

LET'S WALK TOGETHER JNIS, Kaloor, Ernakulam



Walking is a great fitness exercise that has many benefits to our health and overall well being. And those who daily walk at **Jawaharlal Nehru International stadium**, Kaloor, Ernakulam joined our team for a reason...
"Daily exercise controls diabetes"

**International
Diabetes
Federation**

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www.diabscreenkerala.net
www.youtube.com/jothydev