


Bharati Vidyapeeth's
Dr. Patangrao Kadam Mahavidyalaya, Sangli
National Level Webinar on
“Healthy Solution for Boredom”
(21 June, 2020)
Organized by
Department of Zoology and Internal Quality Assurance Cell
REPORT

One Day, Online webinar on “Healthy Solution for Boredom” was organised by the Department of Zoology in collaboration of Internal Quality Assurance Cell on 21st June 2020. The main purpose of this webinar was to provide practical strategies and ideas for individuals to combat boredom in a constructive and health-focused way, promoting mental and emotional well-being. Dr. Anil Madake, General Physician (Chest Specialist) and Chief Editor JANSWSTHYA Magazine was Chief guest and Prin. Dr. D. G. Kanase, Member of Management Council, Shivaji University, Kolhapur was the chairperson for the Webinar.

Dr. Anil Madake said, “The COVID-19 pandemic, finding a "Healthy Solution has a crucial aspect of maintaining mental and emotional well-being. The pandemic has disrupted routines, confined many to their homes, and heightened feelings of isolation and stress. In this challenging context, the search for constructive ways to fill idle hours has never been more vital. This solution offers a practical and health-conscious approach to address this issue. It encourages individuals to explore new hobbies, rediscover old interests, engage in physical activities within the constraints of safety measures, and embrace mindfulness practices to alleviate anxiety and stress.”

Prin. Dr. D. G. Kanase in his presidential address said, “the importance of staying socially connected, whether through virtual gatherings or maintaining contact with loved ones, as a means of combatting the loneliness that often accompanies lockdowns and social distancing. In essence, a "Healthy Solution for Boredom" during the COVID-19 pandemic serves as a lifeline, empowering individuals to make the most of their time, nurture their mental well-being, and find moments of joy and fulfilment amidst these trying circumstances.” Dr. P. M. Patil put forward program proposal and Dr. A. R. Supale proposed vote of thanks. The number of students and faculty members were present for this lecture.


(Dr. Mrs. P. M. Patil)
Convener




(Dr. D. G. Kanase)
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(Dr. Mrs. P. M. Patil)

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