

FITNESS + WELLNESS Club 2018-2022

Brief Report of the Event with photos:

The Fit India movement, launched in August 2019, on the occasion of National Sports Day, aims to make fitness an integral part of daily life of every Indian citizen. Since its inception in the year 2019 the students and teachers of Vimala College participated in various fitness related activities which is being promoted by the Department of Physical Education by the name Fit Vimala, Fit India.

Fit Vimala, Fit India aims to cultivate fitness awareness among the students and teachers of the College and to lead them towards a better quality of life. Towards achieving this mission,

Objectives:

To promote fitness as easy, fun and happiness.

To spread awareness on fitness and various physical activities those promote fitness through focused campaigns.

To encourage indigenous sports.

To make fitness a part of each department of Vimala College.

PROGRAMMES AND ACTIVITIES UNDERTAKEN

1. Mass Aerobic dance display
2. Health Mela (which includes health checkups for all students and staff)
3. Induction programme for all fitness representatives of all departments
4. Run Vimala Run for health (Mass run)
5. Workshop on Kalaripayattu for all first year students by Mr. Dil Sagar
6. Organized intercollegiate competitions





Programmes and Activities Undertaken During Covid Pandemic

Various programmes were organized and assigned to each department by the Department of Physical Education every month. The Department of Physical Education used to conduct Fitness Activity based on selected theme every month and various fitness activities were assigned for every department keeping in mind the theme and achieved a meaningful outcome.

1. Organizing intramural and extramural competitions

An online intramural competition was organized as fitness challenges and students from various department participated in the event. The aim was to get the students active through physical activity and to test their various fitness components.

2. Talks by Doctors/health specialist/nutritionist/mental health specialists

Various webinars and seminars were conducted on health related topics.

3. Sports Quizzes

4. Posture making and Presentations

5. Online and Offline training sessions

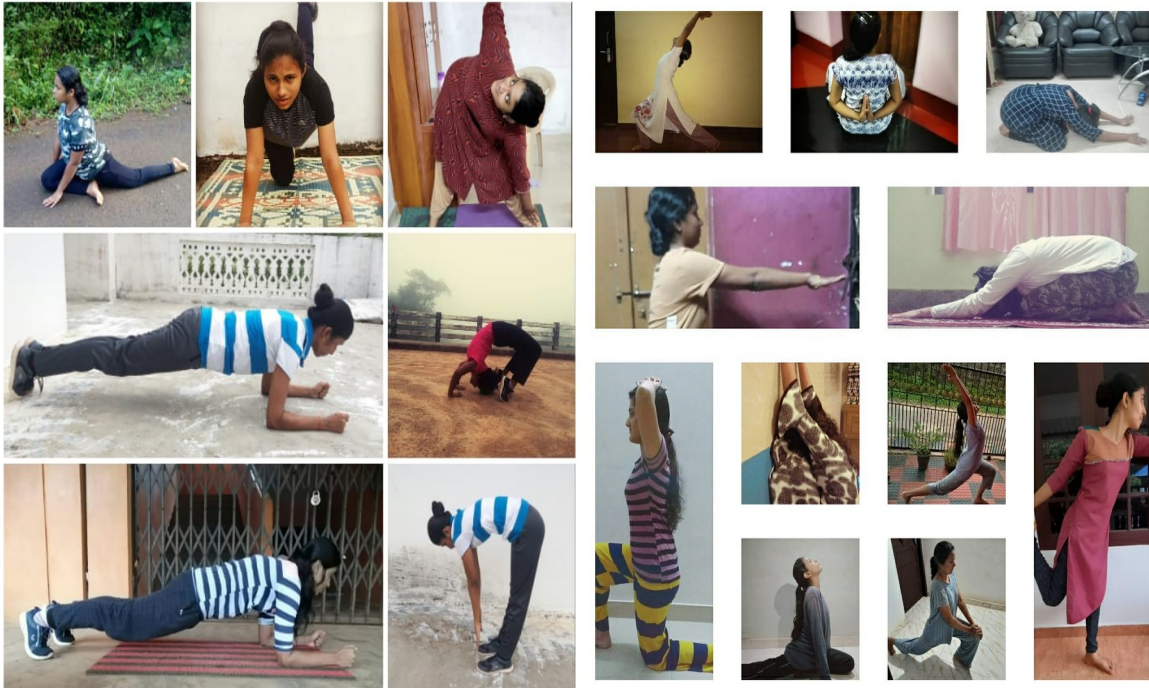
TOTAL PARTICIPATION IN FIT VIMALA FIT INDIA MOVEMENT

Department wise achievements pertaining activities

Fit India Monthly Action Plan

2020-2021											
Sl. No.	Department	June	July	August	September	October	November	December	January	February	March
	Theme Of Fitness Activity chosen	Yoga &	Healthv	Physical	Supportin g mental	Stay safe	Sleep well to	Life style Diseases	Exercise	Hygiene and	The perils
	Activity Chosen	Yoga	Sten	Aerobics	Walk/ Run for	Fitness @	Zumba	Calistheni cs	Mediatio	Gardenin g	Rope
	B.Voc Web Tech.				76				76	76	76
2	Commerce			400	400	400			400	400	
3	Economics/	63	63	63	63	63	63	63	63		
4	English							120	120		
5	Functional English							120	120		
6	Botany				36				36		
7	Chemistry				43			43			
8	Computer Science	280	280	280	280	280	280	280	280	280	280
9	Home Science(Fcs, Tex, B voc)				238			238	238		
10	MSW	48			48						
11	Physics				160						
12	Physical Education	48	73	73	73	73	73	73	73	73	73
	Total	439	416	816	1344	816	416	937	1406	829	429

Photographs





"FLOWERS 🌻 ALWAYS MAKE
PEOPLE » BETTER, HAPPIER,
AND MORE HELPFUL; THEY ARE
SUNSHINE, FOOD AND
MEDICINE FOR THE SOUL'. 🌸"



WEBINARS



VIMALA COLLEGE
THIRUVARUR

P. G DEPARTMENT OF
COMMERCE AND RESEARCH

HEALTH & HOME
THROUGH PHYSICAL ACTIVITY
& ACTIVE
& TAT HEALTHY

PROGRAMME LIST

1. HELLOME ADDRESS

2. LESSON BY

3. VIRTUAL ATTY

4. GUEST LECTURE BY
DR. P. JAYALAKSHMI

DEPORTES
2010

29th AUGUST 2020
2.00 PM TO 3.00 PM



MR. VIMALAATHA V
DEPARTMENT OF
EDUCATION

DAILY WEAR REDDIE THE
COUNCIL FOR THE
BENEFIT OF THE
COUNTRY. WE CAN
CARRY ON WITH
COURAGE IN THE
FUTURE.

ENJOY OUR HEALTH TOMORROW
IN ASSOCIATION WITH
"GET YOUR MOURN" RESEARCH
ARE CONDUCTING.

WE USE THE DEPARTMENT OF
COMMERCE AND RESEARCH
ARE CONDUCTING.

NATIONAL SPORTS DAY

PROF. DR. DEBANA JOSHI
PROF. DR. SUBRAMANIAM
ASSISTANT PROFESSOR
DEPARTMENT OF
COMMERCE AND RESEARCH
P. G DEPARTMENT OF
EDUCATION

STUDENT COORDINATOR : SARAHANA
STUDENT COORDINATOR : SARAHANA

CLASS : SS Blom (SELF)

PROGRAMME LIST

1. HELLOME ADDRESS

2. LESSON BY

3. VIRTUAL ATTY

4. GUEST LECTURE BY
DR. P. JAYALAKSHMI

5. VOTE OF THANKS

6. MEET AND GREET

**DEPARTMENT OF
EDUCATION**

MR. MANOJ MOHANDAS

MR. MANOJ MOHANDAS



VIMALA COLLEGE
(AUTONOMOUS)
CHENGALVARUR

DEPARTMENT
OF
COMPUTER SCIENCE

AN AWARENESS TALK
ON IMPORTANCE OF
PHYSICAL FITNESS IN
YOUR LIFE

**GET FIT,
DON'T QUIT**

13 OCTOBER 2020, TUESDAY

 9:00 PM




MR SEBASTIAN K M
ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL EDUCATION
CHRIST COLLEGE (AUTONOMOUS)
MIRJALAKUDA

[Click here to join the meet](#)



MIMALA COLLEGE
 (NOTICE BOARD)

FITNESS CLUB
 (BY DEPARTMENTAL COORDINATOR)

miracle
OF
sleeping well

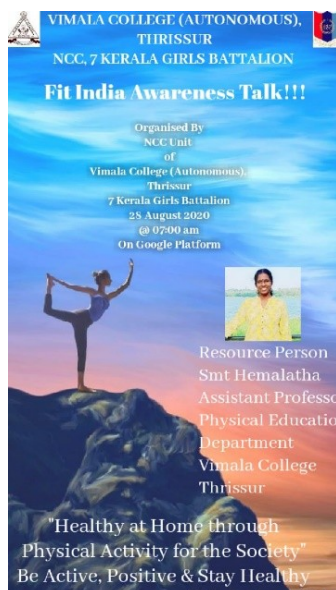
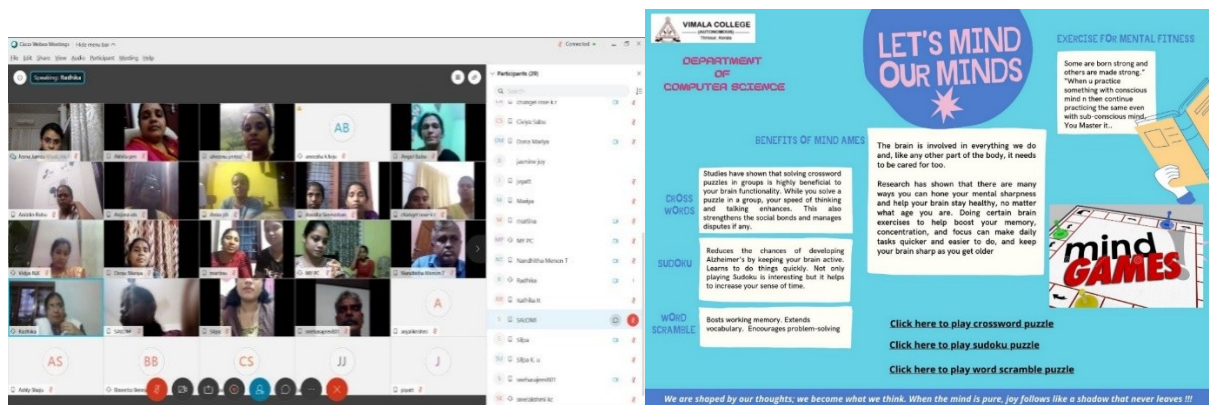
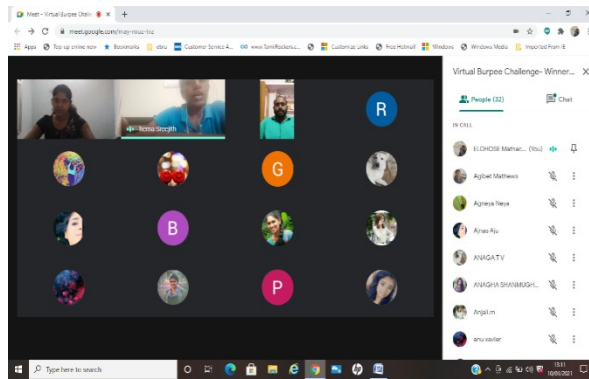


Getting enough quality sleep is one of the most important ways to protect your health. Quality sleep, in turn, promotes health, quality of life, and energy. The more you sleep, the more energy you have to take on each waking day and the more you can enjoy life. Here are some steps you can take to improve your sleep hygiene.

DO'S & DON'TS




- Set a regular biological clock for your sleep.
- Spend about 30 minutes to an hour to get prepared for the following day.
- Train yourself to use bedroom only for sleeping.
- Begin rituals that help you relax each night before bed.
- Make sure your bedroom is comfortable.
- Put your clock under the bed or turn it so that you can't see it.
- Put away electronics.
- Avoid taking naps, especially after 3:00pm.
- Do not use caffeine after lunch.
- Do not go to bed hungry but eat a heavy meal before bed.
- Do not go to bed unless you are sleepy.
- Avoid drinking, smoking and pills before bed.
- Avoid intense workouts before bed.
- Do not take your problems along to bed.



POSTURE MAKING



COMPETITIONS ORGANISED THROUGH VIRTUAL MODE

Registration will be closed on 21st December at 6 PM

REGISTER

SEND YOUR VIDEO BEFORE 29TH DECEMBER

Upload your recorded video to your Google Drive and send the link to the given Email ID along with your name, department and year.

Email ID: burpeechallenge@gmail.com

For more details contact +91 96533 49997

VIMALA COLLEGE (AUTONOMOUS), THRISSUR
DEPARTMENT OF PHYSICAL EDUCATION

VIRTUAL BURPEE CHALLENGE
Maximum repetition in one minute

Greeting to all,
We are glad to inform you that Department of Physical Education is organizing a "Virtual Burpee Challenge" for Vimalians.

Click to play

CONVENOR
Mrs Hemalatha V (HOD)

COORDINATOR
Mrs Agibet Mathews (Assistant Professor)

STUDENT COORDINATOR
Sreeshma P M Department of Economics(S6)
Lakshmi Devi Department of Computer Science(S6)


Winners will be awarded when college reopens

Certificate will be provided


CONGRATULATIONS

VIMALA COLLEGE (AUTONOMOUS), THRISSUR


VIRTUAL BURPEE CHALLENGE WINNERS



1 **Sruthy K**
S4 BA Sociology



2 **Simi Paul A P**
S4 Bcom (Regular)



3 **Sreeshma P M**
S6 BA Economics

VIMALA COLLEGE (AUTONOMOUS)
Department of Physical Education

PLANK CHALLENGE

Plank for the maximum that you can and whatsapp your planking video to 6238991320 on or before 29/01/2021.

RULES

1. While performing plank, only the forearms and toes should touch the floor.
2. Both toes should be kept close together.
3. Knees and hip should held straight and parallel to floor.
4. Video should be visible through out the plank.
5. Attach your name and department along with the video.

Click Here

CONVENOR
Mrs Hemalatha V (Head of the Department)
Department of Physical Education

STUDENT COORDINATORS
Bhavya V Department of Economics (S4)
Gurpreet V Department of Sociology (S4)

COORDINATOR
Mrs Agibet Mathews (Assistant professor)
Department of Physical Education

VIMALA COLLEGE (AUTONOMOUS), THRISSUR

PLANK CHALLENGE WINNERS



1st **DONA MARIYA TOM**
S4 BA ECONOMICS



2nd **BHAVANA M V**
S4 BCOM FINANCE (REGULAR)



3rd **AGNEYA M**
S1 BA MALAYALAM

CONGRATULATIONS

BENEFITS OF SKIPPING

- Regular
- Flexibility
- Full Body Workout
- Leg Strengthen
- Strong Arm
- Yes

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

BECOME YOUR BEST SELF

SKIP OVER 1 MINUTE CHALLENGE

Improves heart health.
Increases concentration
Improves coordination
Increases stamina and gets rid of fatigue
Increases body flexibility
Boost mental health
Decreases belly fat
Strengthening your bones

Instructions:

1. Record a video of your skipping activity
2. Duration: 1 minute
3. Video should contain the audio of counting 1, 2, 3 ... while you are skipping.
4. Winner will be the person who has achieved maximum skip count in one minute.
5. Whatsapp the video with your name, semester, course and department to 6989069854
6. Last date to send videos: 20 March 2021

VIMALA COLLEGE (AUTONOMOUS)

VIRTUAL CHALLENGE

VRIKSHASANA

TREE POSE

FEBRUARY 28, 2021

Challenge your balance

Rules

1. Stretch both arms upwards keeping close to ear, palm touching each other.
2. Place the sole right/left against the inner thigh and toe pointing downwards.
3. One foot should be grounded although.
4. Close your eyes while performing vrikshasana.
5. Video should be clearly visible.

Vrikshasana for the maximum that you can and WhatsApp your video to 6282273368 on before 28/02/2021.

Department of physical education

Convenor
Mrs Hemalet V
(HOD)

Coordinator
Mrs Agibet Mathews
(assistant professor)

Student coordinators
Femin Jacob (BA Economics)
Aksha c (BA Functional Eng)

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 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.



1. Students using Vimala college Gymnasium for fitness training purpose



2. Students practicing Yogic asanas at amphy theater



5.Students using out door gym facilities in their leisure time



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



7. In collaboration with women development center in connection with the International Women's Day a talk and wellness dance by Kannur University MPhil. Students



Events organized in the year 2021-2022

Sl No	Date	To Date	Event Name	Collaboration 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)f. 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. Prathibha 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
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.Jee na (BA Soc)
9	8.12.21		Felisation of International Players		600				
10	7.01.2022		Sports Ayurveda consultation Camp	KISAR/Sports Ayurvedic Research Cell	25	2	22		

Sl No	Date	To Date	Event Name	Collaboration if any	No of Student Participants	No of teacher participants	Outsiders	Coordinators	Winners
11	16.01.2022		Thrissur District Olympic Games (Wrestling)	Thrissur District Wrestling Association	10	2	30		
12	5.01.2022	7.02.2022	75 Crore Suryanamaskar Project	Azadhi Ka Amrith Maholsav	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






Time
 7:30 am


Date
 October 13th


Location
 Vimala college
 Campus

Clean up while you keep yourself fit by

How to PLOG!


Jogging

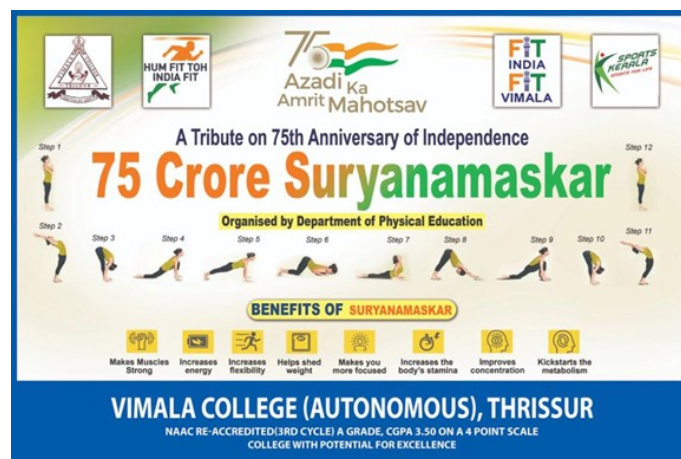

Picking up litter


Continue jogging


Put it in a bin

Principal	CONVENOR	Coordinator	Student Coordinators
Dr. Sr Beena Jose	Mrs Hemalatha V	Mrs Agibet Mathews	Anupama K S (s3)
<small>Vimala College Autonomous</small>	<small>HOD (Department of Physical Education)</small>	<small>Assistant Professor (Department of Physical Education)</small>	Simi Paul (s5)





We # Cheer 4 India Tokyo Olympics 2020



Class on Self defense



75 Crore Suryanamaskar Project

Supported by

75 Azadi Ka Amrit Mahotsav

75 Crore Surya Namaskar Certificate

750 Million Suryanamaskar

Organised 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 Boudierlique 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

