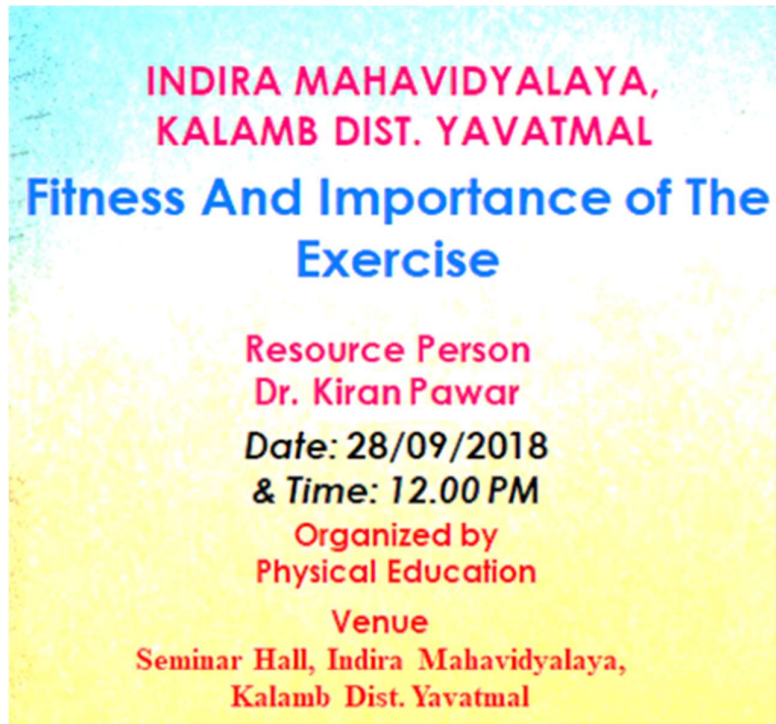


Fitness and Importance of The Exercise (Life skills)

Bouchers



Geo-Tagged Photo of Event



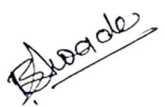

Expert Interacting with Particeipants, Date: 28/09/2018

Attendance Sheet

Indira Mahavidyalaya, Kalamb Distt. Yavatmal

Sr.No.	NAME	SIGNATURE
	Bachul Bansod	Bachul
	Swarajni Bansod	Swarajni
	Payal Ambharkar	P. Ambharkar
	Skriti Bobale	S. Bobale
	Saimi Bobale	Saimi
	Nikita Ganiki	Nikita
	Nayan pangul	N.P. Pangul
	Pooja Pohankar	Pooja
	Akshay Pohankar	Akshay
	Aakash Pohankar	Akash
	Ganesh Shirebhatte	G.N. Shirebhatte
	Dhruv Bandare	Dhruv
	Shubham Waghmare	Shubham
	Tushar Waghmare	Tushar
	Rekha Pimpalkar	Rekha
	Yogent Parole	Yogent
	Sandip Pandhore	Sandip
	Nayan pangul	N.P. Pangul
	Ajay Sone	A.J. Sone
	Mayuri Churankar	Mayuri
	Swaraj Halkar	Swaraj
	Rohit Karkare	R.S. Karkare
	Sanjay Kumare	S. Sanjay
	Ayesh Sheikh	A. Sheikh
	Sonam Salun	Sonam
	Akshay Vaidya	Akshay
	Saimi Ude	Saimi
	Anup Tadase	Anup Tadase
	Kaareem Yalkar	Kaareem
	Amisha Zamare	A.M. Zamare
	Mukul Bhimare	Mukul
	Pooja Redhad	P.U. Redhad

Report

Name of the Program	Fitness And Importance of The Exercise
Date	28/09/2018
Number of Participants	30
Venue	Seminar Hall
Organized by	Department Of Physical Education
Name of the Resource Persons	Dr. Kiran Pawar
<p>On September 28, 2018, the Department of Physical Education organized a program on "Fitness and the Importance of Exercise" as part of their Yoga and Meditation initiative. Dr. Kiran Pawar, Director of Physical Education at Indira Gandhi Mahavidyalaya, Ralegaon, was the chief guest. Dr. S. S. Raut introduced the chief guest. Dr. Kiran Pawar delivered an insightful talk, providing tips on fitness and emphasizing the importance of exercise. He highlighted the particular concern for the health of women and girls, noting that in many societies, they are disadvantaged by discrimination rooted in sociocultural factors. The 30 students who attended found the session both informative and valuable. On behalf of the department, Prof. S. R. Khandekar extended a vote of thanks to all staff members for their significant cooperation in organizing the event.</p>	
<p> Co-ordinator IGAG Indira Mahavidyalaya Kalamb</p>	<p> PRINCIPAL Indira Mahavidyalaya Kalamb Dist. Yavatmal</p>