



Event Activity Report

Academic Year 2021-22

School/Department Name: School of Computer Sciences and Engineering

Event Title: Trek to Anjaneri

Event Date: 5th November 2022

Time: 8:00 AM to 5:00 PM

Duration in days: One Day

Mode of conduction: Offline

Level of Program: University Level

Event Resource : Anjaneri Garh

Name of Event Coordinator with contact details: Prof. Harshal R. Chaughule
Phone.no - 758858906

Number of participants attended: 100

Event Outline, Objective and Outcome of the event:-

Outline of Program: School of Computer Sciences and Applications, has organized a Trek to Anjaneri of "SUN Trek Club" -Trekking helps reduce your risk of heart disease, stroke, high blood pressure, high cholesterol and even some cancers. Hiking is a weight-bearing exercise, which builds muscle mass and helps prevent osteoporosis.

Objective of Program: The Objective is to increase students' awareness among the nature , It is an outdoor activity of walking for more than a day. It is a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery.

Outcome: The outcome of this trek was make the students able to learnt that good in study is nice but they should have to good in physical fitness. One of the major benefits of this trekking is that it improves your physical health

immensely. Spending multiple hours on the trail, climbing around boulders, rock hopping and ascending hills gives your whole body a workout, improving your strength, agility and cardio fitness.

And it has Following Benefits also :-

It reduces stress,

It Improves Cardiovascular strength

It gives social benefits

It helps to Makes good cultural understanding



