

File. 3, 2020-21

S.No	Date of the programme	Name of the programme	No.of participants	No.of Faculty involved
3	15-08-2020 to 02-10-2020	FIT INDIA PROGRAMME, 2020	01	04



The NSS volunteers actively created awareness on FIT INDIA, in and around the slums of our college premises. The main objectives of the program are

- 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 citizens
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories