

S J M VIDYAPEETHA ®
S J M COLLEGE OF ARTS AND COMMERCE
INTERNAL QUALITY ASSURANCE CELL AND
DEPARTMENT OF PHYSICAL EDUCATION

ORGANISES
"NATIONAL LEVEL WEBINAR ON FITNESS & WELLNESS"

Date: 17.10.2020

Time: 11.00 AM to 1.30 PM

PROGRAMME SHEET

10.45 to 11.00 AM	Login to Webinar	
11.00 AM to 11.05 AM	Introduction about the webinar (5 minutes)	Prof. Chaluvaraju N. Chief Librarian & IQAC Co-ordinator.
11.05 AM to 11.08 AM	Welcome Address (3 minutes)	Dr. P. Shivalingappa Principal S J M College of Arts & Commerce.
11.08 AM to 11.12 AM	Introduction of the Keynote Adressor (4 minutes)	Prof. K. Kumarswamy Physical Director S J M Institute of Techonlogy.
11.12 AM to 11.30 AM	"Fitness and Wellness"	Dr. M. Elayaraja Dept.of Physical Education & Sports Pondicherry University.
11.30 AM to 11.34 AM	Introduction of Speaker (4 minutes)	Prof. Abhaya Prakash C. Physical Director B M C Medical College.
11.34 AM to 12.20 PM	Covid: The Psychology of NEO - Normal	Dr. Soni John T. Associate Professor Christ College Irijalkuda Kerala State.
12.20 PM to 12.23 PM	Introduction of Speaker (3 minutes)	Sri. M.J. Sadik Physical Director Govt. Arts College (Autonomous)
12.23 PM to 1.10 PM	Health Related Fitness & Wellness	Dr. K.P. Martin Retired Director of Sports & Deputy Registrar Evaluation Karnataka State Women University Vijayapur, Karnataka.
1.10 PM to 1.20 PM	Questions & Answer Session	All Resource Persons
1.20 PM to 1.25 PM	Vote of Thanks	Prof.Maqsood Ahamed Organising Secretary, SJM College of Arts & Commerce
1.25 PM to 1.30 PM	Concluding Remarks	Moderator