



Office of the Principal

**Govt. Degree College Pampore**

گورنمنٹ ڈگری کالج پانپور (کشمیر)

Tulbagh, Pampore - 192121 - (Distt. Pulwama)- Kashmir

Cell: 9419022133, Web : [gdcpampore.edu.in](http://gdcpampore.edu.in), Email: [gdcpampore@gmail.com](mailto:gdcpampore@gmail.com)



**PATRON**

**Dr. Seema Naz**

## Webinar on Role of Physical Education in Channelizing a Positive Mind Set

The Department of Physical Education, GDC, Pampore proudly hosted Dr. Usha Sujit Nair (Associate Professor SAI, LNCPE, Kerala) in a one hour Webinar. The Webinar was in collaboration with EBSB and was organized on 25<sup>th</sup> August, 2020. Webinar Saw a participation of 60 students from different colleges who all were truly satisfied once the Webinar got over.



Welcome note by Hon'ble Principal Dr. Seema Naz marked the beginning of the Webinar by introducing the guest speaker Dr. Usha Sujit Nair, wherein she also thanked all the participants for joining in the Webinar.



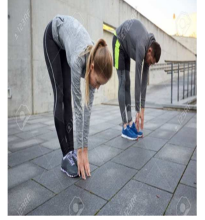
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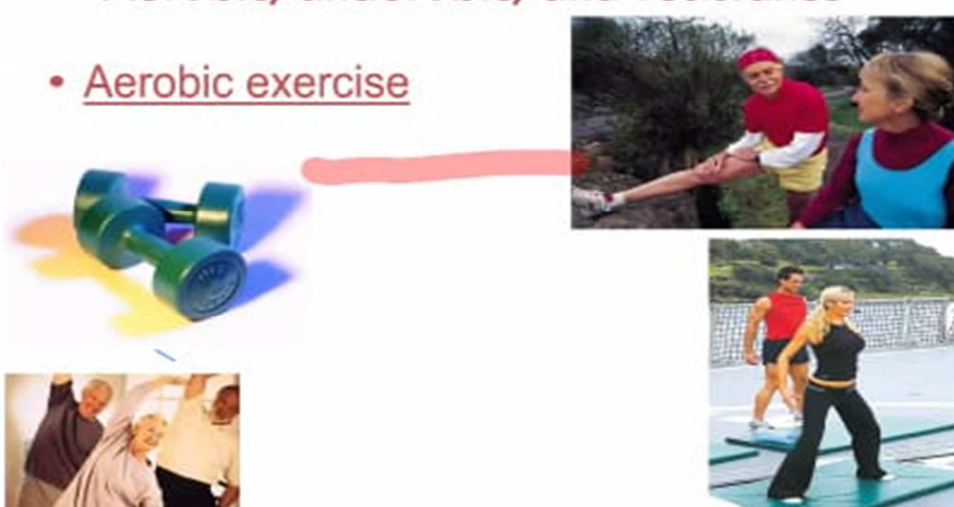
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**Types of Exercise**  
Aerobic, anaerobic, and resistance

- Aerobic exercise



Dr. Usha Sujit Nair, after being introduced by worthy Principal Dr. Seema Naz started binding the audience by introducing role of Physical Activity in boosting mental health. She focused on women health where she stressed upon osteopenia in women due to the lack of exercises, calcium intake and eating disorders which contributes to diminished bone density, easily bone loss and an increased risk of fractures.



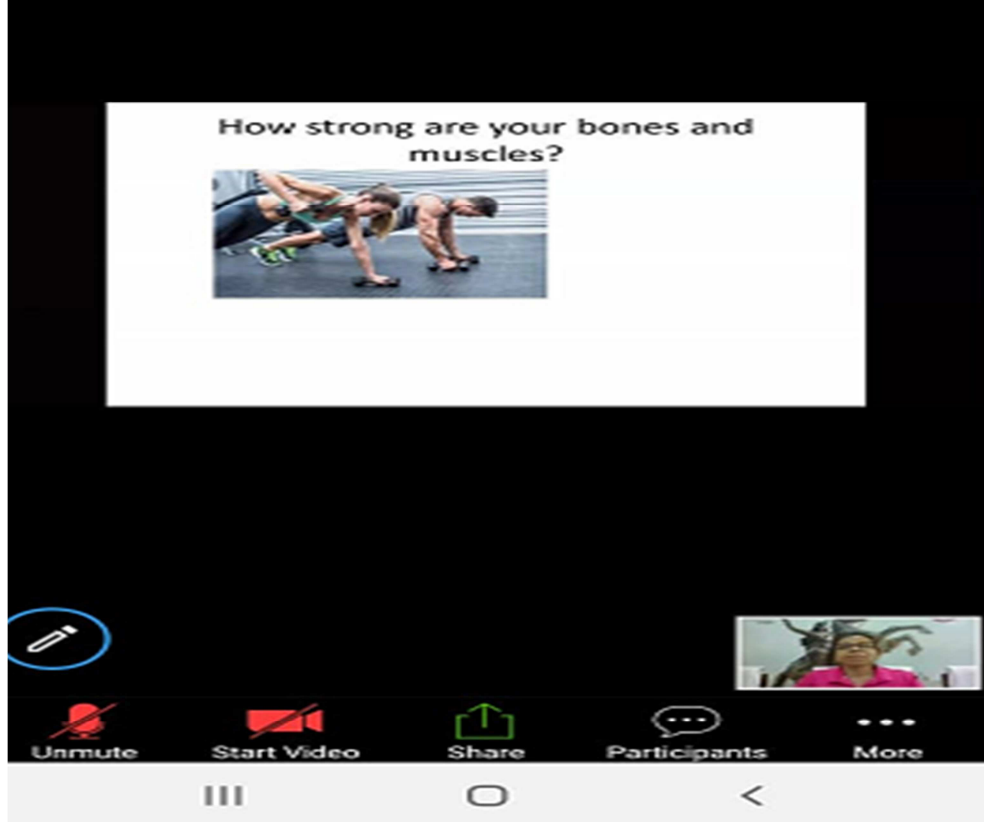
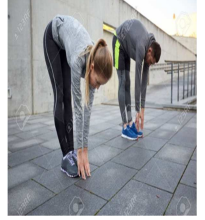
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## ➤ Key Highlights:

1. Role of Physical Activity in boosting Mental Health.
2. Importance of Exercise for every individual.
3. Osteopenia & Physical Activity.
4. Emotional Health.
5. Proper Postural alignment.

On this note speaker concluded her talk and our worthy Principal Dr. Seema Naz, ended the session with the vote of thanks. Department of Physical Education would like to thank our Principal Dr. Seema Naz, Dr. Bazigha Badar (Coordinator EBSB) and Mr. Shahnawaz Ahmad Bhat for their continuous support throughout the Webinar.



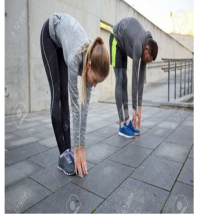
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## Role of Physical Activity in boosting Mental Health



**Dr. Usha S Nair**  
Associate Professor,  
SAI, LNCPE

Sd/-

**Mr. Zaffer Manzoor**  
Convenor Sports

Sd/-

**Dr. Bazigha Badar**  
Coordinator EBSB

Sd/-

**Dr. Seema Naz**  
PRINCIPAL

No: GDC/PMP/020: 1533

Dated: 15/09/2020