

Activity Report June 2020

Date: 7th June 2020

Event:

1. STRENGTH WORKOUT WITH RAAHII
2. THE CHEWABLE QUIZ

Activity details:

Strength Workout was a power-packed session of whole body exercises. Session was conducted by reknowned fitness expert

Ms Raahii Kachole Reddy.

It was conducted live on FB. Workout was carried out with various props like chair, scarf, stick, weights and body weight.

Courtesy: Dr. Sangeeta's fitness studio (venue n music)

Attendance: over 85-90 members

The Chewable quiz was a quiz on nutrition designed by Ms. Vrishali Patil-Nair

She is a certified Nutritionist.

The quiz was conducted online. There were 3 rounds in the quiz. The questions were designed to test the general knowledge of participants regarding food and nutrition.

Total 60 members participated in this quiz

One winner and two runner up teams were selected based on their scores.

The energy and enthusiasm of participants was remarkable.

The winners were given prizes.*

Budget:

Rahi 2000

Gift to Vrushali 800

Gifts for winners

15 x 250 so 3750

Total 6550

We did trial workout with cores which was attended by around 120 members