



COIMBATORE INSTITUTE OF TECHNOLOGY

Government Aided Autonomous Institution

Affiliated to Anna University, Chennai & Approved by AICTE, New Delhi

CIVIL AERODROME POST, COIMBATORE - 641 014, TAMILNADU, INDIA.



Report for the event “How to keep our physically fit”

Today, the world is facing a truly unprecedented and unfortunate situation. The global COVID-19 pandemic is affecting our families and communities in ways we had not anticipated. We simply wanted to reach out and reiterate that we are in this together and shall soon overcome these difficult times - with positivity, patience and care.

In this occasion, we insisted our students to stay safe inside the home and how to keep the physic fit. In student broadcast, we shared few videos of yoga which is done by our college physical education director, Dr. R. Sambath and asked the students to teach to possible/ reach all.

End of the event, we also grateful to our health-care workers, police forces, essential suppliers and all other warriors who are on the front line, working round the clock so that we can overcome this grave situation at the earliest.