

ROTARACT CLUB OF AVIT

A Report on IRUTHAYAM

Date : **10th October to 10th November 2020**

Organized by : Rotaract Club of AVIT
(Sponsored by Rotary club of Madras) RID 3233

Rotaract Coordinators : President : Rtr.Sai Krishna
Secretary : Rtr.Jeffry

Faculty Coordinator : Dr.S.P.Sangeetha
Dr.P.S.Aravind Raj



Rotaract Club of AVIT along with eight other various clubs conducted a Professional Service project called IRUTHAYAM from 10/10/20 to 10/11/20 an initiative for the WORLD HEART DAY. The main aim of the project is to create awareness about Heart disease and it's preventions to lead a Healthy life ahead. In the morning session of the day one event we had three wonderful speakers and in the evening we had a wonderful Yoga session by the Yoga Master. From 10/10/20 to 10/11/20 participants were asked to do activities like Cycling, Jogging, Skipping and Yoga through STRAVA App. The best participants and the best club were awarded. This project benefitted more than 70 people.

This project was successfully accomplished by Rotaract Club of AVIT.

Faculty coordinator(s)

Rotaract coordinator(s)