



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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ACTIVITY REPORT

ACADEMIC SESSION	2021-2022
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Summer Coaching Camp on Fitness
DATE OF ACTIVITY	From 23 rd April 2022 to 10 th May, 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	27



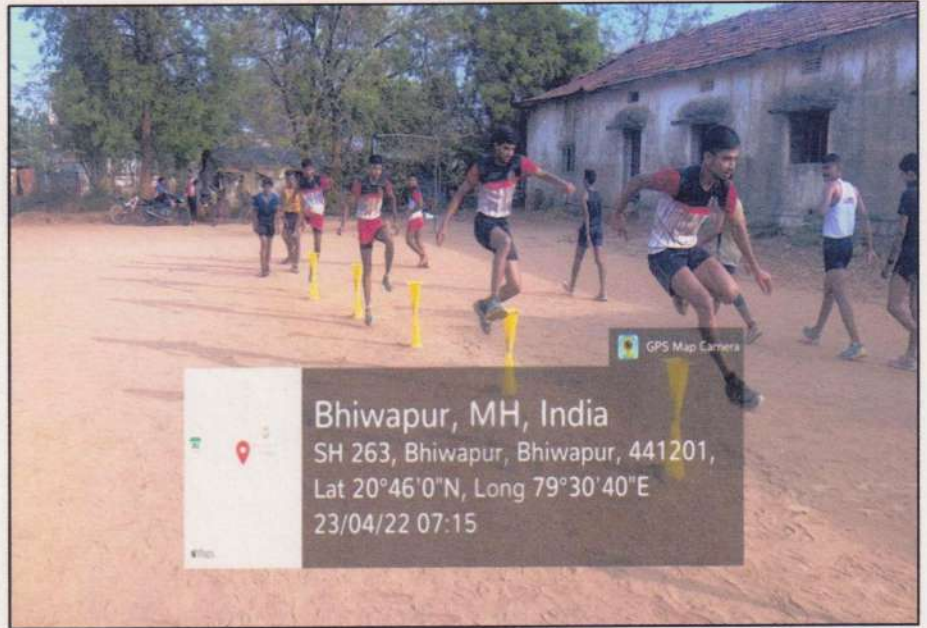
<p>BRIEF REPORT</p>	<p>The Department of Physical Education and Sports of our Institution, under the aegis of IQAC, organized Summer Coaching Camp on Fitness especially in games like Kabaddi, Kho-Kho and Athletics from 23rd April 2022 to 10th May, 2022. Routine activities in the Camp began at 5.00 A.M daily with Warm-up and Yoga Sessions to enhance physical capacity and also for strengthening hamstring muscles of the participants to stay away from any possible injuries. Physical Training to strengthen the capacity of lungs and other vital organs was also undertaken during this Camp, so as to enhance the immunity system of the participants post Covid-19 Pandemic. The Fitness Coaching Camp was successfully conducted under the able guidance of Asst. Prof. Dr. A.K. Sarwe, Director of Physical Education and Sports. In all, 27 students from Bhiwapur Mahavidyalaya and its adjacent areas marked their active participation in this Camp.</p>
<p>PROGRAMME OBJECTIVES</p>	<ul style="list-style-type: none"> ● To ensure the holistic development of students. ● To inculcate sense of empowerment among trainees. ● To encourage the students to stay away from all kinds of addictions. ● To empower the trainees to face any kind of challenges. ● To develop the physical and mental stamina of students so as to protect themselves from being infected with Corona Virus. ● To improve the immunity power of students. ● To improve the confidence level of our students.



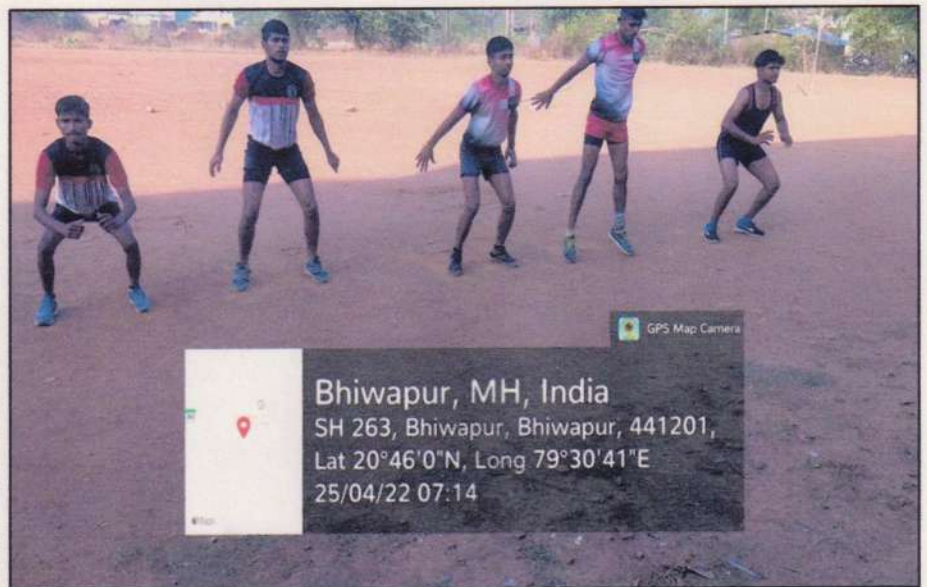
	<ul style="list-style-type: none"> • To create awareness among our students about Health and Hygiene. • To sensitize our students about Institutional Social Responsibilities (ISR). • To strengthen the connection between body and mind to promote relaxation. • To support multiple aspects of physical health, including lung function, blood pressure, and brain function.
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Trainees developed various skills through this Fitness Coaching Camp. • Trainees became physically and mentally more fit. • Developed the physical and mental stamina of students to protect themselves from being infected with Corona Virus. • Improved the immunity power of our students post COVID-19 Pandemic. • Improved the confidence level of our students. • Created awareness among our students about Health and Hygiene. • Sensitized our students about Institutional Social Responsibilities (ISR). • Ensured the holistic development of our students. • Strengthened the connection between body and mind to promote relaxation. • Supported multiple aspects of physical health, including lung function, blood pressure, and brain function.



**PHOTO GALLERY
WITH CAPTIONS**

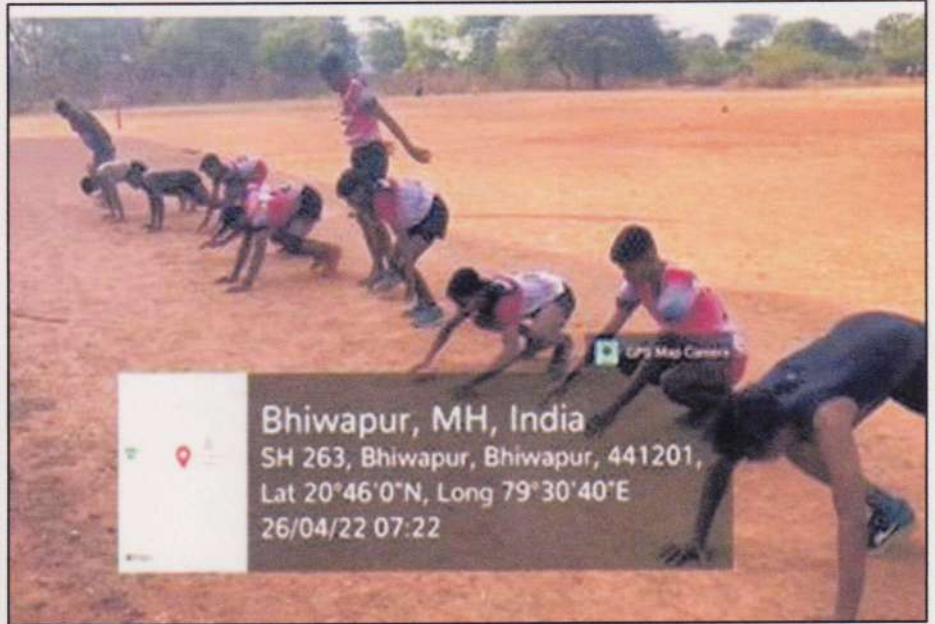


Participants jumping through Double Cones for strengthening Hamstring Muscle

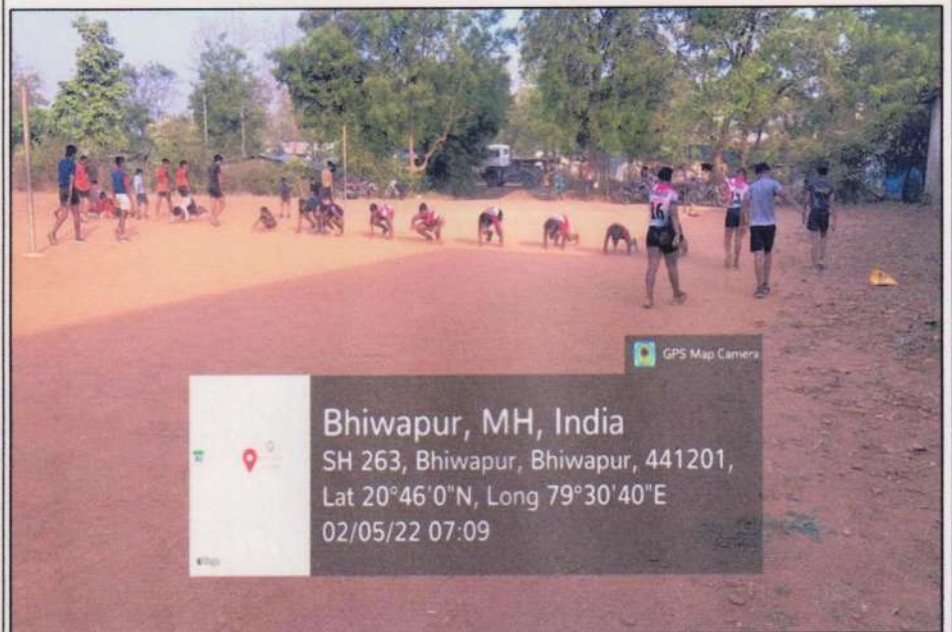


Participants undergoing practice of Squat for enhancing stamina



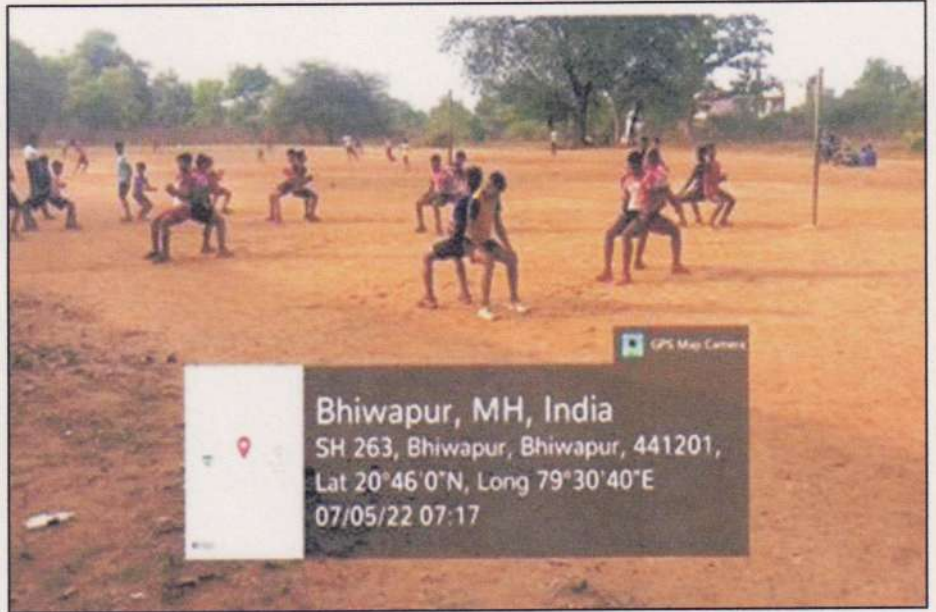


Participants undergoing practice of Push-Ups and Jump for strengthening Lower Back and Shoulder Muscle

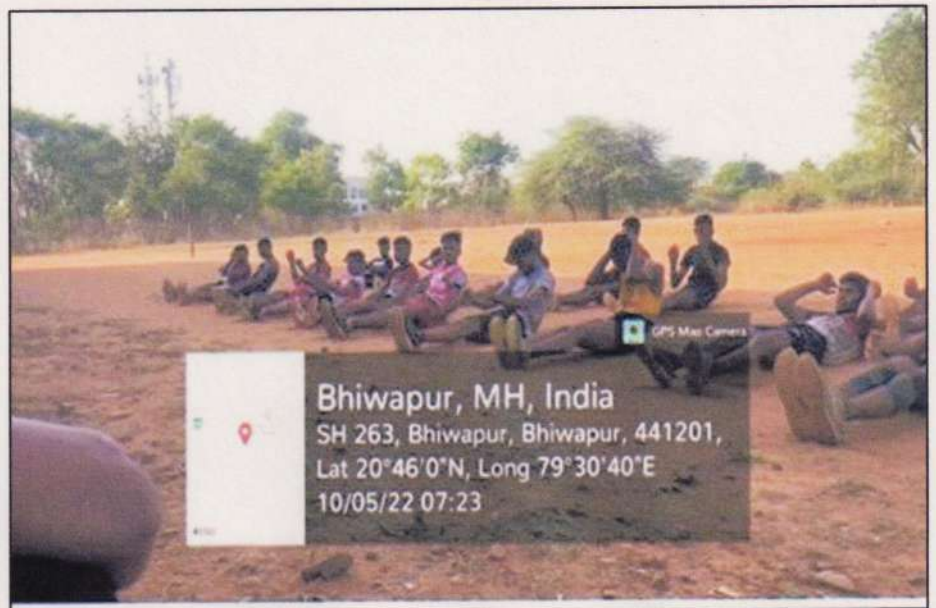


Participants undergoing practice of Push-Ups and Running for strengthening Lower Back





Participants undergoing practice for strengthening Leg Muscles



Participants undergoing practice of crunches for strengthening muscles of Stomach and Lower Back parts of body



[Handwritten Signature]

Principal
Bhiwapur Mahavidyalaya,
Bhiwapur