

REPORT ON FIT INDIA PROGRAMME 2020

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. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 (National Sports Day). This year, National Institute of Technical Teachers Training & Research (NITTTR) Kolkata has organised it on 28th September 2020 due to this pandemic Covid-19 situation and other activities followed till 2nd October. The main motto of this Movement is to fit my nation as well as fit oneself. So, we take a 'Fitness Pledge'. that reads "I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation".

The programme was convened by PG cell with directions from Senior Admin. Officer. All faculty, staff and students along with Director of the institute participated in the 'FIT INDIA PROGRAMME 2020', conducted online on 28th September 2020.

FIT India programme (online):

FIT India programme (online) was conducted on 28th September 2020 at 5 PM. Welcome address was given by Dr. Rayapati Subbarao, who discussed about daily walk, suryanamaksra, walk a mile after every meal and the importance of being fit in view of covid-19. Later, honourable Director of the institute, Prof. Debi Prasad Mishra, gave a speech on the importance of 'Fit India'. He covered the use of vitamin 'D', offering morning prayers to 'sun', need of changing life style, 'early to bed and early to rise', using herbal medicines, balance between food, mind and energy. PG Coordinator, Dr. S. Chattopadhyay shared his views on being 'fit' for our daily routine.

Faculty, staff and others shared their valuable experiences of their day-to-day life to be fit and how we can achieve 'Fit India'. Mr. Avijit Kundu talked about walking in order to be fit. Mr. Subir Basak emphasized on using environmental friendly vehicles instead of polluting engines, while coming to office. This makes us fit than anything else. Mr. Tanmoy Das, general secretary took care of the online physical exercise/ run. The program ended with the starting of the run/physical exercise by the students, staff and faculty.

The google meet link was:

<https://meet.google.com/jnj-vhny-xcb>

Afterwards also, various other programmes were also conducted featuring 'Fit India' from 28th September to 2nd Oct, 2020, making it a week-long affair. Online discussions, physical exercises, runs and related events marked the grand observance of 'FIT India Movement'. Faculty, staff and students participated in the 'FIT India Freedom Run', organized by the Ministry of Youth Affairs and Sports at by registering at <https://fitindia.gov.in/fit-india-freedom-run-registration>. Certificate obtained by Dr. Rayapati Subbarao is shown in Fig.1. In the end, some pictures of our faculty and students, while practicing various runs/exercises are given in Figs. 2 and 3.



Fig.1 Certificate obtained by Dr. Rayapati Subbarao.



Fig.2 Physical exercise and surya namsakra by faculty of the institute.



Fig.3 Run/physical exercise by the students of the institute.