



INTERNATIONAL WEBINAR ON “ASPECTS AND PROSPECTS OF HEALTH AND FITNESS DURING AND POST COVID-19”

30TH SEPTEMBER 2020 | 11:00 AM TO 03:30 PM

Organised By
IQAC, SHYAMPUR SIDDHESWARI MAHAVIDYALAYA
In Collaboration with
PHYSICAL EDUCATION FOUNDATION OF INDIA
(West Bengal Chapter)

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N.S.O.U., Kolkata, India

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West Bengal, India

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Phy. Edn. Chennai, India

SPECIAL GUEST



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Associate Professor, Visva-Bharati
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REGISTRATION
FREE

E-Certificate to be
Provided after receiving
the feedback form
Last Date of Registration:
29th September, 2020,
5:00 PM

Webinar Registration Link: <https://forms.gle/kdknVnpsqt7eNBfK8>

Telegram Link: <https://t.me/joinchat/RJswWh0P9EVbu52Uu0J0Uw>

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FOR MORE INFORMATION

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INTERNATIONAL WEBINAR ON “ASPECTS AND PROSPECTS OF HEALTH AND FITNESS DURING AND POST COVID-19”

INAUGURAL CEREMONY: 11.00 AM - 12.01 PM

SESSION-I (12.01 PM – 12.45 PM)

TOPIC: ASPECTS AND PROSPECTS OF HEALTH AND FITNESS
DURING AND POST COVID-19

KEY NOTE SPEAKER



Dr. Rajeev Choudhary

Professor in Physical Education, Dean Students' Welfare (DSW), Head, School of Studies in LAW, Pt. Ravishankar Shukla University, Raipur, Chattishgarh, India

CHAIRPERSON



Dr. Lamrun Buhril

Associate Professor in Phy. Edn.
SAI, LNCPE, Trivandrum,
Kerala, India

CO-CHAIRPERSON



Dr. Mahesh S Khetmalis

Associate Professor in Phy. Edn.
Visva Bharati,
West Bengal, India

SESSION-II (12.45 PM – 01.30 PM)

TOPIC: “YOGIC PRACTICES FOR STRESS MANAGEMENT”

EMINENT SPEAKER



Dr. V. Duraisami

Assistant Professor, Department of Yoga,
Tamilnadu Physical Education and Sports
University, Chennai, Tamilnadu, India.

CHAIRPERSON



Smt. Feroza Mogrelia

Director of Sports
St. Xavier's College (Autonomous)
Kolkata, West Bengal, India.

CO-CHAIRPERSON



Smt. Girija Basu

Assistant Professor,
GPECW, Hooghly,
West Bengal, India

SESSION-III (01.30PM – 02.15 PM)

TOPIC: “PHYSICAL FITNESS ACTIVITY AND COVID-19”

EMINENT SPEAKER



Prof. Rakesh Dubey

Faculty, Dept. of Sports Pedagogy,
Liepaja University, Latvia

CHAIRPERSON



Dr. Satyant Kumar Khatyian

HOD, Physical Education,
Km. Mayawati Govt. P. G. College,
Badalpur, G.B. NAGAR, U.P., India.

CO-CHAIRPERSON



Dr. Atanu Das

Assistant Professor in Phy. Edn.
Rabindra Mahavidyalaya, Champadanga,
Hooghly, West Bengal, India



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SESSION-IV (02.15 PM – 03.00 PM)

TOPIC: “PROTEIN: FACTS AND MISCONCEPTIONS”

EMINENT SPEAKER



Dr. Rakesh Tomar
Faculty, King Fahd University of
Petroleum and Minerals,
Dhahran, Saudi Arabia.

CHAIRPERSON



Lt. (Dr.) Seema Sharma (Kaushik)
Assistant Professor in Phy. Edn.
Lakshmbai College,
University of Delhi, Delhi, India.

CO-CHAIRPERSON



Dr. Sumalya Roy
Assistant Professor & Head, Dept. of Physical
Education, Chatra Ramai Pandit Mahavidyalaya,
Darpur, Bankura, West Bengal, India.

VALEDICTORY CEREMONY:
3.00 PM – 3.30 PM

GUEST OF HONOUR



Prof. (Dr.) M. K. Singh
Registrar (I/C) & HOD
Sports Psychology, L.N.I.P.E.,
Gwalior, M.P., India

COCLUBING REMAII(5



Dr. Kishore Mukhopadhyay
Associate Professor in Phy. Edn.
UCTC, Berhanpore, West Bengal

VOTE OF THANKS



Dr. Deba Prasad Sahu
Associate Professor & Head,
Dept. of Phy. Edn., Mahisadal Girls College
Secretary-PEFI (West Bengal), India

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