



P.K.M. COLLEGE OF EDUCATION

MADAMPAM, KAITHAPRAM P. O., KANNUR – 670 631

(Govt. Aided Teacher Education Institution affiliated to Kannur University)

Recognized by NCTE included under UGC 2(f) & 12(B) category

Accredited by NAAC with 'A' Grade, (Second cycle -4 point scale), RUSA 2.0 beneficiary

2.3.5: Continual mentoring is provided by teachers for developing professional attributes in students

PHYSICAL FITNESS TRAINING PROGRAMME



2.3.5: Continual mentoring is provided by teachers for developing professional attributes in students

Post Covid Fitness Training Programme at St. Thomas UP School, Perikkalloor



Report

Post Covid fitness training program

Physical activities and exercise not only maintain physical and psychological health but also help our body to respond to the negative consequences. Zumba is a dance fitness program that boost heart health. Department of physical education and health fitness club of P. K. M. College of education, Madampam organized Post COVID fitness training program at St. Thomas UP school, Perikkalloor, Wayanad on 7th march 2022. The programme started at 9:30am with a welcome address by school manager Fr. Mathew. The program was headed by Fr. Sinoj Joseph and collectively directed by Mariza Markose, Maneesha P, Ahana Thomas, Sayooj V V and Hrishikesh Babu, student representative of P. K. M. College of education, Madampam under the guidance of Zumba trainer Sreejith K, Assistant professor, School of physical education and sports science Kannur university. The program targeted the students from LKG to 7th standard and it witnessed an active participation of parents and teachers. School principal, Staff , PTA and student representatives addressed the concluding session.




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SREEKANDAPURAM, KANNUR DT.-670631




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SREEKADAPURAM, KANNUR DT.-670831



P.K.M. COLLEGE OF EDUCATION
MADAMPAM, KATHAPRAM P O, KANNUR - 670631

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GENERAL FITNESS
TRAINING PROGRAMME



VENUE:
ST. THOMAS UP
SCHOOL,
PERIKKALLOOR

07
MARCH
2022
9:30 a.m.

Organized by
DEPARTMENT OF PHYSICAL EDUCATION
&
HEALTH FITNESS CLUB



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P.K.M. COLLEGE OF EDUCATION
KATHAPRAM, P. O., MADAMPAM
SREEKANDAPURAM, KANNUR DT., 670631

Post Covid Fitness Training Programme at St. Annes EM School, Vellamunda



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Circular No:56/PKM/2021-22

Date: 11/03/2022

Sub: Post Covid Fitness Training Programme

CIRCULAR

We are thrilled to announce about the upcoming Post Covid Fitness training program organized by Health and Fitness Club in collaboration with Physical Education department at Vellamunda. We cordially invite all students and staff to join us to make this program a grand success.

Date: 14-03-2022

Time: 10.00 AM

Place: Vellamunda

Best regards,

Principal



Copy to

All TS, NTS and Students

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P.K.M. COLLEGE OF EDUCATION
KAITHAPRAM, P. O., MADAMPAM
SHEEKANDAPURAM, KANNUR DT.,-670631

Report

Post Covid fitness training programme

Department of physical education and health fitness club of P. K. M. College of education, Madampam organized Post COVID fitness training program at St. Annes EM School, Vellamunda, Wayanad on 14th march 2022. The programme started at 9:30 am with a welcome address by school Principal Fr. Shaji Mekkara. The program was headed by Fr. Sinoj Joseph and collectively directed by Maneesha P, Ahana Thomas, Elsitte Jose, Vismaya, Jeena Sajith M, Kavya V, Sayooj V V, Vishnuprathap M, Alex Baby and Hrishikesh Babu under the guidance of Zumba trainer Sreejith K, Assistant professor, School of physical education and sports science Kannur University. The program targeted the students from LKG to 10th standard and it was conducted in three sections. It was witnessed an active participation of students and teachers. School principal, Staff and student representatives addressed the concluding session. Fr. Sinoj Joseph thanked them and ended the program at 1.00 pm.




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