



**A Brief Report on  
National Web Lectures on  
'Health and Fitness Awareness for the Community'  
Organized by  
Centre for Disability Studies and Educational Research  
(CDSER)  
Under the aegis of  
SCHOOL OF EDUCATION  
NETAJI SUBHAS OPEN UNIVERSITY, KOLKATA**

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**Event Details:**

27<sup>th</sup> November 2020; 11AM-4 PM

**Digital platform:** Through Zoom App, conducted by NSOU-ICT Agency

**Partakers:**

Anyone interested in this field. It was open to all.

**Introduction:**

Health is undoubtedly a wealth. Physical activities to get fit should become enlisted as a part of lives as eating and sleeping for building a sound body with a sound mind by encouraging greater family and social connectedness. With more and more individuals living a sedentary lifestyle and minimizing their physical activity, it has become apparent that fitness is not only useful for health, but essential to maintaining good health and a long life. The purpose of this delightful event is to increase awareness about health and fitness. Such event may offer learners to increase awareness which will make them careful about their own health and fitness to lead a healthy life for long. Such conversation may bring out a broad, open review process that involves youth educators, governments, business and other stakeholders of the community. The web event was planned with eight special deliberations along with keynote deliberation on Health and fitness for the community.

**Distinguished Panel of Speakers:**

In order to do justice to the event title, the following eminent educationists were invited to share their thoughts and experience:

1. **Prof. A. M . Moorthy**, Former Vice Chancellor, Tamil Nadu Physical Education & Sports University.

2. **Prof. Sabyasachi Mukherjee**, Vice Chancellor (Officiating), Laxmibai National Institute of Physical Education (Deemed University), Gwalior, Madhya Pradesh
3. **Prof. Asis Goswami**, Ramakrishna Mission Vivekananda Educational and Research Institute .
4. **Prof. Sanjib Mridha**, HoD, Dept of Physical Education, Jadavpur University.
5. **Dr. Sudarshan Biswas**, Associate Professor, Dept of Physical Education, Visva Bharati & President, Physical Education Foundation of India (PEFI), West Bengal Chapter.
6. **Dr. Krishnendu Pradhan**, Associate Professor, Dept of Physical Education, Garbeta College.
7. **Dr. Saugata Sarkar**, HoD, Sports Dept, Mizoram Central University .
8. **Dr. Hira Chatterjee**, Assistant Professor, Prabhu Jagatbandhu College .

### **Event Flow:**

The event was very adamantine with the following flow of sequence:

**Inaugural Session:** Dr. A. N Dey, Director, SoE, NSOU presided over the whole programme. His inaugural speech had enlightened the webinar more profusely and the coinage of his delivery was on health as a key of staying focused in life long struggle. Prof. Sabyasachi Mukherjee graced the post of Chief Guest.

**Opening:** The digital event started with greetings from Dr. Papiya Upadhyay, Asst Prof, SoE, NSOU, the host and organizing secretary of the event. She highlighted the sequence of events in brief and staged the initiating spirit of Dr. A. N Dey, Director, SoE, NSOU and unparallel inspiration of Prof.Subha Sankar Sarkar, Honourable Vice Chancellor, NSOU in organizing this unique digital event dedicated towards global citizens.

**Welcome Address:** The formal welcome of the invited speakers, participants, delegates and other attendees was addressed by Prof. Swapan Kumar Sarkar, HoD, SoE, NSOU.

**Introduction of the Distinguished Panel of Speakers:** Prof. Sumanta Chattaraj, Professor, SoE, NSOU diligently introduced the illustrious speakers with their lauded credentials.

**Thematic Session:** The next phase of the event was thematic deliberations from the seven distinguished speakers.

- **Prof. A. M. Moorthy:** Professor had taken the webinar a different height by throwing light on the positive impact of yoga on dealing with physical and psychological ailments. He also cited different examples where medicines have failed but yoga might not disappoint the patients but have disappointed the disease. He brought in front of you that Yoga actually boasts an impressive plethora of physical benefits suitable for all groups and can be used as complementary therapy in combination with conventional treatments of various diseases.
- **Prof. Sabyasachi Mukherjee :** Professor beautifully enumerated that the purpose of yoga is to establish strength, awareness and harmony in both body and mind and stimulates them to work harmoniously in a linear way. He assured that the relaxation techniques incorporated in yoga can lessen chronic pains.
- **Prof Asis Goswami :** He profoundly pictured how the age old techniques of Yoga helps a person to manage stress, anxiety, traumas which are known to have devastating effects on mind and body. He assured that Yoga's incorporation of meditation and breathing can help improve a person's mental well being.
- **Prof Sanjib Mridha :** He indicated that the main mantra of survival in the struggle of life is health and fitness. In a mentally depressed society, good health and sound body are the only two way out which can be achieved only by physical fitness.
- **Dr Sudarshan Biswas :** Through his valuable views ,he drew that a good health means that a person is physically and mentally strong and fitness refers to the ability of the person to encounter the demands of the environment.
- **Dr Sougata Sarkar:** He threw the light on the interrelatedness between health and fitness. Health is coined as the state of well being in which a person is free from illness and injury. Fitness denotes a stage of being healthy and physically fit.
- **Dr. Hira Chatterjee,** Assistant Professor, Prabhu Jagatbandhu College delivered a vibrant and motivational lecture on the importance of health and fitness. She stressed on that health and fitness should be a lifestyle for all people. She also adumbrated the necessity for a healthy and fit community for a prosperous nation like India.
- The sessions were diligently moderated by Somsankar Chatterjee, Asst Prof, SNIPEW, Hastings House, Kolkata and Biswajit Bala, Asst Prof, WBUTTEPA, Kolkata.

**Sum up:** This was followed by summing up of the eight deliberations by Prof. S. K Ghosh, SoE, NSOU. It was coalesced and reiterated all the impactful speeches in a very compact and comprehensible manner.

**Valedictory Session:** The event progressed with the Presidential Address, delivered by Prof. Dr. A. N Dey, Director, SoE, NSOU. Dr. Dey extended his gratitude to all the eminent speakers, their contribution towards the society at large and their valuable lectures. He also hinted that these professionals and academicians are an inspiration to the youth and community for their tireless effort for making a healthy nation.

The event passed to the end with proposing vote of thanks by Dr. Parimal Sarkar, Assistant Professor, SoE, NSOU.

Feedback form link was released in the Zoom Chat box for the participants to fill in and submit. E-certificates were emailed to all participants within a week of the completion of the programme.

The web session was officially closed by Convener Dr. A. N Dey, Director, SoE, NSOU with a hope to meet with such initiative in the future.

**Centre for Disability Studies and Educational Research (CDSER),  
School of Education  
Netaji Subhas Open University, Kolkata  
Presents  
A National Web Lectures on  
'Health and Fitness Awareness for the Community'**

**Chief Patron**  
Prof. Subha Sankar Sarkar,  
Hon'ble Vice Chancellor,  
Netaji Subhas Open  
University, Kolkata, West  
Bengal

**Keynote Speaker**  
Prof. A. M Moorthy,  
Former Vice Chancellor,  
Tamil Nadu Physical  
Education & Sports  
University, Recipient of  
International Yoga  
Achievers Award-2020

**Chief Guest**  
Prof. Sabyasachi  
Mukherjee, Vice  
Chancellor (Officiating),  
Laxmibai National  
Institute of Physical  
Education (Deemed  
University), Gwalior

**Convener**  
Dr. A N Dey,  
Director, School of  
Education, Netaji Subhas  
Open University &  
Coordinator, CDSER,  
Patron PEFIWB

**Distinguished Panel of Speakers**

**Prof. Asis Goswami**, Chairholder, UNESCO  
Chair in 'Inclusive Adapted Physical Education and  
Yoga', Professor, Department of Sports science and  
Yoga, Ramakrishna Mission Vivekananda  
Educational and Research Institute (Deemed to be

**Prof. Sanjib Mridha**,  
HoD, Dept of Physical Education, Jadavpur  
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Assistant Professor, Prabhu Jagatbandhu  
College

**Dr. P. Upadhyay & Dr. P. Sarkar,  
Asst Profs, SoE, NSOU  
Joint Organizing Secretaries  
National Web-Lectures**