

# SUBHARAM GOVERNMENT DEGREE COLLEGE, PUNGANUR, 517247

Circular

## HEALTH & FITNESS

16.03.2022

It is here by informed to all the Lecturers and students that there will be a Awareness programme over Health & Fitness on 16-03-022, at 12.00 Noon in the Seminar hall.Hence, all the lecturers and students are instructed to participate in the programme without fail

  
PRINCIPAL  
S.R. Govt. Degree College  
PUNGANUR - 517 247  
Chittoor District  
Principal

Activity: AWARENESS PROGRAMME ON HEALTH & FITNESS

### OBJECTIVES OF THE PROGRAMME:

- To create awareness on Health & Fitness.
- To maintain healthy body and mental health.
- To understand and the contribution of physical fitness to overall health.
- To enlighten the students on the importance of health and fitness.
- Describe the benefits of regular physical activities.

### REPORT OF THE PROGRAMME:

Awareness Programme on Health and Fitness was organized on 16th March, 2022 by the College Staff & Students, of the college in association with the Madanapalle Youth Karate & Sports Authority. Sri. K.Suresh Sr. Karate Master, Madanapalle, and his troop members graced the occasion. The Programme was inaugurated and presided by the Principal, Dr. Y. Rajasekhar and Vice-Principal, Lecturers and students have participated in the Programme. The Speakers enlightened the students on various fitness activities and explained the importance of being fit and healthy.

The speakers highlighted that every student has to develop a quality of life and well-being through the practice of yoga and meditation in day today life. Then, Vote of thanks was proposed by C. Bhanu Prasad III BA and the programme was concluded with National Anthem. Later Karate Master demonstrated some activities related fitness and self-protection and gave hands on practice to women students.

**OUTCOMES OF THE PROGRAMME:** The participants will be to

- Student will develop competency in movement activities
- Student recognize the value of physical activities
- Identify the benefits of health fitness.

## PHOTOS



Principal felicitated kyoshi Dr. A.R.Suresh



Signature

### ATTENDANCE REPORT

Event: Awareness Programme on Health & Fitness

Date: 16.03.2022

S.No	Name of the Student/Participant	Group/Address	Signature of the Student/Participant
1	B. Rameshkumar	II <sup>nd</sup> B.A (H.E.P)	B. Rameshkumar
2	M. Venu	I <sup>st</sup> B.com (CA)	M. Venu
3	N. Rohith	I <sup>st</sup> B.com (CA)	N. Rohith
4	J. Rahul	II <sup>nd</sup> B.com (CA)	J. Rahul
5	R. Nagesh	II <sup>st</sup> BA (HEP)	R. Nagesh
6	B. Chandu	I <sup>st</sup> B.A (H.E.P)	B. Chandu
7	T. Girish Babu	II <sup>nd</sup> B.A (H.E.P)	T. Girish Babu
8	T. Pavani	II <sup>nd</sup> B.A (H.E.P)	T. Pavani
9	R. D. N. P.	II <sup>nd</sup> BA (HEP)	R. D. N. P.
10	T. Adarsh	II BA (HEP)	T. Adarsh
11	T. Bhama Prasad	II BA (HEP)	T. Bhama Prasad
12	R. Manikanta	II BA (HEP)	R. Manikanta
13	S. Suresh	II BA (HEP)	S. Suresh
14	M. Siddhartha	II BA (HEP)	M. Siddhartha
15	S. Mahesh	II B.A (HEP)	S. Mahesh
16	G. Hemant Kumar	II B.A (H.E.P)	G. Hemant Kumar
17	M. Lakshmi Priya	II BA (HEP)	M. Lakshmi Priya
18	B. Chandana	II B.A (H.E.P)	B. Chandana
19	G. Sandhyaarani	II B.A (H.E.P)	G. Sandhyaarani
20	P. Usharani	III B.A (H.E.P)	P. Usharani
21	P. Vani	III B.A (H.E.P)	P. Vani
22	M. Asha	III BA (HEP)	M. Asha
23	K. Asha	III BA (H.E.P)	K. Asha
24	K. Varadha Kshmi	III B.A (H.E.P)	K. Varadha Kshmi
25	R. Sudeep	III BA (HEP)	R. Sudeep
26	C. Bharani Prasad	III B.A (HEP)	C. Bharani Prasad
27	B. Bhama Prasad	III BA (HEP)	B. Bhama Prasad
28	M. Vinay	III BA (HEP)	M. Vinay
29	B. Manoj Kumar	III B.A (H.E.P)	B. Manoj Kumar
30	B. Gowthami	III B.A (H.E.P)	B. Gowthami
31	A. Anasudamani	III B.A (HEP)	A. Anasudamani
32	S. Shabana	III BA (HEP)	S. Shabana
33	T. Recha	III B.A (H.E.P)	T. Recha
34	P. Ashani	III BA (H.E.P)	P. Ashani
35	N. Subhija	III BA (HEP)	N. Subhija
36	A. Lalitha	III B.A (H.E.P)	A. Lalitha
37	B. Jagadish	III B.A (H.E.P)	B. Jagadish
38	E. Senthosh	III BA (H.E.P)	E. Senthosh
39	Y. Bhargavi	II <sup>nd</sup> B.Com (G)	Y. Bhargavi
40	G. Nagarathna	III B.com (CA)	G. Nagarathna
41	N. Bhargavi	III B.com (CA)	N. Bhargavi
42	C. Hemalatha	III B.com (CA)	C. Hemalatha

Y. Rajasekar

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