

THE CHAMPIONS



RAJAGIRI SCHOOL OF ENGINEERING & TECHNOLOGY

(AUTONOMOUS)

PHYSICAL EDUCATION AND SPORTS

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REPORT OF ACTIVITIES 2020-2021

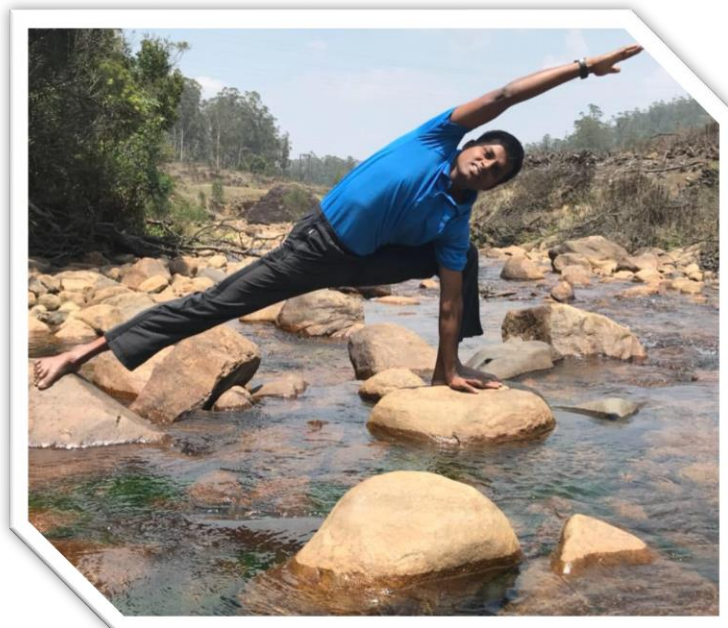
INTERNATIONAL WEBINAR ON HEALTH, FITNESS & WELLBEING

Department of Basic Sciences & Humanities in association with RSET sports club organized a two day international webinar on Health, Fitness & Wellbeing from 26 to 27 June 2020 at 11.30 AM to 12.30 PM. We connected this webinar programme through zoom network as well as you tube live. Around 140 participants including faculty members, research scholars & students from different countries were participated in this two day programme.

Day 1 Session led by Mr.C Vijay [Founder & CEO, Smart 7 Wellness, Chennai] on a topic “Let’s fight against known viruses than the unknown”.

Mr. S.Sriharan [Senior Lecturer, SABARAGAMUWA UNIVERSITY OF SRILANKA] take the second day session on “Health & Wellness”. We sent E certificate to the participants and resource persons immediately after the programme

Dr.Shibu P.P is the convener of this webinar. Mr.Rejeesh T Chacko and Ms.Sinu Jacob are the Coordinators.



NATIONAL SPORTS DAY QUIZ

Department of Basic Sciences & Humanities in association with Sports Club of Rajagiri School of Engineering and Technology was organized a live online quiz on the occasion of **NATIONAL SPORTS DAY** (August 29) based on the topic “**INDIAN SPORTS**” on August 26th 2020. The quiz was conducted on the online website platform “QUIZIZZ”. 82 participants were participated in this programme.

ZUMBA FOR FITNESS

Department of Basic Sciences & Humanities in association with Sports Club of Rajagiri School of Engineering and Technology was organized a live Online Zumba on September 26th 2020. The session lead by Mr. Sreejith K & Ms. Saniga (International certified Zumba instructors)

INTERNATIONAL WEBINAR ON FOOTBALL TRAINING BASICS

Department of Basic Sciences & Humanities in association with RSET Sports Club organized a two day international webinar on International webinar on football training basics on 15th January 2021 and 5th February 2021 at 3.30 pm to 4.30 pm. We connected this webinar programme through Zoom Network as well as you tube live. Around 90 participants including Research Scholars & Students from different countries were participated in this two day programme. The two day sessions lead by Mr. Justin Padickakudi, U8 Football Trainer, FC Stadlau, Vienna – Austria.



RSET WALKING TRACKS –“STEPS TO A GOOD HEALTH”

RSET walking tracks inaugurated by Director Rev. Dr. Jose kuriedath in the presence of principal Dr. Sreejith K.S and staff members of RSET on 16th march 2021. RSET walking tracks promote the health & wellness of our staff & students. Walking regularly can help to prevent or manage various health conditions including heart diseases, high blood pressure, type 2 diabetes and strengthens bones & muscles, improves your mood, improves your balance & co-ordination.

RSET has two track categories

1. Orange Track: A half kilometer walking track starting from the main block and ending at the same place. Orange lines will help you to walk through this track and enjoy the warmth of the sun during day hours.
2. Green Track: A one kilometer walking track starting & ending in the KE Block. Clearly marked green lines will lead you through the biodiversity areas of RSET.



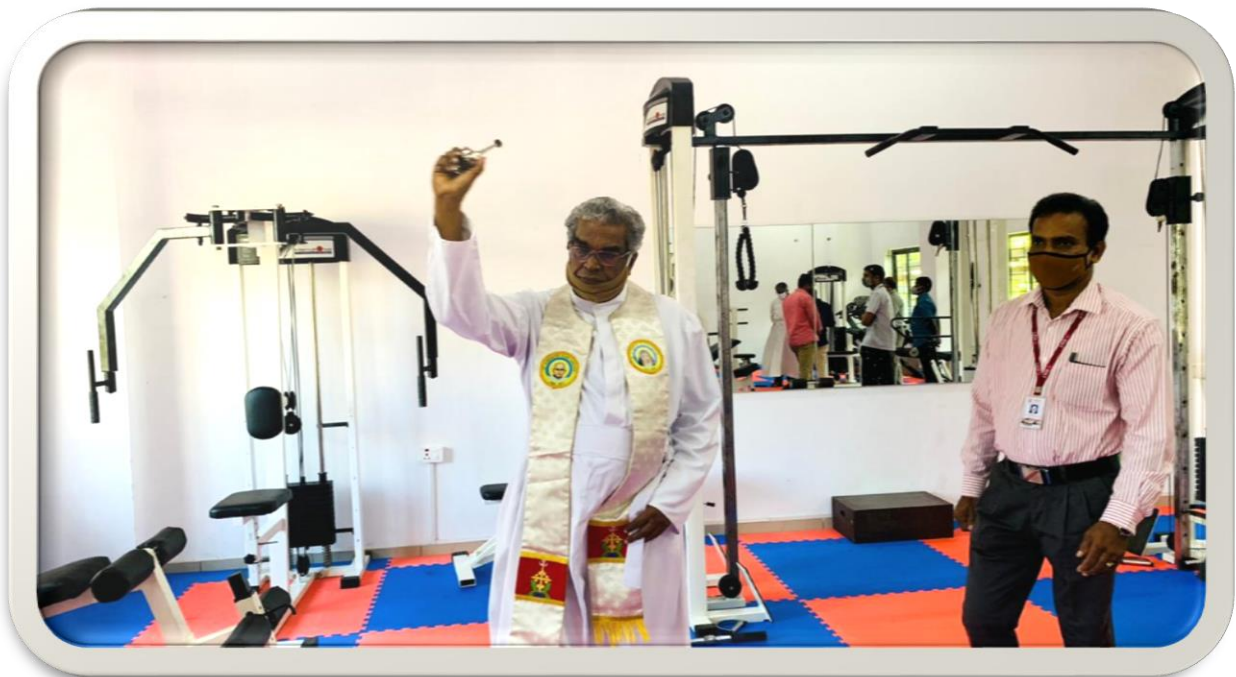
CONGRATULATIONS!!!



Rochen Joseph Dominic (S7 ME) won “Gold Medal” in Kollam District Arm Wrestling Championship (65 Kg Senior Category)

RSET FITNESS CENTER BLESSING

The blessing ceremony of RSET fitness center held on 5th January 2021 by our beloved Director Rev.Dr.Jose Kuriedath CMI.



PHYSICAL FITNESS PROGRAM FOR FIRST YEAR STUDENTS

Physical Education faculty conducted two day physical fitness program for first year students from 24th to 25th March 2021.

