

# PSN ENGINEERING COLLEGE

Melathediyoor, Palayamkottai Taluk, Tirunelveli – 627152

An ISO 9001:2008 certified Institution

(Approved by AICTE, New Delhi, Affiliated to Anna University, Chennai)

## FITNESS IN BODY & MIND

Lr:No:-PSNEC /2018-2019/ Health & Hygienic Club /PL-01

Date: 31-08-2018

### PERMISSION LETTER

Respected Sir,

Health & Hygienic Club of PSN EC proposed to conduct a Lecture. “**Fitness in body & Mind**”on 07<sup>th</sup>of September-2018”.

Kindly provide your valuable permission for conducting the program on the above said date.

Thanking you,

By

Health & Hygienic Club

THE HOOD

Department of Management &  
PSN Engineering College  
Tirunelveli - 627 152

PRINCIPAL

Dr. M.S. RAVINUMAR

Principal

PSN ENGINEERING COLLEGE

Melathediyoor, Palayamkottai

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Date: 31.08.2018

### CIRCULAR

Health & hygienic Club of PSN EC has planned to conduct a Lecture on “**Fitness in Body & Mind**” on 07<sup>th</sup> of September 2018.

All the Participants are requested to attend the training without fail.

PRINCIPAL

Dr. M.S. RAVIKUMAR  
Principal  
PSN ENGINEERING COLLEGE  
Melathediyoor, Palayamkottai  
Tirunelveli - 627 152

CC TO

1. Director
2. Director (IQAC)
3. All Department HOD's
4. Physical Director
5. Librarian
6. Warden

## **Main Objectives of Physical Fitness**

Physical fitness is the ability of an individual to perform day to day activities without fatigue. It involves several aspects, including cardiovascular ability, muscular strength, and flexibility. Proper diet and sleep can help someone attain physical fitness, and physical fitness improves overall physical health.

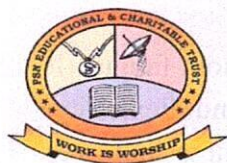
### **PHOTO GALLERIES OF FITNESS OF BODY & MIND**



**Dr.Kingston Manual Delivering the Message during the lectures conducted on 7<sup>th</sup> SEP 2018**



**Students Listening the program conducted on 7<sup>th</sup> SEP 2018.**



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## Report For Fitness of Body & Mind

Name of the Course/Programme/Event	Fitness of Body & Mind
Conducted on	<b>07<sup>th</sup> September- 2018</b>
Duration (Minimum 4 hrs)	1 Day
Venue	PSN ENGINEERING COLLEGE
Number of Participants	150
Dept/Year/Semester	PSN Engineering College, Seminar Hall.
Resource Person	<b>Dr. Kingston Manual</b> , (Managing Director Nellai Scans), Tirunelveli.
Objectives of the Fitness Of Body & Mind	Physical fitness provides us with an increased ability to respond to life in all its richness, mental fitness helps in the same way.

Program was organized by the PSN Engineering College on **7<sup>th</sup> SEP 2018**. Director **Dr.N.PRABHU,HOD Mrs. Chitra Devi ,Dr. Kingston Manual**, (Managing Director Nellai Scans),Tirunelveli

The Program was started with TamilThaiVazhthu Continued by Welcome address, by **Mrs S. Nandhini Assistant Professor of the Department of Information Technology, PSN Engineering College, Tirunelveli**. Felicitation Address by **Mrs.S.Divya Assistant Professor of the Department of Information Technology, PSN Engineering College, Tirunelveli**. Our Guest**Dr.Kingston Manual(Managing Director Nellai Scans) Tirunelveli**gave a Gorgeous Lecture on the topic **“Fitness in Body & Mind”**. This topic involves several aspects, including cardiovascular ability, muscular strength, and flexibility.Throughthis training, Students Understand how to maintain our fitness of strength & mind.Guest Lecture was finished with National Anthem.

**SUMMARY:**

1. Health & Hygienic Club of "Fitness Of Body in Mind" Lecture was successfully conducted in our college on 7<sup>th</sup> September- 2018.
2. Speaker, Kingston Manual, (Managing Director Nellai Scans) Tirunelveli tell about importance and Objective of Physical Fitness & Benefits Physical Activities.
3. Students gained a knowledge for Proper diet and sleep can help someone attain physical fitness, and it improves overall physical health. through, this presentation and discussion sessions.

*[Handwritten Signature]*  
18/9/18  
**In-Charge**

*[Handwritten Signature]*  
18/9/18  
**Director (IQAC)**  
**DIRECTOR**  
**IQAC**

*[Handwritten Signature]*  
18/9/18  
**Director**

*[Handwritten Signature]*  
**Principal**  
**Dr. M.S. RAVIKUMA.**  
**Principal**  
**PSN ENGINEERING COLLEGE**  
**Melathediyoor, Palayamkottai**  
**Tirunelveli - 627 152**