

**ACTIVITIES OF YOGA & HEALTH
CLUB**

Report 2018-2019

- Organised a class and demonstration on Yoga for Women Health and Harmony for staff members. The class lead by Dr.Haseena P.H.(M.D.Ayu.)



- Health Club in collaboration with Women Cell organized a Zumba Fitness programme for staff. Zin.Vinu S.Menon (Zumba International License) lead the programme.



- Health Club organized Zumba Fitness programme for members of Health Club.





- Health Club organized Yoga classes for members of Health Club.Smt.Dhanya K.M. lead the class.



