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Life Style Changes



Hypertension



These are the *Journal of*



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Strongly agree



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DIRECTOR

*Fit India Youth Club - Fitness Club was established vide UGC letter D.O.No F-1-54/2019 (Website Fit India) Dated 23.08.2019 reference Department of Higher Education, Ministry of Human Resource Development, Government of India, Meeting in PMO for UGC regulated institute (Action: Chairman, UGC)

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^aMajor Events: Volleyball (Men & Women), Football (Men & Women), Discus Throw (Men & Women), Shotput (Men & Women), Race (400m/200m/400m/500m) (Men & Women), Cross Country Race, Long Jump (Men & Women), 100 of Wm (Men & Women), Cricket, Basketball, Badminton, Kabbadi, Body Building, Weight lifting/Power Lifting, Tennis

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

eSign

Signed by: Ajay Kumar
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