**BASAVARAJESWARI GROUP OF INSTITUTIONS**

**Ballari Institute of Technology & Management**

**AUTONOMOUS INSTITUTE UNDER VISVESVARAYA TECHNOLOGICAL UNIVERSITYJNANA SANGAMA, BELAGAVI 590018**

**INTERNSHIP**

**Report On**

# CUSTOM WORKOUT PLAN

Submitted in partial fulfilment of the requirements for the award of degree of

**Bachelor of Engineering**

**In**

**COMPUTER SCIENCE AND ENGINEERING –**

**DATA SCIENCE**

## Submitted by

**LAHARI.C**

**3BR22CD049**

## Internship Carried Out By

**EZ TRAININGS & TECHNOLOGIES PVT.LTD HYDERABAD**

**Internal Guide External Guide**

**V P ANUSHYA VISHAL KUMAR**

**Asst.prof,CSE-DS Technical Trainer**

**KAMALAPADU VARSHA**

**Teaching Asst.CSE-DS**

### BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT

NACC Accredited Institution\*

**(Recognized by Govt. of Karnataka, approved by AICTE, New Delhi & Affiliated to Visvesvaraya Technological University, Belagavi)**

**"Jnana Gangotri" Campus, No.873/2, Ballari-Hospet Road, Allipur, Ballar1-583 104 (Karnataka) (India) Ph: 08392 – 237100 / 237190, Fax: 08392 – 237197**

**2024-2025**

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**DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING**

# CERTIFICATE

This is to certify that the Internship entitled **“ CUSTOM WORKOUT PLAN”** has been successfully completed by **LAHARI.C** bearing USN **3BR22CD049**a bonafide student of Ballari Institute of Technology and Management,

Ballari. For the partial fulfilment of the requirementsfor the **Bachelor’s Degree in Computer**

**Science and Engineering-Data science** of the VISVESVARAYA TECHNOLOGICAL UNIVERSITY, Belagavi during the academic year 2024-2025.

**Signature of Internship Signature of HOD**

**Co-ordinator**

**V P ANUSHYA DR.AARADHANA**

**Asst.prof,CSE-DS Prof. and HOD(CSE)**

**KAMALAPADU VARSHA**

**Asst. prof,CSE-DS**

**DECLARATION**

I, **LAHARI.,** second year student of Computer

Science and Engineering, Ballari Institute of Technology, Ballari, declare that Internship entitled **CUSTOM WORKOUT PLAN** is a part of Internship Training successfully carried out by **EZ TECHNOLOGIES & TRAININGS PVT.LTD ,Hyderabad** at “**BITM,BALLARI”.** This report is submitted in partial fulfillment of the requirements for the award of the degree, Bachelor of Engineering in Computer Science and Engineering of the Visvesvaraya Technological University, Belagavi.

**Date : 28/09/2024 Signature of the Student**

**Place : BALLARI**

**ACKNOWLEDGEMENT**

The satisfactions that a company the successful completion of my internship on “ CUSTOM WORKOUT PLAN” would be incomplete without the mention of people who made it possible, whose noble gesture, affection, guidance, encouragement and support crowned my efforts with success. It is my privilege to express my gratitude and respect to all those who inspired me in the completion of my internship.

I am grateful to our respective coordinator **“V P Anushya (Asst.prof,CSE-DS) , Kamalapadu Varsha (Teaching.Asst.CSE-DS)”** for his noble gesture, support co-ordination and valuable suggestions given to me in the completion of Internship.

I also thank **DR. AARADHANA,** H.O.D. Department of **Computer science and engineering-Data Science** for extending all his valuable support and encouragement.

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