




Date – 30<sup>th</sup> August, 2021.

## Webinar Report

### Webinar on 'Sports, Diet and Health'

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 Astyigma 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 of being healthy at the age of 56 is proper diet and exercise. Later, chief resource person of 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 diet should be taken to get the adequate amount of protein for the body? how boys and girls should maintain their health with the help of 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 answer asked by them. Students of the college as well as teachers and non-teaching staff were participated in this webinar. For this webinar, we received cooperation by 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, 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 Yamuna Gaikwad hosted the event.

  
Dr. Pradeep Gaikwad  
(Incharge-Medical Club)

  
Shri A. I. Bandar  
(Director, Department of Physical Education)

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