NAME OF THE ACTIVITY: ONLINE VIDEOS FOR STUDENTS

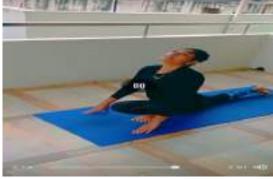
INTERNATIONAL/NATIONAL/STATE/COLLEGE LEVEL: COLLEGE

ORGANISED BY: DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

TITLE OF THE ACTIVITIES: ONLINE FITNESS TRAINING

DATE: MAY, JUNE AND JULY 2021







Physical Education develops students' competence and confidence to take part in a range of Physical activities that become a central part of their lives both in and out of the College.

The main objectives of Physical Education are: Physical Development, Social Development, Emotional Development and Social Development.

So, to improve the mental and physical fitness of students during lockdown, I sent videos through whatsapp groups relating to yoga and physical fitness. Students watched and followed which improved their fitness during covid pandemic.

- Warming-up, Aerobics, and general exercise(Jumping Jack, High Knee Action, Back Kick, Hip Twisting, Double Leg Jump and On the Spot Jogging)
- Arm Strengthen Exercises without Weight: Push-ups for Biceps Muscles and Back Push-ups for Triceps Muscles.
- 3. Leg Strengthen Exercises without Weight: Squat continuously and squat and jump
- 4. Strength and endurance (jump square leg thrust)
- 5. Leg strengthening exercises (alternate leg front and back on the floor, both leg front and back on the floor)
- Side waist fat reducing exercises and abdomen exercises (sideward bending both side continuously and front back bending exercises)
- 7. Specific ABC exercises (high knee, back kick, leg lunging)
- 8. Types of planks for abdomen
- 9. Back strengthening exercises and pain relief exercises
- Leg strengthening exercises and stairs (step up, double leg jumpsetc.)
- Arm strengthening exercises on stairs (push-ups and back pushups)
- 12. Abdomen exercises on stairs.
- 13. Stretching with the help of wall support.
- 14. Arm strengthening exercises with weight
- 15. Arm action and high knee with weight
- 16. Warming-up exercises with weight
- 17. Biceps Triceps exercises with weight
- 18. Twisting and Good Morning exercises with weight
- 19. Half squat exercises with weight
- 20. Sideward bending exercises with weight
- 21. Thigh and leg lounging with weight
- Asanas: Tadasana, vrikshasana, Padhastasana, Trikonasana, Ardhachandrasana, Natrajasana, Ardhacakrasana, Veerbhadrasana, Surya namaskara, Garudasana, Vajrasana, Shashankasana, Parvatasana

Pranayama: Anulome- Vilome, Kapalbhati, Om Uccarana

PARTICIPANTS: Maximum Students and Staff

COORDINATOR: Dr. Richa Rao, Physical Education Director