



VIMALA COLLEGE
(AUTONOMOUS)
Thrissur, Kerala

**DEPARTMENT
OF
COMPUTER SCIENCE**

AN AWARENESS TALK
ON IMPORTANCE OF
PHYSICAL FITNESS IN
YOUR LIFE

**GET FIT,
DON'T QUIT**

13 OCTOBER 2020, TUESDAY



Google Meet

@ 3.00 PM



MR SEBASTIAN K M
ASSISTANT PROFESSOR
DEPARTMENT OF PHYSICAL EDUCATION
CHRIST COLLEGE (AUTONOMOUS),
IRINJALAKUDA

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