



SMES  
SMT. MANIBEN M P SHAH  
WOMEN'S COLLEGE OF  
ARTS AND COMMERCE  
(AUTONOMOUS)  
NAAC RE-ACCREDITED B++  
UGC HONOUR: COLLEGE WITH  
POTENTIAL FOR EXCELLENCE

Under the Auspices of  
S.N.D.T Women's University  
Department of Sports and Physical  
Education

Organizes

A two day Seminar on

**'Physical Fitness:  
Connecting Mind and  
Body**

On 28th & 29th February, 2020

### Registration:

Log on to [www.mmpshah.in](http://www.mmpshah.in) for  
online registration or email on  
[vpkamat3015@gmail.com](mailto:vpkamat3015@gmail.com)  
[reshmasmurali@gmail.com](mailto:reshmasmurali@gmail.com)

### Fees:

Students: Rs 500  
Academicians &  
Professionals: Rs 1000

### Payment: Online

Bank Details:  
Bank Name: Andhra Bank  
Account No: 036410011011676  
Branch: Matunga  
IFSC Code: ANDB0000364

### Contact:

Vaishnavi Kamat- 9969738700  
Reshma Murali- 8879456951

### Venue:

Visanji Ravji Auditorium,  
Smt. Maniben M.P Shah Women's College,  
Smt. Parmeshwari Devi Gordhandas Garodia  
Educational Complex,  
338, R.A. Kidwai Road,  
Matunga, Mumbai – 400019

## ABOUT SNT WOMEN'S UNIVERSITY

SNT Women's University is committed to the cause of women's empowerment through access to higher education, through relevant courses in the formal and non-formal streams. The Department of Physical Education, SNT Women's University works towards fitness activities for various stakeholders including, the students of the University and Colleges, working youth and homemakers with the ultimate goal of 3 fold development of the individual (mind-body-spirit) through participation in the sports activities and pursuit of sports excellence.



## ABOUT US

Smt. M. M. P Shah Women's College of Arts and Commerce is one of the 7 colleges managed by Seva Mandal Education Society. The motto of the institution is Empowerment of Women through Quality Education to make them Competent, Self-reliant and Responsible Homemakers, Professionals and Citizens. The college has completed its third NAAC Cycle and recently obtained Autonomy from UGC which has been implemented from June 2019.

Apart from the various courses offered in the college, the Department of Psychology offers an Under Graduate in Psychology and Post Graduate Program in Counselling Psychology as well as a one year Post Graduate Diploma in Sports Psychology.

## Themes

**Session 1: Understanding and Embracing the Athletic Lifestyle**

**Session 2: Performance Enhancing Nutrition and Dietary Supplements**

**Session 3: Understanding Coach Athlete Relationship**

**Session 4: Interview with the Coach-Athlete duo**

**Session 5: Fitness and Injury Free Sports**

**Session 6: Dynamics of Motivation in Sports and Physical Activity**



**Chief Patron**  
**Prof Shashikala Wanjari**

Vice Chancellor  
SNDT Women's University

**Conveners**

**Dr Shradha Naik**

Director, Sports and Physical Education  
SNDT Women's University

**Dr Leena Raje**

Principal, Smt Maniben M P Shah Women's College

## OUR SEMINAR

The aim of the seminar is to understand and examine Sports Performance through the lens of the 'Mind- Body Connection'. Sports performance is a complex blend of neuromuscular, musculoskeletal, psychological and environmental factors. It is essential to connect these factors and focus on them individually and in unison which results in superior performance.

In this seminar we intend to enlighten the athletes and trainers on this interaction between psychological and physical factors of performance. This understanding shall also help in designing measures for promoting psychological wellbeing and care of athletes and coaches. With the help of these practical solutions and simple tools, one shall be equipped to enhance their potential in the field of sports. The seminar will be an interesting program of interactive sessions and hands-on activities by eminent Speakers.

Organising Secretaries

Ms Reshma Murali

Coordinator, MA

Ms Vaishnavi Kamat

Assistant Professor,

Dept of Psychology