



Gandhi Education Society, Kundal

Krantigraani Dr. G. D. Bapu Lad Mahavidyalay , Kundal

Internal Quality Assurance Cell & Women Empowerment Committee

Daily Exercise Training – Event Report

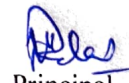
On Wednesday, March 3, 2025, at 10:00 AM, a daily exercise training session was conducted in the cultural hall of the college. The session, led by the college's Physical Director, was organized for the female students to emphasize the importance of daily exercise in everyday life.

Exercise is a fundamental part of a healthy life. For both physical and mental well-being, daily exercise is essential. In today's fast-paced lifestyle, physical activity among people has significantly decreased, leading to an increase in various health issues. Daily exercise is a key component of a healthy lifestyle. Everyone should dedicate at least 30–45 minutes a day to physical activity.

Exercise improves both physical and mental health and contributes to a longer life. Therefore, everyone should exercise according to their ability and embrace a healthy lifestyle. The Physical Director not only explained these points but also conducted practical demonstrations.

The session was attended by the college's Physical Director Mr. V. D. Sawant, the head of the Women Empowerment Committee Prof. Ms. B. N. Sutar, and female students from various departments of the college.


Head, Women Empowerment Committee


Principal
Principal
Krantigraani Dr. G. D. Bapu Lad
Mahavidyalaya, Kundal.



प्रशिक्षणाचे फोटो



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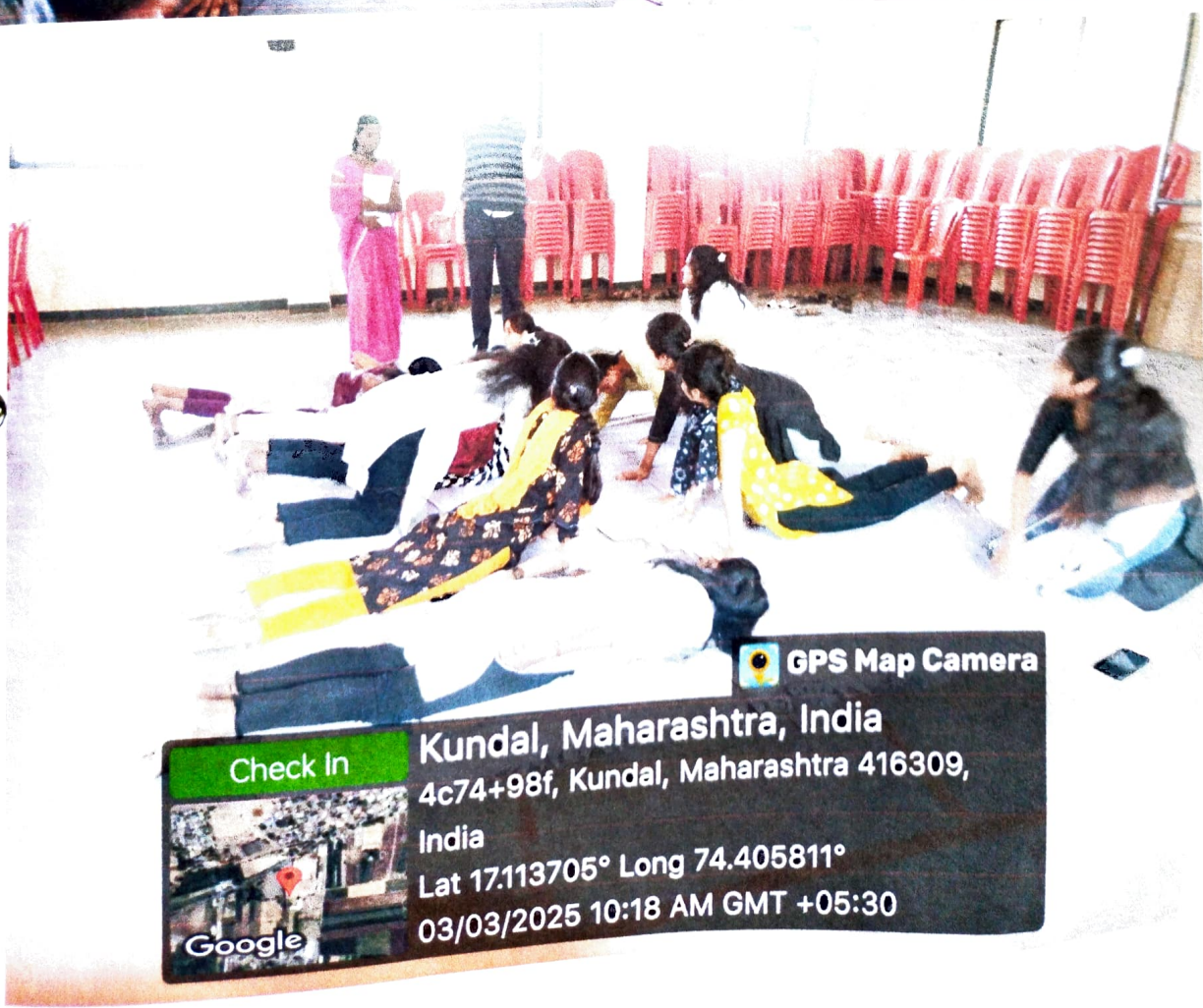
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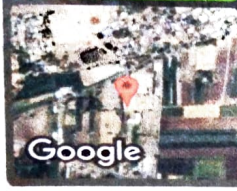
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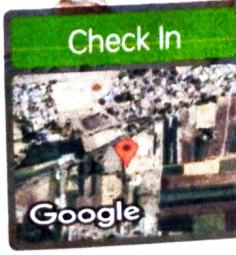
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