



Marathwada Shiksan Prasarak Mandal's
Balbhim Arts, Science & Commerce College, Beed
Student Centric Activities



Organized by: Department of Physical Education & Sports

Name of the Activity	Guest Lectures On "Weight Training "
Date	03/09/2022
Venue	Balbhim College, Beed
Coordinator	Dr. J. G. Tattapure
Organized for : College/Class/ staff	College Students
Number of Participants	16
Nature: (e.g. Academic, Cultural, Sports, etc.)	Academic and Sports
Objectives of the activity	The main objective of this Weight Training is to grab points by Fitness
Chief guest or Resource Person	Dr. Pravin Shiledar (Assistant professor, Dept. of Sports, Mahila Mahavidyalay, Gevrai Dist, Beed,
Short Report (in English)	Department of Physical Education & Sports organized Guest Lectures On "Weight Training "so that students understand Training Method awareness.
Outcome/Remark	Student understand basic concepts and issues "Weight Training"

H.O.D.

Department of Physical Education
Balbhim Art's, Sci & Comm. College, Beed



Principal

Balbhim Arts, Science & Commerce College
Beed.

दिनांक : ०१ सप्टेंबर २०२२

प्रति,
डॉ. प्रविण शिलेदार,
क्रीडा विभाग प्रमुख,
महिला कला महाविद्यालय,
गेवराई जि. बीड.

विषय:- गेस्ट लेक्चर व्दारे मार्गदर्शन करणे बाबत.

महोदय,

वरील विषयी आपणास कळविण्यात येते की, दिनांक ०३ सप्टेंबर २०२२ रोजी
महाविद्यालयात शा. शिक्षण व क्रीडा विभागांतर्गत **'Weight Training'** या विषयावर
आपल्या गेस्ट लेक्चरचे आयोजन सकाळी ०७.०० वाजता करण्यात आले आहे.

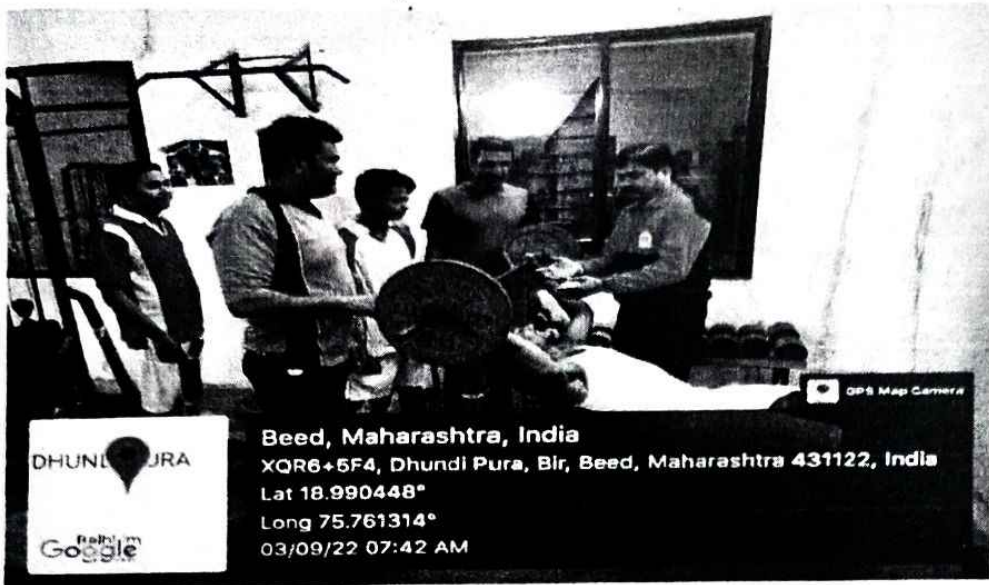
तरी आपण दिनांक ०३ सप्टेंबर २०२२ रोजी उपस्थित राहून विद्यार्थ्यांना मार्गदर्शन करावे.



प्राचार्य
Principal
Balbhim Arts, Science & Commerce College
Beed.

Received
- 2.9.2022 - 11:44 AM

O/C



Dr.Pravin Shiledar informing the players how to bench press exercise



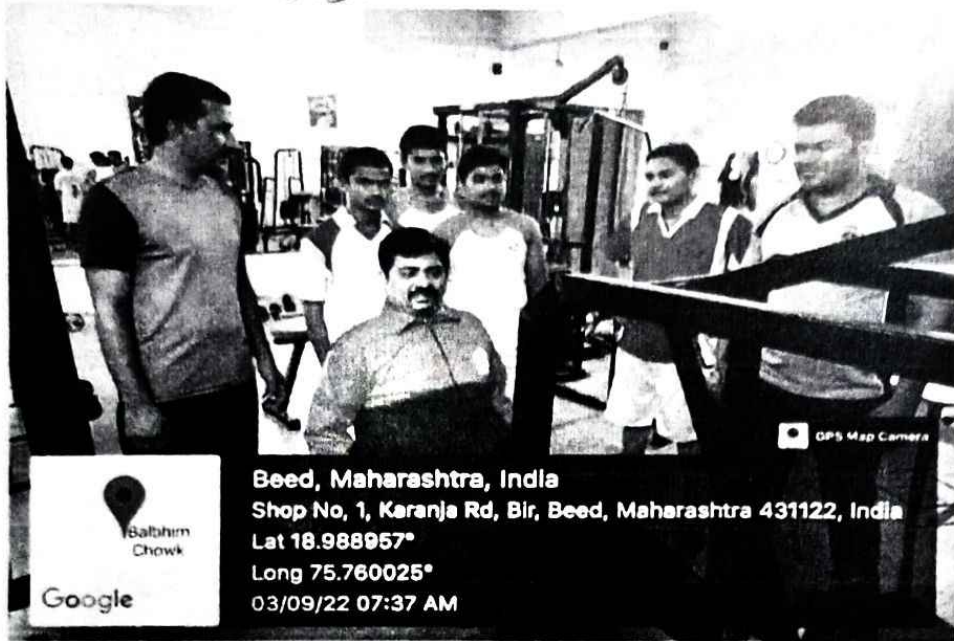
Dr Pravin Shiledar informing athletes about dumbbells exercise

Tatpuri
H.O.D.
 Department of Physical Education
 Balbhim Art's, Sci & Comm. College, Beed

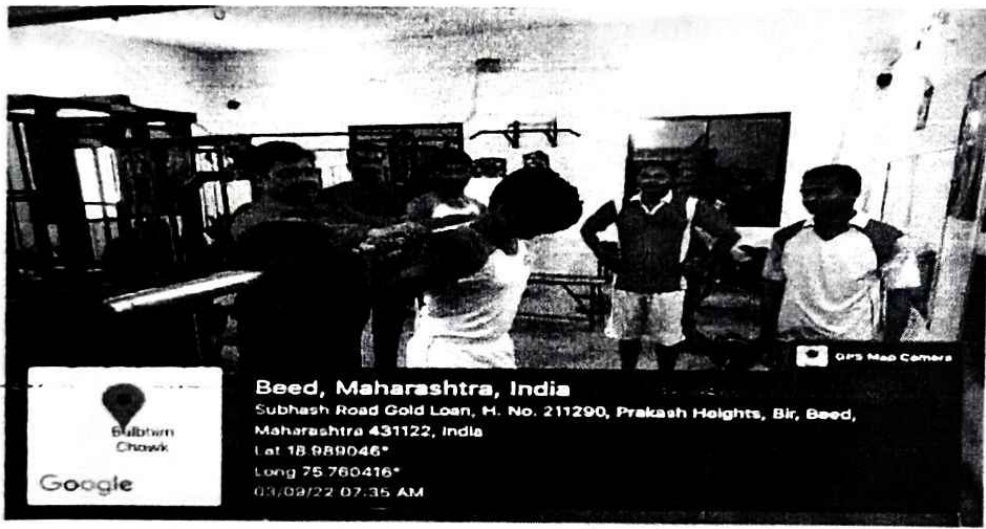


[Signature]
Principal
 Balbhim Arts, Science & Commerce College
 Beed.

M.S.P. Mandals
Bulbhim Arts, Science & Commerce College, Beed
Department of Sports
Guest Lecture (Photo Gallery)



Dr Pravin Shiledar informing athletes about Leg press exercise



Dr.Pravin Shiledar informing the players how to squat with barbell exercise



M.S.P. Mandal's

Balbhim Arts, Science and Commerce College, Beed.

Department of Physical Education & Sports

Attendance Report

Date 31/05/2022

Guest Lecture

Sr. No.	Students Name	Class	Signature
1)	Waghmare Akshay	B.S.C.I	
2)	Rajan prashant Dawkar	B.S.C.I	
3)	Kachare Akash Mohan	B.S.C.I	
4)	Gawali Vishnu Mahadev	B.S.C.I st	
5)	Pokate dhanraj Mahadev	B.S.C.I st	
6)	Ajay Sampat Gaikwad	B.S.C.I	
7)	Sonwane Pratik Vikas	B.A.I	
8)	Jawale Aniket Atmasum	B.A.II	
9)	Masade Dnyaneshwar Balu	B.C.A(I)	
10)	Ghadge Vishal Nandkumar	B.C.S.	
11)	Kute Mahesh Sugriv	B.C.S	
12)	Dhene Swaraj Sandipan	B.C.S	
13)	Jethi Nitin Kantarao	B.C.A	
14)	Yadav Shekhar Jalindar	B.C.A	
15)	Ghadge Ajay Shriram	B.C.S	
16)	Ghadge Siddheshwar Suresh	B.C.S	

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