

**MOTHER TERESA WOMEN'S UNIVERSITY
KODAIKANAL**

FITNESS CENTRE

Health education could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity. A fitness center may provide both indoor and outdoor health and fitness activities. All in all, we could say that a fitness center is more than a gym. It provides simple work out without any gym machines and equipment but offers a wider variety of group classes and activities,

Two Gym centres are available in our Ananthagiri campus and Attuvampatti Campus.

OBJECTIVES:

1. to Create a woman-focused workout environment that promotes confidence in our clients.
2. to Promote the success of our clients in meeting their fitness goals.
- 3 .to Celebrate their successes and help them set new fitness goals
4. to improve one's cardio respiratory fitness,
5. to improve muscular strength and endurance, or flexibility,
6. to attain body composition goals - for those who need to lose weight, or weight gain

FIT INDIA PROGRAMME

29.08.2019

Fitness Pledge taken by Staff & Students

" I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbors to be physically fit and make India a fit nation".



06.02.2020 & 07.02.2020

04. 2 days Self Protection Training - Silambam.

Classes handled by Mr. Vadivel a Silambam Trainer



FITNESS PRACTICE OF STUDENTS ON 25.08.2018



FITNESS PRACTICE OF STUDENTS ON 31.01.2019



GAMES

The Sports Cell of our mtwu kkl has been formed to promote related activity. Both students and staff members are the members of this club. It actively involved all sports related matters then and their and gives a valied soluation to promote sports activities among students and staff for the carrier progression and life wellness . It also helps to our university to prepared for fund based project in sports submit UGC/funding agencies to get helps

OBJECTIVES

1. To develop Physically, Mentally, and Socially involved
2. To enable the students to have good health
3. To practice Mental Hygiene
4. To possess emotional stability
5. To integrate moral Values

11.03.2020

08 Indoor games for Staff and Students.

Recreation events - Basket Ball, Shuttle Badminton & Chess
Fit India Movement – Yoga Practice conducted by
Dr.A. Rajam & R. Viji PD



16.03.2020

10. Out Door Game practice to B.Ed students

Practices were given in Kho- Kho , Volley Ball, Kabaddi , Athletic and Yoga events by Dr.A. Rajam & Mrs. R. Viji PD

