



Anantha Lakshmi
INSTITUTE OF TECHNOLOGY & SCIENCES
(Approved by AICTE, New Delhi & Affiliated to JNTUA, Ananthapuramu)
Near S.K. University, Ittikalapalli(V), Anantapur.
Accredited by NAAC
NATIONAL SERVICE SCHEME (NSS)



Report on “HEALTHY FIT FOR HEALTHY LIFE”

On 09-10-2023 NSS Unit of the college organized Healthy Fit for Healthy Life Awareness Program to the all Teaching and Non-Teaching Staff. Resource Person of this program is Dr. Pavan Kumar, FIT INDIA Coordinator and Fitness Trainer. Dr. Pavan Kumar said that being healthy (fitness) is a part of our life. In the past, people used to be strong through physical exertion, but now due to lack of time and different tasks, they have to stay away from fitness. Times have changed. Generally, people use bicycles or He said that he should resort to walking.

Chairman Anantha Ramadu Garu said that with the changed lifestyle we are losing health. He said that if we lead our life in the right way then we can live a healthy life. Principal Dr. Murthy Rao Khokaly, said that fitness has always been an integral part of our culture, but now attention to personal health is lacking. It is said that a few decades ago, a common man used to walk or run 8 to 10 kilometers a day. He said that due to technology, the physical activity of man has decreased and now we are walking very less. But the same technology tells us that we do not have enough walking and exercise. He said that Fitness India will lead the country towards a healthy future. Vice Principal Dr. N. Ramamurthy, National Service Scheme Programme Officer Khaleel Basha, Teaching and Non-Teaching staff and others participated in this program.

GALLERY



Fig: 1. Principal Dr. V. Moorthy Rao Khokaly garu addressing on the occasion



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Fig: 2. Trainer Dr. Pavan Kumar addressing on the occasion



Fig: 3. Dr. Pavan Kumar Explaining about Fitness Activities to the Faculty