

Life Skills Programmes and ICT Skills Conducted by T M Govt

College, Tirur during the year 2020-2021

1. Fit-India Fitness National Webinar

Department of physical education and college NCC Unit jointly organize fit India Fitness webinar in Connection with national sports day, August 29. Olympion Irfan was the chief guest of the webinar. Brigadier Rajan AY was delivered key note address in the webinar. Around 96 participants were there from the starting to the end of Fitness Webinar


TMG COLLEGE TIRUR
NCC & DEPT OF PHYSICAL EDUCATION
(In Association with IQAC, TMGC)
Jointly Organize

FIT INDIA- FITNESS WEBINAR
On NATIONAL SPORTS DAY
29/8/2020 (Saturday) - 2PM


Programme Schedule


Prayer	:	Cdt. Anjali Prakash
Welcome	:	Lt.Shukkoor Illath (NCC Officer & Head, Dept. of Physical Education, TMGC Tirur)
Presidential Address	:	Prof.Vijaya Kumar NP (Principal)
Inauguration	:	Brig.Rajan AY (Commander, Calicut NCC Group)
Chief Guest	:	Olympian Irfan KT
Special Guest	:	Dr.Sakeer Hussain VP (Director, Dept. of Phy.Edu, University of Calicut) (Topic : Physical Fitness -A Social Responsibility)
CO's Message	:	Col.LRR Kotwal (Commanding officer ,29 Ker Bn NCC) (Topic :Role of NCC in Fit India Programme)
Invited Talk (KSA)	:	Dr.Abusalam K (Ex-faculty, King Fahad University, (Topic : Fitness of a Nation- An International Perspective)
Valedictory Address	:	Dr.Prajith Chandran (IQAC Co-ordinator, TMGC Tirur)


  



**PHYSICAL LITERACY
FOR A HEALTHY NATION**

FITNESS WEBINAR
IN CONNECTION WITH
NATIONAL SPORTS DAY



INTEGRATION
OLYMPIAN IRFAN K


SPECIAL GUEST
LT. SHUKKOOR ILLATH


CHIEF GUEST
BRIG. RAJAN AY


SPECIAL GUEST
DR. SAKEER HUSSAIN VP

DATE: 29th AUGUST
TIME : 10.30 AM


Google Meet

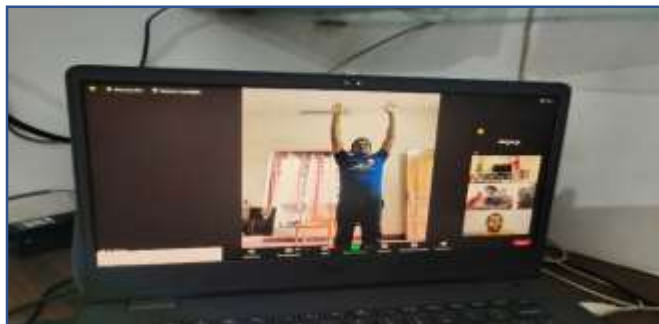
**DEPARTMENT OF PHYSICAL EDUCATION &
NATIONAL CADET CORPS (ARMY WING)**
TMG COLLEGE TIRUR
WWW.TMGCTIRUR.COM



2. Fit India freedom Run

College physical education department and NCC 29 kerala Bn jointly conducted otwo week fit India freedom run. The students and participants including family members of college students were instructed to run every day for two weeks continuously during the covid lockdown period.

3. Yoga at home, Yoga with Family



Fit-India Freedom run & Yoga at home, Yoga with Family

4. Blood Donation



5. Oximeter Challenge

College NCC Unit conducted Oximeter Challenge to serve the people affected the covid-19 pandemic. The pulse oximeters were donated to the Covid care center of Vettom GramaPanchayath.



Oxi Challenge
മിസ്റ്റർ തുറന്നത് തിരുവനന്തപുരം നഗരസഭയിൽ കൊടുത്തു NCC (ARMY) യൂണിറ്റിലെ
പുലിക്സിമീറ്റർ 97.60
ഈ ചെലവഴിയിൽ ഞാൻ പങ്കെടുത്തു.
Google Pay 9497344611
NCC-TMG COLLEGE TIRUR (29 KERALA BATTALION- MAL APPURAM)



Oxi Challenge
മിസ്റ്റർ തുറന്നത് തിരുവനന്തപുരം നഗരസഭയിൽ കൊടുത്തു NCC (ARMY) യൂണിറ്റിലെ
പുലിക്സിമീറ്റർ 97.60
ഈ ചെലവഴിയിൽ ഞാൻ പങ്കെടുത്തു.
Google Pay 9497344611
CDT. Arunimo VK
NCC-TMG COLLEGE TIRUR (29 KERALA BATTALION- MAL APPURAM)



6. Webinar on Data Analysis using Excel conducted by Post Graduate Department of Commerce

