



The Berar General Education Society's
Shri R. L. T. College of Science, Akola
Department of Physical Education and Sports
& I.Q.A.C. in Collaboration with
Ajinkya Fitness Park, Akola



Online

Certificate Course in Physical Fitness

Dt. 5th to 15th June 2021

Be fit for Nation

Fitness Task Force

No Fees

Open to All

The world is facing a problem of Covid 19 pandemic and as per scientist's opinion the third wave of Covid 19 may be active soon. In the light of the current situation physical fitness plays a vital role in prevention of disease and it helps the person to stay active. This course will be helpful to boost your immunity. We are committed to provide basic physical fitness related information and practical knowledge to Students, Players and People. We conduct this course to develop physical fitness activities for society health benefits.

Registration Schedule : Dt. 27th May 2021 To 4th June 2021

Google Link For Registration :  [Certificate Course in Physical Fitness](#)

Course Schedule

Date	Time	Event/Classes	Name of Expert
5 th June 2021	7:00 To 7:30 AM	Opening Ceremony	
	7:30 To 8:00 AM	Concept of Physical Fitness	Dr. R. D. Chandrawanshi Director of Physical Education and Sports, Shri R.L.T. College of Science, Akola
	8:00 To 9:00 AM	Informative & Practical Session- Stretching Exercises	
6 th June 2021	7: 00 To 8:00AM	Informative & Practical Session- Warm up Exercises	Dr. R.M. Kadam Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras
	8:00 To 9:00 AM	Informative & Practical Session- Suryanamaskar	Mr. Dhananjay Bhagat Director, Ajinkya Fitness Park, Akola
7 th June 2021	7:00 To 8:00 AM	Informative & Practical Session- Aerobics	Dr. Shweta Mendhe Director of Physical Education and Sports, Smt. R.D.G. College for Women, Akola
	8:00 To 9:00 AM	Informative & Practical Session- Yoga	Dr. Babarao Sangle Director of Physical Education and Sports, Bapumiya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale
8 th June 2021	7:00 To 8:00 AM	Informative & Practical Session- Zumba	Ms. Kanchan Wagh Aerobics & Zumba Instructor University Color Holder 24 Fitness Center, Akola
	8:00 To 9:00 AM	Informative & Practical Session- Pranayama & Meditation	Dr. V.A. Khodaskar Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsopant, Yavatmal

Date	Time	Event/Classes	Name of Expert
9 th June 2021	7:00 To 8:00 AM	Informative & Practical Session - Postural Deformities	Dr. Pravin Dabre Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod
	8:00 To 9:00 AM	Informative & Practical Session- Use of Resistance Tube exercises for strength training	Dr. Shrish Topare Director of Physical Education and Sports, Bharatiya Mah., Moshi Amravati
10 th June 2021	7:00 To 8:00 AM	Informative & Practical Session- Abdominal Exercises, Squats, Planks and Lunges	Mr. Anuj Kela Fitness Trainer & Nutritionist P.G. Student of M.P.Ed., PGTD Dept. SGBAU, Amravati
	8:00 To 9:00 AM	Informative Session- Healthy Habits & Diet Plan	Dr. Nilima Tingre Dietitian Ajinkya Fitness Park Akola
11 th June 2021	7:00 To 8:00 AM	Informative & Practical Session- Sticks Exercises, Wall Exercises	Mr. Abhijit Sayre Gold Medal in Ashtedo Akhada International Tournament Expert in Stick Practice, Akola
	8:00 To 9:00 AM	Informative & Practical Session- Jogging, Walking and Running	Dr. Atul Patil Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati
12 th June 2021	7:00 To 8:00 AM	Informative & Practical Session- Physical Fitness through Traditional Sports	Dr. Rakesh Badgujar Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati
	8:00 To 9:00 AM	Informative Session- Importance of Physical Activities in Covid 19 Pandemic	Dr. Sagar Narkhede Director of Physical Education and Sports, Saraswati Kala Mahavidyalaya, Dahihanda, Akola
13 th June 2021	7:00 To 8:00 AM	Informative & Practical Session- Pushups/Dips, Specific Exercises, Skipping Rope	Mr. Abhishek Kumar Fitness Trainer & Coach Short NIS in Boxing New Delhi
	8:00 To 9:00 AM	Informative Session- Jobs Opportunities in the field Of Physical Fitness	Dr. K.R Lathi Physical Education Teacher Shri R.L.T. College of Science, Akola
14 th June 2021	7:00 To 8:00 AM	Practical Session- Specific Exercises for Increase of Height an Effective on burning Body Fats	Mr. Akshay Tiwari Fitness Trainer & Nutritionist Enfield Fitness Center, Akola
	8:00 To 9:00 AM	Last Session- Group Discussion, Quiz related Guidance, Feedback	Course organizing Committee Members
All participants are informed to prepare one-hour practical session based on daily task in evening time and post photograph on Telegram group. (Please Join Telegram Group at the time of Registration)			
15 th June 2021	7:00 To 5:00 PM	Quiz & Feedback	Online
20 th June 2021	7:00 To 5:00 PM	Certificate Distribution	Online

Dr. R. D. Chandrawanshi **Mr. Dhananjay Bhagat** **Dr.R.L.Rahatgaonkar** **Dr.V.D.Nanoty**
 Course Coordinator Director IQAC Coordinator Principal
 Director of Physical Ed.&Sports Ajinkya Fitness Park Shri R.L.T.College of Sci.,
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