



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

(A Project of Sri Marudhar Kesari Jain Trust)

Recognized under s2(f) & 12(B) by UGC Act, 1956 - Permanently Affiliated to Thiruvalluvar University

Accredited by NAAC with "A" Grade - An ISO 9001:2015 Certified Institution



Webinar on Health and Fitness

INVITATION



MARUDHAR KESARI JAIN COLLEGE FOR WOMEN
(A PROJECT OF SRI MARUDHAR KESARI JAIN TRUST)
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Re-accredited by NAAC with "A" Grade (3rd Cycle)|| An ISO 9001:2005 Certified Institution
Marudhar Nagar, Chinnakallupalli, Vaniyambadi-635751



INVITES YOU TO
DEPARTMENT OF PHYSICAL EDUCATION
One Day State Level Webinar
On
HEALTH AND FITNESS

RESOURCE PERSON
Ms.S.SANGEETHA, B.Sc., B.P.Ed.,
Fitness Instructor
Coimbatore.

Date: 21.01.2021
Time : 02.00 pm to 03.00 pm

Live on:  

YouTube Link: https://www.youtube.com/results?search_query=mkjc+official

Sri.M.Vimmalchand Jain President	Sri. C.Lickmichand Jain Secretary	Dr.M.Inbavalli Principal	Ms.S.Yogapriya Coordinator
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Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
PRINCIPAL
Marudhar Kesari Jain College for Women
Vaniyambadi-635 751.



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AGENDA

HEALTHANDFITNESS

DATE: 21.01.2021

TIME:2.00pmto3.00pm

◆ **Prayer**

◆ **Welcome Address &** : Ms.S.Yogapriya Introduction of Guest HOD,
Dept of Physical Education

Felicitation :Dr.M. Inbavalli,
Principal, MKJC

◆ **ChiefGuestAddress** :Ms.S.Sangeetha.B.Sc.,B.Ped.,
PhysicalEducation(FitnessInstructor) Coimbatore.

◆ **Vote of Thanks** :Ms.Vijayalakshmi, AssistantProfessor,
DeptofPhysicalEducation.

ALLARECORDIALLYINVITED

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
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REPORT

MARUDHARKESARI JAIN COLLEGE FOR WOMEN, VANIYAMBADI

A report on state level webinar "**health and fitness**" on 21.01.2021 jointly organized by Physical Education, Marudhar Kesari Jain College for Women, Vaniyambadi.

Physical Education Department, were organized State level webinar on "health and fitness" on 21.01.2021. Chief guest of this programme were Ms. S. Sangeetha B.Sc., B.P.Ed., Fitness Instructor part time Teacher GHSS Pannimadai Coimbatore-17. The program started with the prayer song and welcome address was given by Ms. S. Yogapriya, HOD, Department of Physical Education and the Felicitation Address given by Dr. M. Inbavalli, Principal, MKJC.

The chief guest introduction was given by Ms. K. Sandhiya, Trainer Department physical education. The session started with basic ideas about Health and Fitness, Finally the session ends up with the questionnaire session. At the end of the session feedback is collected.

Around 554 students were participate in the programme. The vote of thanks was given by Ms. N. Vijayalakshmi, Assistant Professor, Department of Physical Education.

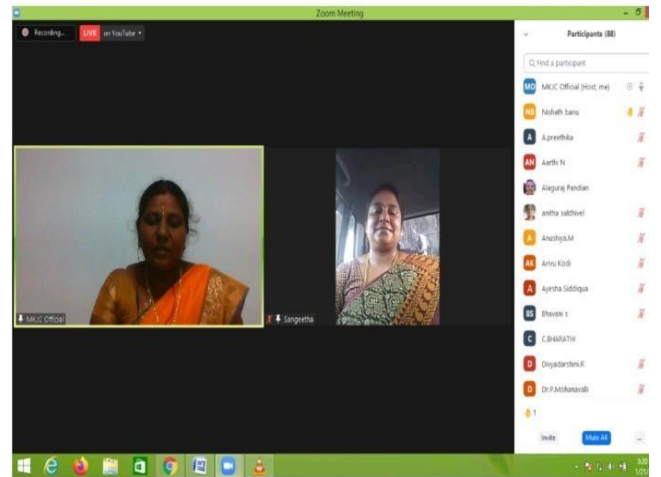
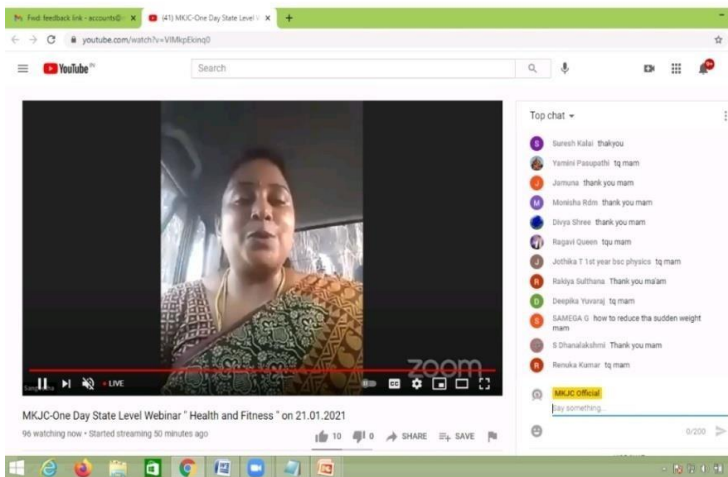
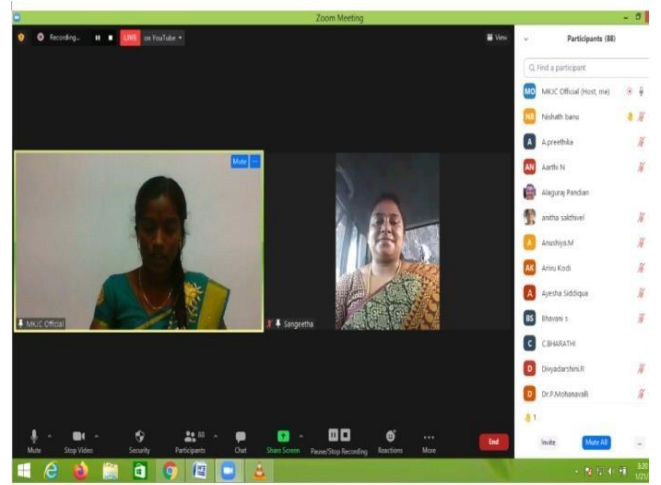
Key Points:

1. Fitness for Women Health.
2. Love your self Enough to live A Healthy life style.
3. Make FITNESS Your Favourite HABIT.
4. Get up every morning and tell yourself "I CAN DO THIS!"
5. Every morning you have two choices: Continue to sleep, with Dreams or wake up and chase them.
6. You Don't have to go fast... you just have to go
7. Exercise is like Telling your body "you're gonna heat me for this, but you'll thank me later".
8. Exercise is like an addiction. Once you're in it, you feel like your body need it.
9. Part of the human body explanation
10. Benefits of Stretching.

Head of the Department

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
PRINCIPAL
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PHOTOS



[Handwritten Signature]

Dr. M. INBAVALLI, M.Sc., M.C.A., M.Phil, Ph.D.,
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