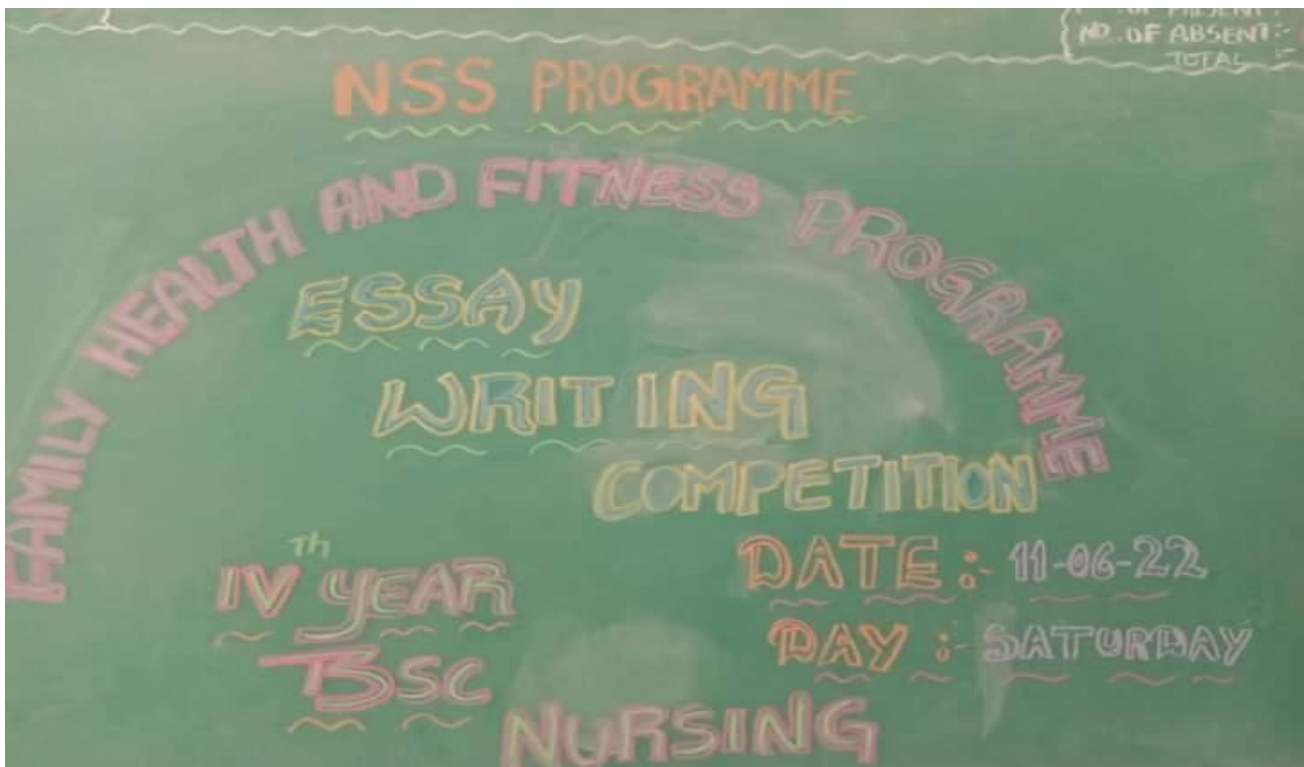


FAMILY HEALTH & FITNESS DAY-2022

ESSAY WRITING COMPETITION

Our NSS Unit of Sree Vidyanikethan College of Nursing organized the essay writing competition on **HEALTHY LIFESTYLE PRACTICES FOR A FAMILY** on the occasion of **FAMILY HEALTH AND FITNESS DAY**. IV B.Sc Nursing students participated in the competition. The students presented their views about different aspects to maintain a healthy life pattern like diet for all age groups, exercises, yoga, meditation, outdoor activities, spending time with family, etc., **A HEALTHY FAMILY MAKES A HEALTHY NATION.**



Sree Vidyanikethan College of Nursing organized an "Essay writing competition"



Students participated in an essay writing competition



Volunteers involved in NSS activity



Ms.A.Meghana, IV Year B.Sc nursing student writing an essay about healthy lifestyle practices for a family