C. S. I., K.N.D., B.M.H.E.C's

C.S.I COLLEGE OF COMMERCE,DHARWAD

IQAC

Department of Physical Education organises

Online

"STAY HOME - STAY FIT SERIES"

One Month Fitness Programme

Inaugural on 18th June, 2021.

Trainer

Mr. **Sandeep M. Patil**

In-charge, Physical Director

CSI College of Commerce

Dharwad

Dr. Kamala Dhawale

Principal

C.S.I.,K.N.D.,B.M.H.E.C's

C.S.I. COLLEGE OF COMMERCE, DHARWAD

Department of Physical Education

STAY HOME – STAY FIT SERIES

The COVID – 19 pandemic and the lockdown that followed forced everyone to stay indoors.

The Department of Physical Education under IQAC thought of a unique method to keep students, family and staff fit, healthy and active. So on 18th June 2021 the Department of Physical Education inaugurated the "Stay Home, Stay Fit" series wherein, the Physical Director, Shri Sandeep Patil presented basic exercises through online mode. The link was shared with students, faculty and staff through the group whatsapp.

Various exercise ranging from Stretching Exercise, Warm up Exercise, Core Muscles Exercise, Leg Strength, Arm Strength Exercise and Yoga was conducted for period of one month.

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