



VPM'S B.N.BANDODKOR COLLEGE OF SCIENCE
AUTONOMOUS THANE (W)

DEPARTMENT OF HUMAN SCIENCE

Organizes

EXERCISES FOR WEIGHT LOSS AND WEIGHT MANAGEMENT



9:00 am



Yog kendra



14th February 2024



REGARDS

I/C PRINCIPAL AND HOD
DR. PROF. VINDA MANJRAMKAR

PROGRAM CO-ORDINATOR
MS. SUPRIYA DAMLE



Name of activity	Exercises for weight loss and weight management
Objectives of the activity (Maximum 40 words)	<ol style="list-style-type: none"> 1. To create awareness among students to maintain weight loss, prevent weight regain and improve body composition. 2. To enhance overall health, strength and flexibility. 3. To improve mental health.
Organizing department/s	Department of Human Sciences
Collaborative institute	
Date (DD / MM / YYYY)	14/02/2024
Venue	VPM's B.N. Bandodkar College of Science, (Autonomous) Thane. Yog Kendra
Mode	Offline
Details of Resource person (Name, designation, institution)	<ol style="list-style-type: none"> 1. Ms. Supriya Damle
Key Participants	Degree students of B.N. Bandodkar college of science
Remarkable outcomes/ key take-away messages (max. three)	<ol style="list-style-type: none"> 1) Students gained knowledge about caloric deficit and fat loss. 2) Students got idea about increased metabolism and insulin sensitivity.
Details of participants	
Total Number	19
Outsiders	-
In-house	19
Additional information	Students later reported the positive feedback about the overall event.

Name of Coordinator/ teacher in-charge: Ms. Supriya Damle



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Sl. no.	NAME	PRN	
1.	SAKSHI KOLHE	2021420146	A
2.	JAINISH KOLI	2021420147	A
3.	CHAITALI PATIL	2021420148	Control
4.	PRATIKSHA PAWAR	2021420149	Shruti
5.	DIYA POOTARI	2021420150	Shruti
6.	SANTANA SAWANT	2021420151	A
7.	YASH WAGHMARE	2021420160	A
8.	ALINA DESAI	2021420170	A
9.	MANSI SALVI	2021420172	A
10.	SAKSHI JADHAV	2021420175	A
11.	KAMBLE MADHAVI	2021420181	A
12.	AKANKSHA SAWANT	2021420184	A
13.	SAMRIDHI JADHAV	2021420347	A
14.	PRANTAL BAGWE	2021420370	A
15.	DEV JADLI	2021420372	A
16.	SAMIDHA GANDHE	2021420382	A
17.	MANKIRAT BAGGA	2021420427	A
18.	SAKSHI KAMBLE	2021420464	A
19.	KALPESH GAIKWAD	2021420780	A

Exercise for CVD

Arthritis

Exercise
physiology -
weight loss &