

# Activity report October 2018

**Activity - KKHD**  
(kisme kitna hai dum)

**Date -** October 7th 2018

A competition based on strength and endurance to improve the fitness, competitive spirit and bonding between the members.

**Expenses -** Rs 4500/-

**Project Leaders -** Dr. Charusheela, Dr.Vandana, Neena, Nirupama, deepiti.

## **Details -**

- Total 15 teams with 3 members each participated.
- It was a 3x1 challenge.
- First participant did step climbing at Aurangabad caves 3 times
- Second did running of 2.5 k .
- followed by Cross Fit exercises which included 200 skipping ropes, 50 x2 mountain climbers, 20 suryanamaskar, 30 second s plank.
- All the participants performed running, step climbing and strength training very enthusiastically and with great energy.
- Activities were done one by one.
- This was an exciting session which promoted the participants to get back in to sports and fitness on their personal level.
- Water stations and volunteers were placed to take care of the route and hydration.

\*\* The event was concluded by hemoglobin test of nearly 65 ladies including the participants and non participating members both and oral supplements were given to anemic ladies.

- Prizes were given to first three winning teams.

At the end of event healthy breakfast and Enerzal was given to all.