

FIT INDIA MOVEMENT

Hon'ble Prime Minister has launched the "Fit India Movement" at Indira Gandhi Stadium in New Delhi on 29th August 2019 with a view to make physical fitness a way of life. 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 aims at behavioral changes- from sedentary lifestyle to physically active way of day-to-day living. Fit India would be a success only when it becomes a people's movement. NCC students play the role of a catalyst and have performed various adventurous activities like:

Yoga, Dance, Stretch, Skipping, Exercise, Aerobics, Kite Flying, Stair case climbing, Cleaning, Jogging, Solo run, Walk, Plogging, Cycling, Swimming, Traditional games.

ABDOMEN EXCESIES **Cadet Name : F/C SURIYA**



PULL-UPS **Cadet Name : F/C SUDARSHAN**



SIT-UPS **Cadet Name : F/C PONKAMALESH**

WALKING **Cadet Name: F/C VAISHNAVI**

Sit-ups

