

WELLNESS CLUB CONSOLIDATED REPORT 2022-23

Staff Coordinator: Ms. HARITHA BAHULEYAN

President: Ms. Yumnas (S3 BCOM CA)

Secretary: Ms. Haznath M(S3 MCOM FINANCE)

The Wellness Club of Ansar Women's College, Perumpilavu conducted a program called 'wellness trends', a Zumba demonstration class as an observance of "Global Wellness Day"(June 11) on 13th June 2022, Monday in the College auditorium. College Vice Principal Mr. Arif T.A felicitated the function and he enlightened the importance of wellness for the betterment of Students overall performance. Ms. Haritha Bahuleyan, wellness club coordinator, gave a brief talk on wellness day and also highlighted the theme of GWD 2022-'THINK MAGENTA'. It is an idea that rises amidst the negativity in the world. A reminder with a positive effect on life. A team of club members demonstrated the Zumba dance on the stage which was led by the club coordinator. The audience including students and teachers played Zumba according to demonstrations given by the club coordinator and members on the stage.



The Wellness Club of Ansar Women’s College conducted a program named ‘FREE TO BE YOGI’, as part of “International Yoga DAY” observance on 21st June 2022, Tuesday in the prayer hall. College principal Dr. kamaludeen K T addressed the program and pointed out the key importance of yoga to the students. Then the club members performed surya namaskar (sun salutation) a sequence of 12 powerful yoga poses which helps to strengthen the muscles and joints and improve the functioning of the digestive system. Vice principal Arif T A felicitated the program empowering the Yogi in audience. Then the main attraction of the program, the yoga day talk and demonstration, by Ms. Ranikutty R L, Asst. Professor at PG Dept. of Commerce and Management Studies, made the day spectacular. She stressed the role of yoga in daily life with prompt yoga poses, she also highlighted that making yoga a habit in the daily life will help the students to improve their focus, ensure the wellness and positive mindset.



The Wellness Club of Ansar Women’s College in association with letters club and library council conducted a program named ‘A Book in My Memory’, as part of “National Reading Day” observance on 21st June 2022, Tuesday at 2 pm in the college library. College Librarian Mr. Yahya addressed the program and shared his book experience to the audience. He also recommended some popular books to the beginners for starting reading habits in their daily life. There were seven participants from different departments and they shared their book experiences with the audience. Books of different languages including Malayalam, English, Hindi and Arabic were reviewed by the participants in the respective language. It was really interesting to hear their different experiences and which also motivated the audience to try these books. The session concluded by Wellness club coordinator by proposing a vote of thanks.



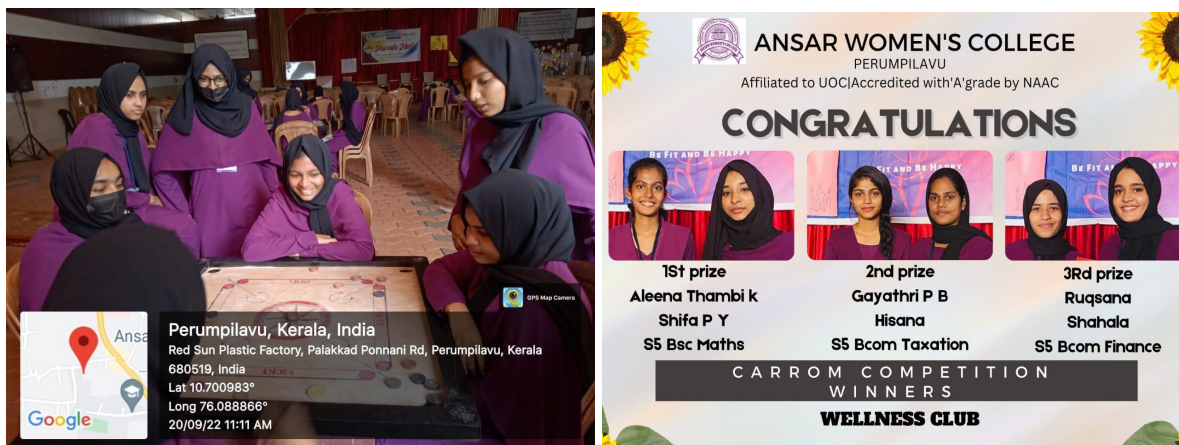
The Wellness Club of the College conducted a cultural dance, a fusion of diverse cultures in India as a part of “Independence Day” on 15th August, 2022 in the College. It was planned to inculcate social wellness among students.

The cultural dance covered different cultures and traditions of India including Kerala, Tamil, Punjab, Maharashtra and Rajasthan. The dance forms of these states including Mohiniyattam, Bharatanatyam, Punjabi, Ghagra and Marathi were performed by a group of last year students of different departments.

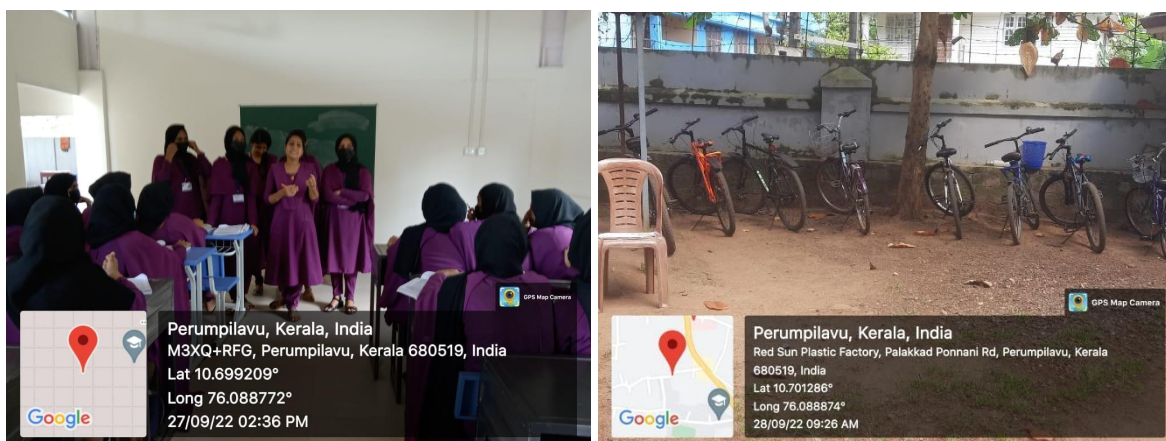


The Wellness Club of the College conducted a ‘Carrom Competition’ as a part of “National Sports Day” observance on 20th September, 2022 at 10 AM in the College auditorium. It was conducted as a part of inculcating intellectual wellness among students.

The students from S5 B.sc Mathematics won the game. Students from S5 B.com Taxation placed second position and third position by students of S5 B.com Finance.

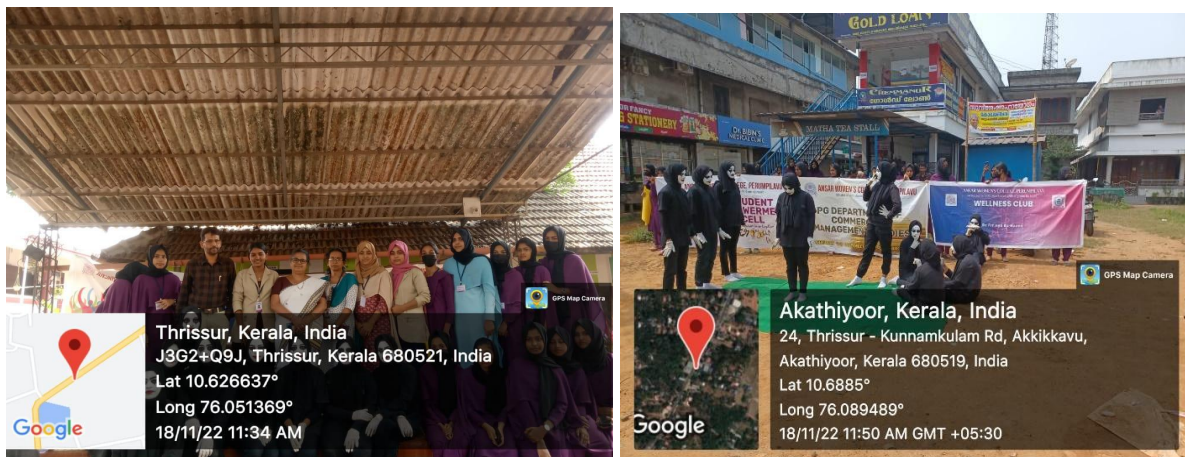


The Wellness Club of the College in collaboration with Energy Conservation Cell, Dept. of Chemistry and Dept. of Physics observed a carbon free day named ‘Towards Zero Carbon’ as a part of “World Environment Health Day” observance on 28th September, 2022 in the College premises. It was conducted as a part of inculcating environmental wellness among students. For the purpose of the success of the program, an awareness campaign was made by a group of students in all the classes of the college prior to the carbon free day. Most of the staff and students using two wheeler transportation changed their usual transportation mode and used public transportation for the success of the program. Some of the students used bicycles for their travelling purpose. That was a great achievement for all of us.



The Wellness Club of our college in association with Student Empowerment Cell and PG Department of Commerce and Management Studies conducted an extension program by presenting a mime on observation of 'International Students Day' on 18th November, 2022 at Kunnamkulam Bus stand, TMVHS School, and at perumpilavu Centre.

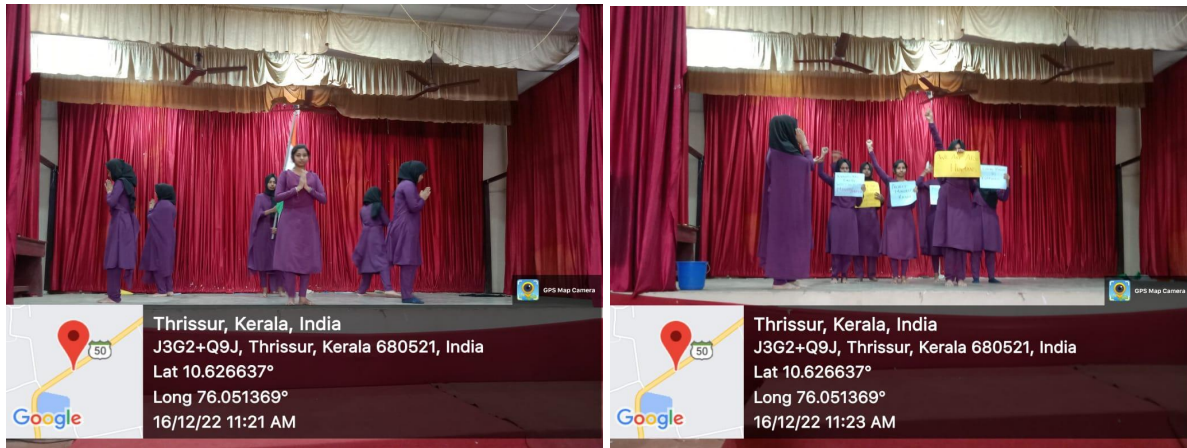
The mime aimed at portraying the problems faced by a student in his/her life in order to make them aware about the various difficulties and to find solution for their problems. It also pointed out that suicide is not a solution to their problems, whatever the issues they have to face it with courage and confidence. The program mainly focused the students and parents. We got the right platform to discover the thing that we actually desired. The patience and attention of the audience at the bus stand and students from TMVHS School constituted the outcome of our program.



The Wellness Club of our college in association with the Life skill education department presented a thematic dance in observance of 'Human Rights Literacy Week' on 16th December, 2022 at college auditorium at 11 Am.

The thematic dance presented on the theme 'Protection of Minority Rights' by wellness club which was performed by seven of our club members. It portrayed the unity in diversity and the equal rights to all humans regardless of gender, age, religion etc. on its first portion of the dance. Then it showed a Muslim student's protest against discrimination faced in Gujarat in respect of wearing maftha to schools and colleges. Finally, it ended with the thought of equality of human rights and its protection. It also showed the importance of protecting minority rights by showing placards.

The program mainly focused on the students because they are representing the youth of today and we got the right platform to discover the thought of protecting minority rights in the present situation. The attention and applause of the audience conveyed the realization of the thought we tried to discover. It was a nice experience for all of us present there to see different thematic performances by different clubs and cells.



CLUB COORDINATOR

PRINCIPAL