

POSTURE AND BODY WEIGHT MANAGEMENT THROUGH EXERCISE

PHE.C.23.1

CERTIFICATE COURSE ON POSTURE AND BODY WEIGHT MANAGEMENT THROUGH EXERCISE

The Department of Physical Education All Saints' college conducted a certificate program on "Posture and Body Weight Management through Exercise". The 30-hr certificate course was conducted online from 3rd April to 30th May 2024. The course co-ordinators were Dr Margrette Leena V and Dr Divya S R. There were more than 100 students from the department of History and Economics participated in the course. The course was conducted mainly to provide an awareness for the students about their body posture and the role of exercise on weight management. The certificates also were issued.

THE COURSE AND IT'S OUTCOMES

1. To understand and analyze the concept of posture and its impact on overall health.
2. To comprehend and correlate the significance of good posture and the risks associated with poor posture.
3. To apply the knowledge regarding exercise and weight loss to avoid related problems.
4. To identify common postural deformities and apply the acquired knowledge of corrective exercises for posture improvement and management.
5. To demonstrate the strengthening and stretching exercises for better posture.
6. To better their posture in the workplace and in everyday life.

BROCHURE



Department of
Physical Education

**ALL SAINTS' COLLEGE,
TRIVANDRUM**
Conducts

Certificate course
on
**"POSTURE AND BODY WEIGHT
MANAGEMENT THROUGH EXERCISE"**
From 3rd April to 30th
May 2024
Duration-30hrs

Dr Reshmi R Prasad
(Principal)

Dr Margrette Leena V
(HOD & Co-ordinator)
Dr Divya S R
(Co-ordinator)



Reshmi

PRINCIPAL
All Saint's College
Thiruvananthapuram

Certificates



ALL SAINTS' COLLEGE, TRIVANDRUM

Course Completion Certificate

This is to certify that **SATHYA A S** DC1 History has successfully completed the 30 hour certificate course on **"Posture and body weight management through exercise"** organised by the Department of Physical Education, All Saints' College from 3 rd April to 30 th May 2024

Dr DIVYA S R


Co-ordinator

Dr Margrette Leena V

HOD & Co-ordinator

Dr Reshmi R Prasad

Principal



ALL SAINTS' COLLEGE, TRIVANDRUM

Course Completion Certificate

This is to certify that **PARVANASREE S** DC1 History has successfully completed the 30 hour certificate course on **"Posture and body weight management through exercise"** organised by the Department of Physical Education, All Saints' College from 3 rd April to 30 th May 2024.

Dr DIVYA S R


Co-ordinator

Dr Margrette Leena V

HOD & Co-ordinator

Dr Reshmi R Prasad

Principal



ALL SAINTS' COLLEGE, TRIVANDRUM

Course Completion Certificate

This is to certify that **SOUPARNIKA S** that DC1 History has successfully completed the 30 hour certificate course on **"Posture and body weight management through exercise"** organised by the Department of Physical Education, All Saints' College from 3 rd April to 30 th May 2024.

Dr DIVYA S R

Co-ordinator

Dr Margrette Leena V

HOD & Co-ordinator

Dr Reshmi R Prasad

Principal



Reshmi
PRINCIPAL
All Saint's College
Thiruvananthapuram



ALL SAINTS' COLLEGE, TRIVANDRUM

Course Completion Certificate

This is to certify that **ALKAVU** DC1 Economics has successfully completed the 30 hour certificate course on **"Posture and body weight management through exercise"** organised by the Department of Physical Education, All Saints' College from 3 rd April to 30 th May 2024.

Dr DIVYA S R
Co ordinator

Dr Margrette Leena V
HOD & Co ordinator

Dr Reshmi R Prasad
Principal



ALL SAINTS' COLLEGE, TRIVANDRUM

Course Completion Certificate

This is to certify that **RAJISHA M** DC1 Economics has successfully completed the 30 hour certificate course on **"Posture and body weight management through exercise"** organised by the Department of Physical Education, All Saints' College from 3 rd April to 30 th May 2024.

Dr DIVYA S R
Co ordinator

Dr Margrette Leena V
HOD & Co ordinator

Dr Reshmi R Prasad
Principal



Reshmi
PRINCIPAL
All Saint's College
Thiruvananthapuram

ATTENDANCE

Register of Attendance for the month of _____

Class: _____

Teacher: _____

Signature: _____

Principal: _____

Headmaster: _____

Register of Attendance for the month of _____

Class: _____

Teacher: _____

Signature: _____

Principal: _____

Headmaster: _____

Register of Attendance for the month of _____

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Teacher: _____

Signature: _____

Principal: _____

Headmaster: _____

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Class: _____

Teacher: _____

Signature: _____

Principal: _____

Headmaster: _____



Reshmi
PRINCIPAL
All Saint's College
Thiruvananthapuram