

The BIG Picture



Newsletter
April-June 2022

Editor's Note

Dear Readers,

We welcome you all to the yet another edition of our quarterly newsletter 'The Big Picture.'

This edition of the newsletter covers the first quarter of the financial year 2022-23. As the end of the devastating pandemic nears, the entire sports eco-system of the country and the world is bouncing back like a true sportsman.

The updates of this first quarter show the glimpse of this positive vibe!

In this edition of the newsletter, we aim to go beyond "text" and "pictures" and bring you closer to the relentless work done by SPEFL-SC in actualizing the mission of skilling 2.1 million individuals under Skill India Mission.

In the following pages you will notice the clickable links which will take you directly to the videos linked to the updates of the specific program. We have also provided clickable links to view and download SPEFL-SC brochure, links that will take you to all our social media pages, etc.

We thank you for your time in going through this newsletter and if there is anything else that you would like to see from this newsletter or just have any questions, please reach out to us directly at the contact information provided at the last page.

Jai Hind!

Priya Dwivedi
General Manager
SPEFL-SC



Yoga for Humanity and Peace

India and the world celebrated 8th International Day of Yoga on 21st June 2022. The theme for this year's International Day of Yoga 2022 was "Yoga for Humanity."

The theme 'Yoga for Humanity' perfectly portrays how during the peak of COVID-19 pandemic, yoga served the humanity in reducing suffering. The virus has taken thousands of lives and plunged the world into the most serious human, economic and social crisis of modern times. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problems, including depression and anxiety, as pandemic-related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health dimension of the pandemic, in addition to the physical health aspects.

The message of Yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing Yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. It is particularly helpful in allaying their fears and anxiety

Yoga for Harmony & Peace

Programs Conducted By SPEFL-SC During International Day of Yoga



Bharat Petroleum Corporation Limited (BPCL) collaborated with SPEFL-SC to conduct Fun Yoga with Family sessions to celebrate International Day of Yoga on 21st June 2022. To make it a success, BPCL's employees and family members participated in large numbers. The primary goal of the program was to raise public awareness on the health benefits of yoga.



Fun Yoga with Family





Webinar Conducted by SPEFL-SC

SPEFL-SC conducted a live webinar on the topic “Yoga for Humanity and “Yoga-An Essential for Healthy Lifestyle” on 21st June to commemorate the International Day of Yoga. Total 200 participants attended the webinar instructed by Ms. Neha and Mr. Vivek Rajput. The session concluded with several engaging question and answer rounds between the participants and the host instructors.



YOGA – AN ESSENTIAL FOR HEALTHY LIFESTYLE



SPEAKER
MS. NEHA

A Certified master Trainer in Yoga from Uttarakhand University. Having experience of 6 years in Yoga, YCB, Ministry of AYUSH. Certified Yoga Teacher (Level-II). Completed post-Graduation in Diploma from Morarji Deesai National Institute of Yoga. Conducted 7 days of training for Delhi Traffic Police of 6 Zones on the Occasion of Police Shiksha Divas. Certified as Yoga Promoter in the covid pandemic and by Yoga Certification Board, Ministry of Ayush Government of India on 21st June 2020.

Date – 21st June 2022 **Time – 4:00 Pm- 5:00**

Platform – Sportzgrid
Link – <https://sportzgrid.com/event/5568>
For any queries: 9897941451 – Mayank

Participation is free
In public interest by Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)





YOGA FOR HUMANITY



SPEAKER
MR. VIVEK RAJPUT

A certified yoga instructor holding experience of 5 years in the field of yoga. Certification in Yogasana and Certification in Pranayama And Meditation from Yoga Morarji Deesai National Institute of Yoga – Delhi. Conducted “Yoga-Foundation course” for CRPF Jammu. Organized a Yoga Camp for an NGO name “The Earth Saviors Foundation”. Conducted yoga session with ASSOCHAM at Neemrana fort. Conducted yoga session in companies like Google, STC travels, BOHOTO on the international day of yoga. Conducted Yoga workshop in KR Mangalam University. Conducted Yogasessions in Ministry of Affairs, Ministry of Communication & Ministry of Railways.

Date – 21st June 2022 **Time – 11:30Am - 12:30Pm**

Platform – Sportzgrid **Link – <https://sportzgrid.com/event/5585>**
For any queries: 9897941451 – Mayank

Participation is free
In public interest by Sports, Physical Education, Fitness and Leisure Skills Council (SPEFL-SC)







4TH EDITION
CORPORATE SOCIAL
RESPONSIBILITY
SUMMIT & AWARDS 2022

SPEFL-SC Awarded the Best CSR Idea for Self-Defense



SPEFL-SC has been conferred with "The best innovative CSR idea for Self-Defense" award. This award recognizes SPEFL- SC's contribution to the nation by providing self-defense training to females. The best-in-class training enables females to always stay mentally and physically aware and avoid unpleasant circumstances.

Self-defense is the number 1 life skill today for women across the world.

The customized training stimulates real life scenarios and develops situational awareness based on natural body movements. There are no pre-requisites of fitness, age, height, and weight. Training is easy to learn and adapt and it trains girls against multiple attackers. Self-defense training techniques instills self confidence amongst girls and prepares to respond fast with no-hold

barred moves in a realistic situation.



Self-Defense Training for Various Ministries and Govt. Institutes

SPEFL-SC commenced the self-defense training program, "Meri Suraksha, Meri Zimmedari" to train girls students and women workforce of various govt. institutes and Ministries. This program is in line with the Hon'ble Prime Minister Shri Narendra Modi's visionary program "Mission Karmayogi".

"Mission Karmayogi" by Shri Narendra Modi is one of its kind initiatives that focuses on the capacity building while modernizing the thinking and approach of girl students of govt. institutes and govt. employees.

SPEFL-SC created this self-defense program based on world's top fighting systems such as Krav Maga, Kali, Silat, Wing Chun and others. The instructors are professionals in teaching the greatest skills in the world and situational awareness as well. These techniques were created by combat specialists with 15 years of experience and are simple to learn and apply under pressure.

5-day training workshops are being held as part of an initiative to provide self defense Training to 10,000 female employees in various core Ministries and Government Departments through the SANKALP Scheme. So far, more than 2,000 female employees from Ministries and ITIs have been trained.



Self-Defense Training for Various Ministries and Govt. Institutes



Ministries/Departments/ITIs	Total Candidates
Ministry of Statistics & Program Implementation	29
Ministry of External Affairs	113
ITI, Nizamuddin	124
ITI, Pusa	190
Ministry of Road Transport and Highways of India	91
ITI, Tilak Nagar	152
ITI, Jahangir Puri	95
ITI, Shahdara	276
ITI, Faridabad	162
Veer Savarkar ITI BTC	100
ITI, Jail Road	171
DRDO, Ministry of Defence	53
ITI, Mori Gate	241
Power Grid Corp of India Ltd	182
Ministry of Jal Shakti	29
Ministry of Education	93
DGT	63
Ministry of Youth Affairs and Sports	36
Ministry of Law & Justice	34



Entrepreneurial Development



In collaboration with SPEFL- SC



An initiative of the Govt. of Haryana, Youthpreneur training project aims to up skill selected youth for income generation, to promote Vocal for Local, Eco Tourism and Develop Morni Hills as a Revenue Generating Model. The Project aims to train 1000 physically and mentally fit needy youth from Morni Hills in the Eco-Tourism and Adventure Sports through an extensive 10 day training regime by subject experts and shall be facilitated to have an income generating skill and sustainable livelihood.

The closing ceremony was blessed with prominent dignitaries.

Valedictory Ceremony, Presentation of Certificates
by the Chief Guests i.e.,

Mr. Yogendra Chaudhary IRS -Advisor to CM

Mr. Pankaj Nain IPS -Director, Sports

Mr. Mahabir Singh IAS

Ms. Pankhudi Gupta

Additional Chief Secretary, Department of Sports and Youth Affairs Haryana. All of them motivated the participants and made them realize their potential mapping with immense opportunities of Adventure Sports tourism in Morni Hills.

Sports, Physical Education, Fitness & Leisure Skills Council (SPEFL-SC) is proud to have collaborated with the Directorate of Sports & Youth Affairs for this great nation building initiative.

A great initiative in the chain of empowering youth: 'Youthpreneur' Program

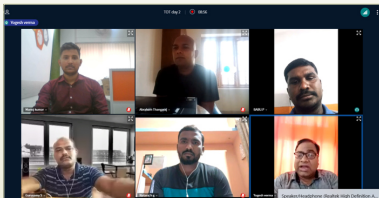
[illegible]



Training of Trainers (ToT) Program

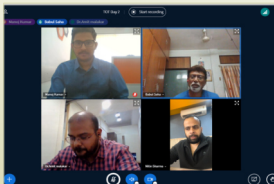
SPEFL-SC conducted Training of Trainers (ToT) program successfully from 1st May 2022 to 10th May 2022 for the Fitness trainer (SPF/Q1107) Job Role.

ToT is a program for the development of training delivery skills of those who wish to become trainers in the sector of their preference and align them with the National Skill Qualification Framework (NSQF) anchored at NCVET under the leadership of Ministry of Skill Development and Entrepreneurship (MSDE), Govt. of India.



SPEFL-SC conducted Training of Trainers (ToT) program successfully from 25th May 2022 to 3rd June 2022 for the Strength & Conditioning Coach (SPF/Q1111) Job Role.

ToT is a program for the development of training delivery skills of those who wish to become trainers in the sector of their preference and align them with the National Skill Qualification Framework (NSQF) anchored at NCVET under the leadership of Ministry of Skill Development and Entrepreneurship (MSDE), Govt. of India.



Assessment – Vocational Education in Samagra Shiksha

In the first quarter of 2022-23, SPEFL-SC has successfully conducted Practical Assessment in the state of Telangana, Punjab and Kerala under Samagra Shiksha for 10th and 12th Standards.

Punjab: 1226 students were assessed covering 26 schools.
Telangana: 1205 students were assessed covering 15 schools.
Kerala: 123 students in practical assessments.



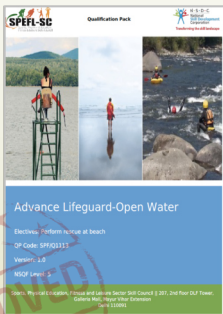
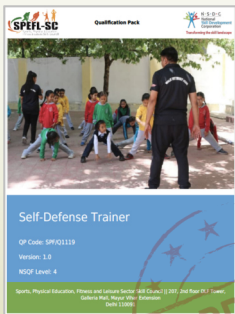
Approval of new Job Roles

The 20th Meeting of the National Skill Qualification Committee (NSQC) was held on 30th June 2022 under the chairmanship of former IAS Dr. N.S. Kalsi.

Sports & Fitness Sector Skill Council presented following job-roles:

1. Advance Lifeguard Open-Water
2. Self-Defense Trainer

The afore-mentioned Job Roles were granted approval by NSQC.



India won maiden Thomas Cup after defeating 14-time champion Indonesia!



SPEFL-SC's Governing Council Member, P. Gopichand believes India's historic win over Indonesia in the Thomas Cup final, dubbed as the World team championship in badminton, can be compared to India's victory in the 1983 cricket World Cup.



Download SPEFL-SC Brochure

Click to download



Scan Here

Previous Publications





Click on the Links



Sports, Physical Education, Fitness and Leisure Skills Council(SPEFL-SC)
207, DLF Tower, Galleria Mall,
Mayur Vihar Extension, Delhi 110091

Email:ceo@sportsskills.in

Call us: 011-47563351