

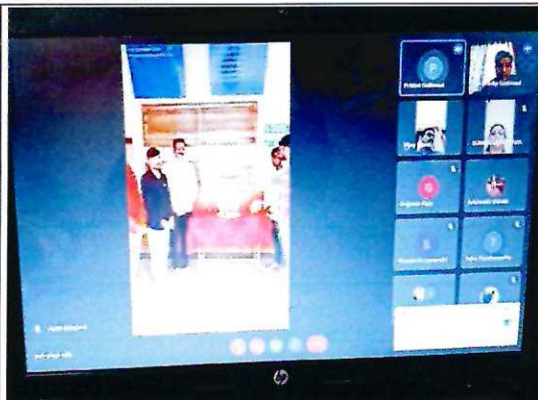


Shri Narayanrao Babasaheb Education Society's
SHRI VENKATESH MAHAVIDYALAYA, ICHALKARANJI
ABRIDGED EVENT REPORT-2020-21

Name of Event	Webinar on 'Sports, Diet & Health'		
Department/ Committee/ Sub-Committee	Medical Club		
Name of Teacher-in-Charge	Dr. Pradeep Gaikwad		
Chief Guest/s/ Resource Person/s	Dr. Umesh Kalekar (M.D. Ayurved)		
Presided Over by	Prin. Dr. V. A. Mane		
Day	Monday	Date:	30 th August 2021
Time	From: 09: 50 a.m. to: 11: 30p.m.		
Venue/Mode	Online		
Total number of hours spent (Planning, preparation, execution & documentation etc.)	48 hours		
Number of Participants	90 Students & Teachers		



Coordinator: Dr. Pradeep Gaikwad



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Resource Person: Dr. Umesh Kalekar



Principal: Dr. V. A. Mane

Detailed Report:

On the occasion of '*National Sports Day*,' one day webinar was jointly organized by the *Department of Physical Education and Medical Club* on '*Sports, Diet*

and Health' at Shri Venkatesh Mahavidyalaya, Ichalkaranji. For this webinar as a resource person Dr. Umesh Kalekar infertility consultant of Astygma Hope Clinic, Shirol was present. First of all, the head of the medical club, Dr. Pradeep Gaikwad explained the importance and the objectives of the theme of the webinar and introduced the resource person. Then, the principal of the college, Dr. V. A. Mane sir in his inaugural address, mentioned many health issues and spoke about how exercise and diet are essential to maintain healthy fitness. He also explained that the secret to being healthy at the age of 56 is proper diet and exercise.

Later, the chief resource person of the webinar, Dr. Umesh Kalekar while guiding explained that excess, indiscretion and untimely are all the root causes of diseases. Also, explained that exercise, diet and rest are the three wheels of health. At the same time, he spoke about what type of diet should be taken to get an adequate amount of protein for the body? how boys and girls should maintain their health with the help of a proper diet? As well as, how walking, sports and meditation are important for health. Thus, he gave important guidance to participants on various aspects such as sports, exercise and health.

At the end of his session, Dr. Kalekar satisfied the participants by giving proper answers asked by them. Students of the college as well as teachers and non-teaching staff participated in this webinar. For this webinar, we received cooperation from the vice-principal of the college, Dr. N. M. Mujawar Sir and Mr. Mubeen Mujawar sir. Also, the teachers and non-teaching staff of the college gave valuable guidance to make this webinar successful. Thus, the well-studied webinar was completed in terms of health. This webinar was concluded with the vote of thanks proposed by Shri A. I. Bandar sir. While Mrs. Yamuna Gaikwad hosted the event.


Coordinator: Dr. Pradeep Gaikwad

Head of Department: Dr. N.M. Mujawar


Principal: Dr. V. A. Mane
PRINCIPAL,
Shri Venkatesh Mahavidyalaya,
ICHALKARANJI - 416 115.