

**CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**  
**(DEEMED TO BE UNIVERSITY)**

**Orientation Programme for School Internship: Resource Talk on “Importance of Sports for Teachers & How to Organize Sports in Schools”**

**Date:** 8 August 2024

**Organised by:** Centre for Teacher Education (CTE), CIHTS, Sarnath

As part of the structured Orientation Programme for School Internship, the Centre for Teacher Education (CTE), Central Institute of Higher Tibetan Studies (CIHTS), Sarnath, conducted its fourth resource talk on 8 August 2024. The session was organised under the overall supervision of Prof. Umesh Chandra Singh, Coordinator, CTE, with support from Dr. Jampa Thupten, Academic Coordinator, and coordinated by Dr. Anil Kumar Gupta. This lecture was specifically designed for B.Ed. 2nd-year and B.A. B.Ed. 4th-year student-teachers, focusing on the often-underestimated but essential dimension of educational practice—sports and physical education.

The resource person for the session was Prof. B. C. Kapri, Senior Professor and Secretary, University Sports Board, Banaras Hindu University (BHU). With extensive expertise in sports education, physical fitness, and child development, Prof. Kapri delivered an engaging and enlightening lecture titled “Importance of Sports for Teachers & How to Organize Sports in Schools.”

Prof. Kapri began by explaining that sports are not merely extracurricular activities but integral components of holistic education. He noted that physical activity enhances students’ concentration, emotional stability, social bonding, and overall well-being. By integrating sports into school life, teachers contribute significantly to students’ personality development, health awareness, and self-discipline.

A major part of the lecture emphasised the role of teachers in promoting physical literacy—the ability, confidence, and desire to be physically active for life. Prof. Kapri stressed that teachers across disciplines must appreciate the educational value of sports, whether or not they teach physical education. He described how sports help develop essential 21st-century skills such as teamwork, leadership, resilience, time management, and problem-solving.

The resource person then provided detailed insights into organising sports activities in schools. He explained the steps involved in planning sports events, preparing schedules, allocating responsibilities, ensuring safety guidelines, and encouraging maximum student participation. He also highlighted the importance of age-appropriate activities, inclusive sports strategies, and sensitivity towards children with different abilities and fitness levels.

Prof. Kapri offered practical examples of how teachers can integrate sports into daily school culture through morning physical drills, weekend sports clubs, inter-house competitions, and annual sports meets. He emphasized that well-organized sports activities foster school spirit, student engagement, and community collaboration.

Another important part of the lecture focused on the health and well-being of teachers themselves. Prof. Kapri reminded the trainees that educators serve as role models, and maintaining their own physical fitness promotes credibility and inspires students. He encouraged the use of simple routines and mindful practices to support physical and mental health during demanding teaching schedules.

Throughout the session, Prof. Kapri's presentation remained highly interactive. He engaged students through discussions, shared personal experiences from his long association with university sports, and addressed common misconceptions about physical education in school systems.



The question–answer segment allowed student-teachers to seek guidance on conducting sports events, motivating reluctant students, balancing competitive spirit with inclusivity, and ensuring safety during activities. The responses provided practical solutions rooted in real school environments.

The session concluded with an expression of gratitude to the resource person. The participants shared that the lecture expanded their understanding of the holistic purpose of education and instilled confidence in integrating sports meaningfully into school life. Through this enriching session, CTE, CIHTS reaffirmed its commitment to shaping educators who promote physical, emotional, and social well-being alongside academic excellence.


*(This report is prepared by Dr Dipti Agrawal, Assistant professor of English, CTE, CIHTS)*

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