



Office-Principal

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Mahavidyalaya, Mandla, Madhya Pradesh



Towards Excellence...

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Report

Title: "Pedal for Health": Cycle Rally Report

Organizing Agency: National Service Scheme Unit

Date: 15.09.2022

Route: College Campus to Gandhi Maidan, Mandla

Number of Participants: 24

Objective:

To conduct a health awareness cycle rally, promoting physical fitness, healthy lifestyle, and environmental sustainability among students and citizens.

Rally Highlights:

- Cycle procession from college campus to Gandhi Maidan, Mandla
- Distribution of health awareness materials and pamphlets
- Speeches by guest speakers on importance of physical fitness and healthy living

Participant Feedback:

- "The cycle rally was a fun and healthy way to raise awareness!"
- "I learned about the benefits of regular exercise and healthy habits!"
- "This event inspired me to adopt a healthier lifestyle!"

Outcomes:

- Promoted physical fitness and healthy lifestyle among participants
- Raised awareness about the importance of regular exercise and healthy habits
- Encouraged environmental sustainability through cycling
- Provided free health check-up services to participants and citizens

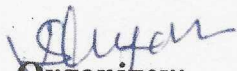


Recommendations:

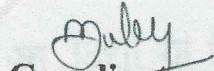
- Organize regular health awareness programs and cycle rallies
- Collaborate with local authorities to promote healthy lifestyle initiatives
- Engage with schools and colleges to educate youth about health and wellness

Conclusion:

The "Pedal for Health" cycle rally was a successful event, promoting health awareness, physical fitness, and environmental sustainability. By continuing to educate and encourage healthy habits, we can build a healthier and more sustainable community.


Organizer:

Smt. Vijya Shyam
N.S.S. In charge


Coordinator:

Dr. Aradhna Dubey
Coordinator, IQAC


Principal:

Govt. J.M.C. Mahila
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