

NSTI Trivandrum organised physical health check-up for all students

NSTI(W), Trivandrum organised Physical fitness check-up for all the trainees of CTS, CITS and ADIT by the representatives from **Lakshmbai National College of Physical Education (LNCPE)**. The trainees were provided by various activities which measure the physical capacity. Not only the physical capacity but also the physical measurement such as height, weight, body fat etc were measured. Regular **check-ups** can help find potential **health** issues before they become a problem. By getting the correct **health** services, screenings, and treatment we are taking **important** steps toward living a longer, healthier life.



Health Checkup_Pic1



Health Checkup_Pic2



Health Checkup_Pic3



Health Checkup_Pic4