



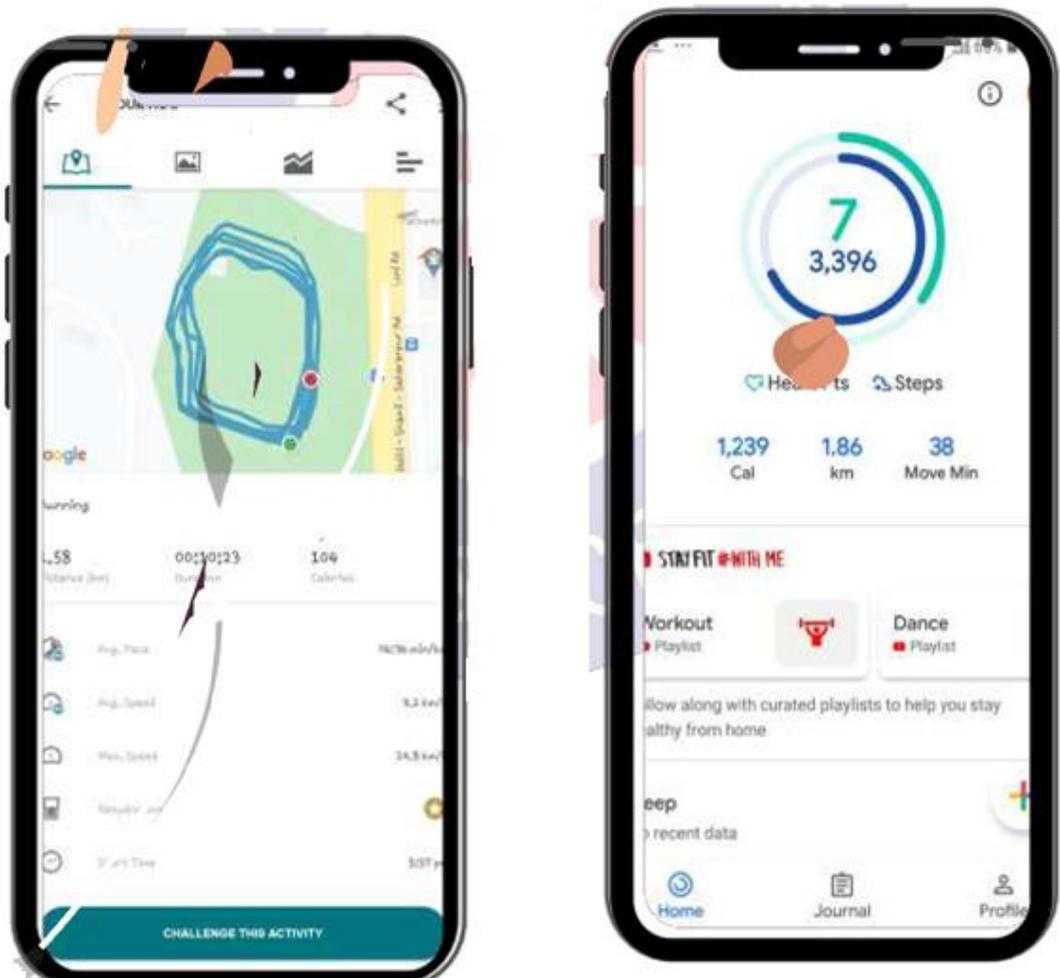
# SLC (University of Delhi) Shyam Lal College



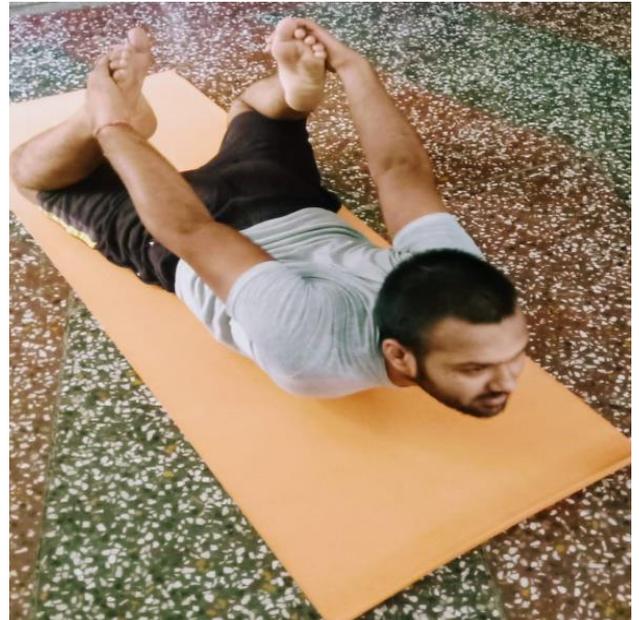
## **National Service Scheme Report** **on** **“FIT INDIA MOVEMENT”**

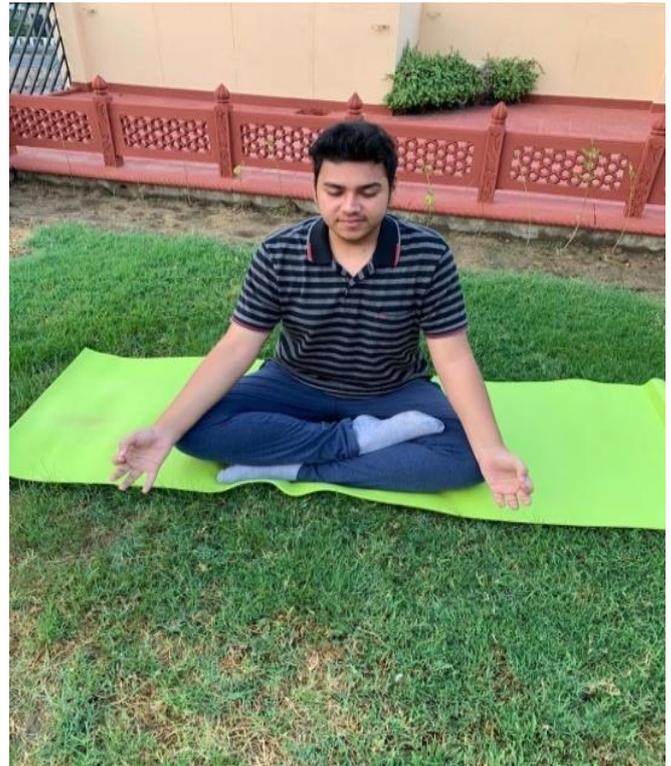
## FIT INDIA MOVEMENT

In the light of Fit India Movement, NSS SLC organized one month fitness campaign from 26-08-2020 to 02-10-2020. Many volunteers and members actively participated in these activities like walking, running, jogging and cycling. One of those activities was to calculate your daily morning steps in the morning and sharing the screenshots with the Team. We maintained a record of every activity on daily basis. More than 80 volunteers participated in this event.



In the light of Fit India Movement (26 -08-2020 to 02-10- 20), we got the perfect chance to promote the YOGA as a part of our activity we asked all the volunteers to do Yoga and share their pictures with us and we are so delighted to say that most of the volunteers happily did their part.







SLC(University of Delhi)  
 Shyam Lal College  
 National Service Scheme

Organised  
 Fit India Movement  
 26 August 2020 to 2 October 2020

Events



Walking



Running



Jogging



Cycling



Yoga

Dr. Jasvir Singh  
 (Programme Officer)

Prof. Rabi Narayan Kar  
 (Principal)



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National Service Scheme, Shyam Lal College, DU



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