

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

June 27, 2022

DEPARTMENT OF BPE

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

Anti-Drug Day was celebrated by department of BPE at Christ college open gym and 3:30PM on 27th June 2022.

The program commenced with welcome speech by Ms. Athira of BPE final year. Presidential address was delivered by Fr.Dr. Jolly Andrews, CMI. He spoke about the ill-effects of drugs and how it is destroying the society and the impact youth can make by giving importance to health and fitness. The department felicitated fittest boy and girl in BPE which was secured by Adityan Vas & Akhilamol respectively. As part of the program, oath taking against substance abuse was initiated by Aakash Vinod of final year. The principal inaugurated the signature board saying "I STAND AGAINST DRUG ABUSE".

Challenges were organised by Final year students namely, Squat challenge (Maximum no. of squats in one minute), Weight holding challenge (Holding weight plates of 5kg for Girls and 10kg for Boys for maximum time), Plank challenge (Holding the body in plank position for maximum time). Separate trophies and medals were given for winners in boys and girls section. The prizes were felicitated by Dr. Soni John, Fr. Joy P.T. and Dr. Anil Kumar. The program witnessed a total of 200+ students including participants and spectators.

BROCHURE

CHRIST COLLEGE
(AUTONOMOUS) IRINJALAKUDA - KERALA

**ANTI DRUG DAY
CELEBRATION 2022**

ORGANISED BY DEPARTMENT OF BPE

ആരോഗ്യം: യഥാർത്ഥ ലഹരി

On: 27th June 2022 Monday
📍 : Christ College Open Gym
🕒 : 3:30PM

PROGRAM

- WELCOME SPEECH
- PRESIDENTIAL ADDRESS
- OATH TAKING
- SIGNATURE
- ANTI-DRUG DAY CHALLENGES
(MEN AND WOMEN)
- ◆ WEIGHT HOLD CHALLENGE
- ◆ SQUAT CHALLENGE
- ◆ PLANK CHALLENGE
- PRIZE DISTRIBUTION
- VOTE OF THANKS

ALL ARE INVITED

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CELEBRATION 2022**

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On : 27th June 2022 Monday
Location : Christ College Open Gym
Time : 3:30PM

PROGRAM

- Welcome speech
- Presidential Address
- Oath Taking
- Signature
- Anti-Drug Day Challenges for Men and Women
- (*) Weight Hold Challenge
- (*) Squat Challenge
- (*) Plank Challenge
- Prize distribution
- Vote of Thanks

ALL ARE INVITED

PHOTOS





