

Report of Health Club of MES College Academic Year 2019-20

The Health Club of MES College of Arts and Commerce has organised various activities for the benefit of the students. The Health Club has invited Dr. G V Prabhu as a visiting doctor once in a week for the academic year 2019-20, for the general health check-up of the students. So far around 110 students have benefited from the general health check up.

Moreover the Health Club has also organised a Healthy Juice Competition for the students of the college on 28th September 2019 in the college campus. The students were asked to prepare a juice and highlight the importance and the benefits of the juice prepared. With great enthusiasm around 15 students participated with varied fruit juices and with concoction of different ingredients. The first 3 places were awarded certificates for the top best juices prepared with its health benefits.

Additionally in an attempt to make the Health Club more functional the Lions Club of Chicalim has donated a wheelchair and the PTA of the college has sponsored a stretcher for the Health Club.



Dr. G V Prabhu conducting the general health check-up.



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Dr. G V Prabhu , Dr. R B Patil (Principal), Dr. Rekha Gaonkar (Vice Principal), Dr. Freda Cota Pereira (Chairperson of Health Club), Ms. Shruthi Naik, Mrs. Safal Narvekar Faculty members of Health Club and students of the Health Club.



Dr. R B Patil (Principal), Dr. Rekha Gaonkar (Vice Principal) Y L Rao (Principal MES HSS), Faculty of the Health Club and student participants of the Healthy Juice competition.



The Judges for the Healthy Juice competition along with the Health Club Committee members and the student participants.



The winners of the competition felicitated by Dr. R B Patil (Principal) and Dr. Freda Pereira (Chairperson of the Health Club)

1st place-PriyaGarag (FYBA-B) &MahtoKundan (TYBCom-A)

2nd place: RababShaikh (SYBCom-A)

**3rd place: ShahbazShaikh (TYBCom-A), NasheemaAdur (SYBCom A)
&PremaRathod (SYBCom – A)**

Consolation prize: BharaviKharangate (TYBCom – A)



President and members of the Lions Club of Chicalim, Dr. R B Patil (Principal), Dr.Rekha Gaonkar (Vice Principal) Dr. Freda Cota Pereira (Chairperson of Health Club) Ms. Shruthi Naik Faculty member of the Health Club and students.

Dr. Freda Cota Pereira
Chairperson of Health Club