

Report 2015-2016

On August 18th 2015 STREE RAKSHA –A government initiative to spread the awareness about self defence technique, took a class to Health Club members on August 18th 2015 . Officials from the said association demonstrated the techniques to the students and they cleared the doubts that students had.



NUTRITION DAY CELEBRATION

In connection with Nutrition day (19th November 2015), Health Club of our college organised an invited lecture by Ms. Cindin John Alappat, Senior consultant dietician, Elite Mission Hospital, Thrissur. The session enlightened students with the approach towards nutritional habits that has to be followed.



Yoga Class

Yoga classes for health Club members were taken by Smt.Dhanya K.M. She demonstrated suryanamaskar and taught them the importance of suryanamaskar and Benefits of performing Suryanamaskar.

