

Health and Yoga Club - ANNUAL REPORT 2021-2022

SL No.	Particulars
Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details:	Online workshop on REJUVENATE WITH YOGA 21/06/2021 10 am Ms C. Lathakumari (Certified yoga instructor) Anilkumar C (Asst Professor – Dept. of Commerce) Krishnaja P (3 rd B.com Cooperation) For the purpose of providing awareness of the importance of yoga and the international yoga day, and to give an opportunity to practice yoga, the health and yoga club organized an online workshop on REJUVENATE WITH YOGA
Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details:	Poster making competition on international yoga day 21/06/2021 3.00 pm NIL Anilkumar C (Asst Professor – Dept. of Commerce) Shanavas (3 rd BBA) To aware the importance of yoga in the daily life, a poster making competition was organized for students. Several students has participated very actively in this programme
Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details:	Webinar on KETOGENIC LIFESTYLE 24/06/2021 3.15 pm Dr. Vipin Dev M (MBBS, M.S Ortho , Govt. Medical college Kannur) Rajeesh Kumar M (Asst Professor – Dept. of Commerce) To give basic idea about the importance of keto diet in lifestyle, the health and yoga club organised a webinar for the students and teachers.
Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator	National level E-Quiz competition on world hepatitis day 2021 28/06/2021 NIL Anilkumar C (Asst Professor – Dept. of Commerce) Krishnaja P (3 rd B.com Cooperation)

Details:	The main objective behind the programme was to aware the importance to prevent hepatitis in the daily life
Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details:	Ayush immunity medicine distribution. 14/12/2021 10.00 am Dr.Predeep Kumar .(research fellow, National Ayurveda Research Centre, Panchakarma Cheruthuruthy) Lalitha K (Asst Professor of English) NIL During the period of COVID pandemic second wave AMC Group of Educational Institutions in association with Panchakarma Research Institute distributed COVID immunity medicine to the students and teachers of AMC.
Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details:	Training on Physical education 20/01/2022, 21/01/2022, 27/01/2022 and 28/01/2022 NIL Adarsh (Asst Professor of Department of physical education) NIL To give training on physical education to students, an orientation class and physical training were provided to the students.

Staff Co-ordinator

Anilkumar C

Principal

Dr, Byju K