

Report on weight loss workshop

An **'Assured weight loss workshop'** was conducted under **Yoga club, SCET**, from 7th sept to 12th sept, as a welfare program for faculty members of SCET. In this workshop, two arts were combined, Zumba and Yoga, and a sequence was designed for weight loss and inch loss. Yoga exercises were led by Prof. Nandkishor Joshi from Instrumentation and Control Dept. and Zumba was led by Prof. Chintan Shinde from Humanities Dept.

In the previous week of the workshop, the registered faculties were trained for yoga and zumba. They were taught different asanas, pranayama and kriyas of yoga; and were taught specific exercises and dance steps of zumba basic level. They were given a diet chart for daily routine which helps in weight loss and inch loss. The registered faculty members followed the diet and started with basic exercises and warm up regularly. On the first day of practice session, registration of staff members was done for workshop in which the weight measurements and waist measurements were taken. The zumba session and yoga session were sequenced on alternate days so that staff members get the combined effect of both. All faculties did various exercises, dance steps and yogasanas with full energy and enthusiasm. On the last day of workshop, again the weight measurements were done and noted the difference. The faculties filled their feedback in the registration form and shared their views at the end.

Around 47 staff members participated in the workshop from various dept. such as IT, IC, CO, ME, MCA, ELE, EC, Architecture etc. The results obtained at the end of workshop were very pleasing and surprising. Many faculties reduced their weight upto 1 to 1.5 Kg in the short period of 10 days. Also they were feeling more energetic and more flexible in their routine life. Yoga also helped them in calming their mind and increased their awareness. The relaxation exercise was found to be very effective in reducing the stress. On the last day, Prof. Chintan Shinde gave valuable tips on food consciousness and balanced diet.

The workshop proved to be very successful and effective for staff members of SCET. Such workshops are necessary for growth of employees as well as Institute and should be arranged regularly because good health, strong, flexible body and firmness raises the work capacity.

Photos of weight loss workshop





Results of weight loss workshop

Sr No	Name	Dept	Weight loss	improved health
1	Deepa Mehta	Admin		yes
2	Jitesh Gandhi	Admin		yes
3	Govind Patel	Admin	0.6 Kg	yes
4	Anjana Desai	Admin	2 kg	yes
5	Monal Bhatt	Admin		yes
6	Rakesh Gandhi	Admin		yes
7	Bhavna Vimawala	Archi		yes
8	Hetal Shah	Archi		yes
9	Shivani Pachchigar	Archi		yes
10	Vahhbiz Engineer	Archi		yes
11	Rakhi Mehta	Che	0.6 Kg	yes
12	Dimple Master	Che	0.5 Kg	yes
13	Sayali Jawale	Che		yes
14	Dipali Kasat	CO	0.2 Kg	yes
15	Mayuri Mehta	CO	1.6 Kg	yes

16	Naman Khandelwal	CO	0.8 Kg	yes
17	Dhatri Pandya	CO		yes
18	Pariza Kambhoj	CO		yes
19	Pratik Sailor	CO		yes
20	Reshma Lakhani	CO		yes
21	Vandana Korde	CO		yes
22	Neeta Chapatwala	EC		yes
23	Aarohi Vora	EC		yes
24	Bhumika Desai	EC		yes
25	Ketki Pathak	EC		yes
26	Sameera Roker	Ele	1.8 Kg	yes
27	Bijal Mehta	Ele		yes
28	Ami Vyas	Ele		yes
29	Rutvi Shah	Ele	1.7 Kg	yes
30	Shreyansi Desai	Ele	1.4 Kg	yes
31	Megha Patel	Ele	1.8 Kg	yes
32	Urvi Jariwala	Ele		yes
33	Krishna Vakharia	Ele		yes
34	Atithi Patel	Ele	1 Kg	yes
35	Dimple Bhagwanwala	Ele		yes
36	Niki Patel	Ele	0.2 Kg	yes
37	Vandana Talreja	Ele		yes
38	Gayatri Kapadia	MCA	1.4 Kg	yes
39	Jayana Aahuja	MCA		yes
40	Nidhi Bhatia	IC	0.3 Kg	yes
41	Bhavina Patel	IC		yes
42	Pankti Desai	IC		yes

43	Dhanlakshmi Manikraj	IT		yes
44	Bhumika Patel	IT		
45	Jigisha Parekh	IT	0.4 Kg	
46	Khushbu Naik	IT	0.4 Kg	
			0.2	
47	Hiral Trivedi	IT	Kg(increased)	

Those who did not measure the weight at the end of workshop or due to some reasons could not attend the whole workshop, are not mentioned the weight loss above. But overall, it was observed from the written and verbal feedback of the participants that they experienced improvement in their physical health as well as mental relaxation.