



SREE SANKARA VIDYAPEETOM COLLEGE, VALAYANCHIRANGARA

Report on "Health Mastery: Skill Enhancement Initiative"

<p>Programme Details in a nutshell- A skill enhancement initiative was conducted on Physical Fitness- Health Mastery: Skill Enhancement Initiative on 30th of January, 2023 from 10.30 am at Adwaitha Hall, Sree Sankara Vidyapeetom College. The seminar was led by Sri. Vivek Nambudiripad, a trainer in Quality Environment, Occupational, Health and Safety, Information, Security and Health coach. It was targeted for all students in the whole college.</p>	
Name of the Event	Health Mastery: Skill Enhancement Initiative
Nature of the Event	Seminar
Objectives	To make students aware of one's physical condition which is the primary requisite for not only the well-being of an individual but also for a congenial mindset for learning
Resource person	Sri. Vivek Nambudiripad, Trainer, and Health coach
Date and Time	30th of January, 2023, 10.30 am to 4.00pm
Duration	One Day
Beneficiaries	149 students
Venue or Platform	Adwaitha Hall
Feedback link	http://forms.gle/JZzSVNnjaeL2RhBA
Organising dept/ Cell	Department of English
Coordinator	Dr. Geetha A.N. Assistant Professor, Department of English
Associating Agency	Nil
Fund details if any	PTA



Outcome/ Benefit of the programme	<p>The programme successfully raised awareness among students about the significance of physical fitness in their lives. They gained a clear understanding of the multiple benefits associated with regular exercise and its positive impact on their overall well-being.</p>
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PROGRAMME REPORT

Physical fitness holds paramount importance for students as it significantly impacts their overall well-being and academic performance. A seminar on Physical Fitness-Health Mastery: Skill Enhancement Initiative was conducted by the Department of English for all the students of this college on 30th of January 2023.

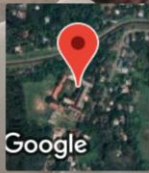
It was led by Sri. Vivek Nambudiripad, Auditor, Trainer and Consultant for quality, reliability, environment, occupational health and safety and information security.

The resource person talked about the need for regular physical activity for enhancing the cardiovascular health, strengthening muscles, and boosting endurance, leading to improved energy levels and focus. Engaging in fitness activities also promotes the release of endorphins, reducing stress and anxiety, thereby supporting students' mental health. Furthermore, physical fitness fosters self-discipline, teamwork, and positive body image, instilling a sense of confidence and self-esteem. He emphasized on the importance of integrating exercise into their daily routines, so that the students can not only achieve better academic results but also develop lifelong habits for a healthier and more fulfilling life

One hundred and forty- nine students participated in the seminar.

PHOTO GALLERY





GPS Map Camera
Valayanchirangara, Kerala, India
3G44+X9G, Valayanchirangara, Kerala 683541,
India
Lat 10.05778°
Long 76.50573°
30/01/23 10:39 AM GMT +05:30



GPS Map Camera
Valayanchirangara, Kerala, India
3G44+X9G, Valayanchirangara, Kerala 683541,
India
Lat 10.057703°
Long 76.505754°
30/01/23 11:12 AM GMT +05:30





PARTICIPANTS (ATTENDANCE REGISTER)





SEMINAR ON PHYSICAL FITNESS- HEALTH IS REAL WEALTH
30th January 2023

Organized by

The Department of English Sree Sankara Vidyapeetom College, Valayanchirangara

Sl.No.	Name	Course	Email id and Mob No	Signature
1	Krishnapriya S	Bsc Maths	7559986179	
2	Sardaa NS	"	8589823863	
3	Akhila Babu	"	9776378575	
4	Swathy Ajith	"	7025510090	
5	Athul Dev	BA English 1 st	9633495174	
6	Sreelakshmi	4 th BA Economics	6282912117	
7	Sakhishnan P.S	"	8139821720	
8	Arjun Mohanan	1 st BA English	8138010544	
9	Safhan	"	7356835148	
10	Vishnu Narayanan	"	7736180987	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
11	Anal C.M	B.A Economics	7736195244	
12	Akshay Vijayan	"	8129897376	
13	mahesh Bose	"	8138810515	
14	Athul Mohan	B.Com Tax	7736610483	
15	febin Johnson	"	8590573288	
16	Adith korman	"	9539679020	
17	Akhil Narayan	"	9744832270	
18	Sruya mol T.S	B.A History II nd year	9037994887	
19	vismaya.M	B.A Hindi I st year	8943639051	
20	Anga.K.H	B.com taxation 3 rd yr	6238466036	
21	Varsha selthi	B.A Economics 1 st year	8089230882	
22	SONIA GABRIEL	B.A ECONOMICS 1 st year	9605214834	
23	Krishnapriya	B.A History 1 st year	94907872196	



Sl.No.	Name	Course and College	Email id and Mob No	Signature
24	Sandra N.R	B.A History III rd yr	9037191564	
25	Binita varachan	B.A History III rd yr	8848178443	
26	Nandana K.J	B.A History III rd yr	8921466678	
27	Aarany sivan	B.com Tax I st yr	9806621437	
28	Keethana K.K.	B.Com Finance & Tax I st yr	9496219102	
29	Ayana Mohanan	B.com Finance & Tax I st yr	7025866082	
30	Amal fatima	B.com finance and tax	8281218715	
31	Paavathy Biju	B.com finance and tax	7356388194	
32	Syamili P.K	B.A History II nd year	9562358537	
33	Alan.C. Saji	BSC Computer Science	8289998835	
34	AKhil V U	BSC Computer Science	9714193610	
35	Hormis Choerijan	BSE Computer Science	7356632805	
36	Poornav Edappettan	BCE CS	9946416947	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
37	Athcellge N.S	B.com Tax	9745618560	
38	Safreena.MS	"	8714452751	
39	Nandana VR	"	8157973773	
40	Anjana preman	"	8138853598	
41	Parvathy sunil	"	8089818957	
42	Adithyan.A	B.A Economics	7558955415	
43	Aarathi-E.A	"	8138091536	
44	Aleena Pinheiro	"	9496281390	
45	Ashna.V. Nausbad	"	7012430811	
46	Kavya shibu	"	8921996353	
47	Sandra Mol	"	9778231661	
48	Akhira Saju	"	9777029415	
49	Alexandra	"	949929260325	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
50	Gopika RA	1 st year BAEconomics	gopikava 2@gmail.com 8541825377	
51	Ebeena Baby	1 st Year BA Economics	Ebeena b@gmail.com 9846764964	
52	Shika K Sasi	1 st Year BA Economics	shika k sasi a7@gmail.com 9745272312	
53	Anagha Das	1 st Year BA Economics	anaghad 997@gmail.com 8848709579	
54	Anathy Es	1st Year BA history	Anathy es@gmail.com 8590735404	
55	Atheela Siddique	1 st Year BA History	atheela@gmail.com 456520170	
56	Anoop		9037707273	
57	Ashwin	1 st Year BA History	8592043197	
58	Swalaha PM	1 st year B.A Economics	80788440861	
59	Nandana M.R.	"	9895521965	
60	Arsha sasi	"	8089216795	
61	Ajane P P	"	8593024359	
62	Arya T.N	"	8086178196	
	Rakshi	1 st year BA history	8113966243	



Sl.No.	Name	Course and College	Email id and Mob No	Signature
63	Sasini Sahu	BA Economics 1 st year	7136861378	
64	Aaravind K.A	B.A. 2 nd year	7736028668	
65	Aaravind P. Saji	B.A. 3 rd year	9061888887	
66	Ashirav .P.)	B.A. - Finance 2 nd	7025932093	
67	Akshay Ranjan	" 1 st year	9072058712	
68	wikhil .S	B.A. Hindi	9074019177 wikhilabhd@gmail.com	
69	Parthi Pan .S	B.Com CA 1 st year	7559829179	
70	Adith .K.d	B.Com CA 1 st year	8086857713	
71	Bestin Mathew alias	B.Com CA 1 st year	9946699628	
72	Albert .Laiju	B.Com CA 1 st year	8129918776	
73	Abhiram .m	B.Com (A) 1 st year	6232452267	
74	Adithyan .E.s	B.Com (CA) 1 st year	9994937430	
75	Midhun Biju	B.Com (CA) 1 st year	8129787711	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
76	Midhun Binesh	B.Com (F&T)	7034680179	
77	Ajith K. Shaji	B.Com (F&T)	7306479838	
78	Aasal EM	B.Com (F&T)	8129093964	
79	P.G. SIDDHARTH	B.COM (F&T)	8592818039	
80	Harinarth K.M	B.Com (F&T)	8137913649	
81	Anandakrishnan	B.Com Tax	8390379399	
82	Abhay MR.	B.Com Tax	abhaymrj007@gmail.com	
83	Abdul Rehman H.I	B.Com (F&T)	9745970122	
84	Jobin Saji	B.Com 1 st year	8078575143	
85	Mahinsha K.I	B.A History	963355002	
86	Nebeel .T.S	B.A History	7558053890	
87	Midhun Pattay	BA Eng	8111993424	
88	Anjun . A	B.Com (1 st year)	9074340580	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
89	Aisha Mol. P.A	B.A Economics.	9961803102	
90	Ayshabreevi M.A	" "	9856904821	
91	Shifana p.g.	" "	9387656321	
92	Rameeza parveen M.K.	" "	8089218027	
93	ummukalsu Ayoob.	" "	7653278031	
94	Mithuna Manoj	" "	9370063270	
95	Fathimathussuhara.	" "	8368532190	
96	Aswani Raju	" "	9847355877	
97	Syamily T.S	" "	7510836911	
98	Shilnamol Rahman	" "	9946450861	
99	Elsa mary Biju	" "	8089885503	
100	Ajeeshma.	" "	7594014705	
101	Deepak Vinod	B.Com Tax	8848907062	

Sl.No.	Name	Course and College	Email id and Mob No	Signature
102	Fathima duthana	BA History SSV college Aivapuzham	9037003289	
103	Anupama Rajan	B.A History S.S.V college Erappuram	7558074523	
104	Avomi vijayan	B.A History S.S.V college Erappuram	9744196809	
105	Dalika Aliyas	B.Com Computer Application S.S.V college Erappuram	9778323974	
106	Vismaya VV			
107	harshini	B.com	9388668894	
108	Shraafunessa	B.com computer Application	6235232165	
109	Aswathy	B.A English	8089599791	
110	Nandhana Sivan	B.A English	8590773705	
111	Sreehari K.A.	B.A History	8590916899	
112	Abraju subran	"	7736104867	
113	Akshay C.K	"	830851535	
114	Abhida P Mohan	"		



128	Sahadiya Salim	BA English 1 st yr	Sahadiya Salim 5 @ Gmail .com 9141231311	
129	Alsyia Azees	"	9188041926	
130	Raheshta P.P	"	9633135311	
131	Sabira P. Sidhique	"	9846291313	
132	Dhanalakshmi A.J	"	8089465081	
133	Aslam Pardeeth	B.A HISTORY	8137917240	
134	Sarvesh M.R	"	7306723412	
135	Akshay Vijayakumar	B.Com	9656328179	
136	Mohammed Shafi	" ^{CA}	9778103277	
137	Bismor. P. Binu	"	9593045266	
	Asitha manoo	"	8943570762	
138	Ajith	"		

139	Sahadiyya Siddique	B.A English	8590888804	
140	Ahalya K.S	B.A English	9807154321	
141	Chaitanya. Shree	BA English		
142	Jeeva K. Alias	"	9747719530	
143	Shivija Venoj	"	6238795110	
144	Sreerajya C.A	"	8943014625	
145	Akshaya N.M	"		
146	Etha Wilson	"	7025430238	
147	Abiya Sajju	"	9446380466	
148	Adithya P.S	"	9747872489	
149	Shilpa B	"	9188363538	

BROCHURE OF THE PROGRAMME





SREE SANKARA VIDYAPEETOM COLLEGE

(ACCREDITED WITH 'A' GRADE)



THE DEPARTMENT
OF ENGLISH

**HEALTH MASTERY:
SKILL ENHANCEMENT
INITIATIVE**

**VENUE :
ADWAITHA HALL**

DATE : JANUARY 30th

TIME : 10:30 AM - 12 PM

A SEMINAR ON PHYSICAL FITNESS

By,



VIVEK NAMBOODIRIPAD

(QUALITY ENVIRONMENT, OCCUPATIONAL
HEALTH AND SAFETY, INFORMATION
SECURITY HEALTHCOACH
ULTRAMARATHONER)

Co-ordinator

Dr. GEETHA A N

HoD & Principal in Charge

Dr. SHEENA KAIMAL N



SAMPLE CERTIFICATE



PROFILE OF RESOURCE PERSON

Vivek Nambudiripad completed his schooling (Class X) from St. Patrick's Higher Secondary School, Asansol, West Bengal in 1987. Further completed Bachelor of Engineering from Karnataka Regional Engineering College, Surathkal (Presently NITK) in 1994.

Presently, he is working as an auditor, trainer, and consultant in the field of quality, environment, occupational health & safety, and information security. He has over 28+ years of working experience and exposure to several industries. He has carried out several quality, environmental, occupational health & safety assignments in India as well as in countries like Bahrain, China, Australia, Thailand, and Malaysia.

He is an ultramarathoner. He started running at the age of 46 years (2017). Since then, he has run many marathons and ultra-marathons including a 12-hour ultra-marathon. His latest ultramarathon was a 100km ultramarathon.

He has been studying health and nutrition for the last couple of years. Presently also studying for a Diploma in Nutrition and Health Education. He has transformed himself and influenced people to lead healthy lives through a combination of nutrition and physical activity.



FEEDBACK ANALYSIS:

The topic was on physical fitness and 41.4% of first year students, 35.4% 2nd year and 23.2% responded. Out of 149 students 68.4 % agreed to what the resource person said on the topic and 17.3 % strongly agreed and 10.2 % were neutral and very few disagreed with what the speaker said. Overall feedback is satisfactory and the majority could benefit and improve on the knowledge of their own physical fitness.



PRINCIPAL
SREE SANKARA VIDYAPEETOM
VALAYANCHIRANGARA P.O
(VIA) PERUMBAVOOR

Signature of the Principal

