



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the

4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



7.3 INSTITUTIONAL DISTINCTIVENESS

Beyond the game...

OPEN GYMNASIUM

OPEN GYMNASIUM

Fitness training is more than just lifting weights or running on a treadmill; it's a holistic approach to improving physical health, mental well-being, and overall quality of life. In short, fitness training encompasses a diverse range of exercises and practices aimed at improving physical health, mental well-being, and overall quality of life. By incorporating strength training, cardiovascular exercise, flexibility work, balance drills, and prioritizing rest and recovery, individuals can achieve holistic fitness and realize their full potential.

Alphonsa College Pala, known for its commitment to holistic education and community development, has taken a significant step towards promoting health and well-being beyond its campus boundaries. The college has introduced two exciting initiatives aimed at bringing fitness training opportunities to the wider community: An Open Gym and Aerobic Dance Program.

Open Gym

The Open Gym initiative at Alphonsa College Pala is a testament to its dedication to inclusivity and accessibility. Recognizing the importance of physical activity for overall health, the college has opened its gym facilities to the community at large. Beyond serving as a venue for individual workouts, the open gym at Alphonsa College serves as a hub for community engagement and collaboration. **On the vibrant morning of March 28, 2023, Alphonsa College in Pala welcomed a new era of fitness and wellness with the grand inauguration of its modern open gym facility.**



CRITERION 7.3



Inaugural ceremony of the Open Gym



Our alumni Olympian, Smt. Shiny Wilson, visit our gym with Principal Rev. Dr. Shaji John.



CRITERION 7.3

Equipment Availability

The open gym at Alphonsa College provides a wide range of exercise equipments. The variety ensures that individuals can perform a diverse array of exercises to target different muscle groups and fitness goals. The open gym has exercise equipment such as

- Fitness Rider
- Air Walker
- Rower Machine
- Double Twister
- Arm & Shoulder Wheel + Lat Pull
- Bridge Ladder
- Exercising Bar
- Abdominal Ball
- Seated Chest Press + Seated Leg Press
- Knee Chair
- Single Skier
- Adductor and Abductor Machine
- Teraband
- Medicine Ball
- Hack squat and leg press
- Cable Cross over Adj
- Abdominal jet bench

Accessibility

In an open gym with morning and evening working hours, the schedule typically caters to individuals who prefer to work out during these specific times. Here's how the operation might look:

Morning Hours (6 a.m. to 8 a.m.):

The gym opens bright and early at 6 a.m., providing an opportunity for early risers to kick-start their day with a workout. During these hours, the gym staff ensures that the facility is clean, equipment is in working order, and necessary supplies are stocked. Members arrive at various times within the morning window to fit their workout into their schedules.

CRITERION 7.3

Evening Hours (3.30 p.m. to 5.30 p.m.):

The gym reopens in the late afternoon to accommodate individuals who prefer to work out after school or work. This time slot is popular among those looking to unwind after a busy day or to squeeze in a workout before dinner or evening activities. Similar to the morning hours, members arrive throughout the evening session to engage in their preferred workout routines.

Trainers Availability:

Trainers are present during both morning and evening hours to provide assistance, answer questions and ensure safety. The Department of Physical Education, in collaboration with relevant faculty members, identified students who exhibit a high level of fitness, knowledge of exercise techniques, and a passion for promoting physical well-being, and they will be selected as trainers at the open gym.

Trainers for Teachers and Students

In the context of a college or educational institution, providing trainers for both teachers and students can be a proactive approach to promoting health and wellness within the campus community. Recognizing the importance of teacher well-being, the institution offers fitness programs focusing on stress management, mindfulness, and work-life balance for faculty members. Student trainers are available to provide guidance and assistance to their peers in achieving their fitness goals.

Trainers for Teachers and Students



Aneeta Varghese,
III DC Economics
2021-24 Batch



Anumol Thomas
III DC Economics
2021-24 Batch



Parvathy Suresh E P
Ist MA Econometrics
2021-24 Batch

Trainers for Publics



Anupriya K V
III DC Economics
2021-24 Batch



Jyothi T
Ist M. A Politics
2021-24 Batch



Ancy M S
III DC English
2021-24 Batch



Abisha Antony
III DC English
2021-24 Batch

Membership Options:

A monthly subscription fee of Rs. 300 makes fitness accessible to a wide range of individuals, working professionals, and retirees, who may have varying budgets.

One of the most remarkable aspects of the open gym at Alphonsa College is its inclusivity. Here, everyone is welcomed with open arms, regardless of age, background, or fitness level. It's not just about pumping iron or breaking a sweat; it's about coming together as a community to support and uplift one another.

The open gym at Alphonsa College is not just a space for individual pursuits; it's a platform for collaboration and collective action. Whether it's organizing health awareness campaigns, hosting charity events, or spearheading community projects, the gym serves as a launchpad for initiatives that benefit not only its members but the entire community.

Looking Towards the Future:

As we look towards the future, the open gym at Alphonsa College stands as a beacon of hope and possibility. It is a testament to the transformative power of community engagement and collaboration. As we continue to nurture and strengthen this invaluable resource, we can only imagine the boundless potential it holds for shaping a brighter, more inclusive future for all.

In conclusion, the open gym at Alphonsa College is much more than just a place to work out; it is a vibrant hub for community engagement, collaboration, and social change. Through its inclusive ethos, empowering initiatives, and unwavering commitment to collective action, it serves as a shining example of what can be achieved when individuals come together with a shared purpose.

CRITERION 7.3

Photos from Training Sessions









Program Coordinator: Dr.Sini Thomas

Asst. Professor,

Dept. of Physical Education

Alphonsa College, Pala



FITNESS

FOR ALL SHAPES AND SIZE

Anytime is the right time,
we are always open for you

**ALPHONSA COLLEGE, PALA ,
COMMUNITY COLLEGE - FITNESS TRAINING**


About Us:
Alphonsa College Pala, known for its commitment to holistic education and community development, has taken a significant step towards promoting health and well-being beyond its campus boundaries.

Our Services: Open Gym and Aerobic Dance

**Time : Morning 6 a.m. to 8 a.m.
Evening 3.30 p.m. to 5.30 p.m.**

Trainers Availability
Trainers are present during both morning and evening hours to provide assistance, answer questions and ensure safety

Get In Touch:

 www.alphonsacollege.in
 Contact : 9446049331
 alphonsacollege.edu.in

COLLEGE ADMINISTRATION COMMITTEE

Rev. Dr. Shaji John (Principal)

Rev. Dr. Sr.Minimol Mathew (Vice Principal)

Rev. Dr. Sr..Manju Elizabeth Kuruvilla (Vice Principal)



ALPHONSIAN COMMUNITY COLLEGE, PALA

(A Diamond Jubilee Initiative by Alphonsa College)



APPLICATION FORM

Name of the course	Fitness Training
Name of the applicant	Juby - J. Malakunnel
Address	Skyline Grace, 8c, Marickampuzha, Pala, 686575
Gender	Male / Female / Other <input checked="" type="checkbox"/>
Date of Birth & Age	6/2/1973, 50
Contact Phone Number	828177422
Email	8547674441, Josephpoorjore@gmail.com
Name of the Guardian and relationship	Joseph - C. Joseph
Marital Status	Married.
Religion	RE, Christian
Current Status (tick the option)	Student / Working / Others <input checked="" type="checkbox"/>
Educational Qualification	General Nursing.
Signature of the candidate	

I hereby agree to obey all the rules and regulations of the college as well as instructions issued by the Principal from time to time.

Place: Pala
 Date: 7/11/2023

Signature of the candidate:

FOR OFFICE USE ONLY

Name & Signature of Course Coordinator: Dr. Sini Thomas

Date of Admission: 7/11/2023

(Seal)

PRINCIPAL