

Department of Physical Education

Organized **Online Two Day National Workshop** On “Bodybuilding & Weightlifting Compressive Guidance for Beginners to Achievers” in collaboration with Amravati District Bodybuilders & Fitness Association, Amravati and Bhagwan Baba Arts & Commerce College, Lonar Dist. Buldhana in COVID-19 Pandemic lockdown period from 07th Oct.2020 to 08th Oct. 2020

 Lonar Shikshan Prasarak Mandal
BHAGWAN BABA ARTS & COMMERCE COLLEGE
LONAR, Tq. Lonar, Dist. Buldhana, 441102

Shanki Mata Shikshan & Krada Prasarak Mandal, Umari (BK) Dist. Washim's

SUDHAKARRAO NAIK ARTS & UMASHANKAR KHETAN COMMERCE COLLEGE, AKOLA.

With Collaboration
Amravati District Body Builders & Fitness Association, Amravati

 **National Workshop**
on
Body Building & Weight Lifting
Compressive Guidance for Beginner To Achiever

Date :- 7th & 8th October 2020
Time :- 12.00 PM to 2.00 PM

Registration Link • <https://forms.gle/Z58s3Ugt9VshajXs5>

Telegram Group Link • <https://t.me/joinchat/RhMmlReJhlnkyHn7zGLpnw>


Webex Link • <https://lunge.webex.com/junge/j.php?MTID=m3d76400f4b3ab121442bcb7d1e06f0fc>


National Workshop
on
Body Building & Weight Lifting
Compressive Guidance for Beginner To Achiever


An Innovative Workshop base on Practical

- Beginner To Achiever
- Diet
- Practical Demo by Mr.India
- Guidance
- Care to be Taken


PETRON


Hon'ble Shankaranagji Wagh
President,
Lonar Shikshan Prasarak Mandal



Hon'ble Shri. Pratik Pant
President,
Amravati District Body Builders & Fitness Association
Amravati



Hon'ble Shri. B. P. Pawar
Founder Secretary
Shanki Mata Shikshan & Krada Prasarak Mandal,
Umari (BK) Dist : Akola

MENTOR



Dr. Kalyan Mathure
Director, Physical Edu.
Arts, Commerce College, Yeoda

CONVENER


Dr. S. G. Baid
Principal,
Bhagwan Baba Arts & Commerce
College,
Lonar


Dr. Jagati P. Bhabde
Principal
Sudhakar Naik Arts & Umashankar
Khetan Commerce College,
Akola

TRAINER


Shri. Vijay Bhoyar
Mr. Asia 2019, Mr. World
bronze medalist, Mr. India
2015, 2016, 2017, 2018


RESOURCE PERSONS



Shri. Pravin Rajaram Vyavhare
Sports Teacher
Chatre New English School,
Mannad


Shri. Sushant Rode
Vice president Amravati
Body Building & Fitness Association
Fitness Judge & Coach


Dr. Hemant Puri
Life Member of Indian Dietetic
Association (ida), Mumbai
Chapter


I. Q. A. C. CO-ORDINATORS


Shri. P. S. Nalinshe
NAAC Coordinator
Bhagwan Baba Arts & Commerce College,
Lonar


Dr. Gajanan S. Wamk
Co-ordinator
Sudhakar Naik Arts & Umashankar Khetan
Commerce College, Akola

ORGANIZING COMMITTEE


Dr. Shamsundar Kela
Director of Phy. Edu.
Bhagwan Baba Arts &
Commerce College,
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