



Be Happy & Healthy – Guidance Talk on Wellness and Health

Conducted on **15 September 2018**




 **ST JOHN'S COLLEGE**
ANCHAL, KOLLAM

**GUIDANCE TALK ON
WELLNESS AND
HEALTH.**

“Be happy,
healthy”

**VENUE:
ST GREGORIOS
AUDITORIUM,
2018 SEP 15
9.30- 12.30**



RESOURCE PERSON
DR ANITHA MOHAN
Nutritionist, General Hospital,
Thiruvananthapuram

Jointly organized by
Sports and Health Club,
in collaboration with
IQAC, St John's College.

Report

The Guidance Talk on Wellness and Health, titled "Be Happy and Healthy," was held on 2018 September 15 and featured **Dr. Anitha Mohan**, Nutritionist, General Hospital, Thiruvananthapuram as the speaker. Organized by Sports and Health Club in collaboration with IQAC, St John's College, the talk aimed to provide insights and practical tips on achieving holistic wellness and happiness.

Objectives:

1. To raise awareness about the importance of overall well-being.
2. To provide guidance on incorporating healthy habits into daily life.
3. To inspire participants to prioritize happiness and health.
4. Holistic Wellness: Participants gained a comprehensive understanding of wellness encompassing physical, mental, and emotional aspects.
5. Practical Strategies: Attendees received actionable tips for integrating healthy habits into their daily routines.
6. Inspiration for Happiness: Anitha Mohan's talk inspired participants to prioritize happiness and well-being.

"Be Happy, Be healthy"
Guidance Talk On Wellness And Health
2018-19

Resource Persons :- Dr. Anitha Mohan

Date :- 15 September 2018

Venue :- St. Gregorios Auditorium,

St. John's College Anchal

Organized By :- Sports and Health Club in
 collaboration with IQAC, St. John's College Anchal

Sl No.	Name of the Student	Signature
1	ABHILASH	<i>Abhilash</i>
2	ACHU MOHAN	<i>Achu</i>
3	ADARSH S	<i>Adarsh</i>
4	AJITH A	<i>Ajith</i>
5	AL-AMI S	<i>Al-Ami</i>
6	AJMAL K NAZAR	<i>Ajmal</i>
7	ANGHA UNNIKRISHNAN	<i>Angha</i>



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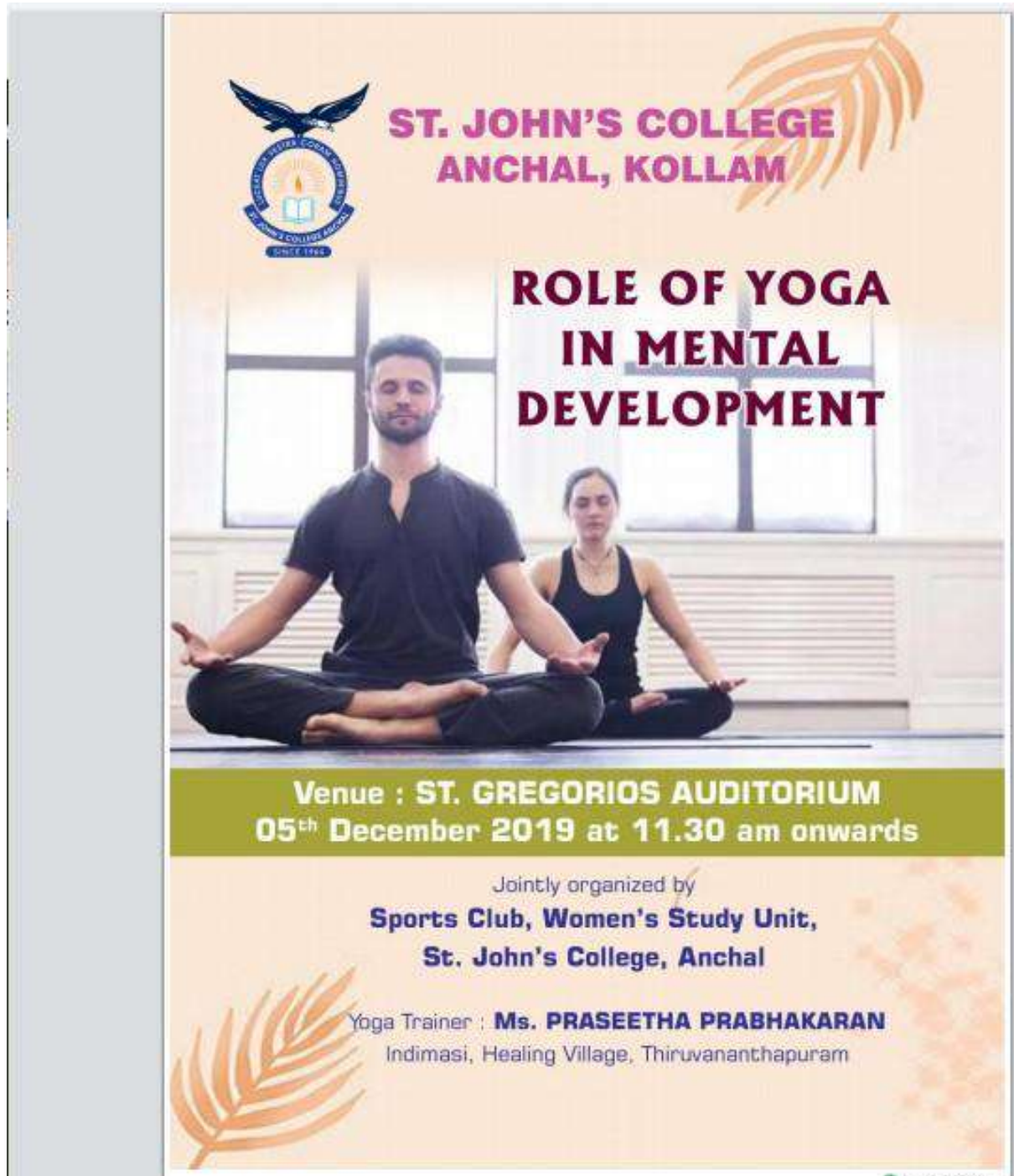
517	AMRUTHA	<i>Amrutha</i>
518	REVATHY T	<i>Revathy</i>
519	SRUTHY S	<i>Sruthy</i>
520	AISWARYA V	<i>Aiswarya</i>
521	SAGAR R	<i>Sagar</i>
522	SONA THOMAS	<i>Sona</i>
523	ATHIRA S	<i>Athira</i>
524	MEERA M R	<i>Meera</i>
525	BUBY MATHEW	<i>Buby</i>
526	AMAL S	<i>Amal</i>
527	SREELEKSHMI B G	<i>Sreelakshmi</i>
528	ALIYA S	<i>Aliya</i>
529	NAJMA A	<i>Najma</i>
530	SUMAYYA V R	<i>Sumayya</i>
531	GANESH G R	<i>Ganesh</i>
532	NABIL S	<i>Nabil</i>
533	VIVEK S	<i>Vivek</i>
534	AKSHARA S A	<i>Akshara</i>



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Role of Yoga in Mental Development Workshop

Conducted on **05 December 2019**



**ST. JOHN'S COLLEGE
ANCHAL, KOLLAM**

**ROLE OF YOGA
IN MENTAL
DEVELOPMENT**

**Venue : ST. GREGORIOS AUDITORIUM
05th December 2019 at 11.30 am onwards**

Jointly organized by
**Sports Club, Women's Study Unit,
St. John's College, Anchal**

Yoga Trainer : **Ms. PRASEETHA PRABHAKARAN**
Indimasi, Healing Village, Thiruvananthapuram

Report

Introduction:

The "Role of Yoga in Mental Development" workshop, held on 05 December 2019 at 11.30 am aimed to explore the profound impact of yoga on mental well-being. The workshop was organized by Sports club, Women's Study Unit , St John's College Anchal and featured experts in the field of yoga and mental health. The Yoga Trainer **Ms. Praseetha Prabhakaran**, Indimasi, Healing Village, Thiruvananthapuram was guided the class.

Objectives:

- To understand the principles of yoga and its connection to mental development. To explore practical yogic techniques for mental well-being.
- To promote awareness about the holistic benefits of integrating yoga into daily life.
- Guided yoga session focusing on breathing exercises and mindfulness.
- Demonstration of asanas beneficial for mental health.

Feedback:

Participants overwhelmingly expressed satisfaction with the workshop, noting the practicality of the sessions and the informative nature of the discussions. Many shared that they felt motivated to incorporate yoga into their daily lives for mental well-being.

**“Role Of Yoga in Mental Development ”
2019-20**

Resource Person :- Ms. Praseetha Prabhakaran

Date :- 05 December 2019

Venue :- St. Gregorios Auditorium , St. John's College Anchal

Organized By :- Sports Club, Women's Study Unit, St. John's College Anchal

Sl No.	Name of the Student	Signature
1	AAZIF N	<i>[Signature]</i>
2	AKHIL S	<i>[Signature]</i>
3	ALFA M	<i>[Signature]</i>
4	ANOOJA A. G	<i>[Signature]</i>
5	AROMAL A	<i>[Signature]</i>
6	ATHULYA KRISHNAN	<i>[Signature]</i>
7	BALA B. S	<i>[Signature]</i>
8	GOKUL KRISHNAN R	<i>[Signature]</i>
9	JIBI SAMUVEL	<i>[Signature]</i>



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684	ANUJA THOMAS	<i>Anuja Thomas</i>
685	GOKUL M NAIR	<i>Gokul</i>
686	ROBIN RAJ	<i>Robin Raj</i>
687	SURYA R S	<i>Surya</i>
688	ALBIN S MATHAI	<i>Albin S Mathai</i>
689	ANUJAMOL R	<i>Anujamol R</i>
690	RESHMA S	<i>Reshma S</i>
691	ALVIN ALEX	<i>Alvin Alex</i>
692	BIBIN BABU	<i>Bibin Babu</i>
693	SOORYA S	<i>Soorya S</i>
694	SVAM KUMAR H	<i>Swam Kumar</i>



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Motivate Yourself - Inspire Life Skill Training Programme

Conducted on **04 November 2020**



CAREER GUIDANCE AND
PLACEMENT CELL AND IQAC,
ST JOHN'S COLLEGE, ANCHAL
ORGANISES ONE DAY WORKSHOP



MOTIVATE
YOURSELF

INSPIRE LIFE SKILL
TRAINING



Resource Person:
RESHMY P.V.
TCS, INFOPARK, KOCHI



Google Meet <https://meet.google.com/quj-hqvk-koy>

Report

Life skills are the most important skills that a person needs to acquire in his life. With an aim to make students aware of life skills, the career guidance and placement cell and IQAC of St John's College, Anchal organized a one-day workshop titled 'Motivate Yourself, Inspire Life Skill Training'. The workshop had been organized on 4 th November 2020. **Ms Reshmy P.V.** from TCS, Info Park, Kochi was the resource person.

She was welcomed by the principal, teachers and students. (<https://meet.google.com/quj-hqvk-koy>) Ms Reshmy introduced basic life skills such as communication, decision making, problem solving, interpersonal skills, intrapersonal skills, critical thinking, creative thinking, coping with emotions, coping with stress, empathy etc. to the students. The students of almost all the classes participated in the workshop with great enthusiasm. They got an excellent opportunity to ask their doubts regarding life skills and got inspired by life skills training. Each and every one who participated in the workshop understood the importance of life skills and its application in day-to-day life.

Talk on Health Benefits of Exercise

Conducted on **10 October 2021**



Report

Introduction:

The Talk on Health Benefits of Exercise, organized by the Sports Club on 10th October 2021 at St. Gregorios Auditorium aimed to promote awareness about the positive impact of regular exercise on overall health and well-being. The talk featured an expert speaker **Ms. Shinomol I.**, Ultra Runner, ITen Club, Thiruvananthapuram in the field of sports medicine and exercise physiology.

Objectives:

1. To educate participants about the physical and mental health benefits of regular exercise.
2. To inspire and motivate individuals to incorporate exercise into their daily routines.
3. To raise awareness about the role of physical activity in preventing lifestyle-related health issues.
4. Presentation by the expert speaker on the physical health benefits of exercise.
5. Discussion on how exercise contributes to cardiovascular health, weight management, and disease prevention.
6. Exploring the connection between physical activity and mental well-being.
7. Strategies for using exercise to manage stress and improve mood.

**“Be Fit Everyday”
Talk On Health Benefits Of Exercise
2021-22**

Resource Person :- Ms. Shinomol I

Date :- 10 October 2021

Venue :- St. Gregorios Auditorium,

St. John's College Anchal

Organized By :- Sports Club, St. John's College
Anchal

Sl No.	Name of the Student	Signature
1	ABHIRAMI A S	
2	ANUSREE S	
3	ASHIK A	
4	NANDANA M	
5	SANGEETHA S	
6	AMENA	
7	JASNA N	



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517	NIDHISH S	
518	AMITHA SURESH	
519	AJMAN N M	
520	SNEHA A R	
521	ASIYA K	
522	SHILPA SASI	
523	ATHIRA S	
524	MEERA M R	
525	BUBY MATHEW	
526	AMAL S	
527	SREELEKSHMI B G	
528	DINAKA M V	
529	KSHEMA THANKAM SAM	
530	AJI ANIYAN	
531	DONA REJI	
532	SANDRA S	
533	AKSA SHABU	
534	SABIRA ISMAIL	
535	SEETHALEKSHMI C	



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Global Hand Washing Day: Promoting Hygiene and Health

Conducted on **15th October 2022**



**ST. JOHN'S COLLEGE
ANCHAL, KOLLAM**

Let us Observe



**GLOBAL
HAND WASHING DAY**

15th October 2022 @ 1.30 pm

Venue : **COLLEGE QUADRANGLE**
Guest : **Dr. CHERIAN JOHN** (Principal)

Organised by :
NSS, DEPARTMENT OF ZOOLOGY
Women Development Centre, St. John's College, Anchal

Report

Introduction:

Global Hand washing Day, celebrated annually on October 15th, is a global advocacy day dedicated to increasing awareness and understanding about the importance of hand washing with soap as an effective and affordable way to prevent diseases and save lives. In association with the Women Development Centre, the NSS unit and the Dept of Zoology organized the Hand washing Day at the college quadrangle, which was inaugurated by **Dr. Cherian John**, Principal of the college.

Objectives:

- **Raise Awareness:** Increase awareness about the importance of hand washing as a key component of hygiene and disease prevention.
- **Promote Behavior Change:** Encourage people to adopt good hand washing habits to reduce the spread of infections.
- **Advocate for Access to Hygiene Facilities:** Highlight the need for access to soap, clean water, and proper sanitation facilities globally.

1. Handwashing Demonstrations:

- Conduct handwashing demonstrations to show proper techniques.
- Emphasize the importance of washing hands at key times, such as before meals and after using the restroom.

2. Educational Workshops:

- Host workshops in schools, communities, and workplaces to educate people about the science behind hand washing and its impact on health.

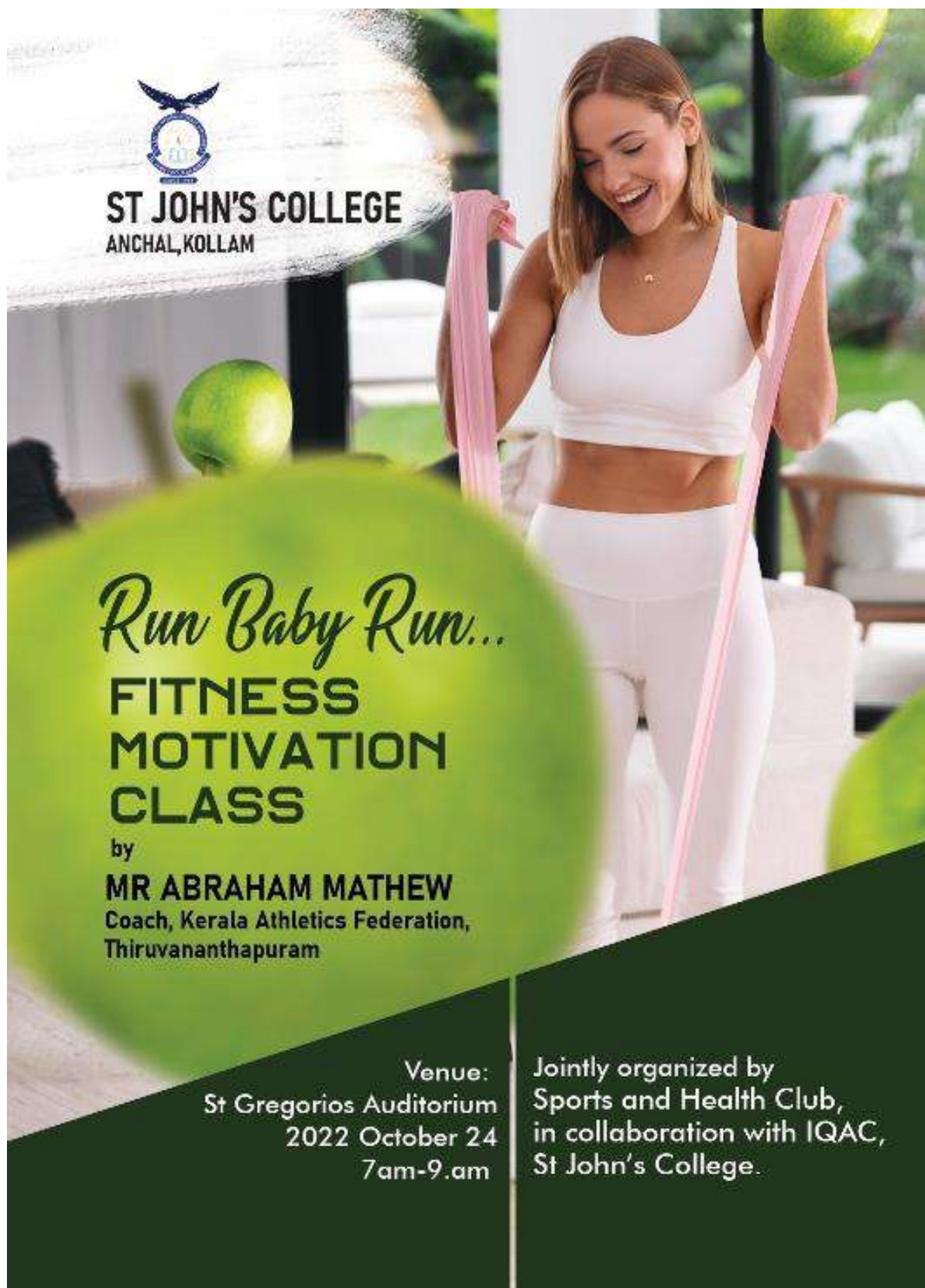
3. Awareness Campaigns:


- Utilize social media, posters, and public announcements to spread awareness about Global Hand washing Day.
- Share success stories and testimonials to highlight the positive outcomes of regular hand washing.



Run Baby Run... Fitness Motivation Class

Conducted on 24 October 2024




ST JOHN'S COLLEGE
ANCHAL, KOLLAM

Run Baby Run...
**FITNESS
MOTIVATION
CLASS**
by
MR ABRAHAM MATHEW
Coach, Kerala Athletics Federation,
Thiruvananthapuram

Venue:
St Gregorios Auditorium
2022 October 24
7am-9.am

Jointly organized by
Sports and Health Club,
in collaboration with IQAC,
St John's College.

Report

Fitness motivation class 'Run Baby Run...' jointly organized by Sports and Health Club in collaboration with IQAC, St. John's College. The class handled by the resource person **Mr. Abraham Mathew**, Coach, Kerala Athletic Federation, Thiruvananthapuram. Fitness motivation is the drive or inspiration that propels individuals to engage in physical activity and maintain healthy habits; it can come from various sources such as personal goals, social supports, positive experiences or even external factors like events or challenges. He motivates and staying committed to it can help you overcome obstacle and stay on track with fitness journey.










"Run Baby Run" Fitness Motivation Class 2022-23

Resource Person :- Mr. Abraham Mathew

Date :- 24 October 2022

Venue :- St. Gregorios Auditorium , St. John's College Anchal

Organized By :- Sports and Health Club in collaboration with IQAC, St. John's College Anchal

Sl No.	Name of the Student	Signature
1	ROYSON RAJU	
2	AMAL S	
3	DEEPALEKSHMI U	
4	DIBIN B. M	
5	DIVYA G	
6	MUBEENA NOUSHAD	
7	SAIBA S	
8	SREEHARI R	
9	ANJITHA G. S	




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586	ENCY EDSON	
587	JUEL ROSE	
588	MEGHA BIJU	
589	NITHYA ANIL	
590	PREETHI R	
591	SOUMYA SAJEEV	
592	SRUTHI S	
593	VINAYA A V	
594	AFNA NASAR	
595	AKHILA D L	
596	SABYATH J	
597	AISWARYA B R	
598	ANJALI A	
599	ARYA M	
600	JOVIN JOHN	
601	LINTA LAJU	
602	NAVYA J S	
603	SONA SABU	
604	VINAYAK GOPAL B	
605	ANUPAMA K A	
606	AKHILA L A	
607	ATHIRA V MOHAN	
608	ANZIA B S	
609	NEENU BIJU	
610	CHINCHU M	
611	FIROZ MUJEEB	
612	GEETHU A	
613	HASEEBA B	
614	GANGA SATHYAN	
615	JUBY RAJU	
616	MEENU MOHAN	
617	MURUKESH S	
618	NADEERA S	




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