

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

<div data-bbox="121 451 219 556"></div> <div data-bbox="219 451 836 588"><p>ಶ್ರೀ ಎಸ್. ಎ. ಸಿದ್ಧಯ್ಯ ಶ್ರೀ. ಎ. ಸಿದ್ಧಯ್ಯ ಕಾನೂನು ಕಾಲೇಜು, ಬೆಲಗಾವಿ-560001 K. L. D. SOCIETY'S H. V. BELLAD LAW COLLEGE, BELAGAVI (Affiliated to Karnataka State Law University, Hubballi & approved by Bar Council of India) Recognized with "B" level by NAAC Largest College in Area, College Rank - 100011 Karnataka State (2018) Website: hvbellsadlawcollege.org Email: beladlawcollege@gmail.com Phone: 0821 2420</p></div> <div data-bbox="503 640 576 667"><p>NOTICE</p></div> <div data-bbox="341 672 730 703"><p>Department of Physical Education & Sports</p></div> <div data-bbox="170 735 836 829"><p>This is to inform all the students for the safety and Health due to Covid -19 Pandemic, the college is organizing series of Yogasana and Fitness programs. All students, Kindly follow what's-App Link to be Fit and Strong.</p></div> <div data-bbox="170 934 462 997"><p> PHYSICAL EDUCATION DIRECTOR</p></div> <div data-bbox="714 934 812 997"><p> PRINCIPAL</p></div> <div data-bbox="203 1039 300 1081"><p>20-05-2021 BELAGAVI</p></div> <div data-bbox="121 1092 673 1470"></div> <div data-bbox="300 1480 917 1858"></div>	<p>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.</p> <p>The main objectives of Physical Education are: Physical Development, Social Development, Emotional Development and Social Development.</p> <p>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.</p> <ol style="list-style-type: none">1. Warming-up, Aerobics, and general exercise(Jumping Jack, High Knee Action, Back Kick, Hip Twisting, Double Leg Jump and On the Spot Jogging)2. 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 jump4. 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)6. 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 abdomen9. Back strengthening exercises and pain relief exercises10. Leg strengthening exercises and stairs (step up, double leg jumpsetc.)11. 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 weight15. Arm action and high knee with weight16. Warming-up exercises with weight17. Biceps Triceps exercises with weight18. Twisting and Good Morning exercises with weight19. Half squat exercises with weight20. Sideward bending exercises with weight21. Thigh and leg lounging with weight22. Asanas: Tadasana, vrikshasana, Padhastasana, Trikonasana, Ardhaachandrasana, Natrajasana, Ardhaachakrasana, Veerbhadrasana, Surya namaskara, Garudasana, Vajrasana, Shashankasana, Parvatasana <p>Pranayama: Anulome- Vilome, Kapalbhati, Om Uccarana</p> <p>PARTICIPANTS : Maximum Students and Staff</p> <p>COORDINATOR : Dr. Richa Rao, Physical Education Director</p>
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