

Women Empowerment Cell,
Kisan Veer Mahavidhayalya, Wai
Date - 21/03/2022.

To,
The Principal,
Kisan Veer Mahavidayalya, Wai.

Sub – Permission for workshop on fitness

Respected Sir,

Women Empowerment Cell is going to organize a workshop on “Fitness “
of **Miss Sonam Sawant** Gym. Trainer, Disha wellness Center, Wai on 25th March
2022 under Lead College Scheme. So I kindly request you to sanction the
permission and expenses for the above mentioned guest lecture.

Thanking you.

May please be allowed.
[Signature]

[Signature]
Dr. Manjusha Ingawale
Convenor ,
Women Empowerment Cell

JANATA SHIKSHAN SANSTHA'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 22th 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

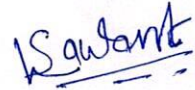
Gym Trainer Miss Sonam Sawant carried out first warm up, surynamskar and various type of exercise necessary for loss of weight, gain of weight and for different body parts. She explained their needs and scientific methods for doing each and every type of exercise. Our workshop was ended by zumba. All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



Convener

Women Empowerment Cell

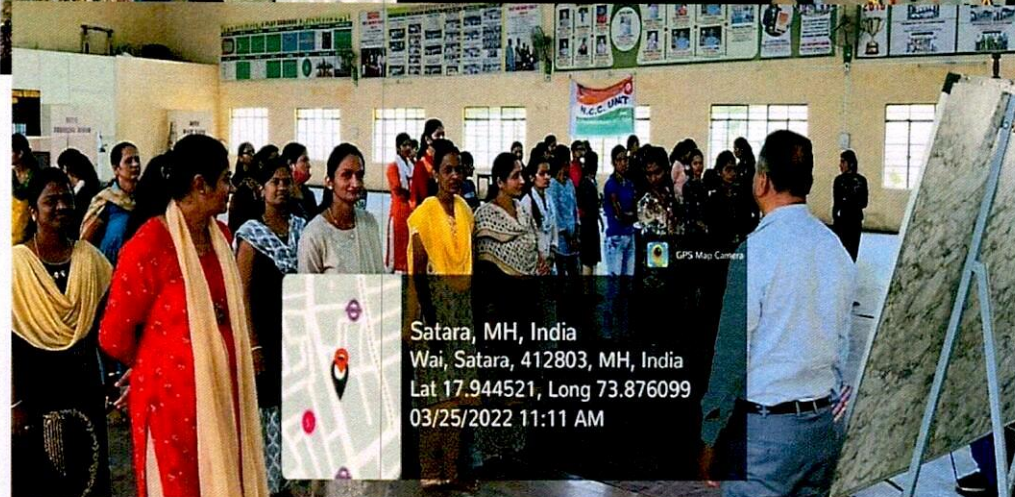




Principal

Principal
Kisan Veer Mahavidyalaya,
Wai, Dist. Satara
Wai

Janata Shikshan Sanstha's
Kisan Veer mahavidyalaya, Wai
Women Empowerment cell- Fitness Workshop
(25/03/2022)



Sawant
PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara



Work out under the guidance of Sonam Sawant



Sawant
PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara

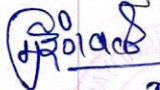
Janata Shikshan Sanstha's
Kisan Veer Mahavidyalaya, Wai

Fitness Workshop

Presenty

Date:- 25/03/2022

Sr. No	Name of the Students	Class	Signature
1.	Pisal Sushma Arit	BSC-III	S.A. Pisal
2.	Ghadge Anisha Devram	B.A - II	A.D. Ghadge
3.	Kadam Priyanka Chandrakant	BSC-III	P.Kadam
4.	Kudale Divya Ramchandra	BSc-III	Kudale
5.	Nikita Suresh Mandhare	BSc-II	N.M.
6.	Mehabeen Dastagir Jundee	BSC-III	Mehabeen
7.	Dene Prajakta Mahesh	BSC-III	Dene
8.	Nikam Riya Ravindra	BSC-III	N.N.
9.	Marathe Sakshi Ramchandra	B.Com-I	Marathe
10.	Mandhare Sanika Balkrishna	B.Com-I	Mandhare
11.	Wakale Samita Shivaji	B.Sc.-II	Wakale
12.	Ghadge Supriya Ashok	BSC II	S.A. Ghadage
13.	Yadav Pranoti Mohan	BSC II	Yadav
14.	Bhandirge Dhanshree R.	BSC II	B.Bhandirge
15.	Chorge Yashaswini Sunil	B.com. I	Y.Chorge
16.	Mandhare Shraddha Dattatray	B-com I	Mandhare
17.	Mandhare Rajajashri Madhukar	B.Com I	M.Rajajashri
18.	Dabhade Sharvasri Milind	B.sc. III	D.Dabhade
19.	Kachare Rasika Balkrishna	B-sc. III	R.Kachare
20.	Torate Vaishanvi Anil	B-sc III	Torate
21.	Kamble Mayuri Meghnath	BSC III	Kamble
22.	Bagal Aishwarya Someshwar	Bsc. III	A.Bagal
23.	Therare Priyanka Dinesh	BSC III	Therare
24.	Phosale Dhanshree Subodh	BSC-II	Phosale
25.	Sutar Neha Nandu	BSC - II	Sutar
26.	Tejusvi Shankar Mahalingade	B.com-I	T.M.
27.	Mulani N.K	-I-	Mulani
28.	Manasi Rajendra Adsul	B.Sc. II	Manasi
29.	Priti Dagadu Kochale	B. Sc. II	P.Kochale
30.	Manasi Balkrishna Rajpuro	B.S.C - II	M.Rajpuro
31.	Neha Pandurang Kambale	B.A. I	N.Kambale


Dr. M. V. Ingawale



32	Neha Jalindar Nimbalkar	BSC - I	N. Nimbalkar
33	Sakshi Prakash Shinde	BSC - I	S. Shinde
34	Shivanjalee Ajit Warbhade	BSC - I	S.A. Warbhade
35	Madina Abdul. Ladaf	BSC - I	M. Ladaf
36	Shewale Manisha Amal	Geography	M. Shewale
37	MALUSARE SHILPA SANTAY	B. Com II	S. Malusare
38	Ruchekar Anjali Nagesh	B. Com II	R. Ruchekar
39	Shivankar Tanuja Balwant	B. Com I	T. B. Shivankar
40	NIKITA SHINDE	BSC - I	N. Shinde
41	Snehal Jadhav	BSC - I	S. Jadhav
42	Diksha Giri	BSC - I	D. Giri
43	Shivajali Rajendra Gadhave	BSC - II	S. R. Gadhave
44	Satpute Gayali Ananda	BSC - II	S. A. Satpute
45	Bhosale Siddhanti Dattatray	BSC - II	S. Bhosale
46	Thorave Prajakta Satish	BSC - II	T. Thorave
47	Jingale Sonali Prakash	BSC - II	J. Jingale
48	Jadhav Nikita Sambhaji	BSC - II	N. Jadhav
49	Neveer Disha Sudhir	- II -	N. Neveer
50	Chaudhari Supriya Bhagwan	- II -	S. B. Chaudhari
51	Sonawane Prachi Santosh	B. A. II	P. S. Sonawane
52	Rutuja Dilip Chaudhari	- II -	R. D. Chaudhari
53	Shreya Shatrughna Badekar	- II -	S. S. Badekar
54	Anisha Jagan Mavali	- II -	A. J. Mavali
55	Dipali Santosh Shinde	- II -	D. Shinde
56	Varsha Uttam Rajpyre	- II -	V. U. Rajpyre
57	Namrata Vishnu Sapkal	- II -	N. Sapkal
58	Ashwini Sudhir Adalinge	- II -	A. Adalinge
59	Dhanashri Dnyandeo Sulke	B. Com II	D. D. Sulke
60	Nikita Machindra Pisal	B. Com II	N. M. Pisal
61	Nikita Jaywant Belashe	BSC - III	N. J. Belashe
62	Mane Rupali Santosh	B. Sc III	M. Mane
63	Yewale Satvashila Suresh	B. Sc. III	S. Yewale
64	Bagwan Heena Sadik	B. Sc. III	H. Bagwan
65	Bhosale Suchitra Madan Rao	B. Sc. III	S. Bhosale
66	Sakshi Santosh Chorage	B. Sc. III	S. Chorage
67	Divya Kadam	B. Sc. III	D. Kadam
68	Divya Kudale	B. Sc. III	D. Kudale
69	Poojanka Kadam	B. Sc. III	P. Kadam
70	Pranjita Dere	B. Sc. III	P. Dere
71	Riya Nikam	B. Sc. III	R. Nikam
72	Gitanjali Kharat	B. Sc. III	G. Kharat
73	Kamaksha Jadhav	B. Sc. III	K. Jadhav
74	Mehajabeen Jundre	B. Sc. III	M. Mehajabeen



Janata Shikshan Sanstha's
Kisan Veer Mahavidyalaya, Wai

Fitness Workshop

Student Presenty

Date:- 25/03/2022

Sr. No	Name of the Students	Class	Signature
1.	Mulani Reshmabana Asif	Faculty	
2.	Miss. Chavan Dipali Hindurao	Faculty	
3.	Dr. Yadav Prema Arun	-11-	
4.	Shailesh Anuraj Jareel	Faculty	
5.	Miss. Aiwale N.D.	-11-	
6.	Mrs. Sawant V.A	-11-	
7.	Miss. Kirre Dipali Dasharath	-11-	
8.	Miss. Deshmone Swati Suresh	Faculty	
9.	Bhosale Nilam Amal	F-11-	
10.	Jadhav Uma Santosh	-11-	
11.	Dr. Damayanti Amit Chaudhari	-11-	
12.	More S.K	-11-	
13.	Miss. Kamble Rajeshree R.	-11-	
14.	MISS Jthape Chaitali S	-11-	
15.	Sou. Padale Bhagyashree C.	-11-	
16.	Gujar Shalaka H.	-11-	
17.	Chattamahal Minakshi N.	-11-	
18.	More P.V.	-11-	
19.	Bhoite R.S.	-11-	
20.	Bhosale R.M	-11-	
21.	Mrs. Patil D.S	-11-	
22.	Miss. Bhosale P.S.	-11-	
23.	Kamate R.S.	-11-	
24.	Miss. Jadhav H.V.	-11-	
25.	Miss. Pisal K.D.	-11-	
26.	Miss. Shinde A.S	-11-	
27.	Miss. Jangam P.R	-11-	
28.	Miss. Chaven S.K	-11-	
29.	Miss Shivani Yadao	Brom II	S. D. Yadao
30.	Miss Akshada Jadhav	-11-	A.M. Jadhav
31.			



PRINCIPAL
KISAN VEER MAHAVIDYALAYA
Wai, Dist. Satara

32	Ratnaji Kumar Parvi	B. Com	R. K. Dalvi
33	Pornima sunil pawar	B. Com	Pawar. P.S.
34	Vasudha vivek Tawate	B. COM	V. V. Tawate
35	Sakshi Adinath Jagtap	B. Com	S. A. Jagtap
36	Zemdale Taruya Rajendra	B. Com. II	Zemdale. T. R.
37	Khadsare Anushka Dhananjay	B. Com II	Khadsare.
38	Bagwan Aksha Akram	B. COM II	Akshay.
39	Sapkal Amruta Vilas	B. COM II	Amruta.
40	Tathe Vijayalaxmi Vinod	B. Com II	Blatts.
41	Anushka Pramod Shinde	B. Com II	Anushka
42	Sneha bhalchandra deshmukh	B. Com II	Sneha
43	Vrushali Rajendra Jadhav	B. Com II	V. R. Jadhav.
44	Shabnam Baburmiya Inamdar	B. Com II	S. B. Inamdar.
45	Rama sunil Suryawanshi	B. Com II	Rama
46	Sae Santosh Bagul	B. Com II	Sae
47	Prachi Sanjay Oswal	B. Com II	Prachi.
48	Sanika Mahadev Jadhav	B. Com II	Sanika
49	Akash Ashok Suryawanshi	B. Com II	Akash
50	Lakhe Harshada Santosh	B. Sc II	Lakhe.
51	Mone bakshi Gangadhar	B. Sc II	Mone
52	Nimbalkar Neha Jalindar	BSC - I	N. Nimbalkar
53	Ladaf Maalima Abdel	BSC - I	Ladaf
54	Jagtap sakshi Anand	BSC - I	Jagtap
55	Kajangade sakshi Umesh	BSC - I	Kajangade
56	shinde Nikita Pramod	BSC - I	Shinde
57	Snehal Mahendra Jadhav	BSC - I	Snehal
58	shinde Vaishnavi Dattatray	BSC - I	V. S. Shinde
59	Jadhav Ankita Dhanraj	BSC - I	A. Jadhav
60	Bhilar Jyoti. Rajendra.	B. Sc. I	Bhilar
61	Giri Diksha Dattatray	B. Sc. I	Giri
62	Warkhade Shivanjalee Ajit	B. Sc. I	S. A. Warkhade.
63	pawar Diksha Prakash	B. Sc. I	Pawar
64	Babar Dhanashree Prashant	BSC. III	Babar
65	Shraddha Dilip Mungase.	BSC. III	Shraddha
66	Lakmi Ishika Vinod	B. Sc. III	Ishika
67	Babar shreya Ravindra	B. Sc. III	Babar
68	Tadav Rutuja Shrawan	B. Sc. II	R. S. Tadav
69	Sasane Rucha Umesh	B. Sc. II	R. V. Sasane
70	Jadhav vaishnavi Abhijit	B. Sc. II	Jadhav
71	Pisal Prachi Uttamrao.	B. Sc. II	P. P. Pisal
72	Bhasale Smita Anil	B. Sc. II	Bhasale
73	Shinde Dipti Digambar	B. Sc. II	D. D. Shinde
74	Karpe Tejasraj Satyasaheb	BSC II	Karpe
75	Nikam kajal vikas	B. Sc. II	K. V. Nikam

76	Mandhare shioani Ramesh	BSC II	S. R. Mandhare
77	Jagtap vrushali Sunil	BSC II	Vrushali
78	Shingate Nutey Romelus	BSC II	Nutey
79	Dhekane Rupali Harkesh	BSC II	Dhekane
80	Bagwan Shahista Hasan	BSC II	Bagwan





Janata Shikshan Sanstha's

Kisan Veer Mahavidyalaya, Wai

Tal. Wai, Dist. Satara, Maharashtra Pin-412 803.

Affiliated to Shivaji University, Kolhapur

NAAC Accredited : B⁺ (CGPA 2.66)

Website : kvmwai.edu.in



Kisan Mahadeo Veer
Founder President
Janata Shikshan Sanstha, Wai

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Principal

Mob. 9421107635 / 9404140371

Shri. Shankarrao Dajiba Gadhave
Vice-President

Janata Shikshan Sanstha, Wai

Shri. Madan Prataprao Bhosale
President

Janata Shikshan Sanstha, Wai

Ref. No. :

By Hand

Date : 21/3/2022

To,
Miss Sonam Sawant
Gym. Trainer,
Disha Wellness Center, Wai

Sub: Invitation ...

Dear Madam,

It gives me immense pleasure to invite you as a **Resource Person** for a workshop on "**Physical Fitness of Girls Students**" organized by Women Empowerment Cell of our college on Friday, 25th March 2022 at 10.30 a.m.

Looking forward to meeting you on 25th March 2022.



Yours sincerely,

Sawant
Principal

Kisan Veer Mahavidyalaya, Wai