

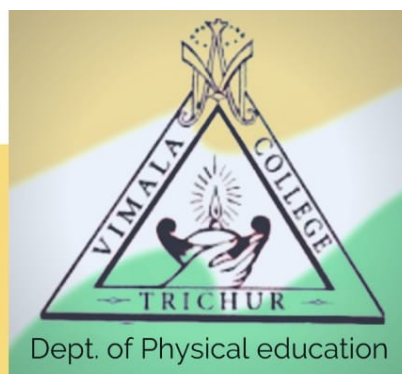
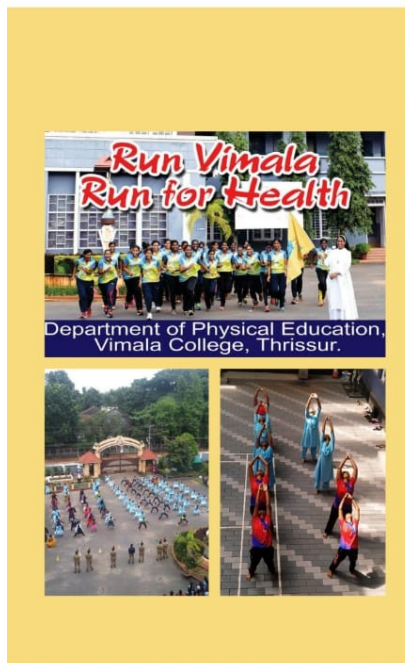
FITNESS + WELLNESS Club 2022-23

8th International yoga day

The 8th International yoga day 2022-23 with the theme “Yoga for Humanity”, Vimala college has celebrated it with great enthusiasm and vigor almost 125 participants took part in that event . Yoga Club trained student volunteers organized a mass display on Surya Namaska , and various asanas in front of the college. The department of physical education gave continues practice for sports and NSS students for 3 weeks.

The yoga session started exactly at 9: 30 Am with meditation standing on Tadasana . Then moved to Surya Namaskar or Sun salutation a yoga warm up routine based on a sequence of gracefully linked asanas with background music. Then we moved to various formation which includes almost 25 sitting, laying and standing asanas. After the display sweets and motivational speech was delivered by our Principal to continue practice yoga for keeping the body and mind healthy .





Our activities

- Talks by health specialists
- Sports quiz
- Posture making
- Virtual competition's
- Webinars
- Preparing students for intercollegiate competitions
- Regular on line & off line training
 - Yoga
 - Aerobics
 - HIIT training
 - Zumba
 - Rope Jumps
 - Gardening
 - Run/Walk



NATIONAL SPORTS DAY (29TH AUGUST 2022)

Winners of the Fitness Challenge

I. Arm Wrestling

1. Anjali AG	3 rd year B A Functional English	Gold
2. Christy George	1 st year B A Sociology	Silver
3. Alice K C	1 st year B A Functional English	Bronze

II. Basketball Throw

1. Nivya Susan Babu	1 st B A Economics	Gold
2. Ameena Sherin	1 st B A Functional English	Silver
3. Sona Luice	3 rd year B Sc Chemistry	Bronze

III. Skipping

1. Parvathy T N	3 rd year B Sc Mathematics	Gold
2. Ann Mary Joseph	3 rd year B A Functional English	Silver
3. AkhilaPS	3 rd year B Com	Bronze

IV. Wall Sit

1. Lakshmi N S	1 st year B Com (Self)	Gold
2. Gowri I J	3 rd year B Voc Food Processing	Silver
3. Aisha Ahammed	1 st year B Sc Physics	Bronze

VIMALA COLLEGE (Autonomous) , Thrissur
 Department of Physical Education

Introducing Fitness Challenge for the staff and students on the occasion of

**NATIONAL
SPORTS
DAY 2022**

Challenges

- Arm wrestling
- Basketball throw
- Wall sit Challenge
- Skipping

Venue

- Leisure tower
- Basket ball court
- Amphitheater
- Auditorium

Time
2:00Pm
Date:
29/08/22



Note : All the participants can do spot registration by paying 2 Rs per event. Medals will be awarded to the first 3 positions.

Faculty coordinators : Ms Agibet Mathews , Ms Hemalatha V
 Student coordinators : Prinkaya , Seena , Nanditha , Anagha