



Rayat Shikshan Sanstha's

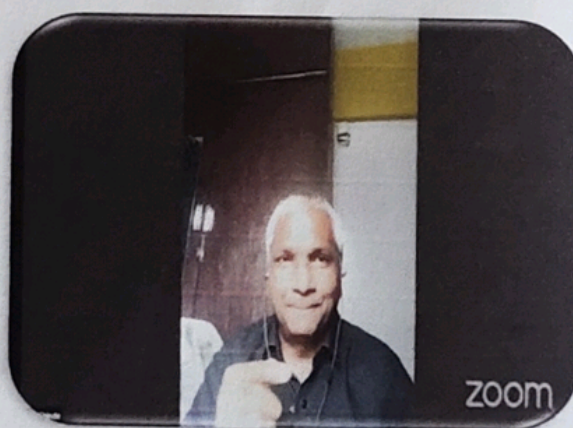
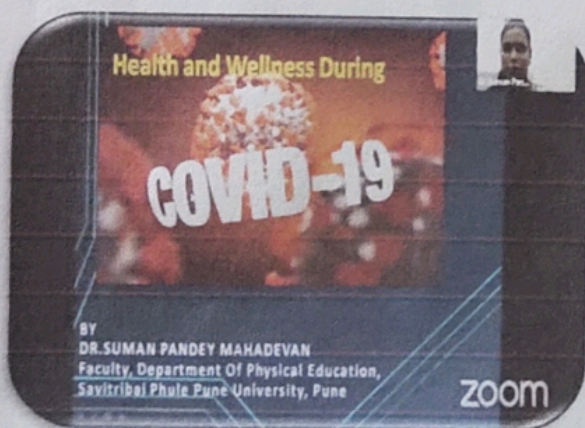
Rajarshi Chhatrapati Shahu College, Kolhapur

Department of Physical Education

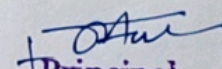
**REPORT OF NATIONAL WEBINAR ON MENTAL HEALTH AND WELLNESS
DURING COVID-19**

Department of Physical Education, Sports and IQAC organized National Level Webinar on 'Mental Health and Wellness during COVID-19' Tuesday, 7th July, 2020. Dr. Suman Pandey, Assi. Prof., Department of Physical Education, Savitribai Phule Pune University, Pune and Dr. Arun Shinde, Motivational Speaker, Pune were the resource persons of the webinar. The platform of Webinar was Zoom meeting app and it was also streamed on Youtube.

In an inaugural function, Principal Dr. S. T. Salunkhe welcomed the resource persons and addressed the participants the importance of physical and mental health in pandemic situation. In the first session Dr. Suman Pandey enlightened on how health and wellness important to fight COVID-19. In the second session Dr. Arun Shinde has given an excellent speech on 'Mental health during COVID-19'. Both the resource persons cleared doubts and answers questions of participants in a proper way at the end of the sessions. Dr. There were 610 participants form different states participated through Zoom meeting app while more than 300 participants watch this webinar on live streming. Prin. Dr. S. T. Salunkhe provided his valuable guidance and support to organize the activity. Mr. G. M. Lawangare and Dr. V. P. Nangare introduced the resource persons; Dr. R. S. Dubal, expressed the vote of thanks; Dr. S. M. Sathe anchored the webinar.




Co-ordinator of Workshop


Principal,
Rajarshi Chhatrapati Shahu College
Kolhapur.