



TIRPUDE FITNESS CLUB

(An initiative by NSS unit)

Get your seats now and get free Tirpude Fitness Club T-Shirt.

Time: 8:30 to 9:30

**Venue : Shri Balasaheb Tirpude College of Hotel Management
and Catering Technology 3rd Floor-Banquet Hall, Nagpur**

Contact : Ankeet Kenekar 9960159298



SHRI BALASAHEB TIRPUDE COLLEGE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & RTM Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001

Phone : (O) +91 712 2550695 Fax : +91 712 2550695

Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

TIRPUDE FITNESS CLUB

Tirpude fitness club is a premier fitness club at Shri Balasaheb Tirpude college of hotel management and catering technology, Nagpur. Our prime objective is to spread awareness of fitness, the Emotional well-being of students, and Overall grooming to polish the student's personalities. This club is going to help students to instil and boost confidence to face practical challenges and help students apply useful learnings in day-to-day life.

Tirpude fitness club is the vision of Mr Akshay Dandale, Principal of Shri Shri Balasaheb Tirpude college of hotel management and catering technology, Nagpur. And it is an initiative run under the Government of India's National Service Scheme (NSS).

Joining the Tirpude fitness club would help students enhance their personality, and boost confidence and overall personality. Students would be able to understand the importance of emotional fitness and mental fitness. Students would also be learning skills which will help them perform activities in the Industry and further more.

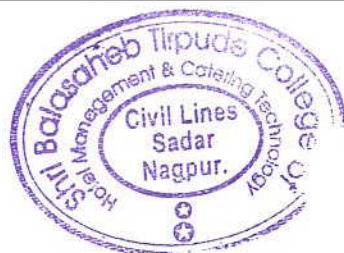
OUR OFFERS:

- Balance your body and mind
- Meditation and mindfulness
- Positive thinking
- Personality development and soft skills
- Confidence building
- Change the way you live
- Shape your body, Shape your life
- Never give up!!!
- Let's get train with us
- Get your seats now
- Train yourself to be perfect
- Motivation is what gets you started
- Habit is what keeps you going
- Start strong finish stronger.

Time: 8:30 to 9:30

Venue: Tirpude College of Hotel management and catering technology, Nagpur.

Contact: 9960159298




AKSHAY DANDALE
OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur

TIRPUDE FITNESS CLUB

Monday : YOGA

1. Vrikshasana
2. Natarajasana
3. Paschimottanasana
4. Ustrasana
5. Padmasana

BENEFITS :

1. Helps relax your mind
2. Improves your flexibility
3. Boost your immunity
4. Controls your Blood pressure
5. Perfects your Posture

TUESDAY: MINDFULNESS

Mindfulness is the practice of acknowledging what you are feeling by judging the emotions or sensations as you are feeling them.

1. Body Scan Meditation
2. Sitting meditation
3. Walking Meditation
4. Guided breathing techniques
5. Pay attention (focus on sights, Smell, Sound in your environment)
6. Accept yourself (Speak kindly to yourself, focus on breathing intentionally breathe in and out)

Benefits:

1. It helps to direct attention away from stress or other negative thoughts
2. It can also support good mental health by giving you a simple way to manage negative thoughts and emotions



3. You learn better way to control your emotions
4. You are able to control conflicts.

WEDNESDAY: PHYSICAL FITNESS

1. Upper back stretch
2. Upper chest stretch
3. Hamstring stretch
4. Quadriceps stretch
5. Jumping jacks
6. Knee to elbow
7. Squats
8. Knee to hand
9. Planks
10. Running

Benefits:

- Exercise to maintain Health and Fitness
- Basic exercise for core strengthening

Thursday: Soft Skills

1. Effective communication skills are helpful through the interview process and in your career.
2. Finding a way to tactfully and skillfully disagree with others on the job without creating conflict is an important skill that employers value.
3. Employees with creativity can find new ways to perform tasks, improve processes or even develop new and exciting avenues for the business to explore.
4. Employees who are capable of adapting to new situations and ways of working are valuable in many jobs and industries.



5. A strong work ethic helps ensure you develop a positive relationship with your employer and colleagues even when you are still developing technical skills in a new job. Many employers would rather work with someone who has a strong work ethic and is eager to learn than a skilled worker who seems unmotivated.

Friday : Zumba

- Zumba Sessions

Benefits :

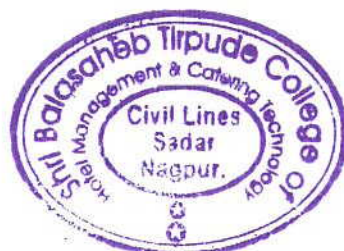
- Great for weight loss
- Boost your heart health
- Helps you De-stress
- It makes your body flexible

SATURDAY: LAUGHTER CLUB

- Humming laughter
- Silent laughter
- ETC.

Benefits:

- Laughter increases your heart rate and oxygen levels, which both improve the functioning of blood vessels and blood circulation.
- Laughing can help reduce blood pressure and protect you against a heart attack and other cardiovascular problems.



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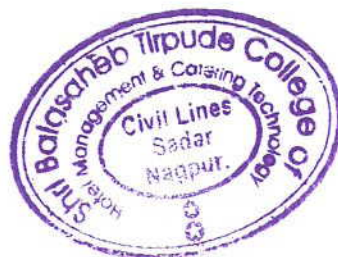
OUR OFFERS:

- Balance your body and mind
- Meditation and mindfulness
- Positive thinking
- Personality development and soft skills
- Confidence building
- Easy online payment option
- Change the way you live
- Shape your body, Shape your life
- Never give up!!!
- Let's get train with us
- Get your seats now
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- Habit is what keeps you going
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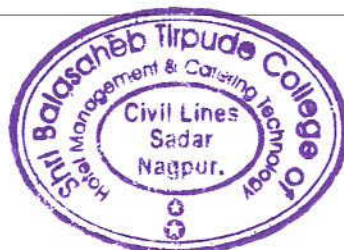
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3. You learn better way to control your emotions
4. You are able to control conflicts.

WEDNESDAY: PHYSICAL FITNESS

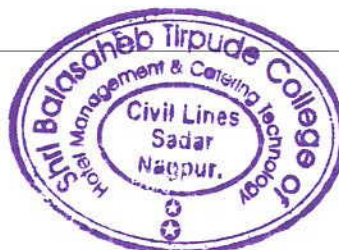
1. Upper back stretch
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4. Quadriceps stretch
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7. Squats
8. Knee to hand
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4. Employees who are capable of adapting to new situations and ways of working are valuable in many jobs and industries.



**Tirpude Fitness Club
Attendance Sheet**

Name of Program Coordinator: Prof. Ankeet Kenekar

Month: April

Sr.No	Name of the Students	10/4	11/4	12/4	13/4	14/4	15/4	16/4	17/4	18/4	19/4	20/4	21/4	22/4	23/4	24/4	25/4	26/4	27/4	Total
1.	Abhilash Sonare	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
2.	Amisha Mourya	P	P	P	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	
3.	Ayush Wakde	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
4.	Bhavika Rauf	P	P	P	P	P	P	P	A	A	A	A	A	A	A	A	A	A	A	
5.	Bhumika Shingare	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
6.	Dev Shetti	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
7.	Harsh Dharmari	P	P	P	A	P	P	P	P	A	A	A	A	A	A	A	A	A	A	
8.	Khaushal Narnaware	A	A	A	A	P	P	A	P	P	P	P	P	P	P	P	P	P	A	
9.	Manish Khobragade	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
10.	Mayur Chamatkar	A	P	P	A	P	A	A	P	A	A	A	A	A	A	A	A	A	A	
11.	Mitali Khobragade	A	A	A	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	
12.	Om deshmukh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
13.	Piyush Kalode	P	A	A	P	A	A	A	A	A	A	A	P	A	A	A	A	A	A	
14.	Pranay Rokde	A	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
15.	Pratham Waghmare	A	P	A	A	A	A	A	A	P	A	A	A	A	A	A	A	A	A	
16.	Preet Mishra	A	A	A	P	P	P	P	P	A	P	A	A	A	A	A	A	A	A	
17.	Prince Nayak	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
18.	Rohan Laal	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
19.	Ruchita Bokde	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
20.	Sahil Chawre	P	P	P	A	A	A	A	A	P	A	A	A	A	A	A	A	A	A	
21.	Saniya Opai	P	P	P	P	P	A	P	P	P	A	A	A	A	A	A	A	A	P	
22.	Sanskriti Bhandarkar	P	P	P	A	A	A	A	A	P	A	A	A	A	A	A	A	A	A	
23.	Shruti Mate	A	P	P	A	P	A	A	P	A	A	A	A	A	A	A	A	A	A	
24.	Shubhangi Patle	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
25.	Shubham Watkar	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
26.	Sinhal Dhanvijay	P	P	P	P	P	P	P	P	P	A	A	A	A	A	A	A	A	P	
27.	Tanmay Yadav	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
28.	Tanvi Waghmare	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
29.	Uday Kahalkar	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
30.	Vaibhavi Lanjewar	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
31.	Vaishnavi Sontakke	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
32.	Yash Bhumber	P	P	P	A	P	P	P	P	A	A	A	A	A	A	A	A	A	A	
33.	Yogeshwari Dongre	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
34.	Nihal C.	P	A	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	
35.	Vaishnavi N	P	P	A	P	P	P	P	P	P	A	A	A	A	A	A	A	A	P	
36.	Sachin Singh PP	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
37.	Mustan Chachda	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	
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SHRI BALASAHEB TIRPUDE COLLEGE OF HOTEL MANAGEMENT AND CATERING
TECHNOLOGY, NAGPUR

TIRPUDE FITNESS CLUB

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STUDENT REGISTRATION FORM



First Name:	Abhilash
Middle Name:	Sunil
Last Name:	Sonare

Year /Semester:	4 th year 8 th Sem
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	7875266495 , 8459787567
Email ID:	abhilashsonare65607@gmail.com.

Signature of Students

Signature of Co-ordinator



ANKEET KENKAR
Assistant Professor
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur



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TECHNOLOGY, NAGPUR

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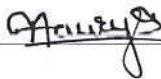
First Name:	Amisha
Middle Name:	chandrabhas
Last Name:	Mourya

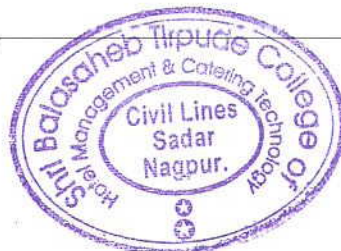
Year /Semester:	8 th semester
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	7888102389
Email ID:	amisha786@gmail.com

Signature of Students





Signature of Co-ordinator


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Assistant Professor
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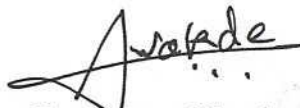


First Name:	Ayush
Middle Name:	Shamrao
Last Name:	Wakde

Year /Semester:	3 rd year 6 th sem
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	866 9785 735
Email ID:	Ayushwakde18@gmail.com



Signature of Students





Signature of Co-ordinator

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Assistant Professor
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First Name:	Bhavika
Middle Name:	Ramesh
Last Name:	Raut

Year /Semester:	8th semester
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no. :	7378940470
Email ID :	bhavikar635@gmail.com

Signature of Students





Signature of Co-ordinator


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First Name:	Bhumika.
Middle Name:	Sunil
Last Name:	Shingare.

Year /Semester:	3 year 6th sem
Degree Program:	BHMET

CONTACT INFORMATION:

Student Contact no.:	8830648518.
Email ID:	bhumikashingare85@gmail.com

Signature of Students



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STUDENT REGISTRATION FORM



First Name:	Dew
Middle Name:	Rajendra
Last Name:	Shetti

Year /Semester:	BHMCT 6 th sem.
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	4410174038
Email ID:	shettidew84@gmail.com


Signature of Students


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First Name:	Harish
Middle Name:	Sanjay.
Last Name:	Dharmari

Year /Semester:	III rd year VI Sem.
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	9112738705
Email ID:	harshdharmari17@gmail.com.


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First Name:	KHUSHAL
Middle Name:	RAJESH
Last Name:	NARINAWARE

Year /Semester:	2 nd Year IV Sem
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	9049331444
Email ID:	khushalnaware62@gmail.com


Signature of Students




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First Name:	Manish R. Khobragade
Middle Name:	Ramesh
Last Name:	Khobragade

Year /Semester:	3 rd year
Degree Program:	BHMCT

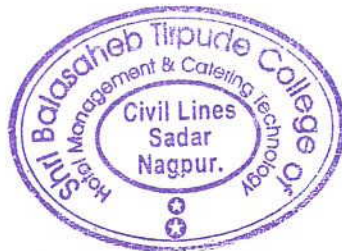
CONTACT INFORMATION:

Student Contact no. :	7350527644
Email ID :	Manishkhobragadeas@gmail.com.


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First Name:	Mayure
Middle Name:	Rajendra
Last Name:	Chamatkar

Year /Semester:	3 rd year 6 th sem
Degree Program:	Bachelor in Hotel Management & catering T.

CONTACT INFORMATION:

Student Contact no. :	8329535851
Email ID :	Mayurechamatkar111@gmail.com



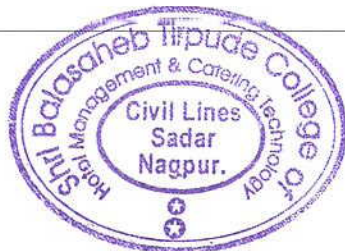
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First Name:	Mitali
Middle Name:	Rajendra
Last Name:	Khobragade.

Year /Semester:	four year Eight Semester
Degree Program:	Hotel management.

CONTACT INFORMATION:

Student Contact no. :	8600057693
Email ID :	mitalikhobragade2001@gmail.com.


Signature of Students




Signature of Co-ordinator
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First Name:	DM
Middle Name:	SAHEBRAO
Last Name:	DESHMUKH

Year /Semester:	3 rd / VI
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	8626015410
Email ID:	omdeshmukh680@gmail.com


Signature of Students


Signature of Co-ordinator
ANKEET KENEKAR
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STUDENT REGISTRATION FORM



First Name:	PIYUSH
Middle Name:	ARUN
Last Name:	KALODE

Year /Semester:	4 th Year
Degree Program:	B.H.M.C.T.

CONTACT INFORMATION:

<u>Student Contact no.:</u>	7709887166
<u>Email ID :</u>	piyushkalode97@gmail.com.



Signature of Students



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STUDENT REGISTRATION FORM



First Name:	PRANAY
Middle Name:	DINKAR
Last Name:	ROKADE

Year /Semester:	3 rd year / 6 th SEM
Degree Program:	BHMT

CONTACT INFORMATION:

Student Contact no.:	8767790549
Email ID:	pranayrokade29@gmail.com



Signature of Students



Signature of Co-ordinator



ANKEET KENEKAR

Assistant Professor
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur



SHRI BALASAHEB TIRPUDE COLLEGE OF HOTEL MANAGEMENT AND CATERING
TECHNOLOGY, NAGPUR

 TIRPUDE FITNESS CLUB 

(An Initiative by NSS Unit)

STUDENT REGISTRATION FORM

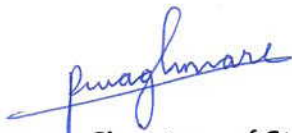


First Name:	PRATHAM
Middle Name:	JAGDISH
Last Name:	WAGHMARE

Year /Semester:	THIRD YEAR /SIXTH SEM
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	9021897657
Email ID:	pratham100waghmare@gmail.com



Signature of Students



Signature of Co-ordinator

ANKEET KENEKAR
Assistant Professor
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur





YUGANTAR EDUCATION SOCIETY'S

**SHRI BALASAHEB TIRPUDE COLLEGE OF
HOTEL MANAGEMENT & CATERING TECHNOLOGY**

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & RTM Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001
Phone : (O) +91 712 2550695 Fax : +91 712 2550695
Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

SBTC/HMCT/Fitness Session/Ref No: 405

Date: - 08/04/2023

To,

Mrs. Rashmi Iyer,

Founder n Owner & Head Coach,

Fitnezz Junkies A Premium Club,

Pratap Nagar, Nagpur

Invitation Letter.

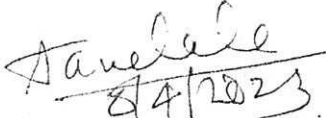
Dear Sir

I, the undersigned would like to invite you for conducting a Fitness Session (including Physical fitness, zumba, soft skills etc) at Tirpude Fitness club (An initiative of NSS cell) which is run for the benefit of students on the 10/04/2023 to 13/04/2023 at Shri Balasaheb Tirpude College of Hotel Management & Catering Technology, Nagpur. The venue for the session will be Banquet Hall, third floor at 8.00am.

We will be Happy to receive you and would want your expertise to be delivered to our students.

Thanking You,

Yours Faithfully,


Prof. Akshay Dandale

(Officiating Principal)

OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT/ACTIVITY: - Tirpude Fitness Club

DATE: - 10/04/2023

NUMBER OF STUDENTS: - 14

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Light warm up, squats, lunges, plank, pushups.

FEEDBACK FROM THE ORGANISATION: -

Positive feedback

ACIEVEMENTS: - Exercise will help in making students strong and healthy and increase their concentration and also in becoming healthy.

DESCRIPTION: - Started off with the introduction of our yoga instructor Ms. Rashmi Iyer, then she started with the warm up followed by stretching. First up squats and lunges, then we performed pushups, crunches, planks, stretching. We did 2 sets of every exercise. Then we clicked some group photos and the session was concluded.

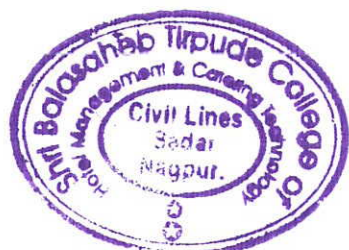


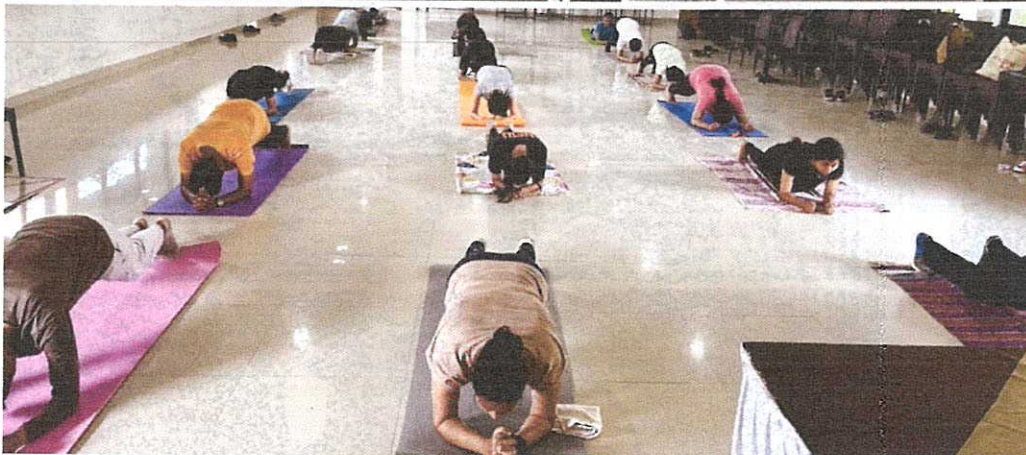
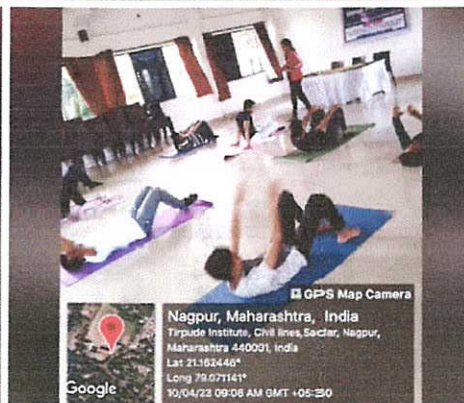
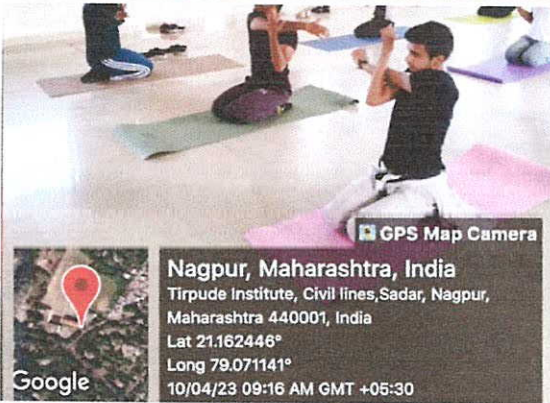
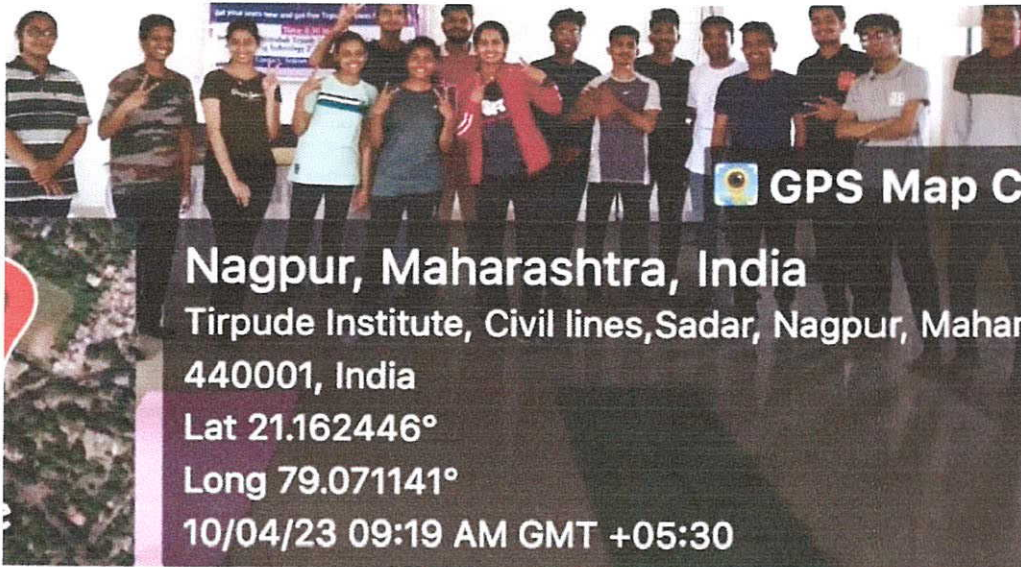
TIRPUDE FITNESS CLUB

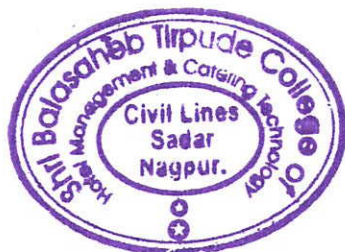
Nagpur, 10 April 2023.

This day was marked as the official opening day of Tirpude Fitness Club organized by NSS (National Service Scheme) Unit at Shri Bala Saheb Tirpude College of Hotel Management and Catering Technology. The club was formed with the thought of maintaining the physical and mental health of the students during the college hour.

On first day about 15 students were present around 8.25 am for the instructor. The Yoga instructor Ms. Rashmi Iyer was welcomed and introduced to the students by the co-coordinating faculty. Mr. Ankeet Kenekar sir at 8.30am. The importance of physical health was enlightnced followed by the warm up exercises such as lunges, squats, pushups, crunches, planks etc. 2 sets each by students along with the instructors. She helped guide the students and helped them do different exercises with breaks in between. After that some stretching exercises were done by the students to help relax the body to relieve the soreness, bound to happen after. Students were made aware with the importance and benefits of including yoga in their daily life. A group photograph was clicked and refreshing coconut water was provided. Thus the session ended on a good note.







NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 11/04/2023

NUMBER OF STUDENTS: - 14

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

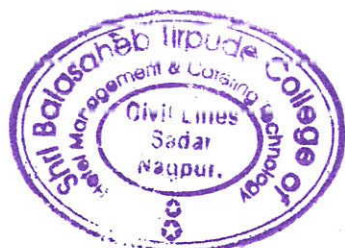
TASKS UNDERTAKEN: - Light warm up, squats, lunges, plank, pushups.

FEEDBACK FROM THE ORGANISATION: -

Positive feedback

ACIEVEMENTS: - Exercise will help in making students strong and healthy and increase their concentration and also in becoming healthy.

DESCRIPTION: - Started off with the light warm up. First up squats and lunges, then we performed pushups, crunches, planks, stretching. We did 2 sets of every exercise. We did some yoga poses like “Vrikshasan, Vajrasan, Tadasan”. The session was concluded with stretching.



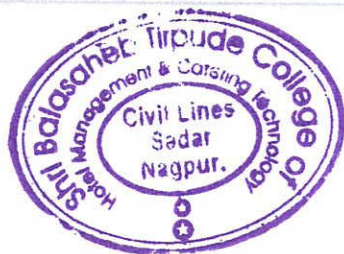
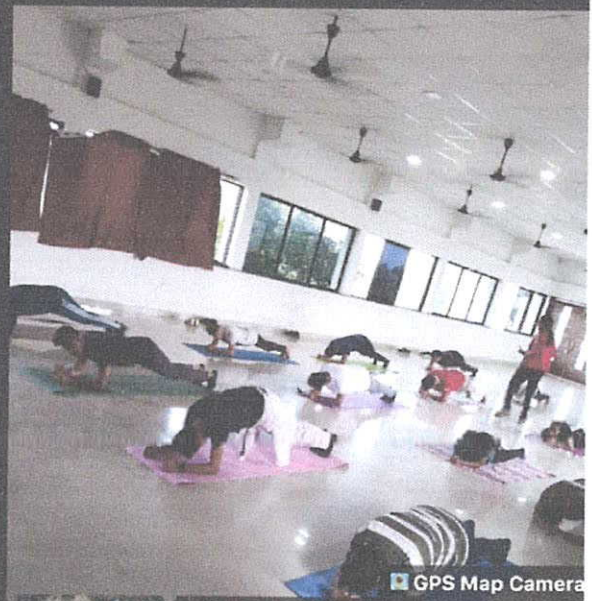
TIRPUDE FITNESS CLUB

Nagpur, 11 April 2023,

Tirpude fitness club was conducted at the Shri Balasaheb Tirpude College of Hotel Management and Catering Technology. The student's attendance showed their understanding of benefits of consistent yoga and exercise practices.

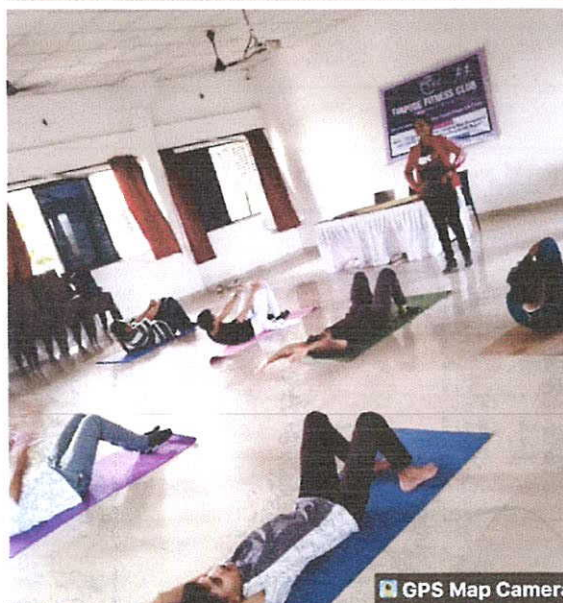
After greeting Rashmi mam, the instructor, students started with the warm up they learned a day prior. Everyone as together performed squats and lunges. Followed by pushup, planks, crunches and stretching. Everyone tried yoga poses such as vrikshasan, vajrasan tadasan etc Exercise keeps the students healthy and strong students can better concentrate and keeps everyone healthy. Students were guided to themselves incorporate what they learned in their daily routine and ask their family and friends to the same. With away the juices to keep them hydrated the session was concluded.







GPS Map Camera
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 Tirpude Institute, Civil lines, Sadar, Nagpur,
 Maharashtra 440001, India
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 Long 79.071141°
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GPS Map Camera
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GPS Map Camera
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NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 12/04/2023

NUMBER OF STUDENTS: - 15

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Knee raises, mount climbers, triceps warm up.

FEEDBACK FROM THE ORGANISATION: -

Positive feedback

ACIEVEMENTS: - Exercise will help in making students strong and healthy and increase their concentration and also in becoming healthy.

DESCRIPTION: - Started off with some light warm up that is followed by the workout. We did mountain climbers, knee raise, triceps warm up, side lunges, plank, lunges squats and crunches. Our yoga instructor Ms. Rashmi Iyer then helped us stretched our body for relaxation of muscle. The session was then concluded.



TIRPUDE FITNESS CLUB

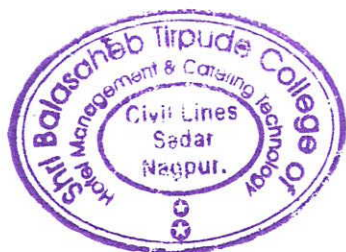
Nagpur, 12 April 2023,

The Instructor Ms. Rashmi Iyer affected with students taking interest decided to make some changes. She leveled up added a few more exercises than the previous day. Starting with light warm up everyone followed with the workouts. With little breaks students did mountain climbers, triceps, warm up, lunges, planks, lunge squats , crunches etc. this exercises helps work on the shoulder muscles ,abdominal, muscles . these are effective body weight exercises. After a little break, mam helped to stretch the muscles of students. She let them know about the stiffness in their body, and how it affects overall movement.

Diet and exercise works hand in hand to make

You feel years younger!





NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 15/04/2023

NUMBER OF STUDENTS: - 15

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Zumba workout

FEEDBACK FROM THE ORGANISATION: -

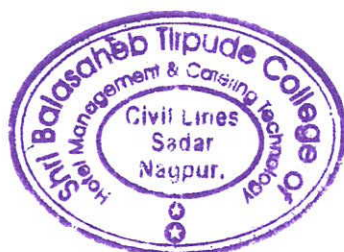
Positive feedback

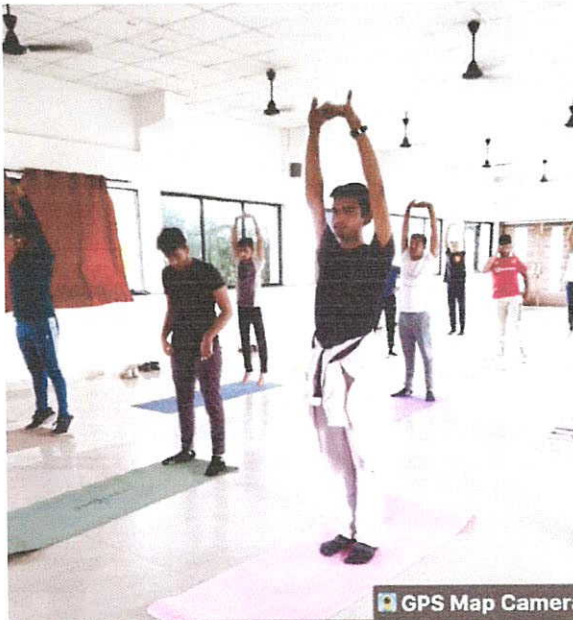
ACIEVEMENTS: - Zumba is an excellent way to maintain a healthy and happy lifestyle. It's enjoyable for people of all ages.

Description

Today's session was Zumba.

Firstly, we did some warm up then we started Zumba routine, especially designed to aid with physical health that helps in aerobic and cardiovascular strength





GPS Map Camera



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 Maharashtra 440001, India
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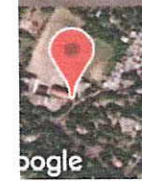
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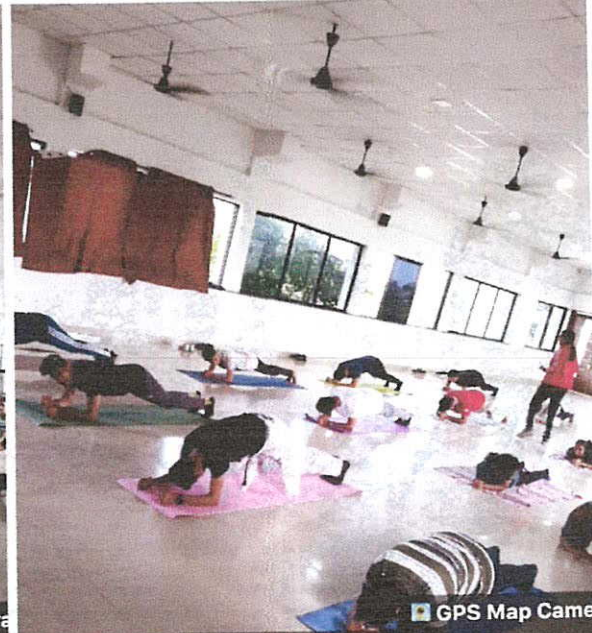
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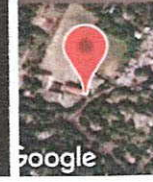
GPS Map Camera



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GPS Map Camera



Nagpur, Maharashtra, India
 Tirpude Institute, Civil lines, Sadar, Nagpur,
 Maharashtra 440001, India
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 Long 79.071141°
 10/04/23 09:11 AM GMT +05:30



**Shri Balasaheb Tirpude College
of Hotel Management & Catering Technology, Nagpur
Payment Voucher**

Voucher No. _____

Dated 13/04/2023

Pay to Mrs. Rashmi Tyer

Particulars	Rs.	Ps.
Cash paid to Mrs. Rashmi Tyer against Tirpude Fitness club (under NSS unit cell) at from 10/04/2023 to 13/04/2023 at 8:15 am.	1000/-	
Total Rs.	1000/-	

Amount in Words Rupees One Thousand Only

Account _____

Signature of Payee _____

Superintendent

Cashier

Principal





YUGANTAR EDUCATION SOCIETY'S

**SHRI BALASAHEB TIRPUDE COLLEGE OF
HOTEL MANAGEMENT & CATERING TECHNOLOGY**

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001

Phone : (O) +91 712 2550695 Fax : +91 712 2550695

Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.org

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM College Code - 007

SBTC/HMCT/Fitness Club/Ref No: 409

Date: - 13/04/2023

To,

Mrs. Rashmi Iyer,

Founder n Owner & Head Coach,

Fitnezz Junkies A Premium Club,

Pratap Nagar, Nagpur

Thanks Letter.

Dear Sir

On Behalf of Management, Staff and Students of this Institute I, the undersign would like to extend my sincere thanks towards encouraging the students physical fitness.

As a part of introductory week of tirpude fitness club, your presences made the whole environment warm and excited.

Looking ahead for a long and meaningful association.

Thanking You,

Yours Faithfully,

Received
Rashmi
13/4/23

Dandale

Mr.Akshay Dandale

(Officiating Principal)

SHRI BALASAHEB TIRPUDE
COLLEGE OF HOTEL MANAGEMENT
& CATERING TECHNOLOGY, NAGPUR





YUGANTAR EDUCATION SOCIETY'S

SHRI BALASAHEB TIRPUDE COLLEGE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & RTM Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001
Phone : (O) +91 712 2550695 Fax : +91 712 2550695
Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

SBTC/HMCT/Yoga Session/Ref No: 418

Date: - 15/04/2023

To,

Dr Pallavi Bhagat,

Assistant Professor,

Kavikulguru Kalidas Sanskrit University,

Ramteke

Invitation Letter.

Dear Sir

I, the undersigned would like to invite you for conducting a Yoga Session at Tirpude Fitness club (An initiative of NSS cell) which is run for the benefit of students from 17/04/2023 & 20/04/2023 at Shri Balasaheb Tirpude College of Hotel Management & Catering Technology, Nagpur. The venue for the session will be Banquet Hall, third floor at 8.00am.

We will be Happy to receive you and would want your expertise to be delivered to our students.

Thanking You,

Yours Faithfully,

Mr Akshay Dandale

(Officiating Principal)

OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur

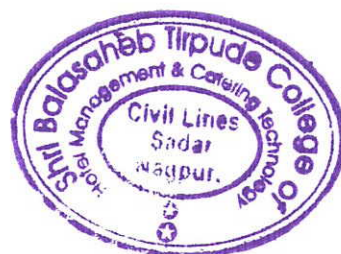


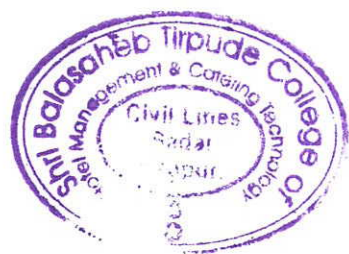
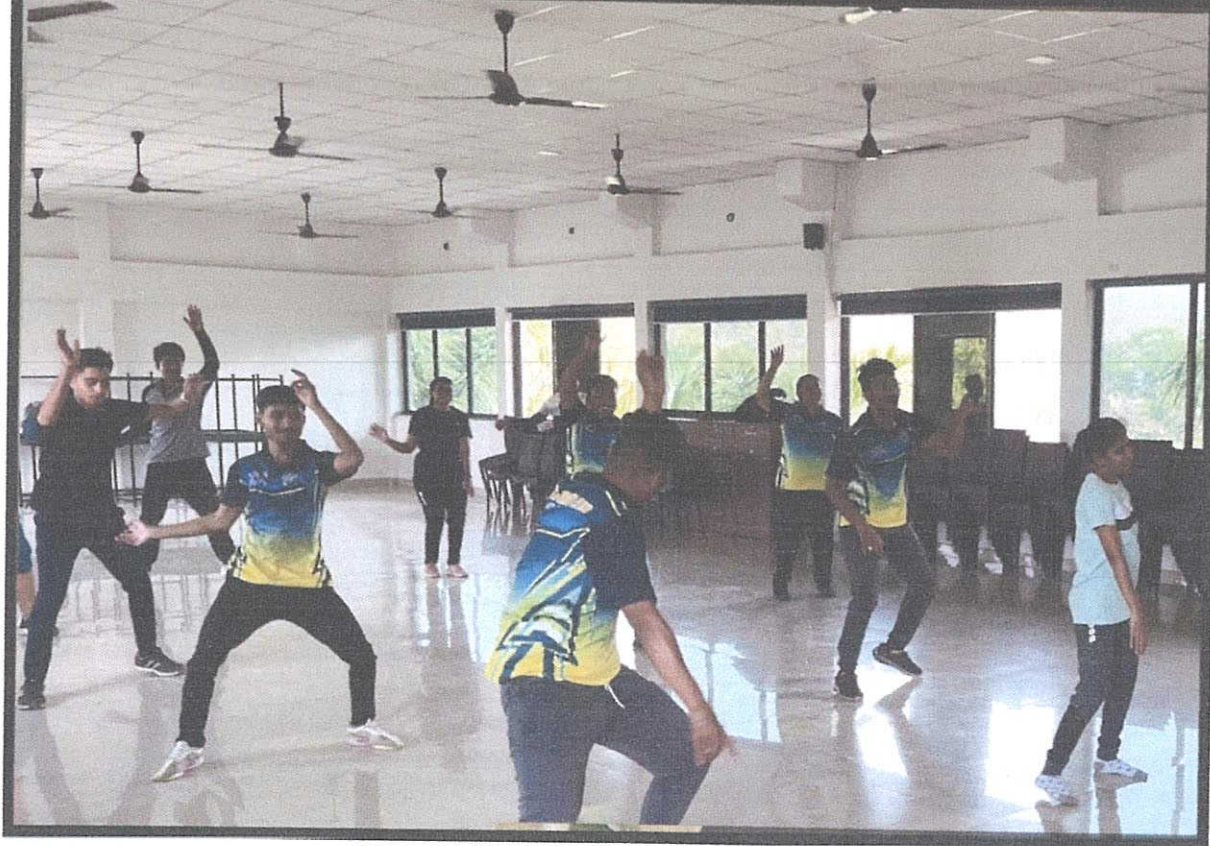
Received
20/4/23

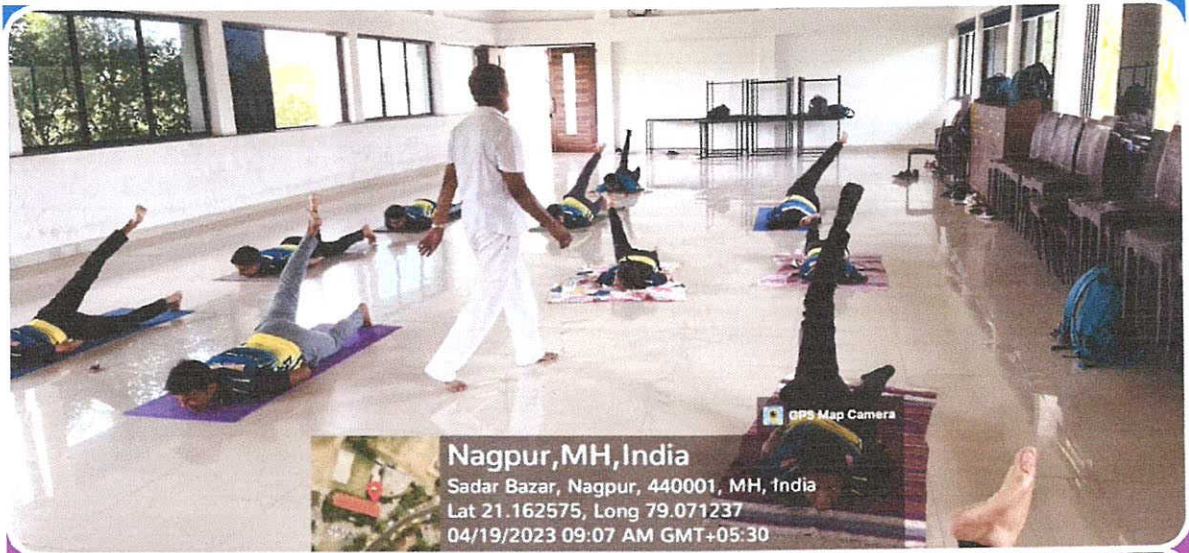
TIRPUDE FITNESS CLUB

Nagpur, 15 April 2023

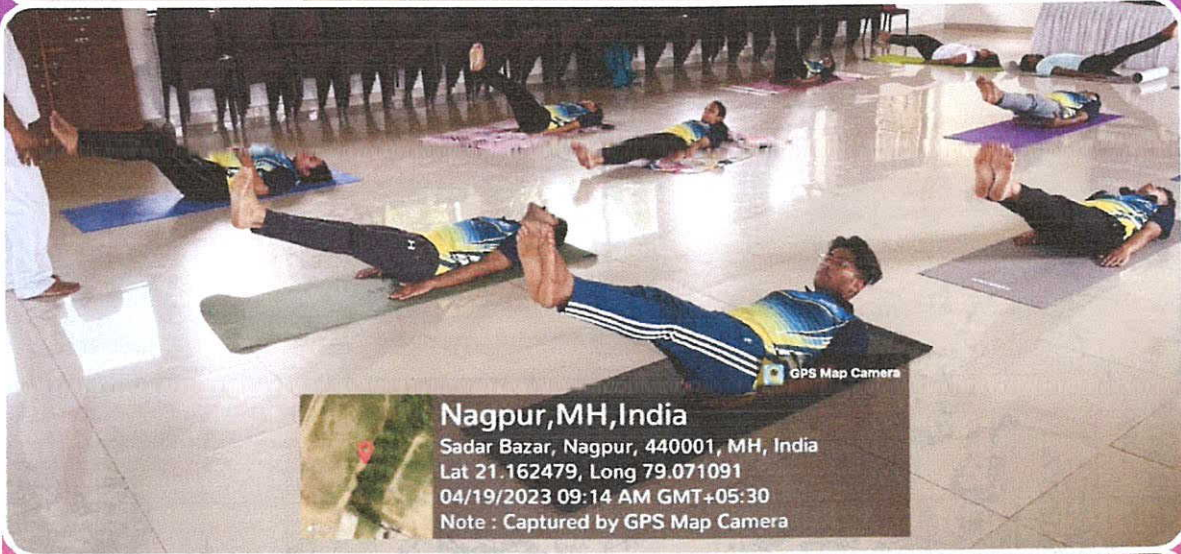
Yesterday's session was all about Zumba. It is an aerobic fitness programme featuring movements inspired by various styles of dances performed. Everyone did warm up to wake up the bodies from sleep. An energetic and fast Zumba was performed, thus working each part of your body. Students though felt drained, enjoyed it. Instructors made all aware about how Zumba aids with physical strength and builds aerobic and cardiovascular strength. After refreshments the students clicked photo and promised to meet again the next day.



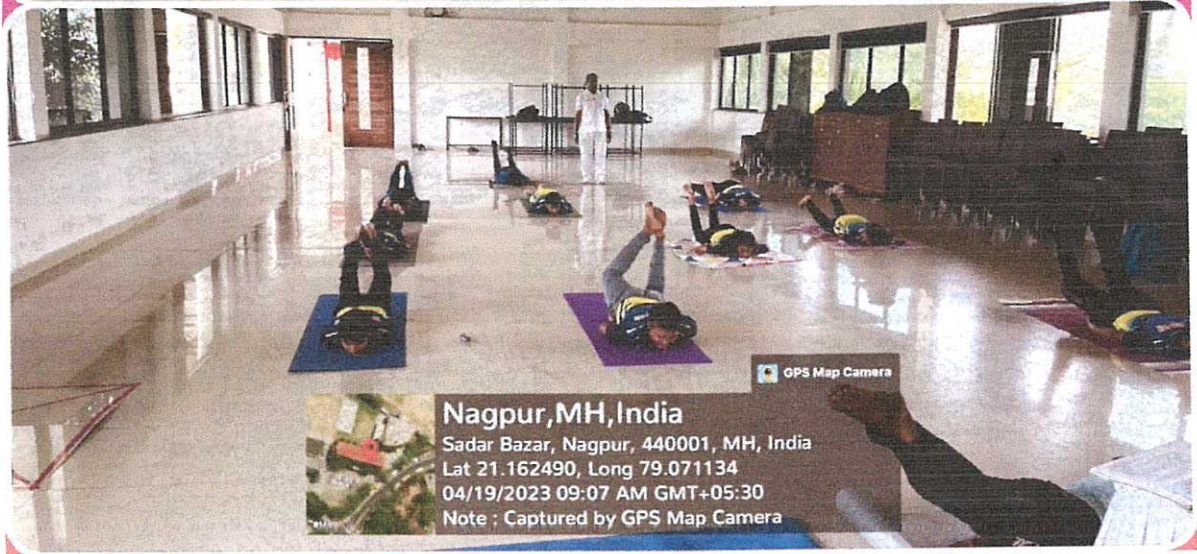




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GPS Map Camera
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 Note : Captured by GPS Map Camera



GPS Map Camera
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 Note : Captured by GPS Map Camera



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 17/04/2023

NUMBER OF STUDENTS: - 12

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Yoga poses like Vajrasana,

FEEDBACK FROM THE ORGANISATION: -

Positive feedback

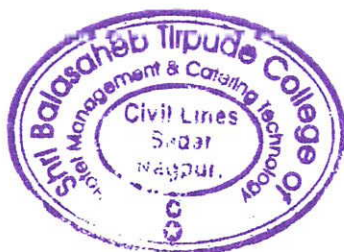
ACIEVEMENTS: - Yoga helps building concentration, increases strength and flexibility.

Description:

Today's session started with the breathing techniques. Our yoga instructor Dr. Pallavi Bhagat and Mr. Sanjay Khonde taught us how to breath and when to breath while doing

“Yoga Asanas”. We performed asans like “

Vajrasana , Vrikshasana , Trikonasana , Bhujangasana , Tadasana, etc. The session was then concluded with the “Kapalbhati”.

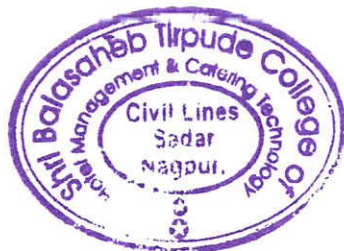


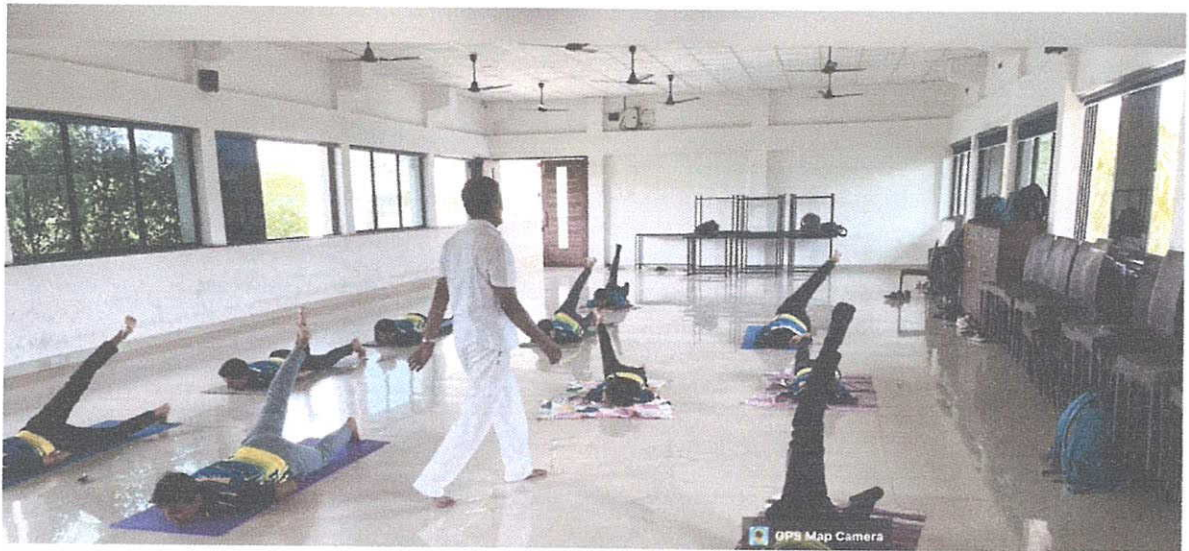
TIRPUDE FITNESS CLUB

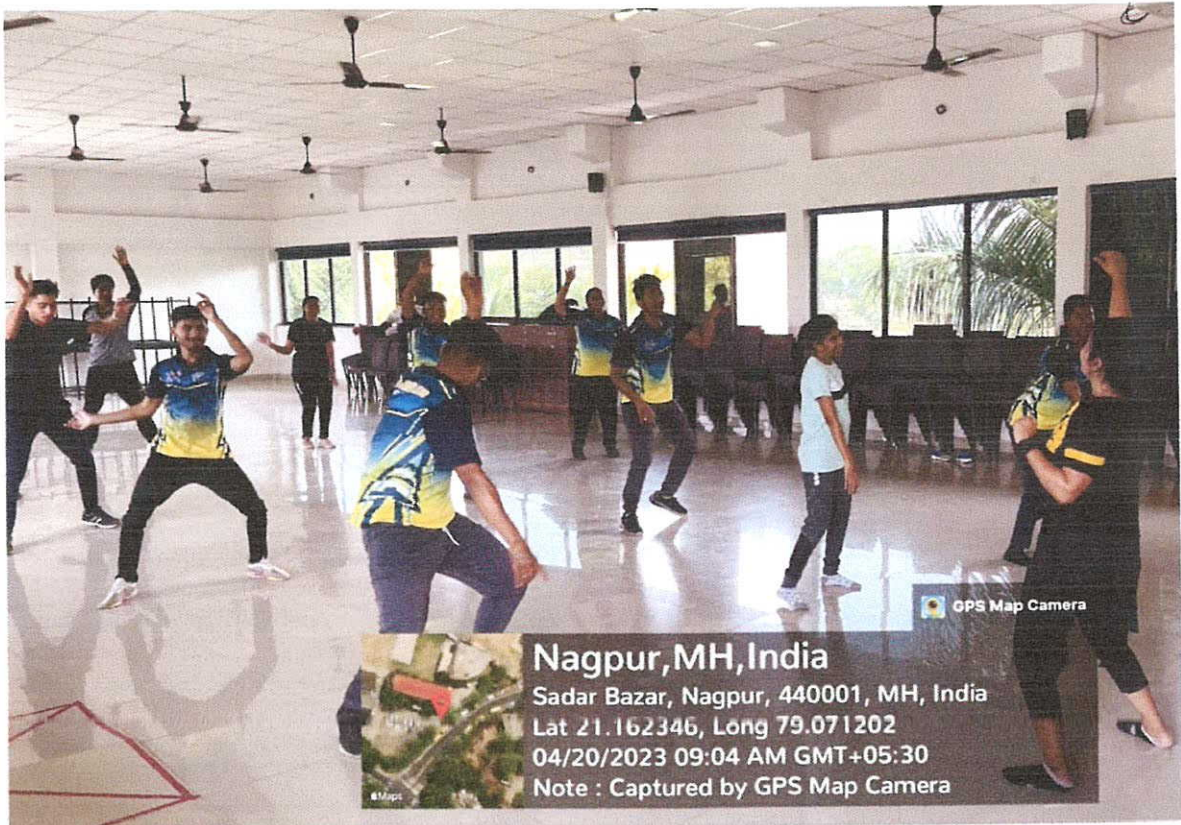
Nagpur, 17 April 2023

Tirpude Fitness Club understands the importance of Yoga and the result achieved by it can be more effective than the other modern-day exercises. Hence Yoga Session was held at Tirpude College of Hotel Management and Catering Technology.

The session was started at 8.15 am with the introduction of the instructors, Dr. Pallavi Bhagat mam and Mr. Sanjay Khonde sir They taught the students how yoga building concentration increases strength and flexibility. They started with breathing exercises, and taught the students when and how not to inhale and exhale while doing yoga asana. Everyone performed asana like vajrasan, vrikshasan, trikonasan, bhujangasan, tadasan etc. The session was concluded with Kapalbhati which literally means shining forehead is the process of cleaning the front part of the brain.







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Note : Captured by GPS Map Camera



GPS Map Camera
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Note : Captured by GPS Map Camera



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 18/04/2023

NUMBER OF STUDENTS: - 11

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Suryanamaskar, natrajasana, vribhadrasana.

FEEDBACK FROM THE ORGANISATION: -

Positive feedback

ACIEVEMENTS: - Yoga helps building concentration, increases strength and flexibility.

DESCRIPTION:

Today's session started off with the introduction of "Suryanamaskar", then we did 2 sets of Suryanamaskar followed by some yoga poses like "Bhujangasana, Natarajasana, Vajrasana, Virabhadrasana, Ashtanga Namaskara, Shavasana, Butterfly pose. We ended off with some meditation, meditation is one of the best way to achieve clarity and tranquility.

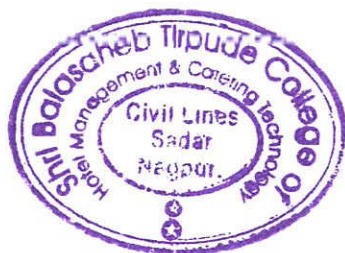
TIRPUDE FITNESS CLUB

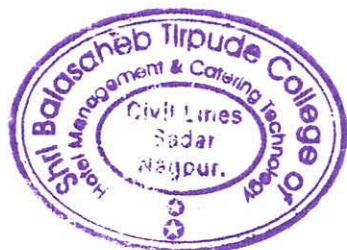
Nagpur, 18 April 2023

Today is the second day of Yoga session of TFC at Tirpude College Campus where Yoga Vidya was taught and learned.

This session was started with the greetings then with the introduction of Surya Namaskar. A combination of exercises which uses the whole body of a person to be accomplished. A demo was given by the junior instructor and everybody followed him. We did 2 sets of Surya Namaskar. Everyone did different poses such as Bhujangasan, Natrajasana, Virabhadrasana, Ashtanga Namaskar, Savasana, butterfly pose etc. after that they did meditation. The session ended on a good note.

Meditation is the best way to achieve clarity and tranquility.





NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 19/04/2023

NUMBER OF STUDENTS: - 11

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY :- NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Session on diet and yoga.

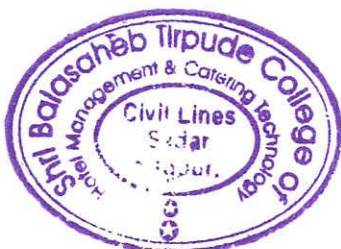
FEEDBACK FROM THE ORGANISATION: -

Positive feedback

ACIEVEMENTS: - Yoga helps building concentration and help support healthy eating habits.

DESCRIPTION:

Today's session started with yoga poses like "Bhujangasana, Vrikhsasana, Vajrasana, Padmasana, etc. Then we did meditation to soothing our mind. Our yoga instructor Dr. Pallavi Bhagat and Mr. Sanjay Khonde enlighten us with the benefits of yoga and diet. The session was then concluded with the group photo.



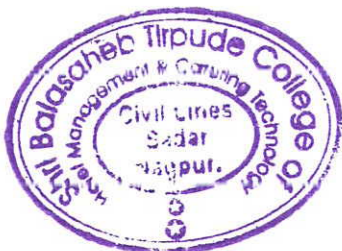
TIRPUDE FITNESS CLUB

Nagpur, 19 April 2023

Yoga is a successful journey toward a calm self. With this in mind. Yoga Class was held at Tirpude Fitness Club in Tirpude Campus.

After greetings the session started. A little warm up followed by Asana such as Bhujangasan, Vrikshasan, and Padmasana etc was done. After this the youngsters did meditation to calm their minds of over running thoughts. Then the instructors Dr. Pallavi Bhagat and Mr. Sanjay Khonde guided everyone about the health benefits of diet combined with yoga. The session was concluded with a group photo.

Yoga helps in building concentration and healthy eating habits.



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 20/04/2023

NUMBER OF STUDENTS: - 11

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College of Hotel Management and Catering Technology.

TASKS UNDERTAKEN: - Zumba session

FEEDBACK FROM THE ORGANISATION: -

Positive feedback

ACIEVEMENTS: - Zumba is an excellent way to maintain a healthy and happy lifestyle. It's enjoyable for people of all ages.

DESCRIPTION:

Today's session was Zumba, Zumba helps in strengthening your heart and respiratory system. It also helps the muscles to increase blood glucose absorption. We did Zumba routine, then we proceeded towards floor exercises like "bicycle crunch, sit-ups, plank, side plank, leg circle, push-up". The session was ended with the cool down exercise.



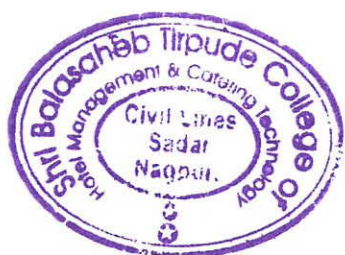
TIRPUDE FITNESS CLUB

Nagpur ,20 April 2023

Zumba is a fun way of maintaining body and correcting posture, hence a session was held at Tirpude Fitness Club in Tirpude College of Hotel Management and Catering Technology.

The session was started with greeting the instructor. A little bit of warm up and everyone was ready to enjoy the fun dance form combined exercise. Zumba was done with popular music and little breaks in between. Zumba helps in strengthening your heart and respiratory system. It also helps the muscles to increase blood glucose absorption. After that the students did floor exercises such as bicycle crunch, sit up, plank, side plank, push ups etc.

Zumba is an excellent way to maintain a healthy and happy lifestyle. It's enjoyable for people of all ages.





YUGANTAR EDUCATION SOCIETY'S

SHRI BALASAHEB TIRPUDE COLLEGE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY

(Approved by AICTE, New Delhi, Govt. of India, Govt. of Maharashtra & RTM Nagpur University, Nagpur)

1, Shri Balasaheb Tirpude Marg, Civil Lines, Sadar, Nagpur - 440 001

Phone : (O) +91 712 2550695 Fax : +91 712 2550695

Email : tirpudehmct@gmail.com, Visit us at www.tirpudehmct.ac.in

AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

SBTC/HMCT/Yoga Session /Ref No: 424

Date: - 20/04/2023

Certificate

This is to certify that **Mr Sanjay Khonde** Has delivered four day session on **Yoga, Pranayam and Breathing Practices** from 17/04/2023 to 20/04/2023. The program was conducted under the Tirpude Fitness Club (An Initiative of NSS Cell) belonging to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur.

Looking ahead for a long and meaningful association.

Thanking You,

Yours Faithfully,

Mr. Akshay Dandale

(Officiating Principal)

OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur





YUGANTAR EDUCATION SOCIETY'S

**SHRI BALASAHEB TIRPUDE COLLEGE OF
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AICTE Permanent Institute Id : 1-14318331 • DTE Institute Code : HM4219 • RTM NU College Code - 007 AISHE Code : C-18976

SBTC/HMCT/Yoga Session /Ref No: 419

Date: - 20/04/2023

To,

Dr Pallavi Bhagat,

Assistant.Professor,

Kavikulguru Kalidas Sanskrit University,

Ramteke

Thanks Letter.

Dear Sir

On Behalf of Management, Staff and Students of this Institute I, the undersign would like to extend my sincere thanks towards encouraging the students for physical fitness.

As a part of introductory week of tirpude fitness club, your presences made the whole environment warm and excited.

Looking ahead for a long and meaningful association.

Thanking You,

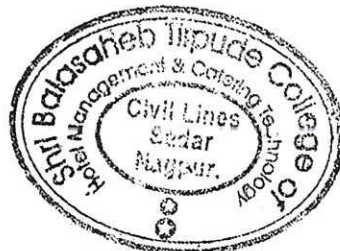
Yours Faithfully,

Mr.Akshay Dandale

(Officiating Principal)

OFFICIATING PRINCIPAL

Shri Balasaheb Tirpude
College of Hotel Management
& Catering Technology, Nagpur



Received
20/4/23

Yugantar Education Society's
**SHRI BALASAHEB TIRPUDE COLLEGE OF
HOTEL MANAGEMENT & CATERING TECHNOLOGY**

Civil Lines, NAGPUR - 440 031 (M.S.)

CREDIT / DEBIT VOUCHER

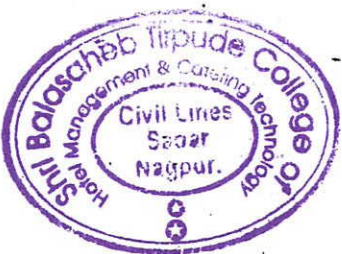
No. _____

Date 20/04/2023

CREDIT / DEBIT/	Rs.	Ps.
Cash Paid To Mrs. Dr. Palwani Bhargava for yoga session conducted on 17/04/2023 To 20/04/2023	1000	-
Rupees <u>One thousand only</u>	TOTAL	1000/-

Prepared by

Manager

Signature

NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 24/04/2023

NUMBER OF STUDENTS: - 11

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, TWN [twin heart meditation].

FEEDBACK FROM THE ORGANISATION: - Positive feedback

ACIEVEMENTS: - Twin heart meditation reduces negativity and results in a positive transformation.

DESCRIPTION: - Started off with the introduction of our instructor Ms. Vaidehi and Ms. Rajni. They introduced us to the TWN (twin heart meditation) which helps in spiritual healing. Firstly, we did some warm up exercises like jumping jacks, squates, overhead reach which was followed by stretching. Ms. Rajni then told us about the chakras that a person has in their body and we performed twin heart meditation.

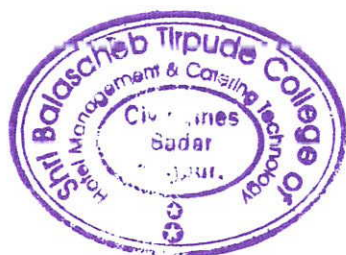


TIRPUDE FITNESS CLUB

Nagpur 24 April 2023

Exercising and strengthening of mind is as important as working on body, thus a meditation program was conducted at Tirpude Fitness club In Tirpude college of Hotel Management And Catering Technology.

The program was undertaken in the guidance of professionals from Yoga Vidya Pranic Healing Centre. The students were made aware of new meditation technique, THE TWIN HEART MEDITATION. Before meditation was started few minutes of exercise had to be done to be able to absorb energy better. After that deep abdominal breathing was done. Once that is over they tried to open the heart and crown chakras by blessing the Earth with love and kindness along with remembering a happy event. Through this method everyone tried to let go of negativity and gather positiveness. With a few more words of advice from the professionals the session ended smoothly.





TIRPUDE FITNESS CLUB



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 25/04/2023

NUMBER OF STUDENTS: - 06

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, squats, super brain yoga.

FEEDBACK FROM THE ORGANISATION: - Positive feedback

ACIEVEMENTS: - Super brain yoga strengthens the immune system by improving pranic energy. It improves focus and increase calmness.

DESCRIPTION: - In today's session our instructor introduced us with the concept of "Super brain yoga" which synchronizes the left brain and right brain to boost creativity, it distributes the energy levels to improve focus and instill calmness. We did squats, jumping jacks, overhead reach followed by super brain yoga and the session was concluded with TWN (twin heart meditation).



TIRPUDE FITNESS CLUB

Nagpur 25 April 2023

A Healing Session was conducted at the Tirpude Fitness Club in Tirpude College of Hotel Management and Catering Technology on 25/04/2023 at 8.30am.

As conducted the previous day TWIN HEART MEDITATION the instructor after greeting the students of TFC were made to do light/ warm up exercises such as jumping jacks, jogging on spot, toe touching, rotating of arms and feet etc to remove the unwanted energy. After this students started doing their twin heart meditation to repel negative vibes and attract positive energy. After the meditation was completed, madam taught the student about Pranic Healing which is a No Touch, No Medicine Therapy. It is a highly developed system of energy treatment that uses Prana meaning life force to balance, harmonize and transform body's energy processes.



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 26/04/2023

NUMBER OF STUDENTS: - 06

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

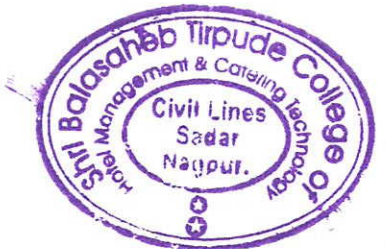
TASKS UNDERTAKEN: - Light warm up, twin heart meditation, super brain yoga.

FEEDBACK FROM THE ORGANISATION: - Positive feedback.

ACIEVEMENTS: - Twin heart meditation reduces negativity and results in a positive transformation.

DESCRIPTION: - In today's session we did warm up exercises like jumping jacks, squats, overhead reach which was followed by the stretching. Then we perform the set of super brain yoga and session was concluded with twin heart meditation.



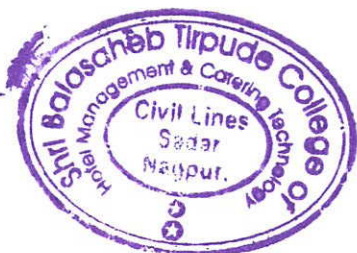


TIRPUDE FITNESS CLUB

Nagpur, 26 April 2023

On this day the Yoga Vidya Pranic Healing Centre along With the Tirpude Fitness Club had kept a free healing session for the members of the said club.

In this growing world of harshness and emotional instability a session was conducted so that the students could avail the benefit of Pranic Healing. As the session started everyone was aware about how the healing works. After this each student was called up for a trial. Those who were recently injured or those who feel anxious or depressed were given the first priority as it is believed that the process would help relieve some of the pain from the injury. Those emotionally unstable may or may not feel that the pressure has lessened. Each student's energy levels were read individually and were advised how to balance their energies. If anyone needed to participate in continuous healing session they were guided to come to their centre to benefit.



NATIONAL SERVICE SCHEME ACTIVITY

NAME OF THE EVENT: - Tirpude Fitness Club

DATE: - 27/04/2023

NUMBER OF STUDENTS: - 07

NUMBER OF PARTICIPATING FACULTY MEMBERS: - 01

CONTRIBUTION MADE BY: - NSS Fund

ADDRESS OF THE BENEFITTED: - Shri Balasaheb Tirpude College Of Hotel Management And Catering Technology.

TASKS UNDERTAKEN: - Light warm up, TWN [twin heart meditation].

FEEDBACK FROM THE ORGANISATION: - Positive feedback

ACIEVEMENTS: - Pranic healing promotes happiness, inner peace, self-esteem and spiritual growth.

DESCRIPTION: - Today's session was started off with the introduction of pranic healing. Pranic healing is a practice that scans the inner aura of one's body and the internal organs. Pranic healing helps in curing diseases and muscle pains. Ms. Rajni and Ms. Vaidehi performed pranic healing on everyone one by one. She asked us for what reason we want to take healing and then she created her aura and gave us healing by cleansing our aura.

