

FitGen Revolution

Collaborated with Sports Committee of VKM

Venue- Vasant Kanya Mahavidyalaya
(Sports'ground)

Date-20 January 2025

Time-10:30 a.m

VKM Unit

- Badminton
- Kho-Kho
- Kabaddi
- Certificate oriented



- Physical fitness awareness
- Youth's health
- Mental well-being
- Promote mental well-being
- Stress management