



## Minutes of the meeting

Date: 02-03-2022

The members of the department met today in the Department of Physical Education .under the leadership of Sri A. Mohan Raj ,Department of Physical Education Department. ,Government Degree college For Men,Srikakulam and discussed the following agenda.

Agenda:

Plan to conduct a Capacity Building on Physical Fitness program for one week from 07-03-2022 to 15-03-2022..

After discussing the agenda, the department unanimously decided to organise a Capacity Building and Skill Enhancement Program. This program will run for one week from 07-03-2022 to 15-03-2022. It will be held Monday to Tuesday from 9:00 am to 9:45 am, at the Physical Education Department.

Signatures:-

A handwritten signature in black ink, appearing to read 'A. Mohan Raj', is written below the 'Signatures:-' text.



## **Circular**

**Subject:** Invitation to Capacity Building on Physical Fitness

Dear Students,

We are excited to announce a Capacity Building on Physical Fitness Program organized by the Physical Education Department. This initiative is designed to enhance your Strength and Fitness in the field of Physical Fitness. Below are the key details of the program:

- Program Dates: 07-03-2022 to 15-03-2022
- Days: Monday to Tuesday
- Time: 9:00 AM to 9:45 AM
- Venue: Physical Education Department

This program aims to provide you with an opportunity to engage in Fitness activities that will enhance your Strength of body. The sessions are planned to be interactive, with a focus on both theoretical and practical aspects of physical fitness.

To participate in this program, we kindly ask interested students to register by providing their names to Sri A. Mohan Raj, Physical Education Department, on or before March 5 2022

**Signatures:**

A small rectangular box containing a handwritten signature in black ink, which appears to be "A. Mohan Raj".



## REQUEST LETTER

From  
A Mohan Raju,  
Dept.Of Physical Education,  
Govt.Degree College For Men,  
Srikakulam.

To  
Dr. M. Babu Rao,  
Principal,  
Govt.Degree College For Men,  
Srikakulam.

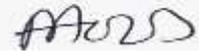
Subject: Request to Conduct Capacity Building on Physical Fitness

Respected Sir,

I am writing to request your approval to conduct a Capacity Building on Physical Fitness Program for our students from 07-03-2022 to 15-03-2022. This program aims to provide you with an opportunity to engage in Fitness activities that will enhance your Strength of body. We believe this initiative will greatly benefit our students and contribute to strengthen their physical and mental abilities.

Thank you for considering our request.

Sincerely,





## Report of the Program

<b>Name of Department/ Cell</b>	Department of Physical Education
<b>Name of Event Organized</b>	Capacity Building on Physical Fitness
<b>Title of the Event</b>	Capacity Building on Physical Fitness One Week Programme
<b>Date of Event Organized</b>	07-03-2022 to 15-03-2022
<b>Name of the coordinator of the Event</b>	Sri A. Mohan Raj
<b>No. of Participant (Student +Staff)</b>	30
<b>Objective of the Event</b>	Provide participants with a comprehensive understanding of physical fitness, including its components such as cardiovascular endurance, muscular strength, flexibility, and body composition.
<b>Description of the event</b>	<ul style="list-style-type: none"> <li>• The program begins with an overview of the importance of physical fitness in enhancing overall health and quality of life.</li> <li>• Participants will gain an understanding of the program's objectives and the potential benefits of improving their physical fitness.</li> </ul>
<b>Outcome of the Event</b>	The event successfully the Capacity Building on Physical Fitness program is a holistic approach to empower participants with the knowledge, skills, and motivation to make lasting improvements in their physical fitness and overall well-being. ,at Government Degree College (M), Srikakulam.

**GOVERNMENT DEGREE COLLEGE (MEN)**  
**ACCREDITED BY NAAC WITH B++ (CGPA 2.90)**  
Srikakulam - 532001, Andhra Pradesh, India  
ph: 08942 222983 e-mail: [info@gdcmskm.ac.in](mailto:info@gdcmskm.ac.in) website: <https://www.gdcmskm.ac.in>  


## Photo Gallery

GOVT. DEGREE COLLEGE (MEN), SRIKAKULAM  
PHYSICAL EDUCATION DEPARTMENT



CAPACITY BUILDING PROGRAMME ON  
PHYSICAL FITNESS

07-03-2022 to 15-03-2022







# GOVERNMENT DEGREE COLLEGE (MEN)

ACCREDITED BY NAAC WITH B++ (CGPA 2.90)

Srikakulam - 532001, Andhra Pradesh, India

ph: 08942 222383 e-mail: info@gdcmskm.ac.in website: https://www.gdcmskm.ac.in



Sl. No	Name of the student	Signature
1)	S. Bhoomika	S. Bhoomika
2)	Ch. pourni	Ch. pourni
3)	K. Sravani	K. Sravani
4)	P. Divya	P. Divya
5)	P. Ashwini	P. Ashwini
6)	B. Jaya	B. Jaya
7)	J. Sai	J. Sai
8)	P. Janyana	P. Janyana
9)	K. Bhavani	K. Bhavani
10)	J. Rohit	J. Rohit
11)	T. Chandu	T. Chandu
12)	C. Manjuna	C. Manjuna
13)	S. Anuradha	S. Anuradha
14)	N. Bhargavathi	N. Bhargavathi
15)	H. Manoj	H. Manoj
16)	A. Yuganalla	A. Yuganalla
17)	M. Anjanika	M. Anjanika
18)	V. Tanu	V. Tanu
19)	D. Janakiram	D. Janakiram
20)	A. Jyoti	A. Jyoti
21)	V. Chiranjeevi	V. Chiranjeevi
22)	P. Bhargavi	P. Bhargavi
23)	J. Hemani	J. Hemani
24)	V. Yaswanth	V. Yaswanth
25)	A. Sai ram	A. Sai ram
26)	P. Revanthi	P. Revanthi
27)	M. Karan	M. Karan
28)	M. Navesh	M. Navesh
29)	D. Rijasekhari	D. Rijasekhari
30)	Vasupalli Ganesha	V. Ganesha
31)	T. Thulasi	T. Thulasi



Government Degree College (M), Srikakulam



**Feedback**

Name of the event	Capacity Building on physical fitness
Department	Department of Physical Education
Date	7-3-2022 - 15-3-2022
Name of student	U. Ravikumar
Class	II. B.Com
Mobile no.	630 66 29 806

1. Did the event fulfil its objectives?

✓  
Yes/No

2. How useful was the event for you? (0 being Not useful and 5 Most useful)

0	1	2	3	4 ✓	5
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3. Rate the overall success of the event (0 being Not useful and 5 Most useful)

0	1	2	3	4	5 ✓
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4. List the key takeaway points from the events.

\* The Event highlighted the practical experience of Practicing fitness

5. Suggestions if any

\* I suggest to conduct more such programmes

U. Ravikumar  
Signature of the Student