

लेवा एज्युकेशनल युनियन संचलित
डॉ. अण्णासाहेब जी. डी. बेंडाळे
महिला महाविद्यालय, जळगाव
संलग्न : कवयित्री बहिणाबाई चौधरी
उत्तर महाराष्ट्र विद्यापीठ, जळगाव (महाराष्ट्र)
नॅक पूनर्मुल्यांकित 'अ' श्रेणी (३.१२ सी.जी.पी.ए.)
(तिसरी फेरी), आय.एस.ओ.९००१:२०१५ मानांकित



Lewa Educational Union's

Dr. Annasaheb G. D. Bendale
Mahila Mahavidyalaya, Jalgaon

Affiliated to Kavayitri Bahinabai Chaudhari
North Maharashtra University Jalgaon (M.S.)

NAAC Re-Accredited 'A' Grade (3.12 CGPA) (3rd Cycle),
ISO 9001: 2015 Certified

Prof. Gauri M. Rane

(M.Sc.Ph.D.)
Principal

Report of Activity

- ❖ **Name of the Programme** : Workshop on Aerobics
- ❖ **Date of the Programme** : 27/08/2023 to 10-09-2023
- ❖ **Venue of the Programme** : Leva Boarding Hall
- ❖ **Number of Participants** : 100 Students
- ❖ **Brief summary of the programme:**

Department of Physical Education & Sports organized the Workshop on Aerobics dated from 27/08/2023 to 10-09-2023. B Anand Kumar guided aerobics is a structured fitness session focused on cardiovascular exercise, incorporating rhythmic movements set to music. It typically includes warm-up exercises, a series of aerobic routines to improve endurance, coordination, and strength, and ends with a cool-down and stretching. These workshops are often led by certified instructors and can cater to various fitness levels, helping participants to improve heart health, burn calories, and boost overall physical fitness.

Dr Anita Kolhe
Director of Physical
Education & Sports



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Powered by Triple Camera 2023.08.21 11:39



GPS Map Camera

Jalgaon, Maharashtra, India

2H66+8F5, Mahatma Gandhi Rd, Pratap Nagar, Jalgaon, Maharashtra

425001, India

Lat 21.010655°

Long 75.561456°

22/08/23 11:06 AM GMT +05:30

Google



जळगाव सिटी 05-09-2023

बेंडाळे महाविद्यालयात एरोबिक्स शिबिराचा समारोप

प्रतिनिधी | जळगाव

डॉ. अण्णासाहेब जी. डी. बेंडाळे महिला महाविद्यालयाच्या जिमखाना विभागातर्फे १५ दिवसीय एरोबिक्स प्रशिक्षण शिबिराचा सोमवारी समारोप करण्यात आला.

प्रशिक्षण शिबिराच्या समारोपप्रसंगी 'एरोबिक्स या व्यायाम प्रकारचे फायदे आणि महत्त्वाचे स्वास्थ्य' यानिमित्ताने प्रशिक्षक बी. आनंद कुमार यांनी विशद केले. या व्यायाम प्रकाराच्या सातत्यामुळे शरीराला आवश्यक असा व्यायाम मिळतो. शरीर सुदृढ आणि मानसिक स्वस्थ राहण्यासाठी एरोबिक्स हा व्यायाम प्रकार महत्त्वाचा आहे. आधुनिक काळामध्ये या



बेंडाळे महिला महाविद्यालयातील प्रशिक्षण शिबिराच्या समारोपप्रसंगी उपस्थित विद्यार्थिनींसोबत प्राचार्य डॉ. गौरी राणे.

व्यायाम प्रकाराचा प्रसार आणि प्रचार झपाट्याने होत असताना महाविद्यालयीन विद्यार्थिनींनी देखील दररोज या व्यायाम प्रकाराचा सराव

केला पाहिजे, असे प्राचार्य डॉ. गौरी राणे यांनी सांगितले. या प्रशिक्षण शिबिरात १०० विद्यार्थिनींनी १५ दिवस सक्रिय सहभाग घेतला. याप्रसंगी

प्रशिक्षक बी.आनंदकुमार, प्रा. छाया चिरमाडे उपस्थित होत्या. जिमखाना विभाग प्रमुख डॉ. अनिता कोल्हे यांनी सूत्रसंचालन केले.

Dr Annasaheb G.D.Bendale Mahila Mahavidyalya , Jalgaon
Department of Physical Education & Sports
"Aerobic Camp" (Dolly Anand Kumar)

27 August 2023 to 10 Sep. 2023

Attendance

Sr no	Students Name	Class	Sign
1	Unhale Vaishnavi Vijay	S.Y.B.Com	Vahy
2	Patil Kalyani Kailas	S.Y.B.Com	K.K.Patil
3	Mali Vaishnavi Madhukar	S.Y.B.Com	MMali
4	Patil Aarti Naresh	S.Y.B.Com	Aarti
5	Upadhye Aparna OMPaksh	S.Y.B.com	Apre
6	Birhadia Bhavuna sanjay	S.Y.B.Com	B&B
7	Chaudhari Diksha Gajanan	12 th com(D)	DChaudhari
8	mrunal Rajnikant Athawale	S.Y.B.com	Mrunal
9	Tanisha Santosh pawar	Sy. B.com	J.S.pawar
10	Prachiti Kishor Mahajan	F.Y B.Com	Prmahajan
11	Sonal Jagan Basi	F.Y.B.com	S.T.Basi
12	Gauri Dhyameshvar Sonar	f-y.B.com	Gauri
13	Vaishnavi Vikas pawar	11 th Com	VPawar
14	Shayali Rakesh Tiwari	11 th Com	Shayali
15	Shruti Rawikumar Natani	S.Y.B.Com	Shruti
16	Nikita Lahu Manore	S.Y.B.com	N.L.manore
17	Pranali Dattu Thakur	S.Y.B.Com	Pranali
18	Suhani Anil Chandre	11 th Com	Suhani
19	Neha dipak Patil	11 th com	Neha
20	Jayashri narayan Tumbe	11 th com	J.N.Tumbe
21	Urmila Bhagwat Patil	12 th Arts	UBPatil

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27 August 2023 - to 10 sep. 2023

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Sr no	Students Name	Class	Sign
22	Tanvi pankaj Gaikwad	12 th com	Tanvi
23	Nikita Arjun Bari	12 th Arts	Nikita
24	Lina Jitendra Sonawane	S.Y.B.com	L.Sonawane
25	Yogita Ramesh Patil	S.Y.B.com	Y.Patil
26	Bhagyashree Sanjay Chaudhari	S.Y.B.A	B.Chaudhari
27	Vaishnavi Santosh Chaudhari	T.Y.B.A	V.Chaudhari
28	Ashwini Anil wandole	T.Y.B.A	A.wandole
29	Divya Kailas Patil	T.Y.B.A.	D.Patil
30	Nikita Bandu Pawar.	F.Y.B.A	N.Pawar
31	Ghanshreshwari Vitthal Jadhav	11 th com	G.Jadhav
32	Shweta Mahesh Mastore	11 th com	Shweta
33	Bhumiika Jaiprakash Patil	F.Y.B.com	B.Patil
34	Gayatri Arjun Aswar	T.Y.B.A	G.Aswar
35	Gayatri Kishor Sonawane	F.Y.B.A	G.Sonawane
36	Bhavana Kishor Kale	S.Y.B.com	B.Kale
37	Tejaswini Vitthal Gaude	S.Y.B.com	T.Gaude
38	Kalyani Parachand Gaude	S.Y.B.com	K.Gaude
39	Pallavi Santosh Dapse	11 th com	P.S.Dapse
40	Prerna Ananda Sonawane	11 th com	P.Sonawane
41	Nikita Rujendra Chaudhari	S.Y.B.com	N.Chaudhari
42	Kalyani Anil Patil	S.Y.B.com	K.Patil

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27 August 2023 to 10 sep 2023
Attendance

Sr no	Students Name	Class	Sign
43	Bhumika Bharat Shirsale	F.Y. B.com	<u>Bhumika</u>
44	Dhanashri Sanjay chauthani	Fy BA	<u>Dhanashri</u>
45	Smalce Ravindra Aswar	Til.B.A	<u>Smalce</u>
46	ujwala Prakash Sone	F.Y. B.com	<u>Ujwala</u>
47	Mohini mangesh derpe	F.y B.A	<u>Mohini</u>
48	Bhagyashri Yuvraj Patil	F.Y. B.A	<u>Bhagyashri</u>
49	Gayatri Samadhan patil	F.y Bcom	<u>Gayatri</u>
50	chetana Sanjay Patil	F.y Bcom	<u>Chetana</u>
51	Mayuri Dilip Tade	11th Sci	<u>Mayuri</u>
52	Sandhya Sambhaji Patil	11th Sci	<u>Sandhya</u>
53	Ruchita kailas Wani	11th Alc	<u>R.k.wani</u>
54	Puyal Naneshwar sonwane	11th A/E	<u>P. N. sonwane</u>
55	Vaishnavi Anil Jevale	11th com	<u>Vaishnavi</u>
56	Mansi Atul Joshi	11th com	<u>M.A. Joshi</u>
57	Tanishasunil khairnar	11th com	<u>Tanishasunil</u>
58	Pallavi sunil Bhoi	11th com	<u>Pallavi</u>
59	Bhavana Maham Garkale	11th com	<u>Bhavana</u>
60	Pranita Lalit Bharsar	11th com	<u>P.L. Bharsar</u>
61	Divyata Jayant Kolhe	11th Sci	<u>Divyata</u>
62	Isha Shampasad Barmbale	11th com	<u>Isha</u>
63	Vaishnavi Machchin DrA Bhaubhar	11th com	<u>Vaishnavi</u>

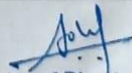
Dr Annasaheb G.D.Bendale Mahila Mahavidyalya , Jalgaon
 Department of Physical Education & Sports
 "Aerobic Camp" (Dolly Anand Kumar)
 to 27 August 2023 to 10 sep 2023

Attendance

Sr no	Students Name	Class	Sign
64	Akanksha Vikas Paradb	11 th com	A.v.paradb
65	Ankita. Rajaram Sharma	11th Com	AS
66	Ashwini Sunjay Gadilohar	11th com	A.S.gadilohar
67	Harsha Diip Rajisra	11th Arts	H
68	Komal Sopan Varrade	11th com	K
69	Rajnandini Kumbhar	11th Arts	R.K.
70	Ragini salish sonawane	11th Arts	R.S.sonawane
71	vidya Sunil Ingale	11th com	V.ingale.
72	Rupali Sopan Raypure	11th com	R
73	Isha shivvishal Mishra	S.Y.B.A	Isha.
74	Pratiksha Kailas shirsath	11th com	P.S.
75	Ashwini Dnyaneshwar Patil	T.Y.B.A.	A.Patil
76	Nandini vinod Bogul	F.Y.B.com	N.Bogul
77	Bhuvaneshwari Suklal Bhoi	S.Y.B.Com	B
78	Jamini Rajder Patil	12 th	J
79	Vidya -khote	S.Y.B.A.	V.S.K
80	Dipali Chaudhari	11 Arts	D.m.c
81	chanchal vandre	11 Arts	C.m.v
82	Pradnya Sonawane	11 Com	P.N.S
83	Pradnya Athire	11 com	P.A.A
84	Mahima Chaudhary	T.Y Com	M.G.C

Dr Annasaheb G.D.Bendale Mahila Mahavidyalya , Jalgaon
 Department of Physical Education & Sports
 "Aerobic Camp" (Dolly Anand Kumar)
 21 to 27 August 2023 - to 10 Sep 2023
 Attendance

Sr no	Students Name	Class	Sign
85	Mohini Kishor chaudhari	11 th E.T	<u>Mohini</u>
86	Kirti Devidas Kolhe	11 th E.T	<u>D.Kolhe</u>
87	Dhruvashini Narendra Kolhe	11 th E.T	<u>Kolhe</u>
88	Jagruti Nitin Sondwane	11 th E.T	J.N.Sondwane
89	Payal Kishor Baviskar	11 th E.T	P.K.B
90	Geetha Dattu Patil	11 th E.T	G.D.Patil
91	Taypti Nitin Tavare	11 th E.T	T.N.TAVARE
92	Dhanshree A. Thosare	Msc-II	D.A.T.
93	Ratnaparkhe Komal R.	Msc-II	K.R.R.
94	Rathod Resham M.	S.Y.B.com	R.M.R.
95	Sapkele Anushka Ravindra	S.Y.B.com	<u>Anushka</u>
96	Tijare Shruti Yuvraj	—	<u>Shruti</u>
97	Komal Arun Pawar	H.Cem	<u>Komal</u>
98	Komal Ganesh patil	S.Y.B.com	<u>Komal</u>
99	Tanuja Sunil Wani	11 th com	<u>Tanuja</u>
100	unvela Radesh Ahire	11 th com	U.R.Ahire
101			
102			
103			
104			
105			


 Director of Physical Education