

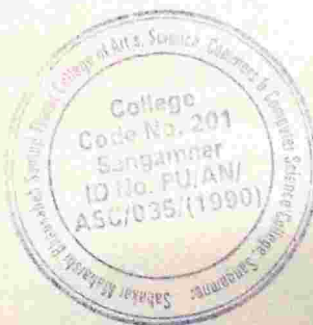
## Report of Department of Sports Activity

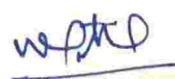
### Year 2022-23

<b>Name of the activity</b>	<b>One Day Workshop on “ Healthy Life Style for Better Living”</b>
<b>Aim of the Activity</b>	To promote Health & Fitness awareness among the Students, teachers.
<b>Place of Activity</b>	S. M. B. S. T. College, Sangamner
<b>Date of Activity</b>	21 September 2022
<b>Sessions</b>	<b>Workshop was organized in Two Sessions</b> 1. A lecture on Healthy Life Style & Nutrition 2. Practice Session of Aerobics Exercise
<b>Organizer</b>	Department of Physical Education & Sports with collaboration with KHELRANG, Fitness & Sports Science Association, Nasik
<b>Guest / Expert</b>	Hon. Mrs. Kunda Mahajan, President, Khel Rang, Fitness & Sports Science Association. Dr. Kavita Kholgade, Secretary, Khel Rang, Fitness & Sports Science Association, Mr. Praveen Kholgade, Instructor & aerobic trainer, Kavita Sports & Fitness, Nasik & the college Principal Dr. D. D. Patil, Vice Principal Dr. B. D. Wagh & Mr. L. D Ghywat IQAC coordinator.
<b>Number of Staff participated</b>	20 No.
<b>Number of Students participated</b>	112 No. of college Students
<b>Outcome of Program</b>	1. Lectures on sports Science & Nutrition enriched their knowledge about fitness, Physical & Mental Health. 2. Exercise & varies Sports Activities helped students to enhance physical and mental abilities, Body Fitness, self-confidence, self-discipline and to develop overall Personality.
<b>Highlight if any</b>	Participant got new knowledge about aerobics exercises, Health, Life style and Nutritious Diet and they appreciated the activity.

  
Dr. P. B. Khaire

Director of Physical Education  
S. M. B. S. Thorat College of  
Art's, Science, Commers &  
Computer Science College,  
Sangamner- 422605





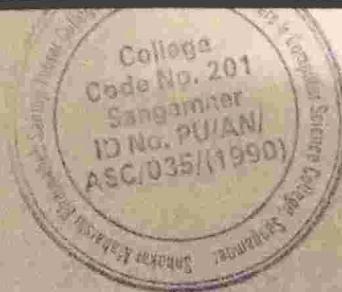
Dr. D. D. Patil  
Principal  
Sahakar Maharshi Bhausaheb Santuji Thorat  
College of Art's, Science, Commers &  
Computer Science College.  
Sangamner- 422605

# One Day Workshop on "Healthy Life Style for Better Living"

Date 21/09/ 2022



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 Director of Physical Education  
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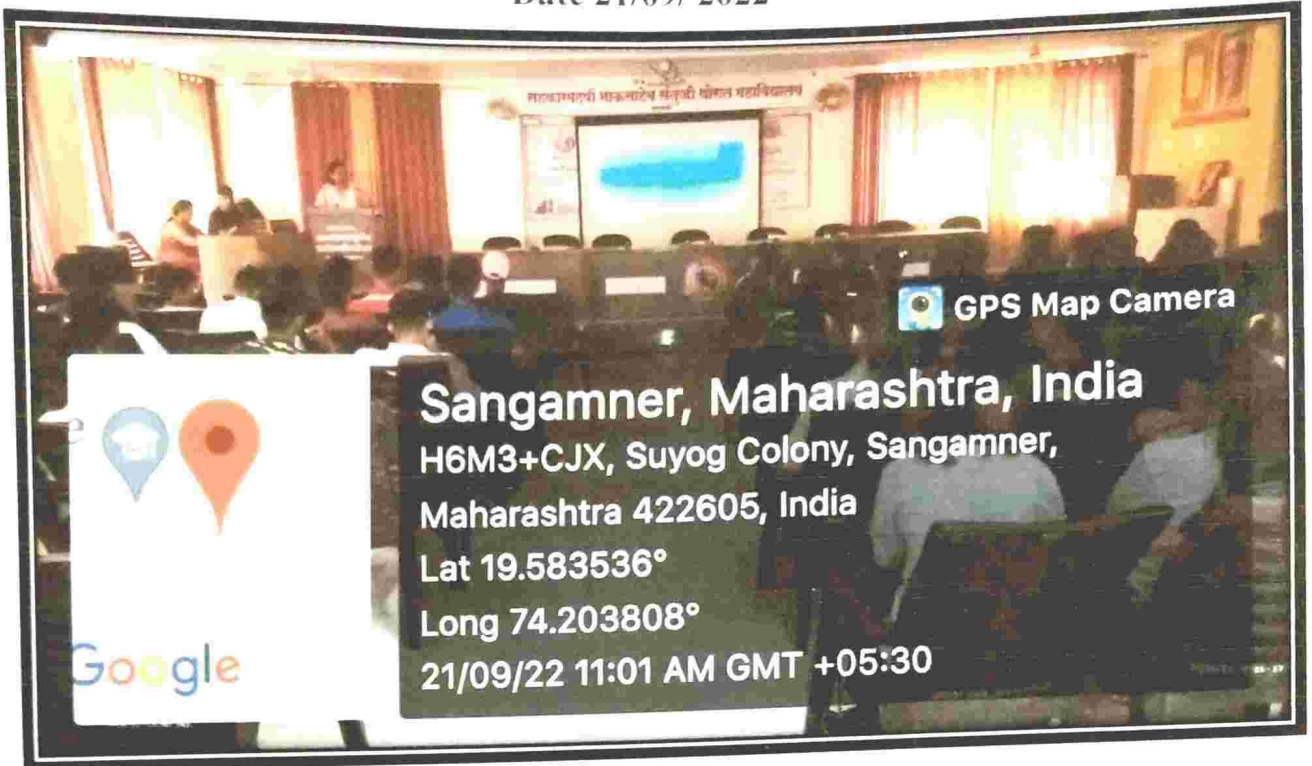



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