



Date: 29.08.2020 to 02.10.2020

Venue: Online Event

FIT INDIA FREEDOM RUN

The Initiative:

Honorable Prime Minister of India envisioned and launched the FIT INDIA MOVEMENT in 2019 with a macro view i.e to make Physical Fitness a part& parcel of our lives and even of our upcoming heirs. It has a holistic aim of changing from sedentary lifestyle to physically active way of day-to-day living.

The cadets of NCC Unit of KL University of 22'A'BT NCC, Tenali attended the live-streaming of the Fit India Youth Clubs launching ceremony taken up by the Ministry of Youth Affairs &Sports on 15th August 2020;webcast by National Informatics Centre.

Sports Minister Kiren Rijiju on the occasion of the 74th Independence day launched the Fit India Youth Clubs which endeavors to harness the power of youth to create mass awareness, motivate people to take up fitness activities of at least 30-60 minutes in his or her daily routine.

Fitness is the condition of being physically and mentally fit ,healthy . We all know physical fitness and mental wellness both are important parts of life. Good mental health helps us to enjoy life and cope up with our problems. It offers a feeling of well-being and inner strength. Whereas by being physically fit i.e by doing physical activity or exercise ,we can improve our health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease etc.Physical activity and exercise can have

immediate and long-term health benefits. Most importantly, regular activity for both physical and mental fitness can improve the quality of life.

No. of students participated: 121

Event Photos:



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.