

Physical Fitness: First Requisite of Happiness



On 1st Dec 2021 a health awareness session followed by health check-up camp was organised in the college. Dr. Rajesh Jain Project Manager, Diabetes Prevention Control Project facilitated Informative counselling session for college students, staff and faculty. Everyone participated in the session with great interest realising the importance of healthy lifestyle, dietary practice, nutrition and exercise. Students were motivated to lead a healthy lifestyle through nutrition rich diet and active lifestyle. The programme was coordinated by college NSS in-charge Dr. R.N. Singh.