



SRINIVAS UNIVERSITY
Mangalore-575001, Karnataka, India
College of Management and Commerce
Health, Fitness & Wellness Club



Dr. Sachin K. Parappagoudar

Faculty Coordinator

Proposed Activities:

- Yoga Activities
- Self Defence
- Martial Arts Training (with certification)
- Gym for Morning times from 5 am to 8 am
- Gym for Evening times from 4 pm to 7 pm
- Zumba Dance & Aerobic Dance
- Indoor Sports Club (chess, carom)
- Volleyball, Badminton & Football
- Athletics (running, marathon, etc)
- Advise and Counselling on leading a happy mental life and healthy physique.
- Special Training from Martial Arts Master
- Organising and conducting Indoor Games

Faculty Coordinator Address:

Dr. Sachin K. Parappagoudar
College of Management and Commerce
Srinivas University, City Campus, Pandeshwar
Mangalore 575 001
University Website: www.srinivasuniversity.edu.in
Email: Sachin.p@inurture.co.in

Student Coordinator Address:

Fathima Riswana CP
Haggai Titus
IV Semester BBA-IB
College of Management and Commerce
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Fathima Riswana CP & Haggai Titus

Student Coordinators