AISHE Code: C-8679

Shri Hurakadli Ajja Shikshan Samiti's

Phone: 0836-2436182



### Smt. Kallawwa Shivappanna Jigalur Arts & Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce College for Women,



Near R. N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008 E-mail: shasswcd@gmail.com Web: shasswcd.org

NI.	WCD					
NO.	W LD	************************			Data	
					Date :	************

### 3.13 NUMBER OF SEMINARS/CONFERENCES/ WORKSHOPS CONDUCTED BY THE INSTITUTION

6. One Day National Webinar on Managing Psychological and Physical health issues and Significance of E-Learning Resources during COVID-19 on 17-06-2020

SI. No	Name of the activity	Page No. From – To
1	Copy of Brochure	1
2	Invitation letter and thanks letter of resource persons	2-7
3	Profile of the resource person	8-13
4	Geotagged photos along with summary report by Library & Information Science Department	14-15
5	Geotagged photos along with summary report by Department of Physical Education	16-19
6	Attendance of participants	20-22
7	Certificate copy	23



14/06/2022

S.H.A.S. Principal Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce

College for Women, Dharwad

Shri Hurakadli Ajja Shikshana Samiti's

Smt. K. S. Jigalur Arts and Dr. (Smt.) S. M. Sheshgiri Commerce College for Women, Dharwad

Affiliated to Kernataka State Akkama

evi Women's University, Vijavapuri

College with Potential for Excellence (CPE II)

Manual of Cholinica (Crac

Re-proceeding at '8' Grade to

# Smt. K. S. Jigalur Arts a

One-Day National Webinar

Organized by
Dept.of Physical Education
and Library & Information Science
on

Managing Pscychological & Physical Health

Issues and Significance of E-Learning
Resources during COVID-19

Webinar Date: 17-06-2020

Time: 10.30 am

### About the College

Shri Hurakadli Ajja Shikashana Samiti's Smt. K. S. Jigalur Arts & Dr. (Smt.) S. M. Sheshgiri Commerce College for Women, Dharwad is established in the year 1986 by Shri Hurakadi Ajja a great saint and a worshipper of goddess Bagalamba. Shri. Hurakadli Ajja had an ardent desire to establish an educational institute exclusively for women. He had a great number of disciples. Out of generous donations of Poojya Ajja's disciples, this college was established in the name of donors, Smt. Kallavva Shivappanna Jigalur & Dr. (Smt.) Sushila Murigeppa Sheshgiri, with a motive to educate women and develop them as the pillars of the society.

The college is located in the heart of the city with necessary infrastructure, well qualified staff, many with Ph.D and M. Phil degrees. With the support of enlightened management, we have been able to take the institution to great heights in all spheres. The college is affiliated to Karnataka State Akkamahadevi Women's University, Vijayapura.

#### Details of Registration

- 1. No Registration Fees.
- 2. Last date for Registration: 16-6-2020.
- 3. All the Participants will get E-Certificate.

### Register at: www.shasswcd.org/online

Contact :

Smt. K. S. Jigalur Arts & Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Near R. N. Shetty Stadium, Dharwad-580008. Karanataka State. Ph. No.: 0836-2436132, 2436937

### About the Webinar

Lockdown implemented across the world due to the COVID-19 Pandemic have negatively impacted diet, physical and psychological health of human beings maintaining optimal health is our best defences against a pandemic until a vaccine is available and also reassure the student community to avoid any kind of stress or panic in prevailing situation and to utilize this time productively by engaging in online learning, we are organising this webinar. This webinar will benefit of all the students, teachers and participants by way of online interaction with eminent personalities and they will find this webinar to be appropriate, informative and useful.

#### Sub Themes of the Webinar

- \* Psychological Stress During COVID-19.
- \* Relavance of E-Learning Resources.
- Overcoming Stress Due to Corona Through Proper Diet and Exercise.

### Resource Persons



Dr. Aditya A. Pandurangi, Asst. Professor in Psychiatry at DIMAHNS and Consultant Psychiatrist. Topic: Psychological Stress During COVID-19.



Dr. Ramesh R. Naik, Professor of Library & Information Science, Director Students Welfare, Karnatak University, Dharwad

Topic: Relevance of E-Learning Resources.



Prof. Rajesh Kumar;
Principal & Head
University College of Physical Education,
Osmania University, Hyderabad
Topic: Overcoming Stress Due to Corona
Through Proper Diet and Exercise.

### Organising Committee



Dr. Girija M. Yabannavar Principal Cell: 9449116006

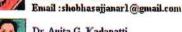
Email :girijamy@ymail.com



Smt. Shakuntala S. Biradar Asso. Phy. Director, Conference Coordinator Cell: 9986538224 Email: shakuntalasbiradar123@gmail.com



Smt. Shobha S. Sajjan Asso. Librarian, Conference Coordinator Cell: 9980794578





Dr. Anita G. Kadapatti Dept. of Commerce NAAC Coordinator,



Prof. Pushpa S. Abbigeri HoD of Commerce IQAC Coordinator

### Management Committee

- Dr. (Smt.) S. M. Sheshgiri President Belagavi.
- Shri. Ramesh Jigajinagi Vice President MP, Vijayapura.
- Shri. S. V. Budapanahalli Chairman Rtd. Asst. Ex. Engineer, Hubballi.
- 4. Shri. M. C. Bandi Hon. Secretary Senior Advocate, Dharwad
- Shri. R. A. Uchchil Treasurer Hotel Merchant, Hubballi
- Shri. S. S. Neelagund Member Advocate, Gadag
- 7. Dr. C. S. Patil Member Hubballi
- 8. Shri. D. M. Bandi Member Advocate, Dharwad
- Shri. M. T. Malladad Member Rtd. Agri. Officer

### College Governing Council

- 1. Shri. M. T. Malladad Chairman
- 2. Shri. R. A. Uchchil Member
- 3. Smt. Vijayalaxmi Karur Member
- 4. Dr. Girija M. Yabannavar Principal & Member Se

### All are Cordially Jovised

Dr. Girija M. Yabannavar

Smt. Shakuntala S. Biradar & Smt. Shobha S

All the Teaching & Non-Teaching Stat

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Principal
S.H.A.S. Samiti's
Smt. K. S. J. Arts and Dr. S. M. S. Commerce
College for Women, Dharwad

Shri Hurakadli Ajja Shikshan Samiti's



# Smt. Kallawwa Shivappanna Jigalur Arts & Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce



College for Women,

Re-Accredited at 'B' level by NAAC

Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.in

No.WCD 2020; 21/35

Date 12/6/202

To,
Dr. Aditya A. Pandurangi
Assistant Professor in Psychiatry
DIMANHS & Consultant Psychiatrist
Dharawad.

Respected Sir,

We are glad to inform you that the Department of Physical Education & Department of Library & Information Science of our college is organizing One Day National Webinar on 17<sup>th</sup> June 2020. The main theme of the Webinar is "Managing Psychological & Physical Health Issues and Significance of e-Learning Resources during COVID-19"

It is a great pleasure to invite you as a Resource Person to speak on the topic "Psychological Stress during Covid-19" is scheduled at 10.30 am to 11.10 am

We will be honoured to have you as a resource person in the online seminar, kindly accept our invitation and oblige

Thanking You,

Smt. Shakuntala S. Biradar (Conference Coordinator)

Smt. Shobha S. Sajjan (Conference Coordinator)

A TONE OF THE PARTY OF THE PART

With Regards,

July 12/06/2022

(Dr. Girija M. Yabannavar)



Shri Hurakadli Ajja Shikshan Samiti's



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E-mail: shasswcd@gmail.com

Web : shasswcd.in

No.WCD 2020,21/36

Date 12/6/202

To,
Dr. Ramesh. R. Naik
Professor of Library & Information Science,
Director Students Welfare,
Karnataka University,
Dharawad.

Respected Sir,

We are glad to inform you that the Department of Physical Education & Department of Library & Information Science of our college is organizing One Day National Webinar on 17<sup>th</sup> June 2020. The main theme of the Webinar is "Managing Psychological & Physical Health Issues and Significance of e-Learning Resources during COVID-19"

It is a great pleasure to invite you as a resource person to speak on the topic "Relevance of e-Learning Resources" is scheduled at 12.00 noon

We will be honoured to have you as a resource person in the online seminar, kindly accept our invitation and oblige

Thanking You,

Smt. Shakuntala S. Biradar (Conference Coordinator)

Smt. Shobha S. Sajjan (Conference Coordinator)

The state of the s

With Regards,

(Dr. Girija M. Yabannavar)

AEAG CETO

Shri Hurakadli Ajja Shikshan Samiti's

### Smt. Kallawwa Shivappanna Jigalur Arts & Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce College for Women,



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Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.in

No.WCD2020/21/37

Date 12/6/2020

To. Dr. Rajesh kumar Principal & Head university college of Physical Education Osmania University, Hyderabad.

Respected Sir,

We are glad to inform you that the Department of Physical Education & Department of Library & Information Science of our college is organizing One Day National Webinar on 17th June 2020. The main theme of the Webinar is "Managing Psychological & Physical Health Issues and Significance of e-Learning Resources during COVID-19"

It is a great pleasure to invite you as a Resource Person to speak on the topic "Over coming Stress due to Corona through proper Diet and Exercise" is scheduled at 12.55

We will be honoured to have you as a resource person in the online seminar, kindly accept our invitation and oblige.

Thanking You,

Smt. Shakuntala S. Biradar (Conference Coordinator)

Smt. Shobha S. Sajjan (Conference Coordinator)

With Regards

gruy 12/06/2021

(Dr. Girija M. Yabannavar)

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THE RESERVE MANUEL

### Shri Hurakadli Ajja Shikshan Samiti's

### Smt. Kallawwa Shivappanna Jigalur Arts & Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce College for Women,



Re-Accredited at 'B' level by NAAC

Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web : shasswod in

No.WCD 2020,2,

Date 18 16(2020)

To Dr. Adity A. Pandurangi, Asst. Professor in Psychiatry, **DIMANHS & Consultant Psychiatrist.** Dharwad.

Respected Sir,

We are very much thankful to you for accepting our National Webinar invitation held on 17/06/2020 and addressing the students / teachers/ other participants. All are benefitted by your thought provoking speech on the topic "Psychological Stress During COVID -19". Hope to receive the same co-operation from you in future also.

Thanking you,

Smt. Shakuntala S. Biradar Conference Coordinator

Smt. Shobha S. Sajjan Conference Coordinator

> With Regards, 4 18 | 06 | 20 20

Dr. Girija M. Yabannavar



Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad

Shri Hurakadli Ajja Shikshan Samiti's



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Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web : shasswcd.in

No.WCD2020/21/47

Date 18 6/2820

To
Dr.Ramesh R. Naik,
Professor of Library & Information Science,
Director, Student Welfare,
Karnatak University,
Dharwad.

### Respected Sir,

Webinar invitation held on 17/06/2020 and addressing the students / teachers/
other participants. All are benefitted by your thought provoking speech on the topic
"Relevance of e-Learning Resources". Hope to receive the same co-operation
from you in future also.

### Thanking you,

Smt. Shakuntala S. Biradar Conference Coordinator

Smt. Shobha S. Sajjan Conference Coordinator

With Regards,

Dr. Girija M. Yabannavar



Shri Hurakadli Ajja Shikshan Samiti's

# Smt. Kallawwa Shivappanna Jigalur Arts & Dr. (Smt.) Sushila Murigeppa Sheshgiri Commerce College for Women,



Re-Accredited at 'B' level by NAAC

Near R.N. Shetty Stadium, Behind Sahitya Bhavan, DHARWAD-580 008

E-mail: shasswcd@gmail.com

Web: shasswcd.in

No.WCD 2020:21/48

Date 18 6 20

To
Dr.Rajesh Kumar,
Principal & Head University
College of Physical Education,
Osmania University, Hyderabad.

Respected Sir,

Webinar invitation held on 17/06/2020 and addressing the students / teachers/
other participants. All are benefitted by your thought provoking speech on the topic
"Over Coming Stress Due to Corona through Proper Diet & Exercise". Hope
to receive the same co-operation from you in future also.

Thanking you,

Smt. Shakuntala S. Biradar Conference Coordinator

Smt. Shobha S. Sajjan Conference Coordinator

With Regards,

Em 18/00/2050

Dr. Girija M. Yabannavar



Name:

Dr.RAMESH R.NAIK

DoB:

20-05-1967

Qualification: M.sc., M.L.I.Sc., P.G.D.C.A., Ph.D

MLISe:

1994

Ph.D Topic:

"Organizational Frame work of the Academic Libraries as Multimedia

Centers: Assessment & Analysis of Emerging Trends in Information

Sources and Communication Media".

Guide:

Prof.C.R.Karisiddappa

Year

2003

No. of Publications: International: 18, National: 106

Books Edited: 07

No. of seminars/conf attended: 100

No. of Research projects: 01 UGC Major Research project 2012

Membership of Associations: Life member IATLIS, SIS, IASLIC, ILA, KALA.

Contact:

Dr.R.R.Naik ,Prof & Chairman , Department of Library & Information

Science

,karnatak University,Dharwad-580003

Mobile:

9448491955

Land:

0836 2215260

Email:

rrnaik@gmail.com

Professional achievements:

(1) Worked as Media Librarian during 1994-96.

(2) Associated with 20 Universities in India as a member of BOS, BOE and BOA.

(3) UPSC Advisor for assisting the Union Public Service Commission in various Interviews/Personality Test Boards.



Smt. K. S. J. Arts and Dr. S. M. S. Commerce College for Women, Dharwad

### **CURRICULUM VITAE**



1. Name

: Dr. Rajesh Kumar

2. Father's Name

: Hiralal

3. Academic Qualifications

: B Com, M.P.Ed., Diploma in Coaching, NIS(Athletics),

J.R.F and N.E.T(UGC), Ph.D

4. Present Position

: Professor, Department of Physical Education

Osmania University, Hyderabad-500007

5. Residential Address

: Flat No.404, Block - A, Brindavan Apartments,

Lakdikapul, Red Hills, Hyderabad – 500 004.

6. Mobile No.&Email

: 09885911520 rajesh2sports@yahoo.co.in

7. Date of Birth

: 12<sup>th</sup> January 1968

8. Religion

: Hindu - OC

9. Nationality

: Indian

10. Educational Qualifications

0 110	77 CD	
Qualifications	Year of Passing	Institution
SSC	1984	Nampally Vyayamshala H.S.
		Nampally, Hyderabad
Intermediate PUC	1986	Govt. Junior College, Aliya,
100		Gunfoundary, Hyderabad
B.Com	1989	Nizam College, Osmania
		University, Hyd.
B.PEd	1991	Osmania University,
		Hyderabad
M.PEd	1993	Osmania University,
		Hyderabad
Diploma in Coaching(NIS	1992	SAI,NS,NIS, Southern Centre,
Regular Course, Athletics)		Bangalore
JRF and NET	1993	University Grants
	- 5某	Commission, New Delhi
Ph.d – Physical Education	2006	Osmania University



Principal S.H.A.S. Samiti's Smt. K. S. Jigalur Arts and

Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad

### 12. Achievement of Participation in Sports as a Player

S.No.	Name of the Event	Year	Venue
1	19 <sup>th</sup> Asia Masters Athletics Championships	2016	Singapore V
1	17 <sup>th</sup> Asia Masters Athletics Championships	2012	Taipei, Taiwan 🗸
2	16 <sup>th</sup> Asia Masters Athletics Championships	2010	Kaulumpur, Malaysia
3	World Masters Athletics Championships	2009	Lahti, Finland
4	15 <sup>th</sup> Asia Masters Athletics Championships	2008	Changmai, Thailand
5	Bangkok International Marathon	2007	Bangkok, Thailand
6	14 <sup>th</sup> Asia Masters Athletics Championships Silver Medal in 5000 M Run	2006	Bangalore, India
7	All India Inter University Cross Country Races	1986	Hissar
8	All India Inter University Athletics Championships	1986	Allahabad
9	All India Inter University Cross Country Races	1987 🛩	Chandigarh
10	All India Inter University Athletics Championships	1987 &	Patiala
11	All India Inter University Cross Country Championships	1988	Mangalore
12	Senior Inter State National Athletics Championships	1985	Madras
13	National Cross Country Championships	1984 ,	Amethi
14	National Cross Country Championships	1985	Jabalpur
15	National Cross Country Championships	1986	Patna
16	National Cross Country Championships	1987	Pune
17	National Marathon Championships	1986 5	Calcutta
18	National Marathon and Walking Championships	1985 -	New Delhi
19	Pune International Marathon	1986	Pune
20	Rath International Youth Half Marathon	1985	Pune

### 12 A. Achievement as a Coach at International Level

S.No.	Name of the Event	Year	Status	Venue and Performance
1	30 <sup>th</sup> World Universiade 2019	2019	Coach – Indian Athletics Team	Napoli, Italy from 2 <sup>nd</sup> to 14 <sup>th</sup> July 2019 Dutee Chand Gold Medal 100 M

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S.H.A.S. Samiti's

Smt. K. S. Jigalur Arts and Dr. (Smt) S. M. Sheshgiri Commerce College for Women, Dharwad 12 B. Achievement as a Observor at National Level

S.No.	Name of the Event	Year	Status	Venue
1	All India Inter University Athletics Championships	2017	Observor AIU	Acharya Nagarjuna University, Guntur
2	All India Inter University Archery Championships	2019	Observor AIU	KIIT University, Odisha

12 A. Achievement as a Manager at International Level

S.No.	Name of the Event	Year	Status	Venue and Performance
1	Sepak Takraw World Cup	2017	Manager Indian Team	Hyderabad Bronze Medal

### 13. Achievement as a Coach, Manager and Examiners:

S.No.	Name of the Event	Year	Status	Venue
1	South Zone Junior National Athletics Championships	1993	Manager	Thiruvanthapuram-Secured Many Gold,Silver and Bronze Medals
2	Inter Zonal Junior National Athletics Championships	1993	Manager	New Delhi secured many gold,silver and bronze medals
3	National Cross Country Championships	1991	Manager	Lucknow
4	Junior National Athletics Championships	1995	Manager	Bhopal. Secured Many gold,silver and Bronze medal
5	National Games	1997	Manager	Bangalore, Karnataka
6	All India Inter University Athletics Championships	1997 to 2013	Coach	Secured Gold Medal, Silver Medal and Bronze Medals from 1997 to 2013. Prominent Medalists Names: 1.K.Ramesh-Gold -1500M 2.P.Shankar-Silver – 400M 3. Mounika – Silver-200
7	All India Inter University Korf Ball Championships	2004	Manager	Nagpur-IVth Place
8	National Senior Korf Ball Championships	2004	Manager	Hyderabad- Gold Medal
9	Involved in Paper Setting and valuation of M.PEd, B.Ped, Ph.D Entrance Tests	1997- 2018	Examiner	Paper Setters and Valuation
10	Ph.D Viva Voce Examiation/Thesis valuation	2009- 2019	Examiner	Dr.B.R.Ambedkar,S.R.T. University,Pondichery Univ. Bharatiar,Annamalai,Alagappa Univ. Gulbarga University



,M.S.Universityetc

### 14. Achievement as a IAAF Technical Official in Athletics

S.No.	Name of the Event	Year	Status	Venue
1	1 <sup>st</sup> Asian Athletics Grand Prix	2002	Tech. Official	Hyderabad
2	32 <sup>nd</sup> National Games	2002	Tech.Official	Hyderabad
3	2 <sup>nd</sup> Asian Athletics Grand Prix	2003	Tech.Official	Hyderabad
4	1 <sup>st</sup> Afro-Asian Games	2003	Tech.Official	Hyderabad
5	IAAF World Half Marathon Championships	2004	Tech.Official	New Delhi
6	4 <sup>th</sup> CISM World Military Games	2005	Tech.Official	Hyderabad
7	South Asian Athletics Championships	2008	Tech.Official	Kochi
8	Commonwealth Youth Games	2008	Tech.Official	Pune
9	Asian Star Athletics Championships	2010	Tech.Official	New Delhi
10	Commonwealth Games	2010	Tech.Official	New Delhi
11	All India Inter University Athletics Championships	2011	Tech.Official	Guntur
12	Senior National Athletics championships	2012	Tech.Official	Hyderabad
13	South Zone Junior /Fed.cupAthletics Championships	2014	Tech. official	Hyderabad
14	1 <sup>st</sup> Khelo India University Games	2020	Tech. official	KIIT Univ. Odisha

### 15. Research Supervisor:

1. Ph.D Awarded : 1 Student (Foreign), 7 Student Indian

1. M.Phil. Awarded : 3 Students
2. M.Phil. on roll : 1 Student

3. Ph.D. on rolls : 7 Indian Scholar, 1 Foreign Scholar

### **15.1 AWARDS:**

Received the IFPEFSSA Award for outstanding contribution in the Field of Physical Education and Sports Science at International Level - 2018

International Institute of Organized Research -I2OR Award 2019 for Editorial Excellence International Institute of Organized Research - I2OR Award 2019 for Publication Excellence Best Professor in Physical Education Studies by Dewang Mehta National Education Awards 2019



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College for Women, Dharwad

	,M.S.Universityetc

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3	2 <sup>nd</sup> Asian Athletics Grand Prix	2003	Tech.Official	Hyderabad
4	1st Afro-Asian Games	2003	Tech.Official	Hyderabad
5	IAAF World Half Marathon Championships	2004	Tech.Official	New Delhi
6	4 <sup>th</sup> CISM World Military Games	2005	Tech.Official	Hyderabad
7	South Asian Athletics Championships	2008	Tech.Official	Kochi
8	Commonwealth Youth Games	2008	Tech.Official	Pune
9	Asian Star Athletics Championships	2010	Tech.Official	New Delhi
10	Commonwealth Games	2010	Tech.Official	New Delhi
11	All India Inter University Athletics Championships	2011	Tech.Official	Guntur
12	Senior National Athletics championships	2012	Tech.Official	Hyderabad
13	South Zone Junior /Fed.cupAthletics Championships	2014	Tech. official	Hyderabad
14	1 <sup>st</sup> Khelo India University Games	2020	Tech. official	KIIT Univ. Odisha

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Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad

One – Day National Webinar on

Managing Psychological & Physical Health Issues and Significance of

E-Learning Resources during COVID-19

Organised by Dept. of Physical Education & Library & Information

Science on 17/06/2020

### **REPORT OF E-LEARNING RESOURCES During COVID - 19**



Smt. Shobha S. Sajjan, Librarian introduced the Resource Person

Dr. R.R.Naik, Prof. Library and Information Science, Karnatak University, Dharwad. was the Resource Person. His speech was very informative to the teachers, Research Scholars and students. He talked about E-Learning and E-Learning Resources. He started his speech with the explaination of what is e-learning?, E-Learning is a type of learning conducted digitally via electronic media typically involving the internet.



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S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad

A learning system based on formalized teaching but with the help of electronic resources is known as E-Learning. It may be in or out of class rooms, use of computers & the internet forms. He heighlighted the most important e-resources such as edx, YouTube, Lynda, Udemy, Alison, Khan Academy, MIT Open Courseware etc. He told these are the most effective e-learning resources today.

Also he explained the types of e-learning such as Lesson based learning; One-on one learning; Group learning; Course based learning; Video-based learning; Article –based learning; App-based learning etc.

He heighlighted the most important benefits of e-learning such as

- Online Learning Accommodates Everyone's needs
- Offers Access to updated content
- Quick Delivery of Lessons
- Consistency
- Reduced cost
- Lectures can be taken any number of times
- Effectiveness
- Less impact on environment

All the participants including teachers and students are benefited by the webinar.

Dr. Girija M. Yabannavar, Principal, welcomed the Resource Person & all the participants.

Smt Shobha S. Sajjan, Librarian, introduced the Resource Person Dr. R.R.Naik.

Programme concluded with the vote of thanks by Dr. Ashwini S. Patil, Asst. Prof. Dept. of Sociology.

Librarian S.H.A.S. Samiti's S.M.S. Commerce Legislationer, DEARWAD. Service of the servic

Principal
S.H.A.S. Samiti's
Smt. K. S. Jigalur Arts and
Dr. (Smt) S. M. Sheshgiri Commerce
College for Women, Dharwad



### Shri Hurakadli Ajja Shikshana Samiti's

## SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M. SHESHGIRI COMMERCE COLLEGE FOR WOMEN, DHARWAD

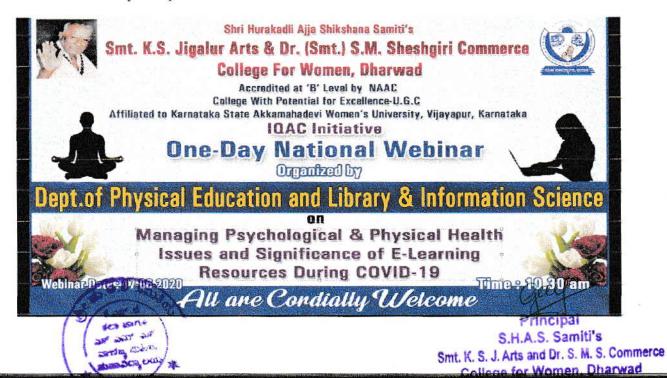


### DEPARTMENT OF PHYSICAL EDUCATION

Title of Activity: One-day National Webinar – "Managing Psychological and Physical Health Issues and Significance of E-learning Resources during COVID -19"

Date and Venue: 17th June 2020, Online Platform - ZOOM

Description of Event: On 17<sup>th</sup> June 2020, Department of Physical Education and Library & Information Science Department jointly organized One-day National Level Webinar on the topic – "Managing Psychological and Physical Health Issues and Significance of e-learning resources during COVID-19". Prof. Rajesh Kumar, Principal and Head, University College of Physical Education, Osmania University, Hyderabad was invited as the resource person. He spoke on the importance of maintaining physical health and fitness during COVID-19 pandemic situation. He displayed pictures of various *asanas* of yoga that can be performed by the individuals in their daily life. He instructed precautionary measures to be followed during the COVID-19 crisis. He explained diet measures to be taken to have a good health and fitness. Smt. Shanta S. Patilkulkarni, Associate Professor, welcomed the resource person. Smt. Shakuntala S. Biradar, Physical Director introduced the resource person. Dr. Anita G. Kadapatti, NAAC Coordinator, gave the vote of thanks. The webinar was conducted through Zoom and 149 people participated in the webinar. Feedback form was taken from the participants and e-certificates were issued to the participants. The webinar received positive reviews from the participants and the event was successful.





### Shri Hurakadli Ajja Shikshana Samiti's

## SMT. K. S. JIGALUR ARTS & DR. (SMT) S. M. SHESHGIRI COMMERCE COLLEGE FOR WOMEN, DHARWAD



### DEPARTMENT OF PHYSICAL EDUCATION

**Title of Activity:** One-day National Webinar – "Managing Psychological and Physical Health Issues and Significance of E-learning Resources during COVID -19"

Date and Venue: 17th June 2020, Online Platform - ZOOM



Smt. Shakuntala S. Biradar, Physical Director, introducing the resource person.



Or Girija M. Yabannavar, Prinicpal along with the staff members at the webinaidal S.H.A.S. Samiti's Smt. K. S. Jigalur Arts and Dr. (Smt.) S. M. Shoshgid Comm

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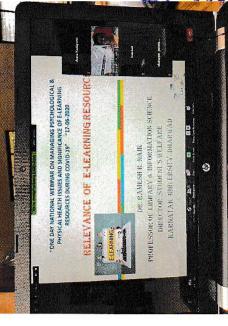






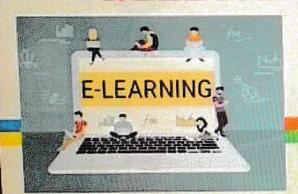
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### RELEVANCE OF E-LEARNING RESOURCE



DR. RAMESH R. NAIK

PROFESSOR OF LIBRARY & INFORMATION SCIENCE

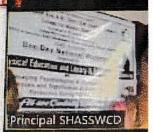
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ONE-DAY NATIONAL WEBINAR

Organized by

DEPARTMENT OF PHYSICAL EDUCATION AND LIBRARY & INFORMATION SCIENCE

On

"MANAGING PSYCHOLOGICAL & PHYSICAL HEALTH ISSUES AND SIGNIFICANCE OF E-LEARNING RESOURCES DURING COVID-19"



This is to certify that Shobha S.Sajjan of Smt.K.S.Jigalur Arts and Dr. S.M.Sheshgiri Commerce College for Women Dharwad has participated in One-Day National Webinar organized by Department of Physical Education and Library & Information Science held on 17th June 2020

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Prof. Pushpa Abbigeri IOAC Coordinator

Dr. Anita G. Kadapatti NAAC Coordinator Smt. Shakuntala S. Biradar Webinar Coordinator Smt. Shobha S. Sajjan Webinar Coordinator Dr. Girija M. Vabannavar Principal

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