SRI C ACHUTHAMENON GOVT COLLEGE, THRISSUR

WORLD ENVIRONMENTAL HEALTH DAY

26 SEPTEMBER

Healthy Environment Healthy Lives

SPORTS & HEALTH

Stronger Bodies • Healthier Minds • A Greener Tomorrow

Why Sports?

- Keeps your heart healthy and improves circulation.
- Builds strength, stamina and flexibility.
- Reduces stress, boosts mood and improves mental well-being.
- Helps maintain a healthy weight and prevents lifestyle diseases.



A Healthier You for a Greener Tomorrow

- Active lifestyles reduce pollution-related health risks.
- Sports and outdoor activities bring us closer to nature.
- Healthier communities lead to a cleaner environment.
- When we stay fit, we can protect and preserve our planet better.

Small actions create a big difference.

Let's work together for a cleaner, healthier planet.

Time : 1:30 to 2:30

Venue : Gurudeva Public School, Puthur

Date : 7/10/26