



**Physiology Department, AIIMS, Bhopal
in association with APPI, Bhopal chapter**

**cordially invites you for
ONLINE WEBINAR ON
EXERCISE DURING COVID TIMES**

**28th November 2020
10.30 AM-12.30 PM**

Chief Patron

Prof. (Dr.) Sarman Singh, Director & CEO, AIIMS, Bhopal

Organizing chairperson

**Dr. Rajay Bharshankar, Professor and Head, Physiology Department
President, APPI, Bhopal Chapter**

Organizing Secretary

Dr. Varun Malhotra, Associate Professor, Physiology Department

National Faculty

**✚ Dr. K.K. Deepak, Professor and Head, Physiology
Department, AIIMS, New Delhi**

**✚ Dr. Vivek Kumar Sharma, Professor and Head,
Physiology Department, AIIMS, Rajkot**

**✚ Dr. Senthil Kumar S, Assistant Professor, Physiology
Department, AIIMS, Mangalagiri**

**✚ Dr. Jean Fredrick, Assistant Professor, Physiology
Department, Mahatma Gandhi Medical College &
research institute, Puducherry**

Organizing committee members

Faculty, Physiology Department, AIIMS, Bhopal

for further details contact,

varun.physiology@aiimsbhopal.edu.in,

sandip.physiology@aiimsbhopal.edu.in,

WHY THIS WEBINAR?

An exponential rise has been seen in the cases of COVID -19 since December 2019. Various forms of intervention during treatment may produce wide range of impairment in multiple systems. Regular physical activity has a positive effect on the anti-inflammatory process, antioxidant system and immune system. Even Yoga has beneficial on health. Physical activity and yoga can help in early rehabilitation. Further morbidity in fit person may be less severe. Last year, honorable Prime minister launched nationwide "Fit India Movement" which aims to keep physically and mentally fit. Recently, honorable Prime minister released physical activity guidelines across various age group. How to keep our selves fit and health during this COVID times is a challenge? How to overcome these challenges? All these would be dealt in this webinar.

Schedule

Moderator- Prof. (Dr.) Sarman Singh

Time	Speaker	Topic
10.30-10.35	Dr. Rajay Bharshankar	Welcome
10.35-10.40	Dr. Varun Malhotra	Guest introduction
10.40-11.00	Dr. K.K. Deepak	Introduction to fit India movement
11.05-11.25	Dr. Senthil Kumar	Exercise and immunity
11.30-11.50	Dr. Jean Fredrick	Physical activity and exercise for older adult during COVID pandemic
11.55-12.25	Dr. Vivek Kumar Sharma	Exercise is Medicine: steps to healthier and happier life in COVID times
12.25-12.30	All faculty	Q-A session
12.30	Dr. Sandip M. Hulke	Vote of thanks

webex meeting id- 170 314 9188

password- qnMxCdtR555

webex meeting link- link will 10 minutes prior to event.

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