



Bhimthadi Education Society's
Late K.G. Kataria College, Daund.
Tal-Daund, Dist-Pune -413801
(Id No.PU/PN/SC/140/1999)



kgkatariacollege@rediffmail.com

www.kgked.in

Certificate Course

In

Personal Fitness Training

2022-2023



Prof. Vikas S. Shelar

Director

Physical Education and Sports

Late K. G. Kataria College Daund, Dist- Pune

Date : 15/10/2022

Principal,

Late K. G. Kataria College Daund, Dist- Pune

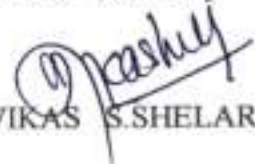
Subject: Regarding getting permission for the subject course: Certificate Course in Personal Fitness Training

Dear Sir,

In accordance with the above subject, I request to know the request for permission to start the Certificate Course in Personal Fitness Training certificate course in your college for permission should be obtained for a period of 40 hours

*Permission granted
15/10/22*

Yours faithfully


(Prof. VIKAS S.SHELAR)


**Coordinator
IQAC**
Late. K.G.Kataria College Daund,
Tal.Daund,Dist-Pune.



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Dr. SamudraSubhasha
(I/C Principal) Mob-9890243602

O.No: -kgked/ 2023/24
Date: / /

To,

Prof. Vikas S. Shelar
Director
Physical Education and Sports
Late K. G. Kataria College Daund, Dist- Pune

Subject: Permission is being given for Yoga Certificate Course

Sir,

On the above subjects you are informed that permission is being given to start Yoga Certificate Course in our colleges Permission is being granted from your application


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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Result of Certificate Course in Personal Fitness Training

Year: 2022-23

(Note: Total Mark : 50 Grade point: O =41-50, A =36-40, B = 31-35, C = 26-30, D = 20-25, , F= below 20)

Sr.No.	Name of Students	Theory	Total	Grade
1.	PAWAR VIVEK SANJAY	40	40	A
2.	RANDHAVE SHRUTI BAPU	40	40	A
3.	RANSING DIPAK SANJAY	38	38	A
4.	KADAM RUTUJA KAMAKAR	39	39	A
5.	SADGAR SANTOSH ARJUN	38	38	A
6.	NATIK SAIDEEP RUNESH	38	38	A
7.	SAUNKE KOMAL JITENDRA	40	40	A
8.	SHAIKH AFIYA MEHBOOB	40	40	A
9.	SHAIKH FATINMU MOHAMUD	40	40	A
10.	SHINDE SURAJ SANTOSH	37	37	A
11.	PAWAR SHRIKANT KISAN	40	40	A
12.	ZAJE SONAI ASHOK	38	38	A
13.	KESKAR STAVAN PRASHANT	37	37	A
14.	TALWAR PAPPU SAMPAT	38	38	A
15.	TAMBOLI MISBA FIROJ	36	36	A
16.	THAKUR GAURAV JOHN	35	35	B
17.	UIKEY RIYA CHUNNILA	35	35	B
18.	VAIDYA GAYATRI NILESH	37	37	A
19.	HOLE VIKAS BHIMARAO	34	34	B
20.	NANDHKILE VIKRANT HANUMANT	33	33	B
21.	YADAV ANIKET ANANT	32	32	B
22.	ZOJE GAURI ASHOK	35	35	B
23.	MOHITE ANIKET ISHWARDAS	31	31	B
24.	PALE PITAMBRI	38	38	A

Dr. Vikas Shelar

Coordinator

(Shelar Vikas S.)



Dr. S. M. Samudra

Principal

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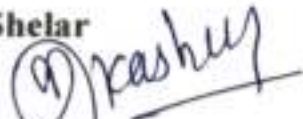
Student Enrollment for

**Result of Certificate Course in Personal Fitness Training
Year: 2022-23**

Sr.No	Name of Students	Class
1.	PAWAR VIVEK SANJAY	F.Y.B.COM
2.	RANDHAVE SHRUTI BAPU	F.Y.B.COM
3.	RANSING DIPAK SANJAY	F.Y.B.COM
4.	KADAM RUTUJA KAMAKAR	F.Y.B.COM
5.	SADGAR SANTOSH ARJUN	F.Y.B.COM
6.	NATIK SAIDEEP RUNESH	F.Y.B.COM
7.	SAUNKE KOMAL JITENDRA	F.Y.B.COM
8.	SHAIKH AFIYA MEHBOOB	F.Y.B.COM
9.	SHAIKH FATINMU MOHAMUD	F.Y.B.COM
10.	SHINDE SURAJ SANTOSH	F.Y.B.COM
11.	PAWAR SHRIKANT KISAN	F.Y.B.COM
12.	ZAJE SONAI ASHOK	F.Y.B.COM
13.	KESKAR STAVAN PRASHANT	F.Y.B.COM
14.	TALWAR PAPPU SAMPAT	F.Y.B.COM
15.	TAMBOLI MISBA FIROJ	F.Y.B.COM
16.	THAKUR GAURAV JOHN	F.Y.B.COM
17.	UIKEY RIYA CHUNNILA	F.Y.B.COM
18.	VAIDYA GAYATRI NILESH	F.Y.B.COM
19.	HOLE VIKAS BHIMARAO	F.Y.B.COM
20.	NANDHKILE VIKRANT HANUMANT	F.Y.B.COM
21.	YADAV ANIKET ANANT	F.Y.B.COM
22.	ZOJE GAURI ASHOK	F.Y.B.COM
23.	MOHITE ANIKET ISHWARDAS	F.Y.B.COM
24.	PALE PITAMBRI	F.Y.B.COM

Dr. Vikas S. Shelar

Coordinator


(shelar v.s.)



Dr. S. M. Samudra

Principal

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Dr. Samudra Subhasha O.No: -kgkcd/ 2022/23
Principal) Mob-9890243602

Date: / /

Department of Physical Education & Sports

Certificate Course in Personal Fitness Training-2022-23

The Department of Physical Education and Sports organized 'Certificate Course in Personal Fitness Training from 03rd November 2022 to 22 November 2022

(Monday to Friday) in the college premises for college students and staff members.

The duration of the course was 40 hours spread over a period of one month. Physical Classes were conducted five days per week from 3.00 p.m to 4:30 p.m each day.

Course Fee: For Students Free

For Staff Free

There were 28 students member

At the end of the course theory exam. Those who had secured minimum 90% attendance were eligible for appearing in the practical examination. Certificates were awarded to the 28 candidates who had cleared the practical examination.

Photograph:

Personal Fitness Trainin : Certificate Course Inauguration Program organized by Sports Department was inaugurated on 03rd November 2022 at 4.00 PM



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Principal) Mob-9890243602

Date: / /

Report

Report on Certificate Course in Personal Fitness Training	
<u>Date</u> 03 rd Nov. 2022 to 22 Nov. 2022	Venue : K.G.Kataria College Daund,Pune
Time : 3.00 p.m. to 4.30.p.m.	Faculty in charge – Dr. Vikas Shelar
About the Programme:	
Faculty In charge –Dr.Vikas S. Shelar	
Venue: Late. K.G.Kataria College Daund,Pune	
Certificate Program on Yoga - organized by, Late. K.G.Kataria College Daund,Pune the programme was open for all general public; Lecture and Demonstration session was organized. To inform on the importance of Personal Fitness Training during the this certificate course in Personal Fitness Training was organized.	
The sessions were conducted by Dr.Vikas S. Shelar Director , Physical Education and Sports , , Late. K.G.Kataria College Daund,Pune	
Programme: Personal Fitness Training Certificate Course	
Late. K.G.Kataria College Daund,Pune conducted Lecture session to Certification. Sessions were conducted from 03 rd November 2022 to 22 November 2022 Each of the sessions was led by Dr.Vikas S. Shelar	

Certification:

On the concluding 15th day of the programme Graduation certificates were handed to participants in the valedictory sessions attended

Dr. Vikas Shelar
Faculty in charge



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Dr. Samudra Subhasha O.No:-kgkcd/ 2022/23
Principal) Mob-9890243602

Date: / /

Photograph: 05th November 2022 to 22 November 2022



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Date: / /

Exam : 22 November 2022



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COURSE SYLLABUS
YEAR : 2022-23

Certificate Course in Personal Fitness Training

INTRODUCTION:

Health & Fitness Science is still in an infant stage in our country. But it has proved to be of vital importance for enhancing athletic performance as well as individual fitness irrespective of health barriers in scientific manner.

The course includes theoretical and practical knowledge of Health, Anatomy, Physiology, Fitness, Medicine, Nutrition and Psychology which influences decision regarding improvement of fitness and performance level of athletes. It also renders its influence on the activity level and fitness of individuals of all ages. The Certificate Course in Personal Fitness Training offers knowledge and Skills including varied means of promoting the same on individual basis.

OBJECTIVES:

1. To prepare professionals in Personal Fitness Training.
2. To enhance the quality of Physical Education Teachers through the value added course.
3. To understand the basic concept of Fitness Training.
4. To enable the learner to understand the basic structure and function of human body.
5. To acquire the knowledge regarding effect of exercise on the body as a whole.
6. To understand the Biomechanical aspect of Exercise.
7. To study the posture related deformities and corrective exercises.
8. To understand and learn practical aspects in exercise training.
9. To acquire the knowledge pertaining to the legal issues and documentation.
10. To study the principles of training related to exercise.
11. To study and learn the anthropometry and fitness related tests.
12. To study the basics of Nutrition, weight management and safety measures.


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Title of the Course : Certificate Course in Personal Fitness Training

ELIGIBILITY

A student for the admission of Certificate Course in Personal Fitness Training (CCPFT) must have at least completed his/her Higher Secondary Education (HSC i.e. 10+2) of Maharashtra State Board or any other equivalent board.

DURATION OF PROGRAMME:

The duration of Certificate Course in Personal Fitness Training shall be of 40 hours. The programme shall be conducted on regular/part time basis. The maximum duration for the completion is 6 Week

INTAKE CAPACITY: Maximum 50 (for one batch)

FEES STRUCTURE:

Course Fee : Nil

Examination fee : Nil

STRUCTURE OF THE PROGRAMME:

- Duration : 6 Week (maximum)
- Working Hours : 2 hours in a day
- Theory : 40 Hours
- Total Hours : 40 Hours
- Total Credit : 12
- No. of Courses : 4 (each Course 10 Marks)
- Total Marks : 400 (Theory: 400 Marks)


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COURSE WISE CREDIT ASSIGNMENTS

Certificate Course in Personal Fitness Training (CCPFT)

Course	Code	Hours	Credit
Course I Anatomy and Physiology of Human Body	PF1 01	05	1
Course II Principles of Kinesiology and Biomechanics	PF1 02	05	1
Course III Principles and Theory Of Personal Fitness Training	PF1 03	05	1
Course IV Basic Nutrition; Weight Management; Safety and Injury Management	PF1 04	05	2
Total	--	40	04

- Total Credits=04(Theory4 Credits)
- Total Marks=400 (External 400 Marks)


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SCHEME OF EXAMINATION

Standard of Passing the Examination

- The learner shall have to obtain a minimum of 50% Marks in each course (i.e. 25 Marks) including theory and practical.
- The learner shall obtain minimum 50% Marks in aggregate.
- To pass the course minimum grade 'C' shall be obtained in each course.
- The following letter grades shall be assigned on the basis of marks obtained.

% of marks obtained by the Student	Grade points	Letter grade
70-100	7	O
60-69.99	6	A
55-59.99	5	B
50-54.99	4	C
Lessthan49.99	3	F(Fail)

- The students failed in the examination shall have to reappear for the next examination (within 2 years) including theory and practical by paying examination fees.

Nature of Theory Examination

For each Course : 30 Marks
 Duration : 1 Hours

Questions paper pattern:-

1. There shall be 03 questions ,each of 10 marks on each unit per unit 1 question
2. All questions shall be compulsory with internal choice.


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The following shall be the Syllabi including Theory and Practical for the various Courses of Certificate Course in Personal Fitness Training.

COURSE-I

ANATOMY AND PHYSIOLOGY OF HUMAN BODY

UNIT-I: PRINCIPLES OF ANATOMY

(5hours)

1. Introduction to Human Anatomy and Energy System
2. Skeletal System and Muscular System
3. Respiratory System
4. Cardiovascular System

UNIT-II: PRINCIPLES OF PHYSIOLOGY

(5hours)

1. Muscular System
2. Respiratory System
3. Cardiovascular System
4. Energy System

REFERENCES:

1. Brown M.C. & Sommer B.K. – Movement Education- Its Evaluation and Modern Approach, Adchison, wesely publication, London, 1978.
2. Crouch James E. – Essential Human Anatomy A Text – Lea & Febriger, Philladelphia, 1980.
3. Desai V., Sequeira, T. – Aids Prevention Education Programme: Workbook For Teachers in Secondary Schools of Mumbai, B.M.C. Public Health Dept., Mumbai, 2001.
4. Dr. Uppal A.K. & Dr. Gautam G.P.: Physical Education and Health, India, 2000.
5. Hay, James G & Reid J.G. – Anatomical and Mechanical Basis of Human Motion, Prentice hall, New Jersey, 1985.
6. Horne, John, Tomlinson D : Understanding Sports: An Introduction to the Sociological & Cultural Analysis of Sports, E & FN spon, London, 1999.
7. Jenson C.R. & Schultzer G.W. – Applied Kinesiology and Biomechnics, Mc Grow hill book Co. New York, 1984


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COURSE-II

PRINCIPLES OF KINESIOLOGY AND BIOMECHANICS

UNIT-I: APPLIED AND STRUCTURAL KINESIOLOGY

(5 hours)

1. Meaning ,scope and importance of kinesiology in Health Fitness
2. Aim, objectives and need of kinesiology
3. Role of Kinesiological in Exercise and Sports
4. Kinesiological and movement analysis

UNIT-II: PRICIPLES OF BIOMECHANICS

(5 hours)

1. Balance and Stability
2. Applied Weights and Resistances
3. Motion(Newton's laws) and Levers ;Classification
4. Application of Biomechanical Principles to Activity
 - Walking
 - Running
 - Lifting and Body Mechanics.

REFERENCES:

1. American Council On Exercise. (1991). Personal Trainer Manual. San Diego: American Council on Exercise.
2. Beashel, Paul & Taylor, John: Advance Studies in Physical Education and Sports, Thomas Nelson & Sons Ltd.,U.K., 1996.
3. Brown M.C.&Sommer B.K.–Movement Education-Its Evaluation and Modern Approach, Adchison, wesely publication, London, 1978.
4. Crouch James E.–Essential Human Anatomy A Text–Lea & Febriger, Philladelphia, 1980.
5. Desai V.,Sequeira, T.–Aids Prevention Education Programme: Workbook For Teachers in Secondary Schoolsof Mumbai, B.M.C.Public Health Dept., Mumbai, 2001.
6. Dr.Uppal A.K.&Dr. Gautam G.P.:Physica lEducation and Health, India, 2000.


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COURSE-IV

BASIC NUTRITION, WEIGHT MANAGEMENT, SAFETY AND INJURY MANAGEMENT

UNIT-I: BASIC NUTRITION MANAGEMENT

(5 hours)

1. Basic Nutrition
 - Macro Nutrient
 - Micro Nutrient
 - Fluid
2. Nutritional Supplements and Effect on performance
3. Nutrition Management
4. Estimating adequate daily Energy Intake

UNIT-II: WEIGHT MANAGEMENT

(5 hours)

1. Weight Related Term
2. Relation of Body Composition to Health
3. Body Fat Distribution Pattern and modifying Body Composition
4. Inappropriate Methods of Weight Loss and Female Athlete Triad

REFERENCES:

1. Beashel,P.,&Taylor,J.(1996). *Advance Studies in Physical Education and Sports*. U.K.: Thomas Nelson and Sons Ltd.
2. Flink, H.,Burgoon.L.&Milksky,A.(2006).*Practical Nutrition*. Boston Jones and Bartlet Publishers.
3. Kent, Michael.(1997). *Oxford Dictionary of Sports Science and Medicine*. Delhi :Friends publication.
4. Oaky Barry,et.al. (1986).*SportsInjuries*. Allahabad:A.h.Wheeler.
5. **Pande,P.K.(1989).Know How Sports Medicine .Jal and har: A.P.Publisher.**
6. Pande,P.K.,&Gupta,L.G.(1987).*OutlineofSportsMedicine*. New Delhi : Jaypee Brother.
7. Prentice,WilliamsE.(1986).*The rapeutic Modalities in Sports Medicine*. New Jersey : Mosbay College Publication.
8. Reilly, Thomas.(1981). *Sports fitness and Sports Injuries*. London : Fabiger and Fabiger.
9. Roy,Steven.,&Irvin,Richard.(1983).*SportsMedicine*. NewJersey:Englewood cliffs, Prentice Hall.


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Certificate Course in Personal Fitness Training

Attendance sheet

Year-2022-23

Sr. No.	Name of the Student	3/11	4/11	5/11	9/11	10/11	11/11	12/11	14/11	15/11	16/11
1.	Pawam Vivek Sunjay	Qivek	Qivek	Qivek	Qivek	Qivek	Qivek	Qivek	Qivek	Qivek	Qivek
2.	Randhave Shrutis Bapu	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave	S.P. Randhave
3.	Ramming Dipak Sanjay	Shrut	Shrut	Shrut	Shrut	Shrut	Shrut	Shrut	Shrut	Shrut	Shrut
4.	Kavum Kutyul Kamalraj	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan	R.K. Kalyan
5.	Santosh Arjun Sadgar.	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh	Santosh
6.	Sudip Ramesh Nalim	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun
7.	Sulunkte Komal Jyendhr	R. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte	K. Sulunkte
8.	Shaikh Alfiya Mehboob	Ashish	Ashish	Ashish	Ashish	Ashish	Ashish	Ashish	Ashish	Ashish	Ashish
9.	Sheikh Fatima moham ad	fatima	fatima	fatima	fatima	fatima	fatima	fatima	fatima	fatima	fatima



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11.	Pawar Shrikant Kisan	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
12.	Zoje Sonali Ashok	Zoje	shoie	shoie	shoie	shoie	shoie	shoie	shoie	shoie	shoie	shoie	shoie
13.	Keskar Stavan Prashant	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
14.	Talwar Pappu Sampat	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar	P.S. Talwar
15.	Tamboli Misba Faraj	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
16.	Thakur Gaurav John	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
17.	Viket Kina chunnila Kite	Kite	Kite	Kite	Kite	Kite	Kite	Kite	Kite	Kite	Kite	Kite	Kite
18.	Vaidya Gayatri Nilesh	mi	mi	mi	mi	mi	mi	mi	mi	mi	mi	mi	mi
19.	Hole vikas Bhimrao	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
20.	Nandhik Vikrant Hemant	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
21.	Yadav Aniket Anant	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
22.	Zoje Gauri Ashok	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
23.	Mohite Aniket Ishwari	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
24.	Pale Pitambari	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa	Pa
25.													



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MGAC

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 Tal-Daund, Dist-Pune -413801
 (Science, Arts and Commerce College)

Certificate Course in Personal Fitness Training

Attendance sheet

Year-2022-23

Sr. No.	Name of the Student	17/11	18/11	19/11	21/11	22/11
1.	Pawar Vivek Sanjay	Over	Over	Over	Over	Over
2.	Randhava Shrutti Bapu	Over	Over	Over	Over	Over
3.	Ransing Dipak sanjay	Over	Over	Over	Over	Over
4.	Kulkarni Rutvik Kamalraj	Over	Over	Over	Over	Over
5.	Sarhad Arjan sadgar	Over	Over	Over	Over	Over
6.	Suiday Rana Hatik	Over	Over	Over	Over	Over
7.	Subink. Komal Jibendra	Over	Over	Over	Over	Over
8.	Shaukh Alfiya Mehboob	Over	Over	Over	Over	Over
9.	Shaukhfatima moham med	Over	Over	Over	Over	Over

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17/11, 18/11, 19/11, 21/11, 22/11

26	10	shinde suegy samba	shinde	shinde	shinde	shinde	shinde	shinde	shinde
27	11	Pawar shrikand kisan	shinde	shinde	shinde	shinde	shinde	shinde	shinde
28	12	zoje sonali Ashok	zoje	zoje	zoje	zoje	zoje	zoje	zoje
29	13	Keskar Slavan Prashant	shinde	shinde	shinde	shinde	shinde	shinde	shinde
30	14	Tawar Pappu samket	Pastar	Pastar	Pastar	Pastar	Pastar	Pastar	Pastar
31	15	Tamboli Misba firaj	shinde	shinde	shinde	shinde	shinde	shinde	shinde
32	16	Therkar Gaurav John	Gaurav	Gaurav	Gaurav	Gaurav	Gaurav	Gaurav	Gaurav
33	17	Wikey Sita chunnila	Kite	Kite	Kite	Kite	Kite	Kite	Kite
34	18	Yaidy4 Gaurdixi Nilesh	lri	lri	lri	lri	lri	lri	lri
35	19	Hole vikas Bhimrao	shinde	shinde	shinde	shinde	shinde	shinde	shinde
36	20	Nandohile vikrant ramn	Arakhi	Arakhi	Arakhi	Arakhi	Arakhi	Arakhi	Arakhi
37	21	Amiketant yodav	shinde	shinde	shinde	shinde	shinde	shinde	shinde
38	22	Zoje Gauri Ashok	Gauri	Gauri	Gauri	Gauri	Gauri	Gauri	Gauri
39	23	HOLE Nikhil Ramdas	shinde	shinde	shinde	shinde	shinde	shinde	shinde
40.									
41.									



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~~shinde~~ Nikhil Nishu

Late K.G.Kataria College, Daund

Tal-Daund, Dist-Pune -413801
(Science, Arts and Commerce College)

Department of Physical Education and Sports



Exam Attendance

Year: 2022-23

Sr.No.	Name of Students	Class	Signature
1.	Pawar Vivek Sanjay	F.Y.B.com	<u>Vivek</u>
2.	Randhava Shruti Bapu	F.Y.B.com	<u>SRRandhava</u>
3.	Ransing Dipak Sanjay	F.Y.B.com	<u>Dipak</u>
4.	Santosh Arjun S	F.Y.B.com	<u>R.k. Santosh</u>
5.	Santosh Arjun Sadgar	F.Y.B.com	<u>Santosh</u>
6.	Saideep Ramesh Nutiku	F.Y.B.com	<u>Saideep</u>
7.	Sulankar Komal Jitendra	F.Y.B.com	<u>K.Sulankar</u>
8.	Shaukh Alfiya Mehboob	F.Y.B.com	<u>Alfiya</u>
9.	Shaukh Fatima Mohammad	F.Y.B.com	<u>Fatima</u>
10.	Shinde Suresh Santosh	F.Y.B.com	<u>Shinde</u>
11.	Pawar Shrikant Kisan	F.Y.B.com	<u>Shrikant</u>
12.	Zoje Sonali Ashok	F.Y.B.com	<u>Zoje</u>
13.	Keskar Gagan Prashant	F.Y.B.com	<u>Gagan</u>
14.	Talwar Pappu Sampat	F.Y.B.com	<u>P.Talwar</u>
15.	Tamboli Misba Faraj	F.Y.B.com	<u>M.Tamboli</u>
16.	Thakur Gaurav Jahn	F.Y.B.com	<u>Gaurav</u>
17.	Vikar Riya Chunnika	F.Y.B.com	<u>Riya</u>
18.	Vaidya Gayatri Nilesh	F.Y.B.com	<u>Gayatri</u>
19.	Hole Nikas Bhimman	F.Y.B.com	<u>N.Hole</u>
20.	Nandhile Vikrant Hanuradi	F.Y.B.com	<u>V.Nandhile</u>
21.	Aniket Anant Yadav	F.Y.B.com	<u>Aniket</u>
22.	Zoje Gauri Ashok	F.Y.B.com	<u>Gauri</u>
23.	Mohite Aniket Jitendra	F.Y.B.com	<u>Aniket</u>
24.	Pale Pitambar Basuraj	F.Y.B.com	<u>Pale</u>


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(Id No.PU/PN/SC/140/1999)

(Science, Arts and Commerce College)



Certificate Course in Personal Fitness Training

This is to certify that **Mr. Pawar Vivek Sanjay of F. Y. B. Com. has successfully completed "Certificate Course in Personal Fitness Training" during the Academic Year 2022-2023 in the grade A. He completed 40 Course hours .**

Pawar Vivek
Coordinator



Pawar Vivek
Head of Department

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Tal-Daund, Dist-Pune-413801.