



NAAC Accredited

# Tulsiramji Gaikwad - Patil college of Architecture

Wardha Road, Nagpur - 441 108

## Seminar on "The Best Tip to be Productive when work from home"

The Internal Quality Assurance Cell of Tulsiramji Gaikwad-Patil College of Architecture organised a Seminar on "The Best Tip to be Productive when work from home" on 16th October 2020. The Resource person of the program was Dr. Amol Kadu, M.S.Ortho, FROS (Germany), Fellow Hip Replacement (Switzerland).

The seminar aims to create awareness regarding the health issues faced due to work from home pattern and gave tips to increase productivity by understanding ergonomics of body and by following various exercise, diet plans.

The program was followed by Q&A session where doubts of participants were clarified. The program was coordinated by Prof. Viashali Chavan and Prof. Prachi Paunikar. The seminar was appreciated by Prof. Vandana Khante, Principal Dr. Mohan Gaikwad-Patil, Chairman, GPG, Prof. Sandeep Gaikwad, Treasurer GPGI.

Dr. Amol Kadu is presenting

Meeting details

People (32)

- Dr. Amol Kadu (Presentation)
- Dr. Amol Kadu
- IQAC TGPCA
- Megha Singh
- Mudita Jambhore
- Nikita Pandya
- Nitesh Jibhikate
- nivedita sade
- Pooja Khiloshiya
- Pooja Parihar
- Prachi Banode

Exercises

- Walking
- Running
- Swimming
- Cycling
- Yoga
- Strength training

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Dr. Amol Kadu is presenting

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