



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

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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: 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,

Aandale

Mr. Akshay Dandale

(Officiating Principal)

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

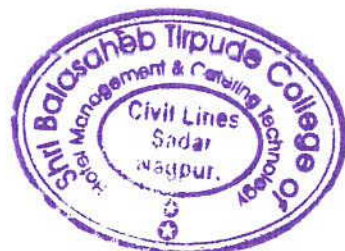


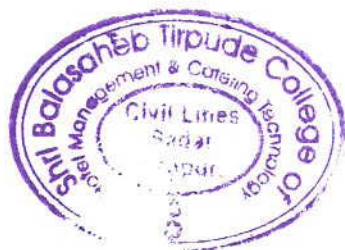
PPB
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20/4/23

TIRPUDE FITNESS CLUB

Nagpur, 15 April 2023

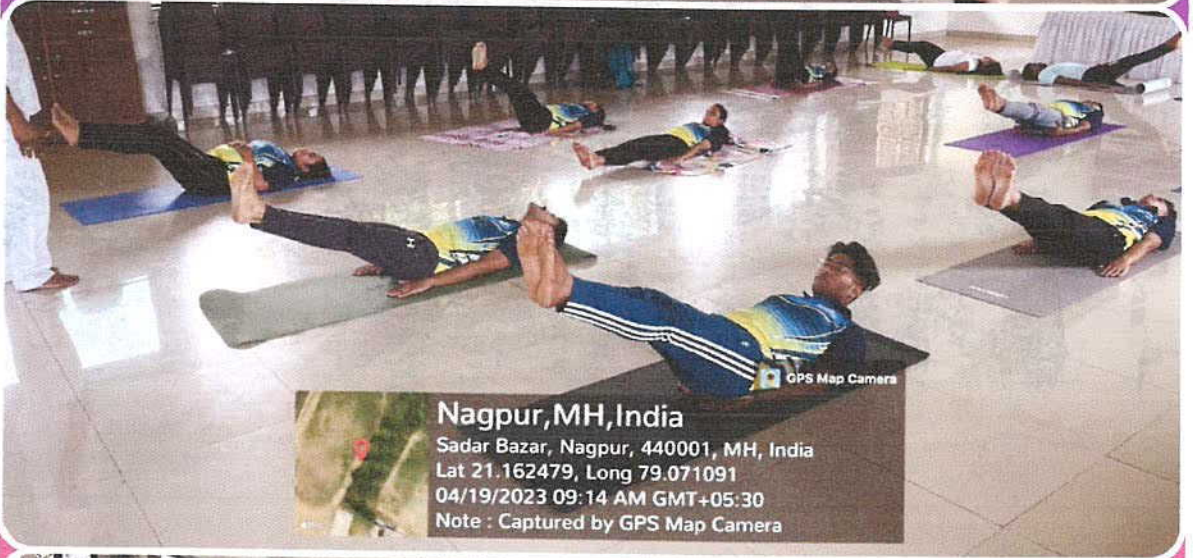
Yesterday's session was all about Zumba. It is an aerobic fitness programme featuring movements inspired by various styles of dances performed. Everyone did warm up to wake up the bodies from sleep. An energetic and fast Zumba was performed, thus working each part of your body. Students though felt drained, 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.



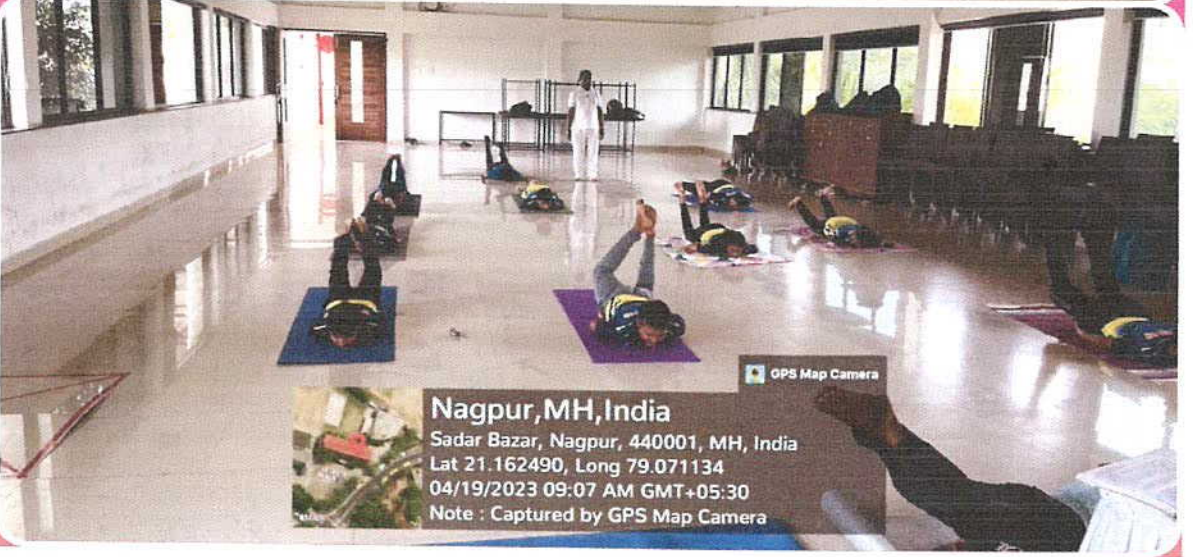




Nagpur, MH, India
Sadar Bazar, Nagpur, 440001, MH, India
Lat 21.162575, Long 79.071237
04/19/2023 09:07 AM GMT+05:30



Nagpur, MH, India
Sadar Bazar, Nagpur, 440001, MH, India
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Note : Captured by GPS Map Camera



Nagpur, MH, India
Sadar Bazar, Nagpur, 440001, MH, India
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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".

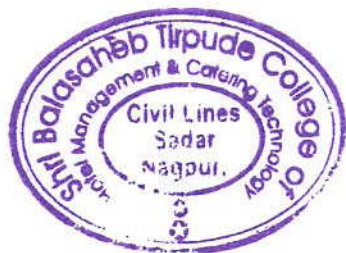


TIRPUDE FITNESS CLUB

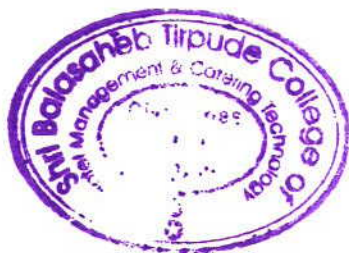
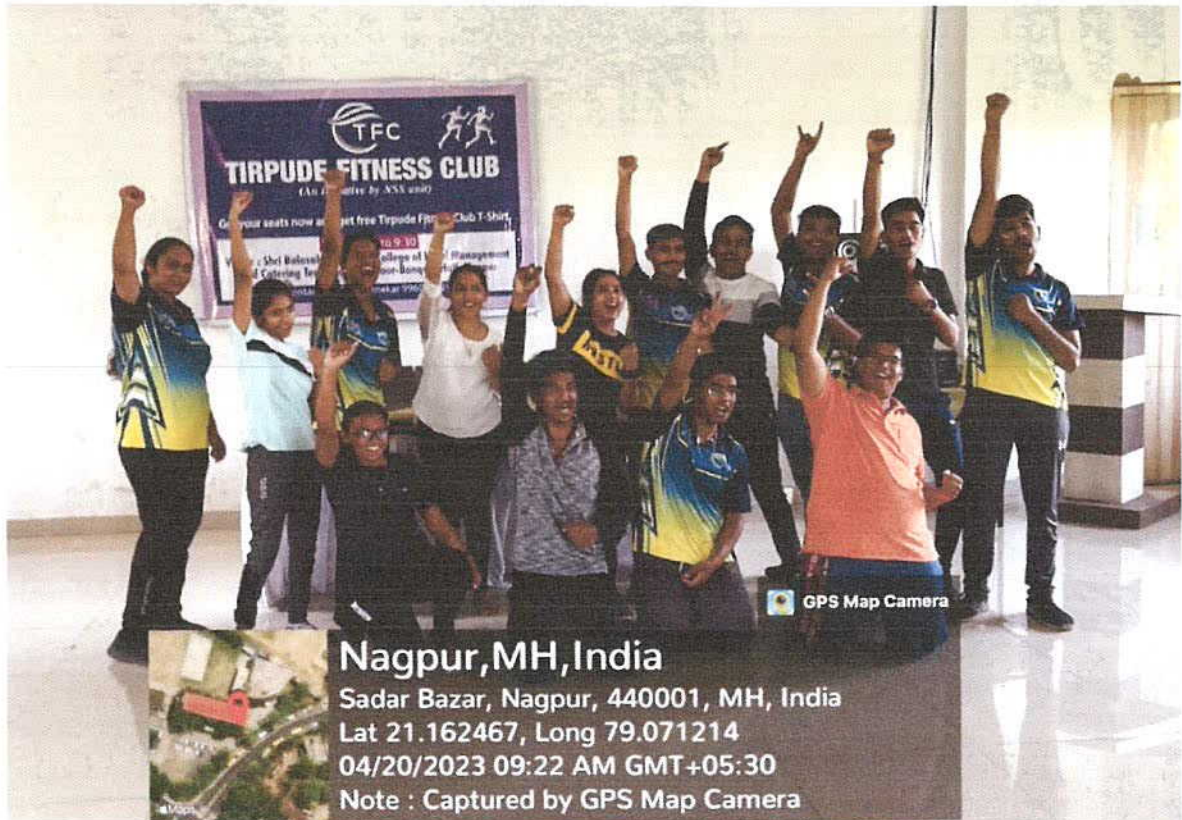
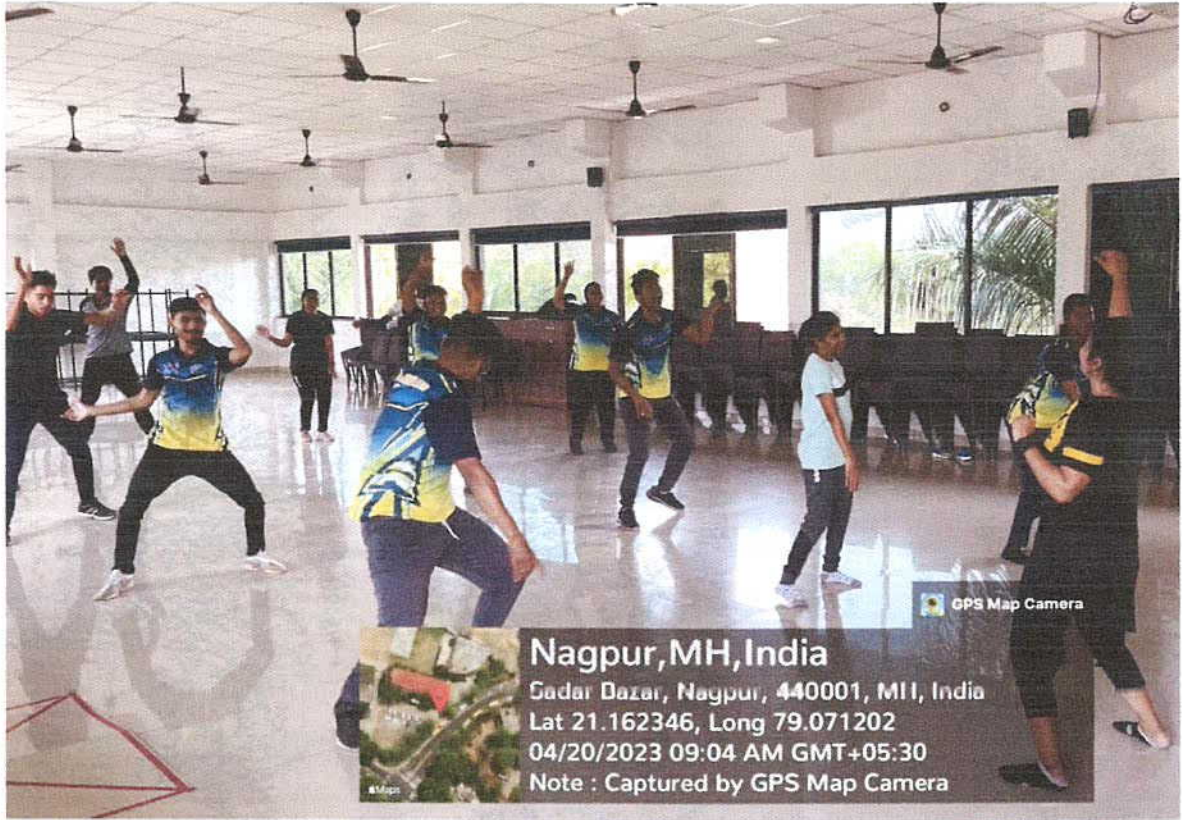
Nagpur, 17 April 2023

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.







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.

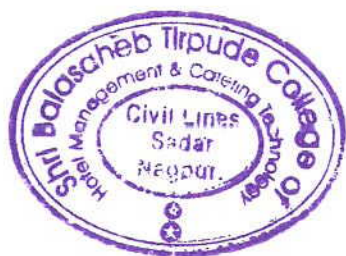
TIRPUDE FITNESS CLUB

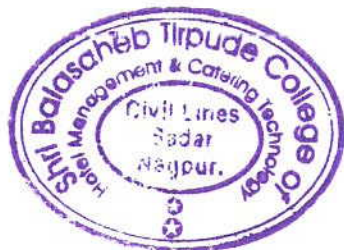
Nagpur, 18 April 2023

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.

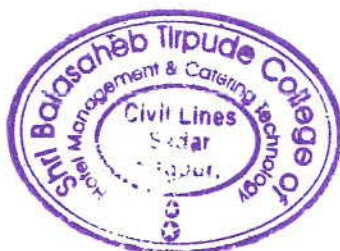
FEEDBACK FROM THE ORGANISATION: -

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

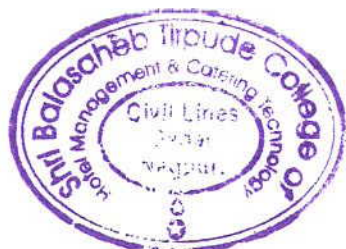
FEEDBACK FROM THE ORGANISATION: -

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.



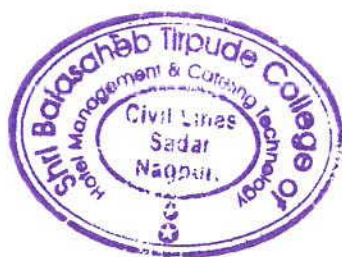
TIRPUDE FITNESS CLUB

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.





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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.

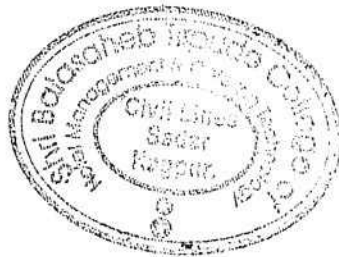
Thanking You,

Yours Faithfully,

Mr. Akshay Dandale

(Officiating Principal)

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





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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
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Civil Lines, NAGPUR - 440 001 (M.S.)

CREDIT / DEBIT VOUCHER

No. _____

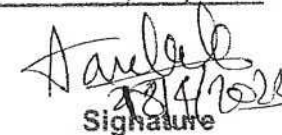
Date 20/04/2023

CREDIT / DEBIT/	Rs.	Ps.
Cash Paid to Mrs. Dr. Pallavi Bhagat		
for yoga sessions conducted on 17/04/2023		
To 20/04/2023		
	1000/-	
Rupees <u>one thousand only</u>	TOTAL	1000/-

Prepared by



Manager


Signature

