



SPORTS CLUB
TKM COLLEGE OF ARTS AND SCIENCE, KOLLAM
Re-accredited by NAAC with A++ Grade

Inter Club Fitness Class

 **T.K.M. College of Arts & Science
Kollam**

Inter Club Fitness Class

 **Date :10 January 2024**

" let's move to find healthy"

**Organized
By
Sports club
in
Association with
Health Club**

Coordinators
Dr. Sangeetha. P(Sports Club)
Dr. Soumya S(Health Club)
Dr. Sumayya A.S(Health Club)

On 10th January 2024, the Sports Club, in collaboration with Health Club, successfully organized an **Inter-Club Fitness Class** at the college auditorium. This event aimed to promote holistic well-being through fitness while also raising awareness about the importance of a healthy lifestyle and sustainable living.



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The fitness class was designed to encourage active participation in physical activities and educate attendees about the link between physical health and environmental sustainability. The event drew a wide range of participants, including students of different department .

The club was conducted an aerobic training sessions for the betterment of the students health and fitness. The main activity of the event was a **one-hour fitness class**, led by **Sports Club Co-ordinator Dr.Sangeetha P.** .The session was monitored and Supervised by **Health Club Coordinators Dr. Soumya S & Dr.Sumayya AS.**

The session integrate a mix of exercises such as:

Aerobics and Cardio Drills to improve cardiovascular health.

Strength Training focusing on body-weight exercises like push-ups, squats, and lunges.

Yoga and Flexibility Routines for relaxation, stress relief, and improving posture.

The class was designed to be engaging, with modifications provided for participants of all fitness levels.

