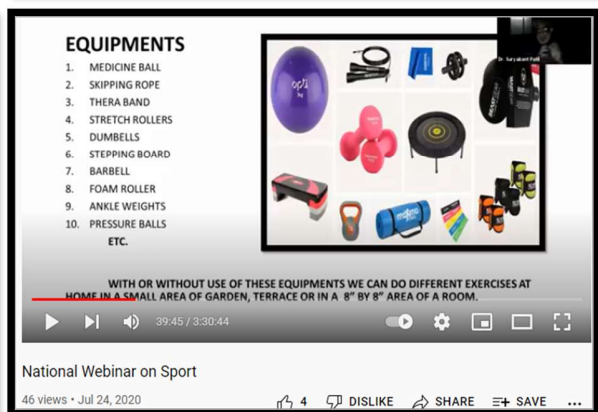


Nijampur-Jaitane Shikshan Prasark Mandal's
Adarsh College of Arts
Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule
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**One Day National Level Webinar on Sports, Physical
Fitness and Mental Health during Pandemic and Post
Pandemic**

27 June 2020





**One Day National Level Webinar
on Sports, Physical Fitness and
Mental Health During Pandemic
and Post Pandemic**

27 June 2020



Organized by

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

**Department of Physical Education
and Sports**



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Nijampur-Jaitane, Tal.Sakri, Dist- Dhule

**Department of Physical Education
and Sports**

Inagural
Prof.P.P.Mahulikar
(Pro VC, KBC NMU Jalgaon)

Chief Guest
Dr.Dinesh Patil
(Sports Director KBC NMU Jalgaon)

Resource Person



Name - Dr. Yogesh Kumar
Associate Professor
Department of Physical Education,
Meerut college Meerut
**Topic -Challenges and solutions for
healthy life during pandemic**



Name - Dr. Babar Ali Khan
Associate Professor
Department of Physical Education,
HVPM Amravati
**Topic- Sports and Physical
Fitness**



Name - Dr. Hemant J.Verma
DPE and Head, JES Arts, Comm.
And Sci. college , Jalna
**Topic - How to bring back sport
in reality from virtuality**



Name - Dr. S.D.Patil
Senior Faculty, Department of
Physical Education, HVPM
Amravati
**Topic- Physical Fitness through
Yogic Sukshma and Schul
Vyayam**

***Important Note**

- ❖ There is no Registration fee for the Webinar
- ❖ Webinar will be conducted through Zoom App
- ❖ Before submission of Registration form Join the Telegram group for further updates and certificate.
- ❖ Link will be given on Telegram group before 60 min. of the Webinar time
- ❖ Feedback link will be provided to the participant on Telegram
- ❖ E-certificate will be issued to only those participants who attend the entire program and submit the Feedback form

Coordinator
Dr.Priyanka P.Sulakhe

Convener
Prin.Dr.Ashok P.Khairnar

***In case of query please contact us at -Dr.Priyanka P.Sulakhe 8329586336,8007983698**

One Day National Level Webinar on Sports, Physical Fitness and Mental Health during Pandemic and Post Pandemic

27 June 2020

Objectives

- To promote physical education even in times of epidemics
- To create awareness about sports, physical fitness and mental health.
- To emphasize the importance of sports, physical fitness and mental health during epidemics.
- To explain the unique general importance of physical and mental health during an epidemic.
- To aware rural and tribal peoples regarding the importance of physical and mental health during the Covid-19

Report

Nizampur Jaitane Shikshan Prasarak Mandal's Adarsh College of Arts and Department of Physical Education and Sports jointly organized a one-day national level webinar on Sports, Physical Fitness and Mental Health during Pandemic and Post Pandemic on 27th June 2020. In inaugural function of this webinar was inaugurated by the Vice Chancellor of the University, Dr. Dr. P. P. Mahulikar and Chief Guest of the function Director of Sports of the University Dr.Dinesh Patil, the keynote speakers Dr. S.D. Patil, Dr. Babar Ali Khan, Dr. Yogesh Kumar, Dr. Hemant Verma as well as the principal of the college Dr.

Ashok P. Khairnar and participants from various states were present. On the occasion of the inauguration of Webinar, Hon.Dr. P.P. Mahulikar especially appreciated the initiative taken by the college to promote physical education and sports during the Covid-19. He said that online is a great way to reach out to every element in rural areas. It is very important to organize such activities in the time of Corona where the mental condition of the person is deteriorating. Chief Guest of the Webinar Dr. Dinesh Patil said that the ground is a great medium for disseminating physical education at a time when it is raining. Some of the activities are to keep the game alive even in the time of Covid-19. He said that it is very important for a person to take care of his / her physical and mental health at a time when it is very stressful. The president of the webinar was the principal of the college, Dr. Ashok P. Khairnar informed all the participants about the various activities run by the college. "No matter how unfavorable Corona's situation is, we must seize the opportunity and work tirelessly in the field of education," he said. He said that the physical and mental health of a person is very poor in Corona's time and in such a situation it is very important to make them aware about their physical and mental health so various activities are organized by the college.

The keynote speaker of the first session Dr. S.D. Patil gave guidance on how to achieve physical fitness through the Sukshma Asanas of yoga. The entire session was in the form of demonstrations. Dr.S.D. Patil demonstrated various subtle exercises as well as movements and gave guidance on how each yoga pose and movement affects the body. Each yoga posture and movement also sheds light on which parts of the body as well as how much and how much muscle is involved. Not only is going to the gym important for physical fitness, you can also stay fit at home. Physical fitness does not require a lot of space or amenities, it only requires preparation of one's own mind. "During the Corona era, when all the fields and gyms are closed, we can take care of our physical and mental health at

home," he said. People who have never exercised can easily increase their physical capacity through subtle movements in yoga. He said that we should take some time out of our daily life to maintain physical and mental health so that life can be improved.

The keynote speaker of the second session was Dr. Yogesh Kumar guided everyone on mental health issues and remedies during the epidemic. During an epidemic, a person has to deal with a large number of physical and mental problems. He said that due to this, stress and anxiety have taken their place in the life of a person. The habit of regular exercise keeps a person focused on his health so that he does not get distracted by other things and helps to get rid of stress. It is very important to increase the physical capacity of the people who are in good physical condition during the time of the epidemic. There is no need to do anything different to improve our mental and physical health even through small recreational games, all we need is to give time to our own mental and physical health, he said. Many mental problems like anxiety, stress, aggression are facing every person during such epidemics and to deal with these problems it is very important to improve your mental health, increase physical fitness, play sports or do physical activities, he said. We can maintain our mental and physical health by giving ourselves only half an hour of physical activity every day. We can maintain and maintain our mental health through various activities like doing physical activities, exercising regularly, getting enough sleep, eating a balanced diet and playing recreational sports.

In the third session, Dr. Babar Ali Khan guided everyone on the subject of physical fitness and sports. Physical fitness and sports are two sides of the same coin. We can increase our physical fitness through sports. The game is a recreational activity. Doing so improves your physical health but it also contributes a lot to improve your mental health. Motion Strength Flexibility Coordination is an

important part of physical fitness. You get to see all of these develop in every game you play. In addition to doing special work on it to improve physical fitness, even if you just take some time and play an entertaining game, it develops physical abilities. Sport improves your physical and mental health along with entertainment. Games are not meant to be played by rules. Games played by rules are for competition but we can play various recreational games to improve our physical abilities in daily life. This sport increases your physical capacity. It also has a positive effect on every organ in our body, such as muscle, various system metabolisms in the body. He said that various organs like circulatory system and digestive system of the body function properly due to physical activity which improves the health of a person. Physical fitness and sports are two sides of the same coin.

In the fourth session, Dr. Hemant Varma said that Games, sports competitions are actually played, but in the current epidemic situation, where everything is at a standstill, virtually we can move the game. There are so many platforms available online today that we can take the game to every segment of the society in rural areas in virtual form, he said. We can promote the game through various initiatives like online Chris Gayle Seminar Webinar on various topics, taking various video competitions of students online. We can use this as an opportunity to promote and spread the game virtually. There are some limitations to an individual's program, but it is not possible to reach every element, but online is an opportunity through which we can easily reach every element. Today's world is a world of technology. Technology is widely used in every subject but the use of technology is limited considering the field of physical education. But the use of technology in these adverse conditions seems to have become widespread in the field of physical education and as a result there is a webinar organized today. Through many such initiatives we can give a big boost to

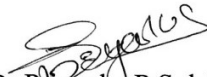
the field of physical education. He gave guidance on what technology we can spread in the field of physical education.

In the Valedictory Function, Dr. Dilip Ramu Patil, Member of the Management Council of the University, Chief Guest, Principal Dr. Ashok P. Khairnar and participants who joined online from various states were also present. The chief guest Dr. Dilip Ramu Patil, who was present at the Valedictory ceremony, lauded the initiative taken in the field of physical education online. He said that there is an urgent need for such innovative initiatives in the field of physical education. This was followed by feedback from colleagues from various states who joined for this webinar. Everyone who participated in the event expressed their satisfaction with the program and said that the college should continue to do the same and give us a chance to participate. Principal Dr. Ashok P. Khairnar expressed gratitude to all the keynote speakers. He said that the physical education sector does not have enough space in the rural areas and many such initiatives are being implemented by the college to create this space in every part of the rural areas. In this adverse situation, every element of the state can be easily reached through online and this connects many people to our college, exchanges their thoughts and gives us a new direction,"he said. After this, many such innovative initiatives will be taken by the Department of Physical Education through this college and we should all respond to this initiative and keep our college connected. After this, many such innovative initiatives will be taken by the Department of Physical Education through this college and we should all respond to this initiative and keep our college connected.

*One Day National Level Webinar on Sports, Physical Fitness and Mental Health during
Pandemic and Post Pandemic*

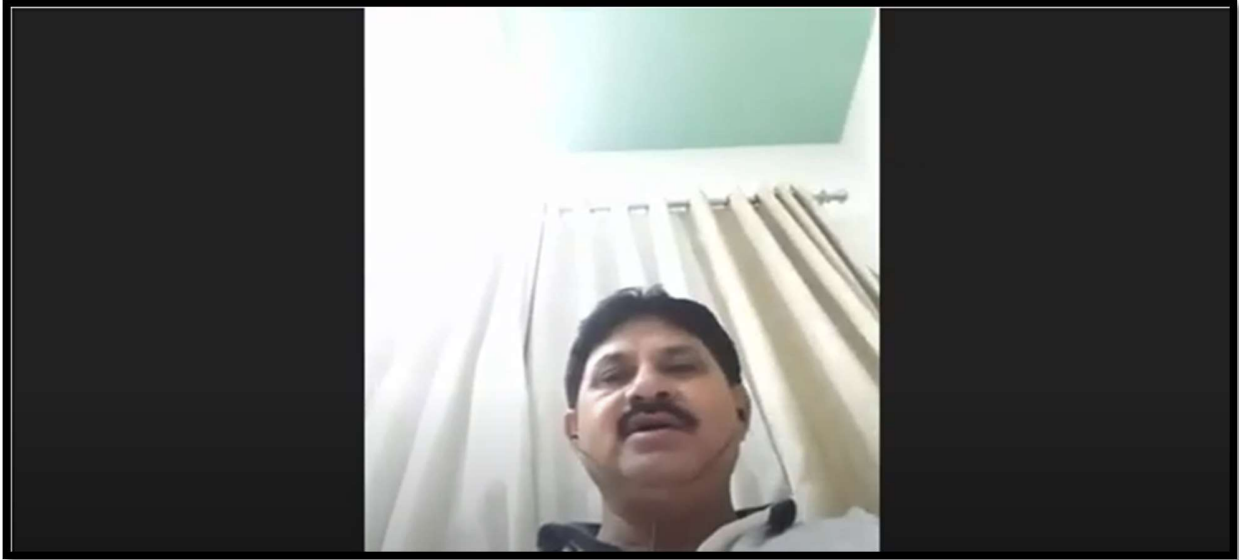
Outcomes

- Gained knowledge of every aspect of sports, physical fitness and mental health.
- Understood the solution to the problem that arose during the epidemic.
- Directed to stay at home and take care of physical and mental health.
- Physical education and sports were promoted and disseminated to every section of the society.

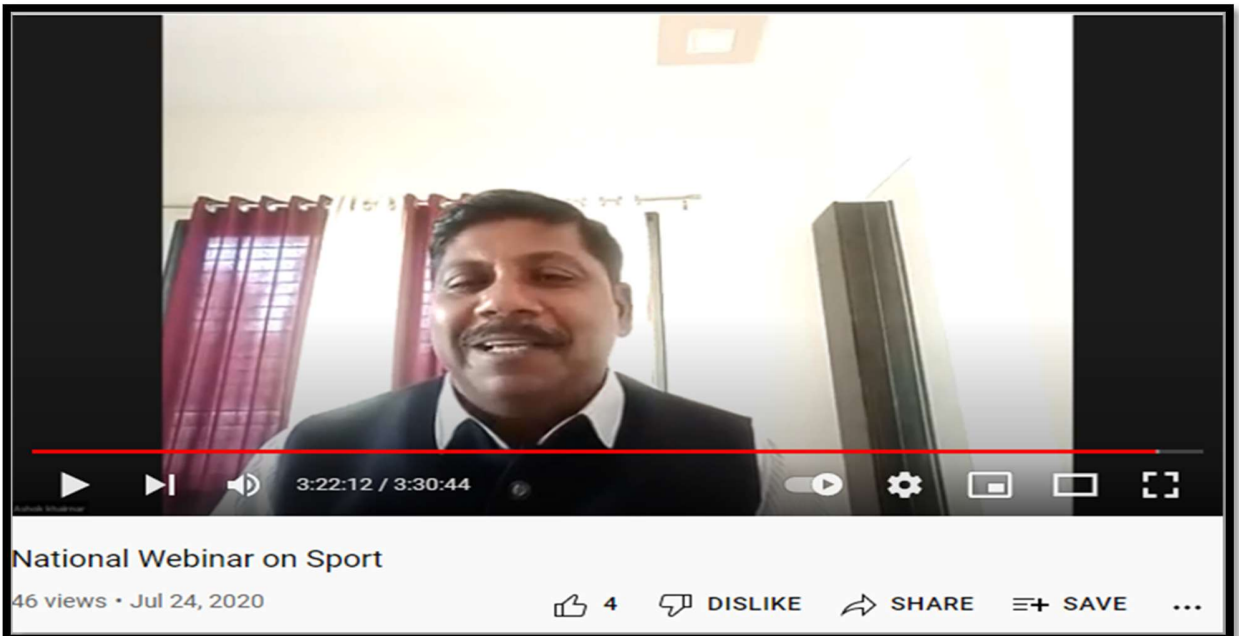

Dr. Priyanka P. Sulakhe
Coordinator


Dr. Ashok P. Khairnar
Principal
Nijampur - Jaitane Shikshan Prasarak Mandalscha
Jagannath Kachwadas Shah Adarsh Mahavidyalay
Nijampur - Jaitane Tal. Sakri Dist. Dhule

Photo Gallery



Hon. Dr. Dinesh Patil delivering his Inaugural Speech



Hon. Prin. Dr. Ashok P. Khairnar delivering his Introductory Note

National Webinar on Sport

46 views • Jul 24, 2020

4 DISLIKE SHARE SAVE ...

Hon.Dr.S.D.Patil Demonstrating Sukshm Vyayam

EQUIPMENTS

1. MEDICINE BALL
2. SKIPPING ROPE
3. THERA BAND
4. STRETCH ROLLERS
5. DUMBBELLS
6. STEPPING BOARD
7. BARBELL
8. FOAM ROLLER
9. ANKLE WEIGHTS
10. PRESSURE BALLS

ETC.

WITH OR WITHOUT USE OF THESE EQUIPMENTS WE CAN DO DIFFERENT EXERCISES AT HOME IN A SMALL AREA OF GARDEN, TERRACE OR IN A 8" BY 8" AREA OF A ROOM.

National Webinar on Sport

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4 DISLIKE SHARE SAVE ...

Hon.Dr.B.A.Khan delivering his Lecture on Physical Fitness



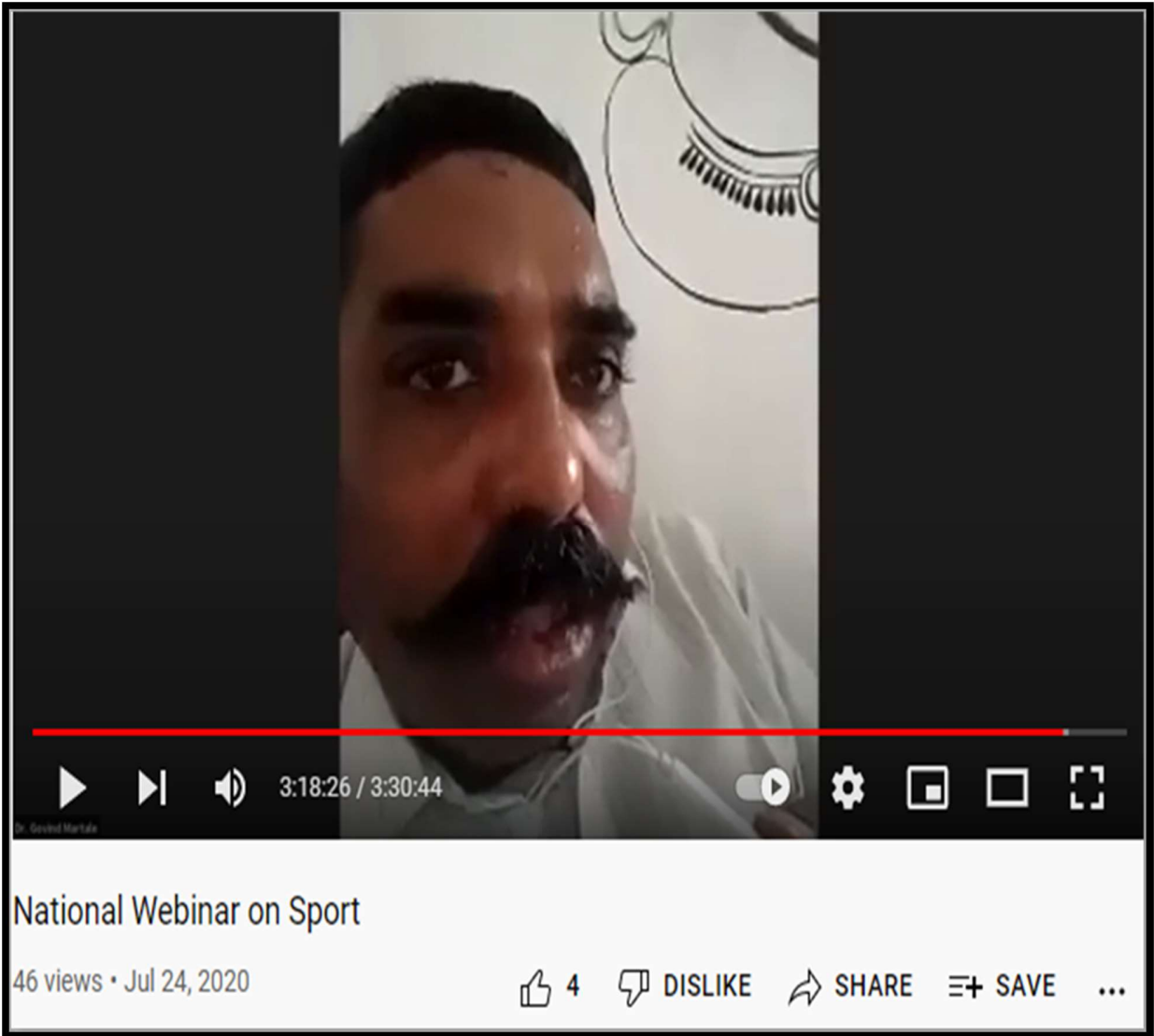
National Webinar on Sport
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4 DISLIKE SHARE SAVE ...

Hon.Dr.Hemant Varma delivering his Lecture



National Webinar on Sport
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4 DISLIKE SHARE SAVE ...


Hon.Dr.Dilip R.Patil delivering his Valedictory Talk



Dr.Martale giving his Feedback about Webinar

Certificate

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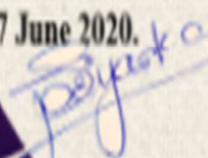



Department of Physical Education and Sports

E-CERTIFICATE

*}}**full name}}*

This is to Certify that Dr./Prof./Mr./Mrs.Miss -----
*}}**other identifier}}* ----- has
actively Participated in **One Day National Level Webinar on Sports, Physical
Fitness and Mental Health During Pandemic and Post Pandemic** organized by
Department of Physical Education and Sports, Nijampur- Jaitane Shikshan
Prasarak Mandal's Adarsh College of Arts, Nijampur-Jaitane, Tal.Sakri, Dist-
Dhule on 27 June 2020.


Dr. Priyanka P. Sulakhe
Coordinator

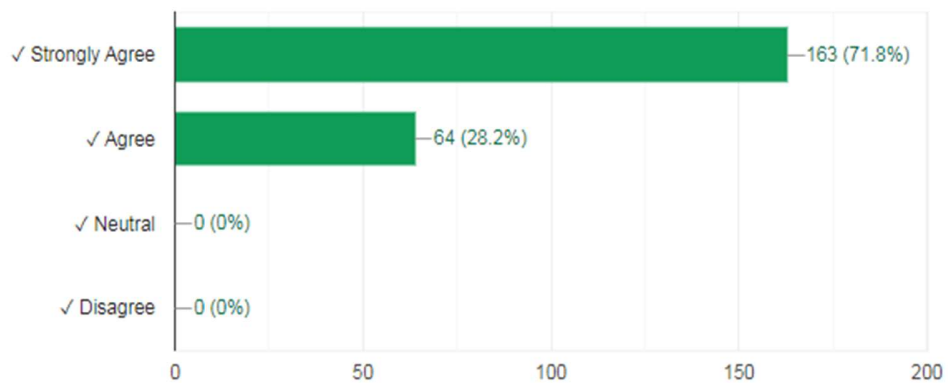

Dr. Ashok P. Khairnar
Principal & Convener

Feedback Analysis

Objectives of the webinar were clearly stated

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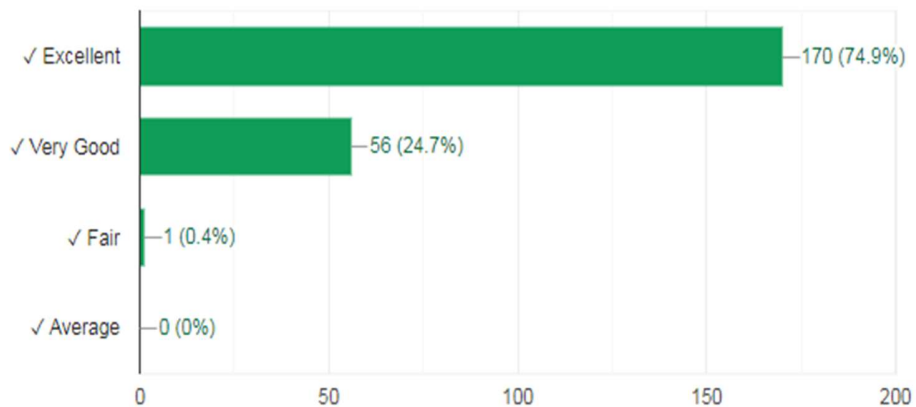
227 / 227 correct responses



The content of the webinar was meaningful and relevant to me

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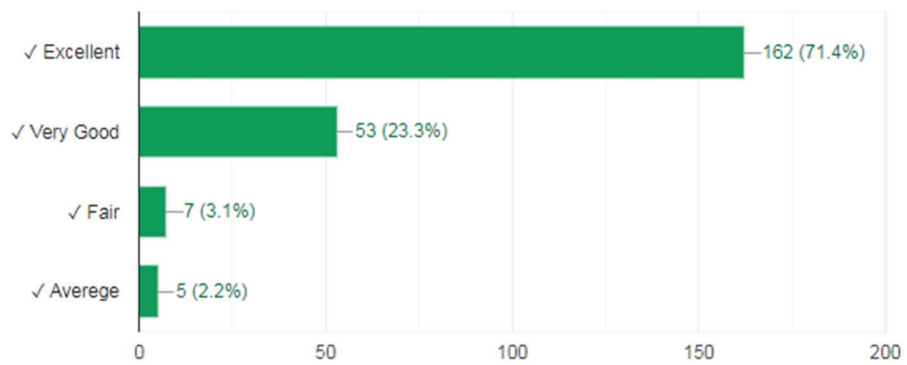
227 / 227 correct responses



The resource persons were clear, effective and stimulating

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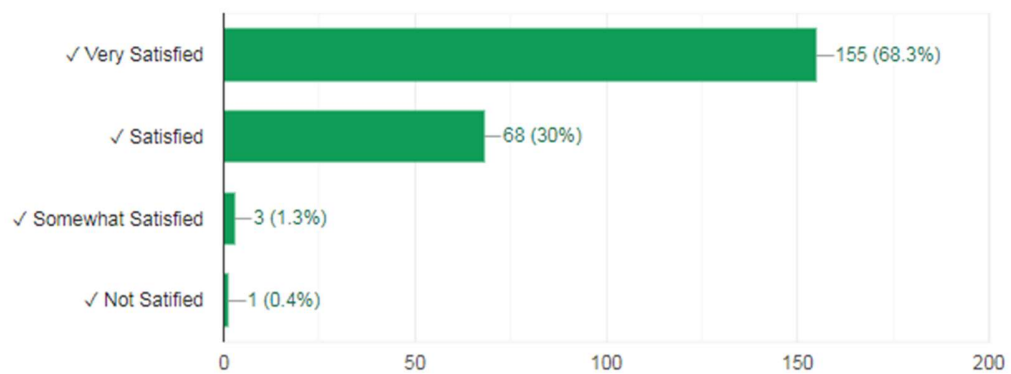
227 / 227 correct responses



What is your level of satisfaction for the webinar?

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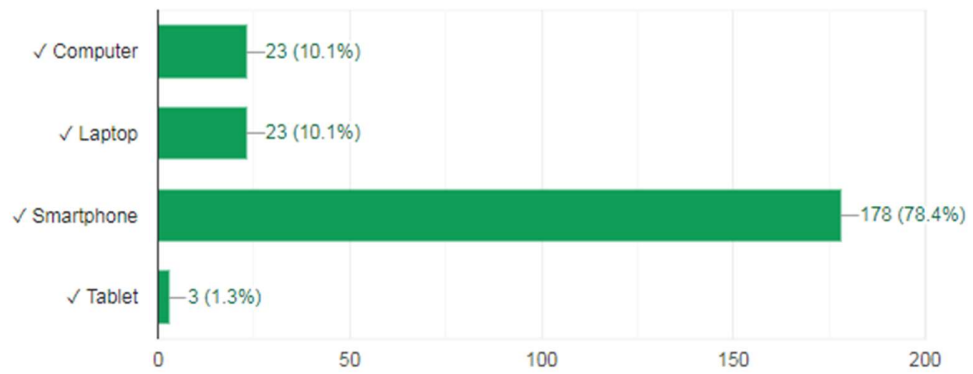
227 / 227 correct responses



Which electronic tool you used to access the webinar?

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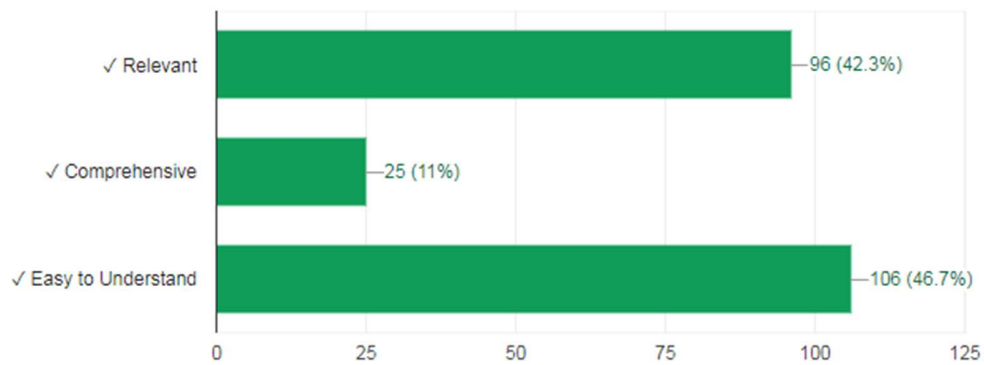
227 / 227 correct responses



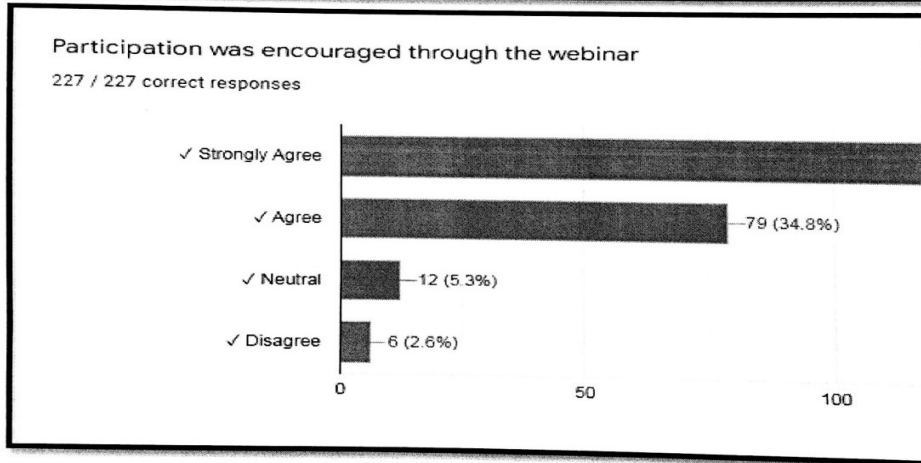
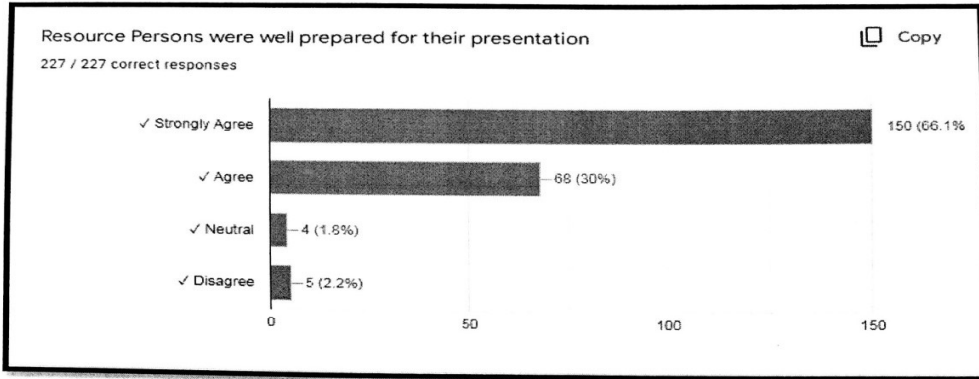
How were the topics of resource persons in webinar?


 Copy


227 / 227 correct responses



One Day National Level Webinar on Sports, Physical Fitness and Mental Health during Pandemic and Post Pandemic




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