



## Minutes of the meeting

Date: 04-02-2021


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.

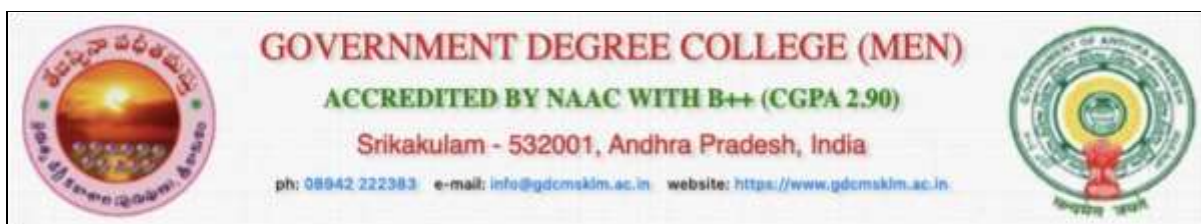
### Agenda:

Plan to conduct a Capacity Building on Physical Fitness program for one week from 08-02-2021 to 13-02-2021.

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 08-02-2021 to 13-02-2021. It will be held Monday through Saturday, from 9:00 am to 9:45 am, at the Physical Education Department.

### Signatures:-

  
Physical Director  
Govt. Degree College (Men)  
SRIKAKULAM-532001



## **Circular**

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

Dear Students,

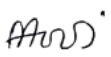
We are excited to announce a Capacity Building on Physical Fitness Program organized by the Physical Education Department. This initiative is designed to enhance your Strength and Fitness in the field of Physical Fitness. Below are the key details of the program:

- Program Dates: 08-02-2021 to 13-02-2021
- Days: Monday to Saturday
- 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 Feb 06, 2021

**Signatures:**

  
Physical Director  
Govt. Degree College (Men)  
SRIKAKULAM-532001



### **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 08-02-2021 to 13-02-2021. 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,  
Physical Director  
Govt. Degree College (Men)  
SRIKAKULAM-532001



## 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>	08-02-2021 to 13-02-2021
<b>Name of the coordinator of the Event</b>	Sri A. Mohan Raj
<b>No. of Participant (Student +Staff)</b>	35
<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.



## Photo Gallery

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



CAPACITY BUILDING PROGRAMME ON  
PHYSICAL FITNESS

08-02-2021 to 13-02-2021











# 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



## Student Signature

S.No	Name of the Student	Group	Signature
1	S. Mangunish	B.S.C Computer	S. Mangunish
2	S. Mohith Mahesh	B.S.C Computer	S. Mohith Mahesh
3	D. Balaji	B.S.C Computer	D. Balaji
4	P. Jyothsna	B.S.C Zoology	P. Jyothsna
5	T. Sravan	B.S.C Zoology	T. Sravan
6	P. Shamreen	B.S.C Zoology	P. Shamreen
7	P. Shafreen	B.S.C Zoology	P. Shafreen
8	B. Pruthi	B.S.C Biotechnology	B. Pruthi
9	A. Jyoti	B.A English	A. Jyoti
10	T. Subraja	B.S.C Botany	T. Subraja
11	B. Tejeswari	B.S.C Botany	B. Tejeswari
12	A. Jhansi	B.S.C Botany	A. Jhansi
13	Niharika Singh	B.S.C Botany	Niharika
14	A. Naresh	B.S.C Botany	A. Naresh
15	S. Anshu Kano	B.S.C Chemistry	S. Anshu Kano
16	Ulasupalli Ganesha	B.S.C Chemistry	U. Ganesha
17	G. Mercy	B.S.C Botany	G. Mercy
18	Y. Chinaraia	B.A.His	Y. Chinaraia
19	S. Durga Prasad	B.A.His	S. Durga
20	A. Sai Ram	B.A.His	A. Sai
21	M. Bhaskar Rao	B.A (His)	M. Bhaskar Rao
22	A. Jyoti	B.A (English)	A. Jyoti
23	M. Santosh	B.A (English)	M. Santosh
24	T. Chandra Prasad	B.A (History)	T. Chandra
25	T. Pavan Kumar	B.A (History)	T. Pavan
26	M. Durga Prasad	B.A (His)	M. Durga
27	V. Anshu	B.A (His)	V. Anshu
28	G. Mercy	B.S.C (Botany)	G. Mercy
29	S. Niharika	B.S.C (Botany)	S. Niharika
30	A. Naresh	B.S.C (Botany)	A. Naresh
31	K. Jagadish	B.A (Economics)	K. Jagadish



Name of the event	Capacity Building on Physical Fitness
Department	Department of Physical Education
Date	08-02-2021 to 13-02-2021
Name of student	K Mahesh
Class	II B.Com
Mobile no.	9442277282

1. Did the event fulfil it's 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

*K Mahesh*  
**Signature of the Student**