

त्रिमूर्ती शिक्षण संस्थेचे  
श्रीमती विमलबाई उत्तमराव पाटील कला  
व कॅ.डॉ.भास्कर सदाशिव देसले विज्ञान  
महाविद्यालय, साक्री जि.धुळे ४२४३०४



Trimurti Shikshan Sanstha, Sakri  
Smt. Vimalbai Uttamrao Patil Arts  
& Late Dr. Bhaskar Sadashiv Desale  
Science College, Sakri Dist. Dhule 434304

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नॅक प्रमाणित

Principal  
**Dr. P. S. Sonawane**  
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Ref. TSS / / 2018

Date: / /

**5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following:**

The College has organized National Webinar on the topic “Physical Fitness and Mental Health” The reason behind the webinar to face the difficulties and to aware the society about health Physical Fitness and Mental Health in the period of Covid Pandemic.

To see this National Webinar click the following you tube link:-

[https://youtu.be/MmEhAjC\\_MUY](https://youtu.be/MmEhAjC_MUY)

Principal

TSS's Smt.V.U.Patil Arts & Late Dr. B.S.Desale  
Science College, Sakri Dist-Dhule, 424304 (MS)



## One day national sports webinar

# Physical Fitness and Mental Health during COVID-19

Date :-21 July 2020

Time:-11:00 AM

Webinar will be conducted on [Google Meet](#)

Join the Google Meet for webinar:- <https://meet.google.com/kis-uhrij-jew>

**\*registration free\***

Registration link:-

[https://docs.google.com/forms/d/e/1FAIpQLSckRjQi6lMyoaZO86EZ1C8YXAm7z-2EAzDGH06zKdJGL\\_LhKg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSckRjQi6lMyoaZO86EZ1C8YXAm7z-2EAzDGH06zKdJGL_LhKg/viewform?usp=sf_link)

Join the whatsapp group after resgistration by given link:-

<https://chat.whatsapp.com/Il3PUTM3SLzAz8H7ldzQ4s>

**E-certificate For all Prticipants**



## Trimurti Education Society's

Smt Vimalbai Uttaamro Patil Arts And late Dr.B.S Desale Science College,Sakri,Dhule  
Affiliated to KBC North Maharashtra University,Jalgaon



Res. Dr. Mangalatai  
Bhaskar Desale  
Secretary, Trimurti Education  
Society, Sakri



Res. Mrunal Bhaskar  
Desale  
President, Trimurti Education  
Society, Sakri



Res. Dr. Ajinkya Bhaskar  
Desale  
Director, Trimurti Education  
Society, Sakri



Res. Dr. Dinesh Patil  
Director of Sports, KBCNMU,  
Jalgaon



Prof. Dr. Shatrunjay M Kote  
Principal, M.S.M's College of  
Phy Edu, Aurangabad

**SPEAKER**



Prof. Dr. Dayanand Kamble  
Director of Physical Education,  
Saraswati College, Aurangabad

**SPEAKER**



Prof. Dr. Anjali P Thakare  
Principal, Shri Shivaji  
College of Phy. Edu, Amravati

**SPEAKER**



Dr. P.S Sonawane,  
Principal, Smt Vimalbai  
Uttaamro Patil Arts And late  
Dr. B.S Desale Science College, Sakri



# PROGRAMME LIST

Content	Dignataries	Topic	Timing
Introduction	Prof Ashok N Bhadane		11:00 AM TO 11:15 AM
Welcome Address	Dr.P.S Sonawane		11:15 AM TO 11:20 AM
Inaugration	Dr.Dinesh Patil		11:20 AM TO 11:30 AM
Greetings	Dr.Ajinkya Desale		11:30 AM TO 11:35 AM
1 <sup>st</sup> session	Prof.Dr Shatrunjay Kote	Our amazing body:wellness and fitness	11:35 AM TO 12:00 PM
2 <sup>nd</sup> session	Prof.Dr.Anjali P Thakare	Maintaining Physical and Mental health during COVID-19	12:00 PM TO 12:30 PM
3 <sup>rd</sup> session	Prof.Dr.Dayanand Kamble	Balance diet for Athletes	12:30 PM TO 1:00 PM
Vote of Thanks	Res.Mrunal Bhaskar Desale		

### Organising Committee

- Dr.Vijay A.Patil,A.S.C. College,Navapur.
- Dr.Bhalchandra More U.P. College,Dahivel.
- Dr.V.L. Patil,Abhay Mahila College,Dhule.
- Dr.Sanjay Chaudhari,A.S.C. College,Bhusaval.
- Dr.Kishor Pathak,A.S.C. College,Bodwad.
- Dr.Kailas Borse,V.W.S. College,Dhule.
- Dr.V.K.Patil Pankaj College,Chopada.
- Prof.Sanjay Bhavsar,R.L. College,Parola.
- Dr.Jagdish Torawane,R.D. Deore College,Mhasadi.
- Dr.Vinay Pawar,H.R. patel College,Shirpur.
- Dr.R.R. Sonawane,V.N. College,Shahada.
- Prof.Narendra Patil,A.S.C. College,Songir.
- Dr.Hasin Tadavi,S.G. Patil College,Sakri.
- Dr.Nimbaji Partale,S.P.D.M. College,Shirpur.
- Dr.R.C. Bedse A.S.C. College,Akkalkuwa.



Organised by:-  
**Prof.Ashok N Bhadane,**  
Director of sports,  
Smt V.U Patil Arts and Dr.B.S desale Science College,Sakri,Dhule

# THANK YOU !!