

**ANNUAL REPORT OF
HEALTH CLUB
2022-23**

**SAPTHAGIRI COLLEGE OF
ENGINEERING BANGALORE**

Report of the activities of Health club for 2022-23

The first Health club committee meeting for the academic year 2022-23 was held on 24th August 2022 at 10.00 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2022-23 and to discuss about the various activities which were conducted during the previous year. The discussion was mainly on preparations to be made for Health club and to conduct events for the community and students benefit.

The second Health club committee meeting was held on 13th February 2023 at 10.50 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like millet program, yoga day and other activities.

The following events were conducted during the year 2022-23 –

- (i) International Yoga Day - 21/6/2023
- (ii) Yoga Day for Women - 21/6/2023
- (iii) Millets food walk - 8/6/2023
- (iv) Millets awareness – 14/7/2023
- (v) Millets awareness to school children – 27/11/2023
- (vi) Blood Donation Camp – 17/9/2022
- (vii) Swachh Bharath Abhiyan – October 1st week 2022

Events were conducted successfully to sensitize the students and the community. To motivate the students to use millets. To sensitize the people about the yoga and its benefits. To create awareness about blood donation and its usefulness.


Convener


Principal

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