

Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara
Academic Year: 2021-22
Report of National Webinar
Age Related Physical Fitness

Organized by: Department of Physical Education and Sports and IQAC of Chh. Shivaji College, Satara and Savitribai Phule Mahila Mahavidyalaya, Satara.

Day & Date : Thursday 8 September 2021

Occasion: National Sports Day and Fit India Movement

Objectives:

- Acquaint the society about Age related Fitness Programm
- Awareness among the student about particular fitness program
- Participants: All teachers, society members players and students from various state

Resource Person: Dr. Sharad Aher (Asso.Prof. Chandrashekhar Aagashe College of physical education)

Description of the activity:-

Dr. Sharad Aher guided the student with PPT regarding world Health Association given guideline about age related fitness .he also guided about Health related Fitness Activity and age wise needed activity and physical activity pyramid

The workshop was introduced by Dr. Shivling Menkudale Principal Savitribai Phule Mahila Mahavidyalaya, Satara sirs welcome the dignitaries. Presidential address given by Prin. Dr. Vitthal Shivankar .Principal Chh. Shivaji College, Satara. Mr. Sneha Dhanawade compared for the workshop Mr. Vikram Nanaware proposed vote of thanks .Technical handled by Mrs. Smita Kumbhar. both colleges IQAC chairman Dr. Jayashree Aphale and Dr. A.K. Wavare express their views.

The webinar was organized on zoom and online YouTube platform and more than 300 participants. Attend this

Outputs:

All Participants become aware about guideline of Age related exercise program and also aware about after Covid cardiac exercises and health awareness.

Participants also know that how much activity and What kind of exercise need of our body.


IQAC
Co-ordinator




Dr. Shivling Menkudale
Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA



Rayat Shikshan Sanstha's

Chhatrapati Shivaji College, Satara (Autonomous)

► Accredited at 'A+' Grade (CGPA: 3.51) by NAAC, Bangalore ► RUSA Beneficiary College ► Certified by ISO 9001:2015

Department of Physical Education & Sports

AND

Savitribai Phule Mahila Mahavidyalaya, Satara

Accredited at 'B++' Grade (CGPA: 2.80) by NAAC, Bangalore

Department of Physical Education & Sports

(On the occasion of National Sports Day and Fit India Movement)



Jointly Organized,
National Webinar
on



Age Appropriate Fitness Programmes

Date: 8 Sep. 2021

Time: 11.30 a.m.



Convener

Hon. Prin. Dr. Shivling Menkudale

Auditor, Rayat Shikshan
Sanstha, Satara



Resource Person

Dr. Sharad Aher

Chandrashekhar Agashe College
of Physical Education, Pune



Convener

Hon. Prin. Dr. Vitthal Shivankar

Secretary, Rayat Shikshan
Sanstha, Satara

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Director of Phy. Edu.
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IQAC, Coordinator
Savitribai Phule Mahila
Mahavidyalaya, Satara.

Dr. A. K. Wavare

Vice-Principal
& IQAC, Coordinator
Chh. Shivaji College,
Satara

Note :

- Youtube live Link will be sent on Telegram Group.
- Feedback form will be shared during webinar, after submitting feedback form e-certificate will be sent on your registered email ID.

Telegram Group Link : <https://t.me/joinchat/NC1aCM8r13E1MDA1>

Zoom Meeting ID : 4083923062 Password : 123456