

AEROBIC EXERCISE PROGRAMME 2018-19



Dr. USHA SUJIT NAIR
Associate Professor, SAI, LNCPE
(Dean faculty of physical education University of Kerala)

The aerobic exercise programme was conducted on 11,12,14 &24th December -2018, by assistance of plan fund DCE for the year 2018-19. Fifty students of the college actively participated in the programme. The main aim of the programme was to create fitness awareness and importance of cardiovascular fitness in day today activities.

AEROBIC EXERCISE PROGRAMME 2018-19



Dr.GEETHA S NAIR
ASSITANT PROFESSOR, MNSS COLLEGE, KOTTIYAM

The aerobic exercise programme was conducted on 21,23&24th- December-2019 at college ground and seminar hall, by the assistance of plan fund, DCE for the year 2019-20. Fifty students of the college actively participated in the programme. The programme was very effective in creating fitness awareness among the students and was also provided the knowledge about the importance of fitness activities in preventing lifestyle.