



EKNM GOVERNMENT COLLEGE ELERITHATTU
(Established in 1981, Affiliated to Kannur University)

Accredited by NAAC with 'B' Grade

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DOCUMENTARY EVIDENCE FOR

5.1.2. Capacity development and skills enhancement activities are organised for improving students' capability

LIFE SKILL PROGRAMME ON

'PHYSICAL LITERACY THROUGH FUNCTIONAL MOVEMENTS'



**Programme coordinator &
Resource Person**



Dr. Ajesh C.R.,

Assistant Professor

***Department of Physical Education
E.K.N.M. Govt. College, Elerithattu***

Programme Highlights

- > **Basic Functional Exercises for Fitness**
- > **Orientation to Fitness Programing**
- > **Basic Strength Training Exercises**
- > **Introduction to Flexibility Exercises**
- > **Structuring Warm Up and Cool Down**

**E.K.NAYANAR MEMORIAL GOVERNMENT COLLEGE,
ELERITHATTU, NILESWAR VIA, KASARAGOD**

DEPARTMENT OF PHYSICAL EDUCATION

**LIFE SKILL ENHANCEMENT PROGRAMME ON
PHYSICAL LITERACY THROUGH FUNCTIONAL MOVEMENTS**

01.11.2022 to 07.11.2022



***Organised by
Department of Physical Education
in association with IQAC***

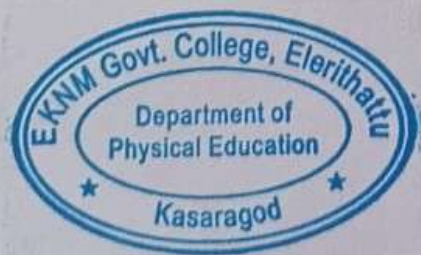
**For Registration Contact
Department of Physical Education**

E. K. NAYANAR MEMORIAL GOVERNMENT COLLEGE, ELERITHATTU, NILESWAR VIA, KASARAGOD
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SL.No.	Name and Class of the Student	01.11.22	02.11.22	03.11.22	04.11.22	07.11.22
1	Sivaprasad S Nair, II B.Com.	<i>Sivaprasad</i>	<i>Sivaprasad</i>	<i>Sivaprasad</i>	<i>Sivaprasad</i>	<i>Sivaprasad</i>
2	Sreenath P., II B.Com.	<i>Sreenath</i>	<i>Sreenath</i>	<i>Sreenath</i>	<i>Sreenath</i>	<i>Sreenath</i>
3	Febin Peter, III BA Functional English	<i>Febin</i>	<i>Febin</i>	<i>Febin</i>	<i>Febin</i>	<i>Febin</i>
4	Ajay K, III BA Economics	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>	<i>Ajay</i>
5	Sivaprasad B, III BA Economics	<i>Sivaprasad</i>	<i>Sivaprasad</i>	<i>Sivaprasad</i>	<i>Sivaprasad</i>	<i>Sivaprasad</i>
6	Harikrishnan .V, III B.Com.	<i>Harikrishnan</i>	<i>Harikrishnan</i>	<i>Harikrishnan</i>	<i>Harikrishnan</i>	<i>Harikrishnan</i>
7	Akash A Nair, III B.Com.	<i>Akash</i>	<i>Akash</i>	<i>Akash</i>	<i>Akash</i>	<i>Akash</i>
8	Amitha Ram T P, II BA Political Science	<i>Amitha</i>	<i>Amitha</i>	<i>Amitha</i>	<i>Amitha</i>	<i>Amitha</i>
9	Amith Murali, III B.Com.	<i>Amith</i>	<i>Amith</i>	<i>Amith</i>	<i>Amith</i>	<i>Amith</i>
10	Bineesh R, II BA Economics	<i>Bineesh</i>	<i>Bineesh</i>	<i>Bineesh</i>	<i>Bineesh</i>	<i>Bineesh</i>
11	Gokul V Govind, II BA Economics	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>	<i>Gokul</i>
12	Vishnu K, III B.Com.	<i>Vishnu</i>	<i>Vishnu</i>	<i>Vishnu</i>	<i>Vishnu</i>	<i>Vishnu</i>



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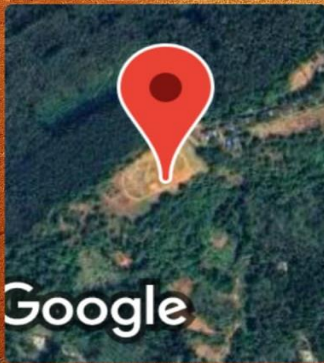
Report of the Programme

The potentials of the youth have to nurtured to its peak during they are streamlined through the systems of higher education. Department of Physical Education, E.K. Nayanar Government college, Elerithattu always keep a keen interest towards the all- around development of the students in all perspective manner. In line with 'Fit India Programme', the skill enhancement programme on 'Physical Literacy through Functional Movements' was oriented to develop an exercise adherence among students and creating a positive atmosphere in participating in physical activities while not only when they are in college but also, they are at home or at hostels. Starting from the fundamental of any exercise programmes, the students were enriched with the basic minimum protocols that they must undergo any kind of physical activities in daily routine. Across the five days programme, the students were undergone practical classes on Warm up and Warm down protocols, Exercises with seven fundamental movements, basic cardio and strength training exercises to improve the functional fitness of respiratory, circulatory and muscular systems of the body. In proportion with that the importance of recovery after exercise programmes were conveyed to students through flexibility training sessions. Oral feedbacks were obtained from the students after each session of the training to assess their level of satisfaction and for improvements in further programmes.





 GPS Map Camera



West Eleri, Kerala, India


88M3+3XX, West Eleri, Kerala 671326, India

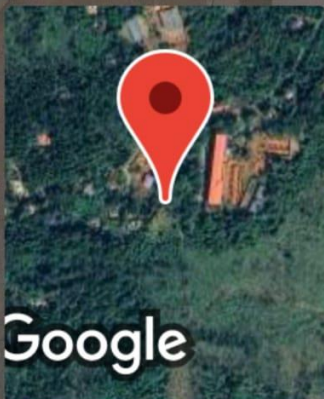
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Long 75.305°

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 GPS Map Camera



West Eleri, Kerala, India

88J5+8CV, West Eleri, Kerala 671326, India

Lat 12.33013°

Long 75.308436°

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