



C. P. & Berar Education Society's College, Nagpur
Department of Physical Education & Sports

SESSION 2021-22

Name of Activity: - National Webinar

Brief Report

National Webinar on
**“Importance of Exercise to Improve Physical
Fitness”**
On 25th September 2021

C.P. & Berar E.S College organized a One Day National Webinar on the topic “Importance of Exercise to Improve Physical Fitness”. The Resource Person was Dr. Payal Dhawale, Assistant Professor, MGM Institute of Physiotherapy, Aurangabad. Dr. Milind Barhate, Principal, Dr. J.K Mahajan Vice – Principal C.P & Berar College, was also present in the Webinar.

In his Speech, Dr. Milind Barhate emphasizes the importance of exercise in this pandemic situation. Dr. Barhate said that doing regular exercise can boost immunity. He added that mental Health is directly related to physical fitness. A healthy body has a healthy mind. He made a appeal to all the participates to do regular yoga and meditation so that we can deal with tremendous pressure in this competitive world men.

The keynote address by Dr. Payal Dhawale gave a brief note on basics of physical fitness, right from the components of Physical Fitness, Factors effecting conditioning, she explained in brief how due to covid-19 players got Deconditioning from their physical fitness. She explains how appropriate exercise programme includes warm-up followed by exercise session and cooling down. In her speech she explains four pillars of training principals that is periodization, specificity, overload & individuality. In her presentation she gave a brief note of types of exercise which can be performed with minimum equipments available in this pandemic situation. She told how with the help of own bodyweight exercise including bridging, scapular stabilization, lunges & Squat help restrain Deconditioning. She also explained importance of resistance band exercises for strength training. She included photos and videos of different exercises in her presentation so that players can know correct technique of doing exercise to maintain physical fitness.

Information Brochure for Students



C.P & BERAR E.S COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
ORGANISES

One Day National Webinar
on
**"IMPORTANCE OF EXERCISE TO IMPROVE
PHYSICAL FITNESS "**


Resource Person
Dr. Payal Dhawale,
Assistant Professor,
MGM Institute of Physiotherapy,
Aurangabad.


Chairperson
Dr. Milind Barhate,
Principal,
C.P & Berar E. S College,
Nagpur.


Organizing Secretary
Dr. Nishant Tipte,
College Director of Physical Education & Sports,
C.P & Berar E.S College, Nagpur.



25th September 2021 at 11:00 AM
on Zoom Meeting. ID:- 885 4233 1094 Password :- 2021
Registration Link :- <https://forms.gle/UNZqBoPsi5S56piD6>

Zoom Link :- <https://us02web.zoom.us/j/88542331094?pwd=MFFqUi9HcEZxNGE4UFo2U2hvc3Jwdz09>

Permission Letter

To,
The Principal,
C.P. & Berar E.S. College,
Nagpur.

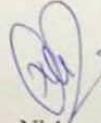
Subject: - Permission to Conduct One Day National Webinar on "Importance of Exercise to Improve Physical Fitness" on 25th September 2021.

Respected Sir,

Department of Physical Education & Sports is planning to organize One Day National Webinar on "Importance of Exercise to Improve Physical Fitness" on 25th September 2021 on zoom Online Meeting platform. It is therefore kind request to you to please grant permission for the said Webinar.

Thanking you

Yours faithfully



Dr. Nishant Tipte
Department of Physical Education & Sports
C.P & Berar E. S. College
Nagpur

Permitted
Principal

Student Notice

C. P. & Berar E. S. College

Tulsibagh, Mahal, Nagpur

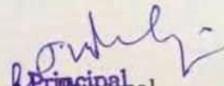
Department of Physical Education & Sports

Students Notice

All students of C.P. & Berar E. S. College are informed that One Day National Webinar on "Importance of Exercise to Improve Physical Fitness" on 25th September 2021 zoom Online Meeting platform is organized. All the students have to register for the said Webinar for more Information Contact Dr. Nishant Tipte, HoD, Department of Physical Education & Sports.

Date: - 16.09.2021




Principal
C.P. and Berar E.S. College
Tulsibag, Nagpur
C.P. & Berar College

Nagpur

Registration Link :- <https://forms.gle/eeXAxuMjpmTj2pf49>

Detail Schedule of Webinar

C.P & Berar E.S College, Nagpur.
Department of Physical Education & Sports
Organizes
National Webinar on
“Importance of Exercise for improving Physical Fitness”
Detail Schedule of Webinar

Webinar Start	25 th September 2021	11:00 am
Comparing & Introduction of Webinar	Dr. Nishant Tipte	11:00 to 11:10
Welcome of Chief Guest	Dr. Nishant Tipte	11:10 to 11:15
Chairpersons Address	Dr. Milind Barhate Principal, C.P & Berar E.S College Nagpur.	11:15 to 11:20
Introduction of Recourse person	Dr. Nishant Tipte	11:25 to 11:30
Resource Persons Key Note Address	Dr. Payal Dhawale, Assistant Professor, MGM Institute of Physiotherapy, Aurangabad.	11:30 to 12:30
Question Answer Session	Dr. Payal Dhawale, Assistant Professor, MGM Institute of Physiotherapy, Aurangabad.	12:30 to 12:35
Vote of Thanks	Dr. Nishant Tipte	12:35 to 12:40

Zoom Meeting App: - Meeting ID: 885 4233 1094
Meeting password: 2021

Meeting Link:

<https://us02web.zoom.us/j/88542331094?pwd=MFFqUi9HcEZXNGE4UFo2U2hvc3Jwdz09>

List of Participants

Sr. No	Timestamp	Name of Participant (Name as you would like on certificate)	Designation
1	9/21/2021 18:12:15	Rameshwa Dinkarrao Rathod	School Physical Education Teacher
2	9/21/2021 18:13:25	Archana P. Mahajan	School Physical Education Teacher, Coach
3	9/21/2021 18:13:47	Dr. Sanjay S. Biranwar	Director of Physical Education & Sports
4	9/21/2021 18:14:51	Jayant Anandrao Burade	Director of Physical Education & Sports
5	9/21/2021 18:15:00	Rani S Pathaniya	Student
6	9/21/2021 18:15:45	Dr JITENDRA KUMAR THAKUR	Director of Physical Education & Sports
8	9/21/2021 18:20:34	Shweta kerekar	Student
9	9/21/2021 18:21:42	DR.PRAVIN GOPALRAO PATIL	Director of Physical Education & Sports, Associate Professor
10	9/21/2021 18:25:17	Kapil tipate	Coach
11	9/21/2021 18:27:03	Bhavna Hiralal Deoghare	Associate Professor
12	9/21/2021 18:27:16	Rakesh Bansod	School Physical Education Teacher
13	9/21/2021 18:32:31	Haridas jayvant khandare	Student
14	9/21/2021 18:35:47	Sagar singh	Coach
15	9/21/2021 18:52:56	Ganesh Shivankar	Student
16	9/21/2021 19:23:50	Charul Yashwanta Ghodeswar	Student
17	9/21/2021 19:25:56	Abhijeet Dilip Pawar	Coach, Student
18	9/21/2021 19:31:19	Jayshree rameshwar gachke	Student
19	9/21/2021 19:35:07	sangita bhure	School Physical Education Teacher
20	9/21/2021 19:37:02	Mr. Abdul Samad Pawaskar	Director of Physical Education & Sports
21	9/21/2021 19:38:20	MANGESH THAKRE	School Physical Education Teacher
22	9/21/2021 19:38:51	PAYAL KADAO	School Physical Education Teacher

23	9/21/2021 19:48:50	Rajdeep Kaur	School Physical Education Teacher
24	9/21/2021 20:06:57	PALLAVI W. KHANDALE	Coach
25	9/21/2021 20:08:22	Apurva Somdatt Salve	Student
26	9/21/2021 20:10:07	Apurva Somdatt salve	Student
27	9/21/2021 20:18:09	Mukta Dhargawe	School Physical Education Teacher
28	9/21/2021 20:21:02	Dr.Shamli Bharti	Other
29	9/21/2021 20:25:26	Prakash Fulzale	Student
30	9/21/2021 20:37:10	PRAVIN MADHUKAR KHAWASHI	Coach
31	9/21/2021 20:38:33	Sejal pullarwar	Student
32	9/21/2021 21:15:27	JAWAHAR RAVINDRA BHANARE	Player
33	9/21/2021 21:15:48	Paramjeet singh saini	Player
34	9/21/2021 21:19:20	Shubhangi Narayane	Student
35	9/21/2021 21:23:50	Dr.Sanjay R Agashe	Director of Physical Education & Sports
36	9/21/2021 21:29:34	Dr NITIN N JANGITWAR	Director of Physical Education & Sports
37	9/21/2021 21:30:16	suraj raju fhumali	Student
38	9/21/2021 21:32:59	Priya Gajananrao Dhole	Student
39	9/21/2021 21:35:06	Shital Umendra Rahangdale	Student
41	9/21/2021 21:52:17	Dr. J. K. Mahajan	Professor
42	9/21/2021 21:52:34	Satish Morey	School Physical Education Teacher
43	9/21/2021 21:55:39	Dr.Vijay N.Wankhede	Assistant Professor
44	9/21/2021 22:07:07	Priti Mahajan	Other
45	9/21/2021 22:07:39	Rajesh Madhukarrao Jibhakate	Student
46	9/21/2021 22:22:14	Ashwini Pankaj Tamgire	Other
47	9/21/2021 22:27:49	Jayant Anandrao Burade	Director of Physical Education & Sports
48	9/21/2021 22:30:42	Lokesh Nakhale	Student

49	9/21/2021 22:44:23	Dinesh B Chhapane	School Physical Education Teacher
50	9/21/2021 22:48:27	Sanjay Patel	Coach
51	9/21/2021 22:55:03	siya harish dhanorkar	Student
52	9/21/2021 23:02:35	Nitesh vilas gote	Coach
53	9/22/2021 1:07:24	Dr. Lemdeo Beniram Nagalwade	Associate Professor
54	9/22/2021 7:13:06	Mayuri paunikar	Student
55	9/22/2021 7:13:16	Dr.Jaikumar G Kshirsagar	Assistant Professor
56	9/22/2021 7:48:33	Krishna Karkasay Halami	Director of Physical Education & Sports, Coach, Student, Player
57	9/22/2021 8:54:56	Parmar Mahesh	Other
58	9/22/2021 9:01:28	Kulwinder singh	Coach
59	9/22/2021 9:05:34	Dr. Ashlesha Ingole	Assistant Professor
60	9/22/2021 9:10:52	Gohil Jayesh Hajabhai	Coach
61	9/22/2021 9:16:02	Mrs. Jasmika Soni	Coach
62	9/22/2021 9:17:44	CHAUDHARI JANAKKUMAR MASOTBHAI	Coach
63	9/22/2021 9:30:15	Irfan dasadiya	Coach
65	9/22/2021 9:35:35	Nandani Sahu	Student, Player
66	9/22/2021 9:36:25	Chaudhuri JaydipKumar Dineshbhai	Coach
67	9/22/2021 9:36:59	Dr Madhavi Mardikar	Director of Physical Education & Sports
68	9/22/2021 9:37:18	Bhavesh patel	School Physical Education Teacher
69	9/22/2021 9:37:23	Riyazulhaq Ansari	Coach
70	9/22/2021 10:00:12	PATEL HITESH R	School Physical Education Teacher, Coach
71	9/22/2021 10:01:23	Dr Sunil Bhotmange	Director of Physical Education & Sports
72	9/22/2021 10:02:35	PRABHULAL PANDWALA	Coach
73	9/22/2021 10:09:29	Samiksha Damodar Itankar	School Physical Education Teacher

74	9/22/2021 10:10:23	KALPESHKUMAR SHARMA	Coach
75	9/22/2021 10:14:12	Patel vikram bhai b	School Physical Education Teacher
76	9/22/2021 10:20:36	Ankit shankar shendre	Student
77	9/22/2021 10:22:14	Navadiya Ravi Karamshibhai	Coach
78	9/22/2021 10:36:07	Rajesh Tirlokchand Sawai	Director of Physical Education & Sports
79	9/22/2021 10:46:52	DR.D.G.SONTAKKEY	Director of Physical Education & Sports
80	9/22/2021 10:48:24	Akash durge	Student, Player
81	9/22/2021 10:51:01	Piyush madhav wadibhasme	Student
82	9/22/2021 10:52:27	Prof.Sharad Kumar S Mishra	Director of Physical Education & Sports
83	9/22/2021 10:57:54	Juhi Arun Dakaha	Student
84	9/22/2021 11:03:35	Chaitanya Deshmukh	Player
85	9/22/2021 11:04:28	Dr Dilip Narayan Tabhane	Assistant Professor
86	9/22/2021 11:05:22	Akash mahadev Katkar	Player
87	9/22/2021 11:07:45	Dr. Dhiraj wasudeo Bhoskar	Other
88	9/22/2021 11:32:03	Gajjar dharmik manubhai	Coach
89	9/22/2021 11:54:12	Bharvad kanku navghanbhai	Coach
90	9/22/2021 11:54:32	Patel Nikhil Kumar A	Coach
91	9/22/2021 11:55:44	Vinod Kumar Damor	Coach
92	9/22/2021 11:56:52	Bhupat Shantilal Padhiyar	Coach
93	9/22/2021 11:57:58	Vasudev pandwala	Coach
94	9/22/2021 12:02:28	Makhod Paresh Kumar Naransinh	Coach
95	9/22/2021 12:08:47	Damini kshiargsar	Student
96	9/22/2021 13:01:35	JAYRAJSINH P GOHIL	School Physical Education Teacher
97	9/22/2021 13:02:50	Dr.Harish C.Mohite	Director of Physical Education & Sports
98	9/22/2021 13:50:33	IRFANBHAI IBABILBHAI MANSURI	Coach

99	9/22/2021 13:59:04	RITESH PILLEWAR	School Physical Education Teacher
100	9/22/2021 14:17:09	Dr.Dattatray Damodhar Karangale	Associate Professor
101	9/22/2021 14:24:32	SOOKHCHEEN SINGH GILL	Coach
102	9/22/2021 14:55:08	Dr Surekha Bhaskar Dhattrak	Assistant Professor
103	9/22/2021 15:10:43	Dr. Painjane Manoj Madhavrao	Assistant Professor
104	9/22/2021 15:44:09	Kailasben Vadanji Thakor	Other
105	9/22/2021 16:03:32	Manthan khobargade	Player
106	9/22/2021 16:45:00	Bhavin Chaidhari	Coach
107	9/22/2021 17:32:14	Tushar kirpal	Player
108	9/22/2021 17:32:37	Abhishek Ganesh Ninave	Student
109	9/22/2021 18:36:00	Archana kishor dhabekar	School Physical Education Teacher, Coach
110	9/22/2021 18:50:05	Prachi ishwar vaidya	Player
111	9/22/2021 18:50:55	Priyanka kuyare	Player
112	9/22/2021 19:33:57	Mohan chacherkar	Coach, Student, Player
113	9/22/2021 19:44:36	Paramjit singh	Player
114	9/22/2021 19:54:28	Sanika Randive	Student, Player
115	9/22/2021 20:00:52	Baheliya Dilipkumar Mohanbhai	Coach
116	9/22/2021 20:34:00	Satat lavel	Player
117	9/22/2021 20:36:16	Mansi kodmalwar	Professor, Player
118	9/22/2021 21:00:08	Rajdeep Kaur	School Physical Education Teacher
119	9/22/2021 21:21:12	Bhagyashree	Student
120	9/22/2021 21:37:38	Karan Bhagat	Player
121	9/22/2021 21:39:56	Madar Bux	School Physical Education Teacher
122	9/22/2021 21:55:59	KALPESHKUMAR SHARMA	Coach
123	9/22/2021 22:06:51	Anil chavan	Player

124	9/23/2021 0:31:27	Juhi Arun Dakaha	Student
125	9/23/2021 7:26:51	Prathmesh	Director of Physical Education & Sports
126	9/23/2021 7:33:28	Nayna bhamkar	Player
127	9/23/2021 7:34:06	Sagar gupta	Coach
128	9/23/2021 7:34:27	Pratik khunkar	Student
129	9/23/2021 7:35:27	Srushti Ganesh kinhekar	Student
130	9/23/2021 9:05:27	Amit banait	Student, Player
131	9/23/2021 9:11:38	Shilpa Gajbhiye	Student, Player
133	9/23/2021 9:28:26	Pallavi ade	Student
134	9/23/2021 9:34:31	Aniket bhiyalal choudhari	Student
135	9/23/2021 9:38:24	Aniket Hedau	Director of Physical Education & Sports
136	9/23/2021 9:47:48	Mayur narendra lawankar	Player
137	9/23/2021 9:59:38	Aditya zunjurkar	Student, Player
139	9/23/2021 10:18:22	Mehakpreet kaur	Student
140	9/23/2021 10:46:48	Sapna rahulkar	Player
141	9/23/2021 10:47:36	Subhash mandve	Student
142	9/23/2021 10:49:11	Ravina Bijewar	Student, Player
143	9/23/2021 10:49:34	Priti Pillewar	Student
144	9/23/2021 10:49:39	Sapna Ramesh shende	Student
145	9/23/2021 10:51:21	Phatangare Rohini rajendra	Student
147	9/23/2021 10:56:10	Sudha veram	Director of Physical Education & Sports
148	9/23/2021 10:57:11	Shital sopan mate	Student
149	9/23/2021 11:01:46	Kalyani borkar	Student, Player
150	9/23/2021 11:07:05	Pallavi Atone	Player
151	9/23/2021 11:09:33	Dr Bansode leela sukhadeo	Director of Physical Education & Sports

152	9/23/2021 11:09:34	Pallavi Atone	Player
153	9/23/2021 11:10:29	Arti akhade	Student
154	9/23/2021 11:13:13	Dr Bansode leela sukhadeo	Director of Physical Education & Sports
156	9/23/2021 11:24:01	Namrata Pramod khadse	Director of Physical Education & Sports
157	9/23/2021 11:25:31	Aasawari Gawande	Player
158	9/23/2021 11:29:00	Nikhil Sunil Chankapure	Student, Player
159	9/23/2021 11:29:01	Sharvari Mule	Player
160	9/23/2021 11:29:59	Piyali Dodewar	Player
161	9/23/2021 11:30:38	Priyanka Indrajit Mule	Player
162	9/23/2021 11:31:21	Minakshi babulal patle	Student
163	9/23/2021 11:32:26	Piyali Dodewar	Player
164	9/23/2021 11:37:14	Saniya patode	Player
165	9/23/2021 11:49:12	Alankar Sureshrao Joshi	Coach
166	9/23/2021 11:50:11	Pooja Raut	Other
167	9/23/2021 11:50:33	Bhagyashri uikey	Student
168	9/23/2021 11:51:34	Akansha Lanjewar	Student
169	9/23/2021 11:56:48	Purva Dakhore	Player
170	9/23/2021 12:04:35	Sakshi Bante	Director of Physical Education & Sports
171	9/23/2021 12:20:57	Purva dakhore	Player
172	9/23/2021 12:23:56	Saniya patode	Player, Other
173	9/23/2021 12:26:27	Saniya patode	Player
174	9/23/2021 12:28:50	Soniya patode	Player
175	9/23/2021 12:33:47	Lalit chopda	Director of Physical Education & Sports,
176	9/23/2021 12:46:41	Purva dakhore	Player
177	9/23/2021 12:47:03	Rushali shende	Student, Player, Other

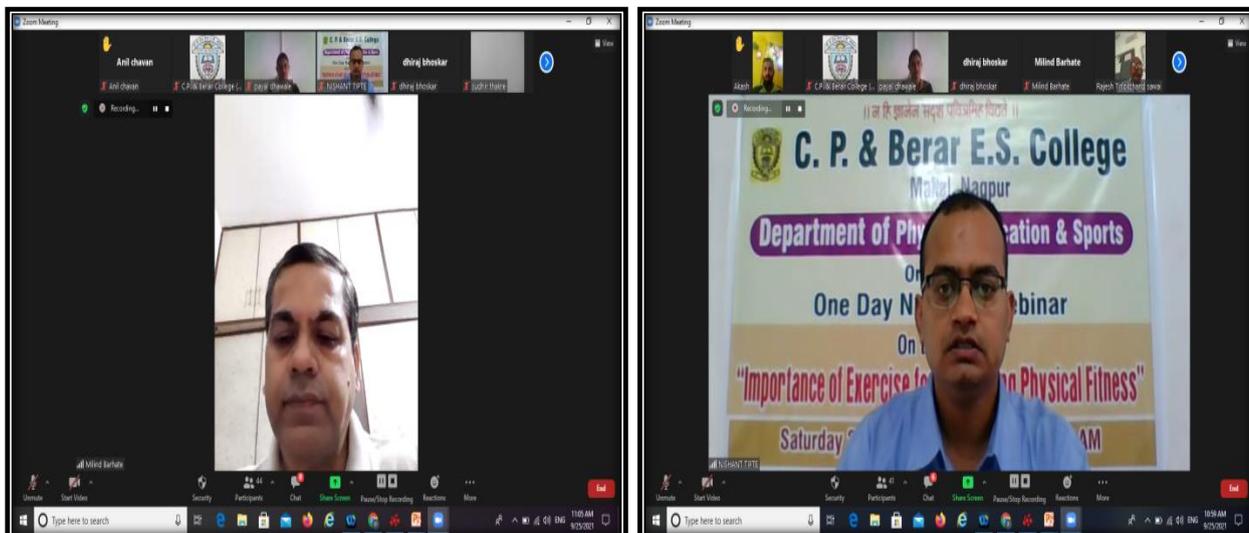
178	9/23/2021 12:47:57	Purva dakhore	Player
179	9/23/2021 12:48:33	Rushali shende	Student, Player, Other
180	9/23/2021 12:55:44	Dr.B.V.SHRIGIRIWAR	Director of Physical Education & Sports
181	9/23/2021 12:58:30	Varsha Gautam	Student, Player
182	9/23/2021 14:11:35	Pooja Chintaman maske	Other
183	9/23/2021 14:24:24	Dr Vishwanath A Kodape	Director of Physical Education & Sports
184	9/23/2021 14:35:20	Dr. Vishwanath A Kodape	Director of Physical Education & Sports
185	9/23/2021 14:47:58	Kamlesh narsingh kuldeep	School Physical Education Teacher
186	9/23/2021 15:03:42	Rupal Rajkumar Jamgade	Student
187	9/23/2021 15:50:15	Ruchika mate	Player
188	9/23/2021 18:21:03	Anjali Harichandra mate	Student
189	9/23/2021 18:49:04	Piyush wadibhasme	Student
190	9/23/2021 18:49:39	aditya raju bhurse	Student
191	9/23/2021 18:51:13	Snehali Ishwar Shahare	Student
192	9/23/2021 18:51:48	Piyush madhav wadibhasme	Student
193	9/23/2021 18:59:38	Juhi Arun Dakaha	Student
194	9/23/2021 19:13:50	Shital Umendra Rahangdale	Student
196	9/23/2021 19:36:26	Hemlata	Player
197	9/23/2021 20:00:02	Prachi Kumbhare	Student
198	9/23/2021 20:17:25	Sanket sachin Devkar	Player
199	9/23/2021 20:18:42	Sanket sachin Devkar	Player
200	9/23/2021 20:21:04	Rohit Sohan Gajbhiye	Student
201	9/23/2021 20:46:44	Yashvanti chhapprgre	Student
202	9/23/2021 20:49:12	Suraj kalidas Raut	Student
203	9/23/2021 20:50:50	Vineet Netke	Student

204	9/23/2021 22:01:06	Sneha ugrasen patel	Player
205	9/23/2021 22:01:18	Bhavna Hiralal Devghare	Student
206	9/23/2021 22:38:49	Ashwini dongarwar	Student
207	9/24/2021 10:18:20	Kunal Anant Rahate	Director of Physical Education & Sports
208	9/24/2021 10:32:00	Abhinav Sanjay Suryawanshi	Student
209	9/24/2021 10:33:16	PRANAV PILLEWAN	Player, Other
210	9/24/2021 10:41:18	Kailasben Vadanji Thakor	Other
211	9/24/2021 12:18:48	Gohil Narendrasinh	Coach
212	9/24/2021 12:21:04	Gohil Narendrasinh	Coach
213	9/24/2021 12:26:19	Mrs. Jasmika Soni	Coach
214	9/24/2021 12:59:56	Sanjay Choudhari	Director of Physical Education & Sports
215	9/24/2021 13:32:34	Shashi. R. Rawat	School Physical Education Teacher
216	9/24/2021 13:46:36	Krunal	Director of Physical Education & Sports, Coach, Student, Player
217	9/24/2021 14:07:15	Rameshwa Dinkarrao Rathod	School Physical Education Teacher
218	9/24/2021 14:28:22	RAJESH SHRIRANG ALONE	Associate Professor
219	9/24/2021 15:30:43	Ankita	Player
220	9/24/2021 15:30:45	Nipu kumari yadav	Player
221	9/24/2021 15:53:35	Dr Dhananjay B Pande	Assistant Professor
222	9/24/2021 17:21:09	Dr D N Jadhao	Assistant Professor
224	9/24/2021 17:54:07	Gajjar dharmik manubhai	School Physical Education Teacher
225	9/24/2021 18:57:49	Dr.B.V.SHRIGIRIWAR	Director of Physical Education & Sports
226	9/24/2021 20:36:03	Mona Keval Dhakate	Student
227	9/24/2021 21:19:10	Tejal ujwal khobragade	Student
228	9/24/2021 21:23:27	Pruthwika Jitendra Ade	Student

229	9/24/2021 21:31:32	Aniket Rajendra Jadhav	Player
230	9/24/2021 21:33:31	Leepakshi vijay meshram	Student
231	9/24/2021 21:41:29	Ujwala Landge	Coach
232	9/24/2021 21:42:28	Rahul Kumar	Player
233	9/24/2021 21:43:43	Adarsh subhash wakode	Player
234	9/24/2021 21:45:20	Rahul Kumar	Player
235	9/24/2021 22:11:34	Patil pruthviraj subhash	Player
236	9/24/2021 22:13:49	Patil pruthviraj subhash	Player
237	9/24/2021 22:14:25	Rajesh Madhukarrao Jibhakate	Coach, Student, Player
238	9/24/2021 22:17:03	Pavan Sambhaji Bhosale	Player
239	9/24/2021 22:17:52	P.W.Sudame	Professor
240	9/24/2021 22:19:25	Pranali Uttam Mendhe	Student
241	9/24/2021 22:47:43	Madhur Joglekar	Player
242	9/24/2021 23:00:58	Ayush hansraj kumbhare	Student
243	9/25/2021 0:18:31	Priyanka shiv pandit	Other
244	9/25/2021 7:10:36	Atharva Rajesh Jibhakate	Student, Player
245	9/25/2021 7:14:13	Arya Rajesh Jibhakate	Student, Player
246	9/25/2021 8:00:23	Leepakshi vijay meshram	Student
247	9/25/2021 8:03:29	Vinayak ramesh patil	Player
248	9/25/2021 9:01:03	SAVIO FRANCIS	School Physical Education Teacher, Coach, Student, Player
249	9/25/2021 9:08:59	Rujita Giripunje	Player
250	9/25/2021 9:09:28	Rinku purushottam parate	Player
251	9/25/2021 9:10:38	Rinku purushottam parate	Player
252	9/25/2021 9:13:11	Dr. J. K. Mahajan	Professor

253	9/25/2021 9:36:37	Rohini Ravindra Bawankar	Student
254	9/25/2021 9:36:55	Prof K E Patil	Assistant Professor
255	9/25/2021 9:37:53	AMIT KUMAR SHUKLA	School Physical Education Teacher
256	9/25/2021 9:52:34	Rajesh SHRIRANG ALONE	Associate Professor
257	9/25/2021 9:53:15	Rushikesh sambhaji lavhate	Player
258	9/25/2021 9:56:57	Rohan shivaji yadav	Player
259	9/25/2021 9:59:55	Dr Jaya Golatkar	Assistant Professor
260	9/25/2021 10:08:12	Aravind Joshi	Professor
262	9/25/2021 10:26:26	Suraj raut	Student
264	9/25/2021 10:41:52	BAHELIYA DILIPKUMAR MOHANBHAI	Coach
265	9/25/2021 10:42:16	Sudhir madhukar thakre	Other
267	9/25/2021 10:51:43	Pratik anilrao bhoyar	Player
268	9/25/2021 11:01:35	Dr.Sanjay R Agashe	Director of Physical Education & Sports
269	9/25/2021 11:02:16	Prem bhoyar	Student
270	9/25/2021 11:37:39	Dr saima Siddiqui	Director of Physical Education & Sports
271	9/25/2021 12:04:58	Mukta Dhargawe	School Physical Education Teacher
272	9/25/2021 12:30:04	Shital Vivek Pimplapure	Student
273	9/25/2021 12:36:51	Madhur joglekar	Student
274	9/25/2021 14:06:09	Aditya Sirsath	Player

Photographs



Dr., Milind Barhate, Principal, C.P. & Berar E.S College during his Inaugural Speech



The Resource Person Dr. Payal Dhawale, Assistant Professor, MGM Institute of Physiotherapy, Aurangabad during her expert talk

Regular physical exercise can boost immunity in pandemic

■ National webinar on physical fitness held

LOKMAT NEWSNETWORK
NAGPUR, SEPT 25

CP & Berar ES College organised a one-day national webinar on 'Importance of exercise to improve physical fitness' on Saturday.

The resource person was an assistant professor at MGM Institute of Physiotherapy, Aurangabad Dr Payal Dhawale. Principal of the college Dr Milind Barahate and vice-principal Dr JK Mahajan were also present in the webinar.

In his speech, D. Milind Barhate emphasized the importance of exercise in this pandemic situation. Dr Barhate said that doing regular exercise can boost immunity. He

added that mental health is directly related to physical fitness. A healthy

body has a healthy mind.

He made an appeal to all the participants to do regular yoga and meditation so that we can deal

with tremendous pressure in this competitive world men.

In his keynote address by Dr. Payal Dhawale gave a brief note on basics of physical fitness, right

from the components of physical fitness, factors effecting conditioning. Dr

Dhawale explained in brief how due to covid-19 players got deconditioning from their physical fitness. She explained how an appropriate exercise programme includes

warm-up followed by exercise session and cooling down. In her speech she further explained four pillars of training principles that is periodization, specificity, overload &

individuality. In her presentation, she gave a brief note of types of exercise which can be performed with minimum equipment available in this pandemic situation.

She told how with the help of own bodyweight exercise including bridging, scapular stabilization, lunges and squat help restrain deconditioning. She also explained the importance of resistance band exercises for strength training.

A large number of players, coaches, physical education teachers from all over and the country actively participated in this free online webinar.

HoD Physical Education & Sports, CP & Berar E.S College Dr Nishant Tipte coordinated the webinar.



A student giving demo of physical exercise during national webinar on Saturday.

National webinar on 'Importance of Exercise to Improve Physical Fitness' held

■ Sports Reporter

CP AND Berar ES College organised a One-Day National Webinar on 'Importance of Exercise to Improve Physical Fitness' recently.

The Resource Person was Dr Payal Dhawale, Assistant Professor, MGM Institute of Physiotherapy, Aurangabad. Dr Milind Barhate, Principal, Dr JK Mahajan Vice-Principal CP & Berar College were also present during the webinar.

In his speech, Dr Barhate emphasised the importance of exercise during this pandemic situation. Dr Barhate said that doing regular exercise can boost



followed by exercise session and cooling down. In her speech she explained four pillars of training principals — periodisation,

attention. She informed how our own bodyweight helps in exercise including bridging, scapular stabilisation, lunges and squat. She also explained importance of resistance band exercises for strength training. She included photos and videos of different exercises in her presentation so that players can know correct techniques of doing exercise to maintain physical fitness.

A large number of players, coaches, college directors of physical education and sports, physical education teachers from all over the country took active participation in this free online webinar.

Dr Nishant Tipte, HoD, Physical Education and Sports, CP & Berar ES College, co-ordinated the webinar. Prof Prerana Ratnaparkhi, HoD, Home-Economics technically assisted in conducting webinar.



immunity. He added that mental health is directly related to physical fitness. A healthy body has a healthy mind. He made an appeal to all the participants to do regular yoga and meditation so that they can deal with tremendous pressure in this competitive world.

In her keynote address, Dr Dhawale gave a brief note on basics of physical fitness, right from the components of physical fitness and factors effecting conditioning. She explained in brief how due to COVID-19 players got deconditioning from their physical fitness. She explained appropriate method of exercise programme including warm-up

specificity, overload and individuality. In her presentation she gave a brief note of types of exercise which can be performed with minimum equipment available during the pandemic situ-



Sample Certificate



C. P. & Berar E. S. College, Nagpur.

Department of Physical Education & Sports organised

One Day National Webinar

“Importance of Exercise to Improve Physical Fitness”



E- CERTIFICATE

This is to certify that *Anmol G. Gandhe* of *C.J. Patel College, Tirora* have actively attended One Day Online National Webinar on Topic “Importance of Exercise to Improve Physical Fitness” organized by C. P. & Berar E. S. College Nagpur on (25th September 2021).


Dr. Milind Barhate
Principal
C.P & Berar E.S College
Nagpur


Dr. Nishant Tipte
HoD
Department of Phy Edu & Sports
C.P & Berar E. S College
Nagpur

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C. P. & Berar E. S. College, Nagpur.

Department of Physical Education & Sports organised

One Day National Webinar

“Importance of Exercise to Improve Physical Fitness”



E- CERTIFICATE

This is to certify that *Hamde Venkat Shankarrao* of *Yogeshwari Mahavidyalaya Ambajogai* have actively attended One Day Online National Webinar on Topic “Importance of Exercise to Improve Physical Fitness” organized by C. P. & Berar E. S. College Nagpur on (25th September 2021).


Dr. Milind Barhate
Principal
C.P & Berar E.S College
Nagpur


Dr. Nishant Tipte
HoD
Department of Phy Edu & Sports
C.P & Berar E. S College
Nagpur

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Important link

Important Links:

1. Registration Form: <https://forms.gle/eeXAxuMjpMTj2pf49>
2. Feed Back Form: <https://forms.gle/X2GKWV3wsyHqpEUHA>
3. You Tube Link: <https://youtu.be/WHGJvCn06So>