



Vimala College (Autonomous) Thrissur,



Fit Vimala Fit India Movement

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 Vimala College and to lead them towards a better quality of life. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach in every department of the Vimala College

#### PROGRAMMES AND ACTIVITIES UNDERTAKEN

Various programmes were organized and assigned to each department by the department of Physical Education every month like:-

1. Organizing intramural and extramural competitions
2. Talks by Doctors/health specialist/nutritionist/mental health specialists
3. Fitness/Sports Quiz
4. Regular Health Check Up

Also Regular Fitness Activities were organized by the department such as

1. Marathons/Walkathon and other such events on regular intervals
2. Encourage students to do run/walk/Martial Arts
3. Encourage students to do Yoga/meditation
4. Encourage students to do Aerobics/Dance
5. Encourage students to do Gardening
6. Encourage students to do Rope Skipping

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 activities and to test their various fitness components.

The Department also organized Calicut University Intercollegiate Fencing Competition for Men and Women on 30th March 2021. 15 colleges participated in the competition and our college secured third position in the competition.

The Vimala College has participated in almost 16 games in Calicut University Intercollegiate competitions and secured first position in 4 games (Softbaseball, Boxing, Wushu, Tug of war) second position in Judo and handball, third position in Fencing, Baseball, Softball, Swimming.

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

Various webinars and seminars were conducted on health related topics.

## 3. Sports Quizzes

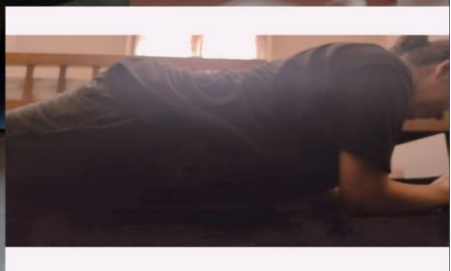
## 4. Posture making and Presentations

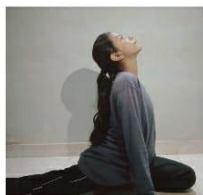
## 5. Online and Offline training sessions

### Photographs





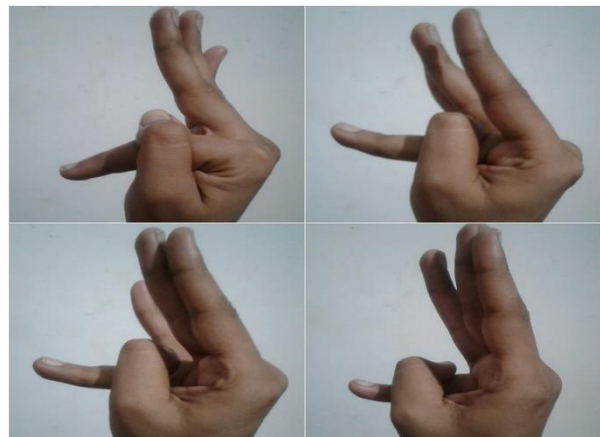
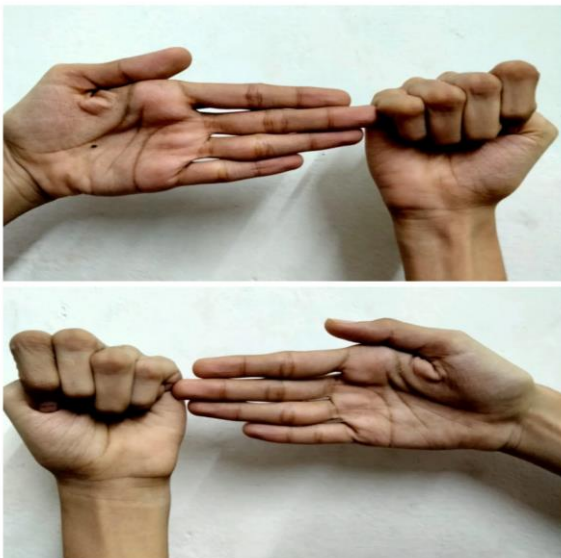









**"FLOWERS 🌸 ALWAYS MAKE PEOPLE » BETTER, HAPPIER, AND MORE HELPFUL; THEY ARE SUNSHINE, FOOD AND MEDICINE FOR THE SOUL." 🌸**





**VIMALA COLLEGE**  
THRISSUR


P G DEPARTMENT OF  
COMMERCE AND RESEARCH

presents

# DEPORTES

## 2020

26<sup>th</sup> AUG 2020  
TIME 2PM TO 3PM



MRS HEMALATHA V  
ASST. PROFESSOR  
DEPT. OF PHYSICAL  
EDUCATION

RESOURCE PERSON

**HEALTHY @ HOME**  
THROUGH PHYSICAL ACTIVITY  
BE ACTIVE &  
STAY HEALTHY

**PROGRAMME LIST**

- WELCOME ADDRESS
- SESSION BY
- HEMALATHA V  
ASST. PROFESSOR  
DEPT. OF PHYSICAL  
EDUCATION
- VOTE OF THANKS

**PADEMIC NEVER RESIST THE YOUNGS MINDS FROM GETTING SPORTIFIED. THIS 2020 LETS ENERGISE TO FIGHT COVID 19 WITH BETTER STRENGTH AND LIMITLESS POWER.**

**JOIN US FOR HEALTHY TOMORROW IN ASSOCIATION WITH "FIT INDIA MOVEMENT"**


**WE THE PG DEPARTMENT OF COMMERCE AND RESEARCH ARE CONDUCTING**


**NATIONAL SPORTS DAY**

**PRINCIPAL : DR BEENA JOSE**  
**HOD : DR ROSE V J (ASST. PROFESSOR)**  
**STAFF CORDINATOR : BENY PAUL E (ASST. PROFESSOR)**  
**STUDENT CORDINATOR : SUHAANA MARIYAM S**

**CLASS : S5 Bcom (SELF)**

#FITINDIAMOVEMENT






**VIMALA COLLEGE**  
(AUTONOMOUS)

**FITNESS CLUB**



PG DEPARTMENT OF COMMERCE & RESEARCH

## miracle OF sleeping well




Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The way you feel while you're awake depends in part on what happens while you're sleeping. Here are seven DO's & DON'T's to improve your sleep hygiene

# DO's

# DON'Ts



- Set a proper biological clock for you
- Sleep only as much as you need to feel refreshed 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 have caffeine after lunch
- Do not go to bed hungry, do not have a heavy meal before bed either
- Do not go to bed unless you are sleepy
- Avoid drinking, smoking and pills
- Avoid intense workouts before bed time
- Do not take your problems along to bed



**VIMALA COLLEGE**  
(AUTONOMOUS)  
Thrissur, Kerala

**DEPARTMENT  
OF  
COMPUTER SCIENCE**

AN AWARENESS TALK  
ON IMPORTANCE OF  
PHYSICAL FITNESS IN  
YOUR LIFE





**MR SEBASTIAN K M**  
ASSISTANT PROFESSOR  
DEPARTMENT OF PHYSICAL EDUCATION  
CHRIST COLLEGE (AUTONOMOUS),  
IRINJALAKUDA

**GET FIT,  
DON'T QUIT**

**13 OCTOBER 2020, TUESDAY**



Google Meet @ **3.00 PM**

**Click here to join the meet**

Inbox (6,759) - eldhose46

Inbox - physicaleducation

My Drive - Google Drive

McAfee Total Security

drive.google.com/drive/u/2/my-drive

Apps

Top-up online now

Bookmarks

ebru

Customer Service A...

www.TamilRockers.c...

Customize Links

Free Hotmail

Windows

Drive

Search in Drive

New

Priority

My Drive

Shared drives


Shared with me

Recent

Starred

Trash

Physical Education Department



Video player

Classroom

COFE 2020-2021

Dept Programmes 2020...

Windows

File Explorer

Google Chrome

Outlook

Skype

Word

PDF Reader

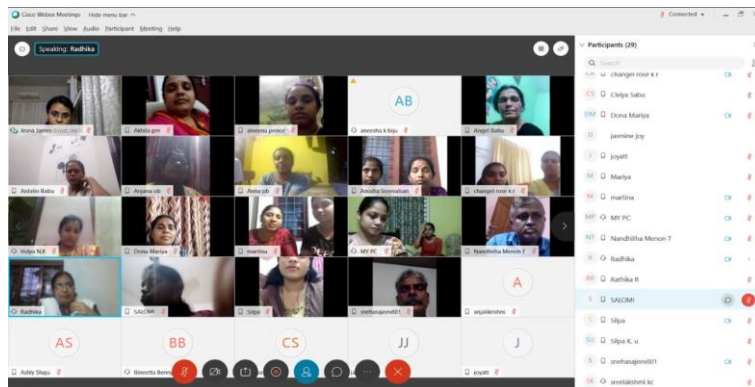
System Tray

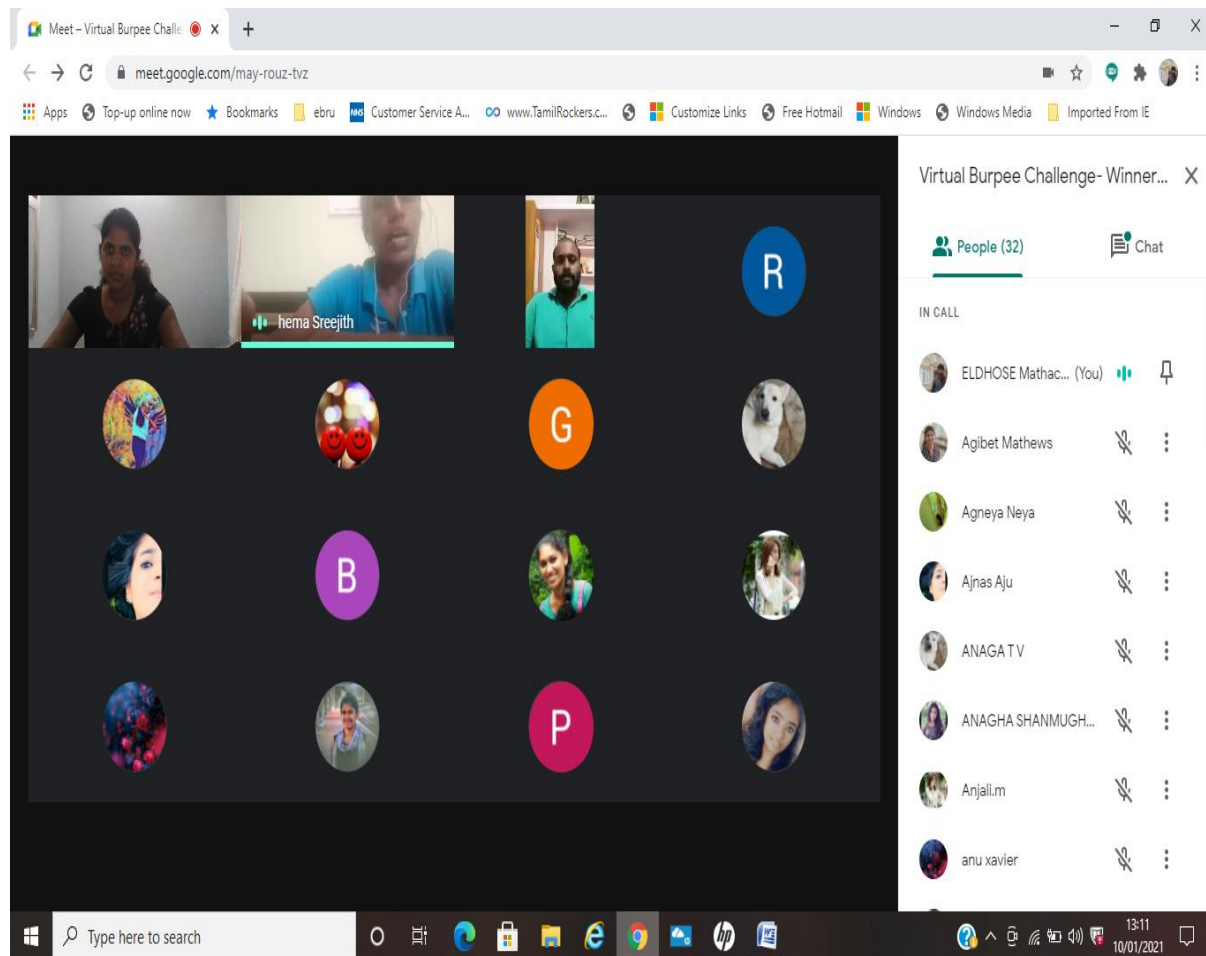
ENG IN

11:42

22/05/2021

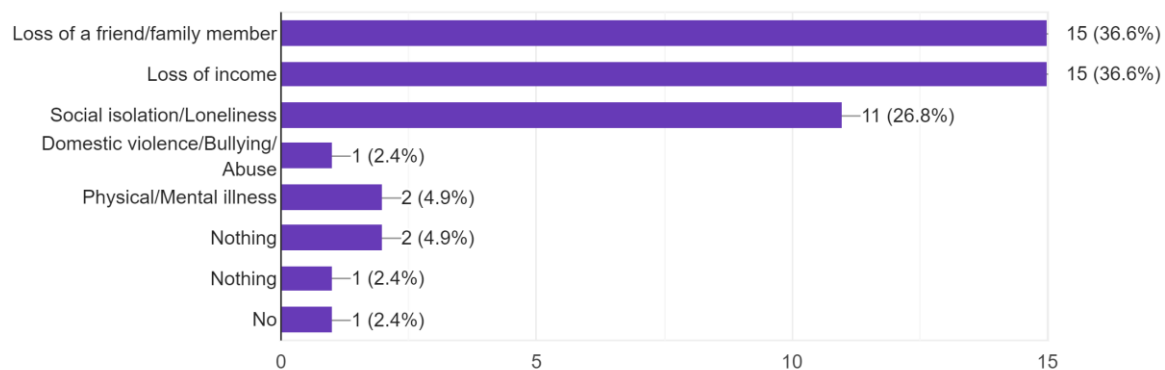






Over the last year, have you gone through any of the following?

41 responses




**VIMALA COLLEGE**  
(AUTONOMOUS)  
 Thrissur, Kerala

DEPARTMENT  
 OF  
**COMPUTER SCIENCE**

# LET'S MIND OUR MINDS

## EXERCISE FOR MENTAL FITNESS

Some are born strong and others are made strong.  
 "When u practice something with conscious mind n then continue practicing the same even with sub-conscious mind, You Master it.."

### BENEFITS OF MIND AMES

#### CROSS WORDS

Studies have shown that solving crossword puzzles in groups is highly beneficial to your brain functionality. While you solve a puzzle in a group, your speed of thinking and talking enhances. This also strengthens the social bonds and manages disputes if any.

#### SUDOKU

Reduces the chances of developing Alzheimer's by keeping your brain active. Learns to do things quickly. Not only playing Sudoku is interesting but it helps to increase your sense of time.

#### WORD SCRAMBLE

Bosts working memory. Extends vocabulary. Encourages problem-solving

The brain is involved in everything we do and, like any other part of the body, it needs to be cared for too.

Research has shown that there are many ways you can hone your mental sharpness and help your brain stay healthy, no matter what age you are. Doing certain brain exercises to help boost your memory, concentration, and focus can make daily tasks quicker and easier to do, and keep your brain sharp as you get older



[Click here to play crossword puzzle](#)  
[Click here to play sudoku puzzle](#)  
[Click here to play word scramble puzzle](#)

*We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves !!!*

## 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  
burpeechallenge2020@gmail.com

For more details contact  
+91 96053 49997

WINNERS WILL BE AWARDED WHEN COLLEGE REOPENS


**VIMALA COLLEGE**  
(AUTONOMOUS),THRISSUR  
 DEPARTMENT OF PHYSICAL EDUCATION  
*Presents*  

# VIRTUAL BURPEE CHALLENGE

  
 Maximum repetition in one minute  
 Greeting to all,  
 We are glad to inform you that Department of Physical Education is organising a "Virtual Burpee" Challenge for Vimalities  
  
 Click to play  


**Convenor**  
 Ms Hemalatha V (HOD)

**Coordinator**  
 Ms Agibet Mathews (Assistant Professor)


Student Coordinator  
 Sreeshma P M-Department of Economics(S6)  
 Lakshmi Devi -Department of Computer Science(S6)

E-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 be 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**  
Rama V V. Department of Economics, B.A.  
Gopika V A. Department of Sociology, B.A.

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

**VIMALA COLLEGE (AUTONOMOUS) THRISSUR**

**PLANK CHALLENGE WINNERS**




**DONA MARIYA TOM**  
S4 BA ECONOMICS




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




**AGNEYA M**  
S1 BA MALAYALAM

**CONGRATULATIONS**

**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 Hemaletth V  
(HOD)

**Student coordinators**  
Femin Jacob (BA Economics)  
Aksha C (BA Functional Eng)

**Coordinator**  
Mrs Agibet Mathews  
(assistant professor)

**DEPARTMENT OF COMPUTER SCIENCE**  
**VIMALA COLLEGE (AUTONOMOUS), THRISSUR**

**BECOME YOUR BEST SELF**

**SKIP OVER 1 MINUTE CHALLENGE**



**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 6282069884
6. Last date to send videos: 20 March 2021



