

**JALATHARANGA**



**SWIMMING CLUB**

**@ UCC**



## **SWIMMING CLUB**

**Jalatharanga** – the Swimming Club UCC provides an opportunity for students to learn and improve their swimming skills. It offers coaching, training sessions, and access to swimming facilities, allowing members to enhance their swimming techniques and proficiency in the sport. The club also aims at encouraging physical activity, promote a healthy lifestyle among college students, foster a sense of community, offer competitive opportunities, and facilitate personal growth.

The college can benefit from having a swimming club for:

**Health and Fitness Promotion:** Swimming is a low-impact exercise that provides a full-body workout, improves cardiovascular fitness, and helps maintain overall health and well-being.

**Stress Relief and Recreation:** Swimming is known for its relaxing and stress-relieving properties. A swimming club provides a recreational outlet for college students to unwind, relieve academic or personal stress, and enjoy their leisure time in a refreshing and engaging way.

**Social Interaction and Community Building:** Joining a swimming club creates a sense of community and camaraderie among college students who share a common interest in swimming. It facilitates social interaction, helps build friendships, and fosters a supportive network within the college.

**Competitive Opportunities:** A swimming club allows talented swimmers to participate in intercollegiate competitions, representing their college and showcasing their skills. It provides a platform for individuals to challenge themselves, set goals, and compete at various levels, fostering a spirit of healthy competition.

**Water Safety and Lifesaving Skills:** Having a swimming club promotes water safety awareness and educates members about essential lifesaving skills. It equips students with the knowledge and skills to respond effectively in aquatic emergencies, contributing to a safer college environment.

**Community Engagement:** A swimming club can engage with the local community by organizing swimming lessons for children, conducting water safety programs, or participating in charity events. It allows college students to contribute positively to the broader community and promote the benefits of swimming.



### **About the Logo**

The logo displays an illustration of a man engaged in swimming. The club's name is incorporated into the logo, indicating its association with UCC as the place where it was founded.

## **Club Inauguration**

The inauguration function of the Jalatharanga Club was held on 12<sup>th</sup> April 2023 at TB Ninan Hall, Union Christian College, Aluva, with enthusiastic college students, faculty members, and an experienced Swimming Trainer Mr. Saji Valassery. The event marked the official establishment of the club, which could serve as a platform for students to engage in a rewarding and enjoyable sport while enhancing their overall college experience.

The event began with a prayer song and warm welcome to all attendees, emphasizing the importance of swimming as a recreational and healthy sport.

Distinguished guests, including college authorities, and the Swimming Trainer were acknowledged and invited to address the audience.

The inaugural address was given by the most beloved Principal of UC College Dr. M. I. Punnoose wherein he appreciated the efforts of the club coordinators and requested more students to join the club, learn swimming and volunteer for any safety and rescue operations. This was followed by a short introductory speech by the club coordinator Mr. Vipin Thomas sharing the vision for the club's future endeavors. The keynote address was given by the very cool and expert Swimming Instructor Mr. Saji Valassery who has his own swimming club – Valassery River Swimming Club.

The official launch of the club happened with a lamp-lighting ceremony by the Delegates along with the unveiling of the Club Logo by the most respected Principal Dr. M. I. Punnoose. The club's mission, objectives, and activities were further presented.

The inauguration function of the Jalatharanga Club marked a significant milestone in the journey towards raising awareness, promoting a healthy lifestyle among college students and motivate students to conquer their fears.

**JALATHARANGA**

**Club Coordinators: Mr. Hanu G Das, Mr. Dhanush B Danes, Mr. Vipin Thomas**



*Jalatharanga Club Inauguration Lamp-lighting Ceremony by Mr. Saji Valassery, Swimming Instructor*



The graphic is a vertical promotional poster for the Jalatharanga UCC Swimming Club. It features a swimmer in a red cap and blue goggles on the left, a QR code and contact information in the center, and a scenic river background on the right. The text is arranged in a clean, modern layout with various colors and fonts.

**UNION CHRISTIAN COLLEGE, ALUVA**  
AFFILIATED TO MAHATMA GANDHI UNIVERSITY, KOTTAYAM

SCAN OR CLICK  
THE LINK TO JOIN  
THE CLUB

SWIMMING CLUB



<https://forms.gle/7HsoBbUwZUFJJgy8>

*Inauguration of*  
**JALATHARANGA**  
UCC SWIMMING CLUB

**HONOURING &  
AWARENESS CLASS**

**MR. SAJI VALASSERY**  
SWIMMING INSTRUCTOR,  
VALASSERY RIVER SWIMMING CLUB

**12 April 2023**  
T B Ninan hall  
12:00 pm onwards

**CONTACT US**

Hanu G Das  
8606010898

Dhanush B Danes  
9605809737

Vipin Thomas  
7561073509



*Brochure of the Birders Club Inauguration at UC College*

**JALATHARANGA**  
UCC SWIMMING CLUB

### Activity – 1

**Event:** Awareness class for students by Mr. Saji Valassery  
**Date:** 12<sup>th</sup> April 2023  
**Location:** T B Ninan Hall, UC College, Aluva

An awareness class on swimming was conducted by the trained swimming instructor Mr. Saji Valassery at Union Christian College, Aluva on 12<sup>th</sup> April 2023. The objective of this session was to provide college students with essential knowledge and skills related to water safety, swimming techniques, and the benefits of swimming as a recreational and fitness activity. The class aimed to raise awareness and promote a positive attitude towards swimming among the participants.

The session began with an introduction by the trained swimming instructor, highlighting the importance of water safety and the benefits of swimming. The objectives of the awareness class were clearly communicated including educating participants about water safety measures, introducing swimming strokes and techniques, and addressing any concerns or fears related to swimming in a fun-filled manner making the session really interesting.

The instructor conducted a comprehensive session on water safety, covering topics such as recognizing hazards, understanding the importance of lifeguards, and practicing safe behaviours around water bodies. Participants were educated about basic water rescue techniques and the importance of knowing how to respond to emergencies. Recognizing that some participants have fears or anxieties related to swimming, the instructor conducted interactive discussions on overcoming these fears.

Strategies and tips were shared to help participants build confidence in the water, emphasizing the importance of starting with basic skills and gradually progressing at their own pace. Throughout the class, participants were encouraged to ask questions, share their experiences, and engage in interactive discussions related to swimming and water safety. The instructor addressed queries, provided additional information, and shared personal anecdotes and experiences to further enhance participants' understanding and engagement. The instructor emphasized the importance of regular swimming practice for improving skills, increasing endurance, and reaping the numerous physical and mental health benefits associated with swimming.

Participants were encouraged to incorporate swimming into their fitness routines and explore the recreational aspects of the sport.



*Principal Dr. M. I. Punnoose presenting a memento to Mr. Saji Valassery*

