

Suri Vidyasagar College (Govt. Sponsored)

Suri, Birbhum. PIN- 731101, West Bengal

(Affiliated to the University of Burdwan & Accredited by NAAC)

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DATE: - 09/04/2022

TIME: - 3:00 PM

One day national level webinar on

THE CONTRIBUTION OF PHYSICAL EDUCATION, YOGA & SPORTS IN DEVELOPING PHYSICAL & MENTAL HEALTH

Organized by

Department of Physical Education, Suri Vidyasagar College

In collaboration with IQAC, Suri Vidyasagar College

**Registration
Link**



[Click Here](#)

**Joining Link for
Google Meet**



[Click Here](#)

- YouTube link will be providing at the time of webinar in whatsapp group.
- Free Registration Up to 08/04/2022 (Midnight)
- E-Certificate will be provided after submitting the feedback form.

RESOURCE PERSONS



Dr. PINTU LAL MONDAL

Assistant Professor
Department of Physical Education,
Central University of South Bihar,
Gaya 824236 Bihar



Dr. BIPLOB CHOWDHURY

Assistant Professor
Department of Physical Education,
Government Physical Education College for Women,
Hooghly, west Bengal

SCHEDULE OF THE WEBINAR

SL.NO	EVENTS	TIME
1	Inauguration song	3:00 PM
2	Welcome address by Prof. TAPAN KUMAR PARICHHA Principal, Suri Vidyasagar College	3:10 PM
3	Speech by Chief Guest: Prof. LAKSHMI NARAYAN MANDAL Vice Chancellor of Seacom Skills University,	3:20 PM
4	Dr. PINTU LAL MONDAL TOPIC:- “A sound mind in a sound body”- How we improve it through practicing yoga.	3:30 PM
5	Dr. BIPLOB CHOWDHURY. TOPIC:- “Benefits of Exercise on Mental Health”	4:00 PM
6	Interaction Session- Question answers session.	4:30 PM
7	Vote of Thanks by Dr. KOUSHIK KUMAR DUTTA In-charge Morning Section & Member of IQAC, Suri Vidyasagar College	4:40 PM

WEBINAR COMMITTEE

PATRON	Chief Patron: Mr. Bikash Roychoudhury GB President, Suri Vidyasagar College Patron: Prof. Tapan Kumar Parichha Principal, Suri Vidyasagar College
JT. CONVENERS	Dr. Soumya Ranjan Bhattacharyya, Coordinator, IQAC, Suri Vidyasagar College Mr. Aditya Mondal, Head, Department of Physical Education, Suri Vidyasagar College Mr. Bappa Sanguin, Department of Physical Education, Suri Vidyasagar College
TECHNICAL COORDINATOR	Mr. Bappa Sanguin, Department of Physical Education, Suri Vidyasagar College
ADVISORY COMMITTEE	Dr. Koushik Kumar Dutta, In-charge Morning Section & Member, IQAC Dr. Amal Kumar Pari, Member, IQAC Prof. Saurav Chakrabarti, Member, IQAC Dr. Sujoy Das, Member, IQAC Dr. Sandipan Chatterjee, Member, IQAC Shri. Sarojit Kumar De, Member, IQAC Shri. Sanjib Majumder, Member, IQAC Shri. Diptendu Bera, Member, IQAC Dr. Sristidhar Das, GB Member, Suri Vidyasagar College Shri. Susanta Raha, Librarian (Morning Section), Suri Vidyasagar College
NATIONAL ADVISORY COMMITTEE	Dr. Rudranath Chatterjee Assistant Professor, P.G.G.I.P.E Banipur, North 24 Parganas, West Bengal Dr. Abhijit Thander Assistant Professor, Visva-Bharati Department of Physical Education & Sport Science Dr. Krishnendu Dhar Assistant Professor, Tripura University Department of Physical Education Dr. Mahesh S Khetmalis Associate Professor Visva-Bharati, Department of Physical Education and Sport Science
COMMUNICATION	Mr. Bappa Sanguin (M: -9474731393) Mr. Aditya Mondal (M: -9641054353) Email- sanguibappa2@gmail.com

ABOUT WEBINAR

The aim of this Webinar is to improve the physical and mental health condition of all people & identify the current trends and challenges in Physical Education, Sports & Yoga, based on the current perspective, future trends and challenges will be discussed. There are various factors which are diminishing the interest of students in Physical Education activities. Although Physical Education, sports & yoga is being taught as a part of curriculum in all Schools, Colleges and Universities but lack of adequate time, trained Teachers and poor infrastructure are responsible for little interest in this field. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds allotment for holding various competitions and role of technology to create awareness about the importance of physical activities and sports in our daily life. All these issues will be discussed in this Webinar.

Thank you all