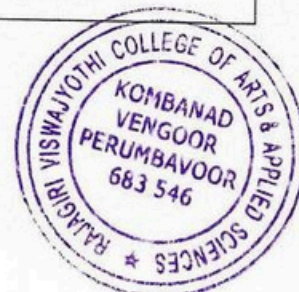




## RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES

### 3. Report on Three Day Workshop on Fitness Training

Programme Details in a Nutshell	
Name of the Event	Three Day Workshop on Fitness Training
Nature of the Event	Workshop
Objectives	<ul style="list-style-type: none"><li>• Educate students on the importance of regular physical activity and its benefits for overall health and well-being.</li><li>• Provide students with hands-on experience in various fitness routines, including aerobic exercises, strength training, and flexibility workouts.</li></ul>
Resource Person	Sreejith S, Physical Education Director, Al Furqan Islamic English Medium School, Karnataka
Date And Time	19-02-2024 to 21-02-2024 9.30.AM to 4.30 PM
Duration	18 Hrs
Beneficiaries	40 Students
Venue Or Platform	Auditorium, RVCAS
Organizing Dept./ Cell	Department of Psychology in association with IQAC
Coordinator	Ms. Thara Irene George, Assistant Professor, Department of Psychology
Outcome/ Benefit of The Programme	<ul style="list-style-type: none"><li>• Students learned proper exercise techniques, reducing the risk of injuries during physical activities.</li><li>• Participants noticed enhanced cognitive function and improved concentration, benefiting their academic performance.</li></ul>

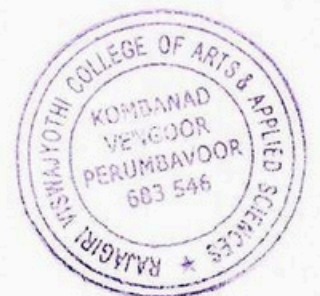


## Detailed Report

On February 19,20 and21, 2024, Rajagiri Viswajyothi College of Arts and Applied Sciences (RVCAS) hosted a workshop titled " Three Day Workshop on Fitness Training " from 9:30 AM to 4.30PM at the auditorium. Coordinated by Ms. Thara Irene George and organized by the Department of Psychology in association with IQAC, the workshop aimed to educate students on the importance of regular physical activity and its benefits for health and well-being. Sreejith S led the session attended by 40 students.

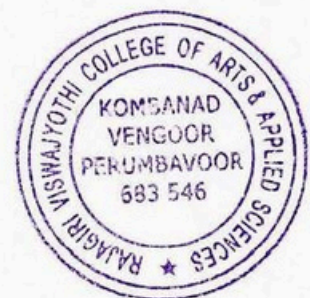
The workshop objectives included providing students with hands-on experience in various fitness routines, such as aerobic exercises, strength training, and flexibility workouts, and highlighting the connection between physical fitness and mental health. Throughout the eighteen-hour session, students engaged in practical exercises designed to improve their physical health and learned proper techniques to reduce the risk of injuries during physical activities. Additionally, the workshop emphasized the mental health benefits of exercise, such as stress reduction, improved mood, and enhanced cognitive function. Participants noticed better concentration and focus, which benefited their academic performance. The workshop successfully equipped students with valuable knowledge and skills to maintain a healthy and active lifestyle, fostering long-term physical and mental well-being.

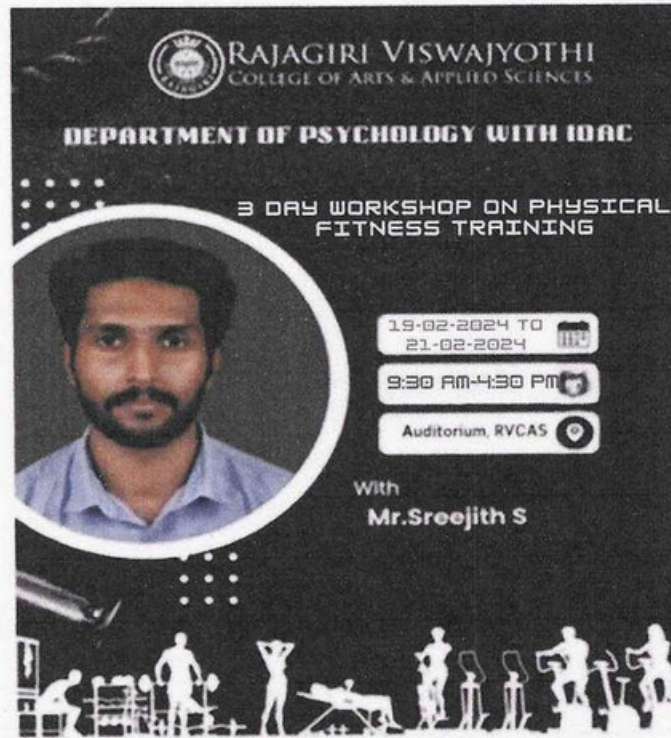
The workshop effectively met its objectives by providing comprehensive physical fitness training and emphasizing the importance of integrating regular exercise into daily routines. The hands-on approach ensured that students not only understood the theoretical aspects of physical health but also gained practical experience in various fitness routines. The positive feedback from participants underscored the workshop's impact on their physical and mental well-being, highlighting the value of such initiatives in promoting a balanced and healthy lifestyle among students.



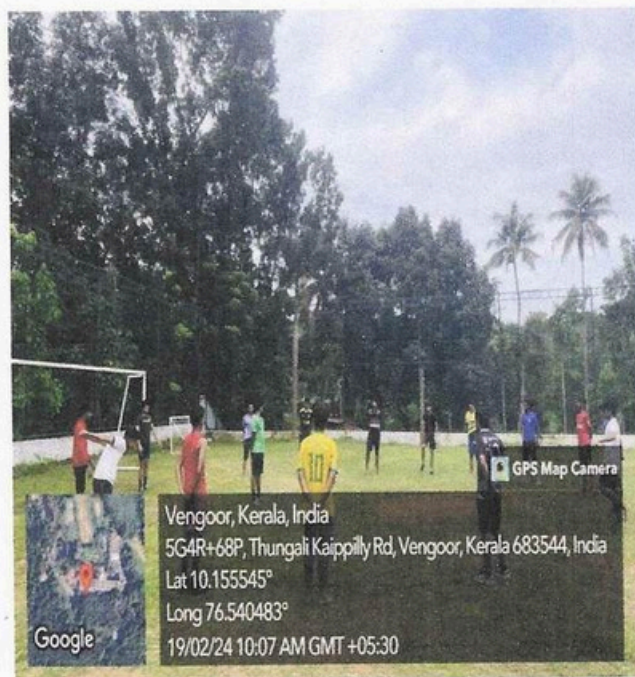
## **Feedback Report**

Participants reported significant improvements in their physical fitness, concentration, and mood, underscoring the workshop's positive impact. The workshop provided valuable insights into aerobic exercises, strength training, and flexibility workouts, while highlighting the connection between physical fitness and mental health. The event's success was greatly attributed to the continued support from the Department of Psychology in association with IQAC.





Poster of the Workshop on Fitness Training



Training Session of the workshop



## Participant's List



### RAJAGIRI VISWAJYOTHI COLLEGE OF ARTS AND APPLIED SCIENCES, VENGOOR, PERUMBAVOOR

Name of the Program: *THREE DAY WORKSHOP ON PHYSICAL FITNESS TRAINING*

Date: *19-02-24 to 21-02-24*

SI No	Name of Student	Department	Signature
1.	<i>Ashok Mathan</i>	<i>III BBA</i>	<i>Ashok</i>
2.	<i>Farsin S</i>	<i>III BA English</i>	<i>Farsin</i>
3.	<i>DINO SHIBU</i>	<i>III BBA</i>	<i>Dino</i>
4.	<i>Alam P Shaju</i>	<i>III Bcom Model 2 Finance &amp; Taxation</i>	<i>Alam</i>
5.	<i>Megha Thomas</i>	<i>III Bcom Model 2 Finance &amp; Taxation</i>	<i>Megha Thomas</i>
6.	<i>NOEL FELIX</i>	<i>III Bcom</i>	<i>Noel Felix</i>
7.	<i>Dinu Shibu</i>	<i>III BBA</i>	<i>Dinu</i>
8.	<i>Murthy Rini</i>	<i>III BBA</i>	<i>Murthy</i>
9.	<i>Albe Sabu</i>	<i>III Bcom model 2</i>	<i>Albe</i>
10.	<i>Alphaj F Varghese</i>	<i>III Bcom model 2</i>	<i>Alphaj</i>



11	Thanshu Nisabu J	III B Com Model 1 Finance and Taxation	Thanshu
12	Navamurugikumar	III B Com model 1 Finance and Taxation	Navu
13	Nardana PA	III B com model 1 Finance and Taxation	Nardana
14	Muhammed Shahid	III B Com model 1 Finance and Taxation	Muhammed
15	Muhammed Ansal	III B Com model 1 Finance and Taxation	Ansal
16	Joslin Joseph	III B Com model 1 Finance and Taxation	Joslin
17	Joel Jerry	III B Com model 1 Finance and Taxation	Joel
18	Krishnamoorthy C	III BBA	Krishna
19	Kevin Marshall	III BBA	Kevin
20	Joseph Mathew	III BBA	Joseph
21	Gautham Shaji	III BBA	Gautham
22	Calvin Thomas	III BBA	Calvin
23	Anjali Sathian	III BBA	Anjali
24	Akshay B Anil	III BBA	Akshay
25	Abraham V	III BBA	Abraham
26	Able Sabu	III B Com model 2 Finance & Taxation	ABLE



27	Aghin Raj	III BCOM Model 2 Financial and Taxation	<u>Aghin</u>
28	Han P Shaju	III B.com model 2 financial and Taxation	<u>Han</u>
29	Alphy J Marghese	III B.com model 2 Finance and Taxation	<u>Alphy</u>
30	Anna Mariya	III Bcom model 2 Finance and Taxation	<u>Mrs</u>
31	Joseph Anel	III Bcom model 2 Finance and Taxation	<u>Joseph</u>
32	Megha Thomas	III Bcom model 2 Finance and Taxation	<u>Megha</u>
33	Jeffry Joby	III Bcom model 2 Finance and Taxation	<u>Jeffry</u>
34	Akshay S	III BBA	<u>Akshay</u>
35	Asher Mathew	III BBA	<u>Asher</u>
36	Adhul Krishna	III BBA	<u>Adhul</u>
37	Devadathan	III BBA	<u>Devad</u>
38	Dino Shibu	III BBA	<u>Dino</u>
39	Agnes P	III BBA	<u>Agnes</u>
40	Fazio S	III BA English	<u>Fazio</u>

Principal

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