



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU
ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
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Tel: 07106-232349

ACTIVITY REPORT

ACADEMIC SESSION	2021-2022
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Conducted Awareness Camp about Physical Fitness
DATE OF ACTIVITY	From 22 nd February 2022 to 25 th February, 2022
MODE OF ACTIVITY	Offline
ORGANIZING COMMITTEE	Games Committee
PROGRAMME COORDINATOR	Asst. Prof. Dr. Aditya Kishor Sarwe
COMMITTEE MEMBERS	Associate Prof. Dr. S. K. Shinde Asst. Prof. Dr. M. V. Kadu Asst. Prof. Dr. V.S. Dighore Asst. Prof. Dr. A. M. Mahawadiwar
NUMBER OF STUDENTS / BENEFICIARIES PARTICIPATED	90



BRIEF REPORT

The Department of Physical Education and Sports, under the aegis of IQAC, organized one awareness Camp on Physical Fitness for the students of our Institution. It was intended to enhance the physical abilities of our students post COVID-19 Pandemic. In fact, the main purpose of this awareness Camp was to motivate our students to take part in various physical activities to improve their stamina and immunity power. Physical Training to strengthen the capacity of lungs and other vital organs was also undertaken during this Camp. The 'Physical Fitness Camp' was beneficial to improve the oxygen intake and physical fitness of the participants so as to make them ready for the ensuing Sports Competitions. Routine activities in the Camp started with warm-up and Yoga Sessions, followed by various Physical Fitness Drills. The Camp was successfully organized under the able guidance of Asst. Prof. Dr. A.K. Sarwe, Director of Physical Education and Sports.

PROGRAMME OBJECTIVES

- To ensure the holistic development of our students.
- To inculcate sense of empowerment among trainees.
- To encourage them to stay away from all kinds of addictions.
- To empower the trainees to face any kind of challenges in life.
- To increase the confidence level of our students post Covid-19 Pandemic.



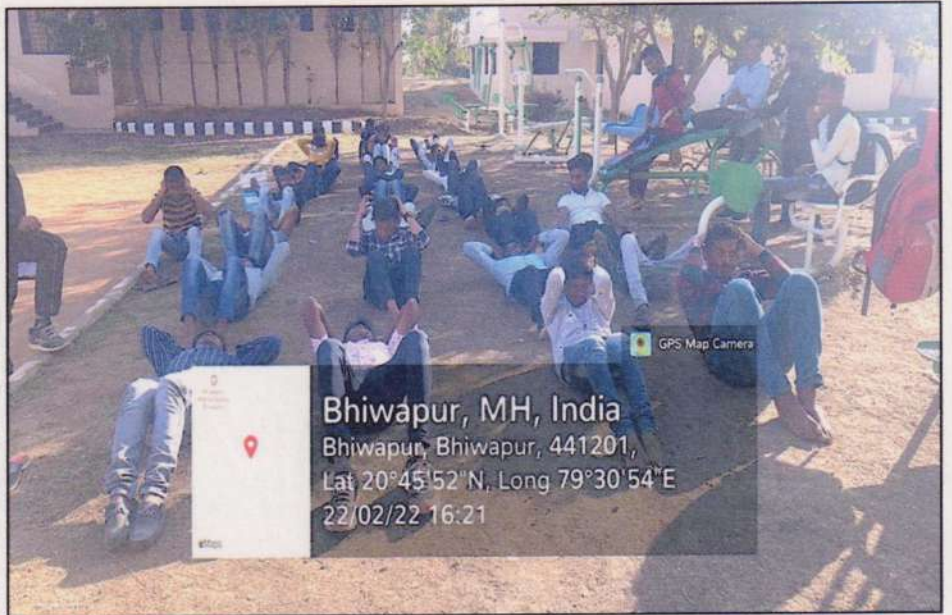
	<ul style="list-style-type: none"> • To develop the physical and mental stamina of students to protect themselves from being infected with Corona Virus. • To improve the immunity power of students. • To create awareness among our students about Health and Hygiene. • To sensitize our students about Institutional Social Responsibilities (ISR). • To engage students in various academic activities.
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Trainees developed their skills through this Camp. • Trainees became physically and mentally more fit. • Trainees were aware of the effects of addiction. • Ensured the holistic development of our students. • Inculcated sense of empowerment among trainees. • Encouraged them to stay away from all kinds of addictions. • Empowered the trainees to face any kind of challenges in life. • Increased the confidence level of our students post Covid-19 Pandemic. • Developed the physical and mental stamina of students to protect themselves from being infected with Corona Virus. • Improved the immunity power of students. • Created awareness among our students about Health and Hygiene. • Sensitized our students about Institutional Social



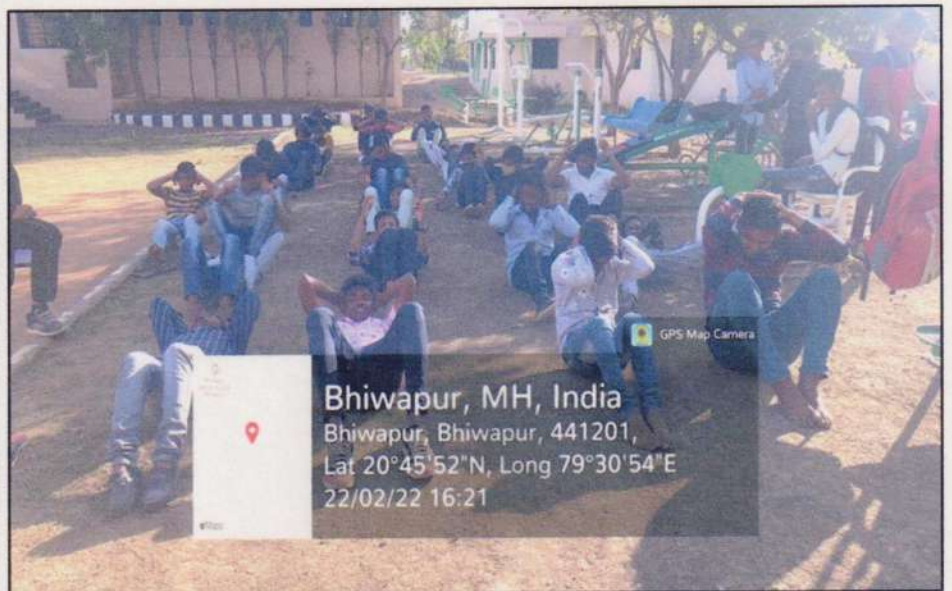
Responsibilities (ISR).

- Engaged students in various academic activities.

**PHOTO GALLERY
WITH CAPTIONS**

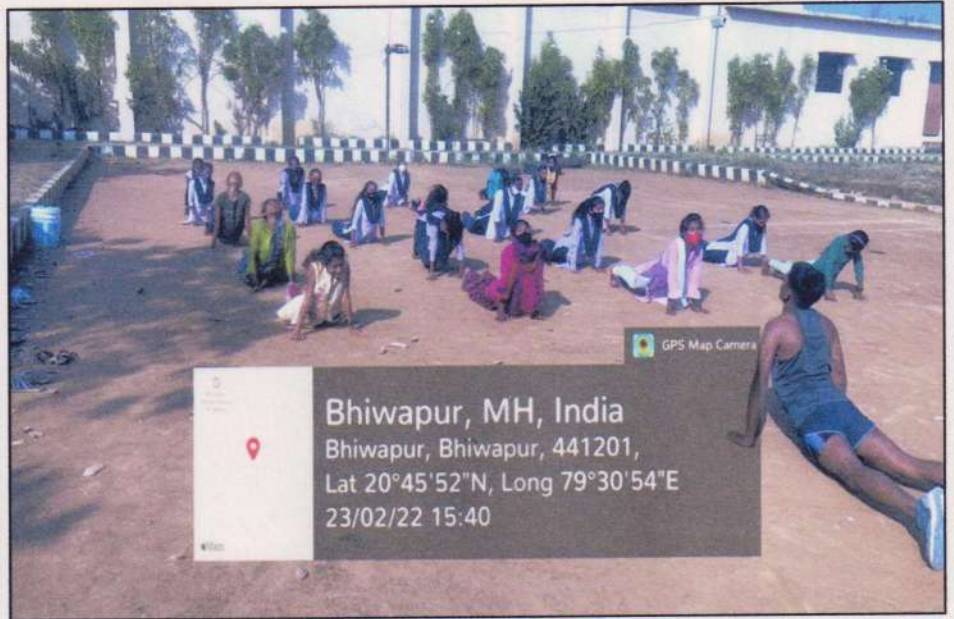


Participants undergoing modified sit-ups for enhancing capacity of lungs

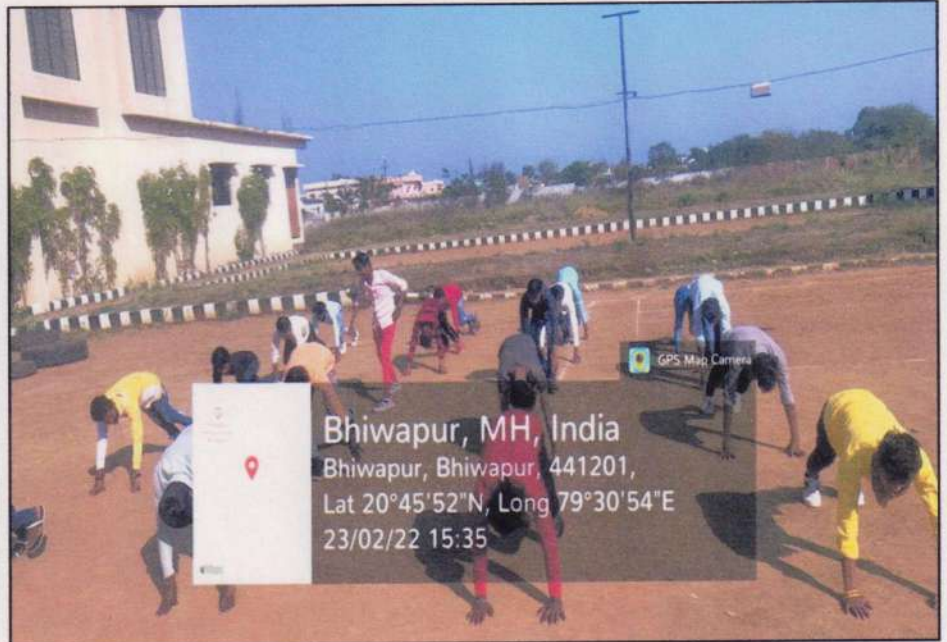


Participants undergoing modified sit-ups for enhancing capacity of lungs



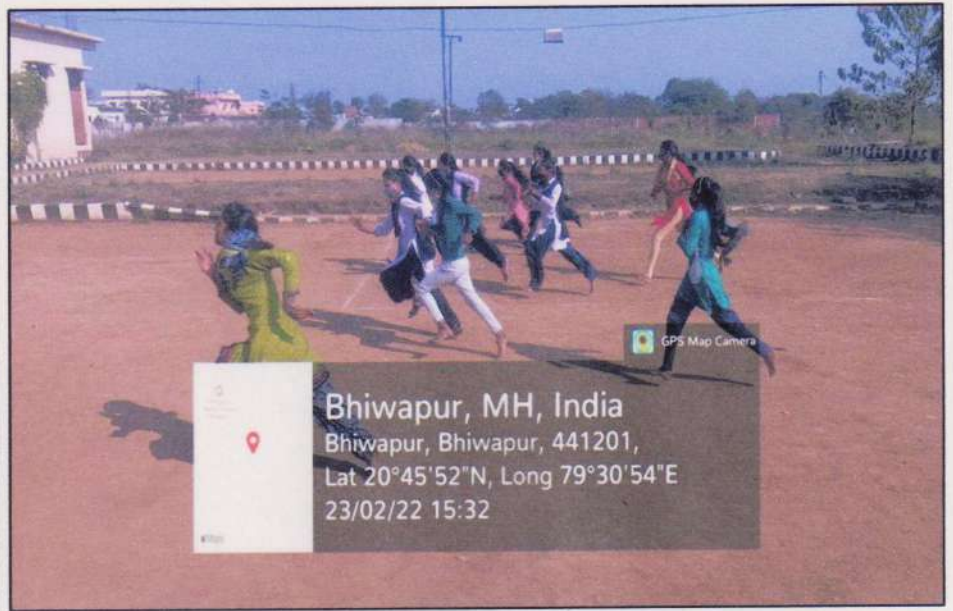


Participants undergoing Surya Namaskar Practice for strengthening the whole body

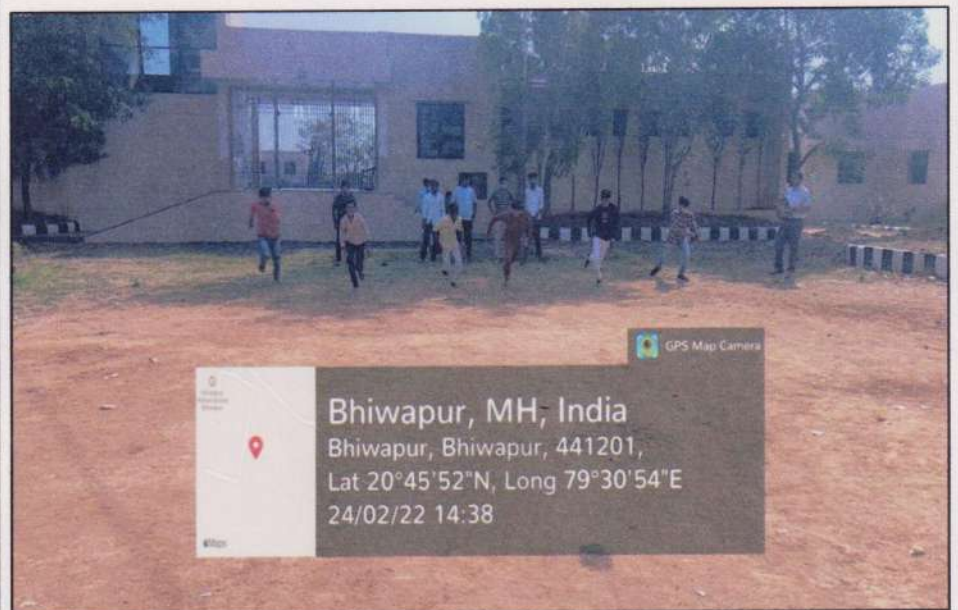


Participants undergoing Practice of Push-Ups for strengthening Lower Back



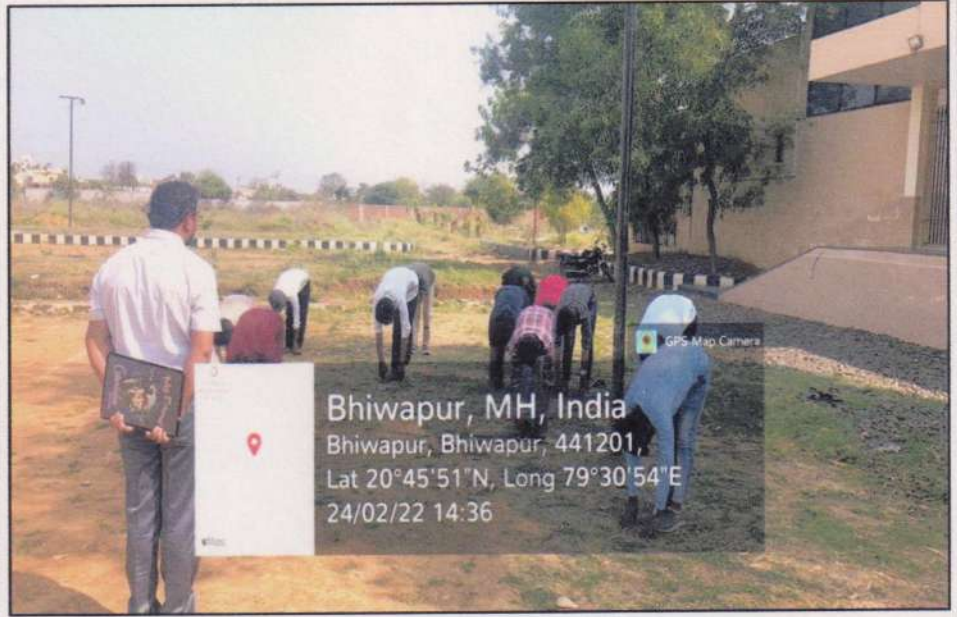


Participants undergoing Practice for strengthening Leg Muscles through running



Participants undergoing Practice for strengthening Leg Muscles through running





Participants undergoing Practice of Toe touch for strengthening muscles of Stomach and Lower Back parts of body



Bhramur
Principal
Bhiwapur Mahavidyalaya,
Bhiwapur