

MESTON COLLEGE OF EDUCATION

(Autonomous)

CURRICULUM DEVELOPMENT CELL (CDC)

MESTON STAFF QUALITY CIRCLE (MSQC)

**We are happy to invite you all
for the talk on**

**Techniques for Directing One's Lifestyle
Healthy
by**



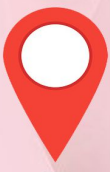
Mr. R. Ruban John Thomas,
Physical Education Director
Meston College of Education



08/06/2022



4:30 pm



**Media Centre
Meston College of Education**

Objectives of Presentation

Teacher Educators will be able to :

- promote healthy living.
- facilitate disease preventing techniques.
- make changes in the direction of healthy and riskless life style.
- develop good mental health with strong and brave physique.

LET US LEARN AND GROW TOGETHER



ALL ARE WELCOME