

# Activity Report Sept 2016

## **TREKKING to Jatwada Hills**

**Date:** 4th September 2016

**Project Leaders:** Sangeeta,Charu,Uma

**Attendance:** 39

**Time:** 6am- 8:30am

**Expenses:** 2250/-rs

### **Details:**

- The mornings are pleasantly cold in September and the Greenary around Aurangabad is still maintained.

So Getgoing planned a trek to Jatwada Hills.

10k distance from harsul t point.

Small trek with plateau on top.

Kids were allowed for this trek. On the top Dr. Sangeeta Deshpande eminent consultant on fitness, wellness and nutrition demonstrated some easy exercises and the members also practiced the same. These exercises were easy to perform, not requiring any equipments and beneficial for overall fitness.

Dr. Uma mahajan engaged the kids in some entertaining games. They enjoyed playing along with their mothers.

After descent breakfast was arranged in a small restaurant at the base.

Interactive session with children on personal hygiene and regular dental care was taken by Dr. Uma Mahajan a professional Endodontic.