

ಕರ್ನಾಟಕ ಕಲಾ, ವಾಣಿಜ್ಯ ಮತ್ತು ವಿಜ್ಞಾನ ಮಹಾವಿದ್ಯಾಲಯ, ಬೀದರ

(Affiliated to Gulbarga University, Kalaburagi)
NAAC RE-ACCREDITED WITH 'A' Grade CGPA 3.24

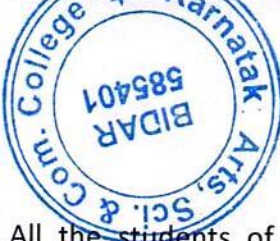


Estd 1970

KARNATAK ARTS, SCIENCE & COMMERCE COLLEGE, BIDAR

College with Potential for Excellence Status Awarded by UCC New Delhi
ISO 9001: 2015

Date: 25/7/2022



NOTICE

All the students of BA/B Sc./B Com are hereby informed that the Department of Sports organizing a special one month duration programme on **Army Physical Training** from 1 August, 2022 to 30 August, 2022 .

Principal

PRINCIPAL

Karnatak Arts, Sci. & Com. College
BIDAR-585401



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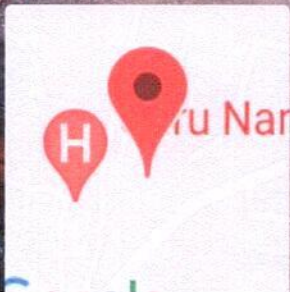
Karnatak Arts, Science & Commerce College Bidar			
Date of Activity: 1 August 2022 to 30 August 2022		Time Slot: Morning : 4.30 am to 6.30 am and Evening: 4.30 pm to 6.30 pm	
Activity Name:	Army Physical Training	Teachers / In-charge	Dr. Madayya Swamy, Physical Director
Organizing Dept/ Committee:	Department of Sports	Guest/ Resource Person:	1. Mr. Shamsher Singh, Soldier, Indian Army
Total Number of Students Attended: 24		Report Generated by: Department of Sports	

Activity Report: Department of Sports of KRE Society's Karnatak Arts, Science and Commerce College have organized the **career guidance programme** on **Army Physical Training** for undergraduate students. The programme was started on 1st August, 2022. The trainer for the programme was Mr. Shamsher Singh, Army Soldier.

During the Army Physical training students were gone through practice sessions on various physical exercises such as long and short running, bending exercise, side seat ups, dips, long jump, high jump, weight training and stamina building. Additionally they were also given tips and tricks to maintain the proper diet, health and hygiene. The training was concluded on 30 August, 2022 with valedictory function.



Inauguration of the Army Physical Training by Soldier Samsher Singh, Indian Army. (1/8/2022)



Bidar, Karnataka, India

WGH5+3M7, Gurudwara Rd, Nawadgeri, Bidar,
Karnataka 585401, India

Lat 17.927873°

Long 77.510433°

Student Getting Trained at Gurudwara Ring Road in the Morning after performing Cross Country in the early morning.



