



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

# BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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## DETAILED REPORT OF THE ACTIVITY

2023-2024

<b>ACADEMIC SESSION</b>	2023-2024
<b>NAME OF THE ACTIVITY</b>	Online Webinar on Yoga and Pranayama -Effective Mechanisms to Address Depression Arising from Excessive Use of Screen Time on Mobile and T.V.
<b>ORGANIZING INSTITUTION/COLLABORATING INSTITUTIONS</b>	Bhiwapur Mahavidyalaya and Cluster of Thirteen Institutions (CoTI)  <ol style="list-style-type: none"><li>1. Nabira Mahavidyalaya, Katol,</li><li>2. Yashwant Mahavidyalaya, Seloo,</li><li>3. Arts and Science College, Arvi,</li><li>4. R. G. Bhoyar Arts, Commerce and Science College, Seloo</li><li>5. Indraprashtha New Arts, Commerce and Science College, Wardha,</li><li>6. Yashwant Mahavidyalaya, Wardha,</li><li>7. New Arts College, Nachangaon, Pulgaon,</li><li>8. Late Vasanttrao Kolhatkar College, Rohna,</li><li>9. Narayanrao Kale Smruti Model College, Karanja.</li><li>10. Arvindbabu Deshmukh Mahavidyalaya, Bharsingi,</li><li>11. Jeevan Vikas Mahavidyalaya, Devgram,</li><li>12. Priyadarshini Mahila Mahavidyalaya, Wardha.</li></ol>
<b>CORE AREAS COVERED</b>	<ul style="list-style-type: none"><li>● Impact of Excessive Screen Time</li><li>● Overtraining and Its Impact</li><li>● Yoga and Pranayama</li><li>● Cooling Down Techniques</li><li>● Holistic Health Considerations</li><li>● Body Composition and Performance</li><li>● Preventive Health Measures</li><li>● Community and Institutional Role</li></ul>
<b>SCHEDULE</b>	30 <sup>th</sup> April, 2024

<b>VENUE</b>	Google meet
<b>MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK)</b>	<a href="https://meet.google.com/fue-qumd-yom">https://meet.google.com/fue-qumd-yom</a>
<b>ORGANIZING COMMITTEE</b>	Sports Committee
<b>CHIEF COORDINATOR</b>	Asst. Prof. Dr. Aditya Kishor Sarwe
<b>COMMITTEE MEMBERS</b>	Associate Prof. Dr. S.K. Shinde  Asst. Prof. Dr. M.V. Kadu  Asst. Prof. Dr. A. M. Mahawadiwar  Mr. Ganesh Shahane
<b>KEYNOTE SPEAKER/RESOURCE PERSON/PERSONS (Furnish a Brief Report on the Keynote Speaker's Expertise)</b>	1. Capt. Dr. Tejsingh Jagdale, Director of Sports and Physical Education, Nabira Mahavidyalaya, Katol  2. Dr. Jobi George, Principal, Bhiwapur Mahavidyalaya, Bhiwapur
<b>BENEFICIARIES/TARGET GROUP</b>	Students, Sportspersons, Parents along with teaching and non-teaching staff from the Organizing Institutions
<b>NUMBER OF STUDENTS/BENEFICIARIES</b>	136
<b>DETAILED REPORT OF THE ACTIVITY</b>	<p>‘Department of Physical Education and Sports’ of Bhiwapur Mahavidyalaya, in collaboration with Cluster of Thirteen Institution (CoTI), organized One-day National Webinar on ‘Yoga and Pranayama -Effective Mechanisms to Address Depression Arising from Excessive Use of Screen Time on Mobile and T.V.’ on 30<sup>th</sup> April, 2024.</p> <p>Asst. Prof. Dr. A.K. Sarwe, Director, Department of Physical Education and Sports, of our College, delivered the Introductory Remarks. Captain Dr. Tejsingh Jagdale, renowned Yoga Trainer was the Keynote Speaker of the Webinar. He provided valuable insights on the impact of excessive screen time and overtraining. He stressed the</p>

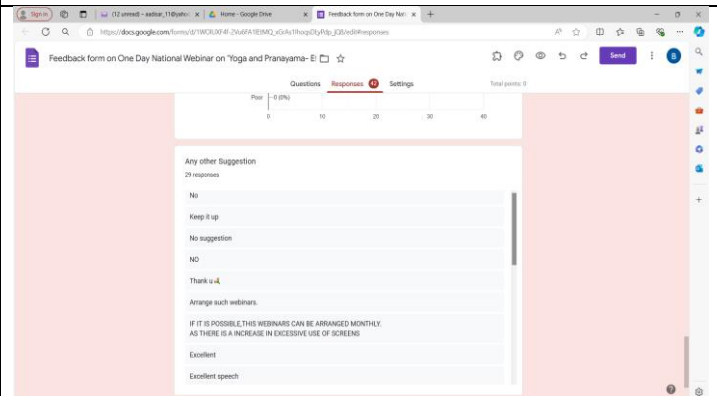
	<p>significance of incorporating proper cooling down techniques into exercise routines and encouraged instructors to consider factors like food, sleep, and mood when planning training programme.</p> <p>Dr. Tejsingh Jagdale also discussed how making the right food choices can help prevent health issues. He advised delegates to assess body composition to enhance performance through proper dietary choices. He underscored the importance of maintaining a balanced diet to prevent injuries and facilitate athletes’ progress. He emphasized the need for continuous efforts to ensure success in the world of sports.</p> <p>Dr. Jobi George, the Principal of our College hoped that the knowledge shared by the Resource Person would be instrumental in highlighting the importance of Yoga and Pranayama. He also emphasized that the educational institutions, workplaces, and community centers should promote these practices and provide resources for individuals to learn and integrate them into their lives.</p> <p>Overall, the National Webinar served as a platform for valuable discussions and knowledge sharing on the topics of excessive use of mobile devices and TV, as well as rehabilitation through Yoga and Pranayama, aiming to benefit students and sports persons across the nation. Asst. Prof. Dr. A.K. Sarwe conducted the proceedings of the Webinar. Asst. Prof. Dr. Ravikant Mishra, proposed the formal Vote of Thanks. In all, 136 participants marked their online attendance for the Event.</p>
<p><b>PROGRAMME OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To raise awareness about Mobile use and the importance of Yoga and Pranayama among athletes, coaches, and sports enthusiasts.</li> <li>• To facilitate the sharing of knowledge and insights from experts in the field of Yoga and Meditation.</li> </ul>

	<ul style="list-style-type: none"> <li>• To educate the participants on how proper Yoga, can help to prevent Body Posture.</li> <li>• To provide guidance on the role of nutrition in preventing Malnutrition and improving health</li> <li>• To engage the local community and educational Institutions in discussions related to excessive use of mobile and T.V.</li> <li>• To strengthen collaboration among educational Institutions, sports authorities, and experts for the benefit of Students and sports development.</li> <li>• To promote a holistic approach to Yoga by addressing the importance of both physical health and nutrition for sportspersons.</li> </ul>
<p><b>PROBLEMS FACED, IF ANY</b></p>	<p><b>Technical Challenges:</b> As the National Webinar was conducted online, technical issues such as internet connectivity problems, audio/video glitches and platform compatibility issues disrupted the smooth flow of the Event.</p> <p><b>Participant Engagement:</b> Ensuring active participation and engagement from online attendees was challenging.</p> <p>By addressing these potential challenges through careful planning, communication, and contingency measures, the Organizers enhanced the success of the National Webinar and provided a valuable experience for the participants and speakers alike.</p>
<p><b>IMPACT/OUTCOME ACHIEVED</b></p>	<ul style="list-style-type: none"> <li>• Raised awareness about sports injuries and the importance of rehabilitation among athletes, coaches, and sports enthusiasts.</li> <li>• Facilitated the sharing of knowledge and insights from experts in the field of sports injury, prevention and rehabilitation.</li> <li>• Educated the participants on how proper training,</li> </ul>

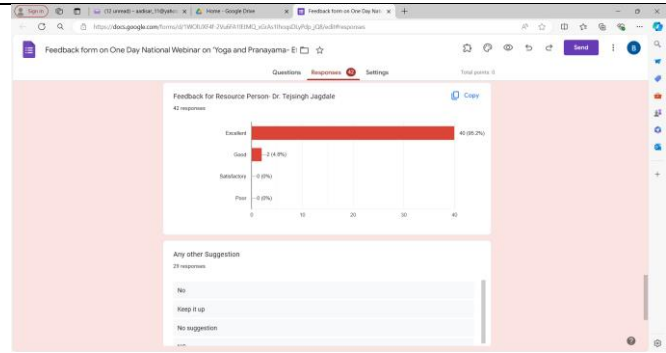
including cooling down techniques, can help to prevent sports injuries.

- Provided guidance on the role of nutrition in preventing injuries and improving athletes' performances.
- Emphasized the importance of customized diets for athletes aged 17 years and above, to meet their specific nutritional needs.
- Promoted the use of body composition analysis as a tool to enhance athletes' performances by optimizing their dietary choices.
- Encouraged strategies and practices that can lead to success in sports by avoiding injuries and improving performances.
- Engaged the local community and educational Institutions in discussions related to sports, injury, prevention, and athlete rehabilitation.
- Strengthened collaborations among educational Institutions, sports authorities, and experts, for the benefit of athletes and sports development.
- Promoted a holistic approach to sports by addressing the importance of both physical health and nutrition for sportspersons.

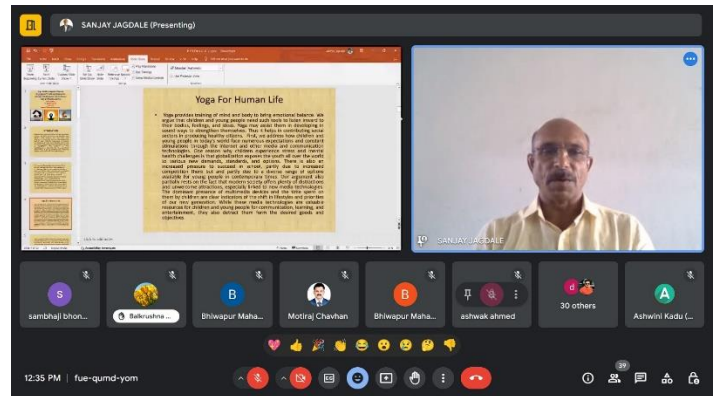
**ANALYSIS REPORT OF THE FEEDBACK OBTAINED FROM STUDENTS/ BENEFICIARIES/ ACADEMIC PEERS ETC.**



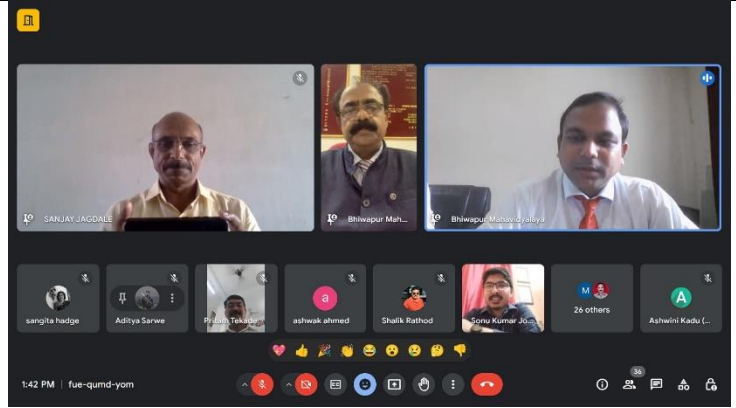
**GEOTAG PHOTO GALLERY WITH CAPTIONS (Only GEOTAG photos covering the entire gamut/ span of the activity will be accepted)**



Asst. Prof. Dr. A.K. Sarwe, delivering Introductory Remarks.

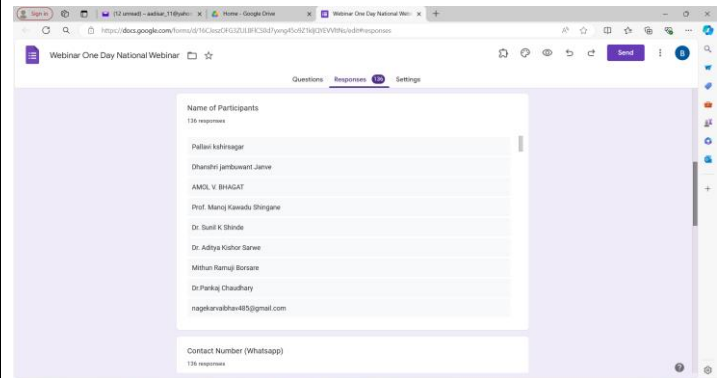
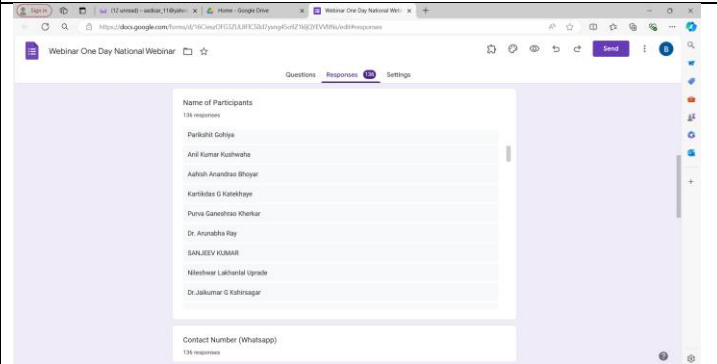


Dr. Tejsingh Jagdale, delivering his Keynote Address



Dr. Jobi George, the Principal of our College, delivering Presidential Address.

**SCANNED COPY OF ATTENDANCE SHEET**



**Principal  
Bhiwapur Mahavidyalaya**