

Physical Activity & Wellness
HEALTH AWARENESS
PROGRAM
21-06-2024

REQUEST:



Grace valley
PROFESSIONAL ACADEMY



Affiliated to: SAMASTHA NATIONAL EDUCATION COUNCIL (SNEC) AFFILIATION NO: 55
Waddirahma, Marvattam, P.O. Chengottur, Malappuram Dt., Pin: 676503
Mob: 7907899821, E-mail: gpasnec@gmail.com

Date: 15/06/2024

From,
SHAMIL V K
Vice principal
Grace Valley Professional Academy

To,
The Principal
Grace Valley Arts and Science college.

Subject: Request for an Awareness Class on Health and Physical Activity

Sir,

We kindly request an awareness class on health and physical activity to be conducted by Department of Physical Education of Grace Valley College of arts and science. Such a session would greatly benefit our students' well-being and understanding of physical fitness.

Thank you for considering our request.

Yours Faithfully

Shamil V K

Sd/-

15/06/2024

Maravattam



PRINCIPAL
GRACE VALLEY
PROFESSIONAL ACADEMY
Maravattam, P.O.Chengottur-676503

To HOD
Physical Education

Pls do the needful
V. Anand
15/6/24

DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam



Grace valley College of Arts & Science, Maravattam

(Affiliated to the University of Calicut)

Chengottoor P.O, Malappuram Dt., Kerala. Pin: 676503

DEPARTMENT OF PHYSICAL EDUCATION

From: -

Muhammed Safwan P.K
Head, Department of physical Education
Grace Valley College of Arts and Science
Maravattam

To: -

Dr. CP Ayoob Keyi
Principal
Grace Valley College of Arts and Science
Maravattam

Subject: - Permission to Conduct Health Awareness Program

Sir,

On behalf of the Department of Physical Education, I kindly request permission to conduct a health awareness program, "Physical Activity and Wellness," as part of our extension activities at Grace Valley Professional Academy. The program will promote wellness through interactive sessions. Your approval and support for this initiative will be greatly appreciated.

Maravattam

16-06-2024

Faithfully

Muhammed Safwan P.K

HEAD
DEPARTMENT OF PHYSICAL EDUCATION
Grace Valley College of Arts & Science
Maravattam, P.O. Chengottoor - 676503

Permission granted
Ayoob Keyi

AYOOB. CP
Principal
Grace Valley
College of Arts & Science
Maravattam, PO. Chengottur-676501

DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam

POSTER:

Grace Valley
Professional Academy

HEALTH AWARENESS



Topics :

**Physical Activity &
Wellness**



June 21, 2024

4:30 PM-06:00PM



With :

MUHAMMED SAFWAN
(Head, Dept of physical
education, Grace Valley college
of Arts & Science)

DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam

REPORT



Grace valley College Of Arts & Science, Maravattam

(Affiliated to the University of Calicut)

Chengottur P.O, Malappuram Dt., Kerala. Pin : 676503

DEPARTMENT OF PHYSICAL EDUCATION

HEALTH AWARENESS PROGRAM

Date: 21/06/2024

Time: 04:30 pm to 06:00 pm

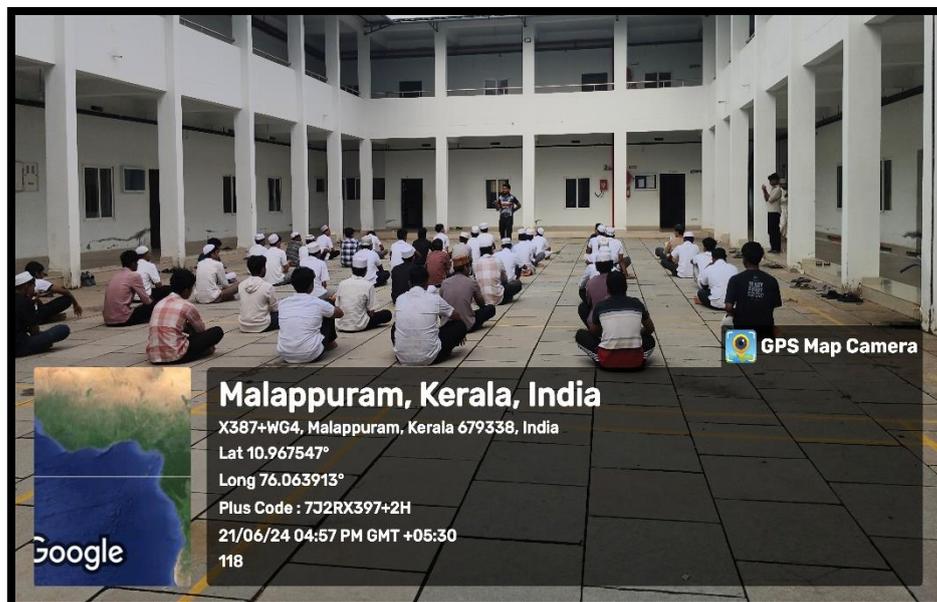
Venue: Grace Valley Professional Academy, Maravattam

On June 21, 2024, the Department of Physical Education at Grace Valley College of Arts and Science, Maravattam, conducted a Health Awareness Program on "Physical Activity and Wellness" as part of their extension activities. Held at Grace Valley Professional Academy from 4:30 to 6:00 PM, the program saw the participation of 50 students.

Led by Muhammed Safwan, Head of the Department of Physical Education, the session emphasized the importance of regular physical activity for overall health. Discussed the benefits of exercise, including improved cardiovascular health, enhanced mental well-being, and better weight management. The program featured interactive discussions and practical demonstrations, offering students actionable insights and tips.

Participants actively engaged in the session, asking questions and sharing experiences. The event successfully highlighted the importance of integrating physical activity into daily routines, motivating students to adopt healthier lifestyles.

PHOTOS



DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam



APPRECIATION LETTER:



Grace valley
PROFESSIONAL ACADEMY



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CERTIFICATE OF APPRECIATION

This certifies that **Mr. Muhammed Safwan**, Head of the Department of Physical Education at Grace Valley College, is recognized and appreciated for conducting a valuable Health Awareness Program at Grace Valley Professional Academy on 21-06-2024. The program received positive feedback for its informative content and engaging delivery, greatly benefiting our students' understanding of health and physical well-being.

SHAMIL V K

(Principal)

PRINCIPAL
GRACE VALLEY
PROFESSIONAL ACADEMY
Maravattam, P.O.Chengottur-676503



DEPARTMENT OF PHYSICAL EDUCATION

Grace valley College of Arts & Science, Maravattam