

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 cellIn 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

International day of yoga
21st June

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>

Google Meet



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)**
Sini Paul (s5)






VIMALA COLLEGE
(Autonomous) **THRISSUR**
Department of Physical Education

*All Kerala Women's
Intercollegiate Virtual Dance
Aerobics Competition*


WINNERS

1st








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

2nd



S3
BSc Chemistry
Teena P Sana
Vimala College (Autonomous) Thrissur

Congratulations

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





75 Crore Suryanamaskar Project