



VINAYAKA MISSION'S
COLLEGE OF
PHYSIOTHERAPY



VINAYAKA MISSION'S
RESEARCH FOUNDATION
DEEMED TO BE UNIVERSITY
(Declared Under Section 3 of the UGC Act, 1956)

VINAYAKA MISSION'S COLLEGE OF PHYSIOTHERAPY

CIRCULAR

DATE: 08.07.2022

All the Faculty members and Final year BPT Students are hereby informed that we are Organising a Capability Enhancement program titled Fitness training on 11.07.2022-17.07.2022.

RESOURCE PERSON C. David

CORE FITNESS

SALEM

Principal


Prof. Dr. A. SAM THAMBURAJ, M.P.T., MIAP.
PRINCIPAL
Vinayaka Mission's College of Physiotherapy
NH-47, Sankari Main Road,
Periya Seeragaipadi. SALEM-636 308.

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NAME OF THE ACTIVITY	Fitness Training
DATE	11/07/2022 to 17/07/2022
VENUE	Core Fitness Studio
ORGANISED BY	VMCPT
RESOURCE PERSON (IF ANY)	Mr.C.David
REPORT OF THE ACTIVITY	A Fitness Training program was organized by college in collaboration with Core Fitness . In this program a total of 65 BPT students participated and got exposed in fitness Training Protocols which was conducted by Mr.David,Trainer of Core fitness studio at their venue.

Prof. Dr. A. SAM THAMBURAJ, M.P.T., MIAP.
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FITNESS TRAINING- 11/07/2022 TO 17/07/2022



Core Fitness Studio, Salem

Latitude
11.57866524°

Local 03:40:41 PM
GMT 10:10:41 AM

Longitude
78.04976226°

Altitude 273 meters
Monday, 11.07.2022


Prof. Dr. A. SAM THAMBURAJ, M.P.T., MIAP,
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CIRCULAR

DATE: 20.1.2023

All the faculty members and Final year Students are here by informed that we are organising a Capability Enhancement program titled Strength and Flexibility training on 21.1.2023-27.01.2023

RESOURCE PERSON: Dr. C.DAVID

CORE FITNESS

SALEM

Principal


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NAME OF THE ACTIVITY	Strength and Flexibility Training
DATE	21/1/2023 to 27/1/2023
VENUE	Core fitness studio, Salem
ORGANISED BY	VMCPT
RESOURCE PERSON (IF ANY)	Mr.David
PARTICIPANTS	Students :45
REPORT OF THE ACTIVITY	Strength and Flexibility Training was organized by college in collaboration with core fitness and. In this program a total of 45 students participated and got exposed in Strength and Flexibility Training, which was conducted by Mr.David of core fitness studio in their premises by following all social distancing protocol.


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STRENGTH AND FLEXIBILITY TRAINING 21/1/2023 to 27/1/2023



Core Fitness Studio, Salem

Latitude
11.57866524°

Local 03:40:41 PM
GMT 10:10:41 AM

Longitude
78.04976226°

Altitude 273 meters
Saturday, 21.01.2023



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CIRCULAR

DATE: 04.02.2023

All the faculty members and Third year BPT Students are here by informed that we are organising a Capability Enhancement program titled Aerobic fitness training on 6.2.2023-11.2.2023.

RESOURCE PERSON: Mr. AJMAL

STEPUP FITNESS & DANCE

SALEM

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NAME OF THE ACTIVITY	Aerobics Fitness Training
DATE	6/02/2023 to 11/02/2023
VENUE	Step Up Fitness & Dance Studio
ORGANISED BY	VMCPT
RESOURCE PERSON (IF ANY)	Mr.Ajmal
PARTICIPANTS	Students :50
REPORT OF THE ACTIVITY	Aerobic fitness training was organized by college in collaboration with step-up fitness and dance studio. In this program a total of 50 students participated and got exposed in aerobic fitness training, which was conducted by Mr.Ajmal of step up fitness studio


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AEROBICS FITNESS TRAINING 6/02/2023 to 11/02/2023



Energy Fitness Studio, Salem

Latitude
11.57866524°

Local 03:40:41 PM
GMT 10:10:41 AM

Longitude
78.04976226°

Altitude 273 meters
Monday, 06.02.2023



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CIRCULAR

DATE: 17.2.2023

All the faculty members and First year BPT Students are here by informed that we are organising a Capability Enhancement program titled yoga and wellness on 18.02.2023.

RESOURCE PERSON: DR. C.PARTHIBAN

NALAVAAZHUVU YOGA

SALEM

Principal


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NAME OF THE ACTIVITY	Yoga and Wellness
DATE	18/02/2023
VENUE	VMCPT seminar hall
ORGANISED BY	VMCPT
RESOURCE PERSON (IF ANY)	Dr.C.Parthiban - Nalavaazhvu Yoga
PARTICIPANTS	Students:50
REPORT OF THE ACTIVITY	Dr.Parthiban of nalavaazhvu yoga conducted yoga training for our students and to promote Physical, Mental and Spiritual well being. A total of 50 students participated and got trained in basics in yoga.


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YOGA AND WELLNESS ON 18/02/2023



Vinayaka Mission's College Of Physiotherapy
Chinnasiragapadi, Tamilnadu 636308,India

Latitude
11.57865031°

Local 03:36:47 PM
GMT 10:06:47 AM

Longitude
78.04956397°

Altitude 273 meters
Saturday, 18.02.2023