



National Webinar

(UGC-Directed Programme)

on

***“Promotion of Physical Fitness, Student Health, Welfare,
Psychological and Emotional Well-being at Higher Educational
Institutions of India”***

Organized by

School of Education

NETAJI SUBHAS OPEN UNIVERSITY

CF-162, Sector-1, Salt Lake City, Kolkata - 700 064

Programme Schedule

Date: 29th Sept., 2023.

11.25 am	Vaidic Mantra: Dr. Abhedananda Panigrahi, B.Ed. Coordinator, SoE, NSOU
11.30 am - 11.40 am	Welcome Address: Dr. Atindra Nath Dey, Director, SOE, NSOU.
11.40 am - 12.00 pm	Keynote Address: Dr. Kamal Kumar Kar, Regional Director, NSS, Ahmedabad, Govt. of India.
12.00 pm - 12.40 pm	Speech by: Prof. Samiran Mondal, Visva-Bharati University, Santiniketan on <i>‘Impact of Yoga on Wellness and Welfare for Physical and Mental Health.’</i>
12.40 pm - 1.20 pm	Speech by: Prof. Ashis Kumar Paul, Head, Dept. of Physical Education, Jadavpur University, Kolkata: on <i>‘Physical fitness and sports in relation to Neuro-muscular, Psycho-physiological and socio-emotional aspects.’</i>
1.20 pm - 2.00 pm	Speech by: Dr. Pintu Sil, Principal, SIPEW (State Institute of Physical Education for Women), Hastings House, Alipore, Kolkata on <i>‘Holistic Physical Activity Programmes and Provisions for Psychological and Emotional Well-being’</i>
2.00 pm	Vote of Thanks: Prof. S P De, SoE, NSOU

Organizing Committee

Chief Patron:	<i>Prof. Indrajit Lahiri, Hon'ble Authorized Vice Chancellor, NSOU</i>
Patron:	<i>Dr. A B Aich, Registrar (Acting), NSOU</i>
Chairman:	<i>Prof. Atindra Nath Dey, Director, SoE, NSOU</i>
Organizing Secretaries:	<i>Dr. Parimal Sarkar, Asst. Prof. SoE, NSOU</i> <i>Prof. Sibprasad De, SoE, NSOU</i>
Rapporteurs:	<i>Sri Prabir Naskar, Asst. Prof. SoE, NSOU & Prof. D.P. Nag Chowdhury, SoE, NSOU</i>
Members:	<i>All Faculties, SoE, NSOU</i>
Participants:	<i>Learners & Alumni, Officers, Faculties, Staff Members & Students</i>
Joining Link:	https://us02web.zoom.us/j/89045829350