



NETAJI SUBHAS OPEN UNIVERSITY

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SCHOOL OF EDUCATION

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Report of the 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

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

Speakers

1. Dr. Kamal Kumar Kar, Regional Director, NSS, Ahmedabad, Govt. of India.
2. Prof. Samiran Mondal, Visva Bharati Univ.
3. Prof. Ashis Kumar Paul, Jadavpur Univ.
4. Dr. Pintu Sil, Principal, SIPEW, Hastings House, Alipore,

29th September, 2023
11.30 am to 2:00 pm
Joining link : <https://us02web.zoom.us/j/89045829350>

All are cordially invited

Date: 29th September 2023, **Time:** 11.30 am to 2 pm

Mode: Online through ZOOM Platform

Zoom Link: - <http://us02web.zoom.us/j/89045829350>

Participants: 52 participants comprising of learners, Research Scholars, faculties, officers, alumni, staff of NSOU and other institutions

Initiation: **Dr. Sibaprasad De**, Professor, Dept. of Education initiated with warm greetings to one and all virtually present in this National Webinar. He enlightened on the perspectives and objectives of this UGC-directed programme.

Perspectives & Objectives of the National Webinar

The Webinar was organized as per UGC directives. According to NEP 2020 some key pathways have been indicated for social transformation and social mobility, with the uplift of individuals, households and communities. Accordingly some challenges have been considered with respect to the institutional facilities, provisions and practices that can ensure comprehensive to students' protection from any threat and assault - physical, social and cultural discrimination thereby causing psychological distress among the students.

In this aspect the institutions have a significant role for promotion of physical fitness and wellbeing so far as well as the mental health is concerned.

The objectives laid down by the UGC, as per NEP 2020, are –

- i) Enrichment of Physical Education, with that of Physical Fitness and sports activities.
- ii) Creating safeguards against academic pressure, peer pressure, behavioural issues, stress, career concerns, depression and other issues pertaining to mental health of students.
- iii) To inculcate positive thinking and emotion in students community.
- iv) To promote supportive networks for the students.

In this context, the lectures of this webinar were designed in different aspects for the purpose, mainly on impact of yoga, physical fitness & sports and social wellbeing.

The programme was started with the **Vedic Chanting** delivered by **Dr. Abhedananda Panigrahi**, B. Ed. Coordinator, SoE, NSOU.

Welcome Address

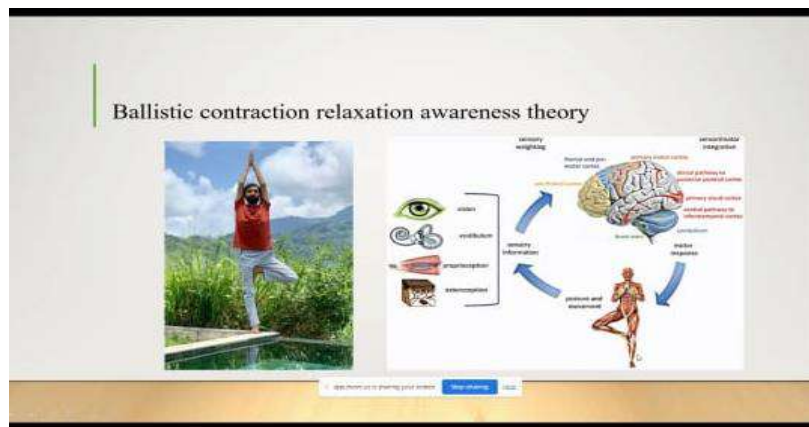
Dr. Athindra Nath Dey, Director, SoE, NSOU cordially welcomed the renowned speakers and all those who were virtually attended the webinar. He emphasised on the main themes of the webinar and its relevance to the present day.

Key-note Address

Dr. Kamal Kumar Kar, Regional Director, Ministry of Youth Affairs & Sports, Govt. of India and NSS Regional Directorate, Ahmedabad – 6, conveyed his thanks to the organizers for inviting him as a speaker. He sent his Key-note address on “**Promotion of Physical Fitness, Sports, Student Health, Welfare, Psychological and Emotional Wellbeing at Higher Educational Institutions of India**” as he could not deliver his address due to his engagement in the meeting at Rashtrapati Bhawan on emergency basis during this time.

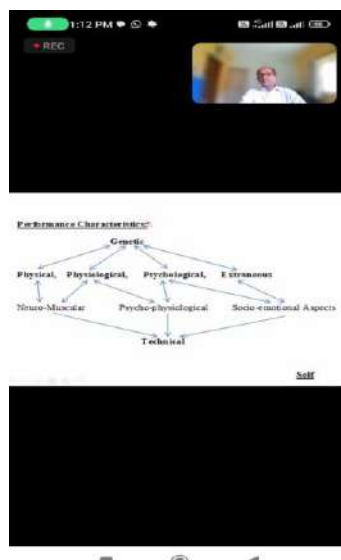
Plenary Lecture -1

Prof. Samiran Mandal of Visva-Bharati University, Santiniketan delivered his research based lecture on **“Impact of Yoga on Wellness and Welfare for Physical and Mental Health”**. He emphasised on different dimensions of Yoga, the traditional potentialities and modern aspects of neuro-transmission effects of Yoga. His charming lecture was appreciated by all and sundry with the elaboration of marvellous displayed slides. He also explained the theories and practices Yogasanas and their effects on physical, mental and benefits for wellbeing and the relevance of it in relation to incorporation in the NEP-2020.



Plenary Lecture -2

Prof. Asish Paul, HoD, Department of Physical Education, Jadavpur University, delivered his lecture on **“Physical Fitness and Sports in relation to Neuro-muscular, Psycho-physical and Socio-emotional aspects”**. He elucidated all those aspects with social continuum of behaviourism, having role of play and sports. He stressed on health related fitness and performance related fitness with the coordinated functions. He characterised on improvement of social activities and sports with the performance characteristics in relation to genetic and technical aspects.



Plenary Lecture -3

Dr. Pintu Sil, Principal, SIPEW, Hastings House, Kolkata delivered his lecture on **“Holistic Physical Activity Programmes and Provisions for Psychological and Emotional Well-being”**. Dr. Sil explained states of mind, measures to control over to mind, Global Action Plan and objectives of holistic physical activity programme, simple physical exercises for well-being, along with meditation & health benefits of exercises for emotional well-being and behavioural modification approaches of positive and negative attitude.

Summary

Prof. S. P. De coordinated the programme and moderated the entire webinar on which honourable speakers shared their valuable thoughts and ideas for vibrant campus life where physical fitness and well-being efforts are very important, as far as practices and provisions are laid down by the higher educational institutions, as per directives of the UGC &NEP-2020.



Vote of Thanks

Dr. Parimal Sarkar, Jt. Secretary of the organizing Committee extended vote of thanks to the Hon'ble Vice Chancellor, Directors of the Schools, Speakers and all other participants with gratitude to all for successful completion of the webinar. Last but not the least Dr. Sarkar conveyed his thanks to the Team Lease for Providing us ZOOM platform and every technical support.

Report prepared by:
Prof. Sibaprasad De
Prof. D. P. Nag Chowdhury
Shri Prabir Naskar