

EVENT REPORT

Name of the Programme:	Visit to Fitness Point Pvt Ltd (MOU) under Nutrition Exercise Subject
Day and Date:	20/03/2025- Thursday
Organizing Committee/ Department (Mention collaborating Agency, if any)	Dept. of Food Science & Nutrition in Collaboration with Fitness Point Health Care Pvt Ltd, Thatte nagar Gangapur Road, Nashik
Time:	11.00 a.m. to 1.00 p.m.
Topic/ Theme:	To learn about different types of exercises conducted in the Gym under the subject Nutrition Exercise Fitness
Resource Person:	Mr. Nitin Shirbhate and Mrs. Pooja shirbhate Gym Owner
No. of students & staff attended the Programme:	22 students of T.Y. Bsc (ND), 3 Teaching staff
Brief Summary:	<p>The department of Food Science and Nutrition organised the visit to the Fitness Point gym under the MOU ,in reference to the subject Nutrition Exercise and Fitness. 22 students of TY BSc (ND) and 3 teachers from the FSN Dept visited the gym. Mrs. Pooja Shirbhate explained about the various exercises taken in the gym with the help of different machines targeting specific muscles. She also guided to the cardio section & weight training section explainig the various aspects of fitness namely muscular strength, muscular endurance (stamina) , cardiorespiratory fitness and flexibility. Mr. Nitin Shirbhate showed the gents section of the gym and explained about the various types of muscles used in the weight training exercise, 2 to 3 girls did the actual practical about hoe the machine work. Over all it was a very learning experience for all the students.</p>
Signature of the committee In-charge/ H.O.D.	Mrs. Meenal Zawar.

(Attach photograph)

