

Rayat Shikshan Sanstha's
Savitribai Phule Mahila Mahavidyalaya, Satara

Academic Year: 2022-23

Name of the Programme: All Kind of fitness

Dates: 12/09/2022 to 28/09/2022

Resource Person: Miss. Mayuri Jadhav
(National Taekwondo player)

Ms. Smita Kumbhar
(Yoga and Aerobics Instructor)

➤ **Objective: -**

- To awareness about physical fitness, diet, gym, yoga, aerobics etc.
- Wellbeing of girls
- To Search sports Talent
- To provide sports Culture among the students.
- To promote students participation in zonal interzonal level.
- To provide systematic coaching

➤ **Brief Report:**

During 12.09.2022 to 28.09.2022 Fitness training was conducted for girls which includes Kabaddi Skill Practice, yoga for university Games, Taekwondo, Preparation for Chess Team, Athletics skill practice, Warm up exercise, cooling Down Exercises , Legs explosive strength training & all kind of weight training program.

From this training all the college students who are interested in Sports are participated, which helped them to strengthen their

interest in Sports. This training was much effective, College developed Yoga, taekwondo & chess team for university games.

Miss Mayuri Jadhav, Miss Isha Koli, Mr. Sable guided for Daily Fitness & taekwondo, Chess, Kabaddi respectively.

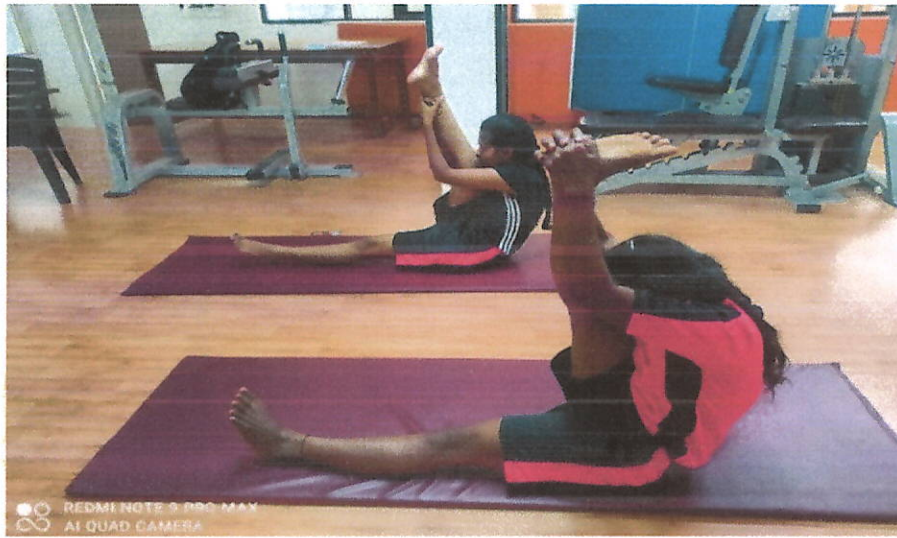
Principle **Dr. Shivling Menkudale** motivated students with Moral support as well as suggested to provide standard facility for university games.

Outcomes

- This Program will help the Student to improve their physical fitness
- Students aware about all types of fitness like yoga ,Chess, weight training, Kabaddi and Gym exercise
- Improve Performance of University Games



Yoga Training



Flexibility Training



Warm up exercise



Kabaddi Skill Practice



**Cool down exercise & Dr. Chitra Dabholkar Madam's
Motivation to Students**



Stretching Exercises





[Signature]
Director of Physical Edn.
S. P. Mahila Mahavidyalaya,
Satara

[Signature]
IQAC
Co-ordinator



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Principal
Savitribai Phule Mahila Mahavidyalaya
SATARA