



GOVERNMENT DEGREE COLLEGE FOR MEN

Srikakulam - 532001, Andhra Pradesh, India

Ph : 08942 222383, Email : srikakulam.jkc@gmail.com, Website : www.gcmsklm.ac.in



Minutes of the Meeting


Date: 02-11-2022

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, 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 07-11-2022 to 12-11-2022.

After discussing the agenda, the department unanimously decided to organize a Capacity Building and Skill Enhancement Program. This program will run for one week, from 07-11-2022 to 12-11-2022. It will be held Monday through Saturday, from 9:00 am to 9:45 am, at the Physical Education Department.

Signature


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



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Circular

Subject: Invitation to Capacity Building on Physical Fitness

Dear Students,

We are here 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:** 07-11-2022 to 12-11-2022
- **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 body's strength. 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 Nov 05, 2022.


Sincerely,
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. P. Surekha,
Principal,
Govt. Degree College for Men,
Srikakulam.


Subject: Request to Conduct Capacity Building on Physical Fitness for 2022-2023.

Respected Sir,

I am writing to request your approval to conduct a Capacity Building on Physical Fitness Program for our students from 07-11-2022 to 12-11-2022. This program aims to provide an opportunity for students to engage in fitness activities that will enhance their body's strength. We believe this initiative will greatly benefit our students and contribute to strengthening their physical and mental abilities.

Thank you for considering our request.

Sincerely,


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

A Mohan Raju



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Name of Department/ Cell	Department of Physical Education
Name of Event Organized	Capacity Building on Physical Fitness
Title of the Event	Building on Physical Fitness One Week Programme
Date of Event Organized	07-11-2022 to 12-11-2022
Name of the coordinator of the Event	Sri A. Mohan Raj
No. of Participant(Student + Staff)	122
Name of the Guest with designation	Dr. M. Babu Rao, Principal
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	<p>The Physical Education Department of Government Degree College for Men, Srikakulam, organized a comprehensive Yoga Training Program from November 7, 2022, to November 12, 2022. The program was aimed at promoting physical and mental well-being among students and staff through the practice of yoga.</p> <p>Day 1 (07-11-2022): The program commenced with an introductory session on the importance of yoga for holistic health. Participants were guided through basic warm-up exercises and introductory yoga postures, focusing on breathing techniques and relaxation.</p> <p>Day 2 (08-11-2022): The second day focused on various asanas (yoga postures) aimed at enhancing flexibility and strength. Participants</p>

	<p>practiced Surya Namaskar (Sun Salutation) and other fundamental asanas under the guidance of experienced instructors.</p> <p>Day 3 (09-11-2022): Participants were introduced to advanced asanas and the benefits of each posture for specific health issues. The session included demonstrations and hands-on practice, emphasizing correct posture alignment and balance.</p> <p>Day 4 (10-11-2022): Pranayama (breathing exercises) and meditation techniques were the highlights of the fourth day. Participants learned different breathing techniques to improve lung capacity, reduce stress, and achieve mental clarity.</p> <p>Day 5 (11-11-2022): The penultimate day included a detailed session on the therapeutic aspects of yoga. Participants explored yoga practices that aid in the management of chronic conditions such as hypertension, diabetes, and back pain.</p> <p>Day 6 (12-11-2022): The final day featured a comprehensive review of all the techniques learned throughout the week. The session concluded with a group meditation and relaxation exercise, followed by a feedback session and distribution of participation certificates.</p>
Out come of the Event	<p>The Capacity Building on Physical Fitness program was a holistic approach to empower participants with the knowledge, skills, and motivation to make lasting improvements in their physical fitness and overall well-being. The event was successfully conducted at Government Degree College (M), Srikakulam.</p>


 Sincerely,
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 Govt. Degree College (Men)
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Photo Gallery

GOVT. DEGREE COLLEGE FOR MEN, SRIKAKUTAM

DEPARTMENT OF PHYSICAL EDUCATION



Capacity Building program on Physical Fitness - 2022-23

07-11-2022 to 12-11-2022



