

**DR. B.R.AMBEDKAR MEMORIAL GOVT. ARTS AND SCIENCE COLLEGE  
BALUSSERY, KOZHIKODE**

# എന്റെ കായികവിദ്യാഭ്യാസം

***A COMPREHENSIVE PHYSICAL EDUCATION PROGRAMME***

***Organised by  
DEPARTMENT OF PHYSICAL EDUCATION  
in association with IQAC***

## **Aim**

Provide the knowledge, training and practice of Health and Physical Education to students in our college.

## **Objectives of the Programme**

1. Understanding the imperative of physical education for improving the overall development of an individual and general health for his /her professional activity.
2. Fostering a motivational attitude to the physical education, healthy lifestyle and regular exercising.
3. To enable the students acquiring good health, physical fitness and bodily coordination through participating regular physical activities.
4. To provide ample opportunity to learn essential body management skills.
5. Promoting physical fitness as fun.
6. Promote desirable moral behaviours, cooperation in communal life, ability to make decisions, team work and sportsmanship.
7. To develop basic competence and confidence to face different challenges of life.

### **Content of the Programme**

1. Training Programmes related to different areas of health and physical education
2. Assessment of Health and Physical Fitness
3. Debates with Experts in the field of Physical Education
4. Seminars related to relevant issues and topics in health and physical and fitness education
5. Motivational Classes from Eminent Sports Personalities
6. Classes related to scientific knowledge in the field of health, physical and fitness education, led by experts in the field
7. Personal Fitness Training Programmes
8. Inter-department Competitions in various events

### **Schedule of the Classes**

Day	Time	Department
Monday	03:30 PM TO 05:30 PM	Mathematics (Third & Fifth Semester Students can attend) Economics (Third & Fifth Semester Students can attend) Commerce (Third & Fifth Semester Students can attend)
Tuesday		
Saturday*	Will be informed for registered participants	Any Student, Teacher and Administrative Staff of our college can participate

*\*In Saturdays sessions will be handled by experts from other institutions/ organizations.*