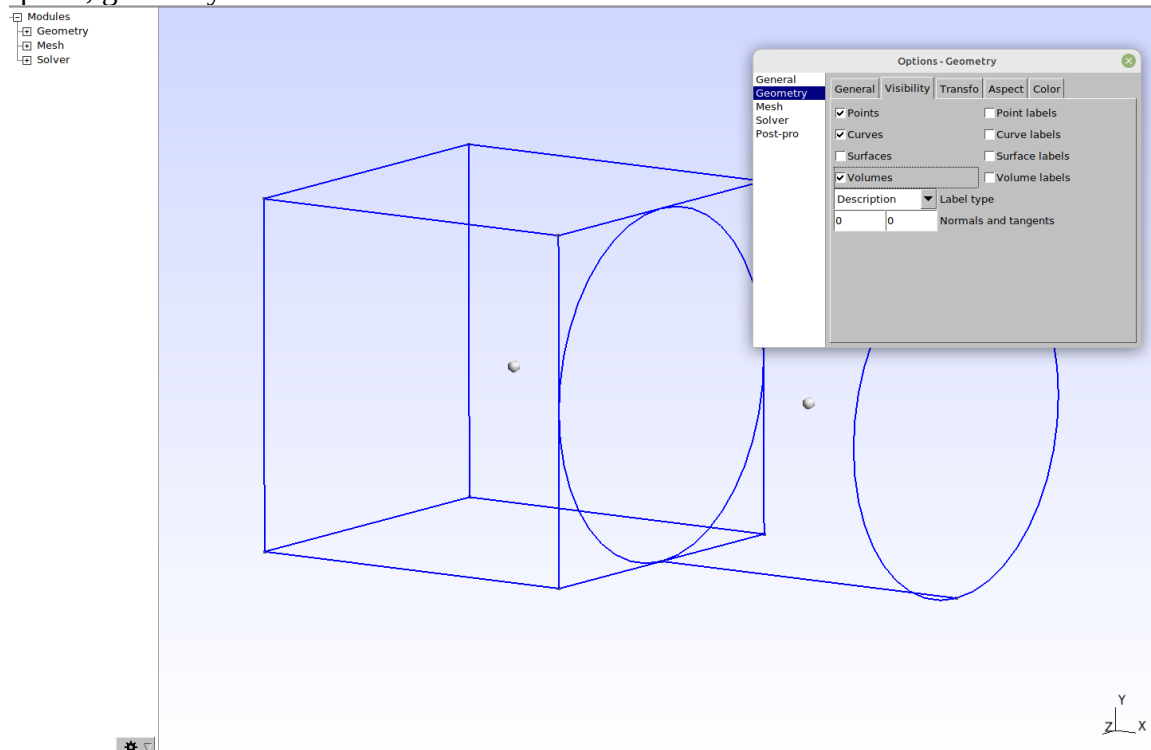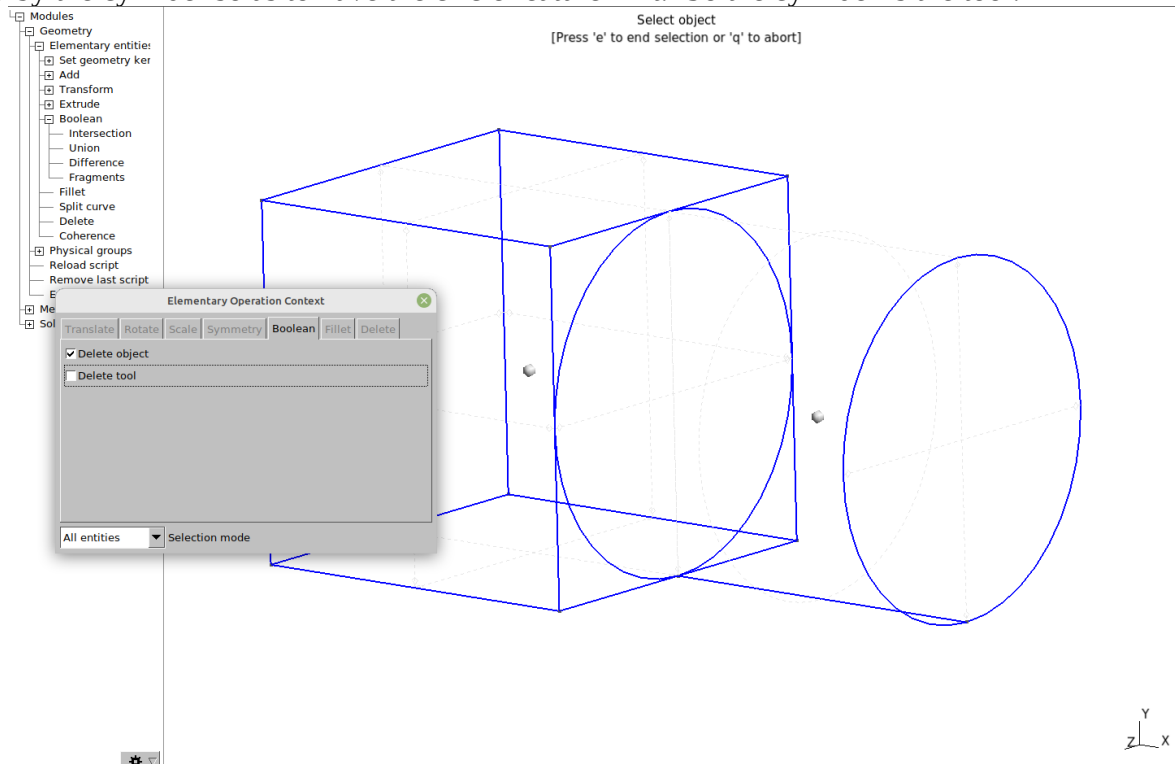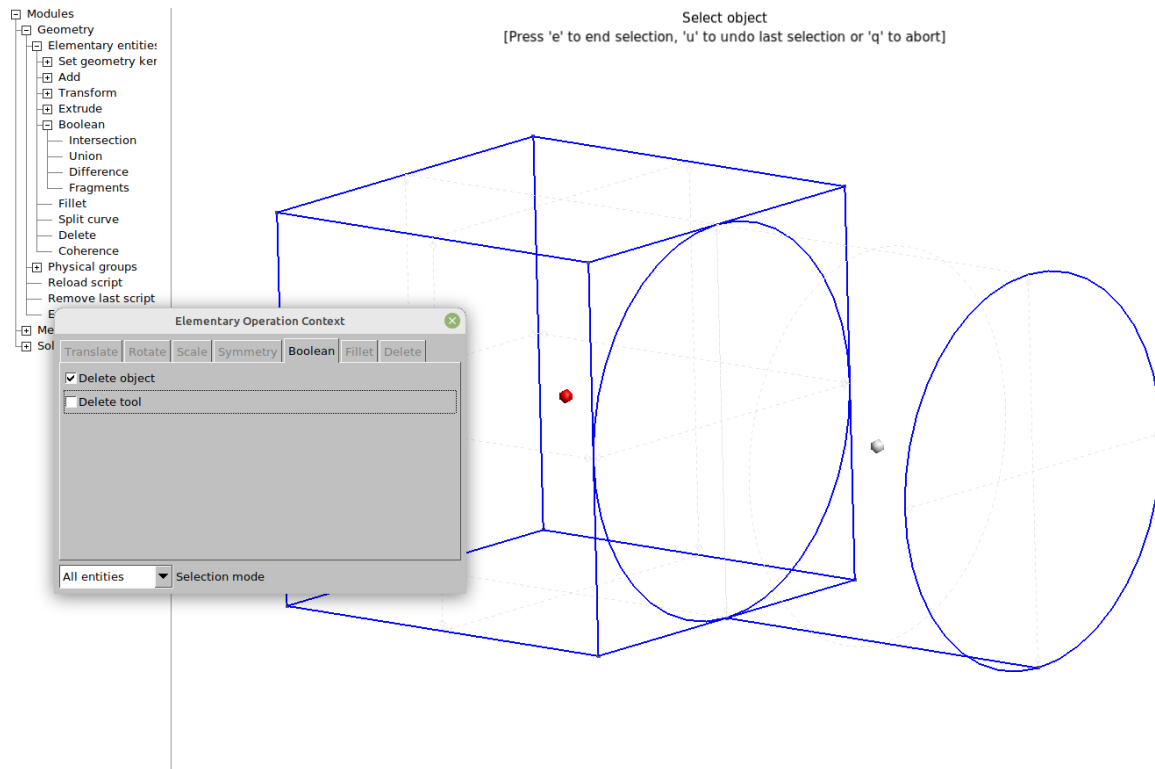Turn on volumes so you can see the bubble at the center of each volume
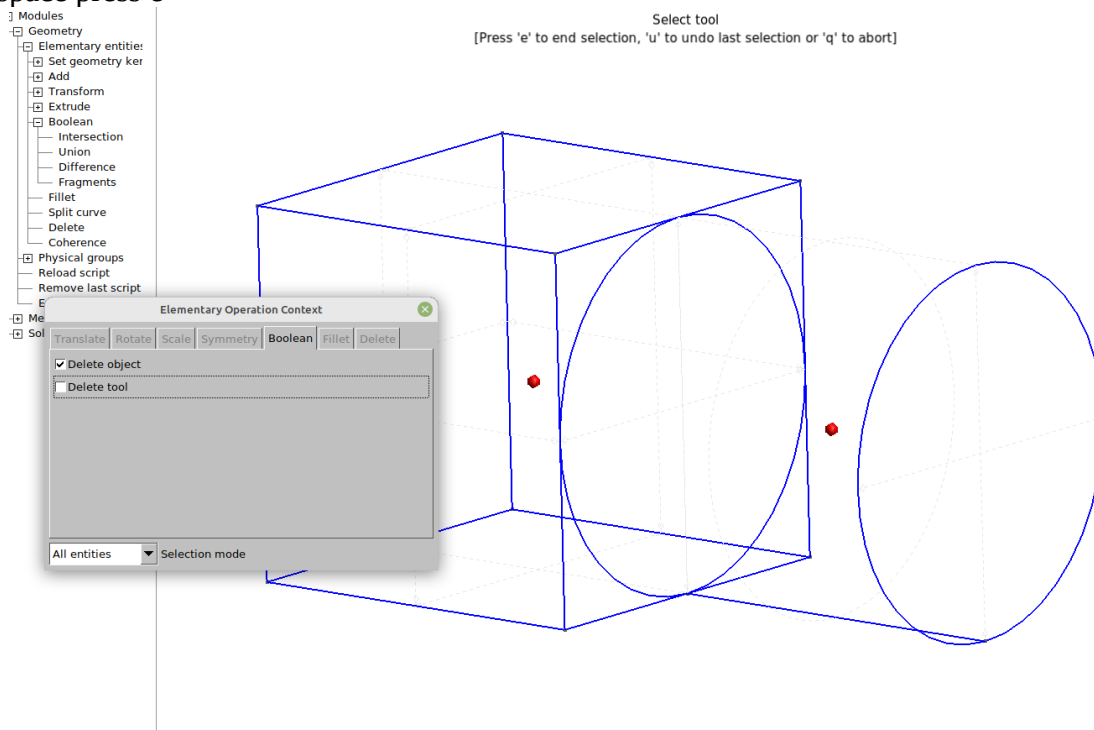Tools, option, geometry

You have to decide which objects to frag and which objects are the tool. In this case the block needs modified by the cylinder so as to have the circle feature in it. So the cylinder is the tool.

At the top of the screen it says select object, press e to end or q to abort.

Modules
Geometry
Elementary entities
Set geometry ker
Add
Transform
Extrude
Boolean
Intersection
Union
Difference
Fragments
Fillet
Split curve
Delete
Coherence
Physical groups
Reload script
Remove last script

Elementary Operation Context

Translate | Rotate | Scale | Symmetry | Boolean | Fillet | Delete

☑ Delete object
☐ Delete tool

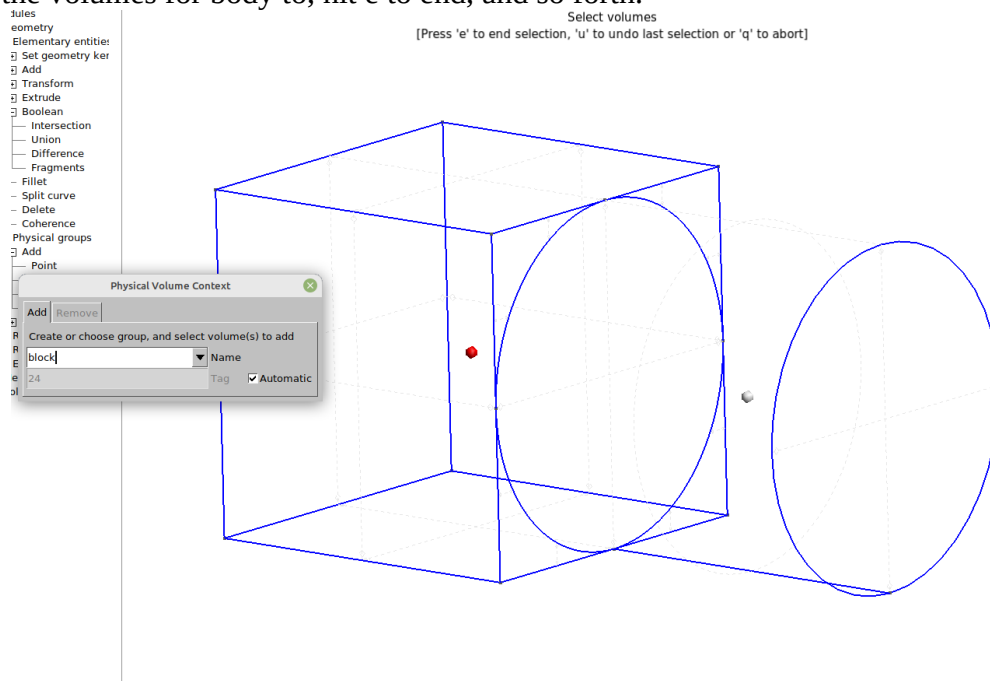All entities ▾ | Selection mode

Move to the white space and click on the bubble at the center of the block, it turns red. You could keep selecting volumes for the object, for example if the was a block on the other end you could also select it. At the top of the screen hit says hit e to end selecting, or q to abort command. With the cursor in the white space press e

Modules
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Elementary entities
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Elementary Operation Context

Translate | Rotate | Scale | Symmetry | Boolean | Fillet | Delete

☑ Delete object
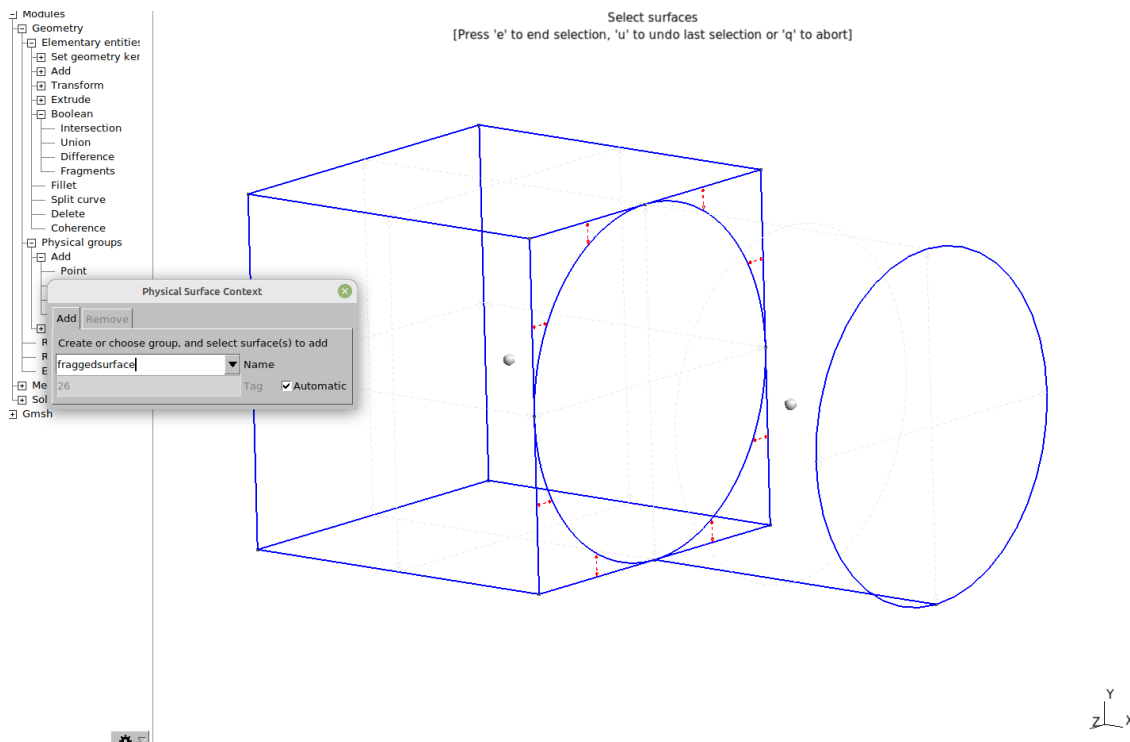☐ Delete tool

All entities ▾ | Selection mode

The top of the screen changes to select tool, again there can be multiple tools, such as four cylinders instead of 1. Select the bubble at the center of the cylinder and hit e to end selection. The block is fragmented. The command stays up so you can hit q or close the window.

You can then go to naming physical groups, each group of volumes become one body, each group of surfaces become one boundary. Again the selection is the same, type a name in the window, select all of the volumes you want in the first body, hit e to end selection. The put a new name in the window and select the volumes for body to, hit e to end, and so forth.

Same for surfaces in this case I have selected the four surfaces on the block around the cylinder to become 1 boundary, I hit e to end selection and then start naming other surfaces

I mesh then go to options, mesh, turn on 2D faces, to see the boundary elements.