



**Mercy College**  
Palakkad, Kerala, India 678006  
Govt. Aided Arts & Science College  
Affiliated to the University of Calicut  
Accredited by NAAC with A Grade IV Cycle

The Department of History and the Department of Physical Education, Mercy College Palakkad, organized a joint venture “Fit Mercy programme – SWASTHYA 2025” on 29 July 2025 under MFIT. This joint venture aims to promote physical well-being and an active lifestyle among students through an engaging and inclusive aerobics session.

The programme was formally inaugurated by Dr. Sr. Gisala George, Former Principal of Mercy College, Palakkad, who addressed the gathering with inspiring words on the importance of maintaining physical health alongside academic pursuits.

Following the inauguration, students of Mercy College presented a vibrant and energetic aerobics performance, which showcased their enthusiasm and commitment to health and fitness. The performance was followed by an interactive group aerobics session, where all participants enthusiastically joined in. The session, guided by instructors and student volunteers, focused on simple, rhythmic movements designed to boost energy and promote cardiovascular fitness.

The event successfully brought together students from various departments in a spirit of unity and wellness. It encouraged participants to incorporate regular physical activity into their daily routine and highlighted the importance of mental and physical balance in academic life.

“Fit Mercy programme – SWASTHYA 2025” is a step forward in reinforcing the college’s commitment to nurturing a health-conscious and active student community.

**FACULTY CONVENER**

Dr Sreejith PA & Shym E T

**STUDENT CONVENER**

Bhadra B & Padma Lakshmi P

*n.m.hans*  
**PRINCIPAL**

**PRINCIPAL**  
Mercy College, Palakkad-06

