



Minutes of the meeting

Date: 12-09-2019

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 16-09-2019 to 23-09-2019..

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 16-09-2019 to 23-09-2019. It will be held Monday to Monday 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: 16-09-2019 to 23-09-2019
- Days: Monday to Monday
- 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 Sept 13, 2019

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 16-09-2019 to 21-09-2019. 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

Name of Department/ Cell	Department of Physical Education
Name of Event Organized	Capacity Building on Physical Fitness
Title of the Event	Capacity Building on Physical Fitness One Week Programme
Date of Event Organized	16-09-2019 to 23-09-2019
Name of the coordinator of the Event	Sri A. Mohan Raj
No. of Participant (Student +Staff)	25
Objective of the Event	Provide participants with a comprehensive understanding of physical fitness, including its components such as cardiovascular endurance, muscular strength, flexibility, and body composition.
Description of the event	<ul style="list-style-type: none"> The program begins with an overview of the importance of physical fitness in enhancing overall health and quality of life. Participants will gain an understanding of the program's objectives and the potential benefits of improving their physical fitness.
Outcome of the Event	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







Student Signature

1) Guggilapu. Praveenasai	BSc(MPCS)	10	G. Praveenasai
2) Jaminiyalata. Sravani	B.Sc(MPCS)	11	J. Sravani
3) Naiclu. Mamatha	BSc(MA-2)	10	N. Mamatha
4) Gotta. Sudeep Kumar	BSc(MPS)	10	G. Sudeep
5) Surada. Jayaraj	BSc(MPS)	10	S. Jayaraj
6) Mithala. Lakshmi Prasad	BSc(MPS)	10	M. Lakshmi Prasad
7) B. Jeevan Kumar	B.Com(Com)	1	B. Jeevan Kumar
8) S. Purma Rao	B.Com(Com)	1	S. Purma Rao
9) M. Damodara Rao	B.Com(Com)	1	M. Damodara Rao
10) Ch. Swiya	B.Com(Com)	1	Ch. Swiya
11) D. Ramesh	BA(HBP)	1	D. Ramesh
12) V. SAI VARAHAN	BA(HBP)	1	V. SAI VARAHAN
13) G. Ganapathi	B.Com(CA)	1	G. Ganapathi
14) K. Sai Kumar	B.Com(CA)	1	K. Sai Kumar
15) S. Divya	BSC(MPCS)	1	S. Divya
16) A. Mani Kanta	B.Sc(MPS)	1	A. Mani Kanta
17) S. Hemant	B.Com	1	S. Hemant
18) Z. Meenu	B.A(HBP)	1	Z. Meenu
19) S. Akhila	B.A(HBP)	1	S. Akhila
20) S. Sravani	11	1	S. Sravani
21) P. Syotshna	11	1	P. Syotshna



Government Degree College (M), Srikakulam



Feedback

Name of the event	capacity building on physical fitness
Department	Department of physical education
Date	16-9-2019 to 23-9-2019
Name of student	M. Ganesh
Class	II BZC
Mobile no.	9704352160

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

M. Ganesh
Signature of the Student