



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU

(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

From

Akhil Murali

Assistant Professor

Department of Physical Education

Paramekkavu College of Arts and Science

Date: 01/08/2024

To

The Principal

Paramekkavu College of Arts and Science

Subject: Request for Permission to Conduct Coaching Classes for Tug of War (Boys and Girls)

Respected Sir/Madam,

I am writing to seek your permission to organize coaching classes for Tug of War, aimed at both male and female students, under the guidance of the Department of Physical Education. These coaching classes will provide an excellent opportunity for students to enhance their physical fitness, teamwork, and competitive spirit in preparation for upcoming inter-college and regional competitions.

We plan to offer training sessions on 17/8/2024 at 9.00 AM, with the sessions being conducted by a qualified coach who has experience in training for this sport. The coaching classes will be open to all interested students, and it is anticipated that they will help in selecting the college team for future competitions.

I kindly request your approval to conduct these sessions, and I assure you that all safety and logistical requirements will be managed by the department to ensure smooth execution.

Thank you for considering my request. I look forward to your positive response.

Yours sincerely,

Akhil Murali

Assistant Professor

Department of Physical Education



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU

(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

Circular

Ref: PCAS/SC/PR-01/2024-25

Date:12/08/2024

This is to inform all students that the Department of Physical Education is organizing coaching classes for Tug of War for both boys and girls. The coaching sessions aim to enhance physical strength, teamwork, and strategic skills for those interested in participating in the upcoming inter-college and regional competitions.

Details of the Coaching Classes:

Eligibility: Open to all interested students (Boys and Girls)

Coaching Date: 17/08/2024

Time: 9 AM

Venue: College Ground

Coaching Instructor: Akhil Murali

Registration: Interested students are requested to register their names with the Department of Physical Education before. The coaching classes will cover the fundamental techniques, strategies, and physical conditioning required for effective participation in Tug of War. Participants will have the opportunity to train under the guidance of an experienced coach and will be selected for the college team based on performance and dedication. We encourage all students to take advantage of this opportunity to improve their fitness levels and be part of the exciting sport of Tug of War.



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU

(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

MLA ROAD, PUNKUNNAM, THRISSUR

Affiliated to University of Calicut



TUG OF WAR COACHING CAMP for the academic year 2024-25

17/08/2024
to
17/09/2024



9.00AM

Venue

COLLEGE
CAMPUS

Akhil Murali
Coordinator



PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU

(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

PROGRAMME REPORT

The Tug of War Coaching Camp at Paramekkavu College of Arts and Science was a successful initiative aimed at training both boys and girls in the sport. The camp provided participants with valuable coaching on techniques, strength training, and teamwork essential for competitive tug of war. Under the guidance of skilled trainers, students learned the importance of coordination, strategy, and physical endurance. The program focused on improving the participants' grip strength, stamina, and mental toughness, crucial for the intense nature of the sport. Both boys and girls demonstrated great enthusiasm and determination, working together to enhance their skills. The camp fostered a sense of unity and sportsmanship, with participants gaining not only physical strength but also a deeper understanding of the significance of teamwork in achieving success. Overall, the coaching camp proved to be a rewarding experience for all, helping to cultivate a spirit of collaboration and competition among the students of Paramekkavu College.





PARAMEKKAVU COLLEGE OF ARTS AND SCIENCE

THRISSUR AFFILIATED TO UNIVERSITY OF CALICUT. U.O. No. 2436/2013/CU

(Managed by Sree Paramekkavu Educational, Cultural and Charitable Trust)

MLA Road, Punkunnam, Thrissur 680002. Ph:0487 2960800, 9961068618

E-mail : paramekkavucas@yahoo.in, Website : <https://www.paramekkavuartsandsciencecollege.com>

