

Report on National Level Webinar conducted by the Department of Physical Education

Title: Challenges of Health, Fitness & Wellness during Covid-19 Era

Date: 29th July, 2020

Department of Physical Education, Srikrishna College, Bagula, Nadia has organized a national level Webinar on the topic “Challenges of Health, Fitness & Wellness during Covid-19 Era” on 29th July 2020 through virtual mode. This Webinar has been funded by the college. The Webinar has been designed keeping in mind the present situation and the emerging needs of the people in covid-19 pandemic period.

Participant’s Profile: A total Number of 150 delegates from our college, other colleges of West Bengal & other states of India and student from our colleges were participated through virtual mode and more than 600 viewers were present in youtube link.

Description of the program: Eminent speaker present on the occasion are Professor (Dr) Madhab Ch. Ghosh from University of Kalyani , Dr. Saugata Sarkar, ADPE, Department of physical education, Mizoram University(Central), Mr. Arnab Roy, Assistant Professor, Department of Food Technology, Mizoram University(Central). Our honorable president of governing body Mr. Anup kr. Bhadra was also present in this occasion.

Inaugural session started on 29.07.2020 at 10:30 AM with the inaugural speech by Mr. Anup kr. Bhadra, President of Governing Body, Srikrishna College. Principal Dr. Sukdeb Ghosh has given welcome address. In this webinar we started a lecture of Mr. Arnab Roy on the topic of “Necessary diet-plan during Covid-19”. Next speaker Professor (Dr.)Madhab Ch. Ghosh has given valuable lecture with topic “Fitness and Wellness in home quarantine during covid-19 pandemic”. Last speaker of this webinar was Dr Saugata Sarkar and given a fruitful lecture on the topic “Values and understanding of Psychological Fitness during Covid-19”.

All the lectures were very interactive and the speakers answered many queries raised by the participants.

Dr. Md. Imran Hossain, Head of the Department of Physical Education proposed vote of thanks.

Technical side of the webinar was conducted efficiently by Dr. Sajijul Islam, Department of Commerce, Srikrishna College. Entire program was coordinated by Dr. Md. Imran Hossain with the support of Principal and all the faculty members of the Srikrishna college, Bagula, Nadia.

Report Submitted by:

Dr. Md. Imran Hossain

Head & Assistant Professor,
Department of Physical Education,
Srikrishna College, Bagula.

Programme Schedule for
One-Day National Webinar
On

“CHALLENGES OF HEALTH, FITNESS & WELLNESS DURING COVID-19 ERA”

Organized by
Department of Physical Education
SRIKRISHNA COLLEGE

DATE: 29TH JULY, 2020

10:15 – 10:30 A.M.: Joining the link and starting of YouTube Live.

10:30 – 10:35 A.M.: Inaugural speech by **Mr. Anup Kr. Bhadra**, President of Governing Body, Srikrishna College.

10:35 – 10:45 A.M.: Welcome Address by **Dr. Sukdeb Ghosh**, Principal, Srikrishna College.

10:45 – 11:15 A.M.: **Speaker 1: Mr. Arnab Roy**, Assistant Professor, Dept. of Food Technology, Mizoram University, Mizoram, India.

Topic: Necessary diet-plan during Covid-19

11:15 – 11:20 A.M.: **Q & A Session**

11:20 – 12:00 P.M.: **Speaker 2: Prof. (Dr.) Madhab Ch. Ghosh**, Professor, Dept. of Physical Education, University of Kalyani, W.B, India.

Topic: Fitness and Wellness in home quarantine during Covid-19 pandemic

12:05 – 12:10 P.M.: **Q & A Session**

12:10 – 12:40 P.M.: **Speaker 3: Dr. Saugata Sarkar**, ADPE & Secretary, Sports Board, Mizoram University, Mizoram, India.

Topic: Values and understanding of Psychological Fitness during Covid-19

12:40 – 12:45 P.M.: **Q & A Session**

12:45 – 12:50 P.M.: Vote of Thanks by **Dr. Sajjilul Islam**, Co-convenor, Assistant Professor, Department of Commerce, Srikrishna College.

Session Host: **Dr. Md. Imran Hossain**, Convenor & Assistant Professor & HOD Dept. of Physical Education, Srikrishna College.

Technical Host: **Dr. Sajjilul Islam**, Co-convenor & Assistant Professor, Department of Commerce, Srikrishna College.

12:50 P.M.: Session Conclude by Session Host.



Webinar Youtube link:

<https://www.youtube.com/watch?v=twrPOBZM2Bg&authuser=0>

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WHO recommended "nutrition advice" during the COVID-19 outbreak

- Proper nutrition and consumption of water is always necessary. People who follow a well-balanced diet and hydration, they are tend to be healthier, having stronger immune systems and lower risk of chronic illnesses and infectious diseases.
- So we should eat a variety of fresh and unprocessed foods and drink enough water every day to get the necessary macro and micro-nutrients our body needs.
- By avoiding salt, sugar, and fat intake, we can significantly lower the risk of overweight, obesity, heart disease, stroke, diabetes and certain types of cancer.

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FITNESS

- ▶ Health related physical fitness components
 1. Cardiovascular endurance
 2. Muscular strength
 3. muscular endurance
 4. Flexibility
 5. Body fatness-Composition
- ▶ Skill/Motor related physical fitness components
 1. Speed
 2. Agility
 3. Power
 4. Balance
 5. Reaction Time

Madhab Ch Choudh

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FACTORS RELATING TO PSYCHOLOGICAL FITNESS

Psychological Fitness Factors

- Regulating Mood and Mindset
- Unwind & De-stress
- Building a Flexible Mind
- Growing a Compassionate Mind
- Cultivating Confidence & Self-Belief
- Sustaining Resilience
- Developing Grit
- Strengthening Support Network
- Maintaining Physical Wellbeing

Sougata Sarkar