



Department of Electronics & Telecommunication Engineering  
K. K. Wagh Institute of Engineering Education and Research  
Hirabai Haridas Vidyanagari, Amrut Dham, Panchavati, Nashik-422003

### Activity: Expert Talk

**Topic:** “Physical Fitness for Healthy Lifestyle”

**Date:** 19/11/22

**Resource Person:** Dr. Mustafa Topiwala, Physiotherapist, Managing Partner at Dr. Pimparikar’s Sports Med Rehab

**Attended by:** 89 Students

### Outcomes:


This lecture was useful for students

1. To understand the importance of physical fitness, regular exercise etc.

### Assessment:

Outcome	Outcome 1
Assessment	100
POs Mapped	PO12






### Summery:



K. K. Wagh Education Society's  
**K. K. Wagh Institute of Engineering Education and Research**  
Website: [www.engg.kkwagh.edu.in](http://www.engg.kkwagh.edu.in)  
(An Autonomous Institute from A.Y - 2022-2023)

**Department of Electronics & Telecommunication Engineering**  
in collaboration with IETE

Organizes  
Expert Talk on  
**“Physical Fitness for Healthy Life Style”**  
by  
**Dr. Mustafa A. Topiwala**  
(Physiotherapist, Managing Partner at Dr. Pimparikar's Sports Med Rehab,Nasik)



**On 19<sup>th</sup> November, 2022 From 1:00 pm to 03:00 pm**  
**Venue: AV hall, Third floor, E&TC Department, KKWIEER**

**Dr. S. A. Patil(Ugale)**  
U.G. Co-ordinator

**Dr. D. M. Chandwadkar**  
Dean, Student Affairs, HOD, E & TC Engg.

**Dr. K. N. Nandurkar**  
Principal



The Expert Lecture on Physical fitness for healthy lifestyle was held on 19<sup>th</sup> November 2022 in the department of E&TC Engineering at Karmaveer Kakasaheb Wagh Institute of Engineering Education and Research (K.K.W.I.E.E.R.), Nashik.

The session was conducted by Dr. Mustafa A. Topiwala. He is Physiotherapist and Managing Partner at Dr. Pimparikar's Sports Med Rehab.

The session started with brief introduction of the speaker. The complete session revolved around physical fitness and importance of good health in day to day life.

Sir shared main causes of not doing exercise on regular basis and problems causes due to it. Major reasons for not doing exercise include: 1. Injuries 2. Busy schedule 3. Laziness

These some common causes could lead to an unfit body inviting a lot of diseases and disorders in body. Major problems includes:

1. Obesity
2. Text neck syndrome
3. Neck pain
4. Back and lower body stiffness
5. Blood pressure

After conveying the importance of regular exercising, some basic stretching and mobility exercises were taught to the students and it hardly took about 5 min to complete the exercise.

Speaker also talked about setting goals and finding motivation and giving 15-20 min daily for exercising and physical fitness. He was accompanied with his trainee and staff member Mr Muhammad who is a national level kickboxing bronze medalist. He taught students some basic stance and self-defense techniques. The session end on good note followed by few questions from students which were answered by the speaker .The overall impact of the session was great , everyone took a lot from the session and realized the importance of physical fitness.



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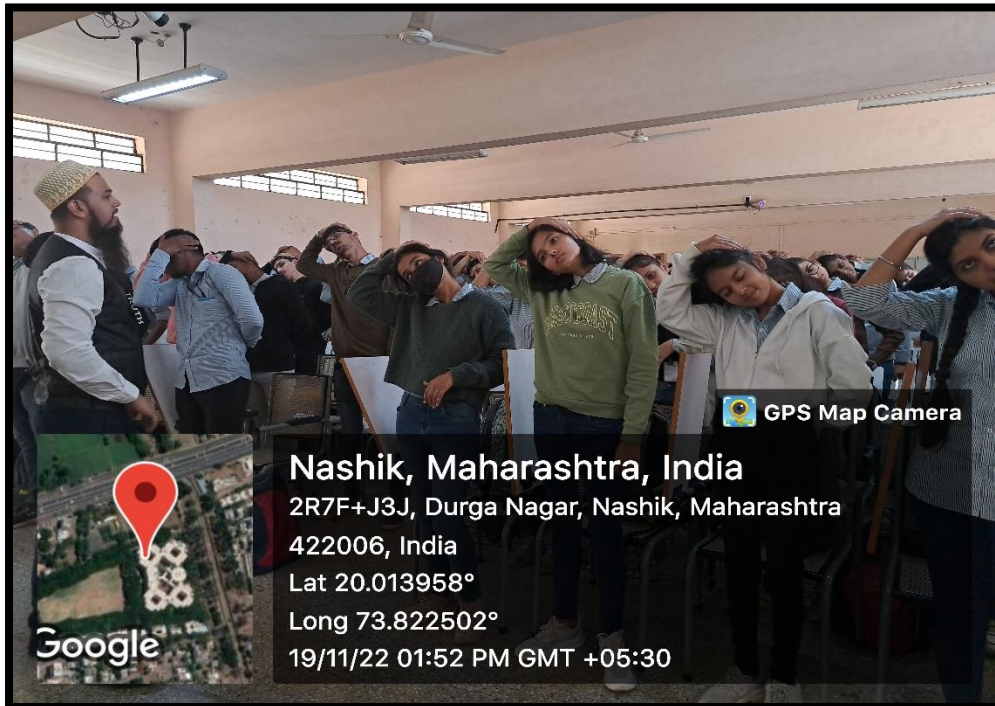
### Photos of Expert Talk:







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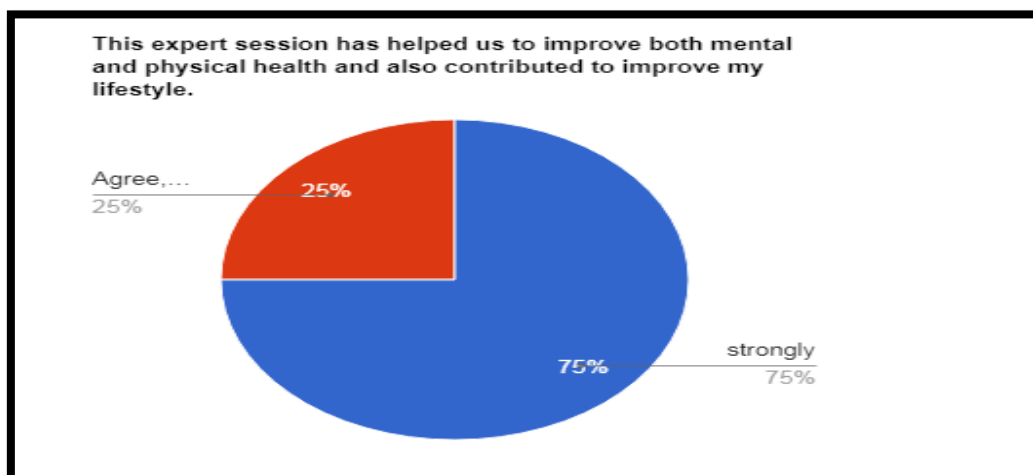
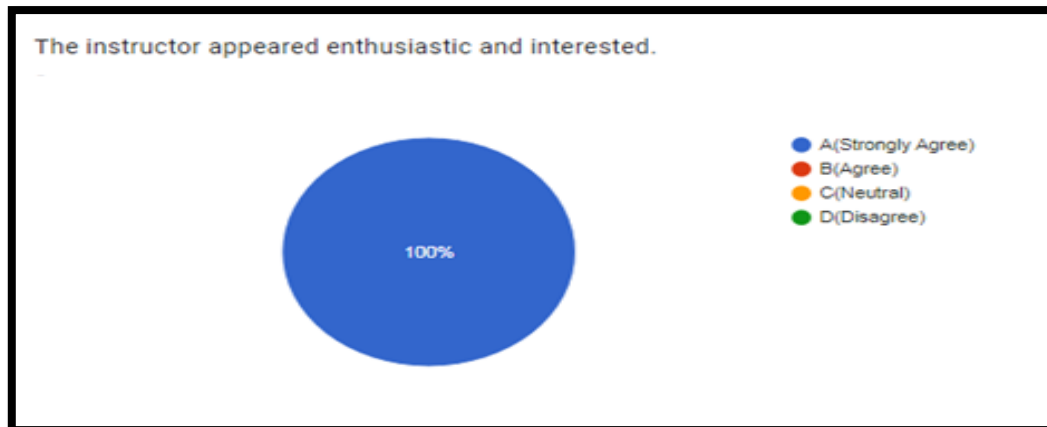




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#### Feedback from students:





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### Activity: Expert Talk

**Topic:** “IPR & Copyright”

**Date:** 26/11/22

**Resource Person:** Dr.S.A.Patil (Ugale), Associate Professor, UG Coordinator (E&TC Dept), KKWIEER Nashik.

**Attended by:** 102 Students

#### Outcomes:


This lecture was useful for students

1. To understand about the Intellectual Property Rights (IPR), patents, copyright etc.

#### Assessment:

Outcome	Outcome 1
Assessment	100
POs Mapped	PO12

#### Summery:




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**IPR Cell of Institute in Collaboration with E&TC Department**  
Organizes

**“ Expert Talk on IPR & Copy Right ”**  
By  
**Dr. Sunita A. Patil (Ugale)**  
(Associate Professor E&TC Dept. & U.G. Coordinator)

**on 26 November 2022 Time : 1:00 pm to 3:00 pm**  
**Venue : Seminar Hall, 4 th Floor, MBA Dept.**



**Dr. S. A. Patil (Ugale)**  
U.G. Co-ordinator

**Dr. D. M. Chandwadkar**  
Dean, Student Affairs, HOD, E & TC Engg.

**Dr. K. N. Nandurkar**  
Principal