

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



FIT VIBE CLUB



***A FUN, SUPPORTIVE FITNESS CLUB DESIGNED EXCLUSIVELY FOR
COLLEGE STUDENTS TO STAY ACTIVE, CONFIDENT, AND HEALTHY.***

ABOUT US

FitVibe Club is a girls-only fitness community that encourages strength, self-confidence, and wellness. We believe fitness should feel empowering, enjoyable, and stress-free.

OUR VISION

**To empower young women
through fitness, building
confidence, wellness, and
a healthy lifestyle.**

OUR MISSION

Empower students through fitness
Promote physical & mental well-being
Build confidence, discipline, and self-love
Create a safe, positive workout space



ACTIVITIES

- Yoga & Flexibility Training
- Zumba & Dance Fitness
- Trekking/Running events



**Coordinator
Ms.Synora Picardo**

CARMEL COLLEGE OF ARTS, SCIENCE AND COMMERCE FOR WOMEN



FIT VIBE CLUB



MAZEL TRAVASSO
S.Y.B.SC
PRESIDENT



CINIDA FERNANDES
S.Y.B.COM
VICE PRESIDENT



SANIKA PATIL
S.Y.B.SC
SECRETARY

