



Marathwada Legal & General Education Society
MANIKCHAND PAHADE LAW COLLEGE, AURANGABAD.



NAAC Re-Accredited with B+ Grade (2019)

Report

“75 Azadi Ka Amrit Mahotsav”

Online National Fitness Awareness Programme

Dt. 14/03/2022 to 23/03/2022

It gives me immense pleasure to submit This Report of Online One week Work Shop which was organized by Marathwada Legal & General Education Society's, Manikchand Pahade Law College, Aurangabad (MS) Department of Physical Education and Sports Organized Online One Week National Level Workshop On “**Online National Fitness Awareness Programme**” on 14/03/2022 to 23/03/2022. The Work shop was inaugurated by Dr. C.M. Rao, Principal. he highlighted the importance of the work shop in physical education various Subject and work shop the development of the Indian sports field, our aim is to provides resource, guidance, awareness and help Our Students and society, so they can stay on the field and development of Fitness from grassroots level and in his inaugural speech and introduced the college activities and Dr. Sachin S. Deshmukh, Co-coordinator given welcome & objects of Online One Week National Level Workshop On “**75 Azadi Ka Amrit Mahotsav, Online National Fitness Awareness Programme**” Immediately after inaugural function the first day Session of Online Work shop was started at 4.30pm in this workshop Address by Resource Person Dr. Biplab Mondal, Government College of Physical Education for Women ,Dinhata, West Bengal. delivered speech on the Topic “**Obesity: One of the Major Health Problem in India**” Prof. Dr. D. R. Kamble, Head , Dept. Of Physical Education S B E S college of Arts & Com. Aurangabad has chaired this session and from various Places of India participate are joined on Online Webex Meet Platform. Anchor of Day and proposed vote of thanks by Students of NLC V Mirza Wasef Baig.

2nd day Session 15th March.2022 of Online Work shop was started at 4.30 pm in this Workshop Welcome Speakers &Participants was given by Dr. Sachin Deshmukh and Introductory Speech was given by Mr. Shrikishan Morey, Vice- Principal , Address by Resource Person **Dr. Vikram Singh**, Jawaharlal Nehru University, New Delhi. with the subject of “**Yoga & Naturopathy**” for this session Chair person was **Dr. Archana Giri**, M.S.M. College of Physical Education, Aurangabad Aurangabad. From various Places of

India participate are joined on Online Webex Meet Platform. Anchor of Day and proposed vote of thanks by Students of NLC IV Ms. Bhavika Chandaliya.

3rd day Session 16th March.2022 of Online Work shop was started at 4.30 pm in this Workshop Welcome Speakers &Participants was given by Dr. Sachin Deshmukh and Introductory Speech was given by Dr. Aparna Kottapalle, IQAC-Coordinator, Address by Resource Person **Dr. Jigmat Dachen**, Dept. of Physical Education and Sports, University of Ladakh, Jammu & Kashmir, India.. with the subject of “**Guiding Principles for Designing Yoga Session**” for this session Chair person was **Dr. Feroj B. Sayyed**,Head, Dept. Of Physical Education, Shri Muktanand College , Gangapur. from various Places of India participate are joined on Online Webex Meet Platform. Anchor of Day and proposed vote of thanks by Students of BALLB IV Ms. Gayatri Shahane.

4th day Session 19th March.2022 of Online Work shop was started at 4.30 pm in this Workshop Welcome Speakers &Participants was given by Dr. Sachin Deshmukh and Introductory Speech was given by Dr. Anju Singh, Address by Resource Person **Dr. Mantu Baro** Centre for Studies in Physical Education And Sports. Dibrugarh University, Dibrugarh- ,Assam, India . with the subject of “**Changing trends in Sports and Physical Education in Daily Life**” for this session Chair person was **Dr. Vasant Zende** Head, Dept. Of Physical Education Pratishthan Mahavidyalaya, Paithan. Aurangabad. from various Places of India participate are joined on Online Webex Meet Platform. Anchor of Day and proposed vote of thanks by Students of BALLB IV Mr. Projjwal Datta

5th day Session 21st March.2022 of Online Work shop was started at 4.30 pm in this Workshop Welcome Speakers &Participants was given by Dr. Sachin Deshmukh and Introductory Speech was given by Dr. S. G. Shirsat, Address by Resource Person **Dr. Ram Ji Mishira** Head, Dept. of Physical Education and Sports Science, University of Patanjali, Haridwar, Utrakhand. with the subject of “**Yoga and Health Benefits**” for this session Chair person was **Dr. Madhavsing B. Ingle** Head, Dept. Of Physical Education Indraraj arts, Com & Sci. College, Sillod from various Places of India participate are joined on Online Webex Meet Platform. Anchor of Day and proposed vote of thanks by Students of BALLB III Mr. Eeshan Maktedar.

6th day Session 22nd March.2022 of Online Work shop was started at 4.30 pm in this Workshop Welcome Speakers &Participants was given by Dr. Sachin Deshmukh and

Introductory Speech was given by Dr. Shital S. Barhatel, Address by Resource Person **Dr. Briendra Jhalaria** Associate Professor Director Sports (Extramural) LNIPE, Gwalior, Madhya Pradesh with the subject of “**Sports for Life: Life Skills Development through Sports**” for this session Chair person was **Prof. Dr. Makrarand Joshi** Director of Research Centre M.S.M. College of Physical Education, Aurangabad from various Places of India participate are joined on Online Webex Meet Platform. Anchor of Day and proposed vote of thanks by Students of BALLB IV Ms. Aarohi Adbe

7th day Session 23rd March. 2022 of Online Work shop was started at 4.30 pm in this Workshop Welcome Speakers & Participants was given by Dr. Sachin Deshmukh and Introductory Speech was given by Mr. Abhay Jadhav, Address by Resource Person **Dr. R. Ram Mohan Singh** Dept. of Physical Education and Sports, Pondicherry University, Pondicherry. with the subject of “**Essence of Active Lifestyle**” for this session Chair person was **Prof. Dr. Kalpana Zarikar** Head, Dept. Physical Education Dr. Babasaheb Ambedkar Marathwada University Aurangabad from various Places of India participate are joined on Online Webex Meet Platform. Valedictory Speech & Review of Workshop given by Dr. C. M. Rao Principal, Manikchand Pahade Law College. and Anchor of Day and proposed vote of thanks by Students of BALLB II Ms. Aaryaa Mehta the Valedictory function. Feedback Form also collected through Google Form.

This **National Fitness Awareness Programme was live on College You tube channel also link is given below.**

Sr. No.	Date	Link
1	14/03/2022	https://youtu.be/d6WDat1bFKE
2	15/03/2022	https://youtu.be/tJAWFV_nElg
3	16/03/2022	https://youtu.be/2hVQmTfhFVg
4	19/03/2022	https://youtu.be/QS4thqsUCjM
5	21/03/2022	https://youtu.be/502rPwtWKNY
6	22/03/2022	https://youtu.be/lqF0xlG6saU
7	23/03/2022	https://youtu.be/8k9vngnngM

Dr. Sachin Deshmukh
coordinator



Marathwada Legal and General Education Society's
**MANIKCHAND PAHADE LAW
COLLEGE**

Aurangabad (M.S) India
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Organized by

Department of Physical Education & Sports

"75 AzadiKaAmrit Mahotsav"

Online National Fitness Awareness Programme

14th to 23rd March 2022



Convenor

Dr. C.M. Rao

Principal

Manikchand Pahade Law College,
Aurangabad, Maharashtra.

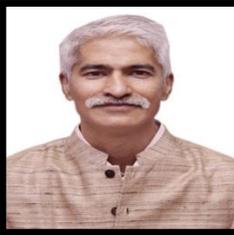
Co-Convenor

Dr. Sachin S. Deshmukh

Contact No. 9881190070

Email: drsachindeshmukh76@gmail.com

Renowned Speakers

	<p>Dr. Biplab Mondal Government College of Physical Education for Women, Dinhat, West Bengal</p>	<p>Topic: Obesity: One of the Major Health Problem in India</p>	<p>Date: 14/03/2022 Time: 4.30pm to 5.30pm</p>
	<p>Dr. Vikram Singh Jawaharlal Nehru University, New Delhi.</p>	<p>Topic: Yoga & Naturopathy</p>	<p>Date: 15/03/2022 Time: 4.30pm to 5.30pm</p>
	<p>Dr. Jigmat Dachen Dept. of Physical Education and Sports, University of Ladakh Jammu & Kashmir, India.</p>	<p>Topic: Guiding Principles for Designing Yoga Session</p>	<p>Date: 16/03/2022 Time: 4.30pm to 5.30pm</p>
	<p>Dr. Mantu Baro Centre for Studies in Physical Education And Sports. Dibrugarh University, Dibrugarh-, Assam, India</p>	<p>Topic: Changing trends in Sports and Physical Education in Daily Life</p>	<p>Date: 19/03/2022 Time: 4.30pm to 5.30pm</p>
	<p>Dr. Ram Ji Mishra Head, Dept. of Physical Education and Sports Science, University of Patanjali, Haridwar, Uttrakhand.</p>	<p>Topic: Yoga and Health Benefits</p>	<p>Date: 21/03/2022 Time: 4.30pm to 5.30pm</p>
	<p>Dr. Briendra Jhalaria Associate Professor Director Sports (Extramural) LNIPE, Gwalior, Madhya Pradesh</p>	<p>Topic: Sports for Life: Life Skills Development through Sports</p>	<p>Date: 22/03/2022 Time: 4.30pm to 5.30pm</p>
	<p>Dr. R. Ram Mohan Singh Dept. of Physical Education and Sports, Pondicherry University, Pondicherry.</p>	<p>Topic: Essence of Active Lifestyle</p>	<p>Date: 23/03/2022 Time: 4.30pm to 5.30pm</p>

Chairperson

	<p style="text-align: center;">Prof. Dr. D. R. Kamble Head, Dept. Of Physical Education S B E S college of Arts And Com. Aurangabad</p>	Concluding Remark of Session	<p>Date: 14/03/2022 Time: 4.30pm to 5.30pm</p>
	<p style="text-align: center;">Dr. Archana Giri M.S.M. College of Physical Education, Aurangabad</p>	Concluding Remark of Session	<p>Date: 15/03/2022 Time: 4.30pm to 5.30pm</p>
	<p style="text-align: center;">Dr. Feroj B. Sayyed Head, Dept. Of Physical Education Shri Muktanand College , Gangapur.</p>	Concluding Remark of Session	<p>Date: 16/03/2022 Time: 4.30pm to 5.30pm</p>
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	<p style="text-align: center;">Prof. Dr. Makrarand Joshi Director of Research Centre M.S.M. College of Physical Education, Aurangabad</p>	Concluding Remark of Session	<p>Date: 22/03/2022 Time: 4.30pm to 5.30pm</p>
	<p style="text-align: center;">Prof. Dr. Kalpana Zarikar Head, Dept. Physical Education Dr. Babasaheb Ambedkar Marathwada University Aurangabad</p>	Concluding Remark of Session	<p>Date: 23/03/2022 Time: 4.30pm to 5.30pm</p>

Registration Link:

<https://forms.gle/5hiaybxmb1gqqisp6>

Feedback link

https://docs.google.com/forms/d/e/1FAIpQLSfEsp5rKtDDKw9U0DvNx-Kd532CrdN5ve8BfCFX6ZIJZ6XIOA/viewform?usp=sf_link

Virtual Platform: Webex Meet

Meeting Id: 2646 308 3182 Password: 1956

Webex Meet Link

<https://mplaw.webex.com/mplaw/j.php?MTID=m79c62af541139a8c583f1b21a9183996>

Mr. Shrikishan Morey
Vice-Principal

Dr. C. M. Rao
Principal

Dr. Sachin Deshmukh
Coordinator

Dr. Aparna Kottapalle
IQAC-Coordinator

