



K.S. SCHOOL OF ENGINEERING AND MANAGEMENT
#15/1, Mallasandra, off. Kanakapura Road, Bengaluru – 560109



“FIT INDIA MOVEMENT” (a concise report)

On
29/08/2019

By

Principal Dr. Ramanarasimha K R
NSS Program Officer Dr. J Prashanth

Presented to



ವಿಶ್ವೇಶ್ವರಯ್ಯ ತಾಂತ್ರಿಕ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಬೆಳಗಾವಿ

VISVESVARAYA TECHNOLOGICAL UNIVERSITY - BELAGAVI

FIT INDIA MOVEMENT

1. Introduction

Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well-being of a person, it also involves the mental stability or the internal peace of a person.

Health and fitness are the essential keys to a long, active and enjoyable life. It has been correctly stated that Health is the actual Wealth that a person can retain. Teachers at all levels have been assigning this topic to their students to enhance their knowledge about staying healthy and fit, and create awareness among others as well. It also results in the development of a healthy lifestyle amongst children. Students need to realize the importance of staying healthy and fit. Also, being the future generation, they can play a vital role in creating awareness and maintaining a stable health regime.

2. Addressing by the Prime minister

The Prime Minister of India Shri. Narendra Modi had announced the launch of the campaign during his monthly radio address, "Mann Ki Baat" on August 25 and had said he wanted to see his listeners fit and make them "fitness conscious". He had indicated that the fitness programme will have fixed goals.

Shri Narendra Modi on Thursday the 29th of August 2019 launched a nation-wide Fit India Movement and urged people to become more aware of health and good life. Viewed as a huge health enthusiast himself, Prime Minister asked people to take the pledge for building a fitter India.

In connection with this University Grants Commission (UGC) had asked affiliated higher educational institutes to make arrangements for live viewing of the event by the students, faculty and staff. In this connection the Principal and management of KSSEM had taken care of making necessary arrangements for witnessing the launch of FIT INDIA MOVEMENT.

On 29.8.2019 at sharp 9.30 am, the students of NSS wing, KS School of Engineering and Management and few staff had gathered near audio-video room premises of the college hostel. At 9.45 am they entered the Audio-video room and were eagerly waiting for the commencement of the program. Photo 1.1 shows the students both gents and ladies seated inside the AV room.



Photo 1 Students gathered in the AV room

Addressing a large crowd of children who put up a grand show ahead of the launch at the Indira Gandhi Stadium Complex, Modi said: "We should make fitness our mantra for life." The 'Fit India Movement' has been organised to celebrate the 'National Sports Day' and the campaign aims to encourage people to inculcate physical activity and sports in their everyday lives, a statement said.

Ahead of the event launch, Minister of State (Independent Charge) Youth Affairs and Sports Kiren Rijiju welcomed the gathering and stated that tremendous supports are extended from all sections of the society to participate in the Fit India Movement. "Chief Ministers, corporates and many icons are taking amazing steps to make the programme a grand success."

3. Pledge taking by N.S.S. students of K.S.S.E.M.

Motivated by the words of Shri Narendra Modi, the students have arrived at the conclusion that "Healthy habits improve one's physical appearance, mental stability, and ability to perform activities in a much better way making a difference. Physical and

mental exercises help you lead a stress-free lifestyle, maintaining happy moods and high energy levels”. They also learnt that caring each individual’s health should be taken on as the topmost priority; no single day should be skipped for making efforts on maintaining physical and mental fitness. As being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle. To stay fit, and built a “FIT INDIA” the NSS students of KSSEM Bengaluru have come forward in joining hands to make the “FIT INDIA MOVEMENT” a grand success.

On this occasion of the launch of “FIT INDIA MOVEMENT”, the students of KSSEM have taken a pledge that they will never miss out their fitness regime starting from today and also they would motivate their family members, relatives, friends and neighbours to stay fit and build a FIT INDIA. Photo 2 shows the NSS students taking a FITNESS pledge



Photo 2 the NSS students taking a FITNESS pledge