

MILAGRES COLLEGE KALLIANPUR

Physical education department

Details of the Programme

Program Name: Webinar on Mental & Physical Wellness through Sports on the Occasion of National Sports Day

Organizers: Physical Education Department

Date: 29-08-2020

Venue: Milagres College Kallianpur AV Hall.

Participants: Milagres college students.

Outcome of the Programme:

Mental Stability.

Improving concentration Power.

Health Benefits.


Improving Emotional Stability

On 29-08-2020 webinar was organised on the topic "Mental & Physical Wellness Through Sports" on the Occasion of National sports day.


Resource person for the Webinar was Mr Vijay Alva S.M.S P.U College Brahmavara. He spoke on the importance of sports how it helps a person attain mental stability through examples of famous sports athlete. He stressed more on the achievements of Dayan chand and principles how he became the Icon of Indian Hockey and asked the students to take him as a role model in their life to achieve their goals.

Mr Vincent Alva, Principal welcomed the gathering and Physical Education Director Mr Nikhil D'Souza proposed the vote of thanks. Mr Karthik Nayak, Department of Commerce emceed the program.




PHYSICAL EDUCATION DIRECTOR


IQAC CO-ORDINATOR


PRINCIPAL
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