

REPORT ON HEALTH AWARENESS PROGRAMME CONDUCTED BY KLUBS WOMENS FORUM

KLUBS women's forum has conducted an Awareness programme "**a weight for life**" on

Date 28-8-2012

Venue: Rose hall

Time: 4:30-5:30 pm

No of people attended: 50

The programme mainly focus on the present day changes in the food habits of the people, their effects

How to keep your body fit and healthy for that pranayama exercises has been demonstrated by Miss Ramya of MBA



followed by a presentation on present day increase in consumption of junk foods and their harmful effects on body by Miss Padmini of MBA



next followed by presentation given by Miss Sonali on various healthy recipe that are good for health and can be quickly & easily made at home

