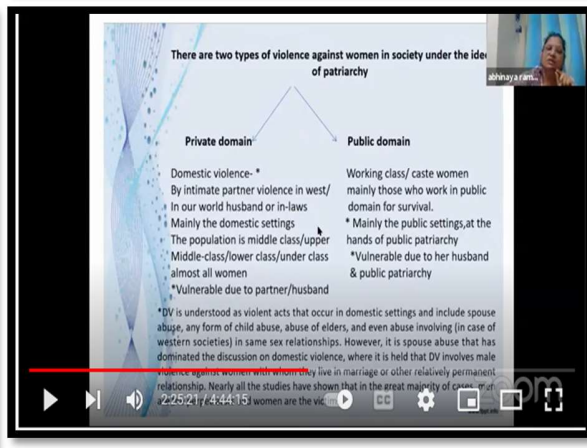
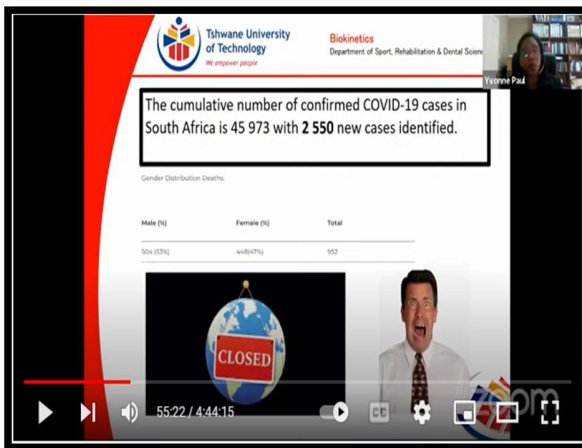
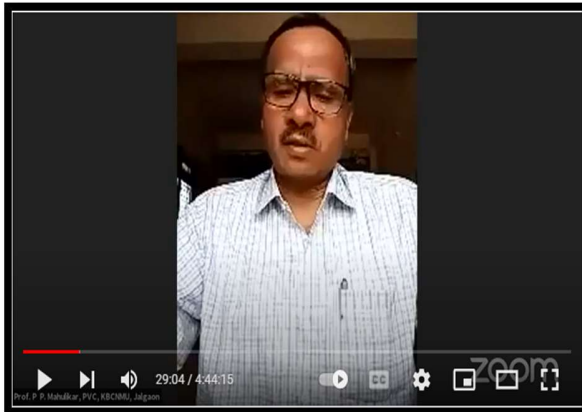


Nijampur-Jaitane Shikshan Prasark Mandal's  
**Adarsh College of Arts**  
Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule

In Collaboration with  
**International Federation of Fitness, Health, Physical Education and Iron**  
**Dahran, Saudi Arabia**  
Organized by

**Two Day International Webinar on Challenges,  
Opportunities and Solutions during and Post COVID-19**  
**06 to 07 July 2020**



**Dr. Priyanka P. Sulakhe**  
Coordinator  
J.K. Shah Adarsh College  
Nijampur-Jaitane

**Dr. Ashok P. Khairnar**  
Principal & Chief Organizer  
J.K. Shah Adarsh College  
Nijampur-Jaitane

## Brouchure



Nijampur Jaitane Shikshan Prasarak Mandal's  
**Adarsh College of Arts**  
Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305, Maharashtra, India



In collaboration with  
**International Federation for Fitness Health, Physical Education and Iron**  
Dhahran, Saudi Arabia

Organizes

**Two Day an International Level Webinar On**  
**Challenges, Opportunities and Solutions During and Post Covid 19**

📅 06/07/2020 to 07/07/2020, 10:30am Onwards

**CHIEF PATRONS**

**Hon'ble Prof. Dr. P. P. Patil**  
Vice-Chancellor, KBCNMMU, Jalgaon

**Hon'ble Prof. Dr. P. P. Mahulikar**  
Pro - Vice-Chancellor, KBCNMMU, Jalgaon

**Hon'ble Prof. B. V. Pawar**  
Registrar, KBCNMMU, Jalgaon

**Shri. Dashrath Narayan Jadhav**  
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**Inaugural Guests of Honor**

Inaugurator	Chief Guest	Valedictory Chief Guest	Chief Organiser
 <p><b>Hon'ble Prof. P. P. Mahulikar</b> Pro-Vice Chancellor, Kavayitri Bahinabai Chaudhari, North Maharashtra University, Jalgaon, Maharashtra, India</p>	 <p><b>Dr. Kaukab Azeem</b> Assistant Professor (V), Physical Education Department, King Fahd University &amp; petroleum and minerals, Saudi Arabia</p>	 <p><b>Prin. Dr. Ashok Rane</b> Acting Dean, Faculty of Humanities KBCNMMU, Jalgaon, Maharashtra, India</p>	 <p><b>Prin. Dr. Ashok Khaimar</b> Principal Adarsh college of Arts, Tal-Sakri, Dist-Dhule, Maharashtra, India</p>
<p><b>Prof. Ajabrao Ingle</b> Coordinator +91 84089 63675</p>	<p><b>Dr. Priyanka Sulakhe</b> Convener +91 8007983698</p>	<p><b>Dr. Kantilal Sonawane</b> Co-Convener</p>	<p><b>Prof. Abish Meshram</b> Co-Convener</p>



Nijampur Jaitane Shikshan Prasarak Mandal's  
**Adarsh College of Arts**  
Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305, Maharashtra, India











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**Challenges, Opportunities and Solutions During and Post Covid 19**

**Resource Persons**

 <p><b>Prof. Yvonne Paul</b> HOD: Sport, Rehabilitation and Dental Sciences Tshwane University of Technology Faculty of Science, South Africa</p>	 <p><b>Dr. Medha Tapiawala</b> Professor, Department of Economics, University of Mumbai</p>	 <p><b>Dr. Abhinaya Kamble</b> Associate Professor and Head, Department of Politics, K J Somaiya College, Mumbai</p>
 <p><b>Dr. Rajiv Choudhary</b> Professor, Dept. of Physical Education Pt. Ravishankar Shukla University, Raipur</p>	 <p><b>Dr. Madhuri Sadgir</b> Assistant Professor, Department of Physical Education, University of Mumbai</p>	 <p><b>Mr. Meer Tauseef Ali</b> Assistant Professor, Deccan college of Engineering &amp; Technology, Osmania University, Hyderabad, India</p>
 <p><b>Dr. Birendra Jhaharia</b> Assistant Professor Department of Exercise Physiology LNIPE, Gwalior (MP), India</p>	 <p><b>Dr. Keren Susan Cherlan</b> Scientist - B (Nutrition), MYAS - NIN Department of Sports Science, ICMR-National Institute of Nutrition, Hyderabad, India</p>	



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**Program Schedule - 06/07/2020**

Time	Topic	Speaker
10:30 am - 10:35 am	Introductory Note	Dr. Ashok Khairanar
10:35 am - 10:50 am	Inaugural address	Hon'ble Prof. P. P. Mahulikar
10:50 am - 11:00 am	Chief Guest's Speech	Dr. Kaukab Azeem
11:00 am - 11:45 am	Exercise is Medicine	Prof. Yvonne Paul
12:00 pm - 12:45 pm	New normal economics with and after Covid 19	Dr. Medha Tapiawala
1:00 pm - 1:45 pm	Gender Dimensions of Covid 19	Dr. Abhinaya Kamble
2:00 pm - 2:45 pm	Education through modern day classroom	Mr. Meer Tauseef Ali
3:00 pm - 3:45 pm	Research Methods in Physical Education	Dr. Kaukab Azeem

**Program Schedule - 07/07/2020**

Time	Topic	Speaker
11:00 am - 11:45 am	Concept of Activating Kundalini by Sahaja Yoga Meditation	Dr. Rajiv Choudhary
12:00 pm - 12:45 pm	Exercise - An Immunity Booster	Dr. Birendra Jhajharia
1:00 pm - 1:45 pm	Antioxidant and protein to boost Immunity among athletes	Dr. Keren Susan Cherian
2:00 pm - 2:45 pm	Mental Health and Exercise	Dr. Madhuri Sadgir
3:00 pm - 3:45 pm	Valedictory Speech	Prin.Dr.Ashok Rane
3:45 pm - 4:00 pm	Vote of Thanks	Dr. Kantilal Sonawane

## **Two Day International webinar On Challenges, Opportunities and Solutions During and Post COVID-19**

### **Objectives**

- To enhance the training skills of the youth by the deliberation of sport trainers
- To develop the physical talent to their maximum potential guided by subject experts
- To create the awareness the need and importance of the physical education
- To boost our immune capabilities during pandemic time
- To improve physical, mental and social abilities among the participants

Two Day an International Webinar on ‘Challenges ,Opportunities and Solutions During and Post Covid 19’ was organized by Nijampur Jaitane Shikshan Prasarak Mandal’s Adarsh College of Arts,Nijampur-Jaitane, Tal-Sakri, Dist-Dhule, 424305, Maharashtra, India in collaboration with International Federation for Fitness Health, Physical Education and Iron Dhahran,Saudi Arabia 06 July to 7 July 2020.

Hon’ble Prof. P. P. Mahulikar Pro-Vice Chancellor,Kavayitri Bahinabai Chaudhari,North Maharashtra University,Jalgaon, Maharashtra, India was the inaugurator while Dr. Kaukab Azeem Assistant Professor (v),Physical Education Department King Fahd University &petroleum and minerals, Saudi Arabia was the chief guest of the webinar Prin. Dr. Ashok Rane Acting Dean, Faculty of Humanities KBCNMU,Jalgaon,Maharashtra, India was the valedictory guest of the event. The resource persons were Prof. Yvonne Paul HOD: Sport, Rehabilitation and Dental Sciences Tshwane University of Technology Faculty of Science. South Africa, Dr. Medha Tapiawala Professor, Department of Economics, University of Mumbai, Dr. Abhinaya Kamble Associate Professor and Head,Department of Politics,K J Somaiya College, Mumbai, Dr. RajivChoudharyProfessor,Dept. of Physical EducationPt. Ravishankar ShuklaUniversity,Raipur. Dr. Madhuri Sadgir Assistant Professor,Department of Physical

Education, University of Mumbai, Mr. Meer Tauseef Ali Assistant Professor, Deccan college of Engineering & Technology, Osmania University. Hyderabad, India, Dr. Birendra Jhajharia Assistant Professor Department of Exercise Physiology LNIPE, Gwalior (MP), India, Dr. Keren Susan Cherian Scientist – B (Nutrition), MYAS – NIN Department of Sports Science, ICMR-National Institute of Nutrition, Hyderabad, India. The content of the webinar includes diverse subjects and topic related to physical fitness and mental health during the pandemic and post pandemic. The main objectives of the webinar to spread the awareness of the sport and physical exercises in the daily life activity.

The inaugural session started on 10 am on dated 06 July, 2020 on the ZOOM video conferring application and YouTube streaming with participation more than 600 hundred .The chief guest of the inaugural session was the Dr.Kaukab Azeem the assistant professor of physical Education Department King Fahd Unvieristy and Petroleum and Minerals, Saudi Arabia while the Principal of the college Dr.Ashok Khairnar was the chairperson of the inaugural of the webinar. The Pro Vice Chancellor of the Kaviyatri Bahinabai Chaudhari North Maharashtra University Jalgaon Prof.Mahulikar was the inaugurator of the webinar. He said that there are numbers of challenges today in the education system and it affected our academic field .We need to find the solution over these challenges. It is very difficult to say that how our academic would start.But we have to work to with rules and regulation of the state government. We need to break the chain of Covid 19 .The society should support the government .There is great anxiety in the educational system .He also talk on Self Reliance of India for taking the consideration of the need of the time. He appeal to the participants the online examination and training of the teachers. We need to stop the continuous evaluation system for the progress of the students The principal has given remarks on the success of the college. He added that there is always an opportunities in the adverse situation and appeal to the participators to be always vibrant and active. He expressed the gratitude for to be a part of this international webinar. The chief guest of the webinar from Saudi Arabira also appeal to participants to stay at home and break the chain. He also request to contribute for breaking he chin of Carona by staying in houses and avoiding the unnecessary traveling. The principal of the college Dr.Ashok Khairnar delivered the presential speech in the webinar.

Prof. Yvonne Paul HOD: Sport, Rehabilitation and Dental Sciences Tshwane University of Technology Faculty of Science. South Africa was the resource Person of the webinar of the first day. She spoke on Exercise is Medicine. She delivered her presentation on the benefits of physical exercise with the graphic diagram with innovative structure .She also talk on the different aging like senior citizens and kids. She explained how the exercises affects on the quality of wife .and minimize the sickness. It also boosted immune systems during the pandemic. She also given the statistic data how in South Africa less affected during the pandemanic periods and provided the death ration of her country. Physical exercises can be a vital tool for maintaining the quality of life. She was introduced by coordinator Prof.Ajabrao Ingle in the webinar before her deliberation.

Dr.Medha Tapiawala from the department of Economics deliverd her presentation on New Normal Economins with and After Covid 19 .She presented that how caronavirus disturb the economy not only of India but of the whole world .It is a worrying time for many individuals and businesses on both a health and economic footing. She added her presentation. She also remarked that coronavirus has shown is that people and organisations can be innovative, adaptable and resilient. An understanding of the broader economic outlook which such attributes will both shape and respond to will be crucial for the future she added further in her presentation.She was introduced by Dr.Madhuri Sadgir.

Dr.Abhinaya Kamble delivered her presentation on Gender Dimensions of Covid 19 through her PPT presentation. She also spoke on new normal after the pandemic. Women also face negative cultural perceptions that are only exacerbated through online behaviors such as trolling, stalking and sexual intimidation. Some of these behaviors can be addressed through the incorporation and enforcement of cyber-security provisions within trade agreements she added in her deliberation. She also pointed out the digital gender divide is also rooted in the low technological literacy rates among women. Women not only use the internet and digital technologies less than men but they also perform less complicated tasks when they do go online.

Mr.Tauseef Ali from Hyderabad has deliver his presentation on the topic Education through modern day classroom he added that Education has shifted dramatically in recent decades by considering the need and demand of the time .

According to him modern classroom, students are actively involved in constructing content and new ideas. They use active learning approaches, such as project-based learning and design-based learning, where students are engaged in real, relevant, and purposeful activities. Life threatening diseases also have been discussed in her presentation.

Dr.Rajiv Chaudhary spoke on Research Methods in Physical Education He explained that students should have basic knowledge of various sports science research methods. He also added on the traditional social sciences methods, questionnaire, interview and observation, and gave an insight into more sport-specific methods related to the research methods in Physical Education.

Dr.Madhuri Sadgir ,Assistant Professor,Department of Physical Education, University of Mumbai delivered his presentation on the topic ‘Mental Health and Exercise’ she pointed out that Exercising regularly is one of the easiest and most effective ways to reduce stress and maintain a healthy mankind and body. It also improves concentration, motivation, memory, and mood she added in her presentation

Dr.Keren Cherian from Hyderabad deliver her presentation on Antioxidant and protein to boost Immunity among athletes in lucid manner. She simplified the techniques of the boosting immunity among sport persons. She also talked on the consumption of the food and other nutrition which can be helpful for good health. The outlines of the protins have been highlighted in her presentation. The prevention and the use of the antioxidant have been discussed in her presentation.

Dr.Birendra Jhajharia delivered his presentation On the Exercise An Immunity Booster. He said that Regular physical activity can strengthen your immune system and help your body fight off infections and viruses. Aim for at least 30 minutes of physical activity for three days a week. This can



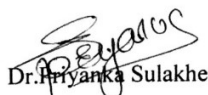
**Two Day International webinar on Challenges, Opportunities and Solutions During and Post Covid 19**


include walking, biking, yoga, swimming, or other low impact workouts. He was introduced by Prof.Ajabrao Ingle the coordinator of the webinar.

The valedictory function of the two day International webinar was organized on 06 July to 7 July 2020. The Chief Guest of the valedictory function was Dr. Dr. Ashok Rane Acting Dean, Faculty of Humanities KBCNMU, Jalgaon, Maharashtra, India . The webinar had six technical sessions along with poster and oral presentations by the delegates and the students. He appraised about the different topics covered in the presentation of the resource persons. He also given very positive remarks on the webinar in his valedictory talk .The principal of the college Dr.Ashok Khairnar delivered his presidential address, he expressed his gratitude towards the participants .also he remarked that physical exercise and immunity boosting is the need of the time during the pandemic time. The webinar was ended with the performing national anthem. The coordinator of the webinar Prof.Ajabrao Ingle anchored and proposed the vote of the thanks.

**Outcomes**

- Enhance the training skills of the youth.
- Develop the physical talent.
- Create the awareness the need and importance of the physical education.
- Improve physical, mental and social abilities among the participants

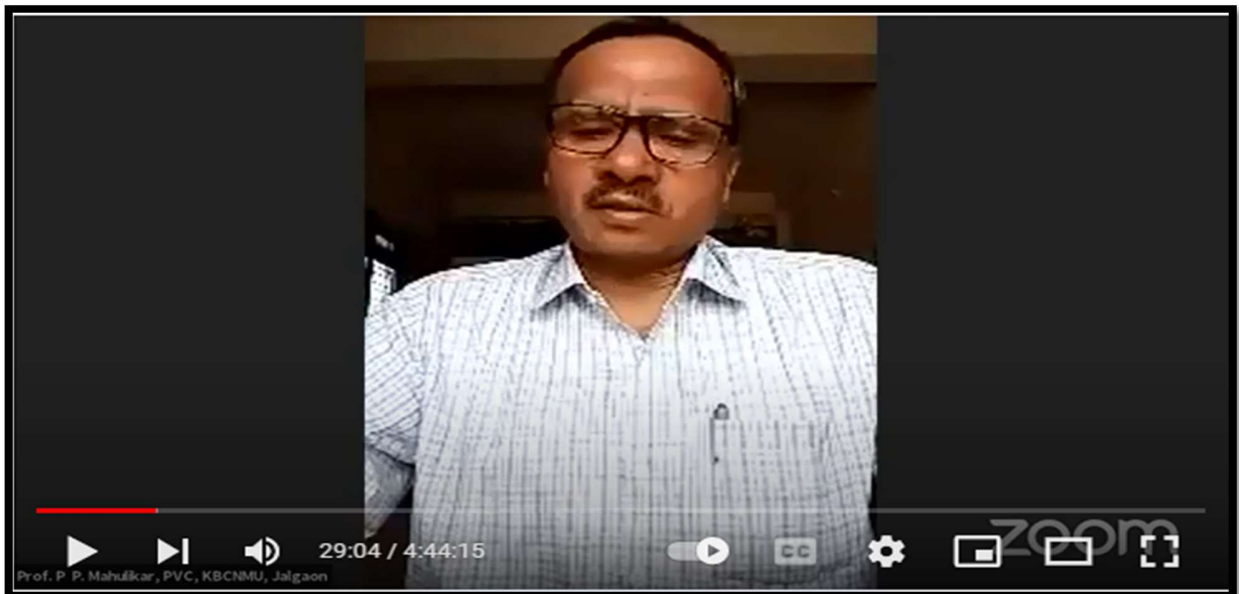
  
Dr. Priyanka Sulakhe  
Coordinatro

  
Dr. Ashok P. Khairnar  
Principal  
Nijampur - Jaitane Shikshan Prasarak Mandalache  
Jegannath Kadvadas Shah Adarsh Mahavidyalay  
Nijampur - Jaitane Tal. Sakri Dist. Dhule

## Photo Gallery



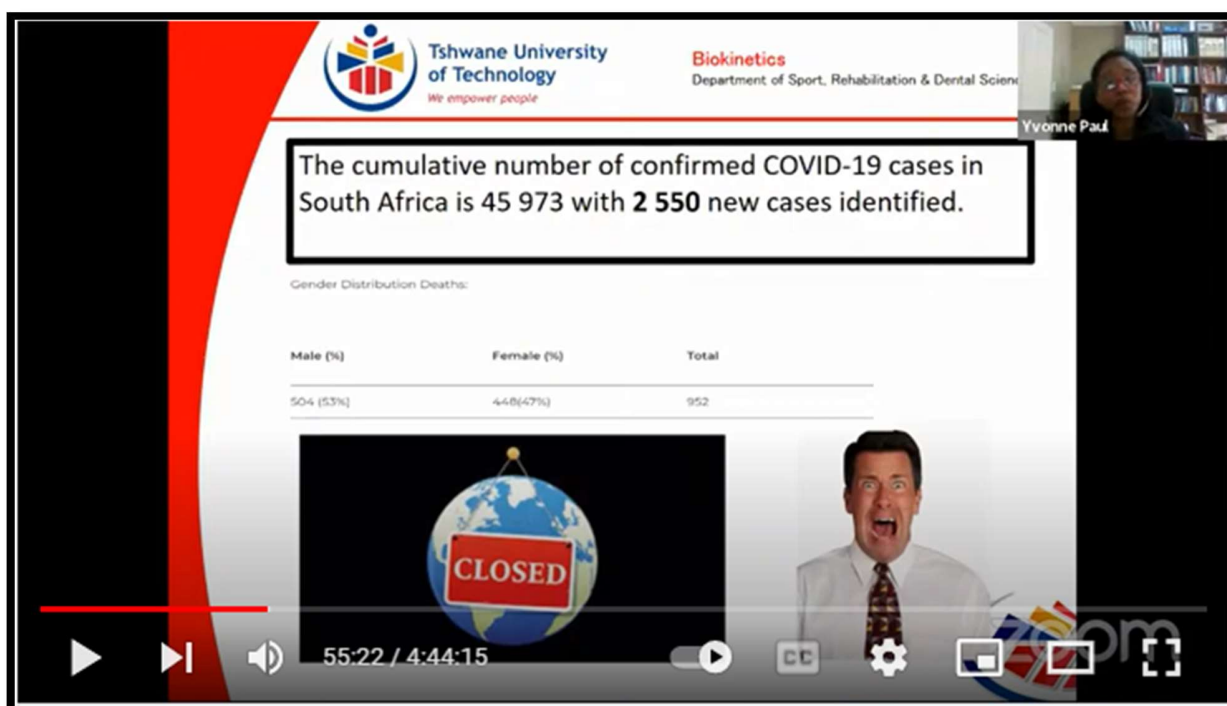
**Dr.Ashok P.Khairnar delivered his Introductory Note in Inaugural Function**



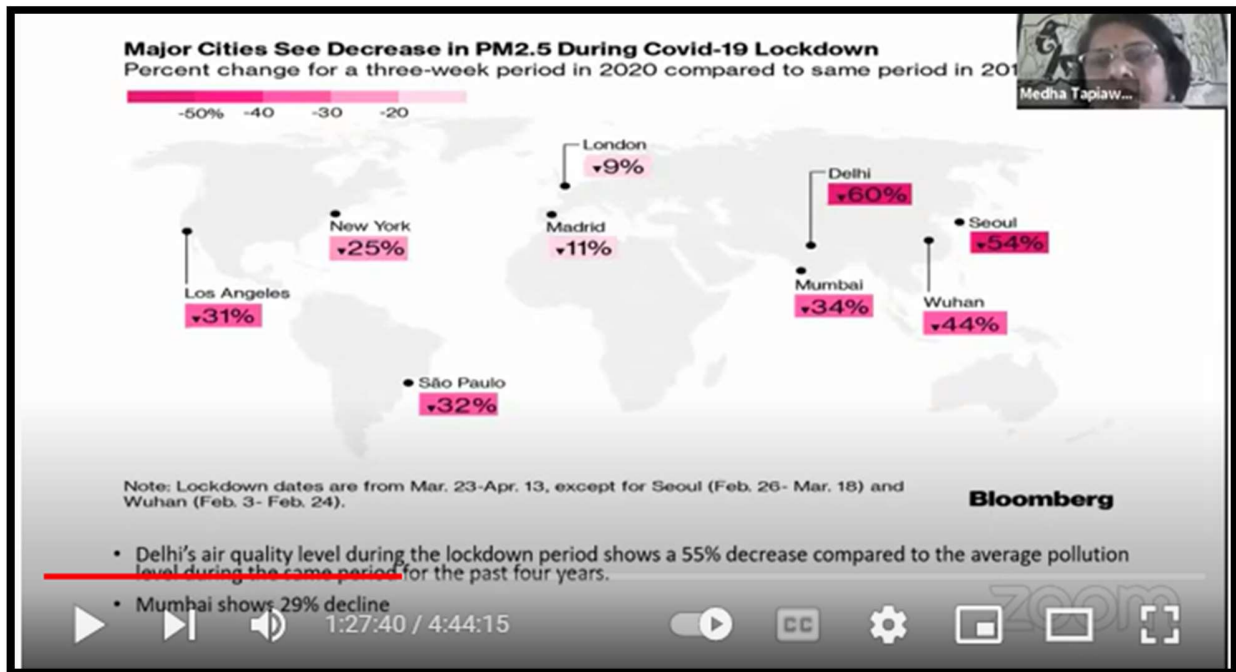
**Dr.P.P.Mahulikar delivered his Inaugural Speech in Inaugural Function**



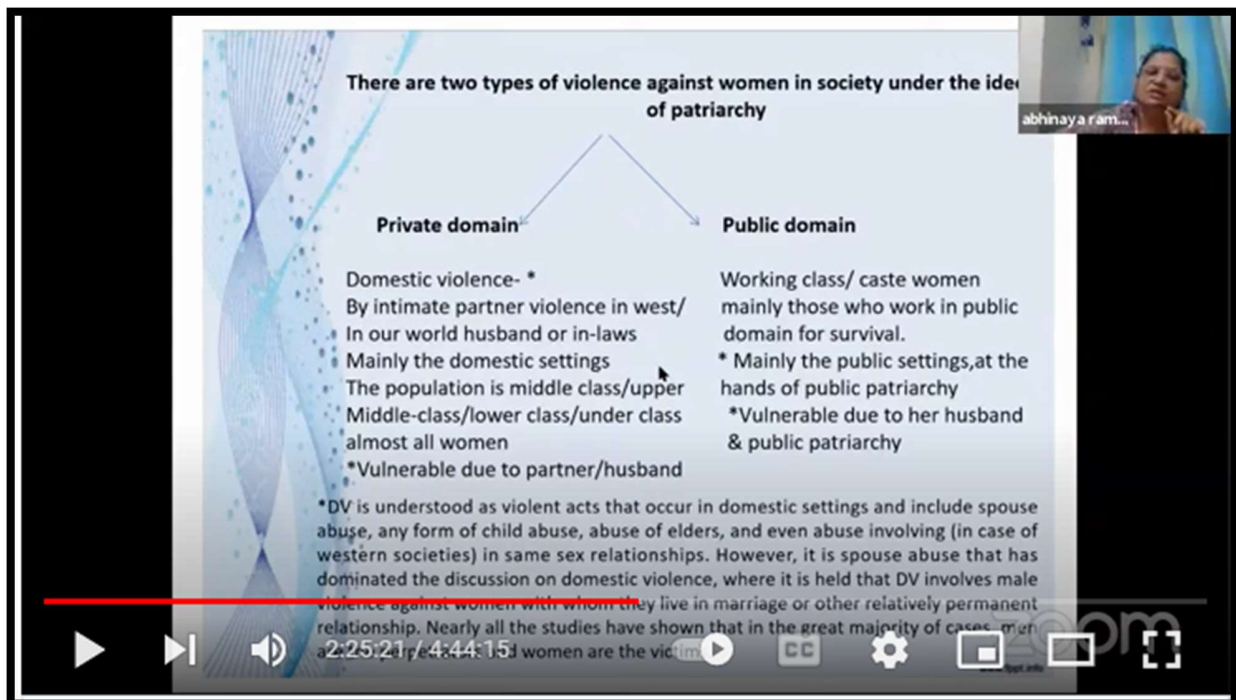
**Prof.Kaukub Ajib delivered her Lecture in Inaugural Function**



**Prof. Yvonne Paul delivered her Lecture in Webinar**



Dr.Medha Tapiawala delivered her Lecture in Webinar



Dr.Abhinaya Kamble delivered her Lecture in Webinar

**CRITERIA OF GOOD RESEARCH**

- ❖ Purpose Clearly defined
- ❖ Research Process detailed
- ❖ Research design thoroughly planned
- ❖ High ethical standards applied
- ❖ Limitations frankly revealed
- ❖ Adequate analysis for decision makers needs
- ❖ Findings presented clearly
- ❖ Conclusions justified
- ❖ Researcher's experience reflected

4:02:15 / 4:44:15

Zoom

**Prof.Kaukub Ajib delivered her Lecture**

## Media Coverage

**मानसिक, शारीरिक स्वास्थ्यसाठी व्यायाम आवश्यक : प्रा. डॉ. कौकब आजीम**

**निजामपूर** : लॉकडाऊन काळावधीत मानसिक शारीरिक मजबूती अबाधित राखण्यासाठी नियमित व्यायाम हाच एक उपाय असून प्रत्येकाने व्यायाम करावा. व्यायाम हे मन शांत, शरीर मजबूत ठेवण्यासाठीचे गुणकारी औषध असून आजाराचासुन वाचविण्यासाठी स्वतःची प्रतिरोधक क्षमता वाढवित असते, असे मत सौदी अरेबिया येथील प्रा. डॉ. कौकब आजीम यांनी व्यक्त केले.

येथील आदर्श कला महाविद्यालयात आयोजित इंग्रजी व्याख्यानमाला अंतरराष्ट्रीय वेबिनार ऑनलाइन कार्यक्रमात प्रमुख पाहुणे म्हणून प्रा. डॉ. कौकब आजीम योक्त होते. निजामपूर-जैताणे शिक्षण प्रसारक मंडळाचे अदरल कला महाविद्यालय आणि 'इंटरनेशनल फेडरेशन फॉर फिटनेस हेल्थ, फिजिकल एज्युकेशन अँड आचरन, सौदी अरेबिया, घातरण यांच्या संयुक्त विद्यमाने दोन दिवसीय अंतरराष्ट्रीय वेबिनार 'चॅलेंजेस, ऑपॉर्च्युनिटी अँड सोल्युशन्स झ्यूरिंग अँड पोस्ट कोविड-१९' या जागतिक विषयावर घेण्यात आले. प्रस्ताविकानुन प्राचार्य डॉ. अशोक खैरनार यांनी वेबिनार आयोजनाचा हेतू व महत्त्व स्पष्ट केले. वेबिनारच्या पहिल्या दिवशी उद्घाटक म्हणून कवचौ उलर महााराष्ट्र विद्यापीठाचे प्र-कुलपुरू प्रा. डॉ. पी. पी. माहूलोकर होते. अशा वेबिनारच्या माध्यमातून शिक्षण क्षेत्राचा विकास साधण्यास व डिजिटल साक्षर विद्यार्थी धाडविण्यास मदत होईल असे श्री. माहूलोकर म्हणाले.

पहिल्या दिवसाच्या सत्रात प्रा. यकोने फॉल (सौदी अरेबिया) यांनी 'एक्झरसाइज इन मॉडर्निन' या विषयावर मनोगत व्यक्त केले. प्रा. डॉ. मेधा तपिवाकला (अरबशाख विभाग, मुंबई विद्यापीठ) यांनी 'न्यू नॉर्मल इन्फोर्मीक्स विध एन्ड अप्टर कोविड-१९' या विषयावर मार्गदर्शन केले. डॉ. अभिनया कांबळे, के. जे. सोमय्या (महाविद्यालय, मुंबई) यांनी 'जेंडर डायमॅशन ऑफ कोविड-१९' या विषयावर मार्गदर्शन केले. डॉ. मिर तौसिफ अली (उस्मानिया युनिव्हर्सिटी, हैदराबाद) यांनी 'एज्युकेशन थू मॉडर्न डे क्लासरूम' या विषयावर विचार मांडले. डॉ. कौकब आजीम (किंग युनिव्हर्सिटी, सौदी अरेबिया) यांनी 'रिसर्च मेथड्स इन फिजिकल एज्युकेशन' या विषयावर आपले विचार मांडले. समारोप सत्रात अध्यक्षीय मनोगतानुन डॉ. खैरनार यांनी सर्व वक्तृत्वांचे आभार मानले.

वेबिनारच्या दुसऱ्या दिवशी डॉ. राजीव चौधरी (संविशंकर युनिव्हर्सिटी, रावपूर) यांनी 'कन्सेप्ट ऑफ अॅक्टिव्हिंग कुंडलिनो वाच सहज योगा मॉडिटेसन' या विषयावर तर डॉ. विरेद्र प्राजाविका यांनी 'एक्झरसाइज ऑन टर्म्पुनिटी ब्रुस्टर' विषयावर मनोगत मांडले. डॉ. करेन यांनी 'योग्य आहार' यावर मार्गदर्शन केले. पुढील सत्रात 'मॅटल हेल्थ अँड एक्झरसाइज' या विषयावर प्रा. डॉ. माधुरी सदवीर (मुंबई विद्यापीठ) यांनी संपूर्ण मनोगत केले. प्राचार्य डॉ. अशोक राणे (अंधिष्ठाळा, अंतरविद्याशाखा, कवचौ उत्तर महाराष्ट्र विद्यापीठ, जवळगाव) यांनी वेबिनारच्या आयोजनाबद्दल गौरवपूर्ण उद्गार काढले. वेबिनारचे समन्वयक प्रा. अजयराव एंगळे होते. संयोजन डॉ. शिबिका सुलाखे, डॉ. कर्तिलाल सोनवणे, प्रा. अतीप मेथ्रान यांनी केले.

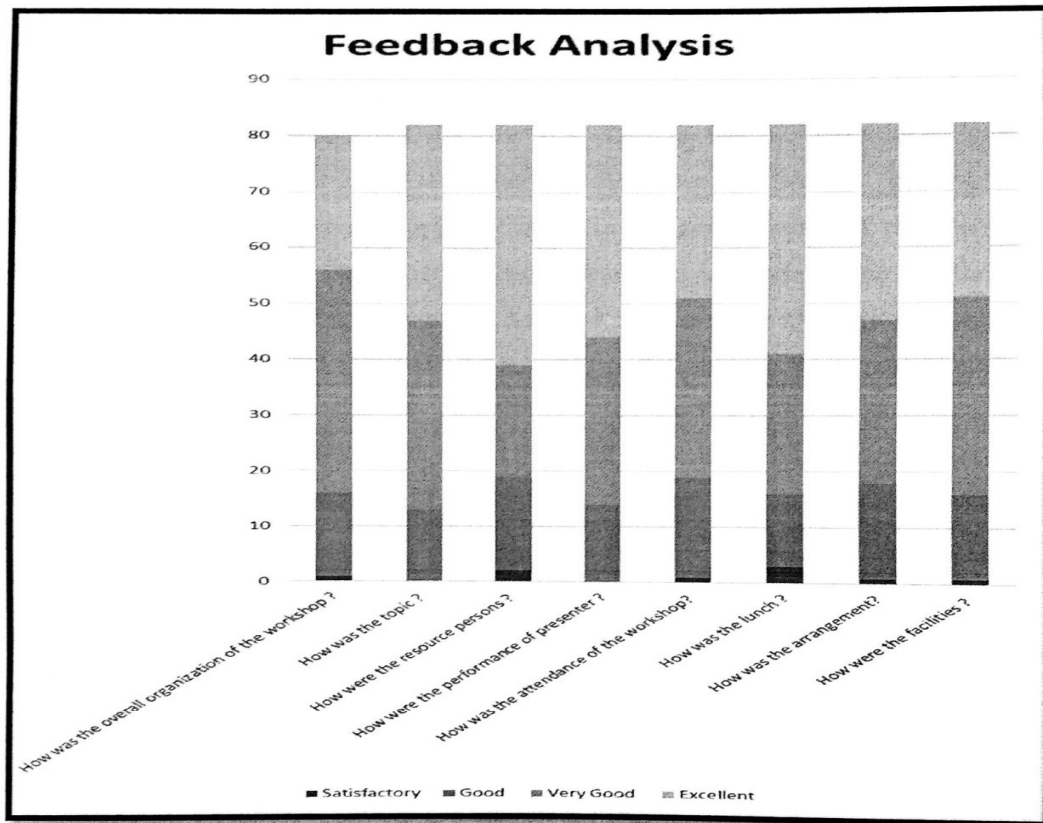
द. पुण्यनगरी १३/७/२०२०


## Certificate




Two Day International webinar on Challenges, Opportunities and Solutions During and Post Covid 19

**Feedback Analysis**



  
Dr. Priyanka Sulakhe  
Coordinatro

  
Dr. Ashok P. Khairnar  
PRINCIPAL  
Nijampur - Jaitane Shikshan Prasarak Mandalsche  
Jagannath Kadiradas Shah Adarsh Mahavidyalay  
Nijampur - Jaitane Tal. Sakri Dist. Dhule