



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



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

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 :

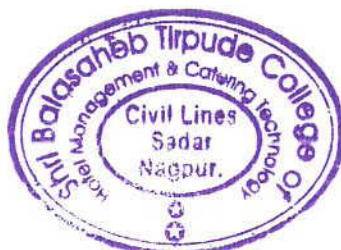
- Great for weight loss
- Boost your heart health
- Helps you De-stress
- It makes your body flexible

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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- Personality development and soft skills
- Confidence building
- Easy online payment option
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- Shape your body, Shape your life
- Never give up!!!
- Let's get train with us
- Get your seats now
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4. You are able to control conflicts.

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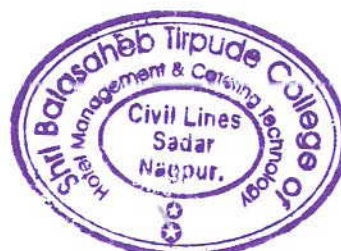
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Benefits :

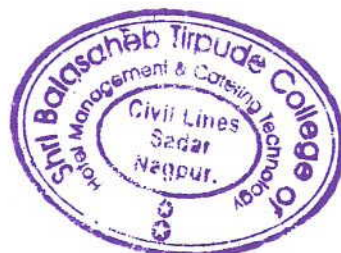
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- Boost your heart health
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- It makes your body flexible

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Tirpude Fitness Club
Attendance Sheet

Name of Program Coordinator: Prof. Ankeet Kenekar

Month: April

Sr.No	Name of the Students	10/4/23	11/4/23	12/4/23	13/4/23	14/4/23	15/4/23	16/4/23	17/4/23	18/4/23	19/4/23	20/4/23	21/4/23	22/4/23	23/4/23	24/4/23	25/4/23	26/4/23	27/4/23	Total
1.	Abhilash Sonare	P	P	P	A	A	A	A	A	A	A	A	P	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 Raut	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	P	P	P	A	A	A	A	A	A	A	
8.	Khaushal Narnaware	A	A	A	A	P	P	P	A	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	P	A	A	A	A	A	A	A	A	
11.	Mitali Khobragade	A	A	A	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	
12.	Om deshmukh	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	A	A	A	
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	A	A	P	A	A	A	A	A	A	A	
16.	Preet Mishra	A	A	A	P	P	P	P	P	P	P	A	P	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	A	A	P	A	A	A	A	A	A	A	
21.	Saniya Opai	P	P	P	P	P	A	P	P	P	P	P	A	A	A	P	A	A	A	
22.	Sanskruiti Bhandarkar	P	P	P	A	A	A	A	A	A	A	P	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	P	P	A	P	P	P	P	P	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	P	P	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	P	P	A	A	A	A	A	A	A	
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	P	A	P	P	A	P	P	A	P	P	P	P	P	P	P	P	
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OFFICIATING PRINCIPAL
Shri Balasaheb Tirpude
College of Hotel Management
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10/4/23 11/4/23 12/4/23 13/4/23 14/4/23 15/4/23 16/4/23 17/4/23 18/4/23 19/4/23 20/4/23 21/4/23 22/4/23 23/4/23 24/4/23 25/4/23 26/4/23 27/4/23



**SHRI BALASAHEB TIRPUJE COLLEGE OF HOTEL MANAGEMENT AND CATERING
TECHNOLOGY, NAGPUR**

TIRPUJE FITNESS CLUB

(An Initiative by NSS Unit)

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, 8159787567
Email ID:	abhilashsonare065607@gmail.com.

Signature of Students

Signature of Co-ordinator



ANKUR KENKAR
Assistant Professor
Shri Balasaheb Tirpuje
College of Hotel Management
& Catering Technology, Nagpur



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

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STUDENT REGISTRATION FORM



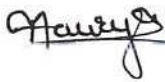
First Name:	Amisha
Middle Name:	chandrahas
Last Name:	Mourya

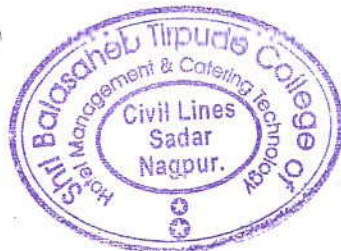
Year /Semester:	8 th semester
Degree Program:	BHMCT

CONTACT INFORMATION:

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

Signature of Students






Signature of Co-ordinator
ANKEET KENDAPUR
Assistant Professor
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& Catering Technology, Nagpur



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STUDENT REGISTRATION FORM



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. :	8669785735
Email ID :	Ayushwakde18@gmail.com



Signature of Students





Signature of Co-ordinator

ANKEET KENEKAR

Assistant Professor
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& Catering Technology, Nagpur



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STUDENT REGISTRATION FORM



First Name:	Bhavika
Middle Name:	Rameeh
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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STUDENT REGISTRATION FORM



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



Signature of Co-ordinator

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STUDENT REGISTRATION FORM



First Name:	Dev
Middle Name:	Rajendra
Last Name:	Shetti

Year /Semester:	BHMCT 6 th Sem
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	7410174038
Email ID:	shettidev84@gmail.com


Signature of Students




Signature of Co-ordinator
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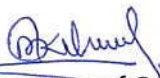


First Name:	Manish R. Khobragade
Middle Name:	Ramesh
Last Name:	Khobragade

Year /Semester:	3 rd year
Degree Program:	BHMCT

CONTACT INFORMATION:

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


Signature of Students


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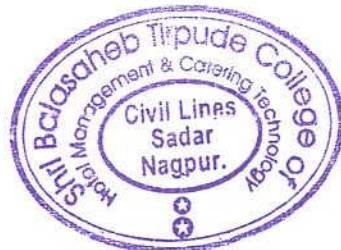
First Name:	Mitali
Middle Name:	Rajendra
Last Name:	Khobregade.

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

CONTACT INFORMATION:

Student Contact no.:	8600057693
Email ID:	mitalikhobregade2001@gmail.com


Signature of Students




Signature of Co-ordinator
ANIKET KENEKAR
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STUDENT REGISTRATION FORM




First Name:	DM
Middle Name:	SAHEBRAD
Last Name:	DESHMUKH

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

CONTACT INFORMATION:

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


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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:

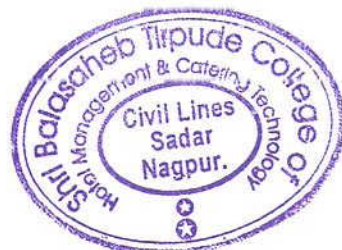
Student Contact no. :	7709887166
Email ID :	piyushkalode97@gmail.com.



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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:	BHMCT

CONTACT INFORMATION:

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

Rokade

Signature of Students

A. J. U.

Signature of Co-ordinator



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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




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First Name:	P. Preet
Middle Name:	Achal
Last Name:	Mishra

Year /Semester:	II year IV Sem
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	8237923115
Email ID:	preetmishra0712@gmail.com



Signature of Students



Signature of Co-ordinator



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TECHNOLOGY, NAGPUR

 **TIRPUDE FITNESS CLUB** 

(An Initiative by NSS Unit)

STUDENT REGISTRATION FORM



First Name:	Prince
Middle Name:	Anup
Last Name:	Nayak

Year / Semester:	2 year / 4 Semester
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	7499517032
Email ID:	princenayak9003@gmail.com

Prince

Signature of Students

A. J. K.

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:	ROHAN
Middle Name:	SANJAY
Last Name:	LALL

Year /Semester:	IV th year, VIII th Semester
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	+91 7798800052.
Email ID:	lallrohan.27@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:	Ruchita
Middle Name:	Hiraman
Last Name:	Bokde

Year /Semester:	BHMCT 3 rd year [6 th Sem]
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	9146862378
Email ID:	bokderuchita72@gmail.com

Ruchita Bokde
Signature of Students

A.K. Kenkar
Signature of Co-ordinator



ANKEET KENKAR
Assistant Professor
Shri Balasaheb Tirpude
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& 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:	SAHIL
Middle Name:	SUNIL
Last Name:	CHAWARE

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

CONTACT INFORMATION:

Student Contact no.:	9322677626
Email ID:	Sahilchaware2002@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** 

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STUDENT REGISTRATION FORM



First Name:	Saniya
Middle Name:	Vaseem
Last Name:	opai

Year /Semester:	3 rd Year
Degree Program:	BHMCT

CONTACT INFORMATION:

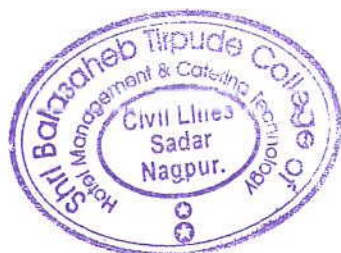
Student Contact no. :	8788205867
Email ID :	saniyaopai786@g.mail.com

Saniya

Signature of Students

Ankeet

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** 

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STUDENT REGISTRATION FORM



First Name:	Sanskruti
Middle Name:	Sanjay
Last Name:	Bhandarkar

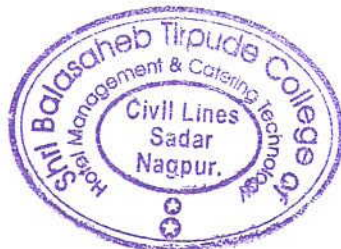
Year /Semester:	8 th Semester / final year
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no. :	9403418960
Email ID :	SanskrutiBhandarkar@gmail.com


Signature of Students


Signature of Co-ordinator





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

 **TIRPUDE FITNESS CLUB** 

(An Initiative by NSS Unit)

STUDENT REGISTRATION FORM



First Name:	SHRUTI
Middle Name:	KISHOR
Last Name:	MATE

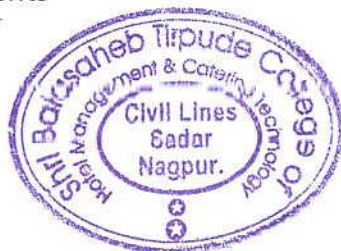
Year /Semester:	3 rd Year 6 th Sem
Degree Program:	BACHELOR OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY.

CONTACT INFORMATION:

Student Contact no.:	7020329213
Email ID:	shrutimate5703@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:	Shubham
Middle Name:	Jagadish
Last Name:	Wattkar

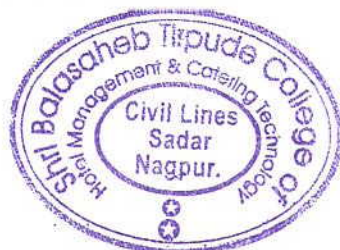
Year /Semester:	3 rd year / 6 th semester
Degree Program:	Bachelor of Hotel Management & Catering Technology

CONTACT INFORMATION:

Student Contact no.:	9579656040
Email ID:	Watishubham2807@gmail.com



Signature of Students





Signature of Co-ordinator

ANIKET 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:	SINHAL
Middle Name:	SHAI LENDRA
Last Name:	DHANVIJAY

Year /Semester:	III rd Year.
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no.:	8698721276
Email ID:	reachsinhal@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



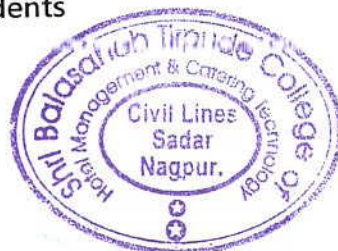
First Name:	Tanmay
Middle Name:	Shyam
Last Name:	Jadav

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

CONTACT INFORMATION:

Student Contact no. :	7972522428
Email ID :	Jadutanmay112@gmail.com


Signature of Students




Signature of Co-ordinator
ANKEET KENDEKAR
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:	Tanvi
Middle Name:	Suzendaa
Last Name:	Waghmare

Year /Semester:	3rd year 6th semester
Degree Program:	BHMCT (Bachelor of Hotel Management & Catering Technology.)

CONTACT INFORMATION:

Student Contact no.:	9511785952
Email ID:	Waghmaretanvi4@gmail.com

Waghmare

Signature of Students



A. J. U.

Signature of Co-ordinator

ANKEET KENEKAR
Assistant Professor
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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:	UDAY
Middle Name:	HANDKISHOR
Last Name:	KANHALKAR

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

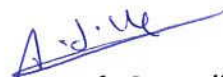
CONTACT INFORMATION:

Student Contact no.:	9049363573
Email ID:	kanhalkaruday@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:	Vaibhavi
Middle Name:	Anant
Last Name:	Lanjewar

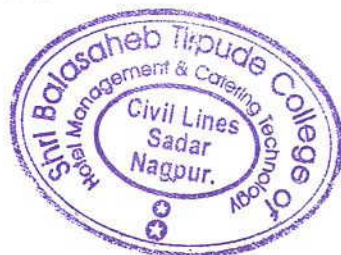
Year /Semester:	3 rd VI th semester
Degree Program:	Bachelor of Hotel Management & catering Technology.

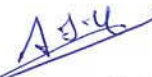
CONTACT INFORMATION:

<u>Student Contact no. :</u>	9404884701
<u>Email ID :</u>	Vaibhavananjewar18@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:	Vaishnavi
Middle Name:	Krushnaji
Last Name:	Sontakke

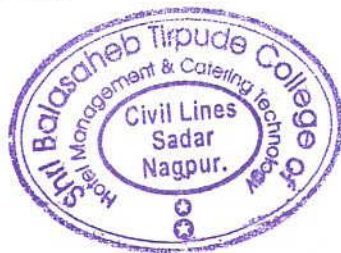
Year /Semester:	3 rd year 6 th Sem
Degree Program:	BHMCT (Bachelor of Hotel Management & Catering Technology.)

CONTACT INFORMATION:

Student Contact no.:	8788847670
Email ID:	vaishnavisontakke3@gmail.com



Signature of Students





Signature of Co-ordinator

ANKEET KENEKAR
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& Catering Technology, Nagpur



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

 **TIRPUDE FITNESS CLUB** 

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STUDENT REGISTRATION FORM



First Name:	Yash
Middle Name:	Krishna Rao
Last Name:	Bhumbar

Year /Semester:	3 rd Year 6 th Sem
Degree Program:	BHMCT

CONTACT INFORMATION:

Student Contact no. :	8390777339
Email ID :	



Signature of Students





Signature of Co-ordinator

ANKIT KHEKAR
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:	Yugeshwani
Middle Name:	Abhay
Last Name:	Dongue

Year /Semester:	3 rd Sem
Degree Program:	BHMCT [Bachelor of Hotel Management & Catering Technology]

CONTACT INFORMATION:

Student Contact no.:	8767379170
Email ID:	yugeshwanidongue@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:	Nihal
Middle Name:	Rajesh
Last Name:	Chudam

Year / Semester:	8 th sem
Degree Program:	BHMET

CONTACT INFORMATION:

Student Contact no.:	7083002478
Email ID:	chudamnihal2@gmail.com


Signature of Students


Signature of Co ordinator





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.

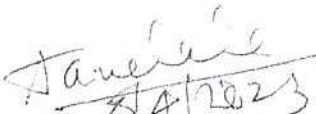
Dear Sir

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,


24/04/2023
Prof. Akshay Dandale

(Officiating Principal)

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



Tirpude Fitness Club

List of Students

Sr.No	Name of the Students	T-Shirts Size	Sign
1.	Amisha Mourya		
2.	Ayush Wakde	M	
3.	Bhavika Raut		
4.	Bhumika Shingare	M	
5.	Harsh Dharmari	S	
6.	Khaushal Narnaware	XXL	
7.	Manish Khobragade	M	
8.	Mayur Chamatkar	M	
9.	Mitali Khobragade		
10.	Om deshमुख	L	
11.	Piyush Kalode		
12.	Pranay Rokde	M	
13.	Pratham Waghmare	M	
14.	Preet Mishra	L	
15.	Prince Nayak	XL	
16.	Ruchita Bokde	S	
17.	Sahil Chawre	M	
18.	Saniya Opai	XL	
19.	Shruti Mate	M	
20.	Shubham Watkar	M	
21.	Sinhal Dhanvijay	L	
22.	Tanmay Yadv	XL M	
23.	Tanvi Waghmare	XL	
24.	Uday Kahalkar	M	
25.	Vaibhavi Lanjewar	M	
26.	Vaishnavi Sontakke	S M	
27.	Yash Bhumber	M	
28.	Yogeshwari Dongre	M	
29.	Dev Shetti	XL	
30.	Rohan Sall	XXL	
31.	Shubhangi Patale	M	
32.	Sanskruji Bhandarkar	M	
33.	Abhilash Sonare	XL	
34.	Anup Khatkhedkar	XL	
35.	Sachin Singh	L	
36.	Saurabh Kanade		
37.	Pratham Kataru		
38.	Siddhant Gadgil		
39.	Pranav Mishram		
40.	Sudhanshu Nirman		
41.			
42.			
43.			
44.			
45.			



Tirpude Fitness Club

Name of Program Coordinator: Prof. Ankeet Kenekar

Month: April

Sr.No	Name of the Students	T shirt	Recieved
1.	Abhilash Sonare		
✓2.	Amisha Mourya	M	
3.	Ayush Wakde		
✓4.	Bhavika Raut	M	
5.	Bhumika Shingare		
6.	Dev Shetti	XL	
✓7.	Harsh Dharmari	S	
8.	Khaushal Narnaware		
9.	Manish Khobragade		
✓10.	Mayur Chamatkar	M	
11.	Mitali Khobragade		
✓12.	Om deshmkh	L	
13.	Piyush Kalode		
14.	Pranay Rokde		
15.	Pratham Waghmare		
16.	Preet Mishra	L	
17.	Prince Nayak		
18.	Rohan Laal		
19.	Ruchita Bokde		
✓20.	Sahil Chawre	M	
✓21.	Saniya Opai	XL	
✓22.	Sanskriti Bhandarkar	M	
✓23.	Shruti Mate	M	
24.	Shubahngi Patle		
25.	Shubham Watkar		
✓26.	Sinhal Dhanvijay	L	
27.	Tanmay Yadav		
28.	Tanvi Waghmare		
29.	Uday Kahalkar		
30.	Vaibhavi Lanjewar		
31.	Vaishnavi Sontakke		
✓32.	Yash Bhumar	M	
33.	Yogeshwari Dongre		
34.	Nihal C.		
35.	Vaishnavi N.	M	
36.	Lachin Singh	L	
✓37.	Muskan C.	XL	
38.			
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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,

Akshay Dandale
8/4/2023
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.

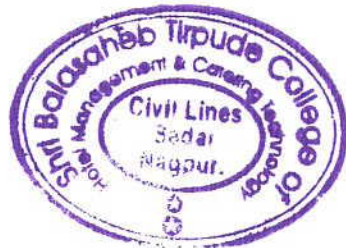


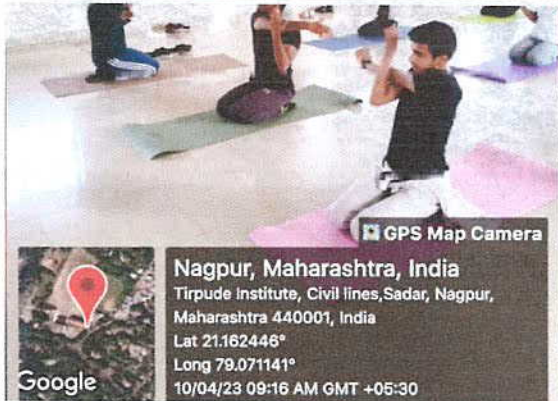
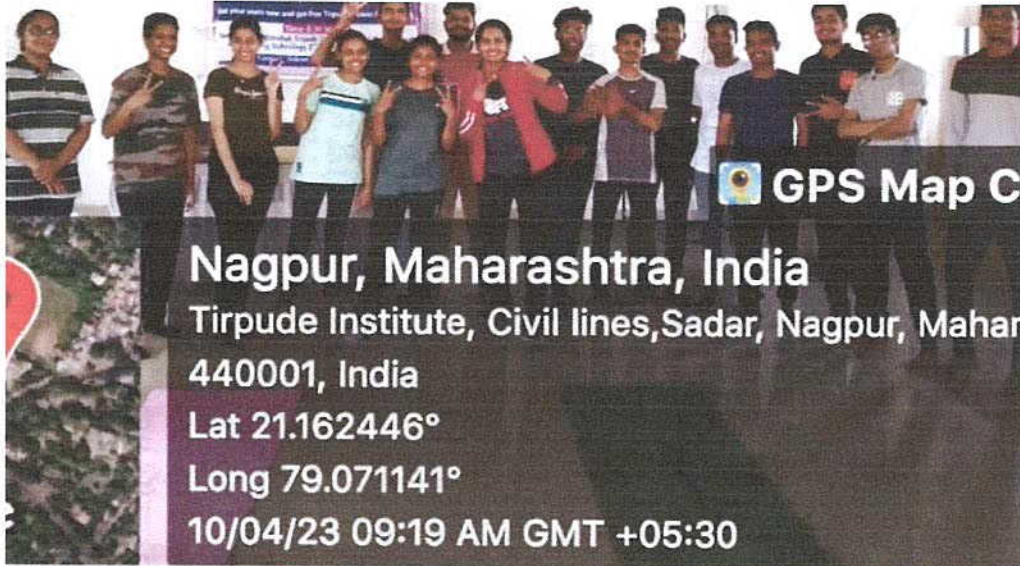
TIRPUDE FITNESS CLUB

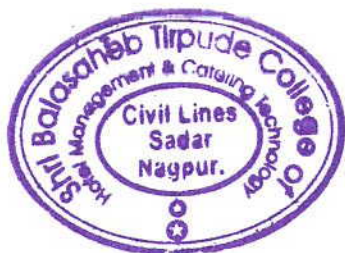
Nagpur, 10 April 2023.

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 enlightened 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.



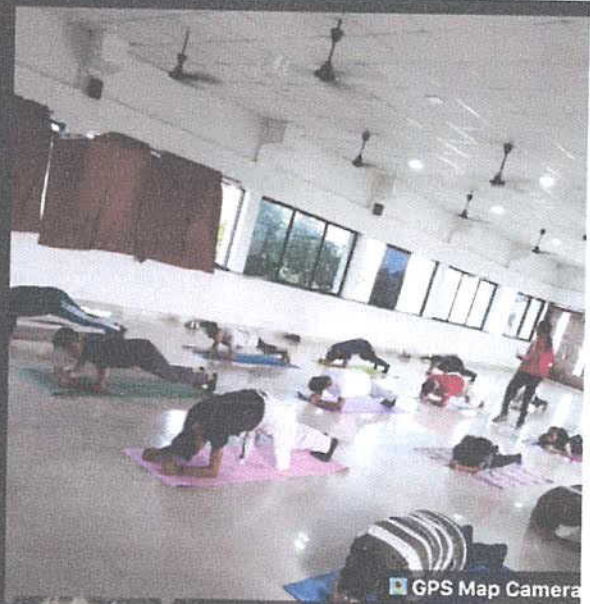
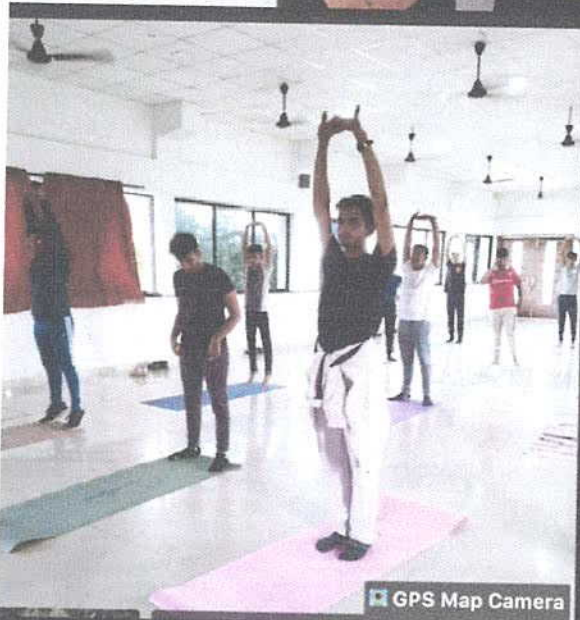
TIRPUDE FITNESS CLUB

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
Nagpur, Maharashtra, India
 Tirpude Institute, Civil lines, Sadar, Nagpur,
 Maharashtra 440001, India
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 Long 79.071141°
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 Maharashtra 440001, India
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 Maharashtra 440001, India
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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.



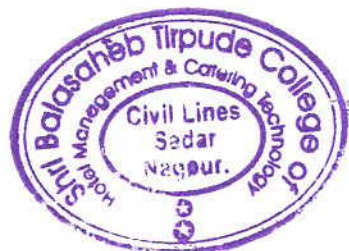
TIRPUDE FITNESS CLUB

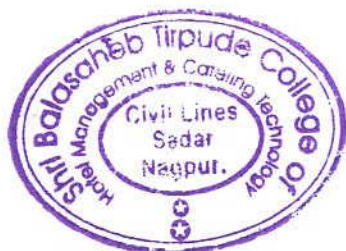
Nagpur, 12 April 2023,

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 helpcd 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: -

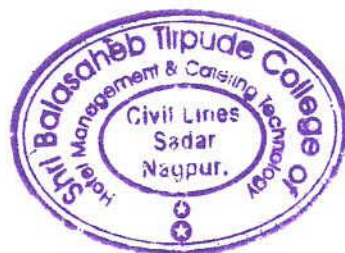
Positive feedback

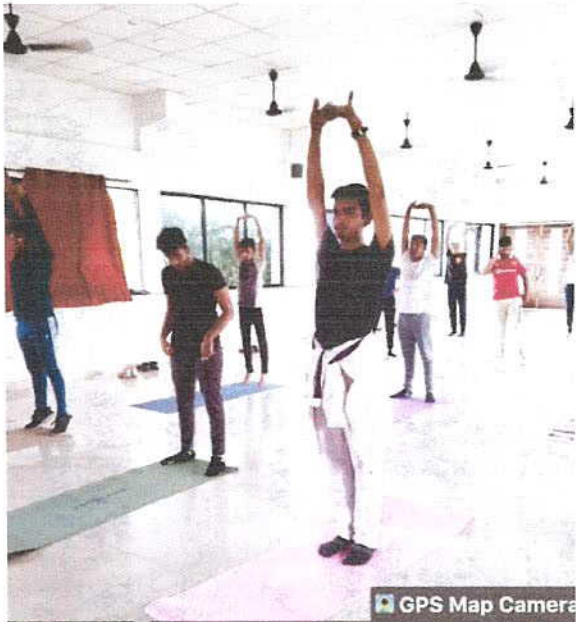
ACIEVEMENTS: - Zumba is an excellent way to maintain a healthy and happy lifestyle. It's enjoyable for people of all ages.

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





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GPS Map Camera

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 Maharashtra 440001, India
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GPS Map Camera

Nagpur, Maharashtra, India
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 Maharashtra 440001, India
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GPS Map Camera

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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 Iyer

Particulars	Rs.	Ps.
Cash paid to Mrs. Rashmi Iyer 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 _____

[Signature]

Superintendent

Cashier

[Signature]

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.

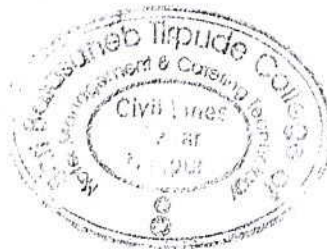
Thanking You,

Yours Faithfully,

Mr. Akshay Dandale

(Officiating Principal)

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



Received
Rashmi's
13/4/23