

# Heart Health Assessment Program ‘Know Your Heart’

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As a part of National Sports Day, Department of Physical Education, in association with Department of BPed. Organized a heart health assessment program entitled, ‘Know Your Heart’ on 29<sup>th</sup> September 2017. Around 2000 students and staff participated to assess heart efficiency and Information on cardio health was provided along with a demonstration of cardio exercise. Rev.Fr. Dr Jolly Andrews CMI, Vice principal, Christ College, Irinjalakuda, inaugurated the program.

## **DATE**

September 29<sup>th</sup> 2017

## DETAILS

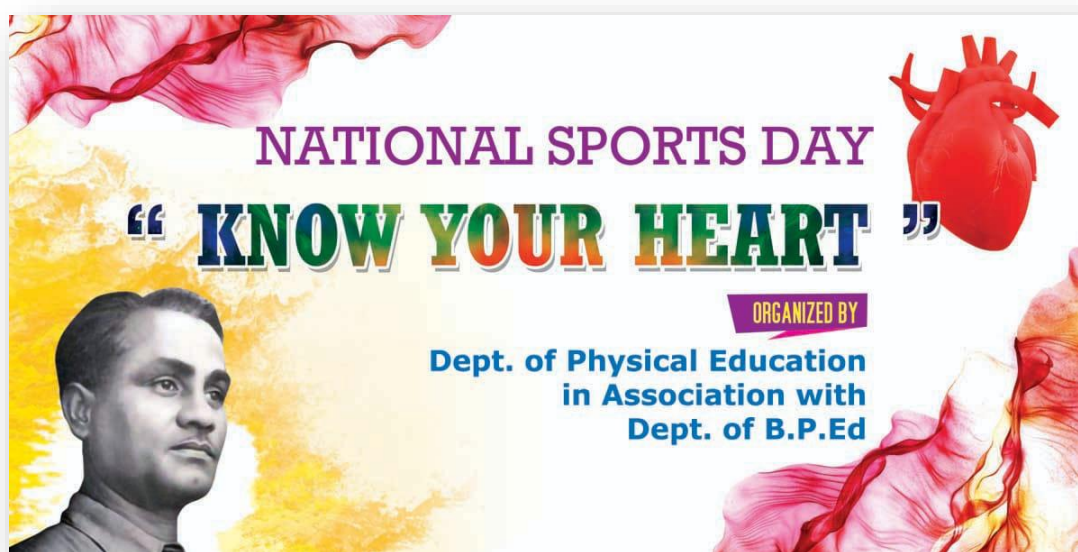
Awareness Programme

Conducted in connection with national sports day

To assess Heart efficiency

Around 2000 staff and students participated

## POSTER



# PHOTOS

