

International Webinar on

DATE: 5TH AUGUST 2020

TIME: 3 PM ONWARDS

**INTRODUCING
NEW CONCEPTS IN
PHYSICAL EXERCISES
TO IMPROVE
MENTAL HEALTH OF
STUDENTS DURING
“COVID-19” PANDEMIC
SITUATION**



**ORGANISED BY
GOBARDANGA HINDU COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION**

(*Participation through registration only)

CONCEPT NOTE

India has already passed through four months in a phase that the modern/postmodern world coins “the new normal”. A number of lessons have been learnt and a lot more is still left to be discussed. However, with various problems clouding our vision, there seems to be no end to the suffering that is continually accompanied by fear and anxiety for ourselves, our families, children, friends and neighbors. While the previous pandemics struck thousands in certain parts of specific countries or continents, the present condition raises too many alarms perhaps because COVID-19 is a global pandemic in the literal sense of the term. Like any other fatal disease it imposes difficult and strange conditions on humanity, compelling a change in the daily routine and expecting the affected or the would-be- affected to adjust almost immediately to the shifting notions required for survival.

The webinar is focused on issues that affect the young generation primarily the students who must suddenly learn to accommodate, accept and acquiesce to hitherto unknown circumstances. The young adults are detached from friends and dear ones. Their educational opportunities too seem rather grim and for those who would have begun to dream of prospering in their careers, now fear the severities that the future holds out for them. The mental weakness multiplies itself in the forms of high blood pressure, depression, anxiety and psychosis. The evils of COVID 19 become too tedious with each passing day. Looking forward to new behavioral traits that must necessarily be adopted in the development of the transformation affecting society en masse, psychoanalysts and sociologists are also of the opinion that the young minds may actually begin to acquire habits that are labelled “pre-modern” by our standards. This brings us to an interesting point in the debate concerning young minds with respect to the global pandemic. We observe the role that physical exercise and physical education play in restoring a sense of propriety to the youths and nurture the belief that with the body, the mind and the spirit respond simultaneously to the rejuvenation that such an exposure unflinchingly brings forth. In almost the same breath we pay regard to the rules the young boy in the ancient Hinduised rituals had to observe while in the “brahmacharya” phase. Education then implied not merely a development of literal knowledge and wisdom at the guru’s ashram but that there was an intrinsic movement generated in the spirit during the training that allowed for the maturation of the physique, the power to use and master weapons and to defend one’s principles with pride and to avoid negative flow of energy in the self. Physical education does not restrict the pupil to the external factors of the body alone. What we brand as holistic development in current times is therefore an attribute of the sages who knew of the greater unity of being. Their therapeutic cures for diseases did not begin and end with the application of medicinal aspects. On the contrary, they knew other cures that could withstand the test of time and support the ailing bodies in the best possible manner.

Our crises may not end with just a single speech or propagation of a theory but we are certain that it will enlighten us and help to overcome the most difficult situation threatening humanity that is surviving under a constant, irrevocable fear of extinction.

Session I

INAUGURAL SESSION: (3.00 P.M. – 3.30 P.M.)

Welcome Address



Dr. Hare Krishna Mandal
Principal,
Gobardanga Hindu College

Introductory Remarks



Sri Subhash Chandra Datta,
President, Governing Body,
Gobardanga Hindu College

Inaugural Speech



Prof. Subha Sankar Sarkar
VC,
Netaji Subhas Open University

Session II: (3.30 P.M. – 4.00 P.M.)

PLENARY LECTURE 1



Speaker: Prof. Dr. Gurmeet Singh Kapoor
Chairperson, Department of Physical Education, University of Punjab

Session III: (4.00 P.M. – 4.30 P.M.)

PLENARY LECTURE 2



Speaker: Dr. Oleksandr Krasilshchikov, Professor
Exercise & Sports Science Programme, School of Health Sciences,
Universiti Sains Malaysia

Session IV: (4.30 P.M. – 5.00 P.M.)

PLENARY LECTURE 3



Speaker: Dr. K. Murugavel
Director and Professor of Bharathiar University, Coimbatore, Tamil Nadu

Vote of Thanks: Prof. K. K. Dhali, Asst. Prof. in History, G. H. C.

Principal



Dr. Hare Krishna Mandal
Gobardanga Hindu College

Convener



Krishna Kanta Dhali

**(Assistant Professor, GHC,
Dept. of History)**

Joint Convener



Paromita Datta

**(Assistant Professor, GHC,
Dept. of English)**

For Registrations please click on the link below:

https://docs.google.com/forms/d/e/1FAIpQLSdBXrcjWolsysgegVni7ETdBLf20OrDI Z00Jb1xUEI tGcf-g/viewform?usp=sf_link

Or

Scan the following QR Code



Youtube Live Link :-

<https://youtu.be/Hd2hpB1uzWw>

Registrations close on August 3rd , 2020 at 11 PM

Limited seats available first come first served

- **Kindly fill in all the information carefully and correctly.**
- **Eligibility for a certificate mandates a complete attendance.**
- **This is a free workshop. No registration charges.**

The link for attending/participating in the webinar will be forwarded at least 1 hour before the commencement of the webinar

Note: E-Certificates will be provided to the participants.

Participants need to have "Google Meet" app to attend.

For any queries please contact:



Prof. Dibyendu Boral
[Department of B.ED]
Email :- borald79@gmail.com
Mobile :- 9434401133



Prof. Sandip Roy
[Department of Computer Science]
Email :- sandiproxy2704@gmail.com
Mobile :- 8272953932



Prof. Suparnesh Bhattacharyya
[Department of Computer Science]
Email :- suparneshbhattacharyya@gmail.com
Mobile :- 8240437395



Mr. Arnab Bhowmik
Email: arnabbhowmik20@gmail.com
Mobile :- 8910940787