



Plassey College

Mira Bazar, Plassey, Nadia, West Bengal

One-Day International Level Webinar

on

“Physical Fitness and Wellness”

Organized By:

Registration Link:

[Click here](#)

National Service Scheme (NSS),
Plassey College Unit.



In Association with

[Google Meet Link](#)

Department of Physical Education,
Plassey College.

Date: 15th September 2020, Time: 12:30 PM - 2:00 PM

Patron

Mr. Nasiruddin Ahmed,
G.B. President,
Plassey College



Chairman, Webinar

Dr. Basant Kumar Pradhan
Principal, Plassey College



Convenor, Webinar & NSS Unit

Mr. Probir Kumar Baidya,
Assistant Professor
Dept. of Bengali,
Plassey College



Joint Convenor, Webinar
Md Samim Akhter,
Dept. of Physical Education
Plassey College



Organizing Secretary, Webinar
Mr. Anirban Chatterjee
Assistant Professor
HOD, Dept. of Political Science
Plassey College



EMINENT RESOURCE PERSONS:

Dr. Shibili Nuhmani,
Assistant professor,
Sports Medicine, Department of Physical therapy,
Imam Abdulrahman bin Faisal University,
Dammam, KSA.



Title of Presentation - The FIFA11+ injury prevention program - Does it really.

Dr Mohd Arshad Bari
Assistant Professor
Department of Physical Education
Aligarh Muslim University



Title of Presentation - Introduction to Physical fitness and wellness.

Some Important Informations

- ☞ Webinar Platform: Google meet with Live Streaming on You Tube /Facebook
- ☞ Registration Fees - Free
- ☞ Registration Link: <https://forms.gle/HA1z6s6viZzFUqeV6>
- ☞ Google Meet Link: <https://meet.google.com/kai-pict-ara>
- ☞ Registration will be closed by 11:59 PM on 14th September, 2020.
- ☞ E-Certificate will be provided to all registered participants only after filling up the Feedback Form properly at the end of the Webinar.
- ☞ Please do not forget to click on the link provided after submitting the Google Registration Form for joining WhatsApp Group for receiving further notification and meeting links.

Program Schedule of the Webinar

Inaugural Speech by Mr. Probir Kumar Baidya (Convenor)	12:30 PM - 12:35 PM
Welcome Address: Dr. Basanta Kumar Pradhan (Chairman)	12:35 PM - 12:40 PM
Presidential Address by College GB President (Patron)	12:40 PM - 12:45 PM
Academic Session:	
1 st Lecture by Dr. Shibili Nuhmani, Title of Presentation - The FIFA11+ injury prevention program - Does it really.	12:45 PM - 01:15 PM
2 nd Lecture by Dr Mohd Arshad Bari, Title of Presentation - Introduction to Physical fitness and wellness.	01:15 PM – 01:45 PM
Q & A Session	01:45 PM - 01:55 PM
Vote of Thanks: Md Samim Akhter.	01:55 PM - 02:00 PM

Feel free to contact

*Rakesh Chakraborty, Faculty,
Department of Political Science.*

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