



Department of Physical Education Government College Theog

GYM Activity Report

Introduction

The Gymnasium at Government College Theog continues to play a pivotal role in promoting physical fitness, mental well-being, and a healthy lifestyle among students. During the reporting period, a series of structured activities—including orientation, training, and regular supervised workouts—were conducted under the guidance of **Mr. Vikrant Gautam, Assistant Professor (Physical Education)**.

The goal of the initiative was to educate students about safe exercise practices, improve their fitness levels, and motivate them to incorporate regular physical activity into their daily routine.

1. Orientation Programme

A comprehensive **Gym Orientation Programme** was conducted at the beginning of the session. The orientation focused on:

- Introducing students to different gym equipment
- Demonstrating proper and safe usage of machines
- Explaining workout fundamentals (warm-up, stretching, cool-down)
- Providing guidance on posture, technique, and injury prevention

Mr. Vikrant Gautam conducted hands-on demonstrations and personally addressed students' queries regarding exercise routines and fitness goals.

2. Training Sessions

Following the orientation, regular **fitness training sessions** were organized. The training module included:

- **Cardiovascular workouts:** treadmill, stationary cycling, cross-trainer
- **Strength training:** dumbbells, barbells, multi-gym machines
- **Core strengthening and mobility exercises**
- **Flexibility and stretching routines**

Under the supervision of the Physical Education Department, students were trained to perform exercises correctly with emphasis on safety, posture, and consistency.

A significant achievement of the year was that **more than 50 students underwent structured training in the gym**, a clear indicator of growing fitness awareness and active participation on campus.

3. Student Usage of Gym Facility

The gym remained active throughout the week, witnessing enthusiastic participation from students across different semesters. Highlights include:



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- Consistent daily usage by students, especially from the **Physical Education Department**
- Equal participation of boys and girls, promoting gender-inclusive fitness culture
- Students reporting improved strength, posture, stamina, and confidence
- The gym serving as a stress-relief space, helping students maintain mental balance during academic pressure

Attendance was systematically recorded in the gym logbook to ensure safe and organized facility usage.

4. Outcomes of Gym Activities

The combined effect of orientation and training led to:

- Increased physical fitness and endurance levels
- Improved discipline, motivation, and health-conscious behaviour
- Enhanced understanding of exercise techniques
- Greater interest in sports and regular physical activity
- Development of a more active and wellness-oriented campus culture

Conclusion

The gym activities at Government College Theog, guided by **Mr. Vikrant Gautam**, proved to be highly impactful. Training more than **50 students** in structured fitness practices has significantly contributed to strengthening a culture of health, wellness, and physical activity on the campus.

The Department of Physical Education remains committed to expanding fitness programmes and motivating even more students to utilize the gym facilities in upcoming sessions.



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