



Vimala College (Autonomous) Thrissur,



Fit Vimala Fit India Movement

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 two intercollegiate competitions
7. Conducted Dance Aerobics programme for sports Authority of India Thrissur





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.

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.

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

TOTAL PARTICIPATION IN FIT VIMALA FIT INDIA MOVEMENT

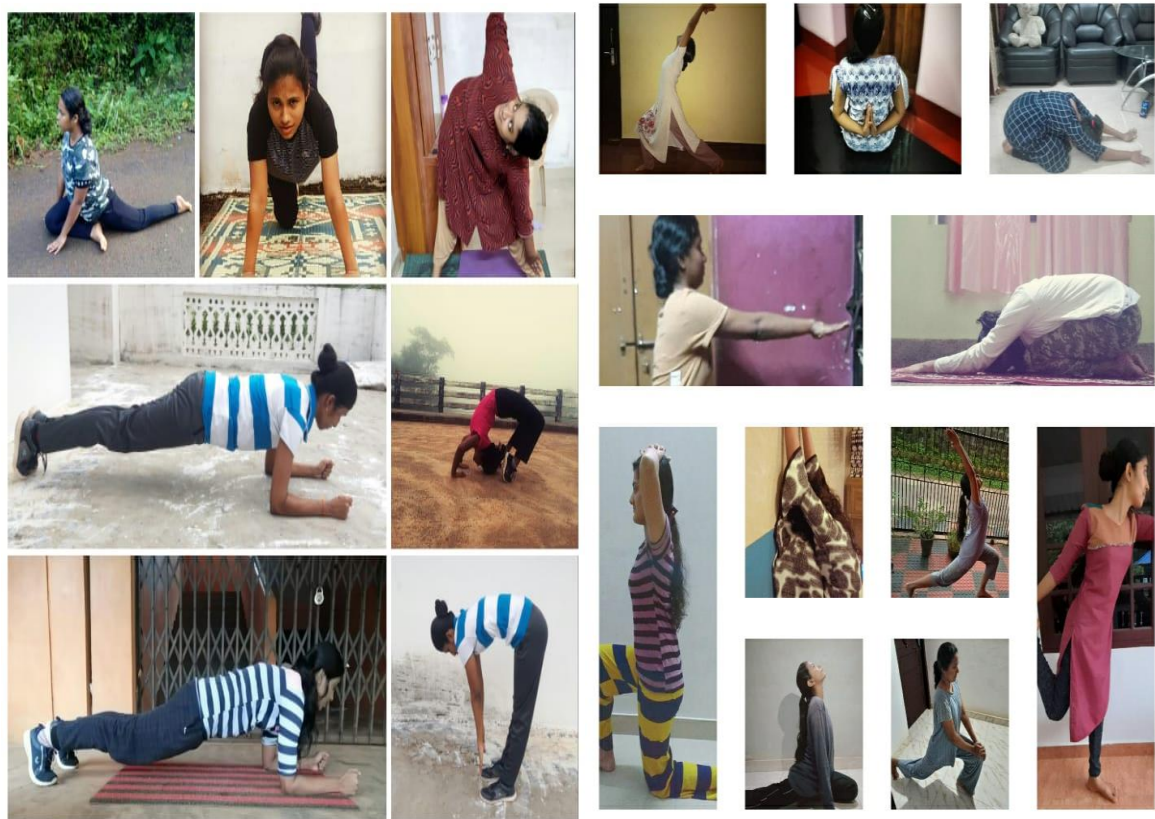
Department wise achievements pertaining activities

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 & Meditation	Healthy Diet for	Physical Activity :Key	Supporting mental health	Stay safe Stay fit Stay	Sleep well to stay fit	Life style Diseases	Exercise for mental fitness	Hygiene and cleanliness	The perils of smoking.dr
	Activity Chosen	Yoga & Meditation	Step climbing	Aerobics	Walk/ Run for fitness	Fitness @ home	Zumba	Calisthenics	Mediation	Gardening	Rope Skipping
	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,Bvoc)				238			238	238		

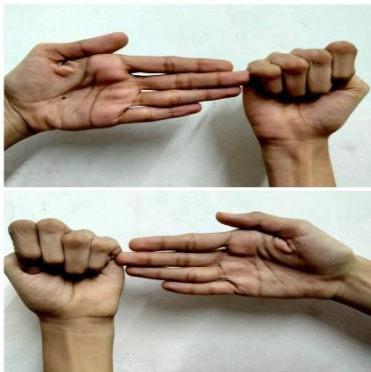
10	MSW	48			48						
11	Physics				160						
12	Physical Education	48	73	73	73	73	73	73	73	73	73
	Total	439	416	816	1344	816	416	937	1406	829	429

Photographs





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



WEBINARS


VIMALA COLLEGE
THIRISSUR

P G DEPARTMENT OF
COMMERCE AND RESEARCH

presents

DEPORTES 2020

26th 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

• PANDEMIC 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 COORDINATOR : BENY PAUL E
(ASST. PROFESSOR)
STUDENT COORDINATOR : SUHAANA
MARIYAM S

CLASS : Ss Bcom (SELF)

#FITINDIAMOVEMENT

VIMALA COLLEGE
(AUTONOMOUS)

PG DEPARTMENT OF COMMERCE & RESEARCH

FITNESS CLUB

*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'Ts to improve your sleep
hygiene

PROGRAMME LIST

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

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)
Thiruvananthapuram

DEPARTMENT
OF
COMPUTER SCIENCE



AN AWARENESS TALK
ON IMPORTANCE OF
PHYSICAL FITNESS IN
YOUR LIFE

GET FIT, DON'T QUIT

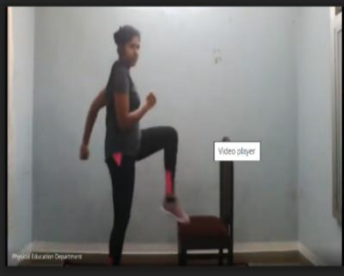
13 OCTOBER 2020, TUESDAY

Google Meet @ 3.00 PM

[Click here to join the meet](#)

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



Video player


Department of Computer Science
Vimala College (Autonomous)
presents

just be happy always!

*A talk on how well you
should feel about yourself*

Speaker:
Vaishnavi RaghuRaman,
Certified Reiki Practitioner

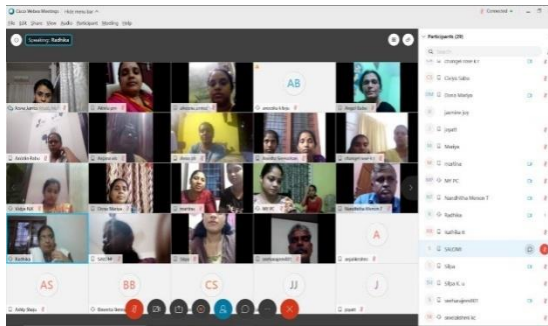
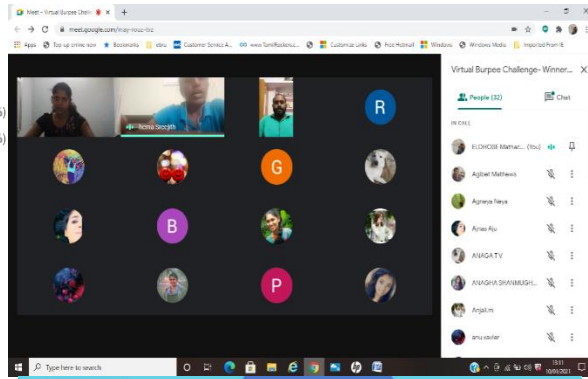
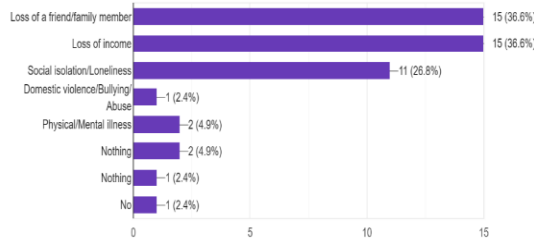
Sept 2, 2020, 3-4 pm



WELCOME wellness

Presented by
Vaishnavi RaghuRaman

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



VIMALA COLLEGE
Thiruvananthapuram

LET'S MIND OUR MINDS

DEPARTMENT OF COMPUTER SCIENCE

BENEFITS OF MIND GAMES

DOES WORDS

SUDOKU

WORD SCRAMBLE

EXERCISE FOR MENTAL FITNESS

Some are born strong and others are made strong. "When a practice something with conscious mind is then continue practicing the same even with sub-conscious mind... You Master It.."

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.

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

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.

Boosts working memory. Extends vocabulary. Encourages problem-solving.

mind GAMES

[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 !!!

VIMALA COLLEGE (AUTONOMOUS), THIRISSUR
NCC, 7 KERALA GIRLS BATTALION

Fit India Awareness Talk!!!

Organised by
NCC Unit
of
Vimala College (Autonomous),
Thiruvananthapuram
7 Kerala Girls Battalion
25 August 2020
@ 07:00 am
On Google Platform

Resource Person
Smt Hemalatha
Assistant Professor
Physical Education
Department
Vimala College
Thiruvananthapuram

**"Healthy at Home through
Physical Activity for the Society"**
Be Active, Positive & Stay Healthy

POSTURE MAKING

Say **NO** To **SMOKING** And **ALCOHOL**

Let's Fight This deadly habit together

IT'S TIME TO QUIT



YOUR LIFE IS WORTH MORE THAN A CIGARETTE STICK AND A BOTTLE OF POISON



Awareness



Prevention

Be Responsible

- Cancer
- coronary artery disease
- Heart Attack
- Stroke
- leukaemia
- stillbirth
- infertility

KILLS SLOWLY BUT SURLY

NATIONAL TOLL FREE DRUG - DE ADDICTION HELPLINE- TEL : 1800-11-0031

PERSONAL HYGIENE KEEPS YOU HEALTHY



Wash Your Hands

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: burpeechallenge00@gmail.com

For more details contact +91 96051 49997

WINNERS WILL BE AWARDED WHEN COLLEGE REOPENS

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 Females".

Click to play

Convener: Ms. Hemalatha V (HOD)

Coordinator: Ms. Agnetha Mathew (Assistant Professor)


Student coordinator: Sreeshma P M (Department of Economics) Lakshmi Devi (Department of Computer Science)

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 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 (BA)
Nayana V Department of Sociology (BA)

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 Hemalatha V
(HOD)

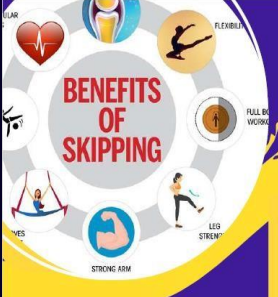
Student coordinators
Femin Jacob (BA Economics)
Aksha C (BA Functional Eng)

Coordinator
Mrs Agibet Mathews
(assistant professor)

DEPARTMENT OF COMPUTER SCIENCE
VIMALA COLLEGE (AUTONOMOUS), THRISSUR

BECOME YOUR BEST SELF

SKIP OVER 1 MINUTE CHALLENGE



BENEFITS OF SKIPPING

- Improves heart health.
- Increases concentration
- 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 6282069884
6. Last date to send videos: 20 March 2021

