

PLOGGING PROGRAMME IN COLLABORATION WITH THE YOUNG INDIANS MEGHALAYA CHAPTER

The Department of Clinical Nutrition & Dietetics in collaboration with the Young Indians Meghalaya Chapter took part I the PLOGGING Programme to mark the Independence Day Programme on the 15th of August 2018.

Plogging is an environmentally conscious fitness trend that began in Sweden and is now popular all over Europe & North America. It is a citizen's movement involving people picking up trash during their morning run.

The programme was held at Golf Club and started at 7:00 am where the organisers give a short speech about the organisation. It started with a warm-up instruction given by the active members of the Flex Appeal Gym. The members participating were divided into 2 groups where one group went to Route 1 and another group to Route 2.

The Route 1 started out from the parking lot and went around the Golf course to the route of FCI Go down and then the Buddhist temple and return to the starting point. The Route 2 started from down the slope from the parking lot and followed the route of the FCI Go down to the Golf course and to the starting point.

The programme was wrapped up at around 10 am and light refreshments were served to all participants.



