



Date: 15.08.2020 to 14.09.2020

Venue: KLEF (Online event)

## **FIT INDIA CAMPAIGN**

FITNESS is a crucial state of well-being which boosts overall health and increases stamina and strength. It is important on multiple levels to be the best version of oneself. Fitness is a state of health and well-being, the ability to perform all the activities of different aspects in our daily activity.

As in today's society that is moving towards a more sedentary lifestyle, there is a greater need to maintain the cardiovascular fitness and body weight. Being fit helps us to stay young on the inside and out and it can help us breeze through the next few decades by feeling strong and healthy.

To promote fitness and health among the people of India, Honourable Prime Minister Narendra Modi, launched the Fit India Movement last year.

22(A) TENALI BATTALION, NCC KLEF UNIT carried out this Fit India programme by volunteering as a part of wonderful opportunity. Cadets participated in various fitness activities such as skipping, exercising, plugging, dancing, climbing steps etc with great potential which brought a change in daily life.

In this global epidemic, NCC KLEF UNIT, utilized the best turn to make in worthy face. This event made us to realize the importance, role of fitness in life. All our master stroke made this event triumphant.

1. **SKIPPING:** Skipping games can be traced back to the 16<sup>th</sup> century; while skipping games with ropes date back to the 18<sup>th</sup> century. These games can be lively, sociable, and sometimes competitive.

Skipping uses one's abdominal muscles to stabilize the body, legs for jumping, shoulders and arms to move the rope carefully and skillfully. Regularly, skipping sessions can increase stamina and endurance.



2. **EXERCISE:** Physical exercises important in maintaining physical fitness and can contribute to maintaining a healthy weight, regulating the digestive system, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system.

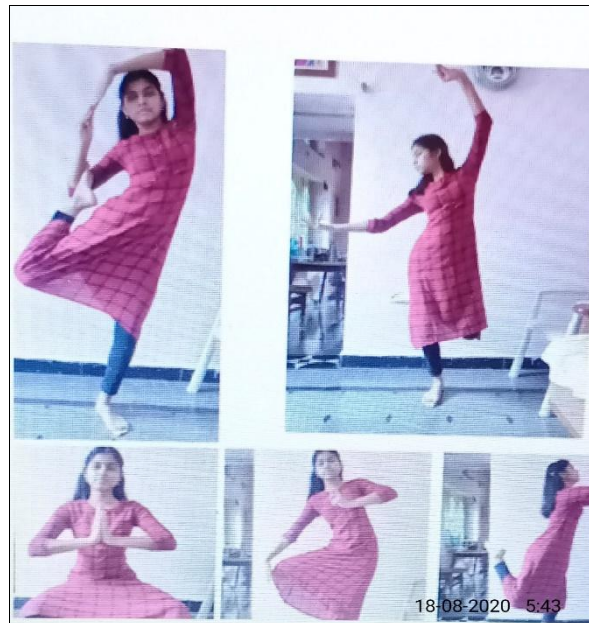
Exercise is well-known as any movement that makes your muscles work and requires your body to burn calories. There are many benefits of physical activities like-

- Immediate Benefits.
- Weight Management.
- Reduce one's Health Risk.
- Strengthens one's Bones and Muscles.
- Increases one's Chances of Living Longer.



**3. DANCING:** Dance is an art form consisting of purposefully selected sequences of human movement. **Dance** can be categorized and described by its choreography, by its repertoire of movements, or by its historical period or place of origin.

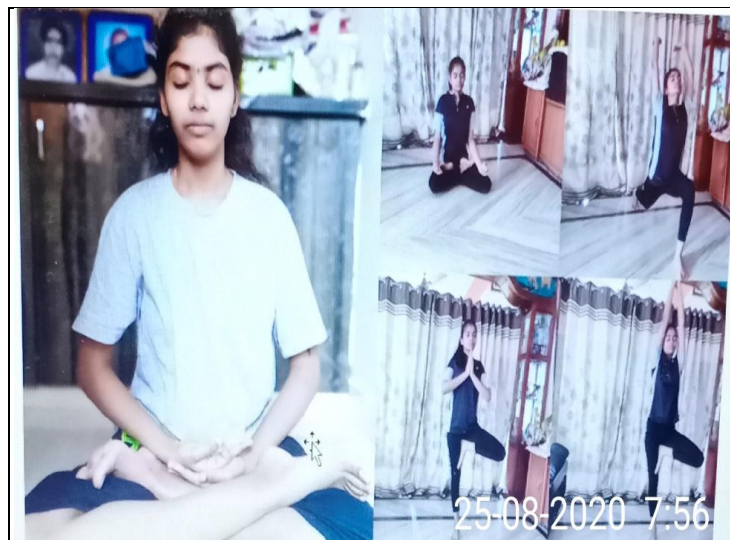
The movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself. *Dance* is all about expressing one's self through movements.



**4. YOGA:** Yoga is an ancient physical, mental and spiritual practice that originated in India. The word “YOGA” is derived from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity.

Yoga cultivates the ways of maintaining balanced attitude in day-to-day life and endows skill in the performance of one’s actions. Yoga includes Asanas, Mudras, Kriyas, Shaktakarmas and Meditation.

The art of yoga helps in controlling an individuals mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.



**5. RUNNING:** Running can significantly improve physical and mental health. As a form of aerobic exercise, running can reduce stress, improve heart health, and even help alleviate symptoms of depression.

Some researchers think running may be so good for us because it’s something we evolved to do. It helps to build strong bones, as it is a weight bearing exercise; strengthen

muscles, improve cardio vascular fitness, burn plenty of kilojoules, help maintain a healthy weight.



**6. CYCLING:** Cycling, also called bicycling or biking, is the use of bicycles for transport, recreation, exercise or sport. Cycling helps to protect you from serious diseases such as stroke, heart attack, some cancers, depression, diabetes, obesity and arthritis. Riding a bike is healthy, fun and a low-impact form of exercise for all ages. Cycling is easy to fit into your daily routine by riding to the shops, park, school or work.

Cycling is –

- Low impact exercise.
- A good muscle workout.
- Easy to learn.
- Good for strength and stamina.
- It can be as intense you want.
- A fun way to get fit.
- Time-efficient healthy exercise.



**7. STAIR CLIMBING:** Stair climbing is the climbing of stairs. It is often described as a low-impact exercise, often for people who have recently started trying to get in shape. A common exhortation in health pop culture is “Take the stairs, not the elevator”. Benefits of climbing stairs-

- It helps you lose weight.
- Improves heart health.
- Increases muscle strength.
- Builds endurance.
- Improves mental health.



**“A fit mind in a fit body is important”.**

The way to make India a great nation is through a healthy person, healthy family & healthy society. The Cadets of NCC unit of KLEF actively participated in the Fit India Activities. The Cadets believed that only a fit citizen can contribute adequately to his or her country and fellow citizens in their times of need. The Cadets firmly believed that Fit India Mission will be successful only when it becomes a people’s movement and for that all need to play the role of a catalyst.

Thus, the cadets willingly contributed their part to this initiative.

No. of students participated: **117**