



Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur
Department of Physical Education & Sports
Zumba Fitness Workshop: "Turn up the Heat With Zumba"
A) A SUMMARY REPORT

1) Title of Programme:	Zumba Fitness Workshop: "Turn up the Heat With Zumba"
2) Name of Organizing Department/Unit:	Department of Physical Education & Sports
3) Name of the Coordinator(s)/ Convener(s)/ Organizer(s) of the Programme:	Mr. Anirudh Baburao Birajdar Coordinator Mrs. Ratnarani B. Koli Co-Coordinator
4) Date(s) of the Programme:	3rd to 17th May 2021
5) Venue/Mode:	Zoom Meet App.
7) Number of Participants:	Male: 10 Female: 29 Total: 39
8) Name(s) of the Coaches :	Mr. Saya Tutika
9) Total Expenditure for the Programme:	8000/-
10) Source of Funding:	RSML
Outcomes:	<ol style="list-style-type: none">1. 'Turn up the Heat With Zumba' program created awareness about physical fitness.2. It helped to build stamina during COVID-19 pandemic.

B) Report

i. **Title :** “Turn up the Heat With Zumba”

ii. **Introduction:** Department of Physical Education and Sports organised an Turn up the Heat With Zumba on 03 to 17th May 2021 via Online Mode on Zoom App.

iii. **Objectives :**

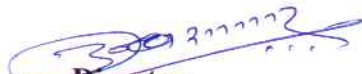
- To Burn Calories
- To Build Stamina
- To enhance cardiovascular conditioning
- To increase high density lipoprotein

iv. **Details of Participants:** In this programme 39 male and female were participated, out of which 10 male and 29 female.

v. **Brief Summary of Events/ Sessions :** As we know this year we suffered from Covid-19 Pandemic, everyone feels stress and it will create impact on their working. So to overcome this stress and make them relax we have organised Zumba workshop. For this session we have invited Mr. Saya Tutika as a trainer.

vi. **Conclusion, with Feedback on the Programme :** By this session everyone feels relax and aware about their physical fitness.

Date: 18/05/2021


Director

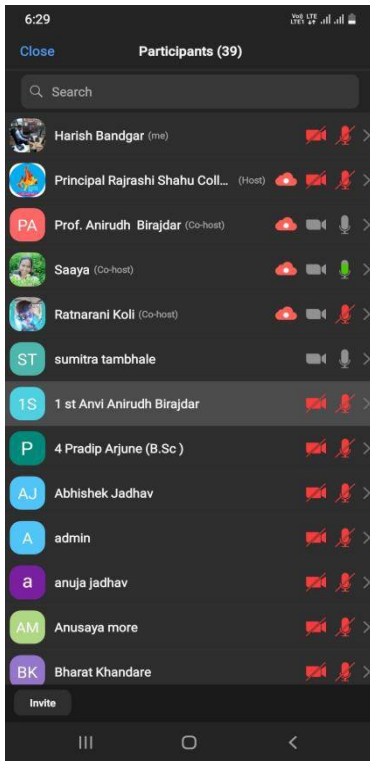
**Physical Education & Sports
Director**
Dept. of Phy. Edu. & Sports
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur


Principal
PRINCIPAL

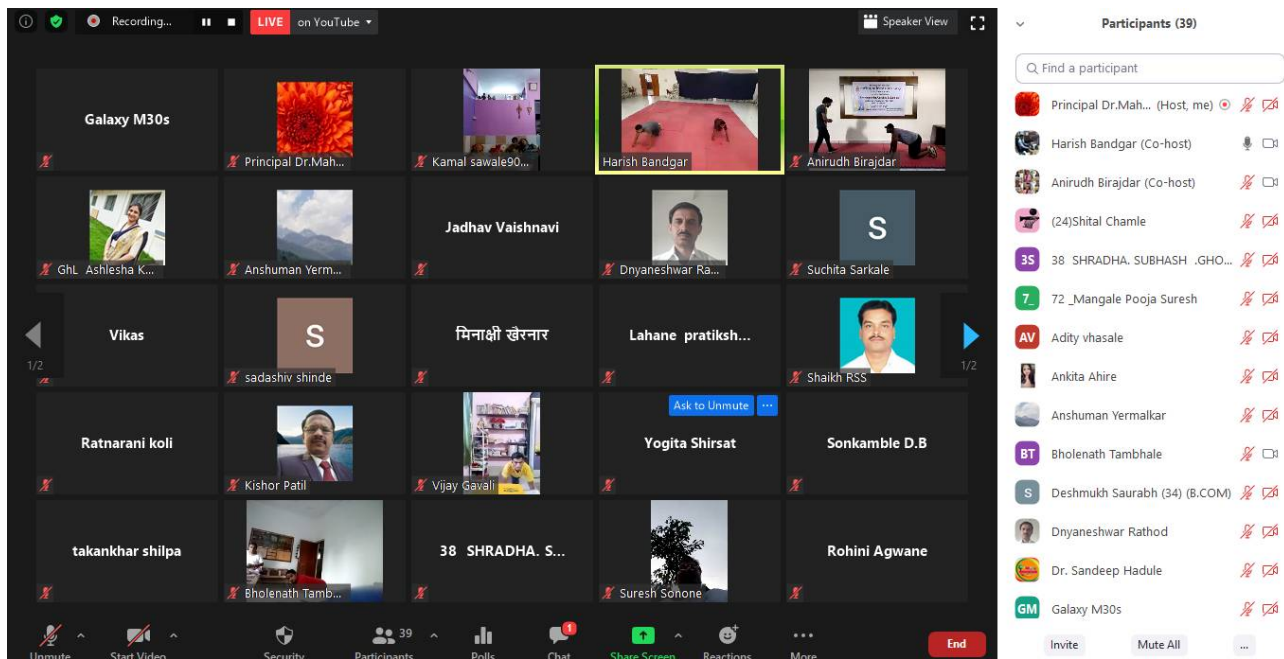
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C) Geotagged Photograph/ Screenshot:



Fitness program conducted by Sports & Physical Education Department in this COVID-19 Pandemic period for college faculty as well their family members



Notice:

राजर्षी शाहू महाविद्यालय (स्वायत्त), लातूर

सूचना

दि. ०३.०५.२०२१

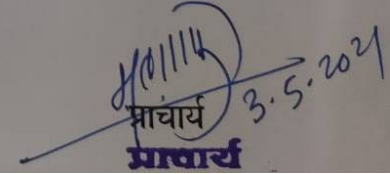
राजर्षी शाहू महाविद्यालय (स्वायत्त) क्रीडा विभागामार्फत राष्ट्रीय स्तरावरील Zumba Fitness Workshop "Turn up the heat with Zumba" या विषयावर दि. ०३ मे ते १७ मे २०२१ पर्यंत दररोज सायंकाळी ०५.३० ते ०६.३० या वेळेमध्ये आयोजित करण्यात आले आहे. या कार्यशाळेत श्री. साया तुतीका, लेट्स डान्स अकॅडमी, लातूर यांचे मार्गदर्शन लाभणार आहे.

कोरोना प्रतीबंधात्मक प्रतीकारशक्ती वाढण्याकरीता या कार्यशाळेची मदत होऊ शकते. तरी सर्वानी या कार्यशाळेचा लाभ घ्यावा. तसेच आपल्या परिचीतांनाही या कार्यशाळेत सहभागी होण्यासाठी प्रोत्साहित करावे.

कार्यशाळेत व टेलीग्राम ग्रुपवर नोंदणी करण्याकरीता तसेच सहभागी होण्याकरीता सोबत लिंक पाठविण्यात येत आहे. दररोज याच लिंकद्वारे कार्यशाळेत सहभागी होता येईल.

Meeting ID : 82701554344

Passcode : rsml


प्राचार्य 3.5.2021
प्राचार्य

Rajarshi Shahu Mahavidyalaya (Autonomous), Latur

Turn up your Heat with Zumba

List of Participants

Sr.No.	Name of the Participant	Gender
1	Anuja Jadhav	Female
2	Harish Bandgar	Male
3	Pallavi Patil	Female
4	Archana Tak	Female
5	Sayali Samudre	Female
6	Pushpalata Trimukhe	Female
7	Kanchanprabha Maske	Female
8	Renuka Londhe	Female
9	Saya Tutika	Male
10	Jayshri Jadhav	Female
11	Chandraprabha Kulkarni	Female
12	Jyoti Mashalkar	Female
13	Manjusha Shinde	Female
14	Suchitra Kasbe	Female
15	Chetana Ahale	Female
16	Shradha Jadhav	Female
17	Dr. Sandip Hadule	Female
18	Pradip Arjune	Male
19	Manisha Dhotre	Female
20	Anshuman Yermalkar	Male
21	Shital Chamle	Female
22	Abhishek Jadhav	Male
23	Bho;lenath Tambhale	Male
24	Samreen Bagwan	Female
25	Akanksha Balsaraf	Female
26	Amruta Sawalsure	Female
27	Dhanashri Jagatap	Female
28	Kalyani Dhule	Female
29	Swati Swami	Female

30	Sumitra Tambhale	Female
31	Ankita Aiwale	Female
32	Mangale Pooja Suresh	Female
33	Anusaya More	Female
34	Aditya Vhasale	Male
35	Deshmukh Saurabh	Male
36	Ratnrani Koli	Female
37	Dnyaneshwar Rathod	Male
38	Rahul Athawale	Male
39	Anvi Anirudh Birajdar	Female

Date:18/05/2021


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