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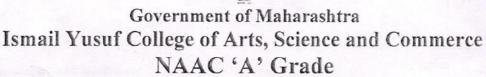
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Tel. No. (Office) 022-28352881

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Date: 01/03/2018

Notice

rogram Title: International Women's Day - Fitness Workshop

Date: March 8, 2019

Join us in celebrating International Women's Day, a day dedicated to recognizing women's achievements worldwide, irrespective of divisions. We invite junior and senior college students and staff to participate in a Fitness Workshop, emphasizing the importance of health and well-being for all.

Venue: Sports Complex

Time: 11:00 AM

Staff and students, on March 8, 2019, we commemorate International Women's Day, celebrating women's achievements globally. In honor of this day, join us at the Sports Complex for a Fitness Workshop at 11:00 AM. This event is open to all, as we emphasize the significance of health and well-being for everyone, regardless of divisions. Let's come together to celebrate and prioritize women's empowerment and health!

P.M. Pladal

Smt. Pratiksha Phadnis College Director of Physical Edu. And sports

Principal Dr. Swati Whavhal

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|---|---|-------------------------------------|---------|--------------|--|--|--|--------|---------------------|----------------|---------|---------|
| Name of the Programme-Workshop on Fitness - 2018-19 Organised by-Department of physical Education Date-08/03/2019 Venue:- College Gymkhana | | | | | | | | | | | | |
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Report of Workshop on Fitness-2018-19

Date- 08-03-2019

The workshop conducted by Department of Physical Education and sports & WDC Smt Phadnis conducted this workshop. Importance of fitness workshops they was told the importance of Fitness. They were taught the basic mobility stretches, strength exercises and Surynamaskar. Importance given in workshops.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

Importance of mobility stretching

Mobility is important because it affects your ability to move freely throughout your daily activities without pain and strain, even outside of strenuous movements like squatting. The ease of daily activities like putting a box up on a shelf, picking up a baby or stepping over a puddle are all related to mobility.

Importance of core strengthening

Strong core muscles help athletes, such as runners. That's because weak core muscles can lead to more fatigue, less endurance and injuries. Weak core muscles can leave you more prone to poor posture, lower back pain and muscle injuries.

Importance of Surynamaskar

Regular practice of Suryanamaskar ensures proper and efficient functioning of not only the muscles and joints of the body but also stimulates the internal organs. Especially the stomach and other abdominal organs as it involves alternative stretching and compression at the abdominal area.

The workshop the total of 47 students attended fitness workshop ended with a round of meditation.

Smt. Pratiksha Phadnis

Physical education and sp

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