



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 2023-2024

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 :Pavithra Pradeep (S3 BCOM TAXATION)

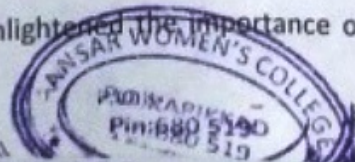
Secretary:Savya k (S5 BBA)

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 2023

The Wellness Club of Ansar women's College , Perumpilavu conducted a program called 'Health is wealth ' a Zumba demonstration class as an observance of "Global Wellness Day " (June 11) on 23rd June 2023 , Monday in the College Peace Square. The programme began with a Prayer by Mihra (S3 Bcom Cooperation) Shafna (S3 Bcom finance) Husna (S3 Arabic) , Wellness Club Member and Pavithra Pradeep of (S3 BCOM TAXATION) welcomed the audience. On the Day Ms. Ranikutty KN (PGDCMS, Ansar women's college) felicitated the function and she enlightened the importance of wellness for the betterment of Students



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overall performance. She 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 2023-'DANCE MAGENTA'. After the official ceremony a group of wellness club members performed a wellness dance on the peace square stage



GPS Map Camera

Perumpilavu, Kerala, India
 Red Sun Plastic Factory, Palakkad Ponnani Rd,
 Perumpilavu, Kerala 680519, India
 Lat 10.700732°
 Long 76.088831°
 23/06/23 10:35 AM GMT +05:30



GPS Map Camera

Perumpilavu, Kerala, India
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The Wellness Club of Ansar women's College, Perumpilavu conducted a program called 'YOGA DELIGHT' (21st June 2023) on 23rd June 2023, as part of the observance of International Yoga Day. The programme was held in the prayer hall of the college and was attended by students and faculty and staff members. The programme began with a Prayer by Mihra (S3 Bcom Cooperation) Shafna (S3 Bcom finance) Husna (S3 Arabic) and one of the club members Pavithra Pradeep of (S3 BCOM TAXATION) welcomed the audience. College principal Dr Kamaludheen KT addressed the programme and pointed out the key importance of yoga to the students. Vice principal Arif TA 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 Ranikutty KN, Assistant professor at PG Dept. Of commerce and management studies. Then the club members performed Surya namaskar (sun salutation) a sequence of 12 powerful yoga poses which help us to strengthen the muscles and joints and improve the functioning of the digestive system.



The Wellness Club of Ansar women's College, Perumpilavu conducted a program called 'NUTRITION FOOD EXPO' LISHE BORA' on 8th August 2023 at 10am to 2pm. The programme was held in the Room No 64 of the college and was attended by students, faculty and staff members and school students. The Expo was inaugurated by Arif sir (Vice Principal) he spoke about the significance of balanced diets in college life. Our principal Dr Kamaludheen KT talk about healthy cooking techniques for students with busy schedules. The menu for the Expo included pine apple, carrot, beetroot, banana, fruits items, unnippidi, apple, spinach, cabbage, papaya, tomato, mango, Colliflower, grapes, water,



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watermelon, potato, different type nutrition items, which was totally prepared by the students of wellness club .By showcasing 64 different food items ,the event illuminated the path towards balanced nutrition and informed diary choices. It created good impact on the students where they learned to work in team and other various knowledge in nutrition food . Second and third standard students from ansar English school visit our nutrition food expo .our wellness club students describe the importance and benefits of nutrition food.



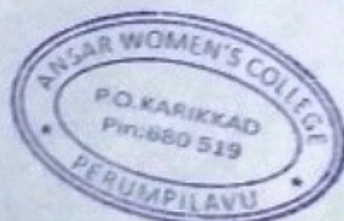
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The Wellness Club of our college conducted an extension program by PRESENTING AWARENESS SESSION on observation of 'MENTAL HEALTH AWARENESS DAY' on 16th October, 2023 at Al Ameen school Karrikkad, and CMLP school karrikkad. We started travelling from the college campus at 10.00 am via our college bus. Totally 35 students along with 2 faculty member visited the schools. First we visit Al Ameen school Karrikkad at 10.00Am. Our awareness are suitable for students of class 5th, 6th, 7th each session is 20 to 30 minuits long. Wellness members of the students actively taken class and highly motivated them. Which includes some chart presentation, theme presentations, pluck cards, followed by interaction with students. Wellness members taken class from the following topics Physical fitness and exercise, mobile addition, healthy eating habits, Drug addition, water pollution. The awareness session was conducted in a smooth and disciplined manner with interactive ways.



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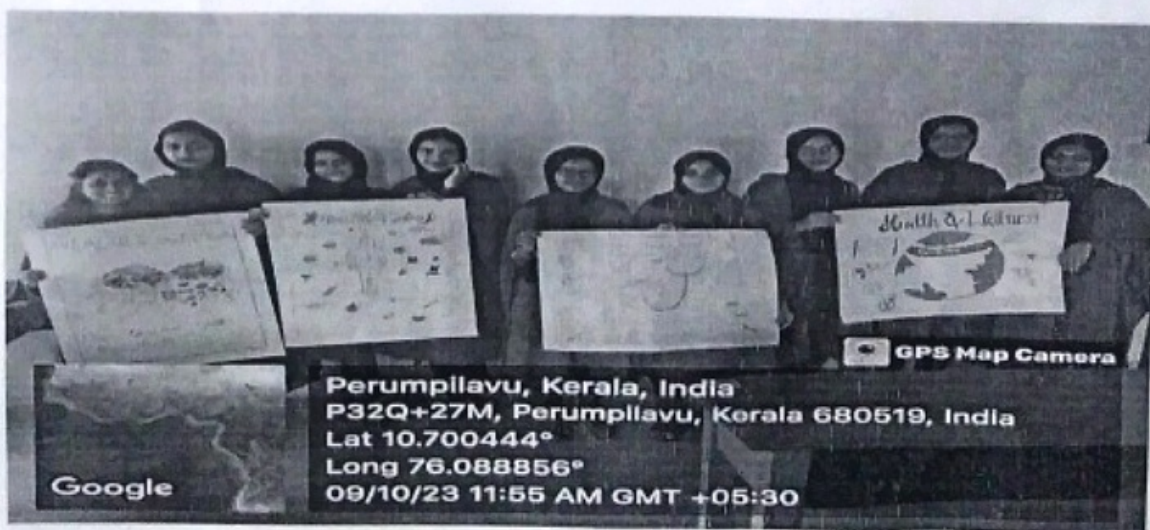
The Wellness Club of the College conducted a 'Collage making Competition' as a part of "Mental Health Awareness Day" observance on 9th October, 2023 at 10 AM in the Seminar hall . It was conducted as a part of inculcating intellectual wellness among students. The aim of this competition was to enrich the students expertise in pictorial composition through handling new materials. Doing art enhances their motor skills Hand and eye coordination and helps them to make cognitive advances such as learning proportions.

the following are the winners of the game: -

1st prize- Fathimathul Najiya KV& Sree Nanda K.R

2nd prize- Najiya TP &Saniya PA

3rd prize- Jummana & Fareena Shahanad M.M



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The Wellness Club of Ansar women's College, Perumpilavu conducted a program called "WORK SHOP ON BASICS OF SELF DEFENCE" on 21st February 2024 at 10am to 12pm. The programme was held in the prayer hall of the college and was attended by Students and faculty and staff members. The programme began with a Prayer by Haniya (56 BCOM TAXATION) and one of the club members Pavithra Pradeep of (54 BCOM TAXATION) welcomed the audience. College principal Dr Kamaludheen KT Addressed the programme and pointed out the key importance of Self defence to the students. Vice principal Arif TA felicitated the programme with a few words. After the inaugural session and felicitation ceremony, demonstration of the self defence technique followed through some posture.



The Wellness Club successfully functioned through out this academic year

S.A.
COORDINATOR

SABITHA TU

PRINCIPAL

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