



# Centurion University Technology and Management

## Workshop on Gym Instructor, BBSR

Date: 12-11-2019 to 13-11-2019

Venue: Room no.1, Madhusudan Block

Person Person: Debabrata Biswal

### About the session

The workshop discussed assessing people's fitness and creating personal exercise programmes. Demonstrate activities, exercise machines and weight, help people exercise safely which lead to group exercise classes like circuit training or aerobics. Fitness professionals screen participants for exercise programs, evaluate various fitness components, prescribe exercise to improve these components, and may also help clients with specific or chronic conditions. Fitness professionals help challenge an individual by increasing their performance, as compared to when a person would work out on their own. They also teach new workouts, how to improve their form, performance and help set and achieve goals. The key roles and duties of a fitness professional are to: motivate, assist clients and measure heart rates and body fat levels. Trainers need to be patient, well organized and have time management as well as interpersonal skills.

### Objective

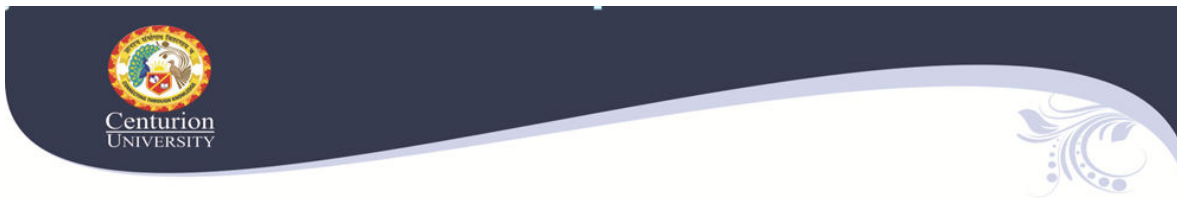
- Fitness training
- Athletic Training
- skills to become a Gym instructor

### Outcome

- Identify the clients' fitness level and health
- Oversee completion of exercise routines
- Track clients' physical progress
- Modify exercise plans based on needs, potential injuries or health issue
- Conduct individual and group fitness training sessions



**Fig. 1, Fig.2: SFS Skill Workshop on  
Gym Instructor**



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Organised by  
Centurion University of Technology and  
Management

centurion university of technology and management  
*Shaping Lives... Empowering Communities...*

**Brochure of the session**

## Participants List



Centurion University of Technology and Management

Workshop on "Gym Instructor"

Date: 12-11-2019 to 13-11-2019

Attendance Sheet

SL.NO	NAME OF PARTICIPANT	SIGNATURE
1	ABHISEKH BHUYAN	Abhisekh Bhuyan
2	ALISHA NAIK	Alisha Naik
3	ALISHA PRIYADARSHINI	Alisha Priyadarshini
4	ALOK KIRAN PANIGRAHY	Alok Kiran Panigrahy
5	AMIT PATNAIK	Amit Patnaik
6	AMRITA RAY	Amrita Ray
7	ANISH RATH	Anish Rath
8	ANUJ RANJAN KHANDUAL	Anuj Ranjan Khandual
9	ARPITA PRADHAN	Arpita Pradhan
10	ARUNIMA NANDA	Arunima Nanda
11	ASHISH KUMAR DAS	Ashish Kumar Das
12	AYUSHDEEP RAY	Ayushdeep Ray
13	BANAJA PRAKASHINI SAMANTARAY	Banaja Prakashini Samantaray
14	BANDITA PRADHAN	Bandita Pradhan
15	BARSA RANI PATRA	Bansa Rani Patra
16	BHAGYASHREE DAS	Bhagyashree Das
17	BHAKTI BHUSAN DAS	Bhakti Bhusan Das
18	BHUBANESWAREE SAHOO	Bhubaneswari Sahoo
19	BIBHUPRASAD MISHRA	Bibhuprasad Mishra
20	BIJAYALAXMI SAHU.	Bijayalaxmi Sahu
21	BISWA RANJAN JENA	Biswa Ranjan Jena
22	CHINMAYEE CHITRALEKHA PRADHAN	Chinmayee Chitralekha Pradhan
23	DEBASIS MAHAPATRA	Debasis Mahapatra
24	DEBASISH MISHRA	Debasish Mishra

25	DEBIKA TRIPATHY	Debika Tripathy
26	DIPTIRANJAN SAHOO	Diptiranjan Sahoo
27	GYANA RANJAN JENA	Gyana Ranjan Jena
28	KAMANA SINGH	Kamana Singh
29	KSHIROD BAGH	Kshirod Bagh
30	LABONI BERA	Laboni Bera
31	LOKESH	Lokesh
32	LUEE SAHOO	Luee Sahoo
33	M KRISHNA	M Krishna
34	M SATISH KUMAR SETHI	M Satish Kumar Sethi
35	MADHUCHHANDA SAMANTARAY	Madhuchhanda Samantaray
36	MANDEEP BEHERA	Mandeep Behera
37	MOHESH MOHANTHY	Mohesh Mohanthy
38	MUKESH KUMAR BISWAL	Mukesh Kumar Biswal
39	NIRUPAMA BEHERA	Nirupama Behera
40	NITESH PADHAN	Nitesh Padhan
41	PALLISHREE DEVI MALLIK	Pallishree Devi Mallik
42	PRABHASHINI BEHERA	Prabhashini Behera
43	PRAFULL KUMAR DAHARIYA	Prafull Kumar Dahariya
44	PRAGYAN PRANITA SAHU	Pragyan Pranita Sahu
45	PRAGYNA UTKALIKA	Pragyna Utkalika
46	PRAJNA PARAMITA SAHOO	Prajna Paramita Sahoo
47	PRAKTATISH DAS	Praktatish Das
48	PRATYASA PRADHAN	Pratyasa Pradhan
49	PURBASHIS BEHERA	Purbashis Behera
50	RAHUL KUMAR RAVI	Rahul Kumar Ravi
51	RAHUL THAKUR	Rahul Thakur
52	RAJAT KUMAR DAS	Rajat Kumar Das
53	RAJESH KUMAR NAYAK	Rajesh Kumar Nayak
54	RIJHUM MAHAPATRA	Rijhum Mahapatra
55	RITUPARNA PARIDA	Rituparna Parida



SL.NO	NAME OF PARTICIPANT	SIGNATURE
55	ROHIT KUMAR KANDHAPAN	Rohit Kumar Kandhapan
56	RUDRAPRAKASH PATTANAİK	Rudraprakash Pattanaik
57	SAMPARNA PRADHAN	Samparna Pradhan
58	SANTANU RAM	Santanu Ram
59	SAUBHAGYA MALLICK	Saubhagya Mallik
60	SAYANTAN HAZRA	Sayantana Hazra
61	SHERRYMON RAJU	Sherrymon Raju
62	SHIBASHIS MISHRA	Shibashis Mishra
63	SHIBASIS LENKA	Shibasiss Lenka
64	SHUBHAM KUMAR SINHA	Shubham Kumar Sinha
65	SIPRA CHOURASIA	Sipra Chourasia
66	SMRUTIREKHA BARIK	S. Barik
67	SONALI SWARANALATA JENA	Sonali Swaranalata Jena
68	SOUMYA RANI NAYAK	Soumya Rani Nayak
69	SRADHANJALI PADHI	Sradhanjali Padhi
70	SUBHAM NANDA	Subham Nanda
71	SUBHANKARROUT ROUT	Subhankarout
72	SUBRAT MAHARANA	Subrat Maharana
73	SUDIPTA PAHARI	Sudipta Pahari
74	SUMEET BEHERA	Sumeet Behera
75	SUMESH KUMAR JENA	Sumesh Ku. Jena
76	SUSMITA DAS	Susmita Das
77	SWAYAM PRAVA ADHIKARI	Swayam prava Adhikari
78	TANUJA SATRUGHAN	Tanuja Satrugan
79	TRUPTIMAYEE MAHAKUL	Truptimayee mahakul
80	TRUPTIMAYEE MAHAKUL	Truptimayee Mahakul



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