

Pune District Education Association's
COLLEGE OF ENGINEERING,
MANJARI, PUNE 412307.
GYMKHANA DEPARTMENT

COE MGYM 20-21/02

Date: - 25-08-2020

NOTICE

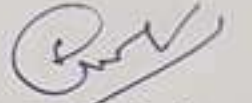
All students are hereby informed that on the occasion of National sports Day, a Webinar has been organized on 29th August 2020 at 11.am. The topic of the Webinar is "Benefits of sports". Students must attend the Webinar on Zoom app via link shared on respective class WhatsApp group.

Prof. V.D. Bhosale

**Director of Physical
education**

Director, Edu.

Pune District Education Association's
College of Engineering, Manjari (Bk.)
Pune - 412307.



Dr. R. V. Patil

Principal

Pune District Education Association's
College of Engineering Manjari (Bk.),
Pune - 412307.

Close

Participants (284)

- 

(B150260820) KADDE SHOD...


- 

(B150260823) KHESE SWAP...


- 

(B150260827) Kutarmare M...


- 

(B150260828) Madhuri vish...


- 

(B150260830) Mandloi Shail...


- 

(B150260832) Pravin Mane


- 

(B150260835) Nagare Rohit...


- 

(B150260837) Paliwal Saura...


- 

(B150260838) Patil Kshitijku...


- 

(B150260839) Patil Samadh...


- 

(B150260848) Sushant Bhi...


- 

(B150260852) Shinolkar Shiv...



Invite

Mute All

...



Zoom

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Participants 284

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Participants (284)

BK

B150260825 Kulkarni Padm...



MY DESIRES

B150260826 Vaibhav Kunde



BM

B150260829 Mahajan Manish



B150260833((Imran masalik...



BM

B150260834 Mhatre Ashwin...



BS

B150260840 Sanket Nikam



B(

B150260842 (Sumit Phuke)



BP

B150260843 PIMPALE OMK...



B(

B150260844 (Rajput Balram...



BP

B150260851 Pranali Dilip Sh...



BS

B150260858 saurbh sonawa...



B

B150260861 (Survawanshi...



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SPORTS

A game, competition, or activity needing physical effort and skill that is played or done according to rules, for enjoyment and /or as a job



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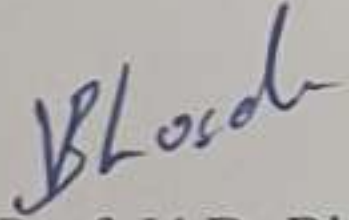
Pune District Education Association's
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MANJARI, PUNE 412307.
GYMKHANA DEPARTMENT

COEM/GYM/20-2/187

Date: - 1-2-2021

NOTICE

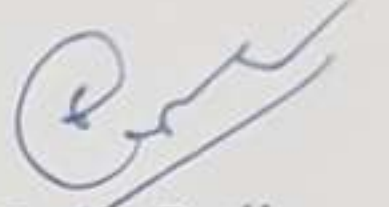
All students are hereby informed that, a Webinar has been organized on 4th February at 3.pm. The topic of the Webinar is "Concept of Health and Hygiene". Students must attend the Webinar on Zoom app via link shared on respective class WhatsApp group.



Prof. V.D. Bhosale

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Pune - 412307.

Close

Participants (331)

-  S Shinde  
-  SK Shubham kshetre  
-  SD Siddhesh Dabhade  
-  SP Sourabh Patil  
-  Supriya Gunjal  
-  TA Tambe Akanksha  
-  TI Tejas ithape  
-  VJ Vikram jadhav  
-  V VIPUL  
-  W Walmik Dabhade  
-  WJA Waman Akash  
-  Yash Mahindrakar  
-  YP Yogesh Patil  

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Participants (331)

Search



Prof. Vivek B. (Host, ma)

Mute >



Aditya Unde

Mute >



Anjali Wakade

Mute >



Anjali Wararkar

Mute >



Apurva Tupdauru

Mute >



Chetan Badgujar

Mute >



Darshan Chatur

Mute >



Kalbhor Anujay

Mute >



Kâñâk Wâñâik

Mute >



Prasad Shimpi

Mute >



Ranjit Lavate

Mute >



Rohini Sankapal

Mute >

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Aspects of Hygiene

- **Personal Hygiene :-** Take care of skin, keeping hand & nail clean, brush regularly, Wash eyes Daily, Nose must be clean at regular intervals, never clean ear with sharp object.
- **Public Hygiene :-** Sewage & Chemical Wastes should not be released into water bodies. Help to keep our city clean. Not throwing any waste in public area.



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Definition of Hygiene

- **Hygiene :- Hygiene Refers to Conditions & Practices that help to maintain Health & prevent the spread of diseases.**



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Traditional Health Concept

- **Absence of Disease.**
- **Secondary to others Needs.**
- **Not Part of Wealth.**
- **Younger's Means Strong & Older Means Weak.**



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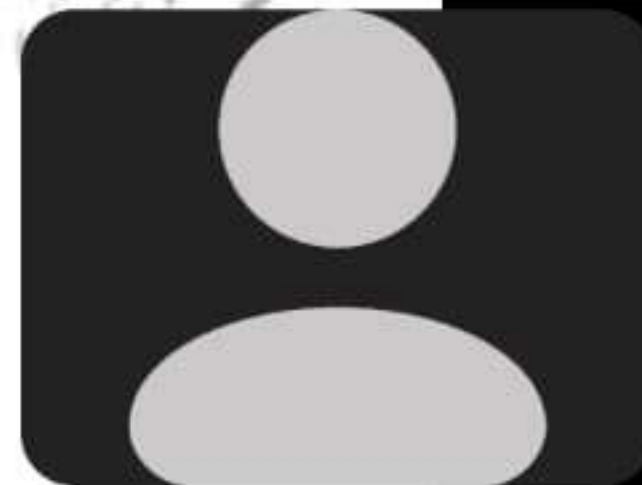


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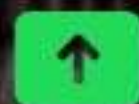
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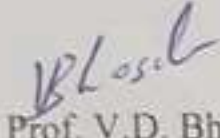
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MANJARI, PUNE 412307.
GYMKHANA DEPARTMENT

COE MANJARI/2021/137

Date: - 4-1-2021

NOTICE

All students are hereby informed that, a Webinar has been organized on 7th January at 3.pm. The topic of the Webinar is "Physical fitness components". Students must attend the Webinar on Zoom app via link shared on respective class WhatsApp group.

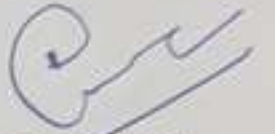


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Close

Participants (268)

- KW KâĀĀk WāsĀĀk  
- PS Prasad Shimpi  
-  Ranjit Lavate  
- R Rohini Sankapal  
-  rushikesh shinde  
-  SAKSHYAT PRADHAN  
-  Satyaajeet Suryawanshi  
- ST Saurav Tripathi  
- SW Shravani Wandhekar  
- ST Siddhant Takle  
-  Sushant Mane  
- SM Swaranjali mule  
- AS Aarman Shaikh  

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...

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Participants (268)

-  T150260820 Swapnil Hilal   >
-  T150260821 Jadhao Yoges...   >
-  T150260825 Vinayak Kalbhor   >
-  T150260826-Kale Akshay B...   >
-  T150260827 Karmare Vishal   >
-  T150260830 (MAGAR PAVA...   >
-  T150260831 Mewada milan...   >
-  T150260832 More Ajay Anant   >
-  T150260834-Nandram Amol...   >
-  T150260835 Patil Akash Ajay   >
-  T150260836 Mayur Madhuk...   >
-  -----   >

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COMPONENTS OF PHYSICAL FITNESS

PHYSICAL FITNESS

is divided into five **HEALTH-RELATED** and six **SKILL-RELATED** components.



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'FITT' PRINCIPLE –

FREQUENCY, INTENSITY, TIME, AND TYPE

Understanding the F.I.T.T. principle helps you create a workout plan that will be more effective in reaching your fitness goals.

FREQUENCY: The first thing to set up with your workout plan is frequency—how often you exercise. Your frequency often depends on a variety of factors including the type of workout you're doing, how hard you're working, your fitness level, and your exercise goals.

For cardio: moderate exercise five or more days a week or, Intense cardio three days a week to improve your health. If you want to lose weight, you'll want to work up to more frequent workouts, often up to **six or more days a week**.

For strength training: The recommended frequency is two to three non-consecutive days a week (at least one to two days between sessions). Your frequency, however, will often depend on the workouts you're doing, because you want to work your muscles at least two times a week. If you do a split routine, like upper body one day and lower body the next, your workouts will be more frequent than total body workouts.



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SRPF COORDINATION

- Is the integration of eye, hand, and foot movements. This component is necessary for success in such sports as baseball, softball, tennis, golf, and basketball.



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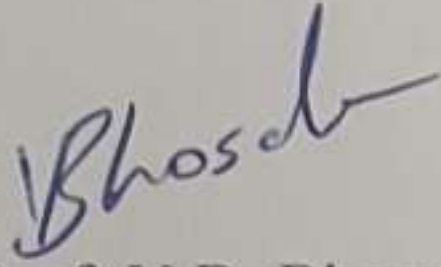
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COLLEGE OF ENGINEERING,
MANJARI, PUNE 412307.
GYMKHANA DEPARTMENT

COEM / GYM / 20-21 / 116

Date: - 21-12-2020

NOTICE

All students are hereby informed that, a Webinar has been organized for all students on 24th December 3.pm. The topic of the Webinar is "Benefits of Physical Activity". Students must attend the Webinar on Zoom app via link shared on respective class WhatsApp group.



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Close

Participants (296)

-  T150260827 Karmare Vishal   >
-  T150260830 (MAGAR PAVA...   >
-  T150260831 Mewada milan...   >
-  T150260832 More Ajay Anant   >
-  T150260834-Nandram Amol...   >
-  T150260835 Patil Akash Ajay   >
-  T150260836 Mayur Madhuk...   >
-  T150260837 Rohan Patil   >
-  T150260838 Patil Roshan R...   >
-  T150260840 Pawar Sunil Ra...   >
-  T150260841 Uday Pawar   >
- 

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Mute All



Close

Participants (296)

- 
- Gayatri Hampe A 21


- Gunjal Supriya


- Harshvardhan K


- Hemangi patil B 44


- Mayuri Palve


- Narendra Choudhary A 39


- Niraj Dharashivkar


- Patil Sumit A45


- PRATHMESH RATHOD


- Rohit Arote B2


- Rohit hedau B14



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Benefits of Physical Activity



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Physical Activity as per Intensity

- **Low-intensity**-slight increase in breathing rate e.g., walking , tidying the house, cooking
- **Moderate-intensity**-moderate increase in depth and rate of breathing, while still allowing comfortable talking e.g., walking, water aerobics, cycling, cleaning the house, hiking, gardening
- **Vigorous-intensity**-noticeable increase in depth and rate of breathing, will not be able to allow more than a few words without pausing for a breath e.g. speed walking, jogging, cycling, and aerobic dancing, and jumping rope

Zoom

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Benefits of Physical Activity


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Participants

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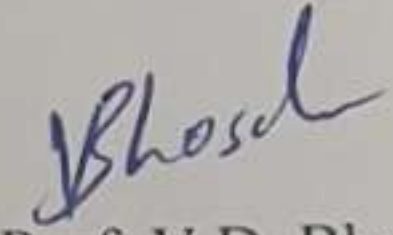
Pune District Education Association's
COLLEGE OF ENGINEERING,
MANJARI, PUNE 412307.
GYMKHANA DEPARTMENT

COEM/GYM(20-21/21)

Date: - 17-2-2021

NOTICE

All students are hereby informed that a Quiz on physical education and sports has been organized for all students on 20th February. Students must attend the quiz on the google form via link shared on respective class WhatsApp group. Students must submit the quiz before 5 pm.

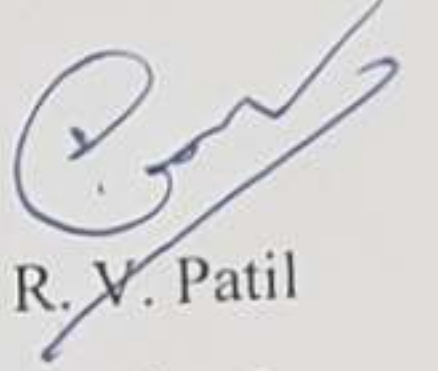


Prof. V.D. Bhosale

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Pune - 412 307.



Dr. R. V. Patil

Principal

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College of Engineering Manjari (Bk.),
Pune - 412307.



Section 1 of 2

Physical education and sports - Quiz



PDEA COEM

Email *

Valid email

This form is collecting emails. [Change settings](#)

Name (Surname, First name) *



Short answer text

Branch

- 1. Mechanical
- 2. Computer
- 3. Electronic
- 4. Instrumentation
- 5. MBA

Year



Dropdown

- 1. SE
- 2. TE
- 3. BE
- 4. FE
- 5. Add option



☒ Answer key (0 points)



Required



After section 1 Continue to next section

Section 2 of 2

MCQ



Select the correct answer for the Questions below.



MCQ



Select the correct answer for the Questions below.

Which physical fitness component is required to walk nonstop for several hours ? *

- ☐ Cardio-vascular endurance
- ☐ Flexibility
- ☐ Reaction time
- ☐ Balance

offside ,tackle and Chip shot are the terms associated with the game of- *

- ☐ Squash
- ☐ Baseball
- ☐ Football
- ☐ Polo

Which country is set to host the 2021 International Cricket Council (ICC) T20 World Cup? *

- ☐ India
- ☐ UAE
- ☐ Sri lanka
- ☐ Pakistan

Who is the only Cricket Captain in the world who led his team to win all three ICC trophies? *

- ☐ Ricky Ponting
- ☐ Mahendra Singh Dhoni
- ☐ Sourav Ganguly
- ☐ Mahela Jayawardane

Who is the first bowler to take 500 wickets in T20 cricket tournaments *

- ☐ James Anderson
- ☐ Jasprit Bumrah
- ☐ Dwayne Bravo
- ☐ Kemar Roach



What does HIIT stand for *

- ☐ HEAT
- ☐ High-interval intensity training
- ☐ High-interval intensity therapy
- ☐ High-intensity interval training

Ab exercises are enough to burn your belly fat. *

- ☐ TRUE
- ☐ FALSE

Squats is an exercise for which muscle group *

- ☐ Hamstring
- ☐ Biceps
- ☐ Quadriceps
- ☐ Shoulder

Which of the following foods is the best source of calcium *

- ☐ Banana
- ☐ Chicken
- ☐ Bread
- ☐ Yogurt

Stretching after a workout helps to accomplish what? *

- ☐ Cramp Your Muscles

Aerobic exercise increases what *

- ☐ Appetite
- ☐ Eyesight
- ☐ Heart Rate
- ☐ Creativity

Who are the two badminton players to ever win an Olympic medal? *

- ☐ PV Sindhu and Saina Nehwal
- ☐ PV Sindhu and Tanvi Lad
- ☐ Rituparna Das and Saina Nehwal
- ☐ Saina Nehwal and Tanvi Lad

How many nations had participated in the 2018 Asian Games *

- ☐ 45
- ☐ 50
- ☐ 65
- ☐ 40

Which is the governing body of International cricket *

- ☐ ICC
- ☐ BCCI
- ☐ CA
- ☐ ECB

Which of these should you do before you exercise *

- ☐ Swim Several Laps
- ☐ Eat A Large Meal Option 2
- ☐ Do A Low-Impact Warm-Up
- ☐ Avoid Drinking Fluids

Which of these should you do before you exercise *

- ☐ Swim Several Laps
- ☐ Eat A Large Meal Option 2
- ☐ Do A Low-Impact Warm-Up
- ☐ Avoid Drinking Fluids

If you feel pain during exercise, you should do what *

- ☐ Keep Going
- ☐ Stop The Exercise
- ☐ Shout
- ☐ Do Rhythmic Breathing

When exercising, which of the following is a good idea *

- ☐ A Training Partner
- ☐ Tight Fitting Clothes
- ☐ Snacks Close By
- ☐ Very Cold Room Temperature

Rutuja Bhosale, who was seen in news recently, is associated with which sports *

- ☐ Chess
- ☐ Tennis
- ☐ Badminton
- ☐ Hockey

When running, your breathing should be *

- ☐ Slow
- ☐ Rhythmic
- ☐ Fast
- ☐ Shallow



Questions

Responses

152

Total points: 20

152 responses



Accepting responses



Summary

Question

Individual



Insights

Average

14.99 / 20 points

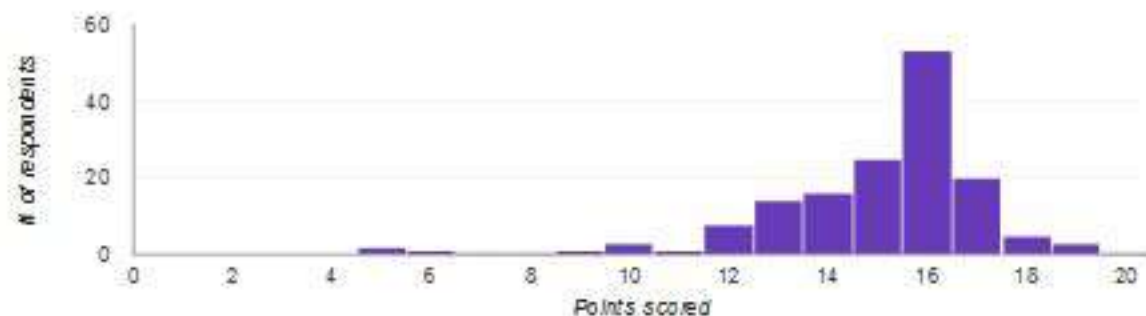
Median

16 / 20 points

Range

5 - 19 points

Total points distribution



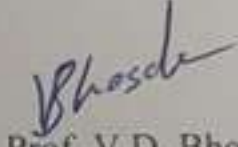
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GYMKHANA DEPARTMENT

COE/ME/20-21/86

Date: - 8-12-2020

NOTICE

All the staff and students are hereby informed that on the occasion of Birthday of Sharadchandra Pawar Saheb on 12th December college has organized a program for Suryanamaskar, cycling, running and walking. Everyone must perform as many repetitions possible of Suryanamaskar along with it complete any one of the activities from cycling, running, or walking using Google Fit App. And fill the information and upload the screenshot of the score in google form, link will be shared on respective class and college official WhatsApp groups.



Prof. V.D. Bhosale

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Pune District Education Association's
College of Engineering Manjari (Bk.)

F-11



Dr. R. V. Patil

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Questions Responses 253

353 responses

Accepting responses ☒

Summary

Question

Individual

Name

353 responses

Sanjay T Sanamdikar

Amol Gadewar

Yash satre

Aditya Bhosale

Fahim Sande

Laxmikant Shinde

R V Patil

Shirsath Somnath Shantilal

Vaishali Ramesh Mahajan

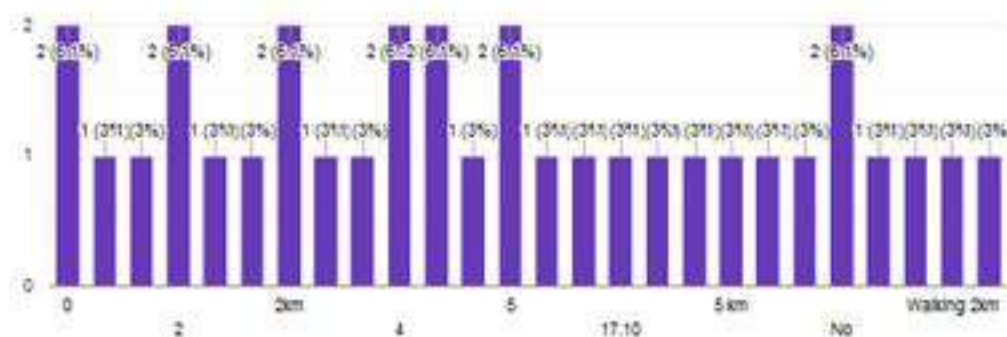
No. of suryamaskar performed

353 responses



Distance of cycling, running, walking in Kilometers

353 responses



screenshot

353 responses

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Screenshot_20201204-134308_Run Tracker - Aditya Bhosale.jpg

IMG_20201212_225535 - Fahim Sande.jpg

Screenshot_20201213_083214 - Laxmikant Shinde.png

Screenshot_20201213_142214_WhatsApp - Vink Bhosale.jpg



Questions

Responses

353

Fitness Program

PDEAS, College of engineering, manajari

Name

Short answer text

No. of suryamaskar performed *

Short answer text

Distance of cycling, running, walking in Kilometers *

Short answer text

screenshot

Add file



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Questions

Responses

353

353 responses



Accepting responses



Summary

Question

Individual



4

of 353



Responses cannot be edited

Fitness Program

PDEA'S, College of engineering, manajari

मा. शरदचंद्रजी पवार साहेब, यांच्या वाढदिवसानिमित्त, सूर्यनमस्कार, सायकलिंग, रनिंग, वॉकिंग उपक्रम

* Required

Name *

Aditya Bhosale

No. of suryamaskar performed *

50

Distance of cycling, running, walking in Kilometers *

9

screenshot



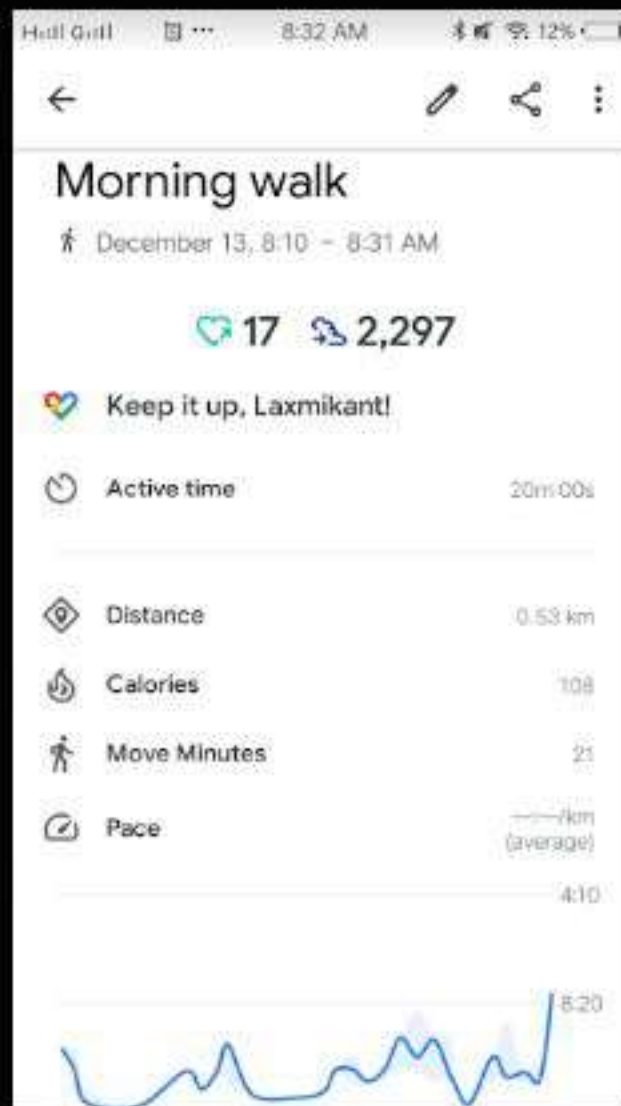
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19/10/2023 07:31





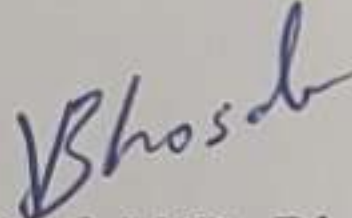
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COEM/CEM/20-21/911

Date: - 17-6-2020

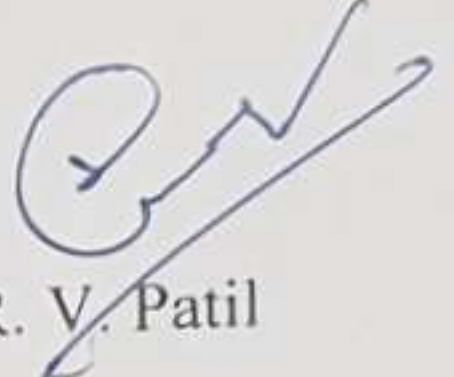
NOTICE

All staff and students are hereby informed that on the occasion of Yoga Day, college has organized yoga session on 21st June. Students and staff must attend the session at 7.45 am on 21st June on the Zoom app via link shared on respective class and college official WhatsApp group.


Prof. V.D. Bhosale

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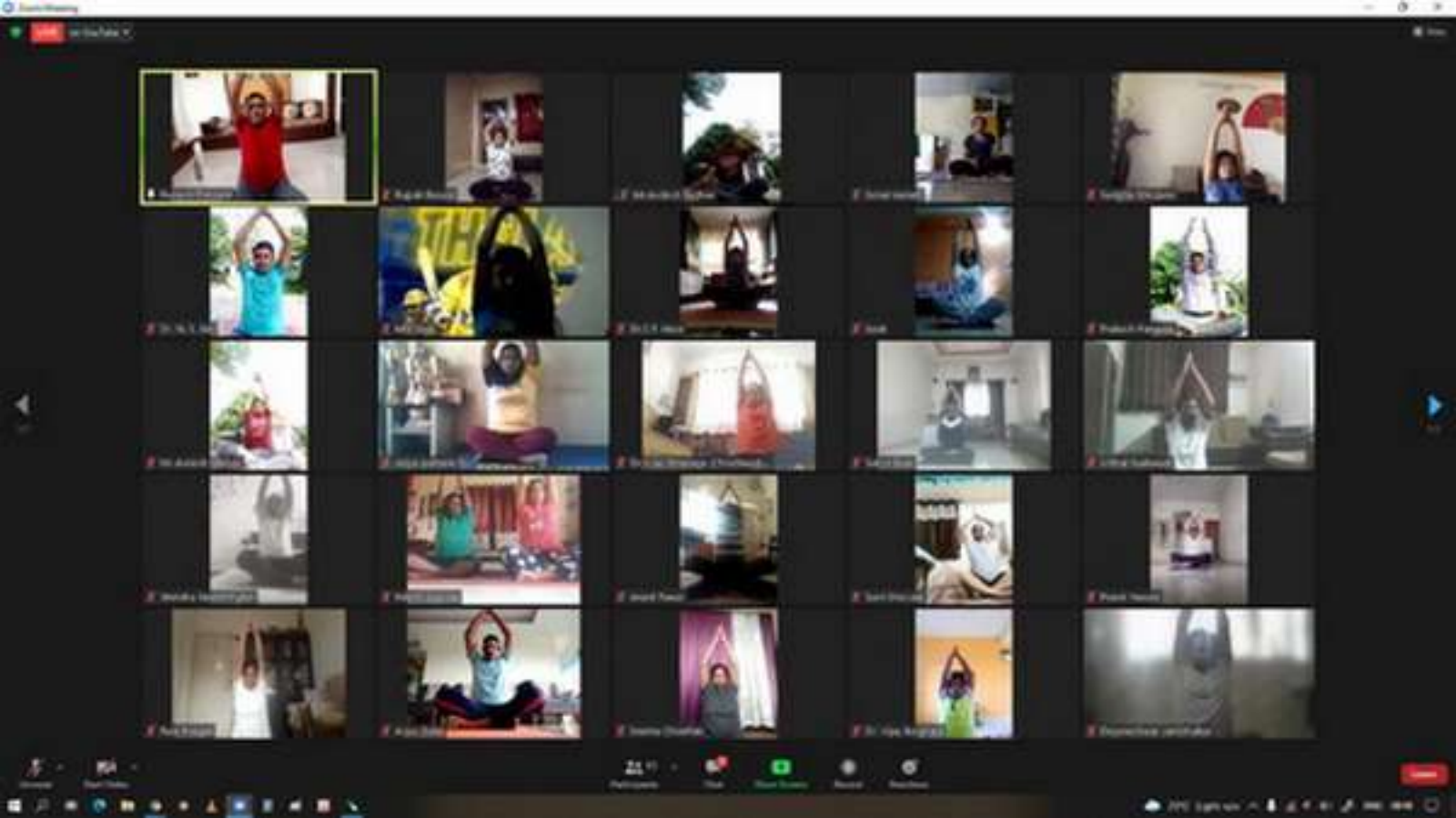
Participants (227)

-  T150260820 Swapnil Hilal  >
-  T150260821 Jadhao Yoges...  >
-  T150260825 Vinayak Kalbhor  >
-  T150260826-Kale Akshay B...  >
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-  T150260835 Patil Akash Ajay  >
-  T150260836 Mayur Madhuk...  >
-  T150260837 ... 

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