

RCOEM

Shri Ramdeobaba College of
Engineering and Management, Nagpur



**Shri Ramdeobaba College of Engineering and
Management, Nagpur (Session 2022-2023)**

In association with

Women Empowerment Cell

Presents

COMPLETE BODY TEST AND GYM ACTIVITIES FOR FITNESS AND CONCENTRATION

Date: 23/11/2022

No. of participants: 500

Objective: Complete body test and various gym activities that promote healthy and exercise habits in youth girls.

Venue: Football ground, Shri Ramdeobaba College of Engineering and Management.

Report :

Rotaract Club of RCOEM in association with Women Empowerment cell, RCOEM organized a Complete body test and various gym activities that promote healthy and exercise habits in youth girls.

The session started at 8 AM on 23 November 2022. It was organized at the football ground of RCOEM so that more and more participants could get the benefits of this thriving session. The body test and gym activities were carried by the trainers of a gym. All the participants and women staff of the College and faculty members too participated for the session. In the complete body checkup camp, the complete details of our body are displayed and the trainers suggested some regular activities to the individuals according to their results. Various challenges were kept for different gym activities like Plank, Rope and many more and winners and participants were provided with goodies and awards to develop healthy and sporting competition habits. The session was concluded by vote of thanks given by Dr. Sunita Dhote Ma'am.

Dr Sunita Dhote

Teacher InCharge, Rotaract club,

Chairperson Women Empowerment Cell

Yatharth Jain

Rotaract club, RCOEM President

A rectangular box containing a handwritten signature in black ink. The signature appears to be 'Yatharth' written in a cursive style.



