



ANSAR WOMEN'S COLLEGE

(Affiliated to University of Calicut)
Accredited by NAAC with A Grade (CGPA: 3.20)

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Ref:

Date.....

WELLNESS CLUB

ANNUAL REPORT 2024-2025

This Club is responsible for organizing different wellness club programs and also maintain records of different wellness club programs organized by the Club. This report is prepared in accordance with the aim and objective of wellness club.

Staff coordinator :Ms SABITHA TU

President :LAKSHMI KP(S3 BCOM FINANCE)

Secretary:PAVITHRA PRADEEP (S5 BCOM FINANCE)

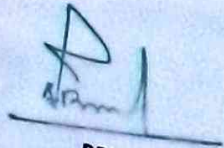
AIM

Club activities assist students to cultivate a sense of unity and working with others in reaching the same goals. Students develop social skills :Club facilitate students to meet , mix, and work together with other students from different backgrounds in diverse environment

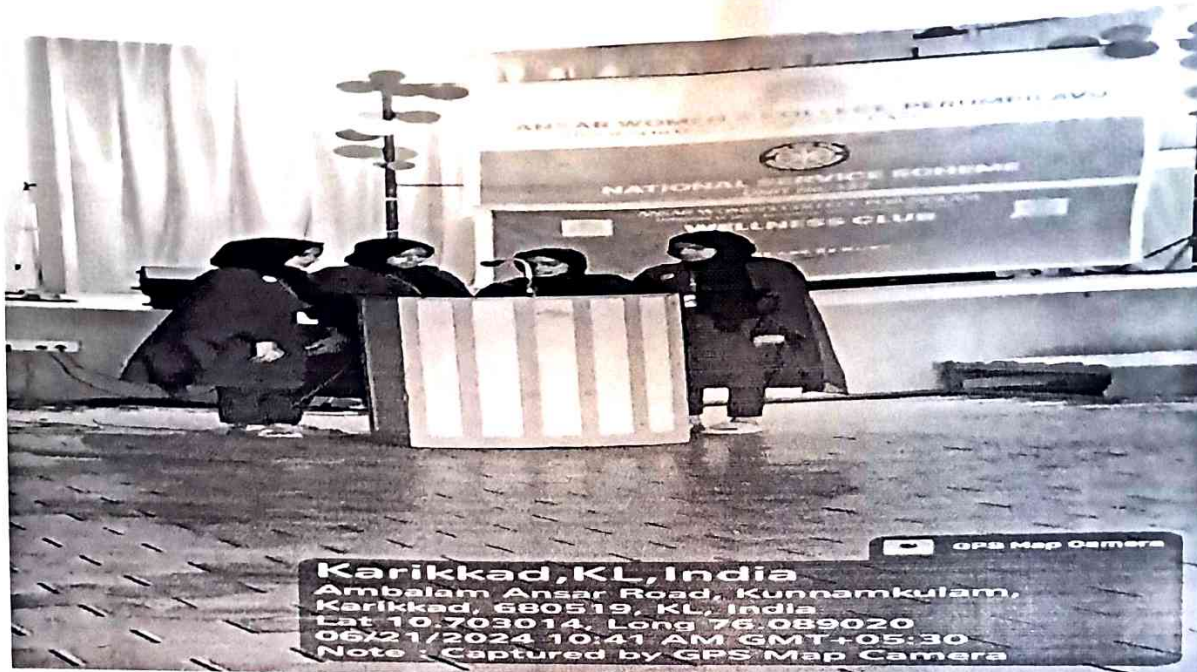
Wellness club organized various programs from June 2024

The Wellness Club of Ansar women's College , Perumpilavu conducted a program called 'LIVEWELL, BEWELL ' a Zumba demonstration class as an observance of "Global Wellness Day " (June11) on 21ST June 2024 , Friday in the College auditorium. The programme began with a Prayer by Asna MA (S3BA English) Jasna Nasrin (S3Bcom finance) Asniya (S3 Arabic) , Wellness Club Member and Saidath Shifana of (S3 BA English) welcomed the audience. College vice principal Mr. Arif TA felicitated the function and she enlightened the importance of wellness for the betterment of Students overall performance. He also motivated the students to take part in the Zumba session. Ms. Sabitha Tu , Wellness club coordinator , gave a brief talk on Wellness day and also highlighted the theme of GWD 2024 - ' MAGENTA NATURE'.




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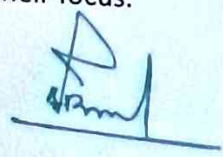
After the official ceremony a group of wellness club members performed a wellness dance on the peace square stage.

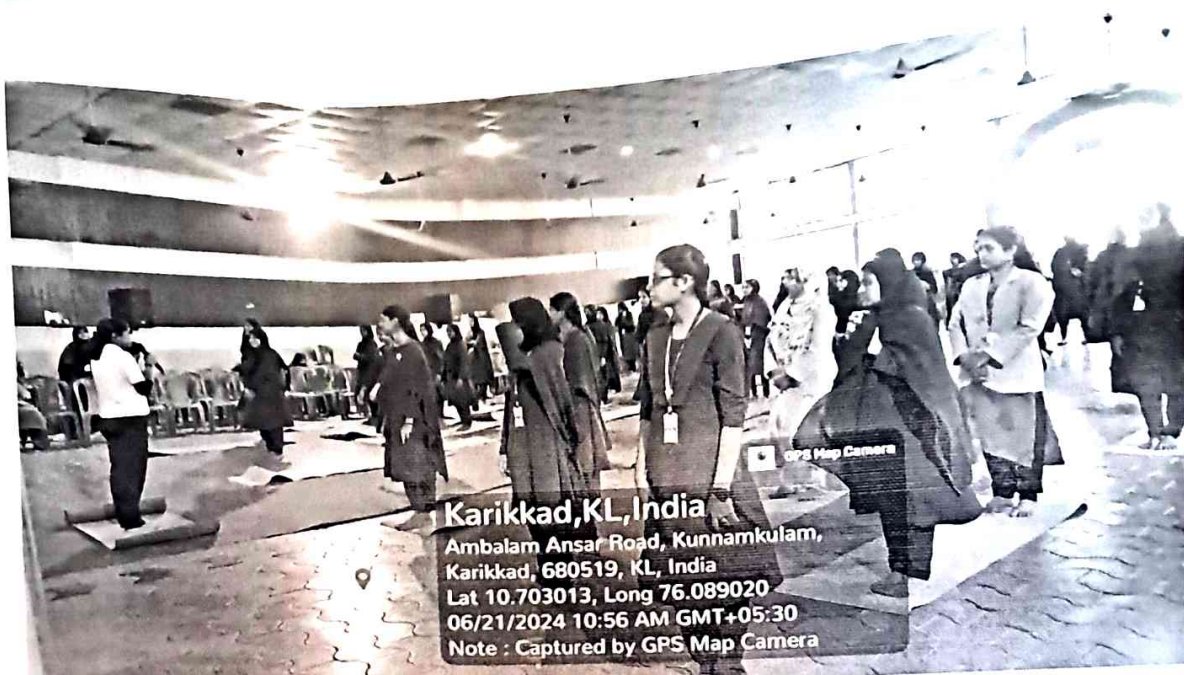


The Wellness Club of Ansar women's College, Perumpilavu conducted a program called 'YOGA DEMONSTRATION' (21st June 2024), as part of the observance of international Yoga Day. The programme was held in the Auditorium of the college and was attended by Students and faculty and staff members.

The programme began with a Prayer by Asna MA (S3BA English) Jasna Nasrin (S3Bcom finance) Asniya (S3 Arabic), Wellness Club Member and Siadat Shifana of (S3 BA English) welcomed the audience. College vice principal Mr. Arif TA Addressed the programme and pointed out the key importance of yoga to the students and felicitated the programme with a few words. Then the main attraction of the program, the yoga day talk and demonstration, which is made by Ms Aswathy Suresh, Assistant professor at Department of physical education. Topics include the history and origin of yoga, the different style and type of yoga, the benefits of a regular yoga practice, and the philosophy behind yoga and its connection to spirituality. She stressed role of yoga in daily life with a prompt yoga poses. Making yoga a habit in daily life will help the students to improve their focus.

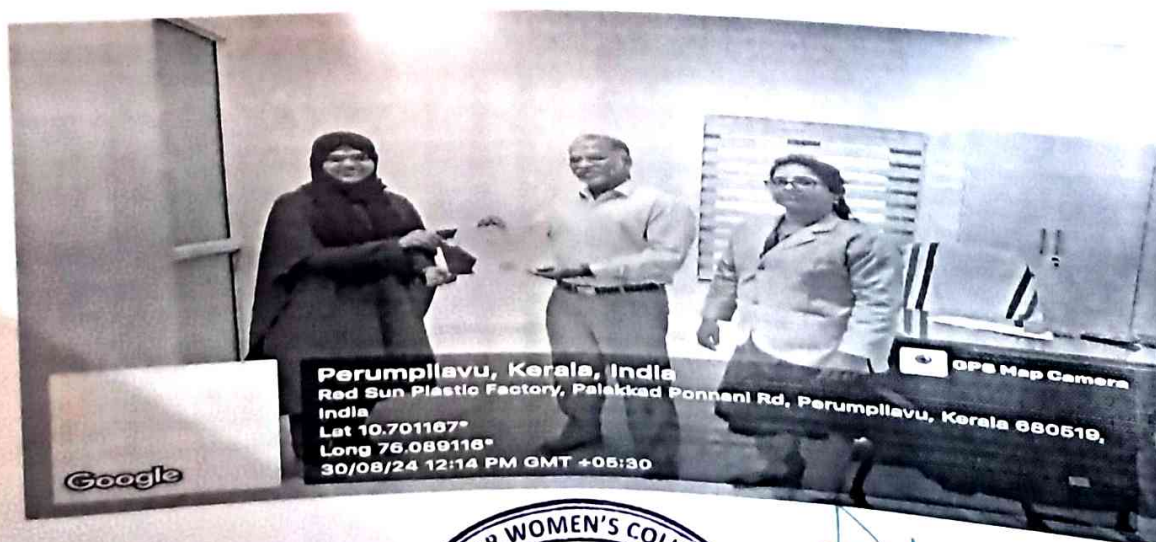



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The Wellness Club of the College conducted a ‘Pencil Drawing Competition’ as a part of “independence Day” observance on 16th August, 2024 at 10 AM in the Conference hall . It was conducted as a part of inculcating intellectual wellness among students. Doing art enhances their motor skills Hand and eye coordination and helps them to make cognitive advances such as learning proportions.

Artists of all disciplines use pencil drawing and sketching as a means to record ideas, memories, and observations. Experiencing art from the act of drawing and sketching offers a variety of benefits to well-being including decreased stress and stronger critical thinking skills. Drawing and sketching improve creativity, memory, and stress relief, and are also used in art therapy.



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The Wellness Club of Ansar women's College, Perumpilavu conducted a awareness session called 'LIMITS THEFAST FOOD OTHERWISE LAST FOOD' on 25th September 2024, Wednesday in the College auditorium. The session was handled by Dr pinky assistant surgeon community Health Centre.

The programme began with a Prayer by Hasna mol (S5Bcom Finance), Wellness Club Coordinator Sabitha TU (Assistant Professor, PG Department of Commerce and Management Studies) welcomed the audience. College vice principal Mr. Arif TA felicitated the function and she enlightened the importance of wellness for the betterment of Students overall performance. Ms. Lakshmi PN (S3 Bcom finance) concluded the awareness programme with her vote of thanks. The talk by **the resources persons** was very effective, fruitful and received excellent feedback from all the participants. This session was highly appreciated and was a strong motivation for all the students.



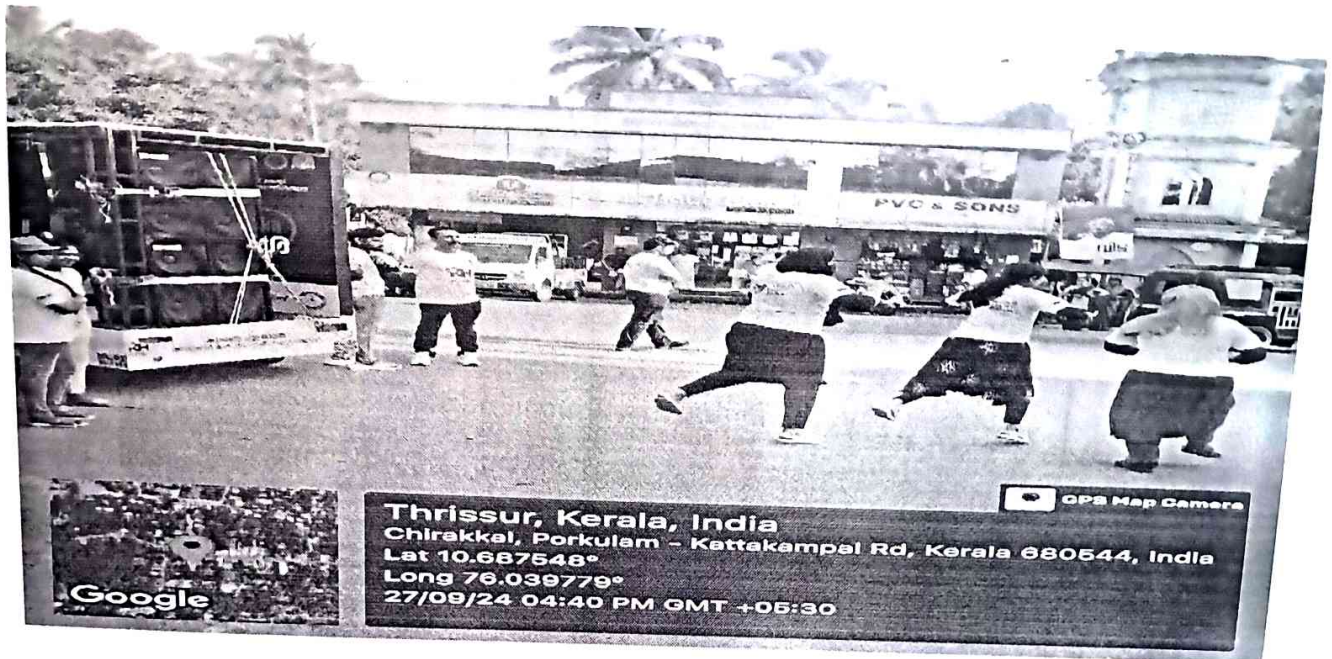
The wellness club of our college in association with ansar hospital conducted an extension programe by presenting a flashmob and skit an observation of "World Heart Day" on 27th September 2024at Thrissur, Palakkad and Malappuram.world heart day is an international observance of the heart health awareness ,held annualy on 29th September . As a part of this On 27th September 2024 at 9.30 am ,the participants along with wellness club members and Ansar nursing students and five teachers including wellness club coordinator set off from the college.

World Heart Day holds immense significance as it aims to **reduce the burden of heart diseases** by promoting preventive practices, encouraging regular health check-ups, and advocating for healthy lifestyle choices. Cardiovascular diseases are the leading cause of



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death worldwide, accounting for about 18.6 million deaths annually. The programme was inaugurated by Seetha Raveendran chairperson of Kunnampulam, she emphasized the importance of heart health and wellness.



The Wellness Club of the College conducted a 'Greeting card making Competition' as a part of "New Year Day" observance on 1st January, 2025 at 10 AM in the Conference hall. It was conducted as a part of inculcating intellectual wellness among students. The competition aimed to encourage creativity and innovation among students by designing digital greeting cards that reflect the latest trends in celebration of the New Year. This event took place in the college conference hall and saw enthusiastic participation from 15 talented students. The competition aimed to showcase the students' creativity and technical skills in digital design.



The Wellness Club of Ansar women's College, Perumpilavu conducted a awareness session called 'LIMITS THEFAST FOOD OTHERWISE LAST FOOD' on 7th January 2025 Tues day in the College auditorium. . The session was handled by Dr Indu Joshy (MBBS DPM DNB PSYCHIATRY CONSULTANT PSYCHIATRIST(DAYA ROYAL HOSPITAL)

The programme began with a Prayer by Hasna mol (S5Bcom Finance) , Wellness Club Coordinator Sabitha TU (Assistant Professor, PG Department of Commerce and Management Studies) welcomed the audience. College vice principal Mr. Arif TA felicitated the function and she enlightened the importance of wellness for the betterment of Students overall performance.



The Wellness Club successfully functioned through out this academic year

COORDINATOR

SABITHA TU

PRINCIPAL

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