Report on the Health Club for Academic Year 2017-18

Health club of the college organized posters competition on topic **"BAN ON PLASTIC BAGS"**on **28th March, 2018,** 14 students participated in its.Students had made excellent posters on differentsubjects related to, **"BAN ON PLASTIC BAGS".**

Expert PIDILITE trainer Mrs. Madhavi Patvardhan acted as a judge. Main objective of the competition was to create awareness regarding environmental degradation which occurs due to use of plastic bags.



'Ban on Plastic Bags'

Poster Competition
On
'Ban On Plastic Bags'
Held On
28th March 2018



On 18th April, 2018, Health club organized **"YOGA AASAN AND MEDITATION".** Yoga trainer Ms. Kavita Ghodeshwar was invited for same. Ms Kavita Ghodeshwar conducted many assanas. Also she explained to students necessity of YOGA and MEDITATION and their health benefit.

Mainly She performed following assanas

1)	Tadasan	4)	Adho Mukha Svanasana
2)	Bhujangasan	5)	Balasana
3)	Naukasan	6)	Sukhasana

And many more asanas. Also she conducted Meditation.





Students performing
YOGA AASAN AND MEDITATION,
under the guidance of trainer Ms. Kavita Ghodeshwar