



**Bharati Vidyapeeth**  
(Deemed to be University), Pune (India)  
Founder Chancellor : **Dr. Patangrao Kadam**



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of the European Union



Sport and Physical Education as a vehicle for Inclusion and  
Recognition in India, Indonesia and Sri Lanka (SPIRIT)

co-funded by Erasmus+ Programme of the European Union.

Ref. No. - 617779-EPP-1-2020-1-IN-EPPKA2-CBHE-JP-International Capacity Building





## SPIRIT PROJECT

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- **Inaugural Training Program** Unveils Collaborative Learning in Spain
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- **Fourth Training Program** Enhances Expertise in Cyprus
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- **International Conference** by ISBR Bangalore: A Spirit Project Partner
- **International Sports unite: A Multidisciplinary Conference**



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## PROJECT DETAILS

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**Project Title:** Capacity Building Project in Higher Education (CBHE)

**TITLE: SPIRIT (SPORT & PHYSICAL EDUCATION AS A VEHICLE FOR INCLUSION AND RECOGNITION IN INDIA, INDONESIA, AND SRI LANKA)**

**Project Code:** 617779-EPP-1-2020-1-IN-EPPKA2-CBHE-JP

**Date of Commencement:** August 2020

**Overall Tenure of the Project:** 36 Months/3 years

**Total Cost/Funding of Project in Euro:** €984,754

**Total Cost/Funding of Project in Rupees:** ₹83,704,090

**Funding Agency:** EACEA, Brussels

### PROJECT PARTICIPANT COUNTRIES:

- Cyprus
- India
- Indonesia
- Portugal
- Spain
- Sri Lanka



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## PROJECT PARTNERS:

- Lovely Professional University, India (Coordinator)
- International School of Business & Research (BANGALORE EDUCATION TRUST), India
- Bharati Vidyapeeth (Deemed to be University), India
- Institut Pertanian Bogor, Indonesia
- Syiah Kuala University, Indonesia
- Universitas Sumatera Utara, Indonesia
- The Sabaragamuwa University, Sri Lanka
- University Of Peradeniya, Sri Lanka
- Universitat Politecnica De Valencia, Spain
- Univesidade De Lisboa, Portugal
- University of Nicosia, Cyprus

## BENEFICIARY COUNTRIES:

<b>EU:</b>	Universitat Politecnica De Valencia, Spain University of Nicosia, Cyprus University De Lisboa, Portugal
<b>India:</b>	Bharati Vidyapeeth (Deemed to be University), Pune ISBR, Bangalore LPU, Pagwara, Punjab
<b>Sri Lanka:</b>	The Sabargamuwa University University of Peradeniya
<b>Indonesia:</b>	IPB Bogor Syiah Kuala University Universitas Sumatera Utara



## AIM OF THE PROJECT:

1. Exchange best practices between EU and Asian institutions in the area of inclusive education through sport.
2. Develop a multidisciplinary approach in sport and health sciences in line with Bologna standards, promoting inclusive education and correct nutrition through modular courses, lifelong learning programs (online), and sport events.
3. Enhance soft skills (e.g., respect, team spirit, collaboration) of Asian students through informal learning activities.
4. Build the capacity of Asian partner educational institutions to effectively manage volunteering student clubs that organize events in local communities promoting inclusion through sport and healthy lifestyles.
5. Create a regional community of practice and network of sport as a vehicle for inclusive education.

## PROJECT OBJECTIVES:

1. **Identifying Best Practices**
  - To collect the EU and Asian best practices in inclusive practice using sport as a medium.
2. **Course Development & Training**
  - To develop a curriculum and training program for teachers that enhances inclusion, diversity, tolerance, and healthy lifestyles and nutrition.
3. **Lifelong Learning**
  - To develop lifelong learning (LLL) programs for trainers, coaches, sports clubs, and local communities.
4. **Sports Club Creation**
  - To create sport club units within each higher education institution (HEI) that promote inclusion through student sport activities and volunteerism.
5. **Awareness Activities**
  - To raise awareness of the activities in the project as a model for enhancing inclusive education and healthy lifestyles among local society and students.
6. **Sports Practice and Network**
  - To create local communities of practice and network of sports as a vehicle for inclusive education.
7. **Inclusive University Guideline**
  - To develop guidelines for inclusive universities in India, Indonesia, and Sri Lanka.



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## ACTIVITIES CARRIED OUT UNDER PROJECT

- **ONLINE MOU SIGNING CEREMONY AND MEETING WITH EU-SPIRIT PARTNERS: A VIRTUAL INAUGURATION**



In a pioneering move, Bharati Vidyapeeth (Deemed to be University) (BVDU) successfully launched its collaboration with EU-SPIRIT partners through an online Memorandum of Understanding (MOU) signing ceremony and inaugural meeting on February 1, 2021.

Given the global challenges posed by the ongoing pandemic, the university adapted to the virtual landscape, replacing face-to-face interactions with an innovative and efficient online format. The kick-off and signing ceremony marked the commencement of a promising collaboration, setting the stage for a series of subsequent virtual meetings.

The inaugural meeting on February 2, 2021, witnessed our bidding partner, Lovely Professional University (LPU), hosting a virtual signing of the partnership agreement. A highlight of the event was the presence of Mr. Eugenio, our Erasmus + desk officer, who joined us in celebrating this significant milestone.

### **Event Details:**

**Date and Time: 1st February 2021, from 3 pm to 5 pm**

**2nd February 2021, from 3 pm to 4:45 pm**

Despite the physical distance, the online platform facilitated meaningful discussions, collaboration, and the formalization of partnerships. BVDU remains committed to leveraging technology to foster global connections and advance academic cooperation. Stay tuned for further updates on this exciting venture as we navigate the virtual landscape together with our EU-SPIRIT partners.



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## ACTIVITIES CARRIED OUT UNDER PROJECT

### ▪ VIRTUAL STUDY VISITS: EUROPEAN PARTNERS LEAD TEACHER TRAINING

Bharati Vidyapeeth (Deemed to be University) (BVDU) embarked on a virtual journey of enriching teacher training through collaborative efforts with three esteemed European partners. The University of Nicosia, Cyprus; Universitat Politècnica de València (UPV), Spain; and Universidade de Lisboa (UL), Portugal, took charge as responsible leaders in this transformative initiative.

The carefully structured training program unfolded over two days each week, with European experts taking turns to deliver theoretical modules and engaging workshop activities. This innovative approach ensured a comprehensive learning experience for the participating teachers.

In response to the challenges posed by the ongoing COVID-19 pandemic, the study visits transitioned seamlessly into the virtual realm. Each European university showcased its curriculum, teaching methodologies, state-of-the-art labs, active participation strategies, student engagement initiatives, and outreach activities.

#### Event Details:

- **Training Program Schedule: 18th October 2021 to 2nd February 2022**

Despite the physical distances, this virtual study visit fostered cross-cultural exchanges and facilitated a dynamic exploration of teaching practices. BVDU remains committed to embracing technology for educational collaboration, creating a global community of educators dedicated to advancing learning methodologies. Stay tuned for more updates on our virtual academic initiatives and collaborative ventures.



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# ACTIVITIES CARRIED OUT UNDER PROJECT

- SPIRIT INTERNATIONAL CONFERENCE 2021 EXPLORES LONG-TERM EFFECTS OF COVID-19 PANDEMIC ON PREVENTING NON-COMMUNICABLE DISEASES

The poster features the SPIRIT ERASMUS+ logo in the center, which depicts three stylized figures holding up a large blue tree-like structure of circles, all under a blue arc with yellow stars. To the left, a blue curved banner contains the text: "Long-term effects of the covid 19 pandemic: Preventing non communicable diseases through increased physical activity and improved nutrition." The top left corner has the text "SPIRIT International Conference". The top center includes the European Union flag and the text "Co-funded by the Erasmus+ Programme of the European Union". The top right corner displays a grid of logos for various partner institutions. The bottom right corner features the text "Medicus Nur Farmen Easy Way for Your Conference" next to a small circular logo.





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**FINAL ANNOUNCEMENT**  
**SPIRiT International Conference**

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**Scopus\***

Long-term effects of the covid-19 pandemics: Preventing non-communicable diseases through increased physical activity and improved nutrition.

October 8<sup>th</sup> - 9<sup>th</sup>, 2021  
9 AM - 5 PM WIB, Indonesia Times

Conference will be conducted via **Zoom**

**OPENING REMARKS**  
Dr. Muryanto Amin, S.Sos., M.Si  
(Rector of Universitas Sumatera Utara)

**Keynote Speaker :**

**SPECIAL GUEST**  
Nicolas Verheest  
(Physiotherapist & Marathon Runner)

**Opening Remarks:**  
Kyrillos E. Georgiou, University of Nicosia  
Ivan Salazar, Universitat Politècnica De Valencia  
Prof. Dr. dr. Dina Kusuma Sari M.Giati, Sp.OK, Universitas Sumatera Utara  
Dr. dr. Mira Dewi, MSI, Institut Pertanian Bogor  
Dr. dr. Yetty Machrina, M.Kes., AIFO-K, Sp.KKLP, Universitas Sumatera Utara  
Prof. Dr. Hizir Sofyan, Universitas Syiah Kuala  
R. Rizky Susanda Prawadilaga, dr., M.Kes., Ph.D, PP PDGMI  
Dr. Fadli Hamzah, Changi General Hospital

**Special Guest:**  
Prof. Dr. Noorzaid Muhamad (PhD), Universiti Kuala Lumpur, Royal College of Medicine Perak  
Dr. Suresh Mani, Department of Physiotherapy, Lovely Professional University  
Dr. Raghuram V. MD, Trichy SRM Medical College Hospital & Research  
Prof. Dr. Kiril Mishajan, Bharati Vidyapeeth Deemed University, Pune  
Prof. Dr. Gaurav Pant, Bharati Vidyapeeth Deemed University, Pune  
Ms. T.S. Harshani Perera, Sabaragamuwa University of Sri Lanka  
Ms. T.P. Liyanage, Sabaragamuwa University of Sri Lanka  
Dr. Asela J B Rethnayake, University of Peradeniya - Peradeniya - Sri Lanka (Faculty of Medicine)

**Physical Activity & Sport**

- Long term effect in Covid-19 related to sport, physical activity and nutrition intake
- Physical activity in pandemic era, its relationship with NCDs
- How to achieve good performance of Athlete in Pandemic Era
- Sport management to improve the sport quality

**Nutrition in Sport**

- The importance of Nutrition in Sport to achieve Maximum Performance of athlete.
- Nutrients in sport
- Impact of Nutrition in Covid-19 pandemic

**General Health & Medicine**

- Selected papers will be published in *Indonesian Journal of Sport Science (IJSS)*, *Journal of Health and Physical Education (JHPE)*, *Journal of Physical Education and Sport Science (JPES)*, *Journal of Health and Physical Education (JHPE)*, *Journal of Health and Physical Education (JHPE)*, *Journal of Health and Physical Education (JHPE)*

**Registration Fee**

Attendee : Free  
Oral Presentation : 100.000 IDR  
The Publication Fee will be informed Later

**Important dates:**

- Septic mbice 25th, 2021 Abstract and full paper submission deadline
- Septic mbice 30th, 2021 Notification of acceptance
- October 8th-9th, 2021 Conference day

**CONTACT US**

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https://oc.usu.ac.id/SIC

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## ■ SPIRIT INTERNATIONAL CONFERENCE 2021 EXPLORES LONG-TERM EFFECTS OF COVID-19 PANDEMIC ON PREVENTING NON-COMMUNICABLE DISEASES

Bharati Vidyapeeth (Deemed to be University) (BVDU) is thrilled to share insights from the **SPIRIT International Conference 2021**, which delved into the long-term effects of the COVID-19 pandemic and its impact on preventing non-communicable diseases through increased physical activity and improved nutrition.

Hosted virtually by Universitas Sumatera Utara, Indonesia, the conference brought together three prominent universities: Universitas Sumatera Utara, Institut Pertanian Bogor, and Universitas Syah Kuala. The central theme focused on the pivotal role of sports, physical education, and nutrition in averting non-communicable diseases, especially considering the recent global crisis and its impact on young individuals.

Recognizing the emerging importance of sports and physical education in Asian universities, the conference addressed the challenges posed by the pandemic,



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shedding light on the significance of integrating sports and nutrition education into the curriculum structure. Prof. Dr. Kirti Mahajan, serving as a distinguished speaker, delivered a presentation on "The impact of Covid-19 on young people's Psycho-social health in India."

#### **Event Details:**

- **Topic: Long-Term Effects of the COVID-19 Pandemic - Preventing Non-Communicable Diseases through Increased Physical Activity and Improved Nutrition**
- **Date & Time: October 8-9th, 2021**
- Time: 08:00 AM Indonesian Time

This collaborative platform served as a dynamic arena for academic discourse, fostering a deeper understanding of the multifaceted impact of the pandemic on psycho-social health and strategies to mitigate non-communicable diseases. Stay tuned for more updates on BVDU's active engagement in global conferences and impactful initiatives.



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## ACTIVITIES CARRIED OUT UNDER PROJECT

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### ▪ FINANCIAL MANAGEMENT WORKSHOP: VIRTUAL SESSION ON SPIRIT PROJECT

Bharati Vidyapeeth (Deemed to be University) (BVDU) is excited to share details about the upcoming **Financial Management Workshop**, presented in collaboration with Lovely Professional University (LPU), Punjab.

#### Event Details:

- **Organized by:** LPU, Punjab
- **Date:** March 4th, 2022, and March 11th, 2022
- **Time:** 2:30 pm - 4:30 pm

This virtual workshop aims to provide valuable insights into financial management strategies within the context of the SPIRIT PROJECT. Participants can anticipate a comprehensive exploration of financial principles and practices relevant to the project's goals.

Stay connected for more updates on this engaging workshop, as we continue to enhance knowledge and expertise in financial management for collaborative projects.



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# ACTIVITIES CARRIED OUT UNDER PROJECT

## ▪ SPIRIT – 2022: ENGAGE IN A WEBINAR SERIES ON ‘SPORT INJURY PREVENTION AND MANAGEMENT’

The poster for the SPIRIT - 2022 webinar series features the following content:

- Header:** SPIRIT - 2022 webinar series on SPORTS INJURY PREVENTION AND MANAGEMENT. Logos for Lovely Professional University and SPIRIT ERASMUS+ are included.
- Our Speakers:**
  - Dr. Duppala Sateesh Kumar:** Sports Authority of India, NCOE, Alleppey. Topic: Role of Sports Physiotherapist in Water Sports (Rowing, Canoeing & Kayaking). Date: 26<sup>th</sup> February 2022, 5:00 PM.
  - Dr. Bhanu Uday Shandilya:** Sports Authority of India, NCOE, Bhopal. Topic: Sports Injury Prevention and Recent Updates. Date: 5<sup>th</sup> March 2022, 5:00 PM.
  - Dr. Vivek Swaroop:** Department of Physiotherapy, LPU, Phagwara. Topic: Role & Reviews of Physical Activity in Community. Date: 12<sup>th</sup> March 2022, 5:00 PM.
- Registration:** For registration click the link or scan: <https://tinyurl.com/SPIRIT-WS-2022>. A QR code is provided.
- Streaming:** Webinar will be streamed via YouTube Live at <https://tinyurl.com/SPIRIT-Webinar-LPU>.
- Certificates:** E-certificates will be provided only to the registered participants who has attended all three webinars upon submission of the post-webinar feedback form.
- Contact:** For more details contact: Dr. Vivek: +91 98273 78326, Dr. Amber: +91 78377 08195. Visit us at: [www.spirit-eu.org](http://www.spirit-eu.org).
- Footer:** Logos of partner institutions including ISBR, IPB University, Universitat Politècnica de València, and Edulab.

Bharati Vidyapeeth (Deemed to be University) (BVDU) is delighted to announce the **SPIRIT – 2022** Webinar Series, focusing on 'Sport Injury Prevention and Management.' This insightful series is organized by Lovely Professional University (LPU), Punjab, and promises to be a valuable resource for sports enthusiasts, professionals, and healthcare practitioners alike.

**Event Details: Organized by:** LPU, Punjab

### Webinar Dates and Times:

- February 28, 2022, at 5 pm
- March 5, 2022, at 5 pm
- March 12, 2022, at 5 pm

The webinar series will delve into crucial aspects of sport injury prevention and management, offering participants the opportunity to gain knowledge from experts in the field. Whether you are an athlete, coach, or healthcare professional, this series is designed to enhance your understanding of strategies and practices to prevent and manage sports-related injuries.

Join us for an enriching experience on the specified dates at 5 pm. Stay tuned for more updates on this educational initiative as we foster a culture of knowledge-sharing and expertise in the realm of sports injury prevention and management.



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# ACTIVITIES CARRIED OUT UNDER PROJECT

- INTERNATIONAL PANEL DISCUSSION EXPLORES THE HEALING POWER OF SPORTS AND PHYSICAL ACTIVITY

**BHARATI VIDYAPEETH (Deemed to be University)**  
Pune (India)  
Accredited with 'A+' Grade (2017) by NAAC  
Category - 1 University Status by UGC  
"Social Transformation Through Dynamic Education"

**MENTORS**

DR. SHIVAJI KADAM (CHANCELLOR, BVDU)  
DR. M. M. SALUNKHE (VICE CHANCELLOR, BVDU)  
DR. VISHVAJIT KADAM (SECRETARY, BVDU)

**DR. PATANGRAO KADAM**  
FOUNDER  
BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)

**SPORTS AND PHYSICAL ACTIVITY IS A MEDICINE FOR NON-COMMUNICABLE DISEASES**

**1<sup>st</sup> Panel Discussion on**  
"Role of Sports Nutrition & Exercise in Non-Communicable Diseases"  
TIME: 11:00 am- 12:30 pm

Opening Note Speaker: Dr. Manikao Salunkhe  
Keynote Speaker: Dr. S. K. Patel  
Moderator: Dr. Kirti Mahajan  
Panelist: Lt. Colonel (Dr.) S. S. Rao  
Panelist: Dr. Geetanjali Bhise  
Panelist: Dr. Sachin Lakade  
Panelist: Dr. Neta J. Jadhav

**2<sup>nd</sup> Panel Discussion on**  
"Inclusion of Physical Literacy and Physical Education in School and College Curriculum"  
TIME: 1:00 pm- 2:30 pm

Opening Note Speaker: Ms. Pulela Gopchand  
Keynote Speaker: Mr. Nigel Green  
Panelist: Dr. K. K. Sahu  
Panelist: Mr. Anil Malik  
Panelist: Mr. Ashish Rawal  
Moderator: Dr. Gaurav Patil

Inadequate lifestyle and non-physical activities raise the risk of many Non-Communicable Diseases & apparently natural / physical human capabilities decreases rapidly. Hence, we chose the apt discussion topic - 'Sports and Physical Activity is a Medicine for Non-Communicable Diseases'. As we believe 'Our Health is Nation's Wealth'

**DATE: Jan 22, 2022**

zoom  
Join Zoom Meeting  
https://zoom.us/j/9177086811?pwd=...  
Meeting ID: 9177 0868 11  
Meeting C. 00 11 91 6000  
Insecure

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ISBR, Edukit, IPE University, U, etc.

Bharati Vidyapeeth (Deemed to be University) (BVDU), Pune, India, in collaboration with Team SPIRIT, orchestrated a thought-provoking International Panel Discussion on the theme, "Sports and Physical Activity as Medicine for Non-Communicable Diseases." This event, held on **January 22, 2022**, served as a virtual platform for experts to share insights and raise awareness regarding the profound impact of sports and a healthy lifestyle.

### Event Highlights:

- Organized by:** Bharati Vidyapeeth (Deemed to be University), Pune, India
- Hosted by:** Prof DR Kirti Mahajan, Team SPIRIT

The online event, conducted via Zoom and live streamed on YouTube, witnessed a robust discussion under Work Package 5 (WP 5). This initiative, co-funded by the Erasmus+ Programme of the European Union, aims to strengthen the resolute goal of promoting the significance and implementation of Sport and Health Sciences.



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## INTERNATIONAL PANEL DISCUSSION EXPLORES THE HEALING POWER OF SPORTS AND PHYSICAL ACTIVITY

The panel discussion was divided into two insightful sessions:

### 1. First Panel Discussion: 'Role of Sports, Nutrition, and Exercise in Non-Communicable Diseases'

- **Keynote Speaker:** Prof. Dr. Kirti Mahajan, Project Head & Director, Office of International Affairs, BVDU
- **Panelists:**
  - Lieutenant Colonel (Dr.) S. Srinivasa Rao, Indian Army, International Weightlifting Coach
  - Dr. Geetanjali Bhide, Secretary of the Association of Sports, Nutrition, and Fitness Sciences, Sports and Fitness Nutritionist
  - Dr. Sachin Lakade, Cardiologist
  - Dr. Netaji Jadhav, Director of Sports & Physical Education, BVDU

### 2. Second Panel Discussion: 'Inclusion of Physical Literacy and Physical Education in School and College Curriculum'

- **Keynote Speaker:** Mr. Pullela Gopichand, Former Indian Badminton Player, Chief National Coach for the Indian National Badminton Teams
- **Panelists:**
  - Mr. Nigel Green, Chair, International Physical Literacy Association, and Vice Chair of Northwestern Countries Physical Education Association

The event fostered discussions on the profound role of sports and physical activity in preventing non-communicable diseases, and the inclusion of physical literacy and education in academic curricula. BVDU remains at the forefront of initiatives promoting a holistic approach to health and wellness.

Stay tuned for more updates on BVDU's endeavors in fostering awareness and knowledge-sharing in the realms of sports, health, and education.





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# ACTIVITIES CARRIED OUT UNDER PROJECT

## ▪ INAUGURAL TRAINING PROGRAM UNVEILS COLLABORATIVE LEARNING IN SPAIN

Bharati Vidyapeeth (Deemed to be University) (BVDU) proudly announces the successful initiation of its first training program in Spain. This milestone event was hosted by Universitat Politècnica de València, featuring a physical meeting where European partners from UPV and UL led insightful workshops.

### Event Highlights:

- **Organized in Country:** Spain
- **Hosted by:** Universitat Politècnica de València

During the training at UPV, European partners delivered two impactful workshops:

1. **Event Organization in Sports and Physical Education**
2. **Sports in Inclusive Education**

The Asian partners, including **Prof. Dr. Kirti Mahajan**, Lear, and Project Head, Director, Office of International Affairs, BVDU, along with three esteemed members — **Prof. Dr. Netaji Jadhav**, Director, Department of Sports; **Dr. Gaurav Pant**, College of Physical Education; and **Ms. Priyanka Dombe**, School of Online Education actively participated in the training. Their engagement included addressing prepared questions and tackling challenges encountered in course preparation.

### Training Program Dates:

- **Date:** May 8th, 2022, to May 15th, 2022

This collaborative initiative signifies a significant step towards enriching academic experiences and fostering international partnerships. BVDU continues its commitment to innovative and inclusive education, creating avenues for shared knowledge and professional development.

Stay tuned for more updates on BVDU's global initiatives and collaborative endeavors in the field of sports and physical education.





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# ACTIVITIES CARRIED OUT UNDER PROJECT

## ▪ SECOND TRAINING PROGRAM UNVEILS EXPERTISE EXCHANGE IN INDONESIA

Bharati Vidyapeeth (Deemed to be University) (BVDU) proudly announces the successful execution of its second training program in Indonesia. This transformative event was organized by Universitas Sumatera Utara, bringing together European partners from UNIC, UL, and UPV who delivered insightful workshops on Exercise and Health Disease, Diversity and Teaching Strategies, and Innovation and Entrepreneurship in Sports Management.

### Event Highlights:

- **Organized in Country:** Indonesia
- **Hosted by:** Universitas Sumatera Utara

During the meeting at USU, the European Partners shared their expertise in key areas, contributing to the diverse perspectives on Exercise and Health Disease, Diversity and Teaching Strategies, and Innovation and Entrepreneurship in Sports Management.

Asian partners, including Prof. Dr. Kirti Mahajan, Lear and Project Head, Director, Office of International Affairs, BVDU, attended the training, actively engaging with prepared questions and addressing challenges encountered in course preparation.

### Attended by:

- **Prof. Dr. Kirti Mahajan**, Lear and Project Head, Director, Office of International Affairs, BVDU
- **Mr. Bhargav Sharma**
- **Dr. Prasad Pandkar**, Associate Professor, College of Ayurved, BVDU Pune

This collaborative initiative underscores BVDU's commitment to fostering a global exchange of knowledge and innovative teaching methodologies. Stay tuned for more updates on BVDU's continued engagement in transformative educational initiatives worldwide.







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## ACTIVITIES CARRIED OUT UNDER PROJECT

### ▪ BVDU CELEBRATES SUCCESS OF THIRD GLOBAL TRAINING PROGRAM IN PUNJAB, INDIA

Bharati Vidyapeeth (Deemed to be University) (BVDU) proudly acknowledges the triumph of its third training program, hosted in Punjab, India, by Lovely Professional University. This weeklong global Training of Trainers session, a pivotal element of the Erasmus+ SPiRiT project, was meticulously organized by the Department of Physiotherapy, School of Allied Medical Sciences, at Lovely Professional University. The program unfolded from July 11, 2022, to July 17, 2022, bringing together 30 participants and four trainers from Asian and European partner institutions.

#### Event Highlights:

- **Organized in Country:** Punjab, India
- **Hosted by:** Lovely Professional University, Punjab, India

In a captivating session, Dr. David Blay Tapia from the Universitat Politècnica de Valencia delivered an illuminating lecture on "Marketing in Sports Management." Dr. David actively engaged with and guided Asian partners in curriculum development for this pivotal subject.

The subsequent days of the Training of Trainers program featured specialized sessions led by expert trainers, each focusing on distinct areas:

- **Motor Development by Dr. Rita Cordovil**
- **Personal and Social Development and Inclusion by Dr. António Rosado**
- **Psychology of Sport and Exercise by Dr. Costas Tsouloupas**
- **Sports Nutrition for Exercise and Performance by Dr. George Aphasimis and Dr. Angelos Vlachogiannis**



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Each training session was followed by one-to-one or group interactions and presentations, enabling faculty members to discuss the course content and syllabus they developed for these courses.

### Training Program Dates:

- **Date:** July 11th to 17th, 2022

This immersive training experience underscores BVDU's dedication to nurturing global expertise and fostering collaborative initiatives in sports and health sciences. Stay tuned for further updates on BVDU's continuous contributions to transformative educational programs.

### Attended by:

- **Prof. Dr. Kirti Mahajan**, Lear, and Project Head, Director, Office of International Affairs, BVDU
- **Dr. Gaurav Pant**
- **Mr. Bhargav Sharma**
- **Mr. Rajat Sukladas**, College of Physical Education, BVDU





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# ACTIVITIES CARRIED OUT UNDER PROJECT

## ▪ FOURTH TRAINING PROGRAM ENHANCES EXPERTISE IN CYPRUS



Bharati Vidyapeeth (Deemed to be University) (BVDU) is excited to announce the successful implementation of its fourth training program, hosted in Cyprus by the University of Nicosia. As part of the series of activities under the EU SPIRIT project, the Technical Training unfolded at the Millennium Building, Yellow Amphitheater, University of Nicosia (UNIC).

### Event Highlights:

- **Organized in Country:** Cyprus
- **Hosted by:** University of Nicosia, Cyprus

This EU SPIRIT Technical Training, held from May 22nd to May 26th, 2023, brought together professionals to delve into specialized areas. Prof. Dr. Kirti Mahajan, Lear, and Project Head, Director, Office of International Affairs, BVDU, along with three members, namely Mrs. Swati Bhise, Principal, School of Physiotherapy, Pune, and Ms. Shruja Deshpande and Ms. Khushi Sharma, B.P.Th students from Physiotherapy College, actively participated in this enriching program.

This initiative further underscores BVDU's commitment to fostering global expertise and collaborative initiatives in the field of sports and health sciences. Stay tuned for more updates on BVDU's continued contributions to transformative educational programs.



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# ACTIVITIES CARRIED OUT UNDER PROJECT

## ▪ FIFTH TRAINING PROGRAM ADVANCES INCLUSIVE SPORTS DEVELOPMENT IN PORTUGAL

Bharati Vidyapeeth (Deemed to be University) (BVDU) proudly announces the successful execution of its fifth training program, hosted in Portugal by the University of Lisboa. This pivotal event, centered around the theme "Inspiring Inclusion in Sports: Success Stories, Practical Skills, and Management Strategies," provided profound insights into sports development with a primary focus on the key term 'inclusion.'

### Event Highlights:

- **Organized in Country:** Portugal
- **Hosted by:** University of Lisboa, Portugal

The five-day program gathered 11 universities from Portugal, Spain, Cyprus, India, Sri Lanka, and Indonesia, all partners in the European Union's Erasmus Plus-funded SPIRIT Project. The sessions delved into essential topics such as "Gender Inclusion through Sports," "Organization and Management of Various Sports Events," and "Traditional Sports and Regional Games."

Participants actively engaged in Korfbal, resembling basketball, with both male and female players on one team. Additionally, they had the opportunity to learn and experience Canoe in Setubal. On the final day, a special 'Student Premium Time' event allowed all participants, including **Prof. Dr. Kirti Mahajan**, Lear, and Project Head, Director, Office of International Affairs, BVDU, along with three students, **Ms. Gayatri Muzumdar**, **Mr. Kushagrah Sahani** (B.P.Th. students from Physiotherapy College), and **Mr. Yug Vatyani** (MBA student from IMED College), to share their impressions and messages from the SPIRIT activity in Lisbon.

This unique activity serves as a platform for students to express their understanding of the SPIRIT project and the benefits derived. The hope is that, in the future, students will disseminate their knowledge and experiences, encouraging others, especially the younger generation, to engage in sports, promote health, and prevent non-communicable diseases (NCDs).

The positive impact of this activity will be perpetuated through various initiatives in partner universities across three Asian countries. The aim is to foster the continuous growth of sports and physical activities, emphasizing inclusion in diverse societal spheres.

### Training Program Dates:

- **Date:** September 11th to 15th, 2023



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Stay tuned for more updates on BVDU's ongoing commitment to advancing inclusive sports development and global collaborative initiatives.





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## UPCOMING EVENTS

### INTERNATIONAL CONFERENCE BY ISBR BANGALORE: A SPIRIT PROJECT PARTNER

We are excited to announce the upcoming International Conference hosted by ISBR Bangalore, a valued partner of the SPIRIT project. The conference promises to be a dynamic platform for knowledge exchange, bringing together experts, researchers, and enthusiasts from diverse backgrounds. Join us as we delve into thought-provoking discussions, share insights, and foster collaborations to advance the objectives of the SPIRIT project.

#### Event Details:

- **Conference Title:** International Conference by ISBR Bangalore
- **Date:** 1<sup>st</sup> March 2024
- **Location:** ISBR Bangalore
- **Hosted by:** ISBR Bangalore, SPIRIT Project Partner

Stay tuned for more details on the agenda, keynote speakers, and registration information. Don't miss the opportunity to be part of this enriching experience.

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SPIRIT  
ERASMUS+

ISBR  
BUSINESS SCHOOLS  
GATEWAY TO INNOVATION

International Conference on  
**Global Innovations: Sustainable Practices and  
Emerging Trends**

Registration Link:  
<https://forms.gle/VPKEXPyef6v32rDA>

1st of March 2024

+91-9042871935

Scan to Register

Hybrid Mode

vishleshah@isbr.in

### About The Conference

"Global Innovations: Sustainable Practices and Emerging Trends" paves the way for an extraordinary conference that unites individuals and organizations worldwide, sharing a common vision of a brighter and more equitable future. We recognize that sustainable practices are not just ethical imperatives but potent catalysts for progress and innovation. This event, therefore, acts as a megaphone for a global movement committed to driving transformative change. Attendees can anticipate a wealth of opportunities. From diverse perspectives to inclusive leaders, participants will learn from those who have championed innovation and sustainability within their organizations. Engaging discussions will address pressing global challenges, fostering connections, and shedding light on emerging trends. The conference doesn't merely focus on business and sustainability; it celebrates the richness of human diversity through art, culture, and storytelling. With our shared commitment to these values, this conference emerges as a vital catalyst for driving positive social change and creating a more sustainable and interconnected world. Together, we're advancing innovation and making the world a better place for all.



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## ▪ INTERNATIONAL SPORTSUNITE: A MULTIDISCIPLINARY CONFERENCE

Bharati Vidyapeeth (Deemed to be University)'s Office of International Affairs and College of Physiotherapy, Pune, are thrilled to present "International SportsUnite," a multidisciplinary conference. This event aims to explore the intersections of sports, health, and various academic disciplines, fostering a holistic understanding of the impact of sports on society.

### Event Details:

- **Conference Title:** International SportsUnite: A Multidisciplinary Conference
- **Date:** 3rd-4th February 2024
- **Location:** Bharati Vidyapeeth (Deemed to be University) Dhankawadi Campus
- **Hosted by:** Bharati Vidyapeeth (Deemed to be University)'s Office of International Affairs and School of Physiotherapy, Pune

## ▪ INTERNATIONAL SPORTSUNITE: A MULTIDISCIPLINARY CONFERENCE

The conference will feature engaging sessions on sports medicine, physiotherapy, sports management, and more. Renowned speakers and experts will share their insights, making this a must-attend event for professionals, researchers, and students interested in the multidimensional aspects of sports.

Save the date, and watch this space for updates on speakers, sessions, and registration details. We look forward to your participation in this exciting exploration of the diverse facets of sports and its impact on our lives.



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**Bharati Vidyapeeth**  
(Deemed to be University)  
**SCHOOL OF PHYSIOTHERAPY**  
&  
**OFFICE OF INTERNATIONAL AFFAIRS**



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# International SportsUnite

## A Multidisciplinary Conference

"Social Transformation through Dynamic Education "

### HIGHLIGHTS

- Keynote Speeches by Eminent Speakers.
- Panel Discussions covering diverse aspects of sports industry.
- Technology Showcases featuring the latest Advancements.
- Presentations of cutting-edge research in sports by Professionals UG and PG.
- Networking opportunities. for Professionals.

### WHO CAN ATTEND?

- Sports Researchers and Physiotherapists (UG, PG)
- Sports Medicine Professionals
- Nutritionists and Wellness Professionals
- Athletes and Sports Teams
- Sports Technology Developers
- Sports Enthusiasts



#### REGISTER NOW

<https://forms.gle/s5JbiNb1HH2o1uzQ8>

#### ABSTRACT SUBMISSION

<https://forms.gle/w8gwZ4d2EOu9GjZi6>

### SAVE THE DATE

03-04 February 2024



### REGISTRATION CHARGES

PAYMENT	STUDENTS	PROFESSIONALS
Early Bird (1 Dec 2023 -15 Jan 2024)	Rs. 2000/-	Rs.3000/-
Regular (15 Jan 2024 - 31 Jan 2024)	Rs.2500/-	Rs.3500/-



### CALL FOR ABSTRACT

**UG Category**  
Students & Interns

**PG Category**  
Post graduate Students

**PhD/Academician**  
Phd Scholors/Academician

**Professionals**  
Clinicians/Nutritionist  
/Coaches/Trainers

Contact: Dr Rachana: +91 9923173525, Dr Neeraj: +91 9960097409



### WHERE?

Bharati Vidyapeeth  
(Deemed to be University),  
Dhankawadi, Pune.



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