



FITNESS YOGA CLUB

Swami Vivekananda Institute of Management, (SVIM), Baniatangi, Khordha, has constituted a Fitness and Yoga Club which will develop both mental and physical well-being of students and staff through various activities like workout sessions, yoga classes and health related events. This club will provide a safe space to reduce stress and promote healthy lifestyles.

Objectives of Fitness/Yoga Club :

- a. Promote physical fitness and mental well-being among students and staff.
- b. Encourage regular participation in yoga and fitness activities.
- c. Organize workshops, sessions, and awareness programs on healthy living.
- d. Foster a disciplined and health-conscious campus environment.

Members of Fitness/Yoga Club :

Sl. No	Name	Designation	Position
1.	Prof. Sakti Tanaya Upadhyay	Asst. Professor	Adviser
2.	Rajalaxmi Mallick	Student 4th semester MBA	Coordinator
3.	Kedar Kumar Rout	Student 2nd semester MBA	Co-cordinator
4.	Srikanti Kanhar	Student 2nd semester MBA	Member
5.	Rashmi Mallick	Student 4th semester MBA	Member

Functions of a Fitness/Yoga Club:

- a. Conduct regular fitness and yoga sessions for students and staff.
- b. Organize health camps, workshops, and wellness seminars.
- c. Celebrate International Yoga Day and other health-related events.
- d. Collaborate with experts to provide guidance on fitness, nutrition, and stress management.

Roles and Responsibilities

1. Adviser: Provides guidance, ensures club activities align with college policies, and supports overall development.
2. Convenor: Leads the club, organizes meetings and events, coordinates with members, and ensures smooth execution of plans.
3. Members: Actively participate in activities, contribute ideas, support event organization, and uphold the club's values and objectives.

Outcome

The Fitness and Yoga Club promotes overall well-being among students and staff by enhancing physical fitness, mental clarity, and emotional balance. Regular participation leads to improved strength, flexibility, and stress management.



Coordinator



Chair-person