

YOGA AND FITNESS PROGRAMME 2018-19 (JOINTLY
ORGANIZED BY COLLEGE NSS UNIT)



Sri. AMJITH S
ASSISTANT PROFESSOR , SN TRAINING COLLEGE, NEDUNGANDA, VARKALA

The aerobic exercise programme was conducted on by 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.

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Fifty students of the college actively participated in the programme. The main aim of the programme was to provide idea about, yogic asana, importance of good posture, postural deformities etc. Both theoretical and practical sessions were conducted.