

ST. JOSEPH'S
COLLEGE, MOOLAMATTOM
ARAKULAM P.O- 685591, IDUKKI, KERALA



2.3.1 Student centric methods, such as experiential learning, participative learning and problem-solving methodologies are used for enhancing learning experiences and teachers use ICT- enabled tools including online resources for effective teaching and learning process

FIT YUVA - Stay Back In Campus (SBIC)





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The **Project Happiness Programme** titled as **FIT YUVA** - is a part of **SBIC Initiative**. All the students by default will become members of this happiness Programme. The name FIT-YUVA was inspired from **FIT INDIA Movement** launched by our Honourable Prime Minister **Shri. Narendra Modi**. The Programme is a combination of both arts and sports activities.

Objectives

- To promote fitness as a mantra, making it an integral part of our daily lives.
- To spread awareness on fitness, health and nutrition
- To encourage students to pursue any arts or sports activity of their interest.

Spread happiness among students by involving and engaging them in cultural & sports activities

Photos





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SBIC - STAY BACK IN COLLEGE

7'S FOOTBALL - FRIENDLY

ST. JOSEPH'S COLLEGE MOOLAMATTOM
DEPARTMENT OF MANAGEMENT STUDIES



BBM 1ST YEARS V/S BBM 2ND YEARS





Outcome

Improved Physical Health: Regular involvement in physical activities, either in the form of arts or sports, can lead to improved cardiovascular health, increased muscle strength and endurance, enhanced flexibility, and better joint health.



Better Mental Health: Regular involvement in any extracurricular activity is associated with reduced stress, anxiety, and depression. It promotes the release of endorphins, which are natural mood enhancers.

Happiness & Social Interaction: Participating in group fitness activities whether arts or sports can provide a sense of community and social interaction, leading to improved overall well-being and mental happiness

Enhanced Self-Esteem and Confidence: Achieving fitness goals and involvement in arts and cultural activities helps in boosting self-esteem and confidence.