



**VISAKHA GOVT. DEGREE COLLEGE for WOMEN**  
**EVENT ORGANIZED REPORT**  
**(2018-2019)**



<b>Title of the Activity</b>	<b>OPTIMAL USE OF GYMNASIUM FOR HEALTH AND FITNESS</b>
<b>Date of Activity Organized</b>	<b>16-02-2019</b>
<b>Name of Department</b>	<b>DEPARTMENT OF PHYSICAL EDUCATION</b>
<b>Chairman</b>	<b>Dr.S.SHOBHA RANI, PRINCIPAL, VISAKHA GOVT. DEGREE COLLEGE FOR WOMEN, VISAKHAPATNAM</b>
<b>Co-ordinator</b>	<b>Dr.R.KIRANMAI, LECTURER IN PHYSICAL EDUCATION</b>
<b>No.of Participants</b>	<b>25+32</b>
<b>Programme Report</b>	<b>Sri Kusumbachan, Retired physical director , enlightened our staff and students about how to use Gym equipment for their individual needs.</b>
<b>Objective of the Activity</b>	<b>TO INCULCATE PROPER AS WELL AS REGULAR UTILISATION OF GYM EQUIPMENT AMONG STAFF AND STUDENTS .</b>
<b>Outcome of the Activity</b>	<b>BOTH STAFF AND STUDENTS WERE ATTENTIVE AND LEARNED TO UTILIZE GYM EQUIPMENT SUITABLE TO THEIR NEEDS LIKE, WEIGHT CONTROL, SHOULDER STRENGTH, ABDOMINAL STRENGTH etc.</b>

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



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**PHOTO GALLERY**



15/02/2019

## Circular - 18

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Saathi  
Notebooks

There will be a  
guest lecture on

### "OPTIMAL USE OF GYM for HEALTH and FITNESS"

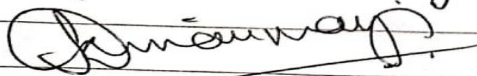
In the GYMNASIUM tomorrow  
i.e. on 16-02-2019.

Speaker: Sri Kusum Bachan  
Retd Lec in Physical Education

#### Timings:

For students	3 to 3.45 pm
For STAFF	4 to 4.45 pm

All the teaching and non-teaching staff members are requested to attend. Also, please send the selected 25 students from I yr and II year at 2.45 pm.



Physical Director



PRINCIPAL