



**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



Shri Sandeep Patil, Incharge Physical Director, Presented basic exercises through online mode.
Dated : 18-06-2021



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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.

K. S. Walle
PRINCIPAL
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C.S.I. COLLEGE OF COMMERCE
DHARWAD (KARNATAKA)