

7 DAYS WEBINAR (LECTURE SERIES-2)

Dear sir/ma'am,

We are pleased to inform you that after the successful completion of first phase of online Webinar series the Department of Physical Education, University of Allahabad and Department of Physical Education and Sports, Hindu College Moradabad in joint collaboration organizing **2nd phase** 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 and Sports. We are sure that variety of interactions during the webinar will enhance Physical, Psychological and Spiritual status and well-being of students, faculties and staff to cope up with the current scenario of lockdown due to spread of COVID-19.

The second phase of this webinar will start sharp **at 03:00 PM daily** from **05/05/2020 to 11/05/2020**.

Instructions for joining online Webinar:

Install **Zoom app** from Google Play Store

Ensure stable network connection

Log in through Meeting ID: **3148334883** and Password: **9PTF8C**

Please note that upon joining the online Webinar keep audio and video of your devices muted.

In case of any query during the lecture please type your question in the chat box.

Webinar Schedule:

Day/Date/Time	Topics	Speakers	Photo
Tuesday 05/05/2020 03:00 PM-4:00 PM	Achieving Fitness and Wellness through “ Shat Kriyas ”	Prof. Susheel Kumar Gautam Director, Centre of Naturopathy & Yoga, MGKVP, Varanasi	
Wednesday 06/05/2020 03:00 PM-4:00 PM	Effect of Training and Exercises on Muscular System	Mr Bharat Rai, Senior Research Fellow, DPSS, University of Delhi	
Thursday 07/05/2020 03:00 PM-4:00 PM	COVID-19 Pandemic: A new perspective of identification and selection of research problems	Dr Shashikant Singh, Sports Officer, Government PG College, Satna, Madhya-Pradesh	
Friday 08/05/2020 03:00 PM-4:00 PM	Obesity: The big challenge	Dr Priti Pandey, Associate Professor, Department of Physical Education, S.N.Sen B.V.P.G. College, Kanpur	
Saturday 09/05/2020 03:00 PM-4:00 PM	Fitness as a Lifestyle	Dr Mahesh Sawata Khetmalis, Associate Professor, Department of Physical Education, Visva-Bharati, Birbhum, West Bengal	
Sunday 10/05/2020 03:00 PM-4:00 PM	Scientific view of Yogic Postures	Dr Binayak Kr. Dubey, Assistant Professor, Department of Physical Education, BHU, Varanasi	
Monday 11/05/2020 03:00 PM-4:00 PM	The Role of Personality in Sports	Mr. Pankaj Singh, Asst. Professor, Department of Physical Education and Sports, Hindu College, Moradabad	

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The Schedule of 3rd phase of 7 days Webinar will be communicated on Monday, **11/05/2020**