



Dr. Madhukarrao Wasnik

P.W.S. Arts and Commerce College

Accredited B+ by NAAC

Kamptee Road, Nagpur

**Physical Education Foundation of India
(PEFI)**

Rajkumar Kewalramani Kanya

Mahavidyalaya

Accredited B+ by NAAC

Jaripataka, Nagpur

Department of Physical Education

Jointly Organize One Day

International Webinar on

**The Covid 19 Outbreak and
Immunity: Mediating Effects of
Physical Fitness**

Wednesday, June 3, 2020 at 10.00 am

(Free Registration & Participation)

Invited Speakers

Chairperson: of Webinar

Dr. Madhukarrao Wasnik Ex. MLC

Welcome Address:

Principal Dr. Yeshwant Patil

Best Wishes by

Prof. Vijay Kewalramani , Chairman , SNM

Chief Guest & Keynote Address by

Dr. George Abraham

**Principal, YMCA College of Physical
Education, Chennai, First Physical Education
College in India (1920)**

Session I: Resource Person

Dr. D. Maniazhagu

**Asst. Prof. Dept. of Physical Education and
Health Sciences
Alagappa University, Karaikudi (Tamil Nadu)**

Session II: Resource Person

Dr. Sinku Kumar Singh

**Head, Dept. of Physical Education
Swami Ramanand Tirth Marathwada
University, Nanded (M.S.)**

Concluding Remarks and Vote of Thanks:

Dr. Urmila Dabir, Principal RKKM, Nagpur

Prgogramme Schedule:

10.00 am : Inauguration & Key Note

11.15 am : Plenary Session I

12..00 pm : Plenary Session II

12.45 pm : Valedictory

About the Colleges:

Dr. Madhukarrao Wasnik P.W.S. Arts and Commerce College, Kamptee Road, Nagpur-26 is one of the oldest institutions in Nagpur celebrated its Golden Jubilee of foundation in the year 2018. It is accredited B+ by NAAC, Bangalore in its third cycle. Under the able guidance of Chairman Dr. Madukarraoji Wasnik, the institution has grown up into a multi-faculty college with the strength of over 5000 in Jr., UG and PG and catering to the higher educational needs of the weaker sections of the society in this region. College is running UGC Sponsored Dr. Ambedkar and Buddhist Studies and six Research Centres for Ph.D. research recognized by RTM Nagpur University, Nagpur in Marathi, Hindi, English, Palli, Economics and Commerce. College is also known for its Football and Hockey teams and multi sports facilities for both Men and Women.

Rajkumar Kewalramani Kanya Mahavidyalaya, Jaripataka, Nagpur a Linguistic Minority (Sindhi) institution has been accredited by NAAC B+ grade. The college run UG and PG programme in Humanities. The NSS unit of the college renders its service to the adopted slum 'Nari' and has been conferred with "Best NSS College" award. The PG students have been on the merit list of the university and UG students secured Gold Medal in sociology. The college has a vibrant hockey Team that has made its presence felt in University, State and National tournaments.

About the Webinar Theme:

Coronavirus Covid-19 Pandemic has become the biggest threat to the living beings on the planet earth. More than twenty million people across the world have contracted the deadly disease and over 3.5 lac people have lost their lives so far. Coronavirus contagion is spreading rapidly and trapping people and becoming worst in case of people with weak immunity and already suffering from some medical conditions. The human immune system is designed such that lets our body to prevent us from all kinds of infections and diseases. Therefore, as a preventive measure doctors and fitness trainers advise us to boost immunity with good diet, regular exercises and active lifestyle. Exercise is highly preferred option by experts to keep one fit to keep the immune system active and strong. Immune system of the human being works with the positive psyche. Unfortunately, due to coronavirus pandemic we are unable to move out of our houses, unable to go to gym, parks, grounds and stadium for regular physical exercises and sports practices. For the sportsperson when they are away from the practice sessions and competitive sports, there is a probability that they start losing confidence and develop issues relating fitness that may haunt them. On the basis of all these perspectives related to human health and fitness there is no doubt that immunity plays a vital role. Therefore, organizers felt the need of an academic discussion on the current topic of the webinar. The speakers and panelists will shed light on various aspects of the theme to keep the people healthy and fit and also deliberations will be made on role of the faculty of Physical Education in particular in this critical outbreak situation.

About Registration:

Free Registration & Participation

- Interested participants can register by filling up the form on the following link <https://forms.gle/VHwgP9tvctg4keen7>
- E-Certificate will be sent within 7 days to the participants who attend the webinar via zoom or You Tube live stream. Submission of Feedback form will be compulsory.
- The feedback form will be sent to the registered mail.
- The link of webinar will be sent to the registered participant one day before.

Patron

Hon. Dr. Madhukarrao Wasnik, Ex. MLC, Chairman, People's Welfare Society, Nagpur

Hon. Prof. Vijay Kewalramani, President, Sindhu Navyuwak Mandal, Jaripataka Nagpur

Hon'ble Dr. Murlidhar Chandekar, Vice - Chancellor, RTM Nagpur University

Hon. Dr. Subhash Chaudhary, Pro-Vice Chancellor, RTM Nagpur University, Nagpur

Organising Committee

Organisers

Dr. Yeshwant Patil, Principal, Dr. Madhukarrao Wasnik PWS Arts and Commerce College, Nagpur

Dr. Urmila Dabir, Principal Rajkumar Kewalramani Kanya Mahavidyalaya, Nagpur

Advisor and webinar Host:
Dr. Sudesh Bhowate, IQAC Coordinator

Conveners

Prof. Atmaram Pande (HoD) Dept. of Physical Education PWSC, Nagpur

Dr. Piyush Jain Secretary PEFI, New Delhi

Dr. Yagya Singh (HoD) Dept. of Physical Education RKKM, Nagpur

Members: Dr. Saurabh Mohod

Technical Advisor: Mr. Siddharth Wani (Librarian) PWSC, Nagpur

All Teaching and Non-Teaching Staff

Dr. Madhukarrao Wasnik P.W.S. Arts and Commerce College, Nagpur-26

&

Rajkumar Kewalramani Kanya Mahavidyalaya, Jaripataka, Nagpur