

Est. Year: 1998

Govt.Sect.No.NGC/3598

Phone (O) 02381-256073



Shri Swami Vivekanand Bahu-Uddeshiya Vikas Mandal's
SHIVJAGRUTI SENIOR COLLEGE, NALEGAON
TQ. CHAKUR DIST. LATUR 413 524



(Affiliated to Swami Ramanand Teerth Marathwada University, Nanded)

President	Secretary	Principal
Shri Babruwan M.Jadhav 99239 68949	Shri Vishwanath B.Satalkar 94030 13495	Dr. Sanjay D.Waghmare 94233 47419


Brief Summary

One Day Online Webinar on "Nutrition and Sports Performance"

On the occasion of National Sports Day Department of Physical Education and Internal Quality Assurance Cell of Shivjagruti Senior College, Nalegaon organized One Day Online Webinar on "Nutrition and Sports Performance" on 29 August 2020 at 12.30 pm. This programme was presided over by principal of the college Dr. Sanjay Waghmare. Professor Dr. Govind Kadam and Assistant Professor Ms. Dilpreet Kaur were present as the Resource Persons for this webinar.

In this webinar, Resource Person Dr. Govind Kadam stated the importance of nutritional diet and sports in the life of human beings and advised the participants to give value to the nutrition and sports. Another Resource Person Ms. Dilpreet Kaur advised the participants to do yoga and pranayam regularly and stay away from junk and fast food. In the presidential speech principal Dr. Sanjay Waghmare addressed the participants about the significance of National Sports Day. He also made the participants about the life and work of Major Dhyanchand.

Introductory speech was delivered by the convener of the webinar Dr. Kailas Palne. This programme was hosted by Dr. Ligade O.V. and vote of thanks was expressed by Mr. Amol Pagar. Many participants got benefited from this webinar.


Principal
Shivjagruti College Nalegaon
Tq.Chakur Dist.Latur

RESOURCE PERSONS

Resource Person
Topic - Rehabilitation for Athletes



Dr. Govind Kadam

Professor & Head
Department of Physical Education & Sport
Vivekanand Arts, S.D. Com & Sci. College
Aurangabad

Resource Person
Topic - Power of Nutrition



Ms. Dilpreet Kaur

Asst. Prof.
Department of Physical Education
S.A. Jain College Ambala - City (Haryana)



Registration Link

Whatsapp Group Joining link

Important Instructions-

1. No Registration Fees
2. Feedback form submission is mandatory.
3. E-Certificate will be issued to participants.
4. The link for joining on zoom platform will be provided on WhatsApp group before one hour.

PRINCIPAL

Shivjagruti Senior College
Nalegaon

Shri Swami Vivekanand Bahu-Uddeshiya Vikas Mandal, Nalegaon.

Shivjagruti Senior College, Nalegaon.

Dr. Chakraborty, Dist. Latur

On the occasion of Sports Day

One Day National Webinar

On

Nutrition and Sports
Performance

Organises

**Department of
Physical Education & IQAC**

Date- 29 Aug. 2020

Time- 12:30

ORGANIZING COMMITTEE

Convenor

Dr. Kailas Palne

Physical Director

Shivjagruti Sr. College Nalegaon

965728844

IQAC - Co-ordinator

Dr. Omshiva Ligade

Head Dept. of History

Shivjagruti Sr. College Nalegaon

9764046640

Principal

Dr. Sanjay Waghmare

Shivjagruti Sr. College

Nalegaon

9423347479

Est. Year : 25th Aug. 1998

Phone : 02381-256074

Govt. Order No. NGC/3598

Shri Swami Vivekanand Bahu-Uddeshiya Vikas Mandal's

SHIVJAGRUTI SENIOR COLLEGE, NALEGAON**Tq. Chakur Dist. Latur****Arts & Commerce**

(Affiliated, Swami Ramanand Teerth Marathwada University, Nanded)

Website : www.shivjagruti.orgEmail- principal.sscn@rediffmail.com*President**Secretary**Principal**Shri B. M. Jadhav**Shri V. B. Satalkar**Dr. Waghmare, S. D.**Mob.No. 9923968949**Mob. No. 9403013495**Mob.No. 9423347419*

Ref.No. SSCN/Nat. Webinar/2020-21/58

Date: - 02/09/2020

To,

Dr. Govind Kadam,

Professor and Head,

Physical Education and Department of Sports,

Vivekanand Art, S. S. D. Commerce and Science College,

Aurangabad.

Dear Sir,

We are really thankful for your valuable lecture as a Resource Person on *Rehabilitation for Athletes* in Online One Day National Webinar 'Nutrition and Sports Performance' on 29th August, 2020 at 12.30 pm. jointly organised by Shivjagruti Senior College, Nalegaon, Department of Sports and IQAC. We hope your cooperation in future also.

Thanking you!

Yours Faithfully

(Signature)
PRINCIPAL
 Shivjagruti Sr. College, Nalegaon
 Tq. Chakur, Dist. Latur

(Signature)
Principal
Shivjagruti College
 Nalegaon, Tq. Chakur, Dist. Latur



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Website : www.shivjagruti.org

Email- principal.sscn@rediffmail.com

President

Secretary

Principal

Shri B. M. Jadhav

Shri V. B. Satalkar

Dr. Waghmare S. D.

Mob.No. 9923968949

Mob. No. 9403013495

Mob.No.9423347419

Date:- 27/08/2020

Ref.No. SSCN/Nat. Webinar/2020-21/50

To,

Ms. Dilpreet Kaur,

Asst. Professor, Department of Physical Education,

S.A. Jain College,

Ambala- City (Haryana)

Subject :- An Invitation for Online National Webinar as a Resource Person.

Respected Madam,


With reference to above mentioned subject, Shivjagruti Senior College, Nalegaon, Department of Sports and IQAC has jointly organized an Online One Day National Webinar on Nutrition and Sports Performance on 29th August, 2020 at 12.30 pm. You are invited in the same webinar as a Resource Person to give your valuable lecture on Power of Nutrition.

So please we request you to cooperate us with your timely lecture as a resource person in the webinar.

Encl.:

1. Brochure

Yours sincerely,


PRINCIPAL
Shivjagruti Sr. College, Nalegaon
Tq. Chakur, Dist. Latur


Principal
Shivjagruti College
Nalegaon, Tq. Chakur, Dist. Latur

One Day Online Webinar on "Nutrition and Sports Performance":



Resource Person Dr. Govind Kadam addressing the participants in One Day Online Webinar on "Nutrition and Sports Performance" on 29/08/2020



Resource Person Ms Dilpreet Kaur addressing the participants in One Day Online Webinar on "Nutrition and Sports Performance" on 29/08/2020



[Signature]
PRINCIPAL
Shivjagruiti Senior College
Nalegaon, Dist. Latur-413524



लोकमत

'शिवजागृती'च्या वतीने स्पोर्ट्स वेबिनार

क्रीडा दिन । आहार-खेळाडूंच्या कार्यक्षमतेवर चर्चा

लोकमत न्यूज नेटवर्क

लातूर : येथील शिवजागृती महाविद्यालयातील शारिरीक शिक्षण व क्रीडा विभागाच्या वतीने 'आहार आणि खेळाडूंची कार्यक्षमता' या विषयावर ऑनलाईन वेबिनार राष्ट्रीय क्रीडादिनानिमित्त शनिवारी घेण्यात आले.

या वेबिनारचे अध्यक्ष म्हणून महाविद्यालयाचे प्राचार्य डॉ. संजय यादगारे उपस्थित होते. तर साधन व्यक्ती म्हणून प्रा. दिलीप्रीत कौर व डॉ. गोविंद कदम हे उपस्थित होते. याप्रसंगी मान्यवरांनी आरोग्य

समृद्धीसाठी आहाराचे असलेले महत्त्व आणि मानवी जीवनातील खेळाचे महत्त्व याविषयी विस्तृत मार्गदर्शन केले.

अध्यक्षीय मनोगतातून प्राचार्य यादगारे यांनी क्रीडा दिनाचे महत्त्व विषद करत मेजर ध्यानचंद यांच्या जीवनकार्यावर प्रकाश टाकला. प्रास्तायिक क्रीडा संचालक प्रा. डॉ. कैलास पाळणे यांनी तर सुभ्रसंचालन प्रा. डॉ. ओमशिया लिगाडे यांनी केले. आभार प्रा. अमोल पगार यांनी मानले. या वेबिनारमध्ये अनेक क्रीडाप्रेमींनी सहभाग नोंदविला.

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Nalegabh, Dist. Latur-413524