



CSMSS

Chhatrapati Shahu Maharaj Shikshan Sanstha's
CHH. SHAHU COLLEGE OF ENGINEERING

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Approved by AICTE New Delhi, DTE (Govt. of Maharashtra) and affiliated to Dr. BATU, Lonere (Raigad).DTE Code:2533

**DEPARTMENT OF FIRST YEAR ENGINEERING
ACADEMIC YEAR 2025-26**

Date: 27-11-2025

Name of the event :	'FIT HAI TOH HIT HAI' – Campaign and Yoga
Date of the event & Venue :	27 th November 2025. CSMSS, sports ground.
Participants :	All the first Year Students
Event Speakers & Delegates :	<ol style="list-style-type: none">1) Dr. G.B Dongre sir (Principal- CSMSS, CSCOE)2) Dr. D.L Bhuyar sir (Vice Principal-CSMSS, CSCOE)3) Hon. Sanjay Patil (Public relation officer)4) Hon. Sayyed Adnan (Manager Ultimate heroes gym Chh.Sambhajnagar)5) Hon. Abhilasha Mhaske (Sales at Ultimate heroes gym)6) Hon. Mukesh Rajput (Trainer)7) Hon. Nissar Patel (Trainer)8) Hon. Pooja Bankar (Zumba Trainer)9) Hon. Saif Ali (video grapher)10) Hon. Ritik sir (Trainer – Ultimate heroes gym)11) Hon. Navnath Chitrak (Yoga teacher-CSMSS Ayurved college.
Summary of the event :	On 27/11/2025 (Thursday), a significant session titled ' FIT HAI TOH HIT HAI ' was organized by CSMSS, Chh. Shahu College of Engineering, on CSMSS, Tanaji Malusare sports ground. The aim of this session is to promote physical fitness and stress relief. The event began with a warm welcome and brief introduction to the importance of Yoga for mental and physical wellbeing and The Principal Dr. G.B Dongre sir imparted the importance of Yoga and fitness. The Yoga instructor guided students through a series of basic Asans, breathing exercises and stretching routines, designed to improve flexibility, posture, concentration and calmness by high spirited movement which made the session both engaging and effective.
Outcomes :	<ol style="list-style-type: none">1) 'Fit hai toh hit hai' proved to be a successful and impactful wellness initiative, encouraging studentst prioritize physical activity and mindfulness in their routines.2) It helped the students to be relax mentally and physically. Students came to know the importance of Yoga in their daily routine life to be fit .



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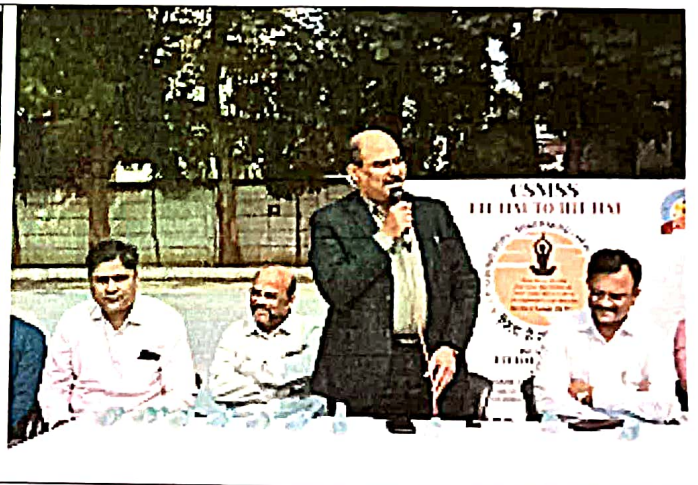


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Conclusion :

Today's Yoga session provided a perfect relaxation, energy and enjoyment through Yoga. Students were able to calm their minds, improve flexibility and focus on their breathing, helping them feel centered and refreshed.

Photographs of the event :





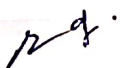
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