

DEPARTMENT OF PHYSICAL EDUCATION**FIT INDIA CAMPAIGN – DECEMBER 2020****Report on Fitness India Movement****About**

Fit India Movement: Hon'ble Prime Minister Narendra Modi launched the Fit India Movement on the occasion of National sports day at the Indira Gandhi Indoor Stadium in New Delhi. As now days during lockdown Student and adult everybody remain stick with gadgets for e learning and recreation and spoiling their health due to lack of physical activity. To make everyone aware about physical and mental fitness, Fit India campaign was organized by Department of Physical Education, KCG College of Technology, Karapakkam Chennai 600097. The motto of organising was to creating awareness and disseminating of Fit India Movement throughout to all staff and students and their families

A healthy mind in a healthy body activity was conducted on the same day under the campaign '**Fitness ka Dooz Adha Ghanta Rooz**'. Means Do Daily Fitness for half an hour to keep you fit

As all the staff and students who are working and studying from home can visit our college website/Facilities/Sports/age wise fitness Exercises videos and follow it.













Those staff who came to college can be part of Fit India movement as they had compulsory games hour from 4.30 to 5.00 pm daily. During this time they are free to do age related fitness exercises/can use Gym/play Indoor games like badminton /Table Tennis etc followed all social distancing rules, wore mask. Hand sanitizers were provided by Department of Physical Education at the respective points.

All followed the (Standard Operational Procedure SOP) of Department of Physical education and college all the time until they left the college.

A 'Fitness campaign was inaugurated by our Principal Dr. G.Prabhakaran for students and staff on 1st December 2020 4.30 pm

Staff and Student will-

- Ran a route of his/her choice, at a time that suits him/her.
- Ran his/her own race at one's own pace.
- Tracked run km manually or by using any tracking app on mobile or GPS watch.
- Did the exercise of his/her choice
- Did age related exercise
- They also motivated their parents and children to do exercises
- Sent the photos and Video to Department of Physical education through mail or whatsapp
- For Fitness they are free to call Director of Physical education 24/7

Our Manthras

- Forever Fit, Forever Strong,
- Fight for Fitness,
- Healthy mind in a healthy body,
- Don't stop till you drop!
- Live life, Love Fitness etc. to be physically fit.

This campaign will not stop until all the staff and students improve their fitness