



Resource Person



Anish Thomas
Athletics Coach
SB College Changanassery
& PET in St. Johns HSS, Eraviperoor

Physical Jerks

Certificate Program on Aerobics

Exclusively for students of JPM

An Initiative of

Mahatma Gandhi Swayam Shakthikaran Nutan Pariyojana (MGSSNP)

Under the auspices of IQAC

Session 1

16-09-202 I 2.30 PM Google Meet

17-09-202 I 2.30 PM Google Meet

Session 2

Ms. Sanitha Jayan Coordinator of MGSSNP Ms. Sheela S. IQAC Coordinator

Dr. V.V. Georgekutty Principal

JPM Arts and Science College

An Institution established by the St. Joseph's Province of CST Fathers

Kanchiyar P.O. Kattappana, Website:www.jpmcollege.ac.in, E-mail:jpm@jpmcollege.ac.in

JPM ARTS AND SCIENCE COLLEGE, KANCHIYAR Report on 'Physical Jerks' a certificate programme on aerobics

JPM Arts and Science College conducted a certificate programme on aerobics named as' Physical Jerks' on 16th and 17th September 2021. The programme was organized by Mahatma Gandhi Swayam Shakthikaran Nutan Pariyojana under the auspices of IQAC. The session was lead by Mr. Anish Thomas, Athletics coach, SB College, Changanassery & PET in St Johns HSS, Eraviperoor on Google Meet. The program targeted the students of JPM College to understand them with the importance of exercise at this pandemic period. The purpose of the program was to introduce basic steps of aerobics and to understand them about the importance of fitness that help them to experience better quality of life. The program aimed to provide extra certificate to students along with university certificates. The outcome of the program is promotion of self-reliance, self-esteem, responsibility confidence and commitment towards society. The program envisaged 2 sessions. First session deals with the importance of aerobics and in second session the basic steps of aerobics were shown for the students.

The programme started at 2.30pm on 16th &17- September 2021 on Google Meet. Ms.Sanitha Jayan, co-ordinator of MGSSNP welcomed the gathering and followed by that the resource person lead the technical session. The resource person demonstrated the aerobics steps. The students cleared their queries and audience proposed their feedback. Ms.Aswini Shibu, students representative proposed vote of thanks. Almost 60 participants attended the workshop. After the session certificates were distributed to participants. The program concluded at 4.00pm.

Sanitha Jayan MGSSNP Coordinator



Dr.V.V.Georgeknny

Principal
Dr. V.V. GEORGEKUTTY
(M.Com, MBA, M.Phil, Ph.D.)
PRINCIPAL
JPM ARTS AND SCIENCE COLLEGE
Kanchiyar P.O., Labbakkada





Mahatma Gandhi Swayam Shakthikaran Nutan Pariyojana (MGSSNP)

This is to certify that

Nayana Manoharan

has participated in **Physical Jerks**, a certificate program on **Aerobics** organized by MGSSNP under the auspices of IQAC on 16th and 17th september 2021.

Ms. Sanitha Jayan MGSSNP Coordinator Dr. V.V. Georgekutty Principal

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Mehatma Gandhi Swayam Shakthikaran Nutan Pariyojana (MGSSNP)

This is to certify that

Aswini Shibu

has participated in **Physical Jerks**, a certificate program on **Aerobics** organized by MGSSNP under the auspices of IQAC on 16th and 17th september 2021.

Ms. Sanitha Jayan MGSSNP Coordinator Dr. V.V. Georgekutty Principal

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LIST OF PARTICIPANTS

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Dr. V.V. GEORGEKUTTY (M.Com, NBA M.Phil. Ph.D.) PRINCIPAL IPM ARTS AND SCIENCE COLLEGE Karichiya: P.O. LENGARAM

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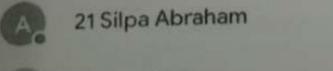
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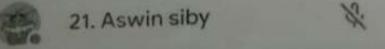
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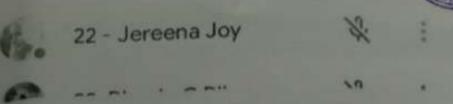
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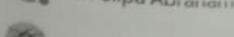
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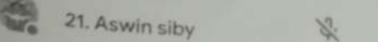
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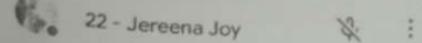
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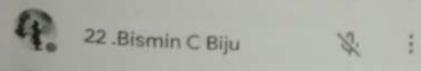
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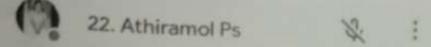
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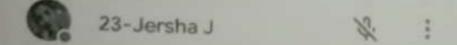


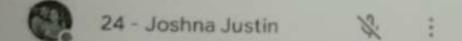


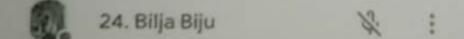


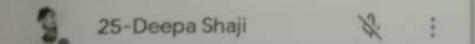


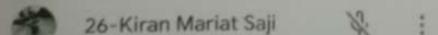


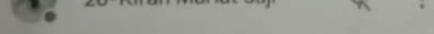


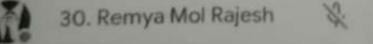


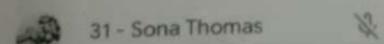












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Dr. V.V. GEORGEKUTTY (M.Com, MBA M.Phil, Ph.D.) PRINCIPAL IPM ARTS AND SCIENCE COLLEGE Kanchiyar P.O., Labbakkada

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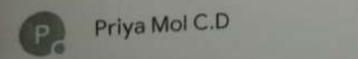
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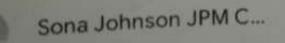
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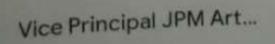
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