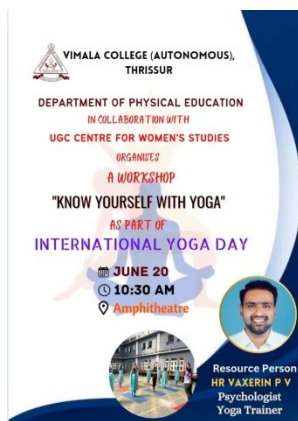
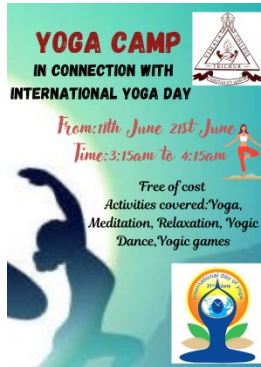


FITNESS + WELLNESS Club 2024-25

In connection with International Yoga Day, Yoga Camp was conducted for all staff and students for 10 days. And in collaboration with UGC centre for Women's Studies a workshop was organised on "KNOW YOURSELF WITH YOGA" ON 20TH June.



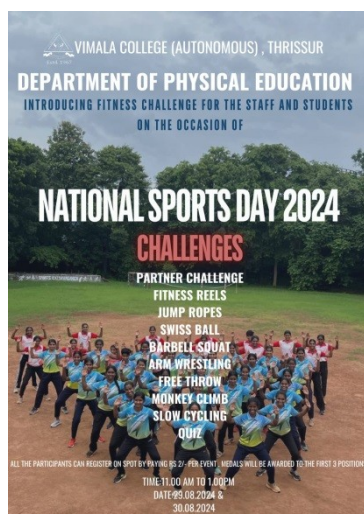
Vimala to Paris

In connection with the 2024 Paris Olympics Physical Education Department of Vimala College organized 'Vimala Parisi Lake' at the basketball court of the college. Vimala College Vice Principal Dr. Malini K.A. The program was inaugurated by handing over the Olympic torch to Head of Physical Education Department, Agibet Mathews. This was followed by a mass drill in which all the students of Vimala College participated. The purpose of this event was to bring the arts of sports to the

masses, accompanied by the Olympic rings and the music of this year's Olympic theme song, Brave Be Bold. All of your students of the college have been welcomed with enthusiasm 'Vimala to Paris'.



In connection with national sports Day the Department of Physical Education is organising fitness challenge for all the staff and student at different venues in side the campus from 11: 00 AM to 1 : 00 PM .The challenges are Partner challenge, Fitness reels, Jump ropes, Swiss ball Barbell Squat, Arm wrestling, Free-throw, Monkey Climb, Slow Cycling, Quiz.Prize winners are awarded with medals



Fitness + Wellness club is providing regular training for all staff and students to keep them active.



VIMALA COLLEGE (AUTONOMOUS) THRISSUR

DEPARTMENT OF PHYSICAL EDUCATION

**FITNESS + WELLNESS
Club**

**FIT
INDIA
FIT
VIMALA**

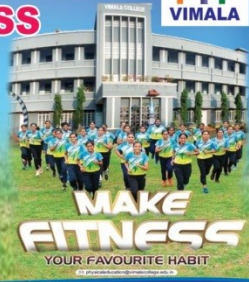
Our services:
Aerobic dance, Yoga, Weight Loss & Weight gain program,
Strength training, Nutrition solutions,
Fitness assessment & Consultation

Monday, Thursday Time: 3:15 pm to 4:15 pm

Tuesday, Wednesday, Friday & Saturday

Time: 11:30 am to 12:30 pm

Venue: Vimala College Indoor Stadium



Contact:

Ms : AGIBET MATHEWS - 9605349997, Ms: HEMALATHA V. - 9446180024, Mr. VIJOY N.J. (Coach): 6005295175, Mr. ABHIJITH S.G. (Coach) : 7559904879