

Health Awareness

Objectives

- To create awareness about good health among students & staff.
- To learn & practice fitness related activities.
- To create social bonding through blood donation activity

1. Yoga Day

On the occasion of International Yoga Day i.e., on 21st June, we learn & perform yoga, pranayam & meditation in our campus. The students & staff members take part in this activity enthusiastically.



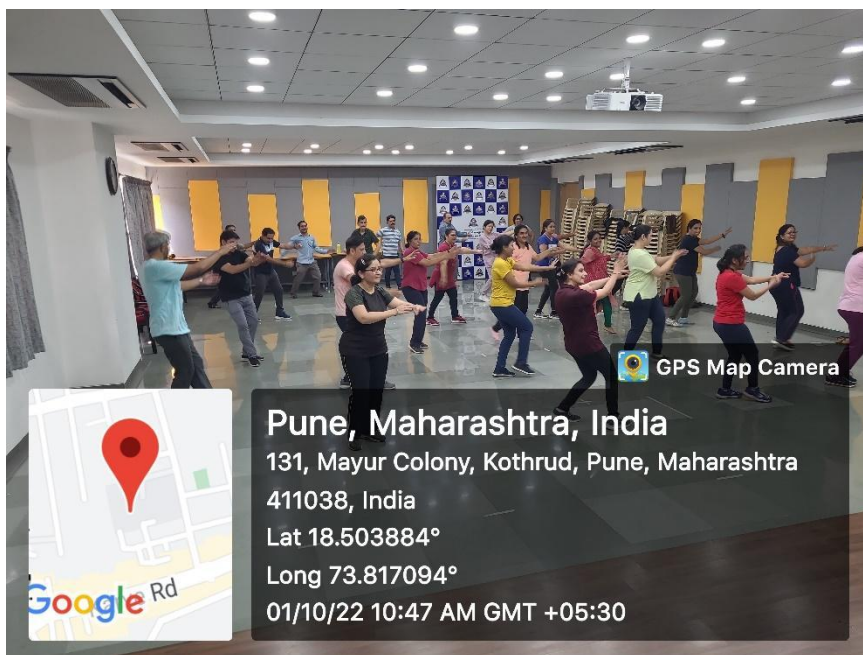
2. Blood Donation Camp:

Every year blood donation camp is organized in the campus for all students & staff members.



3. Zumba:

Every Saturday one-hour zumba session is arranged for all staff members.





4. Ergonomic advice for professionals.

The basic objective of organizing this session is to create awareness among faculties about ergonomic posture. It was conducted for all staff members.



