

GOKHALE CENTENARY COLLEGE, ANKOLA (U.K)

**Under the Joint Organisation of
Department of Physical Education and Sports &
Womens Welfare Committee**

WOMEN HEALTH & EXERCISE THERAPY

UNDER FIT INDIA MOVEMENT

3rd January 2020

A BRIEF REPORT

A ONE DAY WORKSHOP ON WOMEN HEALTH & EXERCISE

Fit India Movement is a nation-wide movement an initiative launched by [Prime Minister of India](#) in [India](#) to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.

“Globally, 27.5% people are “insufficiently physically active” and not meeting the WHO norms, with women being less active than men, showed data from 168 countries that included 1.9 million people, published in The Lancet in 2018. Looking at the various health lifestyle diseases which are becoming prominent in our society mainly due to the sedentary lifestyle of today and the dearth of physical activity among the students and the importance of fitness trainers in todays scenario the Department of Physical Education though of a novel way to motivate the girls to take up physical activity which would inturn improve their health status. This initiative was taken up to improve the health aspect and fitness of the girl students and also help them an opportunity to take up fitness as a career option after their graduation.

As the workshop was focused on the girl students the Dept of Physical Education thought of tagging up with the Women Welfare committee of the college and organizing the workshop under the Fitn India Movement through our CPE Program. We also thought of extending the participation at the workshop to the students of the nearby college as it would be a extension service rendered by our college.

As the workshop was concerned with Fit India Movement, Fitness and centrally revolved round the Girl students we though of inviting an apt Resource person for the same. Mrs Namita R Sarang Prop of Namitas Femme Fitness, Karwar a Fitness expert and a certified Fitness trainer of FSSA under the Skill India a member was invited as the resource person for the workshop .

On the 3rd of January 2020, the workshop was formally inaugurated by lighting the traditional lamp. Students of our college performed the invocation. Prof Shailaja Bhat HOD Sanskrit Dept and Member of the Women Welfare Committee of our college, introduced the resource person. Mrs Namita Sarang the resource person of the day gave a key not address on the theme of the Lifestyle and related diseases and how Fitness and physical activity can play an important role in alleviating these health issues.

Dr. V.B.Shettigar, Principal of the college who presided over the function addressed the gathering. He informed the audience about the purpose of this workshop and advised the girl students to make the best use of the opportunity to improve their fitness level and understand how fitness helps in improving their health and also to give a thought of taking up Fitness as a career opportunity.

Prof. S.Airani, HOD Dept of Chemistry and Chairman of the Women welfare committee rendered the vote of thanks for the inaugural session.

Around 160 participants from our college along with around 30 participants from other colleges participated in the workshop.



After the end the Inaugural session the workshop continued with a PPoint Presentation for the first session of the Day which focused on the Lifestyle Diseases and the role of Physical Activity and exercises in curbing or preventing the diseases. The second session was practical oriented in which the resource person demonstrated various forms of group fitness activities like Dance aerobics, Zumba, Step aerobics & Swiss ball exercises. The participants were divided into various groups and were made to participate in the sessions.

Lunch was provided to all the participants during the lunch break.



In the third session the resource person spoke on the various health issues concerned with women during various life stages and how exercises help in curb those diseases. The resource person also spoke on various career opportunities available in the field of fitness and how the girls can start up their own fitness centers at their place.

All the participant enjoyed being a part of the 1 day workshop and said they looked ahead to take part in such activities continuously.

After the inception of the Idea of organizing this workshop for 1 day the departments thought of continuing this workshop into a certification course for the remaining of the 3 months of this year. The aerobics and fitness classes have already started and we are already in the 3rd week of the course. The same course with some additions will be started as a Year long Certification course from the next year. We are trying to get the course authenticated by joining hands with recognized fitness associations like FSSA and the Fit India Movement. The certificate course will serve as an added advantage not only to the students in helping them in improving their fitness level and opening them a new career opportunity but also help the college in the NAAC accreditation process.

The Department of Physical Education and sports has been trying to bring in new ideas and take up initiatives by organizing workshops, quizzes and other activities which will not only help in motivating the students but also help the department in playing its role in the progress of the college. We hope that this helps the department and the college along with the beneficiaries, both from the student, teaching community and the society at large.

Dr. Ashwin.R
