGNIYD gave inaugural address where he talked about the importance of sports in day to day life and how this training program will be effective in increasing sports performance of the participants.



The first session was effectively handled by Dr. Subhasis Bhadra, Associate Professor & Head of the Department of Sports Psychology, Central University of Rajasthan. The topic of the session was mental health and sports among youth. He covered the topics which include the importance of sports or exercises in our daily life and how exercise or sports impact our both physical and mental health. He also included the challenges faced by the adolescence which even include depression and anxiety. He conducted small activities that engaged all the participants. The activities include pushing the partner sitting next to you, standing up when the letters of your name are being called, pinching your partner and massaging the place where it is paining and snatching pen activity. He mentioned about famous sports personalities like Arunima Sinha and Rahul Dravid. In also gave an activity to some people in which they were paired up and one was driver while the other one was car. They should drive with having one a blindfold. He concluded his session by explaining the spectrum of empathy that consisted of pity, sympathy, empathy and compassion. It was really an interesting session which boosted our energy levels. The participants were dispersed for the refreshments by 12:30 P.M.



The second session was handled by Dr. Shyam Sundar Rath, Associate Professor & Head of Department of Sports Psychology, National Sports University, Manipur. The topic of the session was psychological skills to boost sports performance. He started his session by making the participants to do some of the breathing techniques followed by discussing the important aspects of psychological skills training and things that affect the confidence of the athletes. He concluded by inviting all of us to National Sports University.



The final session was led by Dr. Arijit Chakraborty, Assistant Professor, Department of Sports Physiology and Nutrition, National Sports University, Manipur. His topic was nutritional and physiological aspects of enhancing sports performance in athletes. His session included topics like training to improve maximal aerobic capacity, lactate threshold, psychophysiology and body composition analyser (BCA). He concluded with the topic of recovery which included segments like hydration, nutrition, sleep, meditation and mobility. The program came to an end by valedictory session followed by refreshments.

