



AVOID JUNK FOOD TO STAY HEALTHY

“Avoid junk food to stay healthy” said Shri. Shrinath M. Joshi, Assistance Commissioner of Police, South, Hubli. He spoke on the occasion of “Annual Sports Meet for 2010-11” conducted by P.C. Jabin Science College, Autonomous, Hubli, today. “Daily Physical exercise avoids diseases, makes one healthy and helps in achieving higher goals in life”, he added. He urged students to consider extra-curricular activities equivalent to studies.

Principal of the college, Prof. V.B. Hiremath, presided over the function. In his Presidential remarks he said, “If you are healthy, you can enjoy this world”. He asked the students to get inspiration from Common-Wealth Games and participate actively in the sports meet.

The event was inaugurated by the Chief Guest and other dignitaries by hoisting the college flag. An invocation was also sung. Dr. G.B. Kalkoti, Vice President, Gymkhana welcomed the dignitaries. Shri. S.B. Hiremath, Principal PU section, introduced the Chief Guest. Shri. Prabhakaran T. PED, proposed vote of thanks. Shri. S.B. Nadagouda, compered the programme, Staff, Students and Participants were present at the function.