

ANNUAL REPORT OF HEALTH AND YOGA CLUB 2022-2023

Sl No	Particulars	Description
1	Event: Date & Time: Resource person: Staff coordinator: Student Coordinator: Details:	Workshop on international yoga day 2022 21/06/2022 Mrs.C.Lathakumari – Yoga Trainer Anilkumar.C(Asst Professor – Dept. of Commerce) Vandana.P (2 nd B.Com Finance) The main intention of the workshop was to give an opportunity to practice yoga and to aware more about the importance of yoga in daily life .
2	Event: Date & Time: Resource person: Staff coordinator: Student Coordinator: Details:	Online workshop on health and happiness 09/08/2022 Nil Anil Kumar.C(Asst Professor – Dept. of Commerce) Vandana.N(2 nd B Com Finance) The main intention of the workshop was to give an idea to students to improve their health and happiness through meditation and yoga
3	Event: Date & Time: Resource person: Staff coordinator: Student Coordinator: Details:	A Health checkup day for parents 10/03/2023.10.am NIL Ms.Jisha.K(IQAC Coordinator) Mr.vineeth.KV, Coodinator,Health and Yoga club Nil Under the banner of ayurjyothi,a health initiative of IQAC organized a health checkup day for parents. The program was coordinated along with the health and yoga club of the HEL Body mass index was calculated and also

		checked their blood pressure level. Parents were highly benefited by this program
4	Event: Date & Time: Resource Person: Staff coordinator: Student Coordinator: Details:	BMI calculation for students 24/03/2023 Nil Ms Jisha K IQAC coordinator Mr Vineeth KV ,coordinator health and yoga club Nil Under the banner of ayurjyothi,a health initiative of IQAC organised BMI calculation for students

Vineetk.KV
Club Co-ordinator

Dr.Byju K
Principal