



ST. XAVIER'S COLLEGE FOR WOMEN, ALUVA
REACCREDITED BY NAAC WITH A GRADE (CGPA 3.33)

**HEALTH CLUB
ANNUAL REPORT
2017-2018**

1. **Title of the program** : Health Club
2. **Name of the Coordinator** : Dr. Cicily Pearly Alex
3. **Organizing Department** : Physical Education
4. **Date** : **2018-2019**
5. **Number of Members/Participants** : 30
6. **Objective of the Program/events** :To make healthier version of oneself and create awareness about the importance of physical fitness. Health clubs can modify our behavior towards the attainment of optimum health.

7. Description of the event

Activity 1

Daily Workout for the Students

Brochure



DEPARTMENT OF PHYSICAL EDUCATION

ST. XAVIER'S COLLEGE FOR WOMEN ALUVA

HEALTH CLUB



2018-19

JOIN NOW



8. **Outcome of the events** :The health club provided opportunity for students to learn skills that will help them in the competitions as well as in their future careers and personal relationship. Through engagement in sport, they learn leadership, teamwork, problem-solving, responsibility, self-discipline, and a sense of initiative.

PRINCIPAL