



ONE-DAY NATIONAL WEBINAR

ON

ROLE OF YOGA AND EXERCISE IN COMBATING THE SECOND WAVE OF COVID 19

ORGANISED

BY

I.Q.A.C & Department of Physical Education

**CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA
VIDYASAGAR UNIVERSITY**

IN COLLABORATION WITH

**KANDRA RADHA KANTA KUNDU MAHAVIDYALAYA
UNIVERSITY OF BURDWAN**

1st may 2021

10 am onwards



CHIEF PATRON
MR. SOUGATA DANDAPAT
PRESIDENT
CHANDRAKONA VIDYASAGAR
MAHAVIDYALAYA



PATRON
DR. MANORANJAN GOSWAMI
PRINCIPAL
CHANDRAKONA VIDYASAGAR
MAHAVIDYALAYA



ORGANIZING SECRETARY
DR. TIRTHA MONDAL
ASSISTANT PROFESSOR
CHANDRAKONA VIDYASAGAR
MAHAVIDYALAYA



MENTOR
DR. MRINAL KANTI CHHATTOPADHYAY
PRINCIPAL
KANDRA RADHA KANTA KUNDU
MAHAVIDYALAYA

EMINENT INVITED SPEAKERS



Dr Sudarsan Bhowmick

Former Professor, Dept of Phy Edn., Kalyani Univwrsity;
Former UGC Emeritus Fellow,
Jadavpur University;
Visiting Professor, Jashore University of Science and Technology,
Bangladesh



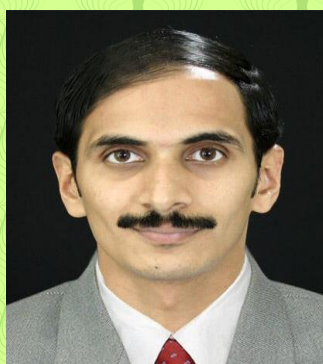
Dr Prabhakar Devraj

Retd. - Chief Medical Officer and Director, Yoga centre, Patna University
Coordinator, Yogic Studies, Nalanda Open University, Patna.



Dr. Aparup Konar

Director of Physical Instruction, Office of the DPI, Sports Board,
Jadavpur University, Kolkata
West Bengal



Dr. Subramanya Pailoor

Associate Professor & HOD,
Dept. Of Yoga Studies,
School of Medicine and Public Health,
Central University of Kerala,



Dr. Sridip Chatterjee

Assistant Professor, Dept of Physical Education,
Jadavpur University
West Bengal

ADVISORY COMMITTEE

PROF. SAMIRAN MONDAL, HEAD, DEPARTMENT OF YOGIC ART AND SCIENCE, VISVA BHARATI

DR. SUBHRAJIT DUTTA, ASSISTANT PROFESSOR AND CO-ORDINATOR, I.Q.A.C., CVM

DR. DEBASISH ROY, ASSOCIATE PROFESSOR MUGBERIA GANGADHAR MAHAVIDYALAYA

DR. KRISHNENDU PRODHAN, ASSOCIATE PROFESSOR, GARHBETA COLLEGE

ORGANIZING SECRETARY

Dr. TIRTHA MONDAL, ASSISTANT PROFESSOR, CVM

JOINT ORGANIZING SECRETARIES

SRI SANTI NATH PATRA SACT, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

SRI SANJOY DOLAI SACT, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

DR. MALABIKA BISWAS MONDAL ASST.PROF, KANDRA RKK MAHAVIDYALAYA

DR. SANTWANA MONDAL SACT, KANDRA RKK MAHAVIDYALAYA

MEMBERS OF ORGANIZING COMMITTEE

SMT. SEMANTI DAS, ASSISTANT PROFESSOR, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

SRI CHANDRAKANTA PAIK , LIBRAIAN, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

SRI SUVAJIT ROY, STAFF, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

SRI SANDIP GHOSH, STAFF, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

TECHNICAL COMMITTEE

SRI CHANDRAKANTA PAIK LIBRAIAN, CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

SAHABAJ AHMED MONDAL, SACT, DEPT. OF JOURNALISM & COMMUNICATION, Kandra RKKM

REGISTRATION

Interested participants have to register themselves on or before **29 APRIL** 2021 by clicking

<https://forms.gle/AxyrfutXGcBHwq4P9>

(E-Certificates will be provided to the Participants after successful submission of the Feedback Form through a link which will be provided at the end of the Webinar)

INVITATION

Dear Sir/Madam,

*We are pleased to inform you that The Department of Physical Education is going to organize a one day national webinar on **Role of yoga and exercise in combating the second wave of covid 19** on 1st May, 2021. The webinar will be conducted through Google Meet and YouTube platform.*

We are cordially inviting you to participate in the said webinar.

With regards

Dr. Manoranjan Goswami,

Principal,

CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

Dr. Tirtha Mondal

HOD Dept. of Physical Education

CHANDRAKONA VIDYASAGAR MAHAVIDYALAYA

PROGRAMME SCHEDULE

Time	Speaker	Topic
10.00-10.15 AM	DR. TIRTHA MONDAL	Welcome address
10.15-10.30 AM	DR. MRINAL KANTI CHATTOPADHYAY	Inaugural speech about the webinar
10.31.-11.00 AM	DR SUDARSAN BHOWMICK	Role of physical exercise to combat COVID 19
11.01-11.30 AM	DR PRABHAKAR DEVRAJ	Immunity boosting through yoga
11.31 –12.00 noon	DR. APARUP KONAR	Impact of exercise on immune defense in the context of COVID 19
12.01-12.30 PM	DR. SUBRAMANYA PAILOOR	Role of Yoga & Life Skills in combating COVID 19
12.31-1.00 PM	DR. SRIDIP CHATTERJEE	Integrated Approach of Yogvyayama for Health and Wellness
1.00-1.30 PM	DR. MANORANJAN GOSWAMI	Valedictory speech
1.31-2.00 PM	DR. TIRTHA MONDAL	Vote of thanks