

**DEPARTMENT OF PHYSICAL EDUCATION
HENRY BAKER COLLEGE, MELUKAVU**

CERTIFICATE PROGRAMME

Programme Code: HBC/Phy. Edu. /CPO1/2023-24

Title of the programme: Health and Physical Fitness

Name of the faculty in charge: Mr. Jithin Thomas Abraham

Instructional Hours: 30

Objectives

The syllabus combines theory and practical components to equip students with knowledge and hands-on skills for better health and fitness. Students will understand key health principles and engage in cardio, strength, flexibility, and endurance exercises to lead a healthier lifestyle.

Module 1: Introduction to Health and Physical Fitness (10 hours)

Introduction to Health and Wellness

Physical Activity and Exercise

Nutrition and Diet

Mental Health and Stress Management

Sleep and Rest

Module 2: Physical Fitness and Exercise (10 hours)

Cardiovascular Fitness

Strength Training

Flexibility and Mobility

Endurance and Stamina

Goal Setting and Fitness Plans

Module 3: Healthy Lifestyle and Habits (10 hours)

Hygiene and Personal Care

Substance Abuse and Prevention

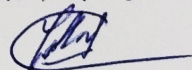
Healthy Relationships

Mindful Eating and Food Choices

Injury Prevention and First Aid

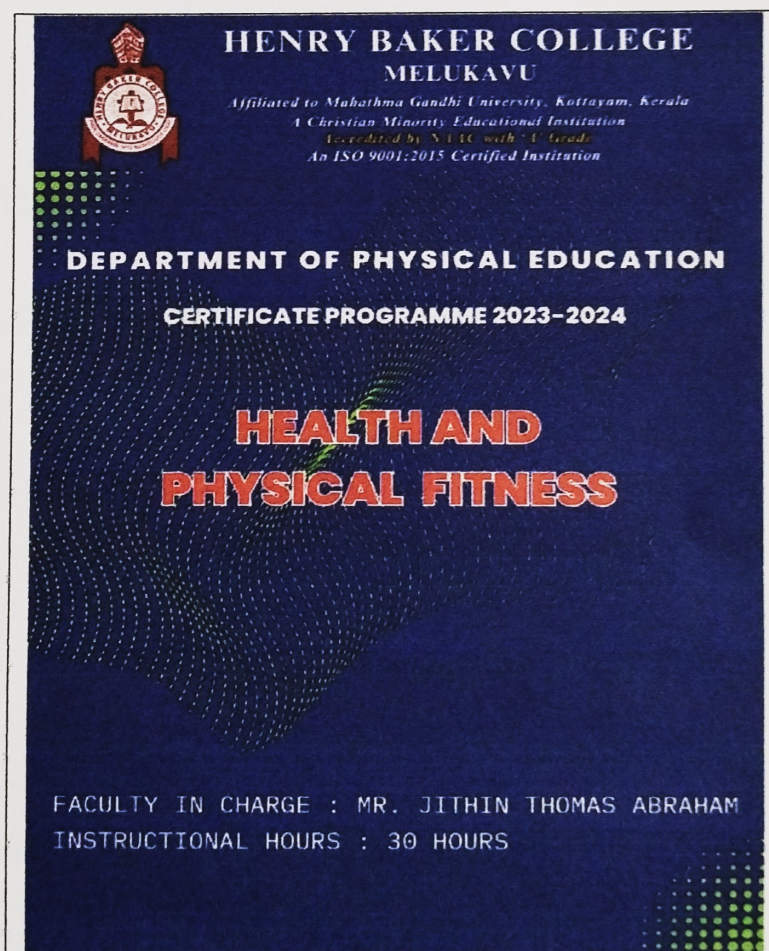
STUDENT ENROLLMENT

| Sl. No. | Full Name |
|---------|--------------------|
| 1. | Haroon ps |
| 2. | Abhijith Vijayan |
| 3. | Anjalimol N. M |
| 4. | Anitta Antony |
| 5. | Vivek P Biju |
| 6. | Noufal Zakkeer |
| 7. | Reshma. R |
| 8. | Daliya Rajeshwaran |
| 9. | BONNY K BABU |
| 10. | Yadhu Sathish |
| 11. | Badusha Sidhik |
| 12. | Bedsi p john |
| 13. | JISMAL SHAFEEK |
| 14. | Ajay Baiju |
| 15. | Anto tom |
| 16. | Anjitha. P |
| 17. | ALAKA MM |
| 18. | Amrutha mohanam |
| 19. | Sabitha thomas |
| 20. | Jerin Jojo |
| 21. | Gopika Vinod |
| 22. | Aksa Mol K.B |
| 23. | Nidhin joseph |
| 24. | Vishnu Saji |
| 25. | Jeevan Joshy |
| 26. | prem prasad |
| 27. | Sebin k saju |
| 28. | Aswathy Mk |
| 29. | Muhammed Irfan |

Jithin Thomas Abraham



SUMMARY REPORT OF THE PROGRAMME

The **Health and Physical Fitness** certificate program at Henry Baker College, Melukavu, successfully provided participants with a comprehensive understanding of essential health and fitness principles. Over 30 instructional hours, students engaged in both theoretical learning and practical exercises aimed at improving cardiovascular fitness, strength, flexibility, and overall wellness. Key topics covered included nutrition, mental health, strength training, and injury prevention. The program also emphasized the importance of a healthy lifestyle, focusing on hygiene, substance abuse prevention, and mindful eating habits. The exam was conducted online, and all 29 students successfully passed, demonstrating proficiency in both theoretical knowledge and practical application. The program achieved its objective of equipping participants with the tools to maintain a healthier lifestyle and promote physical fitness.



GRADE SHEET

| Sl. No. | Score | Full Name | Course | UG or PG | Year |
|---------|---------|--------------------|-----------------|----------|------|
| 30. | 16 / 20 | Haroon ps | History | UG | 2nd |
| 31. | 18 / 20 | Abhijith Vijayan | History | PG | 2nd |
| 32. | 20 / 20 | Anjalimol N. M | English | UG | 3rd |
| 33. | 16 / 20 | Anitta Antony | Commerce | UG | 2nd |
| 34. | 20 / 20 | Vivek P Biju | Commerce | UG | 3rd |
| 35. | 16 / 20 | Noufal Zakkeer | Commerce | UG | 3rd |
| 36. | 12 / 20 | Reshma. R | History | PG | 2nd |
| 37. | 16 / 20 | Daliya Rajeshwaran | English | UG | 3rd |
| 38. | 16 / 20 | BONNY K BABU | Commerce (Self) | UG | 2nd |
| 39. | 20 / 20 | Yadhu Sathish | Commerce (Self) | UG | 1st |
| 40. | 18 / 20 | Badusha Sidhik | English | UG | 3rd |
| 41. | 20 / 20 | Bedsi p john | History | PG | 2nd |
| 42. | 16 / 20 | JISMAL SHAFEEK | History | UG | 2nd |
| 43. | 20 / 20 | Ajay Baiju | History | UG | 1st |
| 44. | 14 / 20 | Anto tom | Commerce | UG | 2nd |
| 45. | 14 / 20 | Anjitha. P | History | PG | 2nd |
| 46. | 14 / 20 | ALAKA M M | History | PG | 2nd |
| 47. | 10 / 20 | Amrutha mohanan | History | UG | 2nd |
| 48. | 10 / 20 | Sabitha thomas | History | UG | 2nd |
| 49. | 14 / 20 | Jerin Jojo | Tourism | UG | 3rd |
| 50. | 18 / 20 | Gopika Vinod | Commerce | UG | 3rd |
| 51. | 18 / 20 | Aksa Mol K.B | English | UG | 3rd |
| 52. | 16 / 20 | Nidhin joseph | Tourism | UG | 3rd |
| 53. | 14 / 20 | Vishnu Saji | Tourism | UG | 4th |
| 54. | 16 / 20 | Jeevan Joshy | Tourism | UG | 3rd |
| 55. | 16 / 20 | prem prasad | Tourism | UG | 3rd |
| 56. | 18 / 20 | Sebin k saju | Commerce (Self) | UG | 3rd |
| 57. | 10 / 20 | Aswathy Mk | Tourism | UG | 3rd |
| 58. | 18 / 20 | Muhammed Irfan | History | UG | 2nd |

Jithin Thomas Abraham




HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms. **Abhyuth...Kijayan**.....has*

*successfully completed the certificate programme in **Health and Physical Fitness** conducted by the*

*Department of **Physical Education** with Grade **A+** in the examination held on **24-06-2024**....*

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr. Ms. Anjali Aral. N.M.*.....has
successfully completed the certificate programme in *Health and Physical Fitness* conducted by the
Department of *Physical Education* with Grade *A+* in the examination held on *04-06-2024*.....

Course Coordinator

IQAC Coordinator



Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr/Ms. Anitha Antony*.....has
successfully completed the certificate programme in *Health and Physical Fitness* conducted by the
Department of *Physical Education* with Grade *A* in the examination held on *04-06-2024*.....


Course Coordinator


IQAC Coordinator




Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM
Founded 1981

Accredited by NAAC with 'A' Grade
An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr./Ms. Noutal Zakker*.....has
successfully completed the certificate programme in *Health and Physical Fitness*... conducted by the
Department of *Physical Education*...with Grade *A* in the examination held on *04-06-2024*....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM
Founded 1981

Accredited by NAAC with 'A' Grade
An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

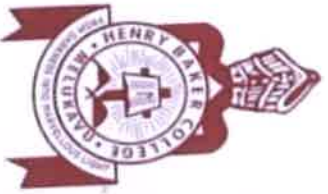
This is to certify that **Mr/Ms. Reshma R.**.....has
successfully completed the certificate programme in **Health and Physical Fitness**...conducted by the
Department of **Physical Education** with Grade **B+** in the examination held on **24-06-2024**.....


Course Coordinator


IQAC Coordinator




Principal
PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that Mr./Ms. *Hareem P S*..... has
successfully completed the certificate programme in.....*Health and Physical Fitness* conducted by the
Department of.....*Physical Education* with Grade *A* in the examination held on.....*04-06-2024*.....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr/Ms. Virek P. Biju*.....has
successfully completed the certificate programme in *Health and Physical Fitness*...conducted by the
Department of *Physical Education* with Grade *A+* in the examination held on.....*24-06-2024*....

Course Coordinator

IQAC Coordinator



P. Prasad
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms. **Anita. Tarn**.....has
successfully completed the certificate programme in. **Health and Physical Fitness**.....conducted by the
Department of. **Physical Education** with Grade **B+** in the examination held on. **04-06-2024**.....*


Course Coordinator


IQAC Coordinator




Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that **Mr./Ms. Anjitha P**.....has

successfully completed the certificate programme in **Health and Physical Fitness**... conducted by the

Department of **Physical Education** with Grade **B+** in the examination held on **04-06-2024**.....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that **Mr./Ms. Alaka M.M**.....has*

*successfully completed the certificate programme in **Health and Physical Fitness**.....conducted by the*

*Department of **Physical Education** with Grade **B+** in the examination held on...**04-06-2024**.....*

Course Coordinator

IQAAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms.....**Aravindhan Mahanar**.....has
successfully completed the certificate programme in **Health and Physical Fitness**...conducted by the
Department of **Physical Education** with Grade **B** in the examination held on **04-06-2024**.....*

Course Coordinator

IQAC Coordinator

Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU





HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr/Ms...**Sabitha...Thomas**.....has*

*successfully completed the certificate programme in **Health and Physical Fitness**...conducted by the*

*Department of **Physical Education** with Grade **B** in the examination held on...**04-06-2024**.....*

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms. **Tejina Jose**.....has*

*successfully completed the certificate programme in **Health and Physical Fitness**.....conducted by the*

*Department of **Physical Education** with Grade **B+** in the examination held on **24-06-2024**.....*

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that **Mr. Sebin K. Saju**.....has
successfully completed the certificate programme in **Health and Physical Fitness**.....conducted by the

Department of **Physical Education** with Grade **A+** in the examination held on **04-06-2024**.....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that **Mr/Ms.....Saparka..Vineed.....** has
successfully completed the certificate programme in **Health..and..Physical..Fitness.....** conducted by the
Department of **Physical..Education.....** with Grade **A+** in the examination held on **24-06-2024.....***

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms. **Aksha Mol K.B.**.....has*

*successfully completed the certificate programme in **Health and Physical Fitness** conducted by the*

*Department of **Physical Education** with Grade **A+** in the examination held on **04-06-2024***

Course Coordinator

IQAC Coordinator



Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr./Ms. Vidhan Joseph*.....has

successfully completed the certificate programme in *Health and Physical Fitness*.. conducted by the

Department of Physical Education with Grade *A* in the examination held on.....*04-06-2024*...

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr./Ms. Vishnu Saji*.....has
successfully completed the certificate programme in *Health and Physical Fitness*.....conducted by the
Department of *Physical Education* with Grade *B+* in the examination held on *04-06-2024*.

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that Mr/Ms. Jeevan Josehy.....has

successfully completed the certificate programme in Health and Physical Fitness.. conducted by the

Department of Physical Education with Grade A in the examination held on 04-06-2024

Course Coordinator

IQAC Coordinator

Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU





HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that Mr./Ms. Prama Prasad.....has

successfully completed the certificate programme in Health and Physical Fitness...conducted by the

Department of..Physical..Education with Grade A in the examination held on...04-06-2024...

Course Coordinator

IQAC Coordinator



Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr/Ms...**Aswathy**...**M.K**..... has
successfully completed the certificate programme in **Health and Physical Fitness**..... conducted by the*

*Department of **Physical Education** with Grade **B** in the examination held on...**24-06-2024**.....*

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that Mr./Ms. Muhammed Irfan.....has
successfully completed the certificate programme in Health and Physical Fitness.....conducted by the

Department of Physical Education with Grade in the examination held on 04-06-2024.....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms. **Ajay... Baiju**.....has
successfully completed the certificate programme in **Health and Physical Fitness**.....conducted by the
Department of **Physical Education** with Grade **A+** in the examination held on **24-06-2024**....*

Course Coordinator

IQAC Coordinator



Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr./Ms. Tisrmaal...Shafreek.....* has
successfully completed the certificate programme in *Health...and...Physical...Fitness.....* conducted by the
Department of *Physical...Education* with Grade *A* in the examination held on...*04-06-2024*...

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that **Mr./Ms. Bedisi P. Tahn**.....has

successfully completed the certificate programme in **Health and Physical Fitness**.....conducted by the

Department of **Physical Education** with Grade **A+** in the examination held on **04-06-2024**.....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese

Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr./Ms. **Badusha Sidhik**.....has
successfully completed the certificate programme in **Health and Physical Fitness**.....conducted by the
Department of **Physical Education** with Grade **A+** in the examination held on **24-06-2024**.....*

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr/Ms. **Yashna. Sakthish**..... has
successfully completed the certificate programme in **Health and Physical Fitness**..... conducted by the
Department of **Physical Education** with Grade **A+** in the examination held on **04-06-2024**.....*

Course Coordinator

IQAC Coordinator



Principal

PRINCIPAL
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

This is to certify that *Mr./Ms. Benny K. Babu*.....has

successfully completed the certificate programme in *Health and Physical Fitness*.....conducted by the

Department of *Physical Education* with Grade *A* in the examination held on *04-06-2024*.....

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU



HENRY BAKER COLLEGE

MELUKAVU, KOTTAYAM

Founded 1981

Accredited by NAAC with 'A' Grade

An ISO 9001 : 2015 Certified Institution

A Christian Minority Educational Institution run by CSI East Kerala Diocese
Affiliated to Mahatma Gandhi University, Kottayam

CERTIFICATE PROGRAMME -2023-2024

*This is to certify that Mr/Ms...**Dalya...Rajeshwaran**.....has
successfully completed the certificate programme in **Health..and..Physical..Fitness**..conducted by the
Department of **Physical..Education** with Grade **A** in the examination held on...**04-06-2024**....*

Course Coordinator

IQAC Coordinator



Principal
HENRY BAKER COLLEGE
MELUKAVU