



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

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

Head of Dept.

Department of Sports & Physical Education,
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)



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

Principal,

Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)
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


 Head of Dept.
 Department of Sports & Physical Education
 Dr. Patangrao Kadam Mahavidhyalaya,
 Ramanandnagar (Burlli)


 Principal,
 Dr. Patangrao Kadam Mahavidyalaya,
 Ramanandnagar (Burlli)
 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
Head of Dept.

Department of Sports & Physical Education
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burlji)

DKad

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