



Fit India Movement

Awareness programme by NSS volunteers

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As a part of the Fit India Campaign, NSS volunteers of Vidya organised an awareness programme about yoga and breathing exercises on 11 January 2020 at Pranavam Auditorium. Around 50 NSS volunteers took part in the awareness programme and it was lead by yoga practitioner and alumni of the college Mr Vishnu P C.

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India [Narendra Modi](#) at Indira Gandhi Stadium in New Delhi on 29 August 2019 (National Sports Day). The campaign has a Fitness Pledge that reads:

I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation.

Visit Fit India website [HERE](#).