



ALPHONSA COLLEGE, PALA

Reaccredited to A Grade by NAAC in the
4th Cycle of Accreditation (CGPA 3.24)

Affiliated to Mahatma Gandhi University, Kottayam



YOGA & AEROBICS CLUB

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Yoga is an ancient system of physical, mental and spiritual practices that have been passed down through the generations from teacher to student. Yogic practices include breathing techniques, postures, relaxation, chanting, and other meditation methods. On the other hand aerobics is a system of physical conditioning intended to improve the body's ability to take in and use oxygen. Aerobic exercises, such as running, jogging, swimming, and dancing, stimulate heart and lung activity. To produce a benefit, aerobic training must raise the heart rate (pulse) to the exerciser's training level for at least 20 minutes and include at least three sessions a week. So the college has arranged 3 days (Monday, Wednesday & Friday) in a week to practice yoga and aerobics. The club has 60 active members.

Like every year this year also our Yoga and Aerobics Club conducted many programmes to society, staff and students to understand the importance of maintaining good health both physically and mentally.

OFFICE BEARERS OF THE CLUB

President	:	Parvathy Suresh E.P
Vice-president	:	Ayana C Ben
Secretary	:	Anupriya K.V
Joint Secretary	:	Jyothy T
Treasurer	:	Anna Thomas Mathew
In Charge Staff	:	Dr. Thankachan Mathew
Convenor	:	Ancy M.S

AIMS AND OBJECTIVES OF THE YOGA AEROBICS CLUB

- To enable the student to have good health.
- To attain student's emotional stability.
- To integrate the body, mind and thoughts. So as to work for good ends.
- To practice mental health and attain a higher level of consciousness.
- To foster harmony in body, mind and environment.
- To ease stress and anxiety levels.

An awareness programme:

In the beginning of every academic year an awareness programme was conducted to students. In this year it was conducted on 2nd June 2022. More than 120 students participated in this awareness programme.



An awareness programme was conducted on 2nd June 2022

International Yoga Day celebration:

On the occasion of International Yoga Day, the Yoga & Aerobics club of the college has conducted a seminar on 21st June 2022. Like previous years this year also International Yoga Day was celebrated with full spirit and joy. The event began with an inauguration ceremony, graced by the presence of Sri. Nidhin Raj P IPS, who officially opened the seminar. The session was presided over by the esteemed Principal, Dr. Sr. Regeenamma Joseph, who delivered an inspiring address highlighting the importance of yoga in promoting physical and mental well-being.



A seminar on 21st June 2022 was inaugurated by Sri. Nidhin Raj P IPS.

Following the formal proceedings, students participated in a practical yoga session. Guided by experienced instructors, the students engaged in various yoga postures and breathing exercises, emphasizing the holistic benefits of yoga practice.



Students participated in a practical yoga session on June 21 st 2022.

Flash Mob Against Alcohol and Drug Use:

The Yoga & Aerobics Club of Alphonsa College organized a powerful flash mob on 1st November 2022 at Kottaramattom Stand, Pala, to raise awareness against the use of alcohol and drugs.

The flash mob aimed to convey the serious consequences of substance abuse and to promote a message of healthy and responsible living. Students from the Yoga & Aerobics Club energetically performed a series of well-coordinated dance routines, capturing the attention of passersby and engaging the public in this important social cause.

The event drew a significant crowd, with onlookers applauding the students' efforts and the impactful message they conveyed. The club members also distributed informational pamphlets on the dangers of alcohol and drug use and the benefits of leading a sober and healthy lifestyle.

The flash mob was a resounding success, raising awareness and sparking conversations among the community about the importance of making healthy choices. It showcased the dedication of the Yoga & Aerobics Club to not only promote physical fitness but also to address critical social issues affecting youth and the larger community.



The Yoga and Aerobics club conducted a flash mob against the use of alcohol and Drugs on 1st November 2022 at Kottaramattom Stand Pala.

Awareness Programme on Alcohol and Drug Abuse:

On 21st November 2022, the Aerobics Team of Alphonsa College conducted an impactful awareness programme addressing the issue of alcohol and drug abuse. The event took place in the college auditorium and aimed to educate and sensitize students about the dangers associated with substance abuse. A key highlight of the event was a dynamic performance by the Aerobics Team, which combined fitness routines with powerful messaging to underscore the importance of leading a healthy, drug-free lifestyle. The performance was well-received, captivating the audience and effectively conveying the critical message.



The Aerobics team of the college performed an awareness programme on the occasion of alcohol and Drugs abuse on 21st November 2022 at college auditorium.