



Rayat Shikshan Sanstha's

Mahatma Phule Mahavidyalaya, Pimpri, Pune

*Reaccredited with 'A' Grade by NAAC/DST-FIST funded /An ISO 9001:2015 Certified College
Affiliated to Savitribai Phule Pune University, Pune (PU/PN/ACS/053)*

**IQAC, Department of Physical Education and
Health Committee Organized Regional
(Institutional) Level One Day Workshop
On**

**Fitness Priorities During Covid-19 Pandemics
July 05, 2021**

Time: 11:00am to 12:30pm

Venue: Mahatma Phule Mahavidyalaya, Pimpri, Pune- 17

**Keynote speaker: Hon. Mr. Mahendra Gokhale
(Fitness Trainer Mumbai Indian Cricket Team)**



**Dr. Pandurang Lohote
Director of Phy. Edu.**

**Dr. Neelkanth Dahale
IQAC
(Coordinator)**

**Dr. Pandurang N. Gaikwad
Principal,**

Mahatma Phule Mahavidyalaya, Pimpri, Pune- 17

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Date: 05/07/2021

Report of the workshop
Fitness Priorities During Covid-19 Pandemics

The IQAC, Department of Physical Education and Health Committee Organized Regional (Institutional) Level One Day Workshop on Fitness Priorities During Covid-19 Pandemics on July 05, 2021 for the online mode through Zoom Aap.

The workshop Keynote Speaker Mr. Mahendra Gokhale fitness trainer of Mumbai Indian Cricket team.

Hon'ble Mahendra Gokhale gave a thorough guidance to all the members present for the workshop on how to maintain their fitness level in the during covid-19 pandemic and what kind of exercise to do. Also, the discussion was held on various fitness factory requires for the maintain fitness level. After the speech various professor asked him question regarding the fitness and he answers all the question very satisfactory. Total 50 member participated in this workshop.

The program was introduced by Dr. Neelkanth Dahale, IQAC coordinator of the college. The vote of thanks was given by Director of Physical Education Dr. Lohote P.K. The program was anchoring Dr. Kamayani Surve. The workshop was organized under the guidance of Hon. Prin. Dr. Pandurang Gaikwad of the college.




PRINCIPAL
MAHATMA PHULE MAHAVIDYALAYA
PIMPRI PUNE-411 012



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**IQAC, Department of Physical Education and Health Committee
Organized Regional (Institutional) Level One Day Workshop
On
Fitness Priorities During Covid-19 Pandemics
05th July, 2021**

Zoom Meeting

Participants (51)

Find a participant

Rajendra Deshmukh

rajendra pujari

RS Ravi sangde

RM ROHIDAS MURHE

sandeep nannaware

S Sangeeta Ahiwale

S Shahaji Karande

Sharmila Bhambare

sheetal pingale

sunil salke

SB Supriya Bankar

UG Uddhav Ghodake

UT UJVALA TAWARE

स्वाती गुरव

Unmute Stop Video Security Participants Chat Share Screen Pause/Stop Recording Reactions More End

Type here to search 30°C AQI 103 ENG 11:18 AM 05-07-2021

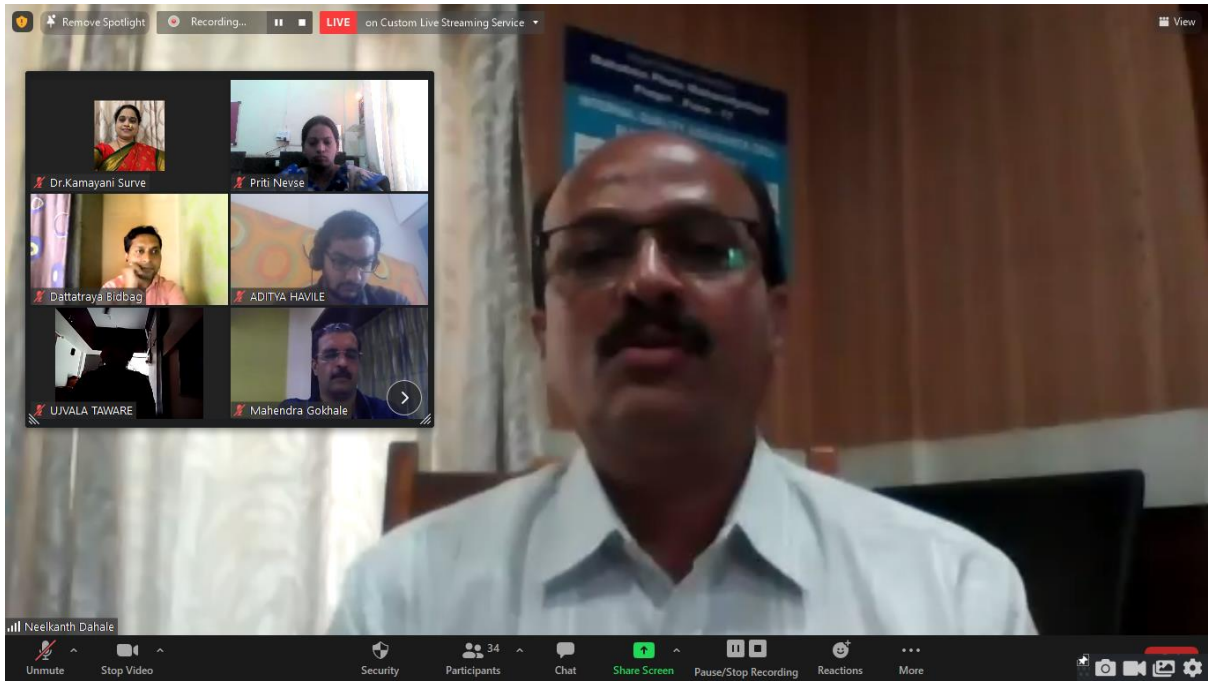
**Keynote speaker: Hon. Mr. Mahendra Gokhale
(Fitness Trainer Mumbai Indian Cricket Team)**



Keynote speaker: Hon. Mr. Mahendra Gokhale during speech



Hon. Prin. Dr. Pandurang Gaikwad



Dr. Neelkanth Dahale, IQAC coordinator of the college.

Seema



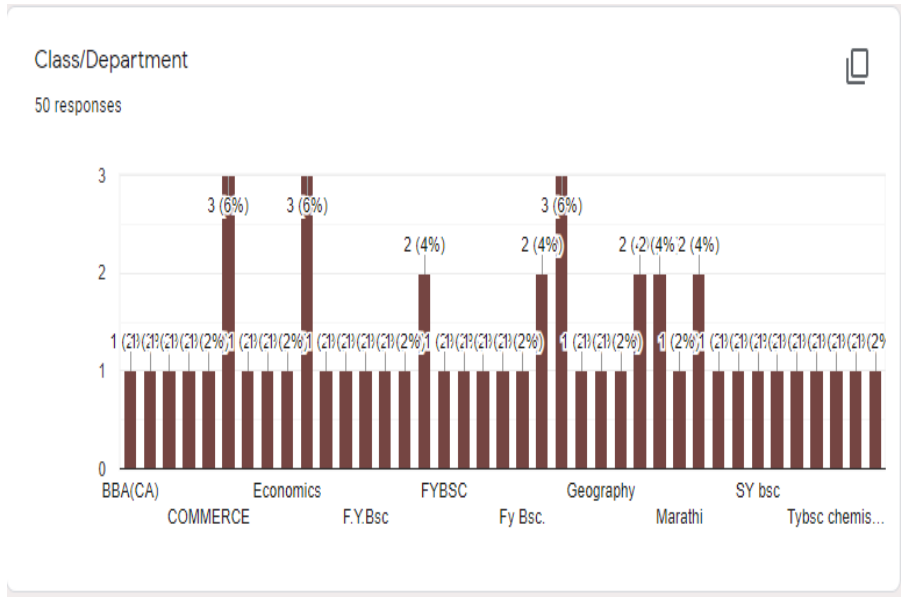
Director of Physical Education Dr. Lohote P.K.

FITNESS PRIORITIES DURING COVID-19 PANDEMICS 5/7/21

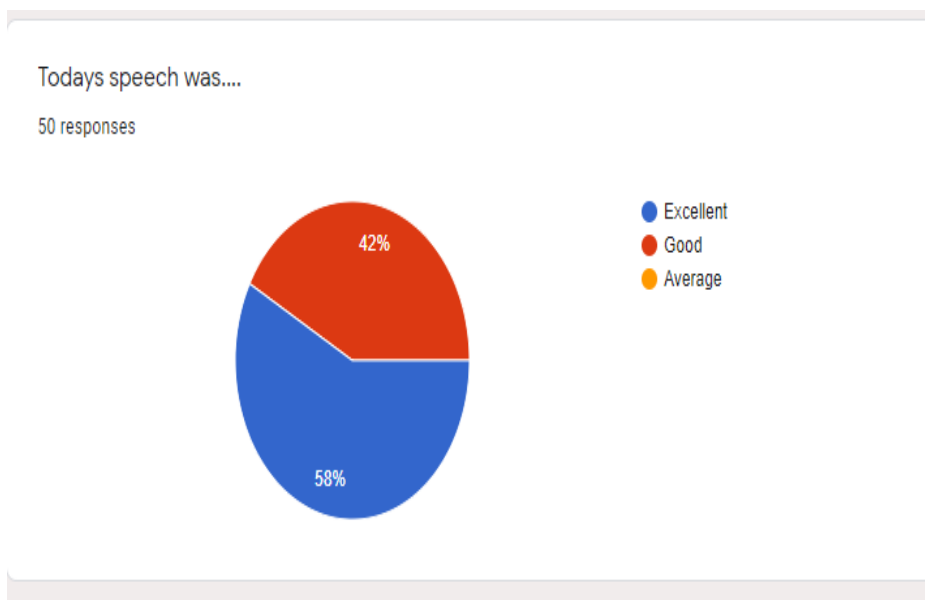
Resource Person - Mr. Mahendra Gokhale

Time - 11.00 A.M

Class/Department. Number of responses: 50 responses.



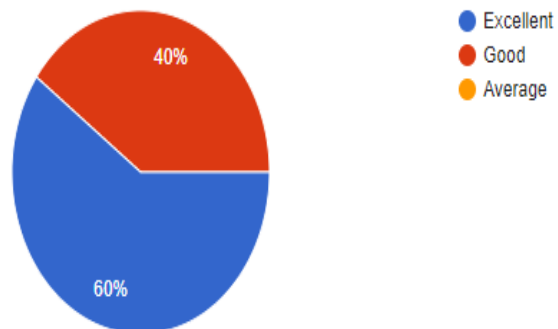
Today's speech was..... Number of responses: 50 responses.



Relevance of the topic.... Number of responses: 50 responses.

Relevance of the topic...

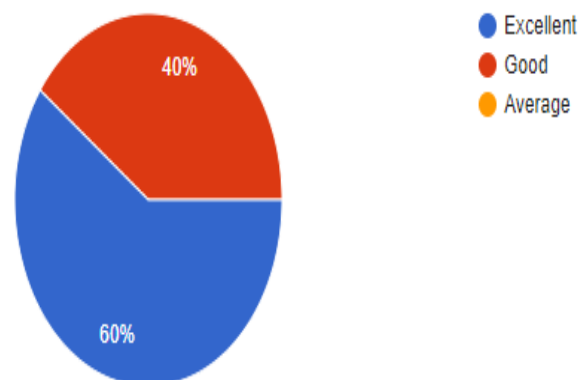
50 responses



Quality of the program... Number of responses: 50 responses.

Quality of the program..

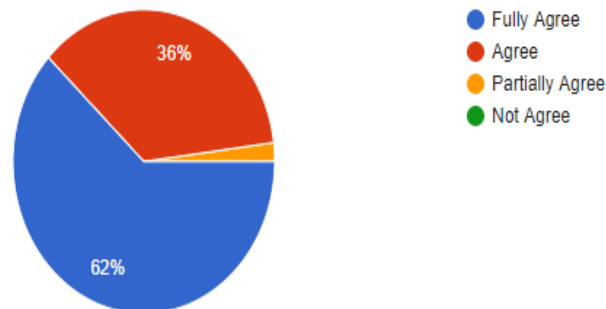
50 responses



Content of the lecture was useful and interesting.. Number of responses: 50 responses.

Content of the lecture was useful and interesting.

50 responses



Suggestions.50 responses

- Good
- Keep it up
- Lecture is good
- Teaching is very awesome
- Good lecture
- better solutions to solve problems in covid pandemics
- Nice communication
- This Topic Is very Helpful during this COVID-19 situation
- It was valuable information
- Very informative session
- Very useful session...
- Very nice Guidance about fitness and diet.
- Very nice & valuable information
- It was valuable .
- It useful to us
- Lecture was encourageou and useful.
- Informative lecture
- I think we would like to do much more sessions on fitness and health. we will take so knowledge and spread this knowledge in our society about fitness And health...
- Arrange more lectures
- Such programs should be re-organized. it gives good motivation
- It was good program
- A better you wasn't built in a day