



## Minutes of the meeting

Date: 13-09-2018

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.

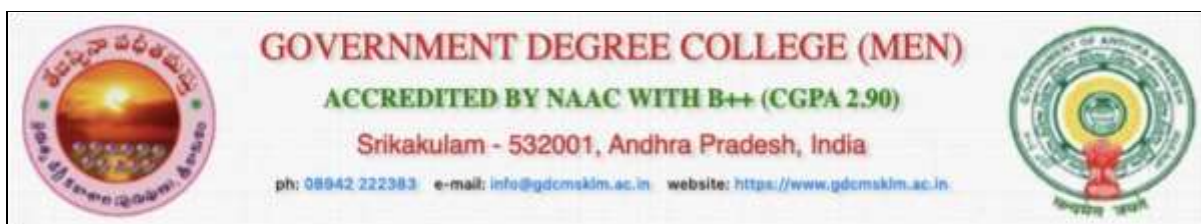
### Agenda:

Plan to conduct a Capacity Building on Physical Fitness program for one week from 17-09-2018 to 24-09-2018.

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 17-09-2018 to 24-09-2018. 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: 17-09-2018 to 24-09-2018
- 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 15, 2018

**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.

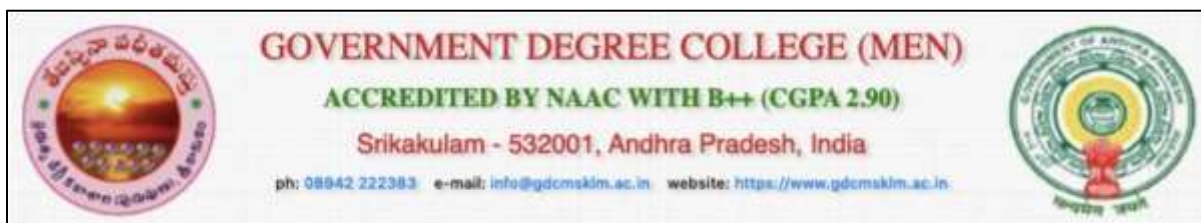
Subject: Request to Conduct Capacity Building on Physical Fitness

Respected Sir,

I am writing to request your approval to conduct a Capacity Building on Physical Fitness Program for our students from 17-09-2018 to 24-09-2018. 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>	17-09-2018 to 24-09-2018
<b>Name of the coordinator of the Event</b>	Sri A. Mohan Raj
<b>No. of Participant (Student +Staff)</b>	25
<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









GOVERNMENT DEGREE COLLEGE (MEN)

ACCREDITED BY NAAC WITH B++ (CGPA 2.90)

Srikakulam - 532001, Andhra Pradesh, India

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## STUDENT ATTENDANCE

Name of the Candidate	Signature of candidate
A. Venkataratham	A. Venkataratham.
B. Hari Krishna	B. Hari Krishna
B. Abhishek	B. Abhishek
D. Urmila (w)	D. Urmila
E. Sasi Kumar	E. Sasi Kumar
G. Guna Sekhar	G. Guna Sekhar.
I. Indu (w)	I. Indu.
K. Sai Kumar	K. Sai Kumar
K. Uday Kiran	K. Uday Kiran.
M. Naresh	M. Naresh
P. Rama chandra rao	P. Rama chandra Rao
P. Lakshmi (w)	P. Lakshmi
R. Jagadeesh	R. Jagadeesh
S. Enosh	S. Enosh
S. Sugunesh	S. Sugunesh.
S. Ramarajyam (w)	S. Ramarajyam
T. Kamakshi (w)	T. Kamakshi
T. Venkataramanan	T. Venkata Parama.
V. Purnachandra sairaju	V. Purnachandra sairaju
Y. Durga Prasad	Y. Durga Prasad
B. Hemalatha (w)	B. Hemalatha
	<del>D. Hemalatha</del> D. Meghana
	D. Hemalatha





**Government Degree College (M), Srikakulam**



**Feedback**

Name of the event	Capacity Building on physical Fitness.
Department	Department of Physical Education.
Date	17-09-2018 to 24-09-2018.
Name of student	M. Shanmukha
Class	II MEds
Mobile no.	8341492824

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. Shanmukha  
Signature of the Student