



Rayat Shikshan Sanstha's

**Chandraroop Dakle Jain College of Commerce,
Shrirampur**

INTERNAL QUALITY ASSUARANCE CELL

This is to inform all the teaching and administrative staff – members that a workshop / staff training programme will be arranged on Role of Healthy Diet and Exercise in Confidence Building on 10/10/2013

Venue :

Hall No. 4

Time :

11.20 A.M.

All the concerned members are hereby informed to attend the same.


IQAC
Co-ordinator




Principal
C. D. Jain College of Commerce,
Shrirampur

Faculty Development Program
on
Role of Healthy Diet and Exercise in Confidence building
Report

Date: 10/10/2013

Time: 11: 20 AM

Faculty Development Program on "Role of Healthy Diet and Exercise in Confidence building" was organized by IQAC and Gymkhana Department.

The session of the workshop was chaired by Prin. Dr. Bhor L. D (Principal C. D. Jain College of Commerce, Shrirampur.) Trainer of the session was Mr. Deshmukh S.Y. (Physical Director, C.D.Jain College of Commerce, and Shrirampur)

Session started with the brief introduction of the Faculty Development Program by Prof. S.R. Jawale.

The trainer of this program has emphasised the importance of physical fitness in his following words.

Life is all about compromises, right? Well, if you think you can ignore your bad eating habits just because you exercise regularly, think again. A mistake that many people make is thinking that if you burn off a ton of calories at the gym you can eat whatever you want. Or, if you're "naturally" thin you don't have to watch what you eat. Unfortunately, trading an hour in the gym for a greasy double cheeseburger or relying on a good metabolism to take the place of healthy eating habits completely misses the point of living a healthy lifestyle.

At the core of a balanced diet are foods that are low in unnecessary fats and sugars and high in vitamins, minerals, and other nutrients. The following food groups are essential parts of a balanced diet. In addition to this he has shown advanced fitness exercises with the help of live practical by college students. He focused on following points

- How to achieve balanced diet
- Stay Fit Stay Healthy
- Don't lose your mind lose your weight
- Importance of Protein in Diet
- Avoids unhealthy food
- Sugar/ Celeries burns
- Consistency in exercise, yoga and meditation.



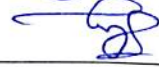



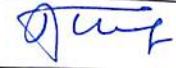
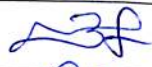
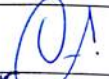
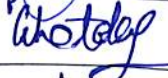
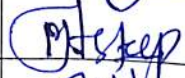





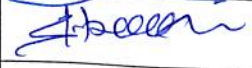
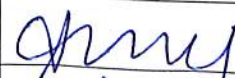





Dr.L.D.Bhor
Chairman IQAC

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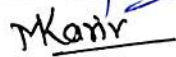



S.N.	Name of the Participant Staff Member	Signature
1.	B. S. Waghmare	
2.	Dr. G. H. Barhate	
3.	Dr. P. B. G.	
4.	Kalamkar R. P.	
5.	Mrs. Gujar P. S.	
6.	Joshi P. D.	
7.	Wadankar D. S.	
8.	Zangare S. S.	
9.	Changurde B. R.	
10.	Khotale A. B.	
11.	Jagtap M. B.	
12.	Prof. Bhavsar B. S.	
13.	Chandratre Y. V.	
14.	Dr. Bawake B. B.	
15.	Dr. Ghodake B. G.	
16.	Sayyed A. K.	
17.	SATRAKAR P. P.	
18.	Patel S. P.	
19.	S. Y. Deshmukh	
20.	Shri. Bhongardme R.	




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21.	Shri. Hase S.Y.	
22.	Dr. Gawali S N	
23.	Kotiz M. A.	
24.	Khandare S.V.	
25.	Mhaske R. A.	
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27.	Vivek M MORE	
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PRINCIPAL
C D Jain College of Commerce
Shrirampur