

JESUS AND MARY COLLEGE
UNIVERSITY OF DELHI



Internal Quality Assurance Cell (IQAC)

in collaboration with
Department of Physical Education

Organises an Interactive Webinar on

LIVING WITH CORONA: CHALLENGES AND MANAGEMENT OF WELL BEING

Date: 5th - 6th June, 2020



Webinar Platform: Google Meet

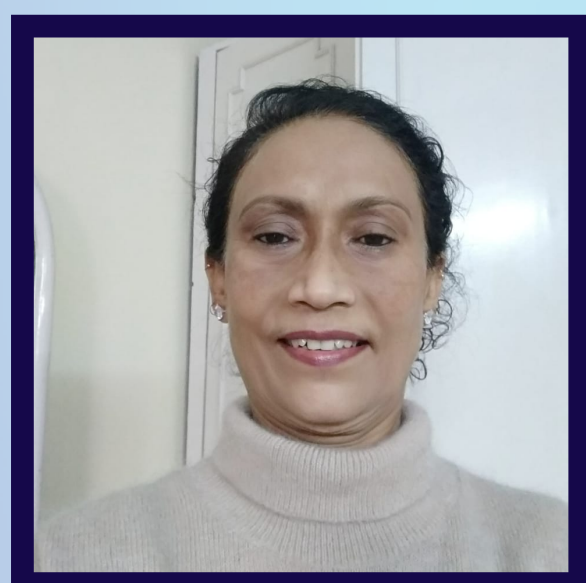


June 5, 2020

Session 1 : 10:00 A.M. to 10:40 A.M.

**DEALING WITH FITNESS AND LIFESTYLE
CHALLENGES OF CORONA CRISIS**

Speaker



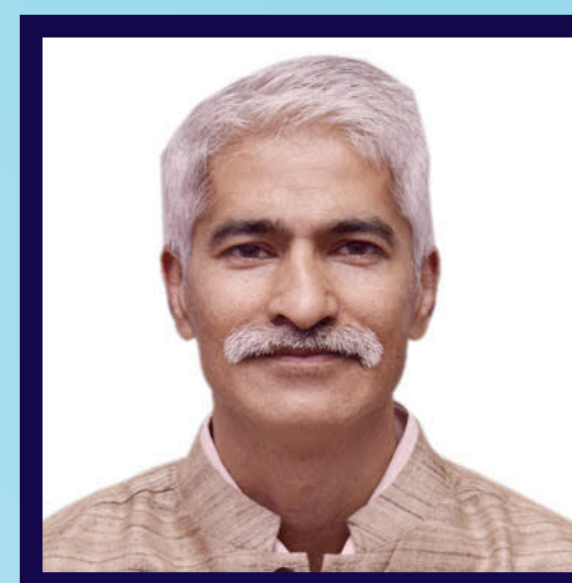
Dr. Manika Debnath

Former Head, Deptt. of Health Sciences &
Fitness & Alternate Therapy at LNIPE (Deemed
University), Ministry of Youth Affairs and Sports

Session 2 : 10:45 A.M. to 11:30 A.M.

**SKILLS FOR SELF-DETOXIFICATION AND
STRESS MANAGEMENT**

Speaker



Dr. Vikram Singh

Jawaharlal Nehru University,
Delhi

Moderated By: Dr. Dinesh Adlakha
Vote of Thanks: Dr. Rekha Dayal

June 6, 2020

PANEL DISCUSSION ON

HOW TO KEEP FIT AND MAINTAIN SPORTS PERFORMANCE IN THE ERA OF COVID-19

TIME: 10:00 A.M. to 11:30 A.M.

Panelists



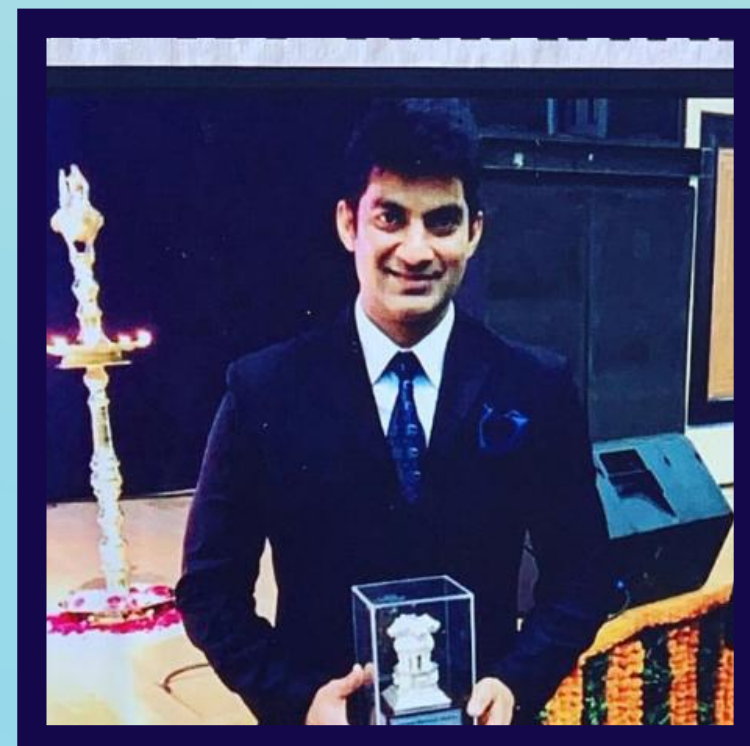
Ms. Apurvi Chandela

Arjuna Awardee, Gold
Medalist, International
Shooting Player



Dr. Deepak Sury

Sports Physiotherapist
with BCCI



Mr. Amit Khanna

Superintendent of Customs
and GST and Fastest man of
India from 1995-1998

**Moderated By: Dr. Rekha Dayal
Vote of Thanks: Dr. Anju Luthra**

*E-Certificates will be given to all the registered participants
attending Webinar on both days*

REGISTER AT : <https://forms.gle/1ZVChjvPZeXoCaHk7>

Sr. (Dr.) Rosily T.L. rjm
Principal

Dr. M.K. Chawla & Dr. Anju Luthra
Dept. of Physical Education

Dr. Alka Marwaha
IQAC Convenor

Sr.(Dr.) Molly K.A.
Webinar Convenor