

Best Practices

Alagappa University is dedicated to enhancing public health and fostering the personal and professional growth of its students annually. One of its primary initiatives involves offering physical fitness practices aimed at promoting health and creating job opportunities in various fields such as the ARMY, TNUSRB (SI, Police), RPF, and SSC (GD Constable). These practices are meticulously designed to prepare individuals for the physical demands of these professions. Under the guidance of the College Physical Education faculties at Alagappa University, students are trained in a range of best practices including Warm Up, Agility drills, Stretching Exercises, Rope climbing training, Medicine ball training, Speed training, Running Drills, Pull-ups, Push-Ups, Steps Workout, Box Jumping, Hurdles Jumps, and Cone Drills. These activities are conducted in the university grounds to ensure a conducive environment for physical training. By providing such comprehensive physical fitness training, Alagappa University aims to equip its students with the necessary skills and stamina to excel in their chosen career paths. These initiatives not only improve health and well-being but also create avenues for professional growth and success.



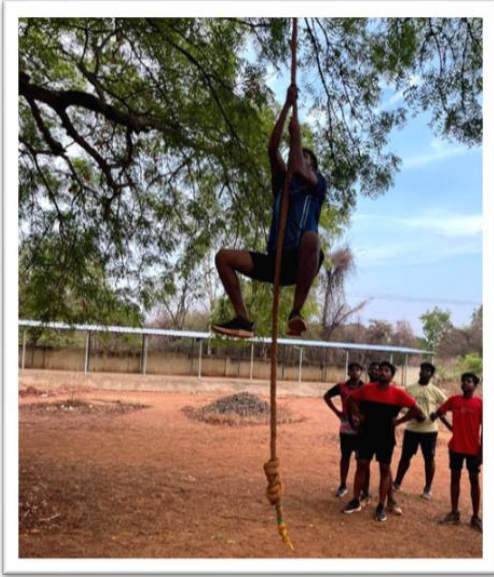
Warm-Up Training



Agility drills



Stretching Exercises



Rope climbing training



Medicine ball training



Speed training



Running Drills



Pull-ups



Push-up



Step Workout



Box Jumping



Hurdels Jumps



Cone Drills