

ACTIVITIES AND PROGRAMS UNDER
Azadi ka Amrit Mahotsav (AKAM)

Department: Skill Development Department
Event Name: Exercise and Physical Fitness
Event Location: Govt ITI Ramban
Organizer: Superintendent ITI Ramban
Activity Date: 20-02-2023
Instructors Participation: Sh. Fayaz Ahmed, Sh. Mohd Sohllleh.
Trainees Participation: 25 No's.
Mode: Offline

Event Description and Photographs:-

Exercise and Physical Fitness program was held in the premises of ITI Ramban on 20-02-2023 under Azadi Ka Amrit Mahotsav (AKAM) by Vocational Instructors along with the trainees of different trades. In this programme nearly twenty five (25) trainees participated and performed the activity with full dedication and enthusiasm.

Regular Exercises and Physical Fitness activities are the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity. Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter.



No: ITI/RBN/2023/1253
Dated: 20 -02-2023

Sd/-
Superintendent
ITI Ramban.