

**Memorandum of Understanding for Academic Cooperation  
Between  
Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi  
And  
Maniben M. P. Shah Mahila Arts College, Kadi**

Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi recognize their strengths in education in one or more disciplines of Arts subjects and Skill Development their mutual interest in engaging themselves in academic cooperation.

Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi therefore agree to establish a program for academic cooperation in the areas of mutual interest, and in accordance with terms and conditions set forth in this memorandum of understanding (MoU).

**A. Objectives**

The goal is to foster collaboration, provide opportunity for global experience, and to facilitate advancement of knowledge on the basis of reciprocity, best effort, mutual benefit, and frequent interactions. Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi agree:

**1. Swimming Pool:**

- Physical Fitness: Provides a full-body workout that improves cardiovascular health, builds muscle strength, and enhances flexibility.
- Rehabilitation: Offers a low-impact environment for physical therapy and rehabilitation.
- Skill Development: Allows individuals to learn and practice swimming techniques and water safety.
- Recreation: Serves as a recreational space for relaxation and enjoyment.

**2. Gymnasium:**

- Strength Training: Focuses on building muscle strength and endurance through resistance exercises and weightlifting.
- Cardiovascular Fitness: Provides equipment and classes to enhance cardiovascular health.
- Weight Management: Supports weight loss and body composition goals through various fitness programs.
- Overall Fitness: Encourages a comprehensive approach to fitness, including flexibility, balance, and coordination.

**3. Yoga Center:**

- Flexibility and Balance: Improves flexibility, balance, and coordination through various yoga poses and stretches.
- Stress Relief: Offers relaxation techniques and mindfulness practices to reduce stress and promote mental well-being.
- Holistic Health: Emphasizes a holistic approach to health, combining physical postures, breathing exercises, and meditation.
- Community Building: Fosters a sense of community and support among practitioners.

Each facility aims to support physical health, wellness, and personal development through its specific offerings and services.

Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi further agree that detailed terms and conditions that guide each activity identified above will be separately determined and agreed upon by the two institutions. These terms shall include a technical description of the proposed activity, financial arrangements, and person(s) responsible for its implementation, etc.

**B. Promote and Explore Snanagar, Gymnasium and Yoga Center & Placement Opportunities**

Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi agree to the terms and conditions for such participation will be worked out by mutual agreement. Under the MoU Gymnasium and Yoga Trainer will come to the Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi for Training Program and Give Professional Guidance to the Students for Placement Purpose. Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi agree to explore Swimming Pool, Gymnasium and Yoga Center, Kadi for Students Professional Development Skills and Fitness.

**C. Intellectual Property**

Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi agree to respect each other's rights to intellectual property. Further, the intellectual property rights that arise as a result of any collaborative activities under this MoU will be worked out on a case-by-case basis, and will be consistent with the officially laid down IPR policies of the two institutions.

**D. Tenure and Termination**

This MoU will take effect from the date it is signed by representatives of the two institutions. It will remain valid for three years, and may be continued thereafter after suitable review and agreement. Either institution may terminate the MoU by giving written notice to the other institution six months in advance. Once terminated, neither Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi nor Maniben M. P. Shah Mahila Arts College, Kadi will be responsible for any losses, financial or otherwise, which the other institutions may suffer. However, Dr. Madhusudan C. Shah Snanagar, Gymnasium and Yoga Center, Kadi and Maniben M. P. Shah Mahila Arts College, Kadi will ensure that all activities in progress are allowed to complete successfully.

This MoU is signed subject to approval of the respective academic/administrative bodies.

*Dr. Madhusudan C. Shah*

પ્રમુખ  
કડી નગરપાલિકા

Dr. Madhusudan C. Shah  
Snanagar, Gymnasium and  
Yoga Center, Kadi  
Date: 31/7/23

*Maniben M. P. Shah*  
Principal  
Maniben M. P. Shah Mahila Arts College  
Kadi - (N.G.) - 382 715

Maniben M. P. Shah Mahila Arts  
College, Kadi

Date: 31/7/23



Date 05/07/2023

## NOTICE

### Training for swimming

This is to inform you all students that the IQAC of the college and Department of physical education is organize training for swimming on 10/07/2023 to 03/08/2023. The students of the college who wants to participate in this training should give his name to Pro. Madhuben S. Thakor.



Principal  
Maniben M. P. Shah Mahila Arts College  
Kadi - (N.G.) - 382 715





Prin. Dr.Hina M. Patel  
(M) 9925032421  
Tel. (O) (02764) 242072  
Fax. 02764-242072

## Maniben M.P. Shah Mahila Arts College, Kadi

Kalol Road, Nr. Petrol Pump, Highway, KADI-384 440 (North Gujarat) India  
(Managed by M.P.Shah Education Society, Kadi)

Website : [www.mahilaartskadi.org](http://www.mahilaartskadi.org)

Email : [prinhmpatel@gmail.com](mailto:prinhmpatel@gmail.com)

Ref. No. P- 2023 - 24

Date : 05/07/2023

### Invitation Letter

To,  
Ashaben Chaudhri  
Trainer of swimming  
Kadi

Dear madam,

We are pleased to invite to as a trainer of training for swimming program session organized by IQAC of ManibenM.P.ShahMahila Arts College Kadi and Physical Education Department of college during 10/07/2023 to 03/08/2023

We look forward for your positive response.

Thanking you,

Yours Truly,

Dr. Hina M. Patel

Principal  
Maniben M.P.Shah Mahila Arts College  
Kadi - (N.G.)-384440

# Maniben M. S. Shah Mahila Arts College, Kadi

## ATTENDANCE OF STUDENTS PARTICIPATION

Training for  
Swimming  
16

15

Date: 18/07/2023 to 03/8/23

| Name                    | Semester | Roll No. | Main Subject | Signature  | Mobile No. |
|-------------------------|----------|----------|--------------|------------|------------|
| 1. Desai Hiral G        | I        | 1        | ECO          | J.H.P.     | 9327625753 |
| 2. Bhavrad Bhumika K.   | I        | 7        | "            | B.B.K.     | 8849919826 |
| 3. Rabari Nehal         |          | 13       | "            | R.V.       | 7069452815 |
| 4. Ghanchi Naheda       | I        | 12       | "            | G. Nahal   | 9714499631 |
| 5. Prajapati Nidhi      | I        | 14       | "            | P. Nidhi   | 6353270698 |
| 6. Mansuri Afiyabani    | I        | 50       | PSY          | M.A.       | 9712558617 |
| 7. Rabari Avni R        | I        | 52       | PSY          | R.A.2      | 9925707277 |
| 8. Patel Kity K         | I        | 57       | PSY          | P. Kity    | 8200258606 |
| 9. Joshi Ankita V.      | III      | 01       | PSY          | Joshi A.   | 9327730978 |
| 10. Thakor Sonal R      | III      | 15       | PSY          | T.S.R.     | 9023978946 |
| 11. Nayi Amisha P       | III      | 40       | ECO          | Nayi A.    | 9662556302 |
| 12. Patel Ayushi S.     | III      | 41       | ECO          | Patel A.S. | 8799279996 |
| 13. Thakor Anisha K     | III      | 70       | Guj          | T.A.K.     | 9106724828 |
| 14. Chauhan Kaja R      | III      | 89       | Sgn          | C.K.R.     | 7069755476 |
| 15. Prajapati Anjali V. | M.A.I    | 1        | PSY          | P.A.V.     | 7698197511 |
| 16. Varatiya Amisha V   | M.A.I    | 25       | ECO          | V.A.V.     | 8511164140 |

Co-ordinator Name:

Prof. Madhuban Thakor

Co-ordinator Signature:

MS



Prin. Dr.Hina M. Patel  
(M) 9925032421  
Tel. (O) (02764) 242072  
Fax. 02764-242072

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Email : [prinhhmpatel@gmail.com](mailto:prinhhmpatel@gmail.com)

Ref. No. P / 2023 - 24

Date : 03/08/2023

To,

Ashaben Chaudhri

Trainer of swimming

Kadi

### Letter of Appreciation

This to Certify that Ashaben Chaudhri , has conduct training on Training for Swimming Program on 10/07/2023, to 03/08/2023 organized by IQAC of ManibenM.P.ShahMahila Arts College Kadi and Physical education department .

We thank you for your contribution and knowledge sharing with our faculty and students. We also look forward to more such sessions with you as part of the programme.

Thanking you,

Yours Truly,

Dr. Hina M. Patel

Maniben M.P.Shah Mahila Arts College  
Kadi - (N.G.)-384440



# Training Program for Swimming-2023-24



Principal  
Maniben M. P. Shah Mahila Arts College  
Kadi - (N.G.) - 382 715



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## Detailed Report on Training Program under MOU Between Maniben M.P. Shah Mahila Arts College, Kadi, and Madhusudan C. Shah Snanagar, Kadi

### Introduction

As part of an academic collaboration under a Memorandum of Understanding (MOU), **Maniben M.P. Shah Mahila Arts College, Kadi**, in association with **Madhusudan C. Shah Snanagar, Kadi** organized a **Swimming Training Program**. This initiative, conducted under the **IQAC (Internal Quality Assurance Cell)**, aimed at enhancing students' swimming skills, physical fitness, and water safety awareness.

### Objective of the Training Program

The main objectives of this training program were:

- To **develop swimming techniques** among students.
- To provide **practical exposure to water safety measures and rescue techniques**.
- To enhance **physical fitness and endurance** through structured training.
- To promote **swimming as a sport and recreational activity**.
- To strengthen academic collaboration between the two institutions under the **MOU**.

### Training Details

- **Training Period: May 10, 2024 – May 20, 2024**
- **Trainer: Certified Swimming Coaches from Kadi Nagar Palika Swimming Pool**
- **Conducted by: IQAC, Maniben M.P. Shah Mahila Arts College, Kadi**
- **Total Participants: 40 students**

### Training Topics & Schedule

| Date       | Time          | Topic                                   |
|------------|---------------|---|
| 10/05/2024 | 08:00 - 10:00 | Basics of Swimming and Water Safety     |
| 11/05/2024 | 08:00 - 10:00 | Freestyle Swimming Techniques           |
| 12/05/2024 | 08:00 - 10:00 | Breaststroke and Backstroke             |
| 13/05/2024 | 08:00 - 10:00 | Butterfly Stroke and Endurance Training |





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| Date       | Time          | Topic                                       |
|------------|---------------|---|
| 14/05/2024 | 08:00 - 10:00 | Drowning Prevention and Rescue Techniques   |
| 15/05/2024 | 08:00 - 10:00 | Swimming Drills and Speed Training          |
| 16/05/2024 | 08:00 - 10:00 | Advanced Stroke Correction                  |
| 17/05/2024 | 08:00 - 10:00 | Competitive Swimming Techniques             |
| 18/05/2024 | 08:00 - 10:00 | Open Water Swimming and Endurance           |
| 19/05/2024 | 08:00 - 10:00 | Final Assessment and Evaluation             |
| 20/05/2024 | 08:00 - 10:00 | Certificate Distribution & Closing Ceremony |

## Key Highlights

### 1. Expert Training Sessions:

- Led by **professional swimming coaches from Kadi Nagar Palika Swimming Pool.**

### 2. Hands-On Learning Approach:

- The training included **practical demonstrations, water drills, and endurance challenges.**

### 3. Safety & Rescue Training:

- Focus on **drowning prevention, lifeguard techniques, and water safety protocols.**

### 4. Certification & Recognition:

- A **Certificate of Completion** was awarded to participants.
- The **Principal of Maniben M.P. Shah Mahila Arts College** appreciated the initiative and student participation.

## Project Work for Students

As part of this training program, students were required to complete a **project work assignment** to reinforce their learning. The project work included:



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## 1. Swimming Log & Improvement Analysis:

- Maintaining a **logbook of daily swimming progress, strengths, and areas of improvement.**

## 2. Water Safety Awareness Campaign:

- Designing a **presentation or awareness campaign on drowning prevention and swimming safety.**

## 3. Live Demonstration & Video Project:

- Recording a **short video showcasing proper swimming techniques and safety measures.**


## Outcome of the Training

- **Enhanced Swimming Skills:** Participants improved in **various swimming strokes and techniques.**
- **Increased Safety Awareness:** Students learned **lifesaving skills and emergency water safety measures.**
- **Boosted Physical Fitness:** The training helped improve **endurance, flexibility, and strength.**
- **Practical Application:** The project work encouraged **real-time implementation of water safety and swimming skills.**
- **Recognition & Certification:** Successful completion of the program added **value to students' skill development records.**

## Conclusion

The **Swimming Training Program** was a **remarkable success**, providing students with essential swimming skills, fitness training, and safety awareness. The collaboration between **Maniben M.P. Shah Mahila Arts College and Madhusudan C. Shah Snanagar, Kadi** played a key role in **promoting sports education and physical well-being.** The institutions look forward to conducting more such **skill-based training programs** under the **MOU** in the future.



  
Principal  
Maniben M. P. Shah Mahila Arts College  
Kadi - (N.G.) - 382 715