



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

16-09-2021

2.30 PM

Google Meet

17-09-2021

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](http://www.jpmcollege.ac.in), E-mail: [jpm@jpmcollege.ac.in](mailto: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 & 17th 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. Georgekutty

Principal

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

# CERTIFICATE Of Participation



Mahatma Gandhi Swayam Shaktikaran 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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# CERTIFICATE Of Participation



Mahatma Gandhi Swayam Shakhikaran 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

3:13

3:13

About this call

People	Info	Activities
 02Anjaly V.S		 ...
 03 Arun Mathew		 ...
 04. Arya A Nair		 ...
 07 - ALDRIN AUGUSTI		 ...
 08-Alphonse Maria		 ...
 08Aswini Shibu		 ...
 09.Anumol Arulmani		 ...
 10 Indhu VS		 ...
 11 Amal Joseph		 ...
 11. Alfred Baby		 ...
 11.JaimiMaria Abraham		 ...
 14 Liya Joseph		 ...
 U S		 ...



*Dr. V.V. Georgekutty*

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

# About this call

People Info Activities

- 14 Liya Joseph
- 15 Mariya Roychan
- 16. Anandhu K Biju
- 17 Neethu Mathew
- 17. Anupriya Sabu
- 18. Aswathy S
- 19 Nimmy George
- 20 Salu Benny
- 21 Bency Paul
- 21 Silpa Abraham
- 21. Aswin siby
- 22 - Jereena Joy



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Dr. V.V. GEORGEKUTTY  
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ST. JOSEPH'S ARTS AND SCIENCE COLLEGE  
Kanchiyar P.O., Labbakkur

# About this call

People	Info	Activities
	21. Aswin siby	📞 ⋮
	22 - Jereena Joy	📞 ⋮
	22 .Bismin C Biju	📞 ⋮
	22. Athiramol Ps	📞 ⋮
	23-Jersha J	📞 ⋮
	24 - Joshna Justin	📞 ⋮
	24. Bilja Biju	📞 ⋮
	25-Deepa Shaji	📞 ⋮
	26-Kiran Mariat Saji	📞 ⋮
	30. Remya Mol Rajesh	📞 ⋮
	31 - Sona Thomas	📞 ⋮

12 Joju Dominic left



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 PRINCIPAL  
 JPM ARTS AND SCIENCE COLLEGE

# About this call

People Info Activities

26-Kiran Mariat Saji *ch* ...

30. Remya Mol Rajesh *ch* ...

31 - Sona Thomas *ch* ...

33-Sumi Thomas *ch* ...

35. Sharon Benny *ch* ...

39 Unnimaya Biju *ch* ...

46. Minnu Shibu *ch* ...

47 - Steev Saji *ch* ...

49 - TINSON ABRAHAM *ch* ...

49.Nikhil Roy *ch* ...

50.Pranila Francis *ch* ...

54. Riya Roy *ch* ...

55 Roshna Joseh *ch* ...



*[Handwritten Signature]*

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Kanchiyar P.O., Labbakkada



# About this call

People	Info	Activities
50. FRANCIS FRANCIS		⋮
54. Riya Roy		⋮
55. Roshna Joseph		⋮
57. Saranyamol Ps		⋮
64 Sona Xavier		⋮
Alan Reji		⋮
JPM COLLEGE		⋮
Kaspia _ Vincent		⋮
Noel Job		⋮
Priya K		⋮
Priya Mol C.D		⋮
Sona Johnson JPM C...		⋮
Vice Principal JPM Art...		⋮



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