

YOGA AND WELLNESS CLUB

Vimala Yoga and wellness club activities started long back in the year 1997. Academic excellence is very closely matched with the College health and wellness club activities.

The focus is on keeping the students active and engaged through various physical and psychomotor activities to develop their physical, mental and physiological capacities. The students play indoor games like badminton, TT, caroms and different outdoor activities like minor games, aerobics, zumba, swimming, Yoga, using gym facilities etc. As part of club activities period health awareness class are conducted for the students to understand, interact, and implement the healthy habits in their daily routine.

Events Organized

1. Health Mela on 31st January 2020

Health Mela was held at Vimala College Amphi Theater on 31st January. The chief purpose behind the Mela was to spread health awareness and facilitate health checkups for teachers and students.

Registration and checkup was started by 11.30 am. A total of 37 students and 19 teachers underwent checkup. A whole gamut of activities such as Exhibition of charts and Models, demonstration of some exercise, expert's opinions, Checking weight, height, BMI, Flexibility and cardio vascular endurance. The event came to an end by 2.30 pm.



2. Vimala college Fitness Center



3. Students performing Yogic asanas at amphy theater



4. Vocation Camp for kids Performing Zumba dance at indoor stadium



5. Students using out door gym



6. Giving Talks “Implement the healthy habits in their daily routine.”



7. Organized by Department of Physical Education, sponsored by women development cell In connection with the International Women’s Day



Events organized in the year 2021-2022

Sl No	Date	To Date	Event Name	Collabration if any	No of Student Participants	No of teacher participants	Outsiders	Coordinators	Winners
1	1.06.2021	15.06.2021	Online Suryanamaskar Competition		222	5		Vishnu PriyaMS Amitha Baby	1.Bhavan2. Andhra Babu(Physics S2)£. Rinjitha B.com
2	21.06.2021		Virtual Class On Yoga	7th International Day					
3	23.06.2021		Online Olympic Quiz	Olympic Day	420	2	180	Sreenidhi	1.Alvina V J
4	15.07.2021	29.07.2021	Online Sit Up Challenge		152	4		Anupama KS (CS) Hridha (Phy)	1. Prathiba kumari 2. Sabitha Mol 3. Anagha Shanmukhan
5	23.07.2021	8.08.2021	We # Cheer 4 India	Tokyo Olympics 2020					
6	29.08.2021	29.09.2021	All Kerala Womens Intercollegiate Virtual Dance Aerobics Competition	National Sports Day	87		20	Amitha (CS)	1. Sneha Michael Cheran 2. Tessa P Sam (Chemistry) S3

			on						
7	13.10.2021		Plogging	Kerala Sports Day	55	4		Anupama KS (CS) Simi Paul	
8	15.11.2021	1.12.2021	Wall Sit Challenge	Club Activity	52			Varsha Muraleedharan (HS) Adhithya T M	1. Aneesha Joseph(BA Eco)2. SharnyaMS (Eco)3.Jeen a (BA Soc)
9	8.12.21		Felisitatio n of Internatio nal Players		600				
10	7.01.2022		Sports Ayurveda consultati on Camp	KISAR/S ports Ayurved ic Researc h Cell	25	2	22		
11	16.01.2022		Thrissur District Olympic Games (Wrestlin g)	Thrissur District Wrestlin g Associati on	10	2	30		
12	5.01.2022	7.02.2022	75 Crore Suryanam askar Project	Azadhi Ka Amrith Maholsa v	650	11			
13	5.03.2022		Class on Self Defence	NSS Camp	50	2		Rajan Karate Coach Bhavana	

**Vimala College(Autonomous)
Thrissur**



Department of Physical Education
organises

7th INTERNATIONAL YOGA DAY



Date: 21st June 2021
Time: 6.30am to 7.30am

"Yoga for well-being"

All are cordially invited for the virtual class
<https://youtu.be/IQXMHUENI04>





VIMALA COLLEGE (AUTONOMOUS), THRISSUR

NAAC Re-accredited (3rd cycle) A grade, CGPA 3.5

PLOGGING



75 Azadi Ka Amrit Mahotsav

Time
7:30 am

Date
October 13th

Location
Vimala college
Campus

Clean up while you keep yourself fit by

How to PLOG!



Jogging



Picking up litter



Continue Jogging



Put it in a bin

Principal
Dr. Sr Beena Jose
Vimala College Autonomous

CONVENOR
Mrs Hemalatha V
HOD
(Department of Physical Education)

Coordinator
Mrs Agibet Mathews
Assistant Professor
(Department of Physical Education)

Student Coordinators
**Anupama K S (s3)
Simi Paul (s5)**





VIMALA COLLEGE (Autonomous) THRISSUR
 Department of Physical Education
All Kerala Women's Intercollegiate Virtual Dance Aerobics Competition
WINNERS

1st **2nd**


 S4
 BCom Self
 Sneha Michael Cheran
 Vimala College (Autonomous) Thrissur


 S8
 BSc Chemistry
 Teasa P Sams
 Vimala College (Autonomous) Thrissur

Congratulations






75
Azadi Ka
Amrit Mahotsav




A Tribute on 75th Anniversary of Independence

75 Crore Suryanamaskar

Organised by Department of Physical Education

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8



Step 9



Step 10



Step 11



Step 12



BENEFITS OF SURYANAMASKAR

- 
 Makes Muscles Strong
- 
 Increases energy
- 
 Increases flexibility
- 
 Helps shed weight
- 
 Makes you more focused
- 
 Increases the body's stamina
- 
 Improves concentration
- 
 Kickstarts the metabolism

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
 NAAC RE-ACCREDITED (3RD CYCLE) A GRADE, CGPA 3.50 ON A 4 POINT SCALE
 COLLEGE WITH POTENTIAL FOR EXCELLENCE

We # Cheer 4 India Tokyo Olympics 2020



Class on Self defense



Supported by

75
Azadi Ka
Amrit Mahotsav

75 Crore Surya Namaskar
Certificate

750 Million
Suryanamaskar

Organized by

Vimala College (Autonomous) Thrissur

has participated in the 750 Million Suryanamaskar challenge for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India - Azadi Ka Amrit Mahotsav.

Hon. Patrons

 Daaji Global Guide, Heartfulness	 Swami Ramdev President, Patanjali Yogpeeth	 Swami Govind Dev Giri Founder, Geeta Parivar
 Ekta Boudelique Secretary	 Chaitanya Kashyap Vice President	 Dr. Jaideep Arya President, Event Committee
 Udit Sheth Vice President		
 Dr. Sanjay Malpani Project Director		

Central Organising Committee
www.75suryanamaskar.com

75 Crore Suryanamaskar Project