



# SRI GURU NANAK DEV KHALSA COLLEGE

## Dev Nagar, Delhi - 110085

### Post-Event Report

<b>Event</b>	Visit to Flag Children Home
<b>Topic</b>	Healthy Lifestyle and Fitness
<b>Organizer</b>	Project S.E.V.A. under the aegis of IQAC
<b>Date</b>	16 <sup>th</sup> February, 2023
<b>Time</b>	3:00 P.M. to 4:00 P.M.
<b>Duration</b>	1 hour
<b>Place/Platform</b>	Flag Children Home
<b>Number of Participants</b>	30+
<b>Guest Speaker/Trainer</b>	N.A.
<b>Welcome Speech</b>	Manleen Kaur, BBE, 3 <sup>rd</sup> Year
<b>Introduction to the Speaker</b>	N.A.
<b>Activities</b>	<ul style="list-style-type: none"><li>• During our visit to Flag Children Home in Delhi, the student members of Project S.E.V.A., led by our convenors, had a motive to educate the children about the importance of fitness and maintaining a healthy lifestyle.</li><li>• To achieve this objective, the volunteers imparted knowledge about the advantages of healthy eating habits and building a strong immune system.</li><li>• Additionally, we organized various fitness activities, including breathing exercises, stress-relieving games such as punching, stretching exercises, and other games to keep the children engaged and active.</li><li>• The students' enthusiasm and dedication towards learning were evident in their proactive approach to tasks such as performing in movies and object acting. Their eagerness to contribute and help others is a positive indication of their commitment to personal growth and development.</li><li>• To train the children of Flag Children Home, the students engaged in careful planning and preparation. They took the time to analyze and determine which activities would be most effective in teaching the children, as well as gathering information on healthy eating habits. Their thorough approach ensured that they were well-equipped to provide valuable instruction and guidance to the children.</li></ul>
<b>Main Ideas</b>	<ul style="list-style-type: none"><li>• The event marked the first fitness based outreach activity for the Project S.E.V.A. Society.</li><li>• The student members of the society had an enjoyable time interacting with the children and were delighted to impart their knowledge and expertise to them.</li><li>• Through the event, the volunteers were able to emphasize the importance of fitness in weight management, reducing health risks, and strengthening bones and muscles. The students made sure that the children were aware of the benefits of a healthy and active lifestyle and motivated them to make positive choices for their well-being.</li></ul>



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**Vote of thanks**

Manleen Kaur, BBE, 3<sup>rd</sup> Year

**Feedback (Share the link of the Google Form & attach the Excel File generated therein)**

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**Attendance Sheet (Attach Photocopy)**

N.A.

**Poster (Attach below)**

N.A.

**Pictures (Attach Five Photos)**





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Attach Photocopy of two Certificates

N.A.

Signature:

Name: Ms. Gurneet Kaur

(Convenor)