

7 DAYS WEBINAR (LECTURE SERIES-1)

We are pleased to inform you that as per the direction of MHRD for proper utilization of lockdown period Department of Physical Education, University of Allahabad and Department of Physical Education and Sports, Hindu College Moradabad in joint collaboration organizing series of **7 days Webinar** for the students during this lockdown period when existing Covid-19 pandemic have disrupted the face-to-face mode of teaching-learning. This series of 7 days online webinar is designed to ensure smooth teaching-learning and to provide a platform to students to interact with various experts in the field of Physical Education. We are sure that a variety of interactions during this webinar will enhance physical, Psychological and spiritual status and well-being of students to handle the current scenario of lockdown due to the spread of COVID-19.

The first phase of this webinar will start sharp at 15:00 PM daily from 26/04/2020 to 02/05/2020.

Instructions for joining Webinar:

1. Install zoom app from Google play store
2. Ensure stable network connection
3. Log in through Meeting **I'd: 3148334883** and **Password: 9PTF8C**
4. Please note that upon joining keep your audio and video muted.
5. In case of any query please type your question in the chat box.







The schedule of 2nd phase of 7 days webinar will be communicated on Saturday, 04.05.2020.

Warm welcome,

(Prof. Archana Chahal)

(Pankaj Singh)

Webinar Schedule:

Day/Date	Timings	Topics	Speakers	
Monday 27/04/2020	15:00 PM-16:00 PM	Mental Health in present scenario	Mr Pankaj Singh, Asst. Professor and Head, Dept. of Phy. Edu. & Sports, Hindu College Moradabad	
Tuesday 28/04/2020	15:00 PM-16:00 PM	Introduction of Yoga	Dr Bhaskar Shukla, Associate Professor, HNB Govt. PG College, Naini, Prayagraj	
Wednesday 29/04/2020	15:00 PM-16:00 PM	Eight limbs of yoga	Dr Bhaskar Shukla, Associate Professor, HNB Govt. PG College, Naini, Prayagraj	
Thursday 30/04/2020	16:00 PM-17:00 PM	Introduction to Sports and Exercise Physiology	Mr Bharat Rai, Senior Research Fellow, IGIPSS, University of Delhi	
Friday 01/05/2020	15:00 PM-16:00 PM	Diet and Nutrition	Ms Anita Pharswan, Asst. Professor, Dept. of Phy. Edu. & Sports, DAK Degree College Moradabad	
Saturday 02/05/2020	15:00 PM-16:00 PM	Sports Training	Mr Piyush Kumar Dubey, Coach Senior National Hockey Team, Sports Authority of India	
Sunday 03/05/2020	15:00 PM-16:00 PM	Steps for successful establishment and management of Commercial health club	Dr Anil Chauhan, Associate Professor and Head, Dept. of Phy. Edu. & Sports, KGK college Moradabad	