

Date: 22/05/2020

To,
The Principal
Ismail Yusuf College,
Jogeshwari (E),

Mumbai – 60

Subject: Permission to circulate online core workout video on 25th May 2020

I am writing to seek your permission for the distribution of a core workout video to our entire college community. This initiative is scheduled for 25th May 2020 and aims to engage junior and senior college students as well as staff members in a beneficial fitness activity.

Event Details:

- **Event Title:** Core Workout Video
- **Date:** 25th May 2020
- **Target Audience:** Junior and Senior College Students, and Staff
- **Platform:** Online (Circulated via WhatsApp Group)
- **Prepared and Conducted By:** Ms. Pratiksha Phadnis

The core workout video is designed to enhance physical fitness by focusing on core strength and stability. The online format allows participants to access the workout from their homes, making it a convenient and safe option during these times.

We believe that this initiative will significantly contribute to the health and well-being of our college community. The video will be shared through the student Whats App groups to ensure widespread participation.

We kindly request your approval to proceed with the circulation of this video. Should you need any additional information or have any concerns, please feel free to contact me.

Thank you for your attention and consideration. We look forward to your positive response.

Yours sincerely,

P. N. Phadnis
Smt. Pratiksha Phadnis

Government of Maharashtra's
College Director of Physical Education and Sports
Arts, Science & Commerce.
Jogeshwari (East), Mumbai - 400 060.

For Permitted
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31/5/20
PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 089.





Government of Maharashtra
Ismail Yusuf College of Arts, Science and Commerce
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Jogeshwari (East), Mumbai 400 060

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Date: 22/05/2020

Notice: Video Core Workout Session

Get ready to strengthen and tone your core muscles with our exciting Video Core Workout session! This session is open to both junior and senior college students as well as staff members.

Event Details:

Led by the talented Ms. Pratiksha Phadnis, we have curated a series of dynamic core workout videos that will challenge and invigorate you. Strengthening your core is essential for improving posture, stability, and overall athletic performance.

Date & Time:

Join us on May 25, 2020, for an energizing workout that will leave you feeling empowered and revitalized.

Venue:

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

Whether you're a fitness enthusiast or new to core training, this session offers something for everyone. Let's come together virtually to prioritize our health and well-being.

Don't miss out on this opportunity to sculpt a stronger, healthier core!

P.N. Phadnis

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



Sat. Kulkarni
Principal

PRINCIPAL
Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce,
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Report on Circulation of Core Workout Video-2019-20

Date: May 25, 2020

Content: Core Workout Video

Prepared and Circulated by: Ms. Pratiksha Phadnis

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

Platform: Online - Circulation on Student WhatsApp Groups

Reason for Circulation: Lockdown prevented students from attending college.

Background:

During the lockdown imposed due to the COVID-19 pandemic, college activities, including physical workouts and sports sessions, were suspended. Recognizing the importance of maintaining physical fitness and well-being, Ms. Pratiksha Phadnis, in her capacity as an HOD, took the initiative to create and circulate a core workout video to the entire college community.

Event Description:

On May 25, 2020, Ms. Pratiksha Phadnis prepared and circulated a core workout video tailored for the college community. The video focused on exercises targeting the core muscles, such as the abdominals, obliques, and lower back. These exercises are essential for improving posture, stability, and overall strength.

Highlights:

Customized Content: Ms. Pratiksha Phadnis curated a series of core exercises suitable for individuals of all fitness levels, ensuring inclusivity and accessibility for the entire college community.

Wide Audience Reach: By circulating the core workout video to the entire college, including junior and senior college students and staff, Ms. Pratiksha Phadnis ensured that everyone had access to valuable resources for maintaining physical fitness during the lockdown period.

Online Distribution: Leveraging digital platforms, particularly WhatsApp groups, facilitated the widespread distribution of the core workout video. Participants could access the video from the comfort of their homes, promoting continuity in their fitness routines despite the closure of college facilities.



Adaptability: The decision to circulate fitness resources online showcased adaptability and innovation in response to the challenges posed by the lockdown. By adapting traditional sports and fitness activities to digital formats, Ms. Pratiksha Phadnis ensured that students and staff could continue their fitness journey remotely.

Conclusion:

The circulation of the core workout video, spearheaded by Ms. Pratiksha Phadnis, exemplified the college's commitment to promoting physical fitness and well-being among its students and staff, even during challenging times. By providing accessible and engaging fitness resources, the college community remained connected and motivated to prioritize their health and fitness goals amidst 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 core workout video on WhatsApp groups demonstrated 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 showcased its commitment to fostering a culture of holistic wellness and vitality.

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