



Jesus and Mary College

IQAC in collaboration with the Department of Physical Education

Day 1 Webinar Report

Title: “Living with Corona: Challenges and Management of Well-being”

Date: 5 June 2020

Time: 10:00 am - 12:15 pm

Session 1: “Dealing with Fitness and Lifestyle Challenges of Corona Crisis”

Speaker: Dr. Manika Debnath, Former Head, Department of Health Science, Fitness and Alternate Therapy at Lakshmibai National Institute of Physical Education

Time: 10:00 am – 10:40 am

Session 2: “Skills for Detoxification and Stress Management”

Speaker: Dr. Vikram Singh, Professor, Jawaharlal Nehru University, New Delhi.

Time: 11:00 am -12:15 pm

Webinar platforms used: Google Meet

YouTube (live streaming)

[Click here](#) for video for Day 1, Session 1 on YouTube.

[Click here](#) for video for Day 1, Session 2 on YouTube.

[Click here](#) for video on JMC website.

Total Registrations: 641

Number of Registered Students: 304

Number of Registered Faculty Members: 337

Number of participants on Google Meet: 128

Number of participants on YouTube: 58

Organising Team:

Principal: Sr.(Dr.) Rosily T.L. r.j.m.

IQAC Coordinator: Dr .Alka Marwaha

JMC Webinar Coordinator: Dr. Ameeta Motwani

Moderator: Dr. Rekha Dayal

Dr. Anju Luthra

Dr. Manmohan Kaur

Dr. Dinesh Adlakha

Ms. Ishita Singh

Dr. Shikha Singh

Technical Team:

Mr. Naveen Joseph Thomas (live streaming)

Ms. Vrinda Moda (live streaming)

Ms. Megha Jacob

Mr. Gaurav Verma

About the Speaker:

Dr. Manika Debnath is the Founder and Secretary-General of the National Sports Dance & Fitness Federation. She was the Former Head of the Department of Health Sciences, Fitness & Alternate Therapy at Lakshmbai National Institute of Physical Education. Dr Debnath is an academically driven individual who has published two books and has been the editor-in-chief of 1 International and 2 National Proceedings, 5 Souvenirs and 1 essay for M.A in Yoga. Moreover, she also served as a Guide to nine PhD scholars. Her prowess in the field of Physical Education goes beyond the ambit of academia. She was the Deputy Director-General of five sports disciplines in the 2010 Commonwealth Games - Artistic Gymnastics Men's & Women's Rhythmic Gymnastics, Wrestling, Cycling (Outdoor/Indoor), & Rugby). An ardent advocate of health and well-being, Dr. Debnath also had the honor of being appointed as the Fitness Ambassador of India from the International Fitness Professional Association U.S.A.

Dr. Vikram Singh is currently the Director of the Department of Sports, Jawaharlal Nehru University, New Delhi. A scholarly individual, Dr. Singh completed his Masters in Physical Education from Punjab University, Patiala and a second Masters degree in Praksha Meditation, Yoga and Science of Living from Jain Vishwa Bharti Institute, Rajasthan. He was a gold medallist in MPhil from Kurukshetra University, Haryana and completed his PhD in Physical Education from CIE/ Faculty of Education, University of Delhi. He is a man of letters who has 72 Publications under his name and has presented around 17 Research Papers in many National and International Conferences. For his outstanding contribution in the advancement of Yoga in India, he was elected as a fellow of the Indian Association of Yoga, New Delhi in 2017.

Webinar Summary

On June 5, 2020, Internal Quality Assurance Cell (IQAC) in collaboration with the Department of Physical Education, Jesus and Mary College (JMC), hosted a webinar on the topic “Living with Corona: Challenges and Management of Well-being”.

The session commenced with an introductory speech by Dr. Anju Luthra, Associate Professor of the Department of Physical Education. She began by advocating the recent amendments to the general health guidelines issued by the government. Her speech highlighted the importance of staying optimistic, action-oriented and health and safety conscious during the times of COVID-19. She added that everyone should put the safety of themselves and their families first and take the necessary precautions for the same. Before concluding, she expressed her heartiest thanks to our principal Sr. (Dr.) Rosily T.L. r.j.m., for allowing the Department of Physical Education to hold this webinar and subsequently requested her to address the gathering.

Sr. Rosily started her address by welcoming the speakers and all the other attendees. She then invoked God’s blessing on each one of us and everyone else in the world who were affected gravely due to the pandemic and expressed her gratitude towards the frontline fighters defending humanity. Following the Principal’s address, Dr. Alka Marwaha, Coordinator, QAC, welcomed all the attendees and expressed her gratitude to the speakers of the day. Thereafter, Dr. Dinesh Adlakha introduced our first speaker of the day Dr. Manika Debnath and requested her to take the floor.

Dr. Manika Debnath, enlightened all the participants by elucidating various methods to deal with the fitness and lifestyle changes triggered by the coronavirus pandemic. She enlisted some of the major challenges that this pandemic has thrown at us and how to tackle them effectively by following the EDR (Exercise, Diet and Rest) regimen. Incorporation of motivational and descriptive videos made her session a fun learning experience. She ended her presentation with the chanting of the ‘OM’, a sound of cosmic significance, as a method to strengthen our mind, body and soul. Following the presentation a Q&A round took place.

Thenceforth, Dr Dinesh Adlakha graciously introduced and welcomed our second speaker, Dr. Vikram Singh, Professor, Jawaharlal Nehru University, New Delhi, to give a presentation on “Skills for Detoxification and Stress Management”. The presentation began with the identification of common toxins, followed by a well-researched briefing on the body's detoxification system. In the latter part of the session, Dr Vikram Singh discussed the safe implementation of various detoxification techniques along with numerous yogic, Ayurvedic and meditational interventions.

After the two highly informative sessions, Dr Rekha Dayal officially closed Day-1 of the webinar with her kind words of appreciation and gratitude towards the speakers and everyone else who ensured smooth conduct of the sessions.



Jesus and Mary College

IQAC in collaboration with the Department of Physical Education

Day 2 Webinar Report

Title: “How to keep fit and maintain sports performance in the era of COVID -19”

Date: 6 June 2020

Time: 11:00 am -12:15 pm

Speakers:

Mr. Amit Khanna, Superintendent of customs and GST and Fastest man of India from 1995-1998.

Dr. Deepak Sury, Sports Physiotherapist with BCCI.

Ms. Shagun Chowdhary, First Women Olympian in Trap Shooting, Asian games medalist 2014, JMC alumna

Webinar platforms used: Google Meet

YouTube (live streaming)

[Click here](#) for video for Day 2 on YouTube.

[Click here](#) for video on JMC website.

Total Registrations: 641

Number of Registered Students: 304

Number of Registered Faculty Members: 337

Number of participants on Google Meet: 128

Number of participants on YouTube: 40

Organising Team:

Principal: Sr.(Dr.) Rosily T.L. r.j.m.

IQAC Coordinator: Dr. Alka Marwaha

JMC Webinar Coordinator: Dr. Ameeta Motwani

Moderator: Dr. Rekha Dayal

Dr. Anju Luthra

Dr. Manmohan Kaur

Dr. Dinesh Adlakha

Ms. Ishita Singh

Dr. Shikha Singh

Technical Team:

Mr. Naveen Joseph Thomas (live streaming)

Ms. Vrinda Moda (live streaming)

Ms. Megha Jacob

Mr. Gaurav Verma

About the Speakers:

Ms. Shagun Chowdhury is an Indian shooter and a JMC alumna. She is a marvelous sportsperson who created history by becoming the first Indian woman to qualify for the Olympic trap shooting event in the 2012 London Olympics where she finished in 20th place. She clinched the bronze medal in the double trap team event of the 2014 Asian Games. She has also been crowned as a national champion numerous times. She now serves as a Public Relations Manager at the Oil and Natural Gas Corporation.

Mr. Amit Khanna is a renowned Indian athlete who was crowned as the Fastest Man of India (1995-1998) as he had won all the major 100m races. He was also the recipient of the “*Best Sportsman of the country*” award in the 1997 National games where he had won three gold medals and created a new national record in 100m sprint. Moreover, he has also won numerous medals at the SAF Games. He continued his brilliant athletic reign even in the Master’s category. In the 2008 Asian Masters Championship, he won 5 gold medals and was declared the best athlete of Asia in 35+ Age Category. There he also created a new Asian Record in 100m. Also, in the 2009 World Masters Championship held at Finland, he won a silver and two bronze medals. Currently, Amit Khanna is the Superintendent of Customs and Central Excise and Service Tax. He is avidly interested in encouraging youths to take up sports and guide them in every possible way to climb the ladder of success and to further this very goal he runs a sports Academy by the name of *Go Speed Sprint Academy* at Tyagraj Stadium, Delhi.

Dr. Deepak Sury is a distinguished physiotherapist who currently serves in Delhi and District Cricket Association and National Cricket Academy. Previously he was the chief physiotherapist of IPL teams, Rajasthan Royals and Delhi Daredevils. He has also been a part of several national and international conferences and seminars focussed on enhancing the fitness and health of sportspersons.

Webinar Summary

The second day of the webinar series took off on June 6, 2020, with a brief introductory speech by Dr. Manmohan Kaur, Associate Professor of the Department of Physical Education, followed by a cordial welcome speech by our principal Sr. (Dr.) Rosily T.L., who extended her gratitude to the speakers and the attendees. Ensuing Sister's speech, Dr. Ameeta Motwani, convenor of the JMC webinar series welcomed all the participants to the webinar on "How to keep fit and maintain sports performance in the era of COVID -19" and requested the organisers to start the programme.

Thereafter, Dr. Anju Luthra, Associate Professor of the Department of Physical Education introduced the three stellar speakers of the day. Following which, Dr. Rekha Dayal, invited our very first speaker Mr. Amit Khanna, Superintendent of Customs and GST and the fastest man of India from 1995-1998, to take the floor.

Mr. Amit Khanna started the session by sharing some of his struggles in the journey of fitness during the pandemic and how he overcame them. He made use of novel analogies and examples that resonated with the audience. He emphasised on the need to become 'Atmanirbhar' and choosing to spend our limited time on earth purposefully. He further articulated the need to keep working on our fitness, especially the areas that get neglected otherwise.

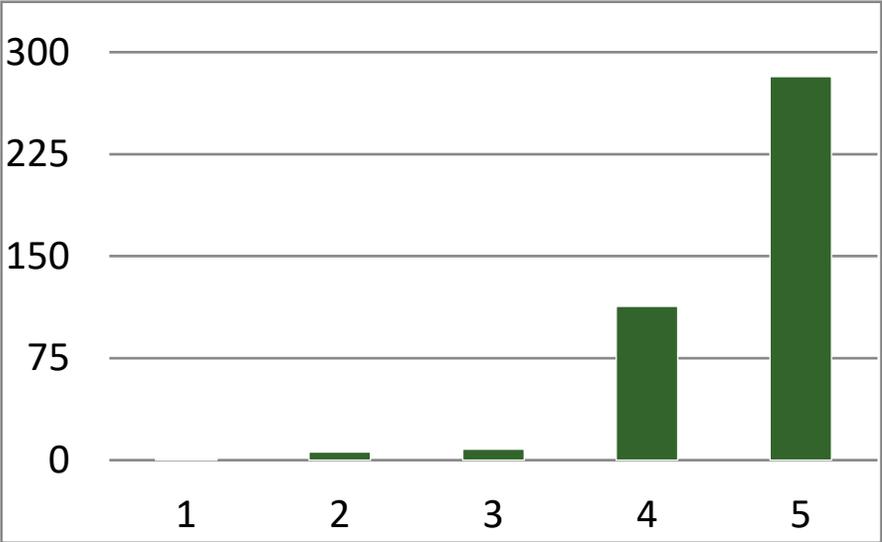
Our second speaker of the day, Ms. Shagun Chowdhary skillfully discussed the often stigmatised issue of mental health. She justly pointed out that sports are a crossover of physical health as well as mental health, but we generally push mental health into the backdrop. With the incorporation of her experiential account of the pandemic, she touched upon the fact that we can use this time of isolation for building ourselves, realigning our goals and taking care of our mental and emotional well-being.

Dr. Deepak Sury, our third speaker of the day enlightened us with an important aspect of physical fitness that is posture and nutrition. He aptly highlighted the importance of a skilled coach who can identify and correct improper posture during training. Spicing up the discussion with some nutritional tips, he made the whole webinar remarkably informative.

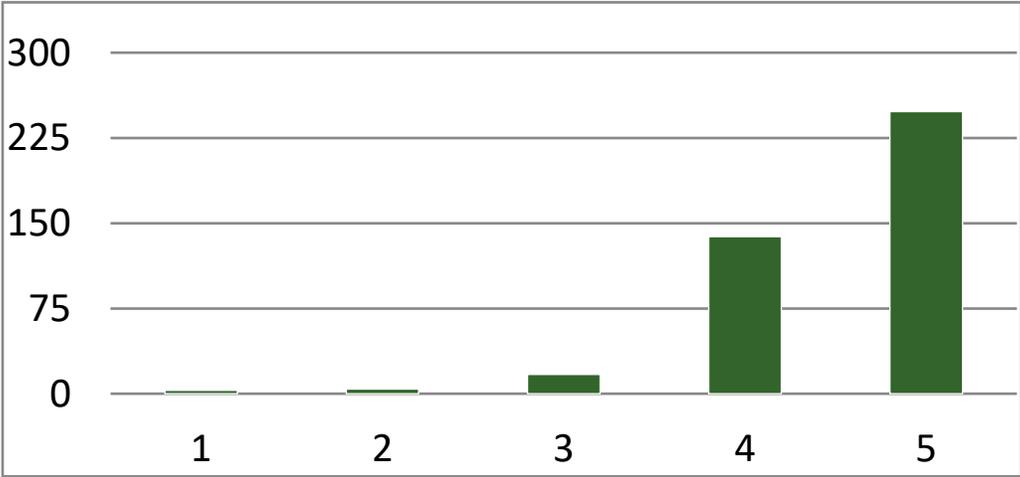
Following the sessions of all our illustrious speakers, the question and answers round commenced. It was moderated by Dr. Rekha Dayal, Associate Professor, Department of Commerce, who with her words of wisdom and impeccable skills of communication made the webinar all the more interactive and captivating. She then requested Dr. Dinesh Adlakha to propose a vote of thanks, which marked the ending of the two-day webinar on "Living with Corona: Challenges and Management of Well-being".

Feedback Summary: After the webinar, we circulated the feedback form to which we received 410 responses from more than 100 institutions all over the country, of which only 28 i.e. 6.8% of the respondents were from Jesus and Mary College. Below is a brief analysis of the data from the feedback forms:

Relevance of the webinar to the participants (on a scale of 1 to 5):



Responses to whether the content met the expectations of the participants (on a scale of 1 to 5):



Responses of the attendees in their willingness to participate in more such webinars:





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

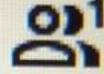
Dr. M.K. Chawla & Dr. Anju Luthra
Dept. of Physical Education

Dr. Alka Marwaha
IQAC Convener

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



SHABANA KHAN
and 98 more

 113



REC m manika devnath is presenting Khushi Sharma and 94 more

CHALLENGES

- Lockdown
- New Normal way of Life
 - Social Distancing
 - Living with Mask and Sanitizers
 - On-line Teaching and Learning
 - Change in Routine and Lifestyle
- Staying at Home and Work from Home
 - Sedentary Lifestyle (Reduced Physical Activities)
 - Overindulgence in Eating
 - More time on Computer Screen
 - Tension, Stress, Depression

WELLNESS

Wellness is Generally Used To Mean A Healthy Balance Of The Mind Body And Soul That Results In An Overall Feeling Of Well-being.

It Requires That The Individual Maintain A Condition Of Balanced Purposeful Energetic While The Environment Works In Its Favorable. It is Also Stated That Wellness is a Continual Progress Toward An Ever Higher Potential Of Well-being.

REC

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Dinesh Adlakhia

Rekha Dasgupta

Nimisha Khanna

Shagun Chowdhary

Anjali Luthra

