

SHYAM LAL College
University of Delhi
National Service Scheme (NSS) of SLC
Fit India Movement
29th August 2019

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. Fit India Movement was launched by our Prime Minister Shri Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019. A live screening of the official event was done by National Service Scheme (NSS) of Shyam Lal College in the seminar room of the college. All staff members (teaching and nonteaching) and students participated in the event with enthusiasm and vigor.

We learnt that the mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Several initiatives and events were proposed by Fit India to achieve the following objectives:

1. Fitness should be promoted as easy, fun and free.
2. Focused campaigns to promote fitness.
3. Indigenous sports to be promoted.
4. People from every school, college/university, panchayat/village to be included in the Fit India campaign.
5. There should be a platform to share information, drive awareness and encourage sharing of personal fitness stories.

After the event, teachers and students interacted and discussed at length ways to include physical activities in our daily life. We also decided to convey this information to our loved ones to change their thinking and improve their health. More than 35 students participate in this event.





SLC (UNIVERSITY OF DELHI)

SHYAM LAL COLLEGE

NATIONAL SERVICE SCHEME

Organizes



FIT INDIA MOVEMENT

29th August, 2019



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