

KONGUNADU ARTS AND SCIENCE COLLEGE

(Autonomous)

Re-accredited by NAAC with A+ Grade (4th Cycle)

College of Excellence (UGC)

Coimbatore – 641 029.

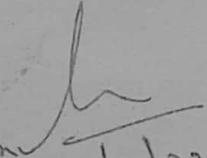
This is to inform that Department of Physical Education is organizing **5 Star fitness Programme** for I year UG Students from 06.10.2021 to 09.10.2021 In this regard all HOD's are requested to follow the schedule enclosed to make the programme successful.

Teachers handling the concerned classes are required to accompany the students of maintaining discipline.

Students are asked to come in sports outfit (T-Shirt, Track pants and Shoes)

Students are advised not to bring their belongings (mobile phone, ID card etc...) to the play ground.


Physical Director
Capt Dr. P.K. NAVITHASHINI M.P.Ed, M.Phil, Ph.D
Director of Physical Education
Kongunadu Arts & Science College
GN Mills, Coimbatore - 29


Principal
Kongunadu Arts & Science College
COIMBATORE

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Department of Physical Education

5 Star fitness programme schedule

UG FIRST YEAR

Day 1 06.10.2021	MORNING SESSION	
	09.00 am to 11.00am	B.COM CA (M & A)
	11.00 am to 12.00 pm	B.COM IT
	12.00 pm to 01.00pm	B. COM (A&F)
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	BA ENGLISH (AIDED)
	03.00 pm to 04.00 pm	BIO-CHEMISTRY & B.SC BOTANY

Day 2 07.10.2021	MORNING SESSION	
	09.00 am to 11.00am	B. COM (M & A)
	11.00 am to 12.00 pm	B.COM (B&I)
	12.00 pm to 01.00pm	BIO-TECH
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	B.SC PHYSICS & B.SC ZOOLOGY
	03.00 pm to 04.00 pm	B.SC CS (S.F)

Day 3 08.10.2021	MORNING SESSION	
	09.00 am to 10.00am	B.COM PA
	10.00 am to 11.00 am	B.SC IT
	11.00 am to 12.00 pm	B.SC CT
	12.00 pm to 01.00pm	BCA
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	B.SC MATHS (AIDED)
	03.00 pm to 04.00 pm	B.SC CHEMISTRY & B.SC DA &B.SC AI

Day 4 09.10.2021	MORNING SESSION	
	09.00 am to 10.00 am	BBA CA
	10.00 am to 11.00 am	B.SC CDF & B.SC PSYCHOLOGY
	11.15 am to 12.45 pm	B.SC CS (AIDED)

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This is to inform that Department of Physical Education is organizing **5 Star fitness Programme** for II year UG Students from 28.09.2021 to 01.10.2021 In this regard all HOD's are requested to follow the schedule enclosed to make the programme successful.

Teachers handling the concerned classes are required to accompany the students of maintaining discipline.

Students are asked to come in sports outfit (T-Shirt, Track pants and Shoes)

Students are advised not to bring their belongings (mobile phone, ID card etc...) to the play ground.


Physical Director
Capt Dr. P. R. Ravi Varma, M.A., M.Ed., M.Ph.D.
Director of Physical Education
Kongunadu Arts & Science College
GN Mills, Coimbatore - 29


Principal
Kongunadu Arts & Science College
COIMBATORE.

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Department of Physical Education

5 Star fitness programme schedule

UG FIRST YEAR

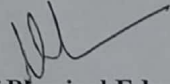
Day 1 28.09.2021	MORNING SESSION	
	09.00 am to 11.00am	B.COM CA (M & A)
	11.00 am to 12.00 pm	B.SC CS (AIDED)
	12.00 pm to 01.00pm	B. COM (A&F) & B.SC CDF
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	BA ENGLISH (AIDED) & BIO-TECH
	03.00 pm to 04.00 pm	BIO-CHEMISTRY & B.SC BOTANY

Day 2 29.09.2021	MORNING SESSION	
	09.00 am to 11.00am	B. COM (M & A)
	11.00 am to 12.00 pm	B.COM (B&I) & B.SC PSYCHOLOGY
	12.00 pm to 01.00pm	BBA CA
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	B.SC PHYSICS & B.SC ZOOLOGY
	03.00 pm to 04.00 pm	B.SC CS (S.F)

Day 3 30.09.2021	MORNING SESSION	
	09.00 am to 10.00am	B.COM PA
	10.00 am to 11.00 am	B.SC IT
	11.00 am to 12.00 pm	B.SC CT
	12.00 pm to 01.00pm	BCA
	AFTER-NOON SESSION	
	01.45 pm to 02.50 pm	B.SC MATHS (AIDED)
	03.00 pm to 04.00 pm	B.SC CHEMISTRY

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College of Excellence (UGC)
Coimbatore-641029 Tamil Nadu, India

The Department of Physical Education, Kongunadu Arts and Science College organized '5 Star Fitness Programme for 2d year UG students from 28.09.2021 to 30.09.2021 and '5 Star Fitness Programme for 1st year UG students from 06.10.2022 to 09.10.2021. The programme was inaugurated on 28.09.2021 in the college playground. Dr.P.K.Kavithashri, Director Department of Physical Education welcomed the gathering. Dr.M.Lekshmanaswamy, Principal of the institution inaugurated the programme in the presence of Dr.S.R.Madan Shankar, Dean Academics, Dr.K.Murugesan, Controller of Examinations and Dr.Jayakumar, Dean, School of Commerce. Physical fitness assessments using simple series of tests for the students were conducted to indicate the health status. Height, Weight, Flexibility. Speed, Strength and Stamina of the students were monitored and their endurance levels were graphically calculated by the volunteers. Around 1900 students were benefitted by this programme.


Director of Physical Education
Capt Dr.P.K.KAVITHASHRI M.Ped,M.Phil,PhD
Director of Physical Education
Kongunadu Arts & Science College
GN Mills, Coimbatore - 29

 **KONGUNADU**
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Affiliated to Bharathiar University
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College of Excellence (UGC)
Coimbatore - 641029.

 49
Years of
Uninterrupted Excellence

Department of Physical Education
Organises

FIVE STAR FITNESS PROGRAMME

5


HEIGHT, WEIGHT
FLEXIBILITY
STRENGTH
SPEED
STAMINA



Sports is Life
Sports is Health
Sports is Education
Sports is Friendship
Sports bring the World Together

You don't have to be great to start, but you have to start to be great.





