



**Saraswati Mahila Mahavidyalaya, Palwal**  
Affiliated to M.D.U. , Rohtak (Haryana)



## DEPARTMENT OF PHYSICAL EDUCATION

Organising

30 April , 2021  
Time:  
10:15 AM

A National Webinar  
on

### Study of Physical and Psychological Health in Pandemic Conditions

Registration Link: <https://forms.gle/njrjtdxeqvsvfiCW38>

### Eminent Speakers



**Dr. Devender Singh Dhull**  
Director Sports,  
MDU, Rohtak

Title: **Role of media in Sports**



**Prof. R. P. Garg**  
Head , Dept. of Physical Education  
MDU, Rohtak

Title: **Diet and Nutrition in Sports**

**Chief Patron**  
**Sh. Atul Mangla**  
Additional Advocate General, Haryana

**Patron**  
**Dr. Anita Kaushik**  
Principal

**Convener**  
**Dr. Asha Dahiya**  
Head, Dept. of Phy. Edu.

## About S.M.M

Saraswati Mahila Mahavidyalaya was established in 1988 and is affiliated to M.D. University, Rohtak. The College is being run by a progressive society, Saraswati Education Society (Regd.) which is committed to providing high quality education to the young girls of the area.

We are pioneer in the field of girls' education in the region. Over the years, SMM has carved a niche at high level among the academic institutions. SMM is highly acclaimed for disseminating knowledge and students grooming by the academicians, students and the general public. At present, 11 under-graduate and 4 post -graduate courses are being run by the institution.

This institution has materialized girls' dream of revealing inner potential by providing them excellent infrastructure, a spacious auditorium, conference hall, well equipped computer labs, audio-visual rooms, sports facilities, well stocked library, gymnasium and large lush green play grounds. Our students have been excellent not only in academics but also in other activities like Y.R.C, N.S.S, Sports and Cultural Events.

## About the Webinar

Health is the soul of a body. We all know that a healthy mind lives in a healthy body. Physical Education is essential for maintaining a healthy mind, body and soul. It even plays a dominant role in overall development i.e. physical, mental, intellectual and spirituality of human beings. Today, our modern life is full of uncertainty, crisis and complexity where nobody has time to focus on health and physical development. It consequently results in mental disorders, illness, anxiety, frustration and depression among youth.

The proposed webinar will aim at to study how physical education and activities will be helpful to overcome this tragic and challenging phase of corona pandemic. It will also highlight the role of yoga, dietetics and nutrition in daily life to maintain the balance of body, mind and soul.

### Who Should Attend?

Faculty Members

Students (UG and PG)

- **E-Certificates for Participation**
- **No Registration Fee**
- **Webinar Link will be shared on Whatsapp and E-Mail**

# Technical Programme Schedule

**Welcome & Formal Introduction by the Convener**

**Opening Remarks by the Principal Dr. Anita Kaushik**

Date	Time	Resource Person
<b>30 -04-2021</b>	10:30am - 11:20am	<b>Dr. Devender Singh Dhull</b> Director Sports MDU, Rohtak Title: <b>Role of media in Sports</b>
	11:30am - 12:20pm	<b>Prof. R. P. Garg</b> Head , Dept. of Physical Education MDU, Rohtak Title: <b>Diet and Nutrition in Sports</b>
<b>Vote of Thanks</b>		

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