



Fit India Movement at NITTTR Kolkata in December 2020

With reference to F.No. 21-06-2019-TS.V dated 6th November 2020 from the Department of Higher Education, Ministry of Education, NITTTR Kolkata plans to participate vigorously with interest in order to perform regular duties in an efficient and better manner in every possible way.

We, the Faculty, Staff and Students of NITTTR Kolkata, take pledge in being fit and promise commitment towards joining the responsibility of keeping the environment and surroundings clean. We remember those words of pledge taken earlier. (Pledge 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***').

We continue to take part in the activities of '***FIT India movement***' in the month of December 2020 as well, as directed the Ministry of Education.

Activities and Campaign planned during the month of December 2020:

1. As per "***Fitness ka dose ...aadha ghanta roj***", we wish to perform activities for half-an-hour daily, in order to be fit. Not only being fit and doing activities towards that, we will promote the campaign regarding the same among our colleagues, friends and families.
2. Taking fitness assessment through ***Fit India App***. As soon as it is launched, all of us will download '***Fit India App***' and take the fitness assessment periodically. We wish to campaign and ensure that others also will download and take the assessment test.
3. ***Fit india Cyclothon*** –
 - a. From 7th to 31st December 2020, we will be involved in cycling in order to be fit. Already, some of us have been using cycle to come to office and we continue to do the same during this month also and ensure that more will join this.
 - b. We plan to conduct and participate in '***Cyclothon program***' in the campus' from the main auditorium to annex hostel-2 and vice versa at 4 pm, on 7th, 14th, 21st and 28th of December 2020.
 - c. We will participate in such activities during this month and conduct campaigning among others to follow the same.

Overall, by keeping ourselves fit, we participate in 'Fit India Movement'.

