



**SUBHARAM GOVT DEGREE COLLEGE**  
**PUNGANUR-517247**  
**CHITTOOR DIST**

**A Report**

**On**

**FIT INDIA PROGRAMME**

**(29.08.2019)**

**Organized by**

**Dr M Raghava Reddy**

**NSS coordinator**

**&**

**P J Robert**

**Physical Director**

**Department of Physical Education**

## **OBJECTIVES OF THE PROGRAMME:**

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, Panchayat/village, etc.

## **REPORT OF THE PROGRAMME:**

To promote Fit India Movement a Rally was organized by Subharam Government Degree College, Punganur on 29-08-2019 in a very grand manner. This programme was inaugurated by our Principal **Sri J Krishna Murthi**. The Rally was started in the morning at 10:30 A.M onwards from the college premises and went on to N.S Peta and finally returned to the college premise, covered about 1km about 47 students were participated.

Students gave Slogans like 1) Forever Fit, Forever Strong, 2) Health is wealth, 3) Healthy mind in a healthy body, 4) Stay fit, stay healthy and build a new India,5) Live life, love fitness, etc. to be physically

During the rally the teachers and students talked to the people and enlighten them about the benefits of being fit. After the rally, students are taken into the class room and the Principal and teachers shared some inspirational thoughts regarding health and fitness. They inspired the youth by their valuable speeches about the importance of fitness in daily life.

## **OUTCOMES OF THE PROGRAMME:** Students learnt about

- The significance of being fit and interest to develop fitness.
- To use the gym in the college.
- Develop interest and participate in Yoga, sports & games and other physical activities.

**PHOTOS OF THE PROGRAMME:**



## Feed Back Form:

fit india movement is a nation-wide movement in india to encourage people to remain healthy and fit by including  
K. Jyothi

The movement was launched by Prime minister of india Narendra modi at Indira Gandhi stadium in Delhi  
Priya

National sports day fit india was founded by shri sushro saxpathy in 1993

M. Kalyan.

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K. Sandhya  
Prasanna