

## **Report 2016-17**

Name of the Club: Health and Yoga

Name of the Coordinator: Lt. Anu D. Alappat

### **Health & Yoga Club**

- More than fitness, it's a way of life. We are committed to the health and well-being of mind, body, and spirit. Through innovative fitness and lifestyle programs, we inspire and support all to enhancing the quality of life.

This year on 05/07/2016 , a session was given to health club members about Yoga and how it will benefit us through demonstration by Smt.Dhanya K.M.



- We also introduced the Gym equipments and gave orientation about the type of exercises they can perform. A class was arranged on the topic “Use of Health Gym for ladies”.



- On 5<sup>th</sup> December a class for self Defence techniques has given to the club members by SHALOIN Accademy.
- Smt.Manju K.M. took a class on “Importance of learning Karatte for personality Development” and also demonstrated the skills that can be used in various situations On 7<sup>th</sup> Jan.2017.

