

Health and Fitness Club

Activity report 2018-19

With a view to improve the ability to work effectively, to enjoy leisure time and to resist hypokinetic diseases, College has started health and fitness club. The club is formally inaugurated by Dr. M.S. Noufal, Associate Professor, Department of Malayalam on 30th August 2018 and Dr. Baiju.A, Head of the Department of Physical Education (Co-ordinator– Health and Fitness club) took a session on Aerobic Dance with a video presentation. Dr. Dilshad Bin Ashraf, Department of Psychology and Sri.Anshaj, Department of Commerce were present on the occasion

Under this banner we could organize a number of programmes to the staff and students of this College such as Aerobic Dance training, Yoga training, Body Mass Index (BMI), Profile of entire students etc.

Yoga Day Celebration at Mannaniya College, Pangode

International Yoga Day for the year 2018 was celebrated in our College on 21st June 2018. The programme was a co-ordinated effort of Health Club and NSS Unit of our College. Principal Sri. A.H.Badrudeen inaugurated the function and Dr.A. Baiju , Head Of the Department of Physical Education welcomed the participants and Dr. M.S. Noufal Department of Malayalam felicitated the gathering. NSS Programme officer Mr. Asseem proposed vote of Thanks. Sri.Dilshad Bin Asharaf, Department of Psychology, a qualified trainer in Yoga delivered a lecture on the importance of Yoga and was followed by a training session to all participants.



Yoga Day Celebration

Aerobic Dance

Aerobic Dance is a form of Physical exercise that combines rhythmic aerobic exercise with stretching and strength training routine with the goal of improving all elements of fitness especially Cardio Vascular fitness. With the goal of preventing illness and promoting Physical fitness, practitioners perform various routines comprising a number of different dances like exercise with the help of a trainer. The Health and Fitness Club of our College with the support of Department of Physical Education started a programme on aerobic dance to the girls students and lady teachers of our College. Smt. Saleena Afsal, teacher in Physical Education, Govt. Higher Secondary School, Bharathannoor, an expert in this field inaugurated the event on 1st August 2018 and is the Chief Instructor of this programme. She used to conduct the training on all Wednesdays and Fridays from 3.45 PM to 4.30 PM. On all other days students with the help of female teachers of our College have participated in this interesting and most effective training sessions with great enthusiasm. Thirty girls students and seven lady teachers used to Participate in this programme regularly.



Smt. Saleena Afsal inaugurating aerobic dance programme.



Aerobic Dance Session

BODY MASS INDEX (BMI)

Body Mass Index is an internationally recognized measurement of obesity for adults based on weight and height. The health club and the Department of Physical Education

combinely conducted a test to assess the BMI (Body Mass Index) of the students and the members of teaching as well as Non-Teaching Staffs of our College. The parameters selected were Height and weight. The scores were collected by our members of Health club on 26th and 27th February 2019 and the scores calculated and were compared with standard chart. Accordingly the students were categorized in to many groups and were displayed in the notice board. The results are shown below.

BMI

Sl.No	Category	Percentage
1	Surely Under wt	7%
2	Under Weight	28.8
3	Normal	58.26
4	Over Weight	8%
5	Obase Class 1	1.12
6	Obase Class 2	028
7	Obase Class 3	—



Measurement taken for BMI

Members of Health and Fitness Club

Co-ordinator - Dr.A. Baiju

Sl.No	Member Name	Class
1	AmeenaHussain.S.R	I TTM

2	Sumayya. S.R	I TTM
3.	AminaNoushad	I TTM
4	Fathima.S	I BA
5	RaihanaBeegum	I BA
6	Fousiya.S.S	I B.Sc
7	Shabana.S	I B.Sc
8	Vishnu.G.S	I B.Sc
9	Nithin.S.S	I B.Sc
10	Arun. K	I TTM
11	Dhanush.S.R	I TTM
12	Afsal.A	I BA
13	Sreerag.Y.S	I TTM