



# DEPARTMENT OF PHYSICAL EDUCATION

Organises

One day webinar on

## Mental Hygiene

Friday, 11-02-2022 (4.00pm to 6 .00pm)

**Link :** <https://meet.google.com/kon-womu-pnb?hs=224>

**Speaker :**

### **Mrs. Amruta Deshmukh**

- Winner of "Shiv Chhatrapati" "Rajya Krida puraskar by Government of Maharashtra
- Bagged 2 Gold, 5 Silvers and 6 Bronze Medals a total of 13 Medals in National Road and Track Cycling Championships
- Record Holder Sea swimmer



**Prof. Vasanthi Kadhiraavan**  
**HEAD,**  
**Dept of Phy Edu, UoM**  
**Convener**

**Dr. Vijay Tandalekar**  
( Sports Co-ordinator)  
Organising Secretary

**Miss. Yogita Khade**  
( Sports Co-ordinator)  
Organising Secretary

**Mr. Vishal Katakound**  
( Sports Co-ordinator)  
Organising Secretary

*Online certificate will be provided to those who have 75% attendance throughout the session and fill up feed back form at the end of session*