



## **Koneru Lakshmaiah Education Foundation**

(Deemed to be University estd. u/s. 3 of the UGC Act, 1956)

Accredited by NAAC as 'A++' Grade University ❖ Approved by AICTE ❖ ISO 9001-2015 Certified

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Date: 29-08-2020

### **A Report on Fitness @ Home** **Conducted on 29-08-2020**

KL Deemed to be University (Koneru Lakshmaiah Education Foundation) Engineering & Non-Engineering National Service Scheme (NSS) Volunteers in the challenge “**Fitness @ Home**” on **29<sup>th</sup> August, 2020**. On August 15th, Indian Government started "Fit India Youth Club" with the motto of NewIndiaFitIndia. The Fit India Youth Club, a part of the Fit India Movement envisioned by Prime Minister Narendra Modi , endeavors to harness the power of youth to create mass awareness about the importance of fitness, across the country. KLEF NSS Cell is organized online Fitness Challenge on the eve of “National Sports Day” i.e. 29<sup>th</sup> August 2020.

Date of the Event: 29-08-2020

Name of the Event: Fitness @ Home

Venue: Respective Houses

No. of Participants: Students- 114, Faculty- 01



Online challenge regarding fitness

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.



Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep. Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. Exercise and physical activity are great ways to feel better, boost your health and have fun.

### **“New India Fit India”**

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Associate Dean  
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