



REPORT FOR THE GUEST LECTURE ON FUNDAMENTALS OF GYM

WORKOUT

AIM:

To conduct a guest lecture regarding communication skills for the 2nd MSc students of the Department of PG Studies in Food Science & Nutrition of Besant Women's College, Mangalore on topic "Fundamentals of Gym Workout"

OBJECTIVE:

- To educate the students on the importance of gym workouts.
- To guide the students on performing workouts to prevent the injury.

OUTCOME:



- The students understood the importance of why workouts need to be done.
- The complete idea of pre & post workout details educated them how to gain maximum health benefits.

REPORT:

The Department of PG Studies in Food Science & Nutrition organized a guest lecture on the topic "Fundamentals of Gym Workout" on 8th November 2023 at 2.30 pm for the 2nd MSc students by Ms. Roopathi M, Physical Education Directress, Department of Physical Education, Besant Women's College. The lecturer in charge of the session was Ms. Nireeksha V, Assistant Professor, MSc FSN who arranged a practical session in the gym room. Ms. Roopathi started the sessions by educating the students on the importance of warm-up exercises, how they help the body to prevent injury during the workout, and the concept of activating the muscles at rest. She taught the students and made them do a few warm-up exercises to activate their muscles. She then taught the students the importance of counts and repetitions during workouts. She demonstrated the right way to use the thread mill, the stationary bicycle and made each student try it. Next, the students were demonstrated on how to use dumbbells & weights. The gym consisted of multifunctional gym equipment with 8

stations & 4 station workout set up for whole body workout & Ms. Roopathi demonstrated the working & usage of each unit to the students. The workout stations consisted of bicep curl, leg extension, linear leg press, bench press and so on. The students did various workouts followed by which Ms. Roopathi taught them the cool down exercises. The special lecture on the fundamentals of gym workout was useful to the students to improve their muscle strength & their knowledge on gym nutrition.

Guest lecture on fundamentals of gym workout

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M.G. ROAD, KODIALBAIL, MANGALORE-03

The department of PG studies in Food Science
& Nutrition in association with IQAC

organises

GUEST LECTURE
on the topic

**FUNDAMENTALS OF
GYM WORKOUT**

SPEAKER
Ms. ROOPATHI M.
Physical Education Directress
Dept. of Physical Education

on
08th December 2023
02.30 pm
Gym Room

Dr. Sathisha K
IQAC Co-ordinator

Dr. Praveen Kumar KC
Principal

Dr. Manjula KT
Correspondent - EWC
Vice President - WNES

Ms. Ameera
Faculty, MSc FSN

Ms. Nireeksha V
Faculty, MSc FSN

Ms. Indira Padya
HOD, MSc FSN

