

To,  
The Principal  
Ismail Yusuf College  
Jogeshwari (E ) Mumbai – 60,

Date – 14/05/2020

**Subject: Request for permission to circulate video and article on tabata on student whatsapp group.**

I am writing to seek your permission to circulate a video and article on Tabata training, which is scheduled for release on 16 May 2020. This initiative aims to provide valuable fitness information and training to our entire college community, including junior and senior college students, as well as staff members.

**Details of the Initiative:**

- **Content:** Video and article on Tabata training
- **Date of Circulation:** 16 May 2020
- **Prepared and Conducted By:** Ms. Pratiksha Phadnis
- **Mode of Distribution:** Online via student WhatsApp groups

**Objectives:**

- To introduce the Tabata training method, which is a popular high-intensity interval training (HIIT) technique known for its efficiency and effectiveness.
- To provide practical guidance and motivational content that can be easily incorporated into personal fitness routines.
- To enhance the overall fitness awareness and engagement of our college community.

**Plan:**

- The video and article will be shared through the official WhatsApp groups for students and staff.
- The content will include an explanation of Tabata training, demonstration of exercises, and tips for integrating Tabata workouts into daily routines.

We believe that this initiative will be a valuable resource for our college community and will support their fitness goals. We kindly request your approval for this online distribution and any assistance you can provide in facilitating this process.

Thank you for considering our request. We look forward to your positive response.

Yours sincerely,

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

*Permitted*  
*for*  
*31/5/20*  
PRINCIPAL  
Government of Maharashtra's  
Ismail Yusuf College  
Arts, Science & Commerce,  
Jogeshwari (East), Mumbai - 400 060.





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Principal  
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Government of India  
Ministry of Education  
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**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: 16/05/2020

**Notice**  
**Tabata Video and Article Session**

We're excited to announce a special session dedicated to Tabata training, designed to ignite your fitness journey and enhance your well-being. This session is open to both junior and senior college students as well as staff members.

**Event Details:**

Led by the dynamic Ms. Pratiksha Phadnis, we have curated an engaging combination of Tabata workout videos and informative articles. Tabata training is renowned for its effectiveness in improving cardiovascular health, endurance, and overall fitness levels.

**Date & Time:**

Join us on May 16, 2020 for an enriching experience that will empower you to reach your fitness goals.

**Venue:**

The session will take place online, with videos and articles circulated on the Student WhatsApp Group.

Whether you're a fitness enthusiast or just beginning your fitness journey, Tabata training offers a versatile and efficient workout solution suitable for all levels of experience.

Don't miss out on this opportunity to elevate your fitness routine and discover the transformation power of Tabata.

Let's come together virtually to embrace the joy of fitness and well-being!

*P. N. Phadnis*

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



*Principal*

*[Signature]*  
Principal

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



## Report on Circulation of Tabata Exercise Video and Article

Date: May 16, 2020

Content: Tabata Exercise Video and Article

Prepared by: Ms. Pratiksha Phadnis, HOD Sports

Audience: Entire College Community (Junior and Senior College Students and Staff)

Platform: Online - Circulation on Student WhatsApp Groups

Reason for Circulation: Lockdown restrictions prevented students from attending college for workouts.

### Background:

Amid the lockdown due to the COVID-19 pandemic, colleges were closed, and students were unable to attend regular physical activity sessions or sports workshops. To address the need for maintaining physical fitness and promoting a healthy lifestyle during this period, Ms. Pratiksha Phadnis, the HOD of Sports, took the initiative to create and circulate a Tabata exercise video and accompanying article.

### Event Description:

On May 16, 2020, Ms. Pratiksha Phadnis prepared a Tabata exercise video along with a comprehensive article explaining the benefits and techniques of Tabata workouts. Tabata is a form of high-intensity interval training (HIIT) that consists of short bursts of intense exercise followed by brief periods of rest. It is known for its effectiveness in improving cardiovascular health, endurance, and metabolism.

### Highlights:

**Content Creation:** Ms. Pratiksha Phadnis demonstrated leadership by preparing both a practical video demonstration of Tabata exercises and an informative article detailing the science behind Tabata workouts, their benefits, and how to perform them correctly.

**Audience Reach:** The circulation of the Tabata exercise video and article was not limited to a specific segment of the college community but extended to the entire college, including junior and senior college students and staff. This inclusive approach ensured that everyone had access to valuable resources for maintaining physical fitness during the lockdown.

**Online Distribution:** Leveraging digital platforms, particularly WhatsApp groups, facilitated the widespread distribution of the Tabata exercise video and article. Despite the physical distancing measures in place, students and staff could access the content from the safety and comfort of their homes, promoting continuity in their fitness routines.

**Adaptability:** The decision to circulate Tabata exercise resources online exemplified adaptability and innovation in response to the challenges posed by the lockdown. By adapting traditional sports





workshops to digital formats, Ms. Pratiksha Phadnis ensured that students could continue their physical fitness regimen even in the absence of in-person sessions. Conclusion:

The circulation of the Tabata exercise video and article, spearheaded by Ms. Pratiksha Phadnis, underscored the college's commitment to promoting physical fitness and well-being among its students and staff, even during challenging times. By harnessing the power of digital platforms and innovative approaches, the college community remained connected and engaged in maintaining their health and fitness goals despite the constraints of the lockdown.

#### Recommendations:

Continue leveraging online platforms for distributing fitness resources and organizing virtual workout sessions to support the health and well-being of students and staff.

Encourage feedback from participants to tailor future fitness content to their needs and preferences, ensuring continued engagement and effectiveness.

Explore collaborations with fitness experts and professionals to diversify the range of exercise routines and training programs available to the college community, catering to various fitness levels and interests.

In summary, the circulation of the Tabata exercise video and article on WhatsApp groups exemplified the college's proactive approach to promoting physical fitness and resilience in the face of adversity. By prioritizing health and well-being, the college community demonstrated its commitment to fostering a culture of holistic wellness and vitality.

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