



**VPM, S. B. N. BANDODKAR COLLEGE OF  
SCIENCE (AUTONOMOUS), THANE(W)**

**DEPARTMENT OF HUMAN SCIENCE  
ORGANISES**

# **EXERCISES FOR CVD, ARTHRITIS, DIABETES**



**Date: 03/02/2024**



**Time: 09:00 am**



**Venue: yog Kendra**

**REGARDS**

**DR. VINDA MANJRAMKAR  
I/C PRINCIPAL AND INCHARGE OF  
HUMAN SCIENCE**

**MS.SUPRIYA DAMLE  
PROGRAM CO-ORDINATOR**

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<b>Name of activity</b>	Exercises for CVD, Arthritis, Diabetes
<b>Objectives of the activity (Maximum 40 words)</b>	<ol style="list-style-type: none"> <li>1. To create awareness among students and to improve cardiovascular function, aerobic capacity and vasodilation.</li> <li>2. To enhance joint mobility, muscle strength and endurance.</li> <li>3. To make students understand that how exercise helps to reduce blood sugar levels.</li> </ol>
<b>Organizing department/s</b>	Department of Human Sciences
<b>Collaborative institute</b>	
<b>Date (DD / MM / YYYY)</b>	03/02/2024
<b>Venue</b>	VPM's B.N. Bandodkar College of Science, (Autonomous) Thane. Yog Kendra
<b>Mode</b>	Offline
<b>Details of Resource person (Name, designation, institution)</b>	<ol style="list-style-type: none"> <li>1. Ms. Supriya Damle</li> </ol>
<b>Key Participants</b>	Degree students of B.N. Bandodkar college of science
<b>Remarkable outcomes/ key take-away messages (max. three)</b>	<ol style="list-style-type: none"> <li>1) Students gained knowledge about cardiovascular health.</li> <li>2) Students got idea about how to control arthritis and diabetes.</li> </ol>
<b>Details of participants</b>	
Total Number	19
Outsiders	-
In-house	19
<b>Additional information</b>	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	2021420152	A
8.	ALINA DESAI	2021420170	Shruti
9.	MANSI SALVI	2021420172	Shruti
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 &