



Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara

Academic Year: 2020-21

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

Budget: 4000 Rs under Satara Zonal Sports Committee

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 sir 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 **Mr.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 exercise
Participants also know that how much activity and kind of exercise need of our body.



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

Mr. Vikramsinh Nanavare

Coordinator
Director of Phy. Edu.
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Dr. Jayashree Aphale

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



‘वयानुसार व्यायाम’ विषयावर राष्ट्रीय वेबिनारचे आयोजन

ग्रामोद्धार वृत्तसेवा दि. ०८ सप्टेंबर २०२१

सातारा: रयत शिक्षण संस्थेच्या सातारा येथील सावित्रीबाई फुले महिला महाविद्यालय आणि छत्रपती शिवाजी कॉलेज यांच्या संयुक्त विद्यमाने दोन्ही कॉलेजमधील शारीरिक शिक्षण विभाग व अंतर्गत मूल्यमापन कक्ष यांच्या वतीने ‘वयानुसार व्यायाम पद्धती’ या विषयावर बुधवार दि. ०८ सप्टेंबर २०२१ रोजी सकाळी ११.३० वाजता राष्ट्रीय वेबिनारचे आयोजन करण्यात आल्याची माहिती रयत शिक्षण संस्थेचे सचिव प्राचार्य डॉ. विठ्ठल शिवणकर आणि संस्थेचे ऑडिटर प्राचार्य डॉ. शिवलिंग मेनकुदळे यांनी दिली.

जागतिकीकरणानंतर बदललेली जीवनपद्धती आणि आरोग्याचे नवे प्रश्न या अनुषंगाने व्यायाम पद्धती संबंधी समाजाला शास्त्रशुद्ध मार्गदर्शन करण्याच्या हेतूने वेबिनारचे आयोजन करण्यात आले असून पुणे येथील आगाशे कॉलेज मधील तज्ञ मार्गदर्शक डॉ. शरद आहरे वेबिनारमध्ये मार्गदर्शन करणार आहेत.

तरी सातारा आणि परिसरातील नागरिकांनी या वेबिनारमध्ये सहभागी होऊन मार्गदर्शनाचा लाभ घ्यावा, असे आवाहन अंतर्गत मूल्य मापन कक्षाच्या प्रमुख डॉ. जयश्री आफळे, शारीरिक शिक्षण विभागाचे प्रमुख प्रा. विक्रम सिंह ननावरे व महिला महाविद्यालयाच्या शारीरिक शिक्षण विभाग प्रमुख प्रा. स्मिता कुंभार यांनी केले आहे.

S. P. Mahila Mahavidyalaya
Director of Physical Edn.
S. P. Mahila Mahavidyalaya,
Satara

Dr. Jayashree Aphale
IQAC
Co-ordinator



Dr. A. K. Wavare
Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA