

# **SRI KRISHNA ARTS AND SCIENCE COLLEGE, COIMBATORE**

## **Consolidated Report of Events Conducted by The Health and Wellbeing Club, SKASC (2021-2024)**

### **Vision:**

Cultivate a holistic approach to health and wellness, ensuring that every individual has access to the resources needed for a balanced lifestyle.

### **Mission:**

To promote physical, mental, and emotional well-being through workshops, events, and support networks that encourage healthy habits and lifestyles.

### **Overview:**

The Health and Wellbeing Club is dedicated to cultivating a holistic approach to health and wellness, ensuring that every individual has access to the resources needed for a balanced lifestyle. Our mission is to promote physical, mental, and emotional well-being through engaging workshops, events, and support networks that encourage healthy habits and lifestyles.

### **2021-22**

#### **Events conducted: 1**

#### **Event Details:**

- **Date:** August 29, 2021 (Sunday)
- **Categories:**
  - **Women:**
    - 2 km
    - 3 km
  - **Men:**
    - 5 km
    - 8 km
    - 10 km

#### **Participation Format:**

Participants were allowed to choose their preferred distance and complete it at their own pace, making the event accessible to individuals of all fitness levels. This flexible approach encouraged broader participation and engagement.

#### **Objectives:**

1. **Promote Fitness:** Encourage individuals to stay active and prioritize their physical health.

2. **Community Engagement:** Foster a sense of community through shared fitness goals and activities.
3. **Raise Awareness:** Highlight the importance of regular physical activity in maintaining overall well-being.

### **Impact and Outcomes:**

- The Online Mini Marathon successfully attracted participants from various backgrounds, reinforcing the club's commitment to promoting health and fitness.
- Participants expressed a sense of achievement and motivation, contributing to a culture of wellness within the college community.
- The event served as a platform to raise awareness about the significance of physical activity in enhancing mental and emotional well-being.

### **Future Recommendations:**

- Continue organizing similar online events to cater to diverse interests and fitness levels.
- Introduce additional wellness challenges and fitness programs to sustain engagement and promote a healthy lifestyle.
- Explore partnerships with local health organizations to enhance the scope and impact of future wellness initiatives.

The Online Mini Marathon exemplified the Health and Well-being Club's dedication to fostering a balanced and healthy lifestyle, serving as a successful initiative to engage the community in physical fitness activities.



2022-23

## Events Conducted (1)

### Event Details:

- **Event:** Table Tennis Tournament
- **Participants:** Open to both Men and Women
- **Level:** Bharathiar University Inter-Collegiate
- **Additional Competition:** CM Trophy for both categories

### Objectives:

1. **Promote Fitness and Health:** Encourage students to engage in regular physical activity through participation in sports.
2. **Foster Competitive Spirit:** Provide a platform for students to showcase their skills and compete at an inter-collegiate level.
3. **Encourage Teamwork:** Build camaraderie and collaboration among participants, enhancing their social skills and sense of community.

### Impact and Anticipated Outcomes:

- **Skill Development:** Participants will have the opportunity to enhance their table tennis skills through competitive play.
- **Increased Participation:** The tournament is expected to draw significant interest, promoting a culture of sports and physical fitness within the college community.
- **Community Building:** The event will help strengthen bonds among students, encouraging teamwork and school spirit.

### Future Recommendations:

- Continue to organize inter-collegiate sports events to maintain student engagement in physical activities.
- Consider expanding the range of sports offered to appeal to a broader audience within the student body.
- Collaborate with local sports organizations for coaching clinics to improve skills and enhance competitive readiness.

The Table Tennis Tournament represents an excellent opportunity for students to engage in a healthy competitive environment, promoting both physical fitness and community spirit.



**2023-24**

**Events Conducted (5)**

**1) Fit India Youth Club Program**

**Date:** December 12, 2023

**Participants:** Approximately 300 students

**Activities:**

- **Volleyball Tournament (Boys):**
  - Winners: Management Streams
  - Runners-up: B.Sc Computer Science Department
- **Throwball Competition (Girls):**
  - Winners: B.Com A&F Department
  - Runners-up: B.Com IT Department

**Highlights:**

The event saw a significant increase in female participation, showcasing enthusiasm and teamwork. Dr. R. Jagajeevan, Principal, motivated students to engage in physical activities and presented prizes to the winners and runners-up. Special thanks were extended to faculty members for their support.

**2) National Sports Day - Badminton Tournament**

**Date:** August 22, 2023

**Participants:** Faculty and students

**Objective:** Promote physical fitness and camaraderie.

**Outcome:** The tournament fostered friendly competition and highlighted the importance of sports in enhancing overall well-being.

**3) International Day of Yoga**

**Focus:** Emphasized the importance of yoga for stress relief and overall wellness.

**Activities:** Techniques included yoga postures, Pranayama (breath control), and meditation to

alleviate stress and promote mental clarity. The celebration encouraged individuals to embrace yoga as part of a holistic health approach.

#### **4) Bharathiar University Intercollegiate Table Tennis Tournaments**

**Dates:** September 19-20, 2023

**Participants:** Various colleges

**Objective:** Promote fitness and engagement in physical activity.

**Outcome:** The tournaments were well-received, showcasing the skills of participants from different institutions.

#### **5) Bharathiar University Intercollegiate Taekwondo Tournaments**

**Dates:** October 25-26, 2023

**Objective:** Promote physical fitness, discipline, and mental well-being among students.

**Focus:** Enhance physical strength, flexibility, self-confidence, and focus through participation in taekwondo.

**Expected Outcome:** Encourage students to adopt a healthy lifestyle and emphasize the importance of regular physical activity.

### **2024-25**

**Events Conducted : (5)**

#### **1) International Day of Yoga**

**Date:** June 21, 2024

**Chief Guest:** Dr. V. R. Arivazhagan, Director of the Indian Institute of Yoga

#### **Highlights:**

- Dr. Arivazhagan delivered an inspiring address on the importance of integrating yoga into daily life, sharing personal anecdotes that emphasized yoga's transformative power.
- His practical tips and insights motivated students to commit to their yoga practice.

- Principal Dr. R. Jagajeevan's presence and participation set a positive tone for the event, encouraging student engagement.

## **2) National Sports Day - Badminton Tournament**

**Date:** August 29, 2024

### **Highlights:**

- Organized by the Physical Education Department, the tournament saw enthusiastic participation from students across various departments.
- Principal Dr. R. Jagajeevan inaugurated the event, stressing the significance of sports in fostering discipline and teamwork.
- The tournament featured intense matches that showcased students' talent and sportsmanship.

## **3) Fit India Programme**

**Date:** Ongoing

**Objective:** Promote physical fitness and overall development among students.

### **Highlights:**

- The program encouraged students to engage in various physical activities, emphasizing the benefits of regular exercise for strength, flexibility, and mental well-being.
- Activities were designed to enhance fitness levels while fostering teamwork and camaraderie.

## **4) Bharathiar University Intercollegiate Table Tennis Women Tournaments**

**Date:** September 5, 2024

### **Highlights:**

- The event featured talented teams competing in an atmosphere of remarkable skill and sportsmanship.
- Principal Dr. R. Jagajeevan presented awards during the prize distribution ceremony, celebrating the winners' achievements.

- The tournament reinforced the importance of physical fitness and teamwork among students.

### **5) Bharathiar University Intercollegiate Chess Tournaments**

**Dates:** September 9-10, 2024

**Highlights:**

- The tournaments attracted around 400 players competing in both team and individual categories.
- The prize distribution ceremony was attended by Principal Dr. R. Jagajeevan and STN. Rajeswaran, emphasizing the significance of the event.
- Chess promotes strategic thinking, problem-solving skills, and mental fitness, highlighting the importance of cognitive health alongside physical activity.