



Guru Vishanmbhar Krupa Bahuudeshiy Shikshan prasarak mandal Lakadjawalga,

**Shivneri Mahavidyalay, Shirur Anantpal**  
**Dist. Latur-413544**

**Sports Activities Reports**

**Academic Year 2018-19 to 2022-23**

*Submitted to*

**Internal Quality Assurance Cell (IQAC)**

*Submitted*

*by*

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## **Gymnasium Report: Promoting Fitness and Well-being at Shivneri Mahavidyalaya**

### **Introduction:**

The gymnasium at Shivneri Mahavidyalaya plays a pivotal role in promoting fitness, health, and overall well-being among students, faculty, and staff. This report highlights the activities and initiatives undertaken by the gymnasium to foster a culture of physical fitness on campus.

### **Facilities:**

The gymnasium is equipped with state-of-the-art fitness equipment, including treadmills, stationary bikes, weight machines, free weights, and cardiovascular machines. It provides a conducive environment for individuals to engage in various workout routines tailored to their fitness goals.

### **Membership and Access:**

Membership to the gymnasium is open to all students, faculty, and staff of Shivneri Mahavidyalaya. Members can access the gym during designated hours, ensuring flexibility and convenience for individuals with different schedules.

### **Fitness Programs:**

The gymnasium offers a variety of fitness programs and classes to cater to the diverse needs and preferences of its members. These programs may include:

**Personal Training:** Certified fitness trainers are available to provide personalized workout plans, guidance, and motivation to members seeking individualized attention and support.

**Group Fitness Classes:** Regular group fitness classes are conducted, covering a range of activities such as aerobics, yoga, Zumba, and strength training. These classes foster camaraderie among participants and provide an opportunity for social interaction while exercising.



**Fitness Challenges:** Periodic fitness challenges are organized to encourage members to set and achieve their fitness goals. These challenges may include weight loss challenges, endurance challenges, or specific exercise routines aimed at improving overall fitness levels.

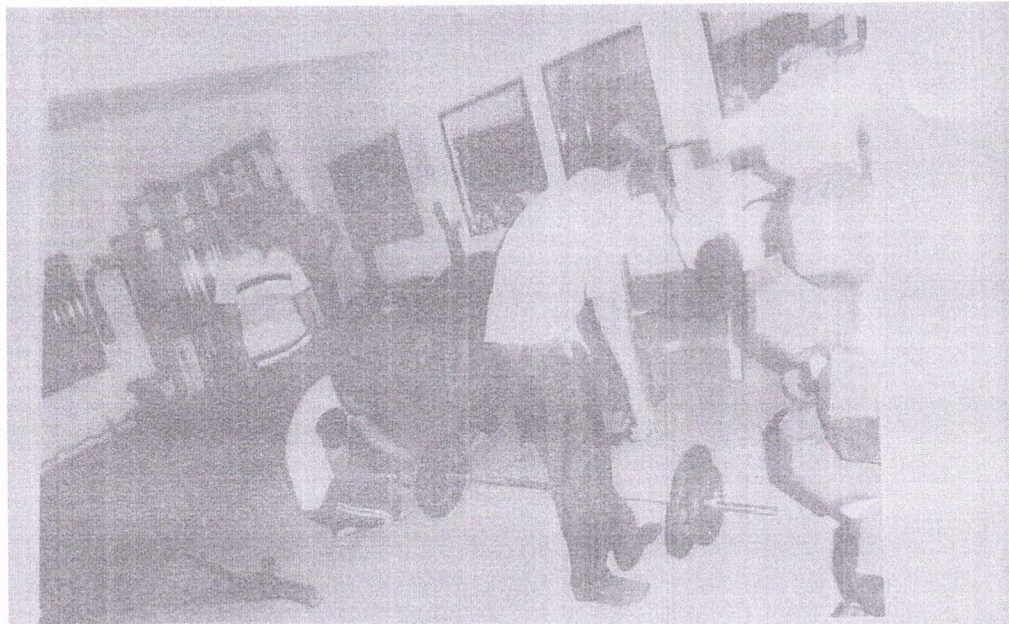
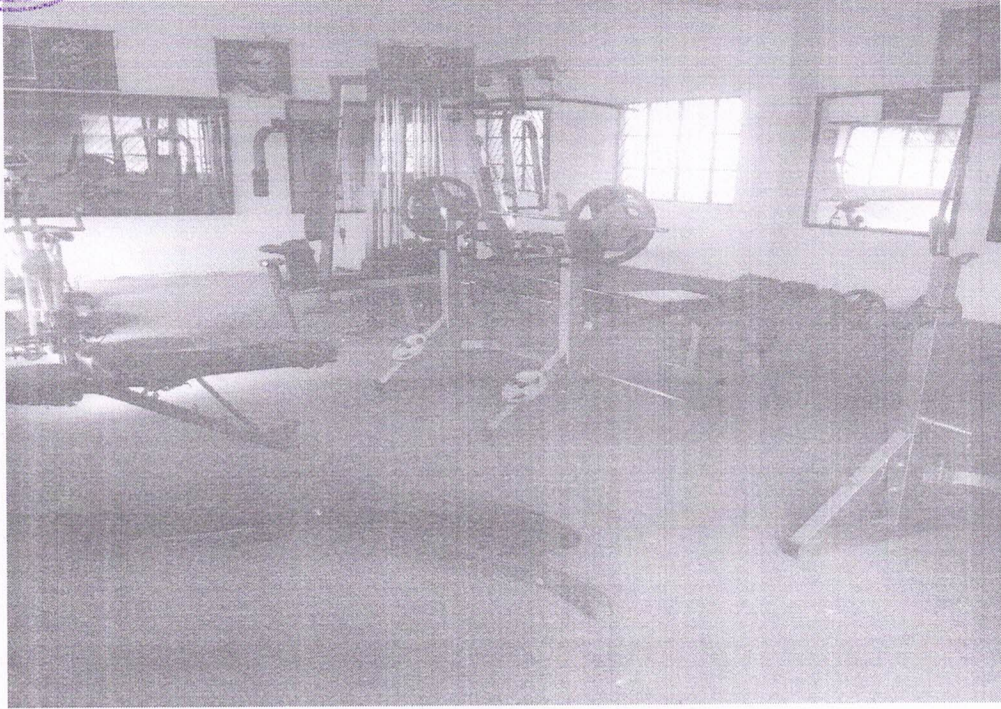
**Nutrition Counseling:** In addition to physical exercise, the gymnasium also offers nutrition counseling services to educate members about healthy eating habits and dietary choices conducive to their fitness objective

**Promotion and Awareness:**

The gymnasium regularly promotes its services and activities through various channels, including posters, social media platforms, and college newsletters. Additionally, orientation sessions are conducted at the beginning of each academic year to introduce new students to the gym facilities and encourage their participation.

**Feedback and Evaluation:**


Feedback mechanisms are in place to solicit input from gym members regarding their experiences, suggestions for improvement, and specific fitness needs. Periodic evaluations are conducted to assess the effectiveness of fitness programs and identify areas for enhancement.



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The gymnasium at Shivneri Mahavidyalaya plays a vital role in promoting physical fitness, health, and well-being among the college community. With its comprehensive facilities, diverse fitness programs, and emphasis on personalized attention and support, the gymnasium continues to be a cornerstone of the college's commitment to fostering a healthy and active lifestyle among its members.

  
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