



Prerna Sewa Mandal's

PRERNA COLLEGE OF COMMERCE

Reshimbagh Square, Nagpur - 440024

12th November, 2020

'Report' ***Live Webinar*** **on**

'MAINTAINING WEIGHT & FITNESS'

The Prerna college of Commerce Reshimbagh, Nagpur organized a live webinar on '**Maintaining Weight & Fitness**' on 12th Nov 2020 at 11:00 am to 12:30 noon.

The two invitees Mrs. Pooja Doifode, *Cyber Forensic Expert, Ethical Hacker, Nutritionist, Fitness & Diet Expert, Nagpur* and Mrs Sarika Gurve, *Wellness Coach & Fitness Trainer Nagpur* were the resource persons and presented their expert talk on this occasion.

The objective of this webinar was to provide information on how to maintain our physical and mental health during Covid-19 Pandemic by defining and measuring various health habits and how to monitor our various eating habits and maintain various physical activities required for our body transformation.

The event started with expert talk by Mrs Pooja Madam. She had very effectively explained benefits of having physical and mental health. She further gave us the importance of meditation and also provided us various ways to stay with positive attitude by maintaining different social factors.

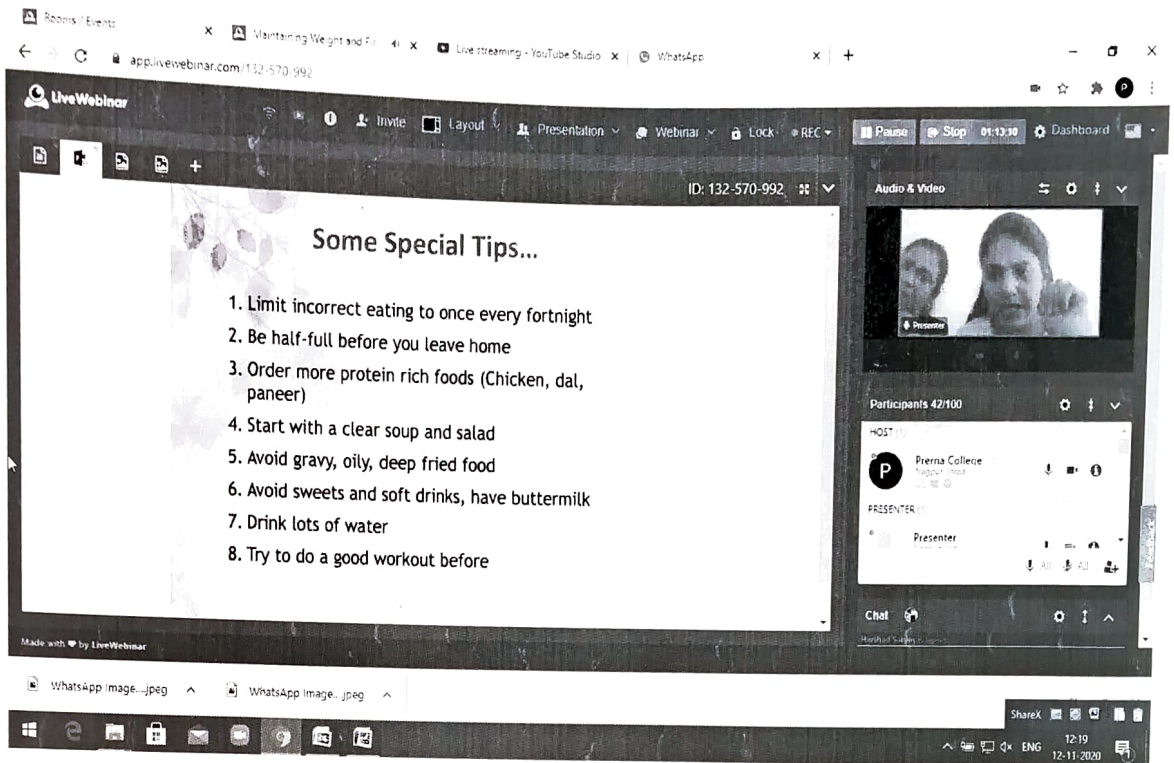
Moreover, Mrs Sarika Gurve Madam provided us information on how to follow healthy diet to stay fit and she also explained different health benefits by providing basic diet plan that should be followed to maintain physical health.

At the end **Dr. Pravin Joshi**, Director of Prerna College of Commerce, put up his remarks on the event and briefly presented the summary of the program.

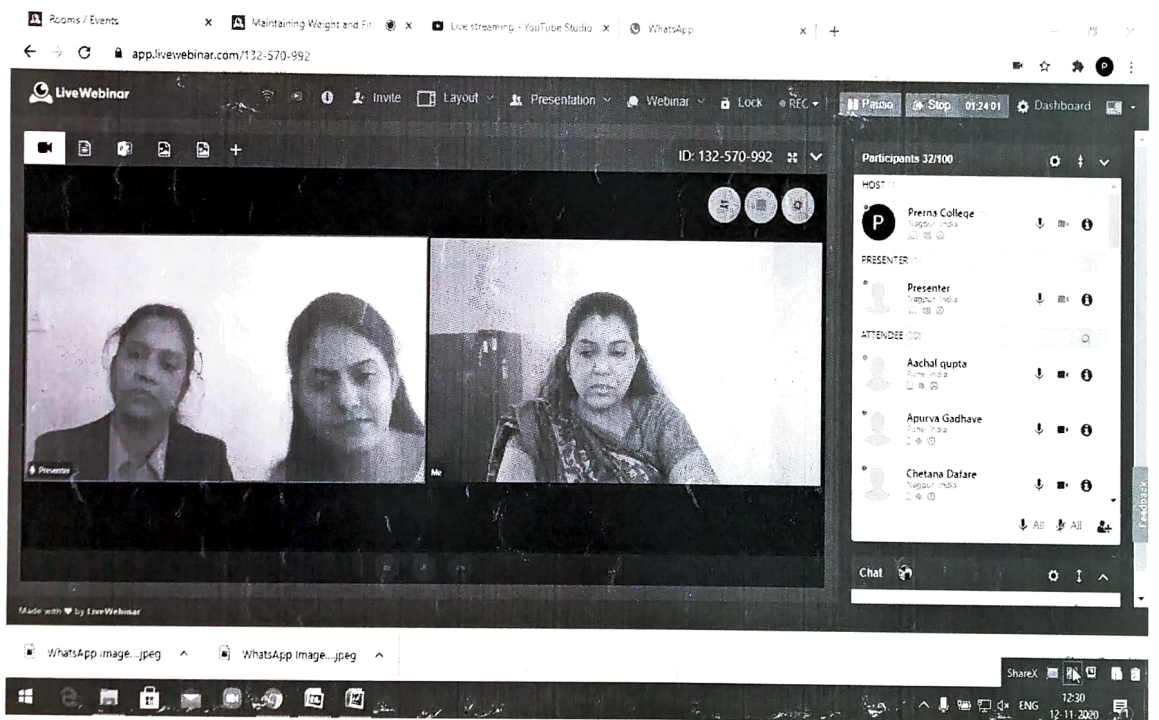
Near about 251 students attended the programme and also participate in the very interactive session of question-answer on putting their queries.

The event was compered by Ms Priya Godbole and was ended with vote of thanks given by Ms. Snehal P. Dongare.

The webinar was attended by all teaching staff of Prerna College of Commerce.



Mrs. Pooja Doifode giving health tips.



Ms. Snehal Dongre Proposing Vote of Thanks.

Godbole
 Programme Co-ordinator
 08/02/21
 Prerna College of Commerce