



Goa University

Name of Directorate: Directorate of Visiting Research Professor Programme

Report on workshop

1. Title of the Event/Activity/program	Ms. Shubhra Singh Session on Unlocking Fitness for all age groups.
2. Date and Time	13 th March 2024 2.00 pm onwards
3. Mode of conduct (Physical/Online)	Physical
4. School/ Directorate/ Section	Directorate of Visiting Research Professor Programme
5. Detail of the Resource Person (Brief biodata)	Enclosed
6. Number of Faculty attended/participated	03
7. Number of Student attended / participated	05
8. No. of external students/faculty/other participants	21

<p>9. The objectives of the Program/activity/event</p>	<p>The objectives of a fitness workshop include educating participants on effective exercise techniques and proper nutrition to enhance overall health. Workshops aim to motivate individuals by fostering a supportive community and encouraging accountability. Also, workshops seek to empower participants with knowledge and tools for creating sustainable fitness routines, ultimately helping them achieve their personal health and wellness goals while promoting a balanced lifestyle.</p>
<p>10. Description of the Program/activity/event</p>	<p>A fitness workshop is an interactive event designed to educate and motivate participants in various aspects of health and wellness, led by experienced trainers.</p> <p>The workshop typically includes hands-on activities, fitness demonstrations, and discussions on topics like nutrition, exercise techniques, and mental well-being. Participants engage in group workouts, learn new skills, and receive personalized advice tailored to their fitness levels. The collaborative atmosphere fosters community, making it a supportive environment for individuals to achieve their health goals together.</p>
<p>11. Benefit/Key outcomes of the Program/activity/event</p>	<p>Fitness workshops offer numerous benefits, including expert guidance on exercise techniques, nutrition, and wellness. Participants gain access to tailored workout plans, fostering motivation and accountability in a group setting. These workshops promote community building, share experiences, and encourage each other. Fitness workshops empower individuals to adopt healthier lifestyles and achieve their personal fitness goals.</p>
<p>12. Enclosures with report</p>	<p>Photos, Attendance of participants, Bio Data of resource person.</p>

Bio Data

Shubhra Singh's journey is one of self-discovery and transformation, transitioning from a successful fashion stylist in Mumbai to a renowned fitness coach and entrepreneur. Her career began in the dynamic world of fashion, where she worked with top designers and contributed to the ever-changing landscape of fashion in India. Although her career as a stylist was thriving, Shubhra felt a growing sense of unfulfillment. This realization sparked a desire for change, leading her to the fitness industry.

Her transformation was rooted in personal health struggles during her late twenties and early thirties, when she felt her health was not at its peak. Despite consulting multiple fitness experts and coaches, she often found the advice lacking clarity. Realizing that the solution to her well-being required a more personalized approach, she dove deep into the world of fitness, seeking certifications and professional knowledge. This journey included completing a fitness certification with Reebok, allowing her to become a certified fitness coach and master functional trainer.

Shubhra's fitness philosophy is centred on a holistic approach, where mental and physical well-being go hand in hand. She believes that self-love and resilience are key to achieving long-term fitness goals. This mindset shapes her work at MetaBurn Ignite, the fitness studio she founded in Goa. MetaBurn focuses on functional training and aims to help individuals overcome physical limitations, gain confidence, and build core strength. Her training methods emphasize strength, flexibility, and endurance, designed to guide clients through personalized fitness journeys that address both their physical and emotional needs.

During the pandemic, Shubhra's studio became a haven for many seeking health and wellness, and she continued to develop her unique style of training. She has become a key figure in Goa's fitness community, mentoring clients who are often uncertain about their health or battling with self-esteem issues. Shubhra is particularly passionate about helping individuals with psychosomatic pain, which is pain caused by mental stressors manifesting physically. She believes that fitness is not just about the body but also about mental clarity and strength.

Shubhra's philosophy is rooted in three major life lessons: staying humble, maintaining a positive mindset, and being a lifelong learner. She believes success is an evolving journey, driven by resilience, discipline, and continuous personal growth. Additionally, she promotes the idea that fitness is a lifelong journey without shortcuts. Her message to young professionals is to embrace their challenges, maintain a positive attitude, and always keep learning.

Her inspiring journey from the fast-paced world of fashion to the calming, transformative space of fitness demonstrates the power of reinvention. Today, Shubhra is a guiding force for many in their fitness journeys, using her own experiences of overcoming anxieties and self-doubt to motivate others.



DIRECTORATE OF VISITING RESEARCH PROFESSORS PROGRAMME
Session on

UNLOCKING FITNESS FOR ALL AGE GROUP

IMPORTANCE of being FIT/STRONG and enhancing the quality of your everyday life, living it PAIN FREE!

By

M.S Shubhra Singh

Founder, Metaburn Ignite Goa and Master
Functional Trainer

DATE: 13th March, 2024

TIME: 2.00 PM onwards

VENUE: D-VRPP Seminar Hall,
D Block, Goa University

PARTICIPANTS:

The session is open and free for students,
Faculty and Non-Teaching Staff of
Goa University.



For detail and online Registration:

www.unigoa.ac.in

Session Coordinator & Director, VRP

Prof. Savita Kerkar

(vrpp@unigoa.ac.in)

Attendance Sheet

UNLOCKING FITNESS FOR ALL AGE GROUP					
Sr.No	Name of Participant	Email Id	Name of your institute	Faculty/Student/NON-Teaching Staff	13.03.2024
1	Dr. R. Nimala		GSU	Managing	Nimala
2	DR. INGRID ANNE NAZARETH		UGC-MMTIC GOA UNIVERSITY	FACULTY	INAZARETH
3	Mrs. Joannha Dosta		Non-teaching Staff	staff	Dosta
4	Mrs Alzira Oasto		"	"	Oasto
5	Mrs Espy Sacralamilla		"	"	Sacralamilla
6	Mrs Alzira Oasto				
7	Rajendra Ganekar			Staff	Ganekar
8	Priyanka Kulkarni		Non-teaching Staff	Staff	Kulkarni
9	Rishi Kumar		Goa University	Student	Kumar
10	Deepthi Kame				
11	Sapna Shivshel		Goa University	Staff	Shivshel
12	Jheeraj		Goa University	M.A French	Jheeraj
13	Jyoti Karan			Staff	Karan
14	Flora Pereira		PES College, Ponda	Faculty	Pereira
15	Surekha Naik		Directorates	Staff	Naik
16	Vikaj Kulkarni		Directorates	Staff	Kulkarni
17	Siddhant Paul	parabiddhanta@gmail.com	Directorates	Staff	Paul
18	Mohit Karar		"	"	Karar
19	Siddharth S. Kulkarni		"	"	S. Kulkarni
20	Dilip Agapure		"	"	Agapure
21	Prerana Desai	prerana@unigoa.gov	Goa University	Staff	Desai
22	Charmi Mapari	mapari@unigoa.gov	Goa University	Staff	Mapari
23	Areshay Potnis		Goa University	Staff	Potnis
24	Daya Harang		Goa University	Staff	Harang
25	Raj B. Marquod	raj.marquod@unigoa.gov	Goa University	Staff	Marquod
26	Vishnu Mendonca		Goa University	Staff	Mendonca
27	Vaibhav Phalte		GOA UNIVERSITY	STAFF	Phalte
28	Pooja Chabankar		"	"	Chabankar
29	Prashant Madhwal		Goa University		Madhwal

Photos







Signature: Savitakerkar
Name of coordinator: Prof. Savita Kerkar
Designation: Professor
Date: 13th March 2024

Savitakerkar
Signature
Director, VRPP
Director
VISITING RESEARCH
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