

The Department of Physical Education & Sports in association with IQAC conducted an **International Webinar on Exercise and Health in context of Covid- 19** on 13<sup>th</sup> July, 2020 under the guidance of the Principal, Dr. J.B Singh, Dr. Sangeeta Dodrajka (Vice Principal, Convenor of IQAC, SGGSCC) Mr. Sandeep Singh (Head of Sports Department) and Mr. Hartaj Singh(Sports Convenor).

Over 250 faculty members and 100 students witnessed this webinar and gained fruitful knowledge from the *Guest of Honor*, Prof. Nishan Singh Deol, Dean, Head, Dept. of Physical Education, Punjabi University Patiala and *Invited Speakers*, Mr. Antonio Robustelli, International Sports performance consultant and Elite Coach from Italy & Dr. Rakesh Tomar, Physical Education Department, King Fahd University of Petroleum and Minerals, Dharan, Saudi Arabia.

An opening address was presented by welcoming the Speakers of the Day and then Principal Sir expressed contentment over the fitness of people amidst this pandemic situation.

Our Chief Guest, *Prof. Deol* highlighted the theme '*Survival of the Fittest*' and talked about how exercise and positive thoughts help in building strong immune system within human.

The second speaker, *Mr. Antonio* briefed about '*Managing Performance and Habits Disruption during Pandemic*'. He suggested many stress managing ways to combat depression in this lockdown arena.

Last but not the least, *Dr. Rakesh Tomar* in his key address, shared his insights on the '*Positive and Negative Impacts during and after Lockdown on the Health*'. The attendees were apprised to know how mapping of our activities and exercising daily can help them to fight coronavirus and thus athletes are less prone to such viruses.

Every speaker's session was followed up by the question-answer round wherein the queries of the audience was satisfied.

The webinar concluded with a *Vote of Thanks* to appreciate the Guest Speakers for sharing valuable information during the enlightening session with the participants.