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, carams 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. Vecation 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

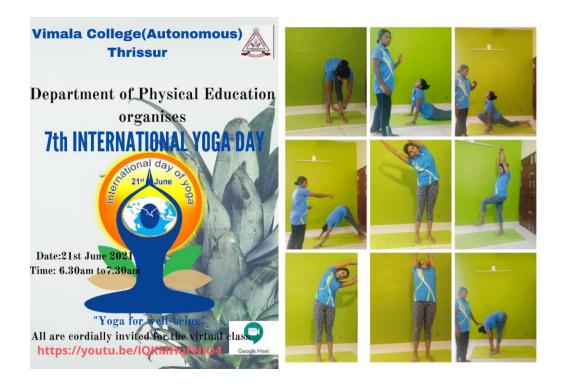
women development cellIn connection with the International Women's Day

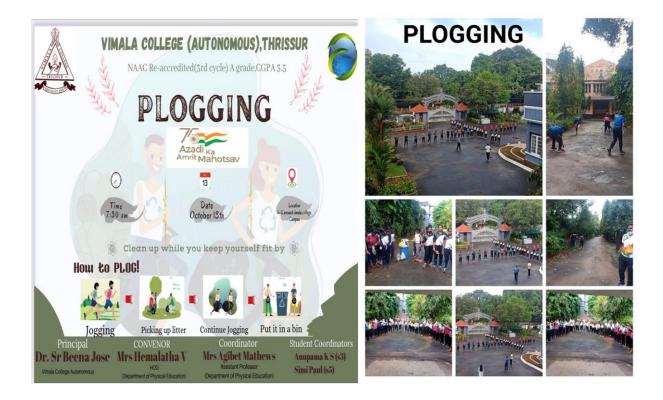


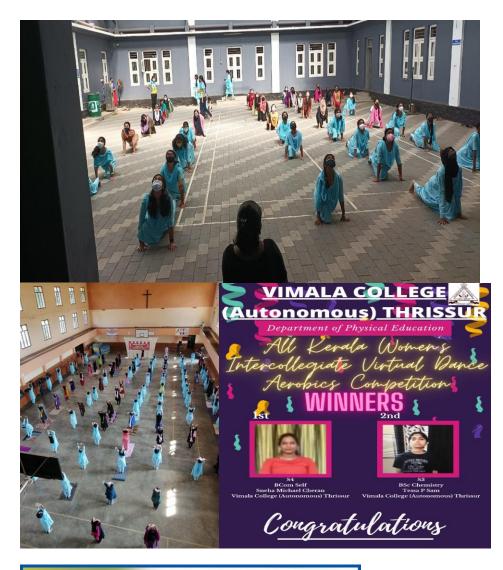
SI N O	Date	To Date	Event Name	Collabra tion if any	No of Student Particip ents	No of teacher particip ents	Outsi ders	Coordinat ors	Winners
1	1.06. 2021	15.06.2 021	Online Suryanam askar Competiti on		222	5		Vishnu PriyaMS Amitha Baby	1.Bhavan2. Andhra Babu(Physic s S2)£. Rinjitha B.com
2	21.06.2 021		Virtual Class On Yoga	7th Internati onal Day					
3	23.06.2 021		Online Olmpic Quiz	Olympic Day	420	2	180	Sreenidhi	1.Alvina V J
4	15.07.2 021	29.07.2 021	Online Sit Up Challenge		152	4		Anupama KS (CS) Hridha (Phy)	 Prathiba kumari Sabitha Mol Anagha Shanmukha n
5	23.07.2 021	8.08.20 21	We # Cheer 4 India	Tokyo Olmpics 2020					
6	29.08.2 021	29.09.2 021	All Kerala Womens Intercolle giate Virtual Dance Aerobics Competiti	National Sports Day	87		20	Amitha (CS)	1. Sneha Michael Cheran 2. Tessa P Sam (Chemistry) S3

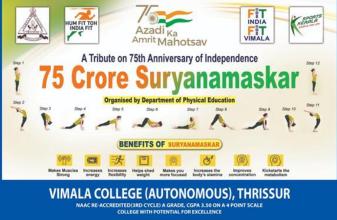
Events organized in the year 2021-2022

			on						
7	13.10.2 021		Plogging	Kerala Sports Day	55	4		Anupama KS (CS) Simi Paul	
8	15.11.2 021	1.12.20 21	Wall Sit Challenge	Club Activity	52			Varsha Muraleed haran (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				
1 0	7.01.20 22		Sports Ayurveda consultati on Camp	KISAR/S ports Ayurved ic Researc h Cell	25	2	22		
1 1	16.01.2 022		Thrissur District Olympic Games (Wrestlin g)	Thrissur District Wrestlin g Associati on	10	2	30		
1 2	5.01.20 22	7.02.20 22	75 Crore Suryanam askar Project	Azadhi Ka Amrith Maholsa v	650	11			
1 3	5.03.20 22		Class on Self Defence	NSS Camp	50	2		Rajan Karate Coach Bhavana	









We # Cheer 4 India Tokyo Olmpics 2020



Class on Self defense





75 Crore Suryanamaskar Project