



M. R. Desai Arts and E. E. Laher Kosadiya Commerce College, Chikhli, Navsari, - 396521
Managed by Vimal Uchcharat Kelavani Trust, Chikhli. Affiliated to VNSGUI, Surat.

Re Accredited 'B +'(2.75) Grade by NAAC. College Approved under section 2 (f) of the UGC Act.

Email: chikhlicollege@yahoo.com

Seminar on Life and Times of Dhyanchand on occasion of National Sports Day



Co Ordinater Dr J S Naik

Aims and Objectives of the Seminar

Aims:

- To commemorate National Sports Day by celebrating the life and achievements of Major Dhyan Chand, one of India's greatest hockey players.
- To inspire students through the exemplary sportsmanship and dedication of Dhyan Chand.
- To promote the importance of sports and physical activity in daily life.

Objectives:

- To provide an in-depth understanding of Dhyan Chand's contributions to Indian hockey.
- To discuss the values of discipline, hard work, and perseverance exemplified by Dhyan Chand.
- To encourage students to take up sports and develop a holistic approach to education.
- To highlight the significance of National Sports Day in promoting sports culture in India.

Outcomes

By the end of the seminar, participants gained:

- comprehensive knowledge of Dhyan Chand's life, his career, and his impact on Indian sports.
- Were inspired by the principles and values demonstrated by Dhyan Chand in his sports career.
- Recognize the importance of sports and physical activities in fostering teamwork, leadership, and discipline.
- Were motivated to participate in sports and incorporate physical activity into their daily routines.

Highlights of the Seminar

1. Inaugural Session

- **Speaker:** Shri Hemantbhai Dhimmarr
- **Topic:** "Dhyan Chand: The Legend of Indian Hockey"
- **Highlights:** Speaker provided an overview of Dhyan Chand's early life, his rise in hockey, and his significant achievements, including his three Olympic gold medals. He also discussed Dhyan Chand's influence on hockey globally.

2. Discussion

- **Topic:** "Lessons from Dhyan Chand's Career: Discipline, Hard Work, and Excellence"
- **Highlights:** The panelists shared insights into Dhyan Chand's training regimen, his approach to the game, and how his legacy can inspire current and future generations of athletes. They also discussed the psychological aspects of sports and the importance of mental toughness.

3. Interactive Session

- **Activity:** Q&A with Students
- **Highlights:** Students actively participated, asking questions about Dhyan Chand's techniques, his most memorable matches, and how to balance sports and academics. The session was highly engaging and informative.

4. Documentary Screening

- **Title:** "Dhyan Chand: The Wizard of Hockey"
- **Highlights:** The documentary provided a visual journey through Dhyan Chand's life, showcasing his remarkable skills, memorable matches, and his lasting impact on the world of hockey.

5. Sports Motivation

Speaker: Dr Patel Sports Teacher & Fitness Coach

- **Highlights:** The workshop emphasized the importance of physical fitness, regular training, and maintaining a healthy lifestyle. Mr. Desai demonstrated basic fitness routines and discussed how students can incorporate physical activities into their daily lives.
-

Number of Participants and Coordinator

- **Number of Participants:** 53 students and faculty members
 - **Coordinator:** Dr J S Naik, Head of the Physical Education Department
-

Impact on Students

The seminar had a significant impact on the students by:

- **Inspiring Aspiration:** Students were deeply inspired by Dhyan Chand's dedication and achievements, motivating them to pursue sports with greater enthusiasm.
 - **Enhanced Awareness:** The sessions provided valuable insights into the importance of sports, both for personal development and for building a sense of national pride.
 - **Encouraged Participation:** The discussions and workshops encouraged students to actively participate in sports and to consider sports as a vital part of their holistic education.
 - **Inculcating Values:** The values of discipline, perseverance, and hard work emphasized throughout the seminar resonated with the students, fostering a more focused and determined attitude towards their goals.
-

Summing Up

The one-day seminar on the Life and Times of Dhyan Chand was a fitting tribute to one of India's greatest sports icons. Held on the occasion of National Sports Day, the seminar successfully highlighted the importance of sports in building character and fostering a spirit of excellence. The inspiring talks, engaging discussions, and interactive sessions left a lasting impression on the participants, encouraging them to pursue their passions with dedication and to embody the values exemplified by Dhyan Chand in their own lives. We look forward to organizing similar events in the future to continue promoting the importance of sports and physical well-being among our students.

