



**VISAKHAGOVT.DEGREECOLLEGEforWOMEN**  
**EVENTORGANIZEDREPORT**



(2020-2021)

Title of the Activity	FITNESS IN A MINUTE
Date of Activity Organized	20/03/2021
Name of Department	DEPARTMENT OF PHYSICAL EDUCATION
Chairman	Dr. S. SHOBHARANI Principal
Co-ordinator	DR. R. KIRANMAI
No. of Participants	36
Programme report	Fitness in a minute program was organized by Department of Physical Education; Exercise is vital to immediate and long-term health and wellness. Regular physical activity can act as a welcome break from coursework, but even more importantly, exercise can improve the quality of sleep, and even reduce stress. Finding the time, space and energy for a good workout can be difficult, so continue reading to learn about all the routines, tips and resources college students need to begin and maintain an exercise habit.
Objective of the Activity	To train our students and faculty simple techniques to attain and maintain fitness daily by spending less time. The more active a student is, the better a student can expect to perform in college.
Outcome of the Activity	Students were given simple tips on regular exercise and physical activity is good for more than just conditioning and strengthening the body. It also plays a key role in a student's ability to concentrate, remember and process information. Exercise also gives increased energy, stamina, and focus. As a result, students who exercise have been shown to study more effectively, score higher on tests, and have an overall higher academic performance.



(2020-2021)

## PhotoGallery



# **FREE Seminar on YOGA**

**Date: 20th March 2020**

**Time: 4 p.m.**

**Venue: Govt. Degree College for Women,  
Old jail road, Visakhapatnam.**

**Conducted by:**

**Master Venkat**

**Research Scholar**

**Dept. Of Yoga & Consciousness**

**Andhra University**

**Contact: 89859 47523**





  
**PRINCIPAL**  
Visakha Govt. Degree College (W)  
VISAKHAPATNAM - 20