

## REPORT OF THE ACTIVITIES OF HEALTH AND FITNESS CLUB (2019-20)

Health and Fitness club was formally inaugurated on 30<sup>th</sup> August 2018 to make aware about health and its importance to the students as well as to the public. A committee has been formed to coordinate the activities with principle as the president and HOD of Physical Education as Secretary. Three staff from teaching community and ten students from different classes were included as executive committee members. The health club organized



a variety of programmes to the students as well as the public

An aerobic dance training programme was started to the interested girl students belonging to second year B. Com and TTM classes. These students were chosen as the student leaders and they were trained by the Department personals. They were utilized for the purpose of giving training to the interested girls students and teachers. Accordingly training sessions were arranged to the interested girls students and teachers during free hours and other free days of their choice. Training in Gymnasium was offered for both boys, girls and also to the staff of the college during free time and even in holidays.

## HEALTH AWARENESS PROGRAMME

The club organised a health awareness programme to the girl orphan students at Banath women orphanage, Kadakkal, Kollam District on 8<sup>th</sup> October 2019. Dr. Siyad U, Assistant Professor Department of Chemistry and Dr, Baiju A, Head of the Department Of Physical Education and coordinator of Health and Fitness Club delivered classes on Health-its importance, maintenance, preservation and promotion.



## HEALTH SURVEY

On 12<sup>th</sup> November 2019, the health club conducted a health status survey of 150 women cashew workers of Eastern Cashew Factory, Kallara, Thiruvananthapuram District. Questionnaire method was used for this purpose. These workers were given questionnaire by



our trained volunteers and the data was collected from them.