

EXTENSION ACTIVITIES- NSS UNIT 17 A&B

FIT INDIA MOVEMENT PROGRAM

As a part of FIT INDIA MOVEMENT PROGRAM directed by Minister of Youth Affairs and sports, NSS units of Government college Kariavattom also conducted few activities in the college. The activities were inaugurated by Smt Jaya AS, Vice Principal and Dr. Rajeev Kumar, Asst Professor in Physical Education deliver a talk about fitness and health. A pledge about mental and physical health and its importance to human life was delivered by Dr. Raghul Subin S, Program Officer, NSS Unit 17 A and B. After the function a Walkathon of about 5 km was organized which including all the NSS volunteers and other students of college.

