

To,
The Principal,
Ismail Yusuf College,
Jogeshwari East,
Mumbai 400060

June 21, 2022

Subject: Seeking permission to conduct a fitness workshop on International Olympics Day

Dear Madam,

I request you to kindly grant permission to conduct a fitness workshop on June 20th 2022, the occasion of International Olympics Day, in the college badminton hall.

Yours Sincerely,

P. N. Phadnis

Pratiksha Phadnis
College Director P.E. and Sports





Government of Maharashtra
ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE AND COMMERCE
NAAC 'A' Grade
Jogeshwari (East), Mumbai 400 060

Tel. No. (Office) 022-28352881

principaliyc@yahoo.co.in

Fax (Principal) 022-28202188

Date: 23/06/2022

Notice: International Olympic Day - Fitness Workshop

Join us in commemorating International Olympic Day with an invigorating Fitness Workshop! Led by Ms. Pratiksha Phadnis, this workshop is designed to inspire and motivate you towards achieving your fitness goals while celebrating the spirit of the Olympic Games.

Event Details:

This workshop will encompass a variety of fitness activities tailored to cater to all levels of experience. From cardio workouts to strength training exercises, participants will engage in a dynamic session aimed at improving overall health and well-being.

Date & Time:

We invite you to join us on June ²³~~23~~, 2022, at 11:00 AM at the Sports Complex for this exciting fitness workshop.

Venue:

The Sports Complex provides the perfect setting for our workshop, offering ample space and facilities to accommodate all participants.

This workshop is open to all junior and senior college students and staff members. Whether you're a fitness enthusiast or just starting your journey towards a healthier lifestyle, this workshop promises to be both fun and beneficial.

Let's come together and celebrate the Olympic spirit by embracing the power of fitness and wellness on International Olympic Day!



P. R. Phadnis

Smt. Pratiksha Phadnis
College Director of Physical Education and sports
Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce
Jogeshwari (East), Mumbai - 400 060.

Dr. Bhavita Chavan

PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 060

Principal
Prof. Dr. Bhavita Chavan

आंतराष्ट्रीय ऑलिंपिक दिवस

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क्र.	नाम	वर्ग	रोल नं.	मो. नं.	सही
1	Priyanshu	F.Y. Com	976877988		JP
2	Anand	B.Y. Com	7710008324		Anand.T
3	Kishan Gupta	S.Y. Com	7710897740		Kishan
4	Adarsh Tiwari	S.Y. Com	8591162806		Adarsh
5	Ravi sharma	S.Y. Com	9167982468		Ravi
6	Ganesh Thakur	S.Y. Com	8291135878		Ganesh
7	IRSHAD KHAN	S.Y. Com	8655457883		Irshad
8	Nitin Deyashankar Kumbhar	S.V. Com	9159321617		Nitin
9	Sahimar Sheikh	S.Y. Com	9321426448		Sahimar
10	BHAVESH SACHIN	S.V. Com	982118451		Bhav
11	Sana shaikh	S.Y. Com	8850724189		Sana
12	Abhishek mandal	S.Y. Jr	7710912076		Abhishek
13	Abdulla M. Shaikh	S.Y. Com	8104870587		Abdulla
14	Azim M. Sha	S.Y. Com	4764147198		Azim
15	Abdul Zahid	S.Y. Com	8928178466		Abdul
16	Sameer tambe	S.Y. Com	8097853882		Sameer
17	Aarif Sheikh	S.Y. Com	8422910283		Aarif
18	Aagib Shaikh	S.Y. Com	8916759159		Aagib
19	ASIF Shaikh	S.Y. Com	9324786742		Asif
20	SHAD AYVED	S.Y. Com	8891341668		Shad
21	Divyanshu maurya	S.Y. Com	8879675383		Divyanshu
22	Danis Khan Habibur Rehman	S.Y. Com	7738255218		Danis
23	Mohammad Huzair	S.Y. Com	9118424240		Mohammad
24	Khan Sameer	S.Y. Com	916789075		Khan
25	Ziyaullah Chaudhary	S.Y. Com	8104418425		Ziyaullah
26	Ranjeev kumar	S.Y. Com	709128885		Ranjeev
27	Shaikh Hlaah	S.Y. Com	8591525649		Shaikh
28	Shah yusuf	S.Y. Com	7039849950		Shah
29	Shaikh Shahwar	S.Y. Com	9892453580		Shahwar

आमन/पुष्पि आरंभिक दिवस

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क्र	नाव	वर्ग	रोल नं	मोबा. नं	सही
30	Ahleshham Shaikh	SYCOM	2363	9892334806	<u>Ahleshham</u>
31	Abdullah shaikh	SYCOM	2320	9867676759	<u>Abdullah</u>
32	Shaikh Almas	SYCOM	2321	7806963148	<u>Almas</u>
33	Sayyed Sadaf	SYCOM	2307	7710848012	<u>Sadaf</u>
34	Sayyed Mahesh Jahaan	SYCOM	2289	989220684	<u>Mahesh</u>
35	Sayyed Razi Haider	SYCOM	2306	9702377063	<u>Razi</u>
36	Sayyed Mukhtyar	SYCOM	2315	7208462645	<u>Mukhtyar</u>
37	SAYYED SADIK	SYCOM	2308	8108235845	<u>SADIK</u>
38	Aditya Shamma	SYCOM	2330	85917112886	<u>Aditya</u>
39	Vodant Malop	SYCOM	2144	9769034293	<u>Vodant</u>
40	Om Khandekar	SYJC COM	2140	8097679327	<u>Om</u>
41	SUSPI patankar	SYJC COM	2409	8767007483	<u>SUSPI</u>
42	Sachin yoder	SYJC COM	2356	8591978569	<u>Sachin</u>
43	Amardeep Yadav	SYCOM	2352	9326727391	<u>Amardeep</u>
44	Owais Khan	SYCOM	2283	8591654335	<u>Owais</u>
45	Ajay Sahani	SYCOM	2394	889867505	<u>Ajay</u>
46	Sahir Siddiqui	SYCOM	2338	865531696	<u>Sahir</u>
47	Rahul Tiwari	SYCOM	2312	8208561926	<u>Rahul</u>
48	Khushnuma saien	SYJC COM	2305	8983881457	<u>Khushnuma</u>
49	Yash Wagle	SYCOM	2195	9324282776	<u>Yash</u>
50	Devika Patil	SYJC COM	2166	9709071460	<u>Devika</u>
51	Rutuja mithbavkar	SYJC COM	2159	8451907709	<u>Rutuja</u>
52	Rewati musurkar	SYJC COM	2154	9614548527	<u>Rewati</u>
53	Aditya manjarekar	SYCOM	2152	9819699446	<u>Aditya</u>
54	Aryan Mestoy	SYCOM	2156	8097171261	<u>Aryan</u>
55	Salman Khan	SYCOM	2299	9819108031	<u>Salman</u>
56	MD FARHAN	SYJC	1355	910012332	<u>MD FARHAN</u>
57	Shaikh Sohail	SYJC	1333	9820326911	<u>Shaikh</u>

Report on Fitness Workshop June 27, 2022

Date: June 26, 2022

Occasion: International Olympics Day

Venue: College Badminton Hall

Organized By: Department of Physical Education and Sports, Ismail Yusuf College

Prepared By: Ms. Pratiksha Phadnis, HOD, Department of Physical Education and Sports

Event Overview: To commemorate International Olympics Day 2022, the Department of Physical Education and Sports at Ismail Yusuf College organized a comprehensive fitness workshop for junior and senior college students. The workshop was designed to foster a sports culture and enhance awareness about health and fitness among the students.

Workshop Details:

Organizer: Ms. Pratiksha Phadnis, Head of the Department of Physical Education and Sports

Participants: Junior and senior college students

Program Highlights:

Introduction: The workshop commenced with an introductory session led by Ms. Pratiksha Phadnis. She emphasized the significance of International Olympics Day as a celebration of sports and physical fitness, aligning with the global spirit of promoting health and well-being.

Fitness Sessions: The workshop featured a series of fitness activities designed to cater to various aspects of physical health:

Warm-Up Exercises: To prepare participants for more intense activities and reduce the risk of injury.

Cardio Workouts: Including high-intensity interval training (HIIT) and aerobic exercises aimed at improving cardiovascular health.

Strength Training: Focused on building muscle strength and endurance through bodyweight exercises and resistance training.

Flexibility and Stretching: Techniques to enhance flexibility, reduce muscle tension, and improve overall range of motion.

Each session was accompanied by detailed explanations on the benefits of the exercises, correct techniques, and the importance of consistency in a fitness regimen.

Educational Segment: Ms. Phadnis provided an informative talk on the role of physical activity in maintaining overall health. Topics covered included:

Nutritional Guidance: Tips for maintaining a balanced diet to complement fitness routines.

Mental Health Benefits: How regular exercise contributes to stress relief, improved mood, and cognitive function.

Injury Prevention: Best practices for avoiding common exercise-related injuries and ensuring safe workout practices.

Interactive Q&A: Participants had the opportunity to ask questions and discuss their fitness goals with Ms. Phadnis, receiving personalized advice and motivation.



Impact and Outcomes:

Increased Awareness: The workshop significantly raised awareness among students about the importance of physical fitness and the role of sports in a healthy lifestyle. Students gained valuable insights into various fitness techniques and how to integrate them into their daily routines.

Promotion of Sports Culture: The event fostered a stronger sports culture within the college by encouraging students to actively participate in physical activities and appreciate the value of regular exercise.

Enhanced Student Engagement: The interactive and informative nature of the workshop engaged students effectively, motivating them to adopt healthier lifestyle practices and pursue fitness goals.

Positive Feedback: Participants expressed high levels of satisfaction with the workshop, noting the practical value of the fitness sessions and the relevance of the educational content. Many students reported a heightened interest in continuing their fitness journeys and exploring various sports activities.

Conclusion: The fitness workshop conducted on International Olympics Day 2022 was a resounding success in promoting health and fitness among the students of Ismail Yusuf College. Under the guidance of Ms. Pratiksha Phadnis, the workshop effectively created a sports-oriented culture and enhanced awareness about the importance of physical activity. The event not only celebrated the spirit of the Olympics but also contributed to the overall well-being and fitness of the college community.

Report Prepared By:

P. N. Phadnis

Ms. Pratiksha Phadnis
Head of the Department of Physical
Education and Sports
Ismail Yusuf College





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