

**ANNUAL REPORT OF
HEALTH CLUB
2018-19**

**SAPTHAGIRI COLLEGE OF
ENGINEERING BANGALORE**

Report of the activities of Health club for 2018-19

The first Health club committee meeting for the academic year 2018-19 was held on 6th August 2018 at 10.00 am. The agenda of meeting was to discuss about the activities to be conducted from Health club for the academic year 2018-19 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 21st January 2019 at 10.50 am to discuss the events conducted in the previous semester and the events to be conducted in the coming semester like no honking, world food day, yoga day, Awareness on dengue, malaria and other activities.

The following events were conducted during the year 2018-19 –

- (i) World food day on 16th October 2018.
- (ii) No fireworks for healthy and safe deepavali on 30th October 2018.
- (iii) Mega health camp on 10th November 2018.
- (iv) "No honking" drive at traffic on 16th November 2018.
- (v) Awareness on pollution and its effects in government school on 3rd February 2019.
- (vi) Village, temple, lake cleaning from 25th February 2019 to 3rd March 2019.
- (vii) Swachh Sathagiri Abhiyan on 14th March 2019.
- (viii) Awareness on dengue and malaria on 2nd April 2019.
- (ix) Health awareness program in village 16th April 2019.
- (x) International day of yoga on 21st June 2019.

All the events were conducted successfully to sensitize the students and the community. To motivate the students to eat healthy food and avoid junk foods. To sensitize the people about the adverse effects of crackers. No honking in traffic signals.

Convener

Principal