

Fitness Report

2015-16

It was started in the year of 2015-16 onwards by JSSCPT under the guidance of Mr. Parmeshwar. A initially 76 from 1st year, 44 from 2nd year, 33 from 3rd year, 25 from final year and 17 PG's were enrolled were they had Sessions of 3 days / week total of 74 hours. The session were held on general practical examination of each student, physical fitness and fitness improvement.

2016-17

The sessions were held under the guidance of Mr. Nithyal Kumar .Total number of students enrolled were 75 from 1st year, 82 from 2nd year, 30 from 3rd year, 31 from final year and 17 PG's. They had sessions of 3 days / week total of 74 hours. The session were held on general practical examination of each student, physical fitness and fitness improvement.

2017-18

The sessions were held under the guidance of Mr. Nithyal Kumar .Total number of students enrolled were 90 from 1st, 60 from 2nd year, 53 from 3rd year, 28 from final year and 18 PG's. They had sessions of 3 days / week total of 62 hours. The session were held on general practical examination of each student, physical fitness and fitness improvement.