

Health and Yoga Club
ANNUAL REPORT 2023-24

Particulars	Description
Event: Date & Time: Resource Person: Staff coordinators Student coordinator Details:	International Yoga Day Celebration 21/6/2023@ 10.30 am Ms. Latha Kumari Reshma P(Asst Professor, Department of Commerce) Darsana (2nd B. Com Co operation) The aim of the program was to provide a practical session of yoga to students.
Event: Date & Time: Resource Person: Staff coordinator Student coordinator Details:	Awareness Campaign - Say no to Dengue 28/6/2023 Nil Reshma P(Asst Professor, Department of Commerce) Anaswara(1st B. Com Co operation) To provide an awareness about dengue fever to rural people
Event: Date & Time: Resource Person: Staff coordinator Student coordinator Details:	Self Defence Training 27/11/2023 @ 10.30 am Mr. Vineeth K. V(Physical Education Instructor) Reshma P(Asst Professor, Department of Commerce) Krishna Priya (1st BBA HRM) The main aim of this programme was to meet the challenges in the society
Event: Date & Time:	Protection Against Summer- Awareness Campaign 9.4.2024

Resource Person:	Nil
Staff coordinator	Reshma P (Asst Professor, Department of Commerce)
Student coordinator	Sneha .S (1st B. Com Cooperation)
Details:	Health and Yoga Club organised an awareness campaign against summer season
Event:	Appreciation to Ashwell
Date & Time:	16/05/2024 @ 1.30 PM
Resource Person:	Nil
Staff coordinator	Reshma P(Asst Professor, Department of Commerce)
Student coordinator	Nil
Details:	The aim of the program was to congratulate Ashwell for his achievement

Reshma. P

Staff coordinator

Dr.Byju K

Principal