



INSTITUTE OF EXCELLENCE

KMS College of IT and Management

Affiliated with I.K. Gujral Punjab Technical University, Jalandhar (Pb.)

Ch.Banta Singh Colony, Balagan Road, DASUYA - 144205, Distt. Hoshiarpur, Punjab, INDIA

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Encouragement for Participation in Sports Activities for Physical Wellness

KMS COLLEGE OF IT AND MANAGEMENT DASUYA

Conducted On	: 03-07-2020
No. Of Students	: 42
Mode	: Online

KMS College, a beacon of education and holistic development, takes pride in fostering not only academic excellence but also the physical well-being of its students. In line with our commitment to promoting a healthy lifestyle and overall fitness, Chairman Choudhary Kumar Saini Ji is pleased to announce a series of online initiatives aimed at encouraging active participation in sports activities.

Physical wellness is an essential aspect of a student's life, and at KMS College, we believe that sports play a vital role in achieving and maintaining it. We are dedicated to providing our students with opportunities to engage in sports and reap the numerous benefits that come with it.

Principal Dr. Shabnam Kaur, Dr.Manav Saini Director of the college started an online encouragement program to educated students to participate in many sports activities during the tough time of COVID-19.

Students were encouraged to post photos of their involvement in sports activities to keep them fit.

During the period of COVID-19 College initiated to promote and encourage the physical wellness of college students. Because during this period, mostly health is for granted by the people. They get obese and face many health issues. All the students present at home are encouraged to do sports activities at their home, like yoga, badminton, basketball, races, volleyball, kho-kho etc.

Principal
KMS College of IT & Mgmt.
Dasuya (Hoshiarpur)





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