ಬೆಸೆಂಟ್ ಮಹಿಳಾ ಕಾಲೇಜು

ಎಂ.ಜಿ. ರೋಡ್, ಕೊಡಿಯಾಲ್ ಬೈಲ್ ಮಂಗಳೂರು – 575 003. ಫೋನ್ - 0824-2492206



BESANT WOMEN'S COLLEGE

M.G. Road, <u>Kodialbail</u>, <u>Mangaluru</u> - 575 003. Phone: 0824 - 2492206

E-mail: besant_college@rediffmail.com Website: bwc.besant.edu.in

(Sponsored by Women's National Education Society)

Accredited by the NAAC with 'A' Grade

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:

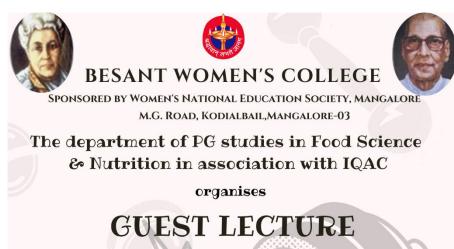
- The students understood the importance of why workouts need to be done.
- The complete idea of pre & post workout details educated them how to gain maximum health benefits.

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



FUNDAMENTALS OF GYM WORKOUT

on the topic

SPEAKER

Ms. ROOPATHI .M.

Physical Education Directress

Dept. of Physical Education

on O8th December 2023 O2.30 pm Gym Room

Dr. Sathisha K IQAC Co-ordinator Dr. Praveen Kumar KC Principal Dr. Manjula KT Correspondent -BWC Vice President-WNES

Ms.Ameera Faculty,MScFSN Ms. Nireeksha V Faculty , MSc FSN Ms. Indira Badya HOD,MScFSN





