

Freedom from Sedentary Lifestyle

7th Feb, 2022

Eco club successfully organized a webinar on “Freedom from sedentary lifestyle” as a part of community outreach program with students of school Govt. Sarvodya Kanya Vidhyalaya Nilothi on 07/02/2022.

Webinar included discussion about sedentary lifestyle, its side effect and how to prevent it. Students were shown the presentation and exercise videos to prevent the sedentary lifestyle and were taught exercises that should be added in their daily routine.

Every student actively participated and enjoyed the event.