

JANATA SHIKSHAN SAMSTHA'S
KISAN VEER MAHAVIDYALAYA, WAI (SATARA), M. S.
Women Empowerment Cell,
Organize Workshop Under Lead College Scheme
on
"Physical Fitness"
Report

Workshop on "Physical Fitness" was organized by women empowerment cell under lead college scheme on 22nd march 2022. Our objective is to enhance physical fitness among students as well as teachers. The resource person for the workshop was Gym Trainer Miss Sonam Sawant, Disha Gym Trainer center, Wai. We are very much thankful to our Principal Dr. G. J. Fagare for extending their warm support and cooperation. There were 118 students and 35 teachers participated in the workshop.

Hon. Prof. Dr. Sunil Sawant, Head of the English Department, Kisan Veer Mahavidyalaya, wai was the chairperson of the program. On introductory speech Dr. Ingwale welcome and introduced the theme and necessity of such workout for fitness of women health. Ms. Pooja Bhosale introduced the chief guest to the audiences.

Chairperson Prof. Dr. Sunil Sawant motivated the students with his presidential speech and explained that organization of direct training for fitness is beneficial for women future

Gym Trainer Miss Sonam Sawant carried out first warm up, surynamskar and various type of exercise necessary for loss of weight, gain of weight and for different body parts. She explained their needs and scientific methods for doing each and every type of exercise. Our workshop was ended by zumba. All ladies were become happy and fresh by workout. Mrs. Deepali Chavan proposed the vote of thanks.


Convener

Women Empowerment Cell


Principal

Kisan Veer Mahavidyalaya,
PRINCIPAL
Wai KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara

Fitness Workshop

Date:- 25/03/2022



Sagar

PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara