

PDEA's Baburaoji Gholap College, Sangvi, Pune

Report on International Webinar

Recent Trends in Lifestyle and Health Management

23-24th July 2021



A two-day International webinar on “Recent Trends in Lifestyle and Health Management” was organized on 23rd and 24th July 2021 by the Physical Education and Sports Department at Baburaoji Gholap College, Sangvi on the occasion of our President Hon. Ajitdada Pawar Saheb, President PDEA and Deputy Chief Minister, Maharashtra State whose birthday celebration is going on with innovation and invention. The webinar was started with National Anthem. Hon. Principal Dr. Niteen Ghorpade gave welcome speech. The webinar was inaugurated by Dr. Nitin Karmalkar, Vice Chancellor of Savitribai Phule Pune University, Pune. Hon. Secretary of PDEA Adv. Sandeep Kadam presided over the inaugural function. Principal Dr. Nitin Ghorpade, Vice Principal Dr. Latesh Nikam, Director of Physical Education & Sports was present. Another guest for Webinar is Prof. Dr. Deepak Mane, Director, Board of Sports & Physical Education, Savitribai Phule Pune University. Dr. Yogesh Pawar from Mamasahab Mohol College, Paud road, introduced the guests.

Principal of the college Dr. Nitin Ghorpade explained the purpose and importance of this International webinar organized on the occasion of Hon. Ajitdada Pawar Birthday. Also expressing the opinion that COVID 19 pandemic has taught us to stop for a while and decide our priorities. Wellbeing of all is the only necessity for all of us now.

In his presidential guidance, Treasurer Hon. Secretary of PDEA Adv. Sandeep Kadam congratulated the college for organizing a two-day International webinar on the occasion of our Birthday celebration of President Hon. Ajitdada Pawar Saheb, President PDEA and Deputy Chief Minister, Maharashtra. He also explained the Twenty-first century has changed overall notions of life due to revolution in science and technology. It has also increased our awareness of living fit and healthy. The world has come to a stand- still due to COVID 19 pandemic. Considering the current situation of COVID-19, living with “new normal” this conference will be of great help. The inaugural session was moderated by Dr. Maya Mainkar and Vidya Pathare.

A keynote speaker for the first technical session of the webinar was Dr. Salvey Natalia, from Argentina, a Senior Professor from Universidad del Salvador, Argentina. While guiding on the topic ‘Yoga and its contribution to Health and Lifestyle’ she gave information why is Yoga different, different Paths of Yoga. She explained World can negatively affect you but you can positively affect on world. She also stated that How does yoga work, The rationality of the practices. Relation response is more than a Parasympathetic reaction. She explained “Yoga gives us resources to deal with life's problems. It doesn't give food or roof, but it does give Peace of Mind, even if we don't have enough food and a proper roof”. “If we want to be happy, no one can make us happy: happiness is in us”. Dr. Vandana Pimple introduced the guests for this session while Dr. Arjun Doke expressed the vote of thanks. Dr. Medha Misar took charge of the question-and-answer session.



The second technical session of the webinar was addressed by Dr. Rakesh Tomar, Professor of King Fahd University of Petroleum & Minerals, Saudi Arabia. He guided audience on the topic 'Physical Activity and Hypokinetic Diseases : An Integrated Approach Towards Active Lifestyle'. In this session Dr. Rakesh Tomar elaborated importance of active lifestyle. He also explained Lifestyle and Health Management which is very essential in COVID-19. Dr. Umesh Paneru Director of Physical Education and Sports from Otur College our sister institute introduced the speaker of this session, while Dr. Medha Misar assisted the question and answer session and Dr. Vijay Ghadge proposed vote of thanks. Dr. Sharad Aher, Associate Professor, CACPE chair the session. Mr. Rushikesh Kumbhar, DPE, Saswad introduced the chairperson.

Dr. Kaukab AZEEM, President, International Fed of Fitness, Health, Physical Education & Iron Games Vice President World Strength lifting Federation, currently working as Assistant Professor in Physical Education Department at the King Fahd University of Petroleum & Minerals, Saudi Arabia guided the third session 'Lifestyle and Health Management'. Dr. Koukab's research work focus on strength training, physical activity, aerobics, health & performance. He discussed integrated approach towards Lifestyle and generate awareness about Health Management. For the said session, Mrs. Amruta Inamdar introduced the lecturers while Dr. Manisha Shewale conducted the question and answer session and Mr. Pritam Ovhal, DPE, Hadpsar expressed the vote of thanks. Dr. Suman Pandey, Associate Professor, SPPU chair the session. Dr. Dnyaneshwar Chimate, DPE, Akurdi, introduced the chairperson.


In the fourth session of webinar, Dr. Ashish Phulkar, Associate Professor, Department of Sports Management & Coaching at LNIPE, Gwalior(India). His active presence as resource person in webinar inspires many and helps shape their professional and personal life. He gave a presentation on 'Body & Mind Fitness' discussing important elements of body and Mind fitness. Dr. Ashish explained Importance of fitness for common people and players. For this session Dr. Manisha Shewale conducted the question and answer session. Dr. Bansod Vaishali and Vivek Bhosale, DPE, Manjari introduced and thanked the lecturers respectively. Dr. Sopan Kangane, Principal of CACPE College, Pune chair the session. Miss. Pournima Karale, DPE, Nasarapur introduced the chairperson.

In the fifth and final session of webinar, Dr. Shraddha Naik, Associate Professor, CACPE, Maharashtra was resource person. She was former Director of Sports, SNDT University of Mumbai. Dr. Shraddha gave a presentation on 'Health Hacks for Function Lifestyle'. In her presentation she explained Wave of change & facing tomorrow, Have Intent & be the Fittest Unfit person, What's important- Movement/Exercise Exercise isn't Physical Planes we function in, Most neglected body part, most overlooked joint, Connection with food, environment, consumption. For this session Dr. Manisha Shewale conducted the question and answer session. Dr. Seema Chouhan and Dr. Satish Ekar introduced and thanked the lecturers respectively.

Before valedictory function vice principal Dr. L. K. Nikam summarize the webinar. Chief guest for Valedictory Hon. Mr Dhanraj Pille , former captain of national Hockey team Arjun



Awardee. His speech was highly motivating. He said "If you persevere long enough, if you do the right things long enough, the right things will happen." He believes that the best life time investment for us is our own health. Joint Secretary (Administration) of Pune District Education Association, Mr. A. M. Jadhav congratulated the college for organizing this webinar on a very innovative concept. He expressed the opinion that the guidance of experts in such seminars helps to stay up-to-date and wished that the information obtained should be converted into actual work. On this occasion; Principal Dr. Nitin Ghorpade thanked all the research students and teachers for the spontaneous response to the webinar. Students and teachers from Dubai, India, Argentina, Pakistan, Qatar, and other countries registered for this webinar. The concluding session was coordinated by Dr. Sangeeta Ghodke and Dr. Composed by Miss Vidya Pathare, Ms. Sonal Kadam, Ms. Ratna Choudhari, Ms. Kirti Karanjawane, and Mr. Praneet Pavle also took a lot of efforts for the success of this two-day International webinar.


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Pune District Education Association's Baburaoji Gholap College

Sangvi, Pune 411027 (NAAC Accredited B+ Grade)



on the occasion of Birthday of Hon'ble. Ajit Pawar
Department of Physical Education & Sports organized



Two days International Web Conference on

Recent Trends in Lifestyle & Health Management

FIT
INDIA



Date: 23 - 24 July 2021



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INDIA

Our Hon'ble Patron



Mr. Rajendra Ghadage
Vice-President, PDEA



Adv. Sandeep Kadam
Secretary, PDEA



Adv. Mohanrao Deshmukh
Treasurer, PDEA



Mr. L.M. Pawar
Dy. Secretary, PDEA



Mr. A.M. Jadhav
Jt. Secretary, (Admin) PDEA

Resource Person



Dr. Natalia Solvey
Professor Universidad
del Salvador, Argentina



Dr. Ashish Phulkar
Asso.Prof. Dept. of
Phy.Edn. LNIPE
Gwalior



Prof. Dr. Kaukab AZEEM
King Fahd University of
Petroleum & Minerals,
Saudi Arabia



Dr. Rakesh Tomar
King Fahd University of
Petroleum & Minerals,
Saudi Arabia



Dr. Shraddha Naik
Asso. Prof. CACPE,
SPPU, Pune

Chief Guests



Hon. Dr. Nitin Karmalkar
(Vice-Chancellor, SPPU)



Hon. Dhanraj Pillay
(Former Captain,
Indian Hockey Team)



Prof. (Dr.) Deepak Mane
Director, Board of Sports &
Physical Education, SPPU

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-: Registration Link (Zoom) :-

https://us02web.zoom.us/join/register/WN_NOOue45wTam0

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zoom

Webinar ID (Zoom) -
873 2593 6963

Password
1212



Prof. Vidya Pathare
Coordinator
Director of Physical Edn



Dr. Nitin Ghorpade
Convener, Principal,
Baburaoji Gholap College



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Department of Physical Education & Sports organized

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Recent Trends in Lifestyle & Health Management

Registration Link :- https://us02web.zoom.us/webinar/register/WN_NOOue45wTam0EXoBS9qozw



Session Plan (23 & 24 July 2021)



Day 1 - 23.07.2021


Conference Joining		09:45 am - 10:00 am
Inauguration		10:00 am - 10:55 am
Topic	Resource Person	Time
Yoga & its Contribution to Health & Life Style	Dr. Natalia Solvey Professor Universidad del Salvador, Argentina	11:00 am - 11:40 am
Question / Answer		11:40 am - 11:50 am
Physical Activity & Hypokinetic Diseases	Dr. Rakesh Tomar King Fahd University of Petroleum & Minerals, Saudi Arabia	11:50 am - 12:30 pm
Question / Answer		12:30 pm - 12:40 pm

Day 2 - 24.07.2021

Conference Joining		09:45 am - 10:00 am
Topic	Resource Person	Time
Lifestyle & Health Management	Prof. Dr. Kaukab AZEEM King Fahd University of Petroleum & Minerals, Saudi Arabia	10:00 am - 10:40 am
Question / Answer		10:40 am - 10:50 am
Body & Mind Fitness	Dr. Ashish Phulkar Asso.Prof. Dept. of Phy.Edn. LNIPE, Gwalior	10:50 am - 11:30 am
Question / Answer		11:30 am - 11:40 am
Healthy Hacks for Functional and Productive Lifestyle	Dr. Shraddha Naik Asso.Prof., CACPE, SPPU, Pune	11:40 am - 12:20 pm
Question / Answer		12:20 pm - 12:30 pm
Valedictory Function		12:30 pm - 01:00 pm






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