

BIRSHA MUNDA MEMORIAL COLLEGE



Pirrah- Haludkanali- Bankura
Affiliated to the Bankura University



Presenting

One Day National Level Webinar

ON

Physical Fitness in Present Scenario

Organised by

Department of Physical Education,

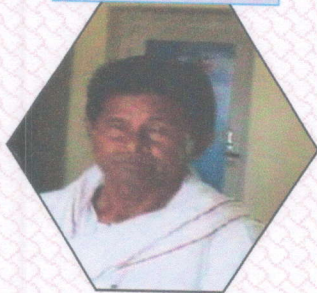
Birsha Munda Memorial College

Date- 12.09.2021

Venue- Google Meet

Time- 10 A.M.

Patron



Mr. Jagabandhu Mahata
President
Birsha Munda Memorial College

Chairperson



Mrs. Amina Khatun
Teacher-In-Charge
Birsha Munda Memorial College

Co-Ordinator, Convenor & Speaker



Mr. Dipbendu Sannigrahi
SACT, Dept. of Phy.Edu., BMMC
Sub. : "Important of Reaction time and Agility"

Eminent Speaker



Dr. Ritu Dubey
Professor of Higher Education at Govt. Dr.
W.W. Patankar Girls, P.G. College. Durg.
She will render a lecture on the topic of
"importance of Physical fitness."

Principal
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura
PIN-722140, Estd-2010

Speaker



Atanu Ghar, SACT. Indus Mahavidhyalaya
Topic- "Importance of power, speed and co-ordination"



Mrinal Sinhababu, SACT, Panchmura Mahavidhyalaya.
Topic- "Cardio-respiratory endurance and muscular endurance"

Technical Support



Somenath Rakshit
SACT, Dept. of History, BMCC



Pramathesh Mahata
Typist, BMCC

Programme Schedule

Joining of the Webinar: 10.00 a.m. to 10.10 a.m.

| | | |
|------------------------|-------------------------|----------------------|
| ➤ Welcome address by - | Amina Khatun | 10.10 am to 10.20 am |
| ➤ Keynote address by - | Mr. Pintu Das Modak | 10.20 am to 10.30 am |
| ➤ Lecture by - | Dr. Ritu Dubey | 10.30 am to 11.00 am |
| ➤ Lecture by - | Mr. Mrinal Sinhababu | 11.00 am to 11.10 am |
| ➤ Lecture by - | Mr. Atanu Ghar | 11.10 am to 11.20 am |
| ➤ Lecture by - | Mr. Dipbendu Sannigrahi | 11.20 am to 11.30 am |
| ➤ Paper Presentation - | | 11.30 am to 11.40 am |
| ➤ Questioning Hours - | | 11.40 am to 11.55 am |
| ➤ Vote of thanks - | Mr. Dipbendu Sannigrahi | 11.55 am to 12.00 am |

Instructions :

- ✓ Webinar platform is only on Google Meet.
- ✓ Registration Fees is totally free.
- ✓ Mode of language will be Hindi and Bengali.
- ✓ Registration process will start on 10.09.2021
- ✓ Click the link <https://chat.whatsapp.com/BsvMBvH25OilGnze9G1yWp> for joining Whats App group
- ✓ Click the link <https://forms.gle/pwPREj1hdxEcFKzL9> for getting enrol in Google Registration Form
- ✓ Contact : Mobile 7908937599 and Email – bmmcseminar@gmail.com

E- Certificate will be provide to all registered participant after filling up the feedback form proper and timely at the completion of webinar.


Principal
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura
PIN-722140, Estd. 2010



BIRSHA MUNDA MEMORIAL COLLEGE

Mail ID : bmmcbu@gmail.com

Mob. : 7501175806

Affiliated to the Bankura University

AT.- PIRRAH :: P.O.- HALUDKANALI :: DIST.- BANKURA :: PIN - 722140

Date : 10.09.2021

To
The Dr. Ritu Dubey,
Professor of Higher Education at
Govt. Dr. W.W. Patankar Girls, P.G. College.
Durg, Chhattisgarh.

Sub. : Invitation letter to render a lecture in one day national level webinar

Dear Sir,

It is our pleasure to inform you that our college is going to organise one day national level webinar on 12 September 2021 at 10.00 a.m., by the department of Physical Education on the topic of "Physical Fitness in Present Scenario". You are cordially invited to deliver your lecture on the same day.

It is our fervent request you to accept our invitation, your active participation and advice is highly accepted for succeeding our webinar.

Thanking you

Sd/-
Teacher-In-Charge
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura.


Principal
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Mail ID : bmmcbu@gmail.com

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AT.- PIRRAH :: P.O.- HALUDKANALI :: DIST.- BANKURA :: PIN - 722140

Date : 10.09.2021

To
The Atanu Ghar,
State Aided College Teacher,
Indus Mahavidhyalaya,
Indus – Bankura.

Sub:-Invitation letter to render a lecture in one day national level webinar


Dear Sir,

It is our pleasure to inform you that our college is going to organise one day national level webinar on 12 September 2021 at 10.00 a.m., by the department of Physical Education on the topic of "Physical Fitness in Present Scenario". You are cordially invited to deliver your lecture on the same day.

It is our fervent request you to accept our invitation, your active participation and advice is highly accepted for succeeding our webinar.

Thanking you

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Teacher-In-Charge
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura.


Principal
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Pirrah, Haludkanali, Bankura
PIN-722140, Estd-2010



Certificate of Participation of
One Day National Level Webinar
Birsha Munda Memorial College

Pirrah, Haludkanali, Bankura

This is to certify that JAYANTA MANDAL of BIRSHA MUNDA MEMORIAL COLLEGE has actively participated in the One Day National Level Webinar on "Physical fitness in present scenario" held on 12th September 2021, organized by Dept. of Physical Education, Birsha Munda Memorial college. He is a paper presenter of this seminar, presented a paper, entitled of "LOKOSNASKRITIR ALOY BANKURAR LOKOKRIRA".

Dipendu Sannigrahi

Mr. Dipendu Sannigrahi
Convenor, HOD Phy.Edu. Dept.
Seminar organizing committee

A

Mrs. Amina Khatun (TIC-BMMC)
Chairman,
Seminar organizing committee

Jagabandhu Mahata

Mr. Jagabandhu Mahata
President,
Birsha Munda Memorial College

Prinzipal
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura
PIN-722140, Estd-2010




Certificate of Participation of
One Day National Level Webinar
Birsha Munda Memorial College

Pirrahal, Haludkanali, Bankura

This is to certify that MD SAFIKUL ALAM of Gitanjali College of Physical Education, Burdwan University had actively participated in the One Day National Level Webinar on "Physical fitness in present scenario" held on 12th September 2021, organized by Dept. of Physical Education, Birsha Munda Memorial college. He is a paper presenter of this seminar, presented a paper, entitled of "Flexibility and balance".

Dipendu Samnigrahi
Mr. Dipendu Samnigrahi
Convener, HOD Phy.Edu. Dept.
Seminar organizing committee


Mrs. Amina Khatun (TIC-BMMC)
Chairman,
Seminar organizing committee

Jagabandhu Mahata
Mr. Jagabandhu Mahata
President,
Birsha Munda Memorial College

[Signature]
Principal
Birsha Munda Memorial College
Pirrahal, Haludkanali, Bankura
PIN-721449, Estd-2010



Certificate of Participation of
One Day National Level Webinar
Birsha Munda Memorial College

Pirrah, Haludkanali, Bankura

This is to certify that Mrs. ANURADHA MAHATA of BIRSHA MUNDA MEMORIAL COLLEGE had actively participated in the One Day National Level Webinar on "Physical fitness in present scenario" held on 12th September 2021, organized by Dept. Of Physical Education, Birsha Munda Memorial college. She is a participant.

Dipendu Sannigrahi

Mr. Dipendu Sannigrahi
Convener, HOD Phy.Edu. Dept.

Seminar organizing committee

Amina Khatun

Mrs. Amina Khatun (TIC-BMMC)
Chairman,

Seminar organizing committee

Jagabandhu Mahata

Mr. Jagabandhu Mahata
President,

Birsha Munda Memorial College

[Signature]
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura
PIN-722140, Estd-2010




Certificate of Participation of
One Day National Level Webinar
Birsha Munda Memorial College

Pirrahal, Haludkanali, Bankura

This is to certify that Prof. AMINA KHATUN of Birsha Munda Memorial College had actively participated in the One Day National Level Webinar on "Physical fitness in present scenario" held on 12th September 2021, organized by Dept. Of Physical Education, Birsha Munda Memorial college. She is an organizer.

Dipbendu Samnigrahi
Mr. Dipbendu Samnigrahi
Convenor, HOD Phy.Edu. Dept.
Seminar organizing committee


Mrs. Amina Khatun (TIC-BMMC)
Chairman,
Seminar organizing committee

Jagabandhu Mahata
Mr. Jagabandhu Mahata
President,
Birsha Munda Memorial College

PROGRAMME REPORT

National Level Webinar

Title- Physical Fitness in Present Scenario

Date: 12.09.2021

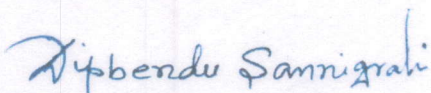
Vanue : Online Platform (Google meet)

The programme was inaugurated by Amina Khatun, the Teacher-in-Charge, Birsha Munda Memorial College at 10.15 am. The technical part of this programme was performed by Somenath Rakshit, SACT, Dept. of History and Pramathesh Mahata, Typist, of Birsha Munda Memorial College. It was one day National level webinar. After inauguration Keynote address delivered by Mr. Pintu Das Modak of this college. On that day we got three renowned persons as invited speakers. **Dr. Ritu Dubey** Professor of Higher Education at Govt. Dr. W.W.Patankar Girls, P.G. College.Durg, Mr. Mrinal Sinhababu, SACT of Panchmura Mahavidhyalaya, and Mr. Atanu Ghar, SACT. Indus Mahavidhyalaya. Our own teacher Mr. Dipbendu Sannigrahi also performed as a speaker. All of them delivered their speech on that topic. After completion of the technical session an open question answer online platform had been opened for all listeners. The online participation of this webinar was more than twenty. The programme came to end with vote of thanks.

Content: The importance of physical activity for mental and physical health.

Outcome:

- It makes enrich our students in their Physical Education field.
- Increased awareness of the importance of physical activity for mental and physical health

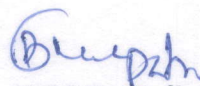


Convenor

Webinar organizing committee

Convenor

Seminar Organising Committee



IQAC Co-Ordinator

B.M.M.College


IQAC Co-ordinator
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura
Estd-2010, PIN-722140



Teacher-In-Charge

B.M.M.College

Teacher-in-Charge
Birsha Munda Memorial College


Principal
Birsha Munda Memorial College
Pirrah, Haludkanali, Bankura
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