



Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli
Internal Quality Assurance Cell (IQAC) 2021-22

Sports Department

1. Name of Activity- Online webinar On “Aerobics & Zumba”

2. Date and Time-31st Jan. 2022. Time- 3.00 pm to 4.00pm

3. Aim and purpose-

The aim of this activity was to improve co-ordination in body and mind, great for weight loss, tones your entire body, boosts your heart health, Help you d-stress, Make you happy. Aerobics exercise will mainly increase our cardiovascular endurance, while aerobic exercise will increase our muscle strength. So, we are decided to provide this webinar for the students.

4. Inauguration and Resource Person and topic-

Online webinar on “ Aerobics & Zumba” was conducted on 31st Jan. 2021. The resource person was Mrs. Poonam Chandulal Dholu. (M.P.ed., Certified Zumba Trainer).

Topic- Different Zumba & Aerobics exercise, Benefits of zumba & Aerobics to health, How to Burn Calories, Importance of Fitness.)

5. Number of Participation-

Approximately 50 students and 3 faculty Members was participated in webinar on Aerobics and zumba.

6. About overall conduct-

For this webinar registration link using G meet and password created. The link was circulated among the students and Commerce and Science department.

The Activity Briefly- That is way the overall webinar was good conduct. Mrs. Poonam Dholu madam was clear all doubts of students. She was explain different Aerobics and zumba exercise, Benefits of zumba & Aerobics to health, how to burn Calories, Importance of fitness etc. important points explain by the Poonam Dholu madam. Students are satisfied in this session.

7. About Feedback-

The overall feedback for webinar was excellent. Students learn a lot of new skills of Aerobics and zumba. The audience participated actively and cleared their doubts through the Questions and Answer session.

Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli
Sports Department

Webinar on "Aerobics & Zumba"

Date- 31st Jan. 2022

Time- 3.00pm to 4.00pm

Programme Schedule

Time	Topic	Resource person
3.00 pm to -3.05pm	Inauguration	Mrs. Varsha Dhamane
3.05pm to 3.45pm	Webinar points discussion	Mrs. Poonam Dholu
3.45pm to 3.55Pm	Question Answer	Mrs. Poonam Dholu
3.55pm to 4.00pm	Vote of Thanks	Mrs. Varsha Dhamane.


Sports Director

Notice/ Pamphlet



Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli - Ratnagiri (Maharashtra)
Sports Department, WDC & IQAC
Organizes
"Webinar On Aerobics & Zumba"

WhatsApp group link-

<https://chat.whatsapp.com/Cu0jywDnYQy7Q2FkCUYKrs>



Mrs. Poonam Chandulal Dholu.
M.P.ed., Certified Zumba Trainer

Date- 31st January 2022
Time-3.00pm to 4.00pm

- 3 years Captain of Pune University football Women team.
- 2 times Participated in All India Inter University Tournament.
- 5 times participated in west zone inter University football competition and Secured gold medal in 2012.
- Coach of Nashik women zonal Football team in 2016

Points to be Discuss-

- Different Zumba & Aerobics exercise.
- Benefits of aerobics and zumba to health.
- How to Burn Calories.
- Importance of fitness.

Source



Meet



Mrs. Varsha Dhamane Convener Sports Director	Mrs. Jyoti Chougale WDC convener	Dr. R.L. Ghalame IQAC Coordinator Head, Department of Botany	Dr. Sandesh P. Jagdale Principal
--	-------------------------------------	--	-------------------------------------

Students Attendance

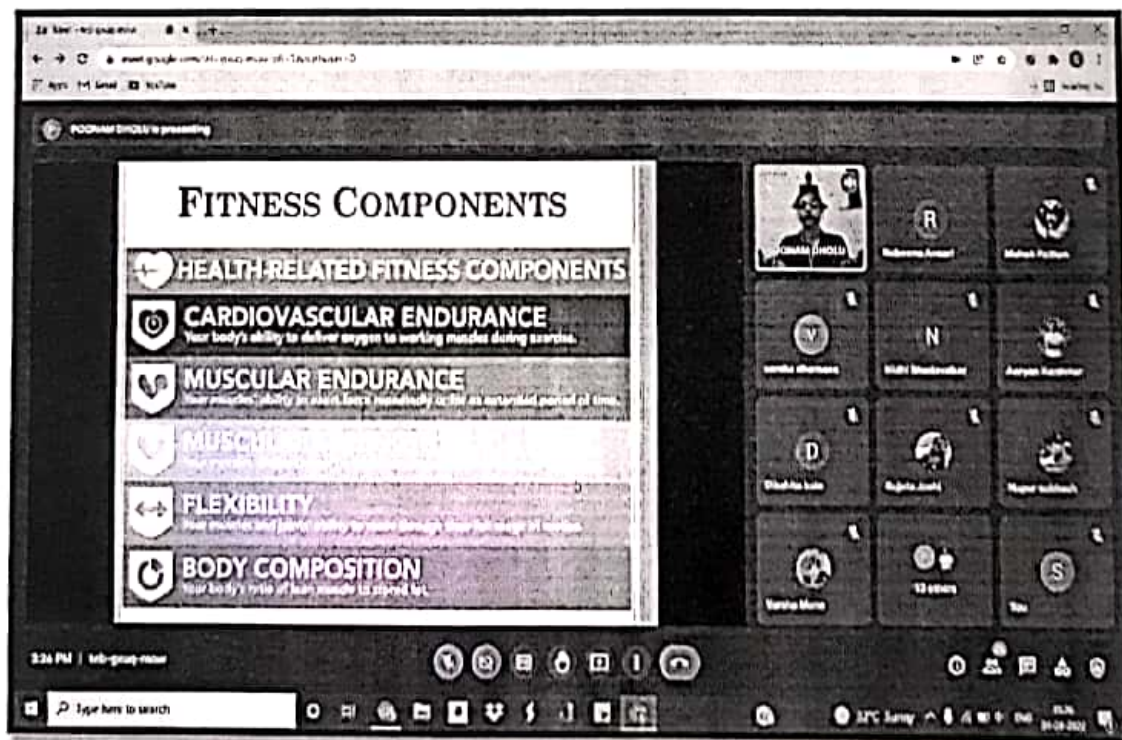
Sr. No.	Students Name	Faculty/ Class	Present Mark
1.	Shet Sakshi Dhananjay	S.Y.Bsc	P
2.	Rampurkar Om Rajesh	S.Y.Bsc	P
3.	Pathan Mahek Taneez	S.Y.B.com	P
4.	Mane Varsha Nathuram	T.Y.B.com	P
5.	Gajbhaye Lankesh Muralldhar	Other	P
6.	Talgharkar Muskan Muzaffar	S.Y.B.com	P
7.	Bhise Sanika Naresh	F.Y.B.com	P
8.	Admane Ajay J.	MSC- I	P
9.	Mane Varsha M.	T.Y.B.com	P
10.	Pachole Harshkumar A	other	P
11.	Thore Archana G.	Other	P
12.	Dr.Savita Bhosale	Other	P
13.	Pardeshi Arya S.	S.Y.B.com	P
14.	Kashte Prachi U.	S.Y.B.com	P
15.	Virkar Vaibhav T	MSC-II	P
16.	Mahatme Devdatta	Other	P
17.	Pathan Mahek T.	S.Y.B.com	P
18.	Vasgare Tuba V.	F.Y.B.com	P
19.	Rakhange Nafiya I	F.Y.B.com	P
20.	Mutavalli Farhin A.	MSc-II	P
21.	Chafekar Afnan N.	F.Y.B.com	P
22.	Talgharkar Niha F.	MSC-II	P
23.	Jogdand Akshata H.	Other	P
24.	Bangi Ali D.	F.Y.B.com	P
25.	More Prasad V.	MSC-I	P
26.	Malgunkar Kirti V.	T.Y.B.com	P
27.	Wadkar Rutik S.	F.Y.B.com	P
28.	Kelaskar Sanik B	F.Y.B.com	P
29.	Rahate girish S.	F.Y.B.com	P
30.	Sahibole Hanifa M	F.Y.B.com	P
31.	Mulla Mariyan M	F.Y.B.com	P
32.	Masurkar Altamash N.	F.Y.B.com	P
33.	Hawa Rameez S.	F.Y.B.com	P
34.	Kaldane Iqra Ryaz	F.Y.B.com	P
35.	Khalfe Rehan Adil	F.Y.B.com	P
36.	Yadav Tushar T.	Msc-I	P
37.	Gaykwad Ganesh T.	Msc-I	P
38.	Khot Suraj S.	Msc-I	P
39.	Pathak Anurag M.	F.Y.Bsc	P
40.	More Yash R.	F.Y.Bsc	P
41.	Kadam Varadraj B.	MSC-I	P
42.	Patil Santosh R.	MSC-I	P
43.	Petkar Muskan Abdul	S.Y.Bcom	P
44.	Yadav Mihir Milind	S.Y.Bcom	P

45.	Dr. Sangita Katkar	Other	P
46.	Masurkar Shagufta M	S.Y.Bsc	P
47.	Rampurkar Om R.	S.Y.Bsc	P
48.	Deshmukh Sara	F.Y.Bcom	P
49.	Sathaye Shivani S.	S.Y.Bsc	P
50.	Gunjal Rachna B.	T.Y.Bsc	P

Faculty Members Attendance

Sr. no.	Teachers Name	Faculty	Present Mark
1.	Mrs. Varsha Dhamane	Sports	P
2.	Mrs. Chogale Jyoti	Commerce	P
3.	Miss. Siddhi Salgavkar	Commerce	P

Photos



[Signature]
Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Ratnagiri



[Signature]
Sports Director