

**PHYSICAL FITNESS, HEALTH AND HYGIENE (ZUMBA)
2020-21**

Workshop on Women fitness

25/09/2021 TO 30/9/2021

फिटनेस शिबीर

25-09-2021

फिटनेस शिबीर

1) Dr. V. U. Pochu	Yashu
2) M. T. Nikan	Inkan
3) P. M. Dahiker	Om
4) T. S. Shirsane	Bhims
5) S. M. Kalukde	Ek
6) P. U. Chikhale	Gu
7) Dr. M. E. Jadhav	Mahar
8) P. G. Chavan	Chavan
9) S. S. Gaikwad	Bonali
10) S. P. Whillare	Prince
11) Nalle P. B.	Nalle
12) Aasamabi Kalim shaha	Nishu
13) Ku. Gayatri Raju Hoge	Jyoti
14) Arti Subhash Ghadale	Bhadak
15) Mayuri Subhash Rasal	M.S. Rasal
16) Vaishnavi Suresh Derkar	V.S. Derkar
17) Vrushali Dnyaneshwar Hoge	Ritoge
18) Komal Baban Shirale	K.B. Shirale
19) Pooja Shaikurshad Thombhe	Thombhe
20) Rutuja Ravindra Mahajan	Rutuja
21) Jayal Surendra Sardar	Bhandar
22) Kalpana Prateep Dawle	Dawle
23) Ms Y. T. Suradkar	J
Mrs. S. A. Kutale	Kutale
24) Nalle Pallavi B.	Nalle
25) K. S. Theng	Kateng
26) Bhagyashri Vilas Khase	Khase
27) Anjali Gautam Jadhav	A.G. Jadhav
28) Poshani Sugdev Sapkal	R. S. Sapkal
29) Komal Manohar Asakh	K. Asakh
30)	



SHRI SHIVAJI EDUCATION SOCIETY, AMRAVATI'S
SHRI SHIVAJI SCIENCE & ARTS COLLEGE, CHIKHALI.
DISTT: BULDANA. 443201
NAAC Reaccredited with B++ GRADE (CGPA 2.82)



Women Nurturing Cell
Workshop On Women Fitness
Feedback Form

Name of the Participant: Riyana Subhan hariwale

Sr. No.	Question	Response				
		Excellent	Very Good	Good	Satisfied	Poor
1.	How satisfied were you with the workshop ?	✓				
2.	How relevant and helpful did you find the workshop ?			✓		
3.	Were the exercises demonstrated useful to you?		✓			
4.	How satisfied are you about the coach?	✓				
5.	Was the workshop useful for you to maintain your health in future?			✓		



Women Nurturing Cell
Workshop On Women Fitness
Feedback Form

Name of the Participant: shweta vijay Ingle

Sr. No.	Question	Response				
		Excellent	Very Good	Good	Satisfied	Poor
1.	How satisfied were you with the workshop ?			✓		
2.	How relevant and helpful did you find the workshop ?	✓				
3.	Were the exercises demonstrated useful to you?		✓			
4.	How satisfied are you about the coach?				✓	
5.	Was the workshop useful for you to maintain your health in future?		✓			





SHRI SHIVAJI EDUCATION SOCIETY, AMRAVATI'S
SHRI SHIVAJI SCIENCE & ARTS COLLEGE, CHIKHALI.
DISTT: BULDANA. 443201
NAAC Reaccredited with B++ GRADE (CGPA 2.82)



Women Nurturing Cell

Action Taken Report Workshop On Women Fitness

1. It is decided to organize an offline Workshop on Women Fitness by the Women Nurturing Cell.
2. A committee for the organization for the workshop was formed on 20/09/2021.
3. The members of the committee were as follows
 - i. Dr. A. R. Mule : Coordinator
 - ii. Dr. M. T. Nikam : Co-Coordinator
 - iii. Dr. S. M. Kalakhe : Organising Secretary
 - iv. Dr. P. B. Nalley: Member
 - v. Dr. S. S. Gaikwad : Member
4. A meeting of organizing committee was held on 23/09/2021. The work was distributed among the committee members.
5. A Boucher of the workshop was prepared and posted on Whats App Group of the college and different Groups of the students.
6. The women the town were informed through the students.
7. The interested women were enrolled for the workshop.
8. For the workshop Women Fitness Couches viz. Miss. Vandana Rajput, Miss. Kanchan Theng and Miss Sujata Marathe were invited to guide the participants.
9. Around thirty participants participated in the workshop.
10. Daily Attendance has been taken.
11. Feedback was taken and analyzed. Most of the participants mentioned that they were benefited from the workshop.

Assistant Professor
Marathi Department
Shri Shivaji Science & Arts College,
Chikhli, Dist. Buldana

Coordinator
IQAC, Shri Shivaji Sci. & Arts
College, Chikhli Dist. Buldana

Principal
Shri Shivaji Sci. & Arts
College, Chikhli, Dist. Buldana