

HEALTH AND YOGA CLUB
ANNUAL REPORT 2024-2025

| Particulars | Description |
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| Event: Date&Time: Resource Person: Staff Co-ordinator: Student Co-ordinator Details: | International Yoga Day Celebration 21.06.2024@ 10.00 am Subin P Heartfulness Yoga Trainer Dhanya K Durga P, II Bcom Co operation The main aim of the program was to promote enhanced mental and physical health advantages amongst the students |
| Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details: | Awareness Campaign (Nipah Virus) 22/07/2024 Nil Dhanya K (Asst.Professor- Dept.of Commerce) Sneha S, II Bcom Co operation The main aim of the program was to educate the public about Nipah Virus |
| Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details: | A workshop on Mental Health Awareness 21/11/2024 @ 2.30 pm Sarala K T (General Head,AMC Group of Educational Institutions) Dhanya K(Asst Professor- Dept of Commerce) Sneha S, II Bcom Cooperation The main aim of the program was to educate students about common mental health issues |
| Event: Date & Time: Resource Person: | Gym Fusion- A Practical session on Physical Health 27/11.2024 @ 2.30 pm Jishna V R (Asst Professor, Dept Of Commerce) |

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| Staff coordinator: Student Coordinator: Details: | Dhanya K (Asst.Professor- Dept.of Commerce) Sneha S (2nd BCOM Co-operation) The main aim of the program was to educate students on the importance of physical fitness |
| Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details: | Health Hub-BMI Calculator 28/01/2025 & 29/01/2025 @ 10.00 am- 3 pm Vineeth K V, Head and Department of Physical Education Dhanya K (Asst.Professor- Dept.of Commerce) Adithya M K (3rd BCOM Co-operation) The main aim of this session was to provide students with a better understanding of their weight status Hyperlink created |
| Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details: | Bloom Health- Seminar on Revolution in Ayurveda 30/01/.2025 @. 2. Pm-3pm Vysakh Vijayan Dhanya K (Asst.Professor- Dept.of Commerce) Ranjini C,III BCOM Cooperation The main of the program was to educate students about the benefits and potential of Ayurveda Hyperlink created |
| Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details: | A practical session BMI calculation 21/05/2025 @ 10.00 am- 1pm Vineeth K V, Head ,Physical Educational Dept Dhanya K (Asst Professor,Dept of Commerce) Nil The main objective of the program was to determine health status of Faculties Hyperlink created |

Dhanya K
Staff Co-ordinator

Dr. Byju K
Principal