

**Shri Ramdeobaba College of Engineering and
Management, Nagpur (Session 2022-2023)
In association with
Women Empowerment Cell
Presents
Physical Exercises for Females**

Date: 09/11/2022

No. of participants: 30

Objective: Workshop on Physical Exercises for Females

Project Director: Rtr. Simran Kedia

Venue: Girl's Hostel RCOEM

Report :

“Regular physical activity is vital for good physical and mental health”, to inculcate the same Rotaract Club of RCOEM in association with Women Empowerment Cell organized a physical exercise session for girls at the Girls Hostel of RCOEM. Dr. Sunita Dhote Ma'am conducted a fruitful and thriving session motivating the girls and women staff of the hostel to inculcate the habit of doing certain physical exercises as it helps improve our overall health and fitness, maintain a healthy weight, reduce our risk for many chronic diseases and promote good mental health. She introduced many physical exercise and Zumba steps that would help in

natural detoxification for females and would also help in pain management during their menstruation cycle. She told us that over the years, studies have found that staying active can boost mind function and energy, decreasing the risk of dementia. Physical activity improves cognitive function in healthy elderly persons, and potentially reduces the risk of developing cognitive impairment. Dance classes particularly, which require learning skills like memory and concentration, are especially helpful for individuals with an increased risk of Alzheimer's disease.

The session was very interesting and crucial. Dr. Sunita Dhote Mam concluded the session by giving a vote of thanks.

Dr Sunita Dhote

Teacher InCharge, Rotaract club,

Chairperson Women Empowerment Cell

Yatharth Jain

President RAC, RCOEM

A rectangular box containing a handwritten signature in black ink. The signature appears to be 'Yatharth' written in a cursive style.







