

**Avinashilingam Institute for Home Science
and Higher Education for Women**

Coimbatore - 641043

**REPORT OF ACTIVITIES ON
PHYSICAL FITNESS**

(2015-2016)

Event: Awareness program on Aerobic Fitness

Date: 18.03.2016

Beneficiaries: 34

Resource Persons: Aerobic Fitness Trainers from STAR fitness

Aerobic exercise is the type of moderate-intensity physical activity that one can sustain for more than just a few minutes with the objective of improving cardiorespiratory fitness and health. "Aerobic" means in the presence of, or with, oxygen. Walking, jogging, biking, dancing, and swimming are examples of activities that can be performed aerobically. Department of Physical Education has organized Aerobic Fitness Awareness Program for Jangamanaicken Palayam village people on 18.03.2016.

Experts from STAR Fitness performing Aerobic Exercises



The Experts explained that how aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke and certain types of cancer. They motivated through weight-bearing aerobic exercises, such as walking, help decrease the risk of osteoporosis. All the people got benefitted by the practical cum awareness program on aerobic fitness.

Event: Awareness program on Weight Management and Diet

Date: 22.03.2016

Beneficiaries: 32

Resource Person: Mrs. D.Vishnupriya , Assistant Director of Physical Education

Obesity is a major public health problem in worldwide. It is directly associated with several health conditions including diabetes, heart disease, stroke, hypertension, gallbladder disease and fatty liver disease as well as some cancers. Nearly 1 billion individuals worldwide are overweight or obese and the numbers are on the rise.

Department of Physical Education has organized Awareness Program on “Weight Management and Diet” for Theenampalayam village people on 22.03.2016. Totally 32 adults were participated in this program.



Weight-loss goals can mean the difference between success and failure in their appearance. Realistic, well-planned weight-loss goals keep them focused and motivated. They provide a plan for change as the transition to a healthier lifestyle.

Event: Awareness program on Nutrition, Health and Fitness

Date: 23.03.2016

Beneficiaries: 18

Resource Person: Dr. P. Nandhini, Assistant Director of Physical Education

Department of Physical Education has organized Awareness Program on Nutrition, Fitness and Health for Kulathupalayam village people on 23.03.2016. Totally 18 village women participated in this program.

Main purpose of the program is to promote health and reduce the risk of developing chronic diseases by encouraging them to consume healthful diets and to achieve and maintain healthy body weights. This will help them to follow an active lifestyle and exercise routine, along with eating well, the best way to stay healthy. Eating a good diet can help provide the energy they need to finish a race, or just enjoy a casual sport or activity.

Expert teaching throw ball to the village women

Group of participants with expert



Regular exercise is important but nutrition has the largest impact on their fitness. Making food as their medicine has become a popular craze for health improvement. So the expert motivated the village people to follow well balanced diet, proper fitness time to maintain weight.

Event: Awareness program on Home based Workouts

Date: 30.03.2016

Beneficiaries: 26

Resource Person: Dr. P. Nandhini, Assistant Director of Physical Education

Department of Physical Education organized Awareness Program on home based workouts for Uliampalayam village people on 30.03.2016. Totally 26 village people were participated in this program. This program gives an opportunity to know about exercise, how to practice exercise in a regular way at home, variety of exercise and its benefits. It promotes physical exercise to follow a habit to keep fitness and health.

Interactive time with expert and Participants performing aerobic dance with the resource person



The resource person explained about the advantage of home based workouts and its benefits. Many a would-be exerciser has fallen into the trap of making excuses. Committing to working out at home limits those excuses. It's never too cold or snowy outside to exercise at home. When time is tight, it's easy to fit in a few minutes here and there, since all they have to do is walk across the hall. There are no worries about who's watching, what they're wearing, whether a class is full, or which pieces of equipment are available. When they exercise at home, they are in control. So all were motivated and enjoyed the session.