

REPORT ON FIT INDIA MOVEMENT-WEEK2023

The FIT INDIA Movement was launched on August 29, 2019, by Hon'ble Prime Minister Narendra Modi, aiming to make fitness an integral part of daily life. The mission is to bring about behavioural changes and adopt a more physically active lifestyle. As Prime Minister Modi stated, "A healthy man means a healthy family, leading to a healthy society, which is the way to a new India."

Being healthy and fit means taking good care of one's body, as a healthy mind resides only in a healthy body. Good health and fitness help maintain the required energy levels to achieve success in life. A healthy and fit person can live life to the fullest without major medical or physical issues. Health and fitness are essential keys to a long, active, and enjoyable life. Health is indeed the actual wealth a person can retain.

To enhance knowledge and create awareness, teachers assign topics related to staying healthy and fit to their students. This also develops a healthy lifestyle amongst children. Students must realize the importance of staying healthy and fit, and as the future generation, they can play a vital role in creating awareness and maintaining a stable health regime.

KL Deemed to be University celebrated National Sports Day by taking the pledge to be fit and make India fit. With the support of HODs and faculty members, students enthusiastically took the pledge, and faculty members committed to being fit by signing the pledge.

The pledge includes:

- Leading an active and healthy lifestyle
- Devoting 30 minutes daily to fitness and health
- Encouraging family members and neighbours to stay fit and healthy
- Taking the fitness assessment test on the Fit India mobile application quarterly

The Fit India Week – 2023 Program was organized by the Department of Physical Education in a grand manner. Students gave slogans like "Forever Fit, Forever Strong," "Fight for Fitness," "Healthy mind in a healthy body," "Don't stop till you drop!", and "Live life, Love Fitness" to promote physical fitness.

Nearly 650 students, directors, principals, vice principals, teaching, and non-teaching staff participated in the program. The event was a grand success in KL Deemed to be University, Vaddeswaram, Guntur, Andhra Pradesh.

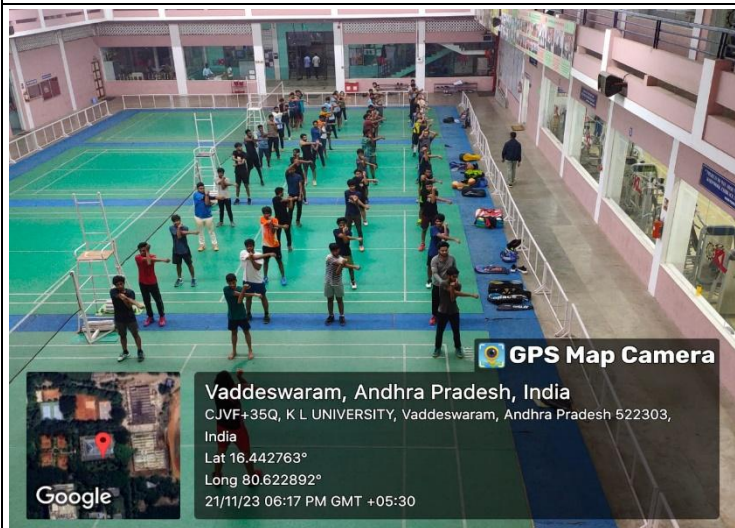
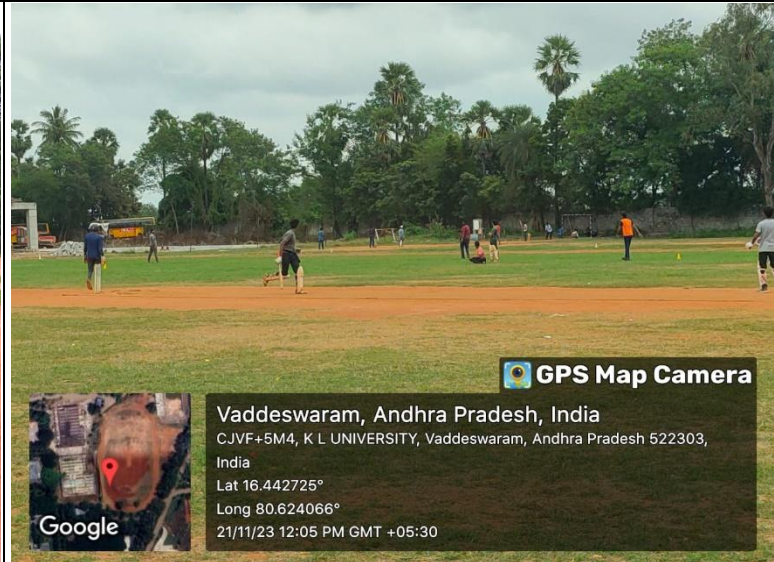
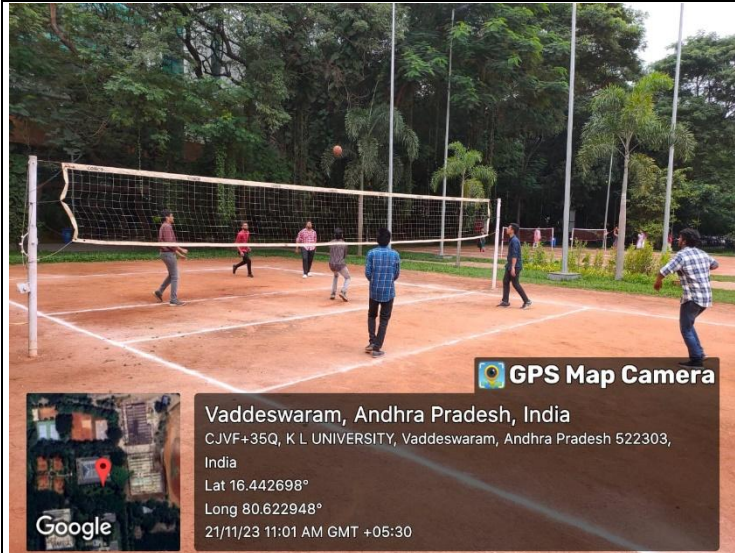
Fit India proposes to undertake initiatives and conduct events to achieve objectives such as:

- Promoting fitness as easy
- Spreading awareness on fitness and physical activities
- Encouraging indigenous sports
- Encouraging students, staff, and teachers to devote minimum one hour per day to fitness activities like exercise, yoga, meditation, walking, cycling, aerobics, and dance.

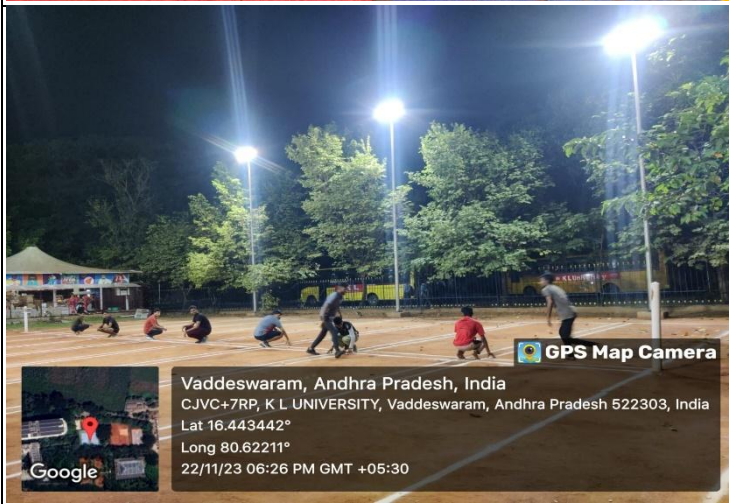
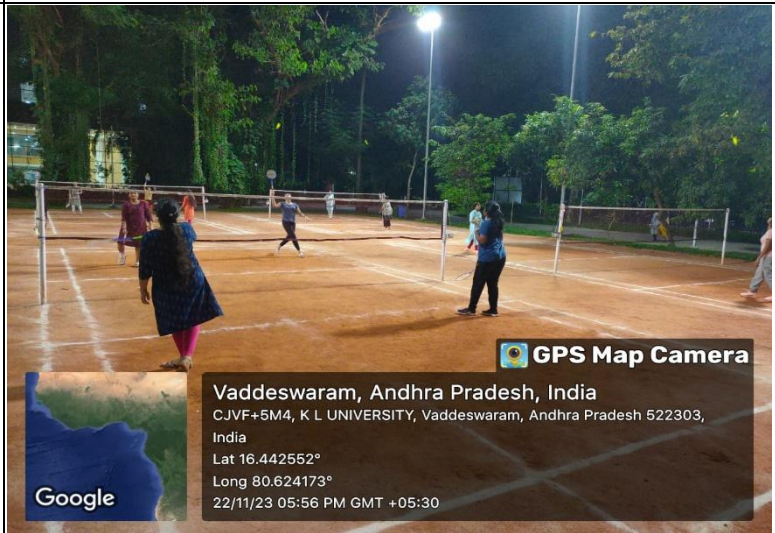
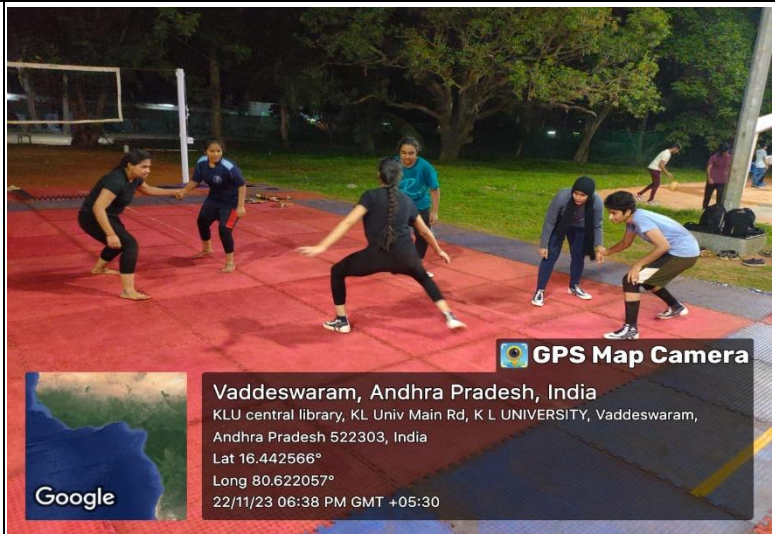
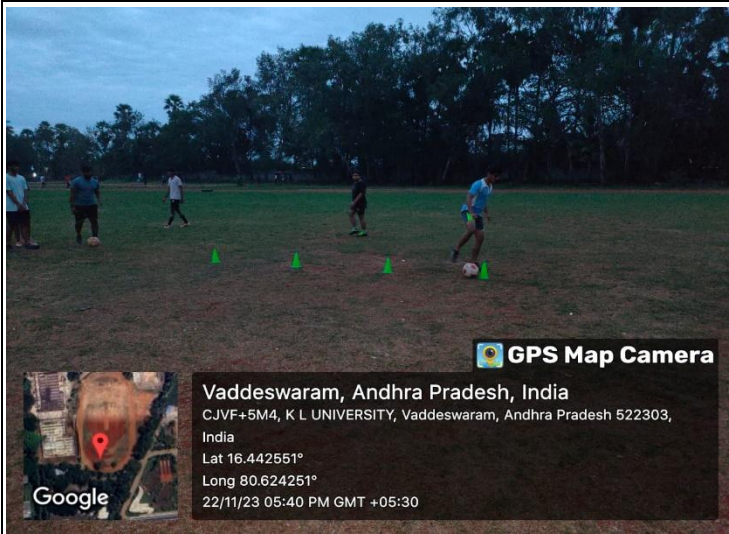
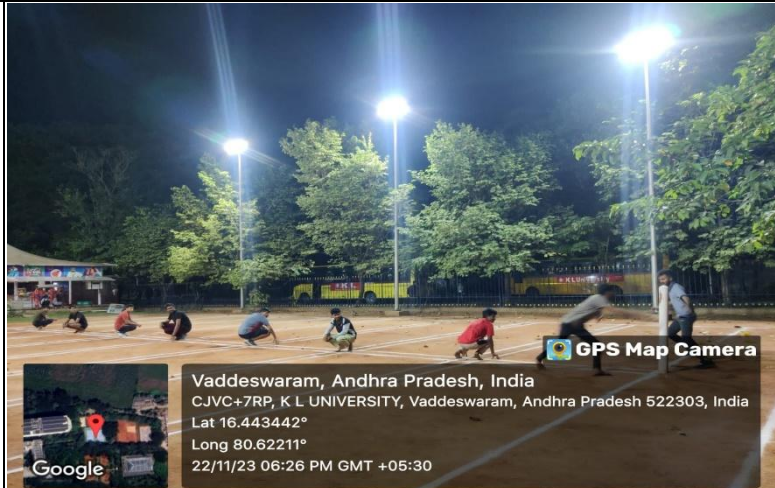
Video Link:

<https://dw.convertfiles.com/files/0769273001701439929/fit%20india%20video-2023.avi>

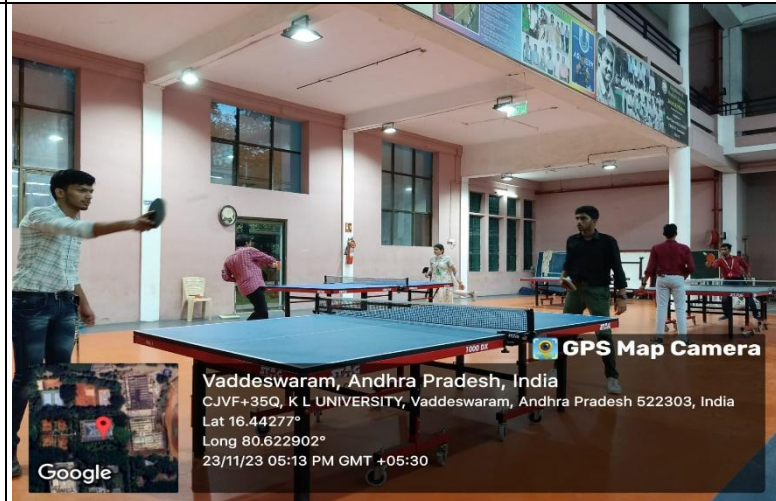
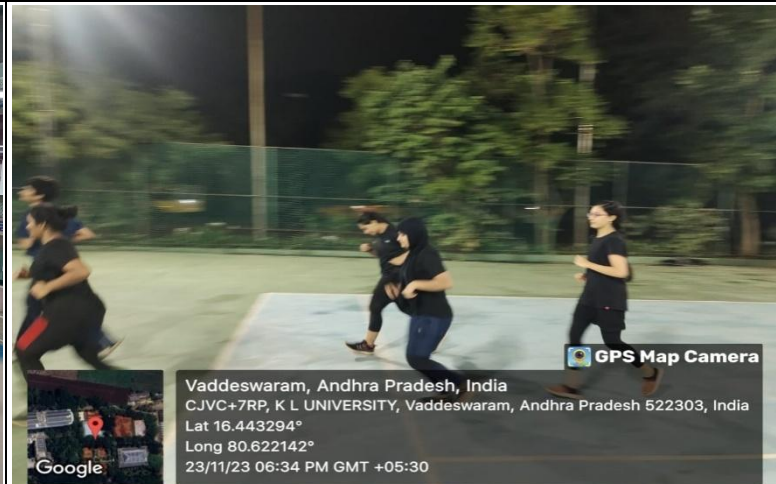
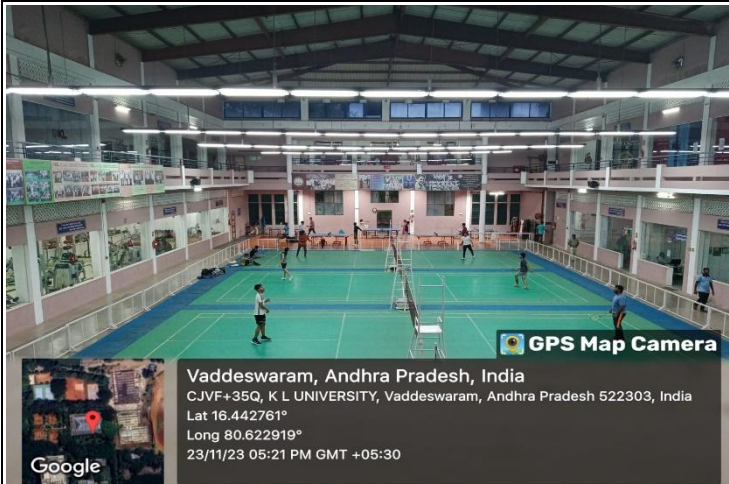
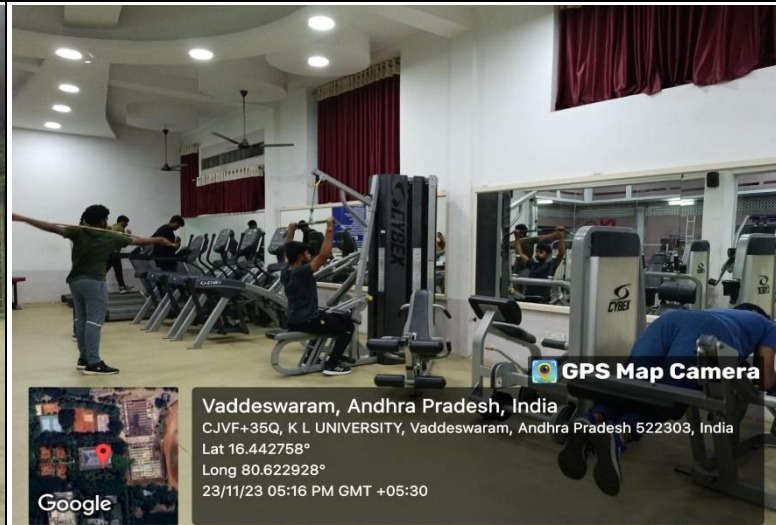
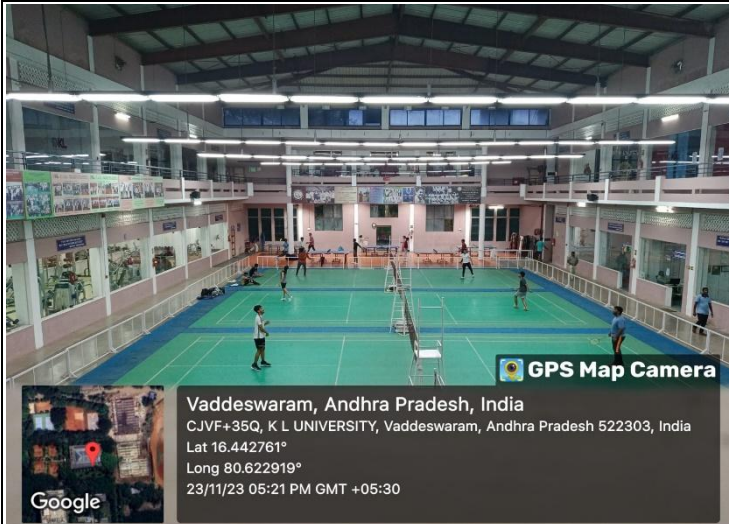
DAY 1-PHOTO GALLERY



DAY 2-PHOTO GALLERY



DAY 3-PHOTO GALLERY



DAY 4-PHOTO GALLERY

