

Sandip Foundation's
Sandip Institute of Technology & Research Centre, Nashik
National Service Scheme (NSS)
Academic Year 2020-21
Report on Social Activity "Fit India Movement"

1. Event Title: Fit India Movement
2. Event Date: 26/08/2020
3. Event Conduction Duration: 11 am to 11.50 am
4. Event Venue: Online, Google Meet
5. Name of Event Coordinator: Prof. S. D. Katkade

6. Event Objectives & Outcomes

- Objectives of Activity: To create awareness about Fit India Movement

Outcomes: Students attended live session about Fit India Movement

7. Description of Event:

As per the circular NSS/2020-2126 of NSS the online session was conducted by Prof S D Katkade on the occasion of Fit India Movement. Presentation was shown to the students regarding Fit India Movement, details are as follows,

Theme: Freedom from Lethargy to Live Healthy Life

- **Time Line:** 15th August to 14th Sept. 2020
- **Coverage:** One Lakh Villages of 623 Districts of all States and U.Ts in India
- **Target Audiences:** All NYKS Officials, National Youth Volunteers, Youth Club's Leaders, Members and COVID-19 Volunteers
- **Medium /Tools for Reaching Out:**

- 1) Webinars, WhatsApp Groups, Facebook, Twitter and other Social Media Platforms
- 2) Fitness @Home, Fitness with Family
- 3) Outdoor Selected activities while following COVID-19 Safety Norms



Photo: Banner Fit India Movement

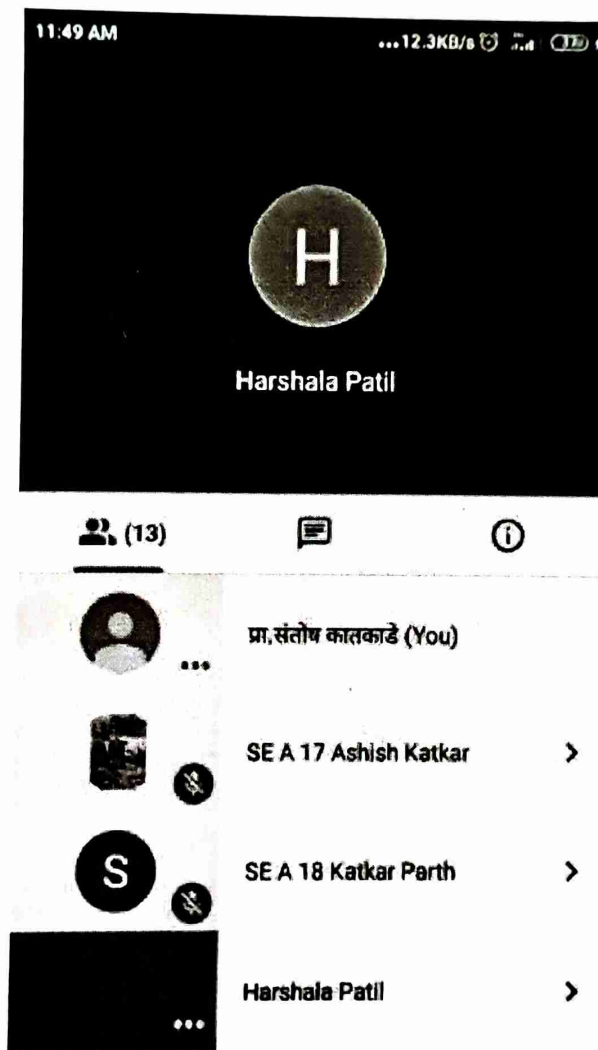
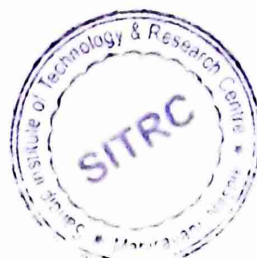


Photo: Participants



Prof S D Katkade

NSS Program Officer

Prof Dr S T Gandhe

Principal