

**RRDS GOVT. DEGREE COLLEGE, BHIMAVARAM, W.G.Dt, A.P**

(Affiliated to Adkavi Nannayya University, Rajamahendravaram)

Estd:1972

☎ 08816-223458

🌐 [www.rrdsgcd.ac.in](http://www.rrdsgcd.ac.in)



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AISHE:C-24023

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**RRDS Government Degree College, Bhimavaram**  
**Department of Physical Education**  
**Notice**

All the students are informed that Physical Exercise classes will be conducted to the students weekly Three times to all the students in the College for the academic Year 2022-23. This Programme is meant for Physical Fitness.

All the faculty are invited and students are instructed to participate in this programme without fail.

*M.S. Nagaraju*

Coordinator

Date : 17.11.2023

Circulated to staff

*P. Totu*

*G.V. Mahesh*

*[Signature]*

*S. Janki*

*P.A. [Signature]*

Circulated to Classes

I B2C *[Signature]*

I BSC (MPCS)

II MPCS

IB.A *[Signature]*

II B.A. *[Signature]*

IB.Com *[Signature]*

*II B.Com*

*III B.Com*

*[Signature]*

## Report

Department of Physical Education was Conducted exercise Classes weekly Thrice in the campus. This Programme is meant for Physical Fitness of the students. All the students participated in doing exercises.

The exercises conducted during the year aimed at the following components.

- Body Composition.
- Muscular Fitness.
- Cardio respiratory Endurance.
- Flexibility.
- Balance.
- Coordination.
- Power.

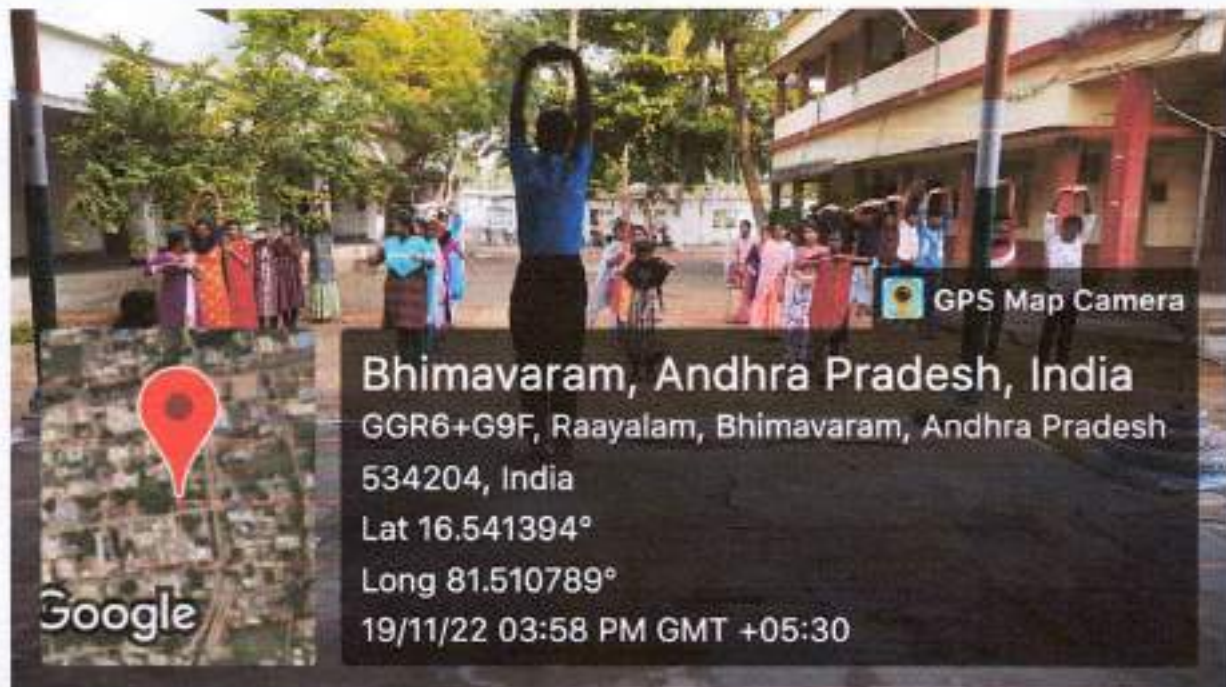
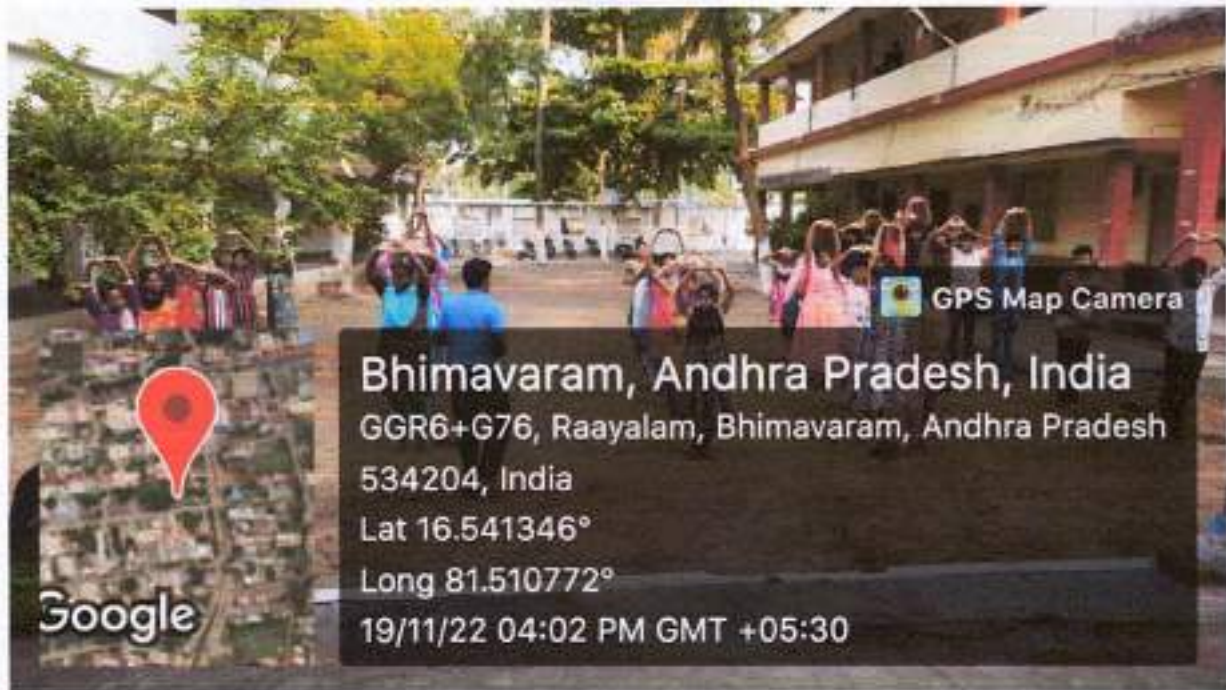
The Physical Director of the college Sri. M. Siva Naga Raju conducted and supervised this Programme. This Programme Conducted for 50 days in the Academic Year 2022-23.

M.S. Nagesh



V. Srinivas  
PRINCIPAL  
R.R.D.S. Govt. Degree College  
BHIMAVARAM-534 202.

### Photographs of Various Exercises







**RRDS Government Degree College, Bhimavaram**

**Department of Physical Education**

**Student Attendance Sheet**

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Name of the Programme : **Physical Training**

Date & Time:

S.No	Name of the Student	Class	No .of Days Attended	Signature
1	K. Vijay	II B.Sc.	50	K. Vijay
2	K. Raj Kumar	II B.Sc.	38	K. Raj Kumar
3	G. Sharada	III B.A.	42	G. Sharada
4	D. Ramesh	III B.A.	45	D. Ramesh
5	D. S. Mani	I B.Sc.	35	D. S. Mani
6	P. Gopi	IV B.A.	60	P. Gopi
7	B. Preethi	I B.Sc.	35	B. Preethi
8	B. Sindhu	III B.A.	35	B. Sindhu
9	M. Harisitha	II B.Sc.	45	M. Harisitha
10	A. Ravi Teja	II B.Sc.	35	A. Ravi Teja
11	Y. Gowri Mahesh	II B.A.	35	Y. Gowri Mahesh
12	P. Sai Aswini	IV B.A.	40	P. Sai
13	U. Sowmya	II B.Sc.	40	U. Sowmya
14	A. Ganesh Kumar	II B.Sc.	45	A. Ganesh Kumar
15	P. Keerthana	II B.Sc.	35	P. Keerthana
16	A. Ganesh Kumar	II B.Sc.	35	A. Ganesh Kumar
17	T. Shaleen Raja	II B.A.	35	T. Shaleen Raja
18	M. Supriya	II B.Sc.	42	M. Supriya
19	U. Saloni	II B.Sc.	35	U. Saloni
20	Ch. Bhavani	I B.Sc.	42	Ch. Bhavani
21	B. Surya Kumar	II B.Sc.	35	B. Surya Kumar
22	A. Asha Jyothi	III B.A.	45	A. Asha Jyothi
23	S. Roopak	I B.Sc.	40	S. Roopak
24	G. Roan	I B.Sc.	35	G. Roan
25	P. Ananya	II B.Sc.	42	P. Ananya

**H. S. Nagaraj**

Signature of the Faculty of the Department

**V. K. Srinivas**  
PRINCIPAL

R.R.D.S. Government Degree College  
BHIMAVARAM-534 202.

