



Rayat Shikshan Sanstha's,  
Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burlii).

Date: 26/04/2022

## Shivaji University Under Lead College Scheme

Department of Physical Education & NCC

Organized

### An One Day Workshop on 'Physical Fitness for All'

A workshop on 'Physical Fitness for All' was held at Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar jointly by Shivaji University Under Lead College Scheme.

On the occasion of this, inauguration of Poster Presentation was done by the Guest. **Kiran Nikam, Founder President and Dietitian at Royal Gym, Palus**, was present for the guidance. Kiran Nikam said "Proper diet along with proper exercise is essential". Aerobic exercises, different exercise types, demonstrations were taken out and taken from the inside. Ladies Fitness Trainer Sou. Archana Nikam said that it is very good for women to have proper diet and exercise. She said that women have to do enough exercise and have to take proper diet to overcome the problems during menstruation.

The program was chaired by College Principal Dr. L.D. Kadam. The program was jointly coordinated by the Director of Physical Education, Lieutenant Sandesh Daunde, Gymkhana Division & NCC Division. Sangli Zonal Secretary Dr. Mahesh Patil, Prof. Vishwas Sawant, Prof. Sheela Mohite, Prof. Akram Mujawar, Prof. Watkar Madam were present. Students from Nine different colleges were attended this workshop. Vice-Principal Dr. K.B. Bhosale, Dr. T.S. Bhosale and students were present in large numbers. Vote of Thanks was offered by Prof. Amol Jamdade and the workshop was efficiently anchored by Dr. Ashwini Tatugade.

#### Outcomes:

- 1.All students understood the importance of physical fitness.
- 2.Everyone decided to exercise regularly

Beneficiaries: 180



Inauguration of Poster Presentation by the Guest



Hon. Principal Dr. L.D. Kadam giving Presidential Address

*SS Daunde*

Company Commander  
Dr. Patangrao Kadam Mahavidyalaya,  
Ramanandnagar (Burlii)

*L.D. Kadam*

Principal,  
Dr. Patangrao Kadam Mahavidyalaya,  
Ramanandnagar (Burlii)  
Tal. Palus, Dist. Sangli.



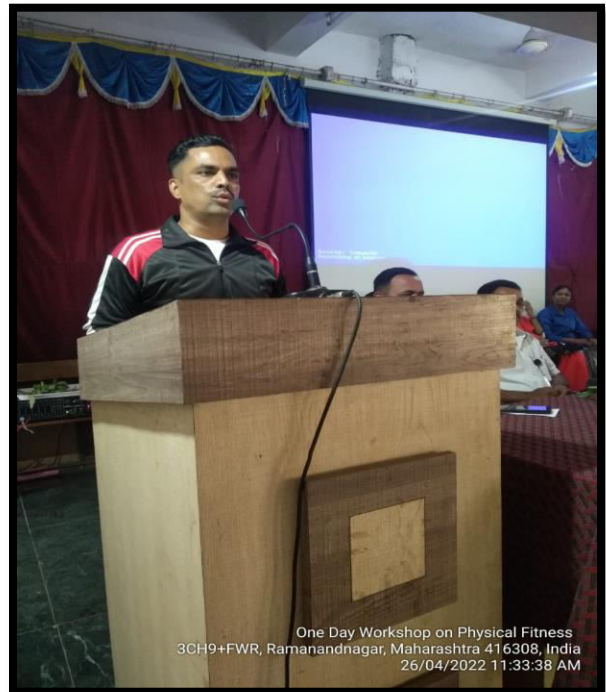
**Hon. Principal welcoming the Guest-Kiran Nikam**



**Hon. Principal welcoming the Guest-Mrs. Archana Nikam**



**Prologue & Introduction of the Workshop by Lt. Sandesh Daunde**



**Mr. Kiran Nikam giving guidance on Physical Fitness**

*SS Daunde*  
**Company Commander**  
 Dr. Patangrao Kadam Mahavidhyalaya,  
 Ramanandnagar (Burlii)

*Dr. Patangrao Kadam*  
**Principal,**  
 Dr. Patangrao Kadam Mahavidyalaya,  
 Ramanandnagar (Burlii)  
 Tal. Palus, Dist. Sangli.





**Mrs. Archana Nikam giving guidance on Women's Physical Fitness**



**Demonstration of physical exercises**



**Demonstration of Aerobics Exercises**



**Dr. Mahesh Patil giving his thoughts on workshop**

*SS Gaunde*

**Company Commander**  
Dr. Patangrao Kadam Mahavidhyalaya,  
Ramanandnagar (Burli)

*Dr. Patangrao Kadam*

**Principal,**  
Dr. Patangrao Kadam Mahavidyalaya,  
Ramanandnagar (Burli)  
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