

K. L. E. Society's
Arts and Commerce College, Gadag.

FITNESS CLUB

The correlation between physical activity and lifestyle choices with better health and quality of life benefits has been well documented. Our K L E's Arts and Commerce College, Gadag, Fitness Club encourages members to keep active and stay fit. Activities will include anything from low intensity such as walking or yoga to high intensity such as conditioning/training for athletes as well as everything in between. The club accommodates all fitness level/abilities.

Program Objectives

Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:

- ❖ Define the various health components of fitness.
- ❖ Recognize the physical and mental benefits of increased activity.
- ❖ Determine factors involved with development, fitness levels and training strategies.
- ❖ Examine the effect of nutrition, rest and other lifestyle factors that contribute to better health.

Students will be exposed to a variety of activities providing them the opportunity to:


- ❖ Apply learned fundamental skills.
- ❖ Utilize physical activity as a tool to manage stress.
- ❖ Empower themselves by setting and working toward realistic individual goals.
- ❖ Participate in a motivating and nurturing environment resulting in a greater sense of well-being and self-esteem.
- ❖ Participate in active learning to stimulate continued inquiry about physical education, health and fitness.

Students will demonstrate proficiency through knowledge and acquired skills enabling them to:

- ❖ Understand and utilize various training methods.
- ❖ Assess individual levels of fitness components.
- ❖ Create a safe, progressive, methodical and efficient activity based plan to enhance improvement and minimize risk of injury.
- ❖ Identify common health and fitness myths along with trends involved with the evolving nature of physical education.
- ❖ Develop an appreciation of physical activity as a lifetime pursuit and a means to better health.

OBJECTIVES OF THE CLUB:

- 1) To provide physical activity that will enable each person to monitor desired gains.
- 2) To provide activities that relieves emotional strain and tension.
- 3) To allow one to experience competitive and non-competitive activities as well as team and individual activities.
- 4) To develop skill, interest and the appreciation for the need of life-long movement, activity, and recreation.
- 5) Improve your ability to think critically in the areas of personal wellness and be able to make proper decisions regarding your overall health .
- 6) To become motivated to take responsibility for oneself and make positive health behavior changes
- 7) Increase health awareness by providing health screenings, activities, materials, demonstrations and information.
- 8) To develop all aspects of oneself physical, social, mental, spiritual.
- 9) To develop a wellness awareness within our community.
- 10) To develop a community network for wellness promotion.
- 11) To give one a sense of purpose.
- 12) To provide a support group.
- 13) To teach self-care practices
- 14) To increase awareness of local, state, and national health services and resources


Physical Instructor
K. L. E. Society's
Arts & Commerce College
GADAG - BETGERI - 582 101


PRINCIPAL
K.L.E. Society's
Arts & Commerce College
GADAG-BETGERI-582101


CO-ORDINATOR
IOAC
K.L.E.S' Arts & Commerce College
GADAG




K. L. E. Society's
Arts and Commerce College,
Re- Accredited by NAAC in 3rd Cycle with "B++" Grade
GADAG, KARNATAKA. INDIA -582101

Date: 15-06-2021

Notice

All the members of the Fitness Club are hereby informed to attend the virtual meeting on 16 / 06 / 2021 at 4.30 pm.


Principal
PRINCIPAL
K. L. E. Society's
Arts & Commerce College,
GADAG - BETGERI - 582101

Agenda

- 1) To chalk out the Plan of Action for the academic year 2021-22.
- 2) To constitute the committee for the year 2021-22.
- 3) To conduct 7th International Yoga Day for staff and Students.
- 4) To encourage the students to participate in Sports Events.
- 5) Any other issues with the permission of the Chairman.


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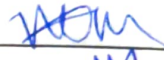


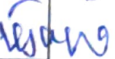


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CO-ORDINATOR
IQAC
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Arts and Commerce College, Gadag.
FITNESS CLUB

The Composition of the Fitness Club for the year 2020-21

Sl. No.	Names	Designation
1	Shri. M B Kolavi	Principal, Chairman 
2	Dr. A. K. Math	Member 
3	Dr Veena E	Member 
4	Smt Veena Tirlapur	Member 
5	Smt. Kamala Jambagi	Physical Director/ Convenor 
6	Miss Spoorti Arehunashi	Student Representative 


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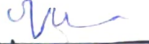

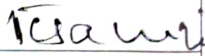


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Date: 13 / 06 / 2020

FITNESS CLUB

The following members attended the meeting held on 13 / 06 / 2020 at 3.30pm in the Principal's Chamber.


Sl. No.	Names	Designation	Sign
1	Shri. M B Kolavi	Principal, Chairman	
2	Dr. A. K. Math	Member	
3	Dr. Vital Koli	Member	
4	Smt Veena Tirlapur	Member	
5	Smt. Kamala Jambagi	Physical Director/ Convenor	
6	Miss. Spoorti Arehunashi	Student Representative	

The Principal welcomed all the members.

The following Resolutions were passed:

- 1) It was resolved to conduct 6th International Yoga Day for staff and students virtually as this is a time of Pandemic.
- 2) It was Resolved to Organize Nutritional Awareness Programme.
- 3) It was resolved to organize Special Lectures on Nutrition.
- 4) It was suggested to train up the students in different sports events according to their interest.
- 5) It was resolved to motivate the students to participate in University level as well as National level sports.
- 6) It was suggested to give Workouts regularly to concerned events.
- 7) It was resolved to conduct Annual Sports (Outdoor and Indoor games).

The meeting concluded with vote of thanks by the Convenor


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FITNESS CLUB

Action Plan for the year 2020-21

Month	Plan of Action
June	To organize 6 th International Yoga Day
July	To organize a Lecture on Nutrition
August	To motivate students about the Importance of Nutrition through Flyers.
September	To organize special lectures on Fitness.
November	To motivate the students to participate in University level as well as National level sports
January	To organize Annual Sports meet (Outdoor Sports)
February	To conduct Indoor Sports Meet
March	An awareness talk on "Healthy food and Healthy Lifestyle" according to seasons.

Manji
Physical Instructor
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PRINCIPAL
K. L. E. Society's
Arts & Commerce College,
BETGERI

ABM
CO-ORDINATOR
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Date: 17-06-2019


Notice

All the members of the Fitness Club are hereby informed to attend the meeting on 19 / 06 / 2019 at 2.30pm in the Principal Chamber.


Principal
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Agenda

- 1) To chalk out the Plan of Action for the academic year.
- 2) To conduct 5th International Yoga Day for staff and Students.
- 3) Any other issues with the permission of the Chairman.


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The Composition of the Fitness Club for the year 2019-20

Sl. No.	Names	Designation
1	Shri. M B Kolavi	Principal, Chairman 
2	Smt. A. K. Math	Member 
3	Smt. S. R. Kulkarni	Member 
4	Shri. P J Kattimani	Member 
5	Smt. Kamala Jambagi	Physical Director/ Convenor
6	Miss. Meghana K	Student Representative


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FITNESS CLUB

Action Plan for the year 2019-20

Month	Plan of Action
June	To organize 5 th International Yoga Day
July	To organize a Lecture on Meditation.
August	To organize a talk on Importance of Nutrition.
September	To organize demonstration of Food Adulteration and its evil effects on health
November	To motivate the students to participate in University level as well as National level sports
January	To organize Annual Sports meet (Outdoor Sports)
February	To conduct Indoor Sports Meet
March	An awareness talk on "Healthy food and Healthy Lifestyle" according to seasons.

The Plan of Action was approved by the members.

The meeting concluded with vote of thanks by the Convener.

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