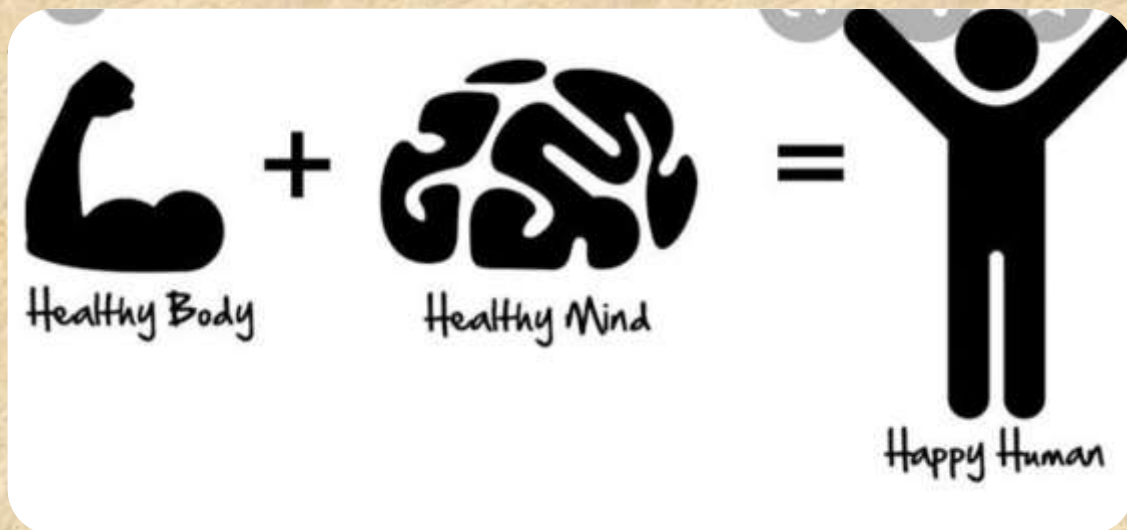


One Day National Level Webinar on

Maintenance of Physical and Mental Fitness during Pandemic Period

15th August, 2020; 11 A.M to 1 P.M



ORGANISED BY



Department of Physical Education

&

Internal Quality Assurance Cell (IQAC)

Bethuadahari College

Bethuadahari, Nadia, W.B.

Website: www.bethuacollege.in

Email: bethua_college@rediffmail.com

Free registration link: <https://forms.gle/BC5rbnnFQDyrxrdA6>

ABOUT THE THEME

The COVID-19 Pandemic is an unprecedented time all across the world. Worldwide, extensive social distancing policies are put into place, restricting people's daily activities and worldwide pleas from governments asking people to stay safe and stay at home.

Our day-to-day lives have changed dramatically due to Corona viruses in a very short period of time. It can affect how we feel, our sleep, our physical activity, the way we eat and the way we work. Some of us might be struggling with strong emotions, such as loneliness, anxiety about our own safety and that of our loved ones, and about our financial futures.

It is worth acknowledging the huge weight we all are now carrying collectively due to this global health crisis. And it is important that we take positive steps, to stay mentally and physically strong despite these challenges. Your well-being starts with yourself care and maintenance- the things you are not working. Here are what we hope will be helpful tips for staying physically and mentally strong.

Distinguished Resource Persons



Kripesh Karmakar

Guest Lecturer (Phd scholar)

Department of Physical Education

College of Physical Education, Pune



Aniruddha Mallick

Assistant Professor

Department of Physical Education

Binoy Sadan B.Ed College Jhargram

Organizing Committee

Chief Patron: Dr. Rampada Bera, President, Governing Body.

Patron : Dr. Suhas Roy, Teacher-In-Charge.

**Joint Convener : 1. Sanjoy Ghosh, SACT & Head, Department of Physical Education.
2. Prokash Ch. Mondal , SACT, Department of Physical Education.**

**Organizing Secretary: Mirza Hasan Alam, Assistant Professor & IQAC
Coordinator & Head, Department of English**

Technical Assistant : Surajit Sen, Computer Operator, Bethuadahari College

Important Details

- Registration is free of Charge.
- Registration Link: <https://forms.gle/BC5rbnnFQDyrxdA6>
- WhatsApp group Link : <https://chat.whatsapp.com/KYstBRTAp8n4r1q6Cw2wld>
- Registration will be closed by **10:00 PM on 14th August 2020.**
- Feedback form will be shared during the sessions.
- E-Certificate will be provided after submission of the feedback form.
- Google Meet Platform link and You Tube Live Stream link will be provided on or before **15th August 2020** via Whats App group and e-mail Id.

Programme Schedule

DATED: 15TH AUGUST,2020.

TIME : 11 A.M – 1 P.M

Time	Programme
10.50 AM and onwards	Entry of the Participants
11 AM to 11:10 AM	Inaugural speech by honourable Chief Patron Dr.Rampada Bera, President ,G.B.,Bethuadahari College
11.10 AM to 11:20 AM	Welcome address by honourable Dr.Suhas Roy, Teacher-in-Charge, Bethuadahari College.
11.20 AM to 12 PM	Speech By Hon'ble Resource Person Kripesh Kamakar, Guest Lecturer (PhD Scholar) College of Physical Education, Pune
12 PM to 12.40 PM	Speech By Hon'ble Resource Person Aniruddha Mallick, Assistant Professor (PhD Scholar Binoy Sadan B.Ed College ,Jhargram
12.40 PM to 12.55 PM	Interactive Session by all
12.55 PM to 1.00 PM	Offering Vote of Thanks by Sanjoy Ghosh , SACT, Department of Physical Education , Bethuadadahari College .
<u>All are Cordially Invited to Participate</u>	

Thank You