

MES PONNANI COLLEGE Health Club

Only a healthy body can house a healthy mind'.
Development and promotion of health related behaviors.



Aim & Objective

Aim:

Create a healthy generation through health and fitness education programmes.

Objectives :

- ▶ To promote **healthy lifestyles** via health education and campaigns
- ▶ Encouraging the regular use of college fitness centre
- ▶ Yoga and meditation programme
- ▶ To create awareness on Hypo kinetic diseases and its prevention
- ▶ To create awareness about the health status of the members of the staff and students in the campus.

- ▶ Conduct of health checkup programmes

Activities of the club

➤ Handling of College Fitness centre

Timings:-

6:30 am- 8:00 am - Students & Staff (Male)

3:30 pm- 5.00 pm - Students & Staff (Female)

5.10 pm - 7 pm- Students & Staff (Male)





OBSERVANCE OF INTERNATIONAL YOGA DAY

YOGA WEEK

Conduct of One week yoga program for the students every year in connection with the International day of Yoga



- Conducted a seminar on the topic **PRAKRUTHI JEEVANAVUM YOGAYU NITHYA JEEVITHATHIL** BY Dr. SHAMBU NAMBOOTHIRI on 11th November 2015.

➤ **MEDICASTRA -2016 (08-02-16)**

In association with the Zoology department, the health club has organised a medical camp to determine Blood group, Blood Pressure and Body Mass Index of the students of our college. Discussions regarding over weight, obesity, associated health issues also carried on as part of the programme.



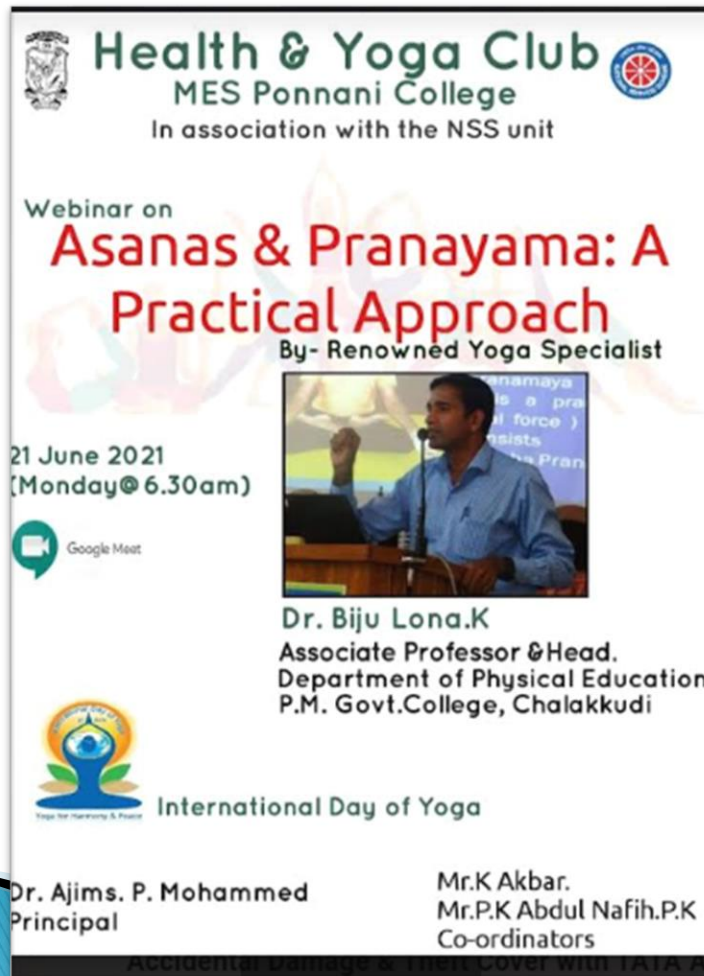
Self Defense Training Program

In collaboration with the kerala police 'NIRBHAYA' campaign team, the club has organized self defense program for the female students on 20th July 2017



YOGA WEBINAR

Asanas & Pranayama, A Practical Approach on 21st June 2021
by Dr.Bijulona K
(Head, Dept.of Phy, PM Govt College, Chalakkudi)




Health & Yoga Club
MES Ponnani College
In association with the NSS unit


Webinar on
Asanas & Pranayama: A Practical Approach
By- Renowned Yoga Specialist

21 June 2021
(Monday@ 6.30am)

Google Meet



Dr. Biju Lona.K
Associate Professor & Head,
Department of Physical Education,
P.M. Govt.College, Chalakkudi

 International Day of Yoga

Dr. Ajims. P. Mohammed
Principal

Mr.K Akbar.
Mr.P.K Abdul Nafih.P.K
Co-ordinators

Accidental Damage & Theft Cover with TATA A

