

GYMKHANA ASSOCIATION

Report

For the A.Y.2020-21

Gymkhana Chairperson : Dr.Dhananjay B.Wankhade
Physical Director : Prof.Laxman Ingle

In the Covid-19 Pandemic, physical sports activities of the college are disrupted, hence Gymkhana Association decided to conduct health beneficial online lectures to create health awareness among students.

Several studies show that frequent yoga practice enhances physical fitness, energy, and quality of life. In these contexts, the Gymkhana Association organized Online Lecture on the topic **“Yoga During The Pandemic Situation”** on 27th May, 2021. The well-known Yoga Expert **Shri Chidanand Patil** (M.A.inYog Shastr & Diploma in Yoga and Ayurveda) delivered the lecture. He had conducted YogAbhyas session and explain how the various Yoga Asanas is useful to deal with stressful situations and maintain a healthier outlook on life. total 58 students along with 4 faculties participated in the activity.

Diet and Regular exercise can both have huge effects on overall health, can be some of the main factors in preventing disease and other complications later in life. Using food as our medicine has become a popular theme for health improvement. To focus on healthy food intake as a primary fitness goal. We had invited the Yoga Expert and Dietician **Smt.Shruti Shashank Vaidya**, on 29 May, 2021. She had delivered an Online Lecture on the topic **“Balance Diet for Physical Fitness”** on 29 May, 2021. Principal Dr.Jyoti Pohane grace the occasion and gave their valuable guidance. The P.P.T.presentation of the Smt.Shruti Shashank Vaidya was very impressive and all the content of the lecture was received well by our students. Total, 146 Students and 6 teachers participated in the program.

Dr.Dhananjay B.Wankhade
Gymkhana Chairperson

