

**Avinashilingam Institute for Home Science and Higher
Education for Women
Coimbatore - 641043**

**REPORT OF ACTIVITIES ON
PHYSICAL FITNESS
*(2017-2018)***

Event: Emotional Fitness for better Physical Health

Date: 08.01.2018

Duration: Two hours

Beneficiaries: I B.Ed students

Objective: Minds need regular exercise and training just as much as our bodies do in order to stay healthy and fit

Education students are trained to become aware of the emotional states and stated how it helps us develop the ability to consciously shift to a healthier zone if we happen to be in a toxic zone. Fifty Education students participated enthusiastically with their full interest. They were oriented with that body is designed to heal itself, emotions can guide us from a condition of stress and disease to a state of peace, health, and compassion.

Outcome: Emotional fitness training helped the students to how to use these signals in a helpful and healthy way.

