



CAVS ANNUAL FUN DAY HELD ON FRIDAY, 21ST NOVEMBER 2014

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Date and time: Fri, 2014-11-21 11:00

Link to Gallery: [College Fun Day 2014](#) [1]

Location / Venue:

8-4-4 Building Ground Floor, CAVS

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The College of Agriculture and Veterinary Sciences (CAVS) fun day was held on Friday, 21st November 2014 at the CAVS Sports Complex from 11.00am. The objective of the event was to create an opportunity for the CAVS family to play games together, have fun and socialize.



The Principal, Prof. A. W. Mwang'ombe (in red coat) after presenting a trophy to the staff members who participated in the various sports and games

The Department of Sports & Games staff organised fun day fitness [aerobic program prior to this event](#). [9] The aerobic sessions had start Tuesday 11th Nov, 2014 between 1-2pm in the CAVS 8-4-4 Building, Ground Floor.

The aerobic sessions were very important to all staff who participated on the fun day for it ensured



that they were physically fit for the college fun day Sports activities and to avoid injuries related to lack of fitness.



The Principal, Prof. A. W. Mwang'omber (in red) had a jig and fun with the FoVM Students moments before presenting them with the winner's trophy to the faculty football team

It was also a good opportunity to develop physical fitness and prevent lack of fitness health related problems. Click to download the [aerobic sessions](#) [9] schedule in [Ms Word](#) [10] or in [PDF](#) [11]. Follow the fun day forum discussion of [CAVS Academic Forum](#) [12].



The Principal, Prof. A. W. Mwang'omber (in red) pose for a photo with FoA Students Football team after presenting them with a trophy for emerging position two in the match

Expiry Date: Mon, 2015-11-30 09:24

Contact Person:

Rose Marete, Games, Tutor i/c CAVS

| Attachment | Size |
|---|-----------|
| Aerobics fitness schedule.pdf [11] | 181.81 KB |
| Aerobics fitness schedule.doc [10] | 33.5 KB |
| Principal and staff.JPG [13] | 159.01 KB |
| principal and vet students.JPG [14] | 113.72 KB |
| principal and agric students.JPG [15] | 165.25 KB |

Source URL: <http://cavs.uonbi.ac.ke/node/13253>

Links:

- [1] <http://cavs.uonbi.ac.ke/image/tid/127>
- [2] <http://facebook.com/sharer.php?u=http://cavs.uonbi.ac.ke/node/13253&t=CAVS+ANNUAL+FUN+DAY+HELD+ON+FRIDAY%2C++21ST+NOVEMBER+2014++>
- [3] <http://twitter.com/intent/tweet?text=CAVS+ANNUAL+FUN+DAY+HELD+ON+FRIDAY%2C++21ST+NOVEMBER+2014++&url=http://cavs.uonbi.ac.ke/node/13253>
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- [9] <http://cavs.uonbi.ac.ke/node/13783>
- [10] [http://cavs.uonbi.ac.ke/sites/default/files/cavs/Aerobics fitness schedule.doc](http://cavs.uonbi.ac.ke/sites/default/files/cavs/Aerobics%20fitness%20schedule.doc)
- [11] [http://cavs.uonbi.ac.ke/sites/default/files/cavs/Aerobics fitness schedule.pdf](http://cavs.uonbi.ac.ke/sites/default/files/cavs/Aerobics%20fitness%20schedule.pdf)
- [12] <http://cavs-uon.africamotion.net/t13-cavs-annual-fun-day-to-be-held-on-friday-21st-november-2014#30>
- [13] [http://cavs.uonbi.ac.ke/sites/default/files/cavs/Principal and staff.JPG](http://cavs.uonbi.ac.ke/sites/default/files/cavs/Principal%20and%20staff.JPG)
- [14] [http://cavs.uonbi.ac.ke/sites/default/files/cavs/principal and vet students_0.JPG](http://cavs.uonbi.ac.ke/sites/default/files/cavs/principal%20and%20vet%20students_0.JPG)
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