



Report on Fit India Movement

Date: 29th August 2019

Time: 10.00 am to 3.30 pm

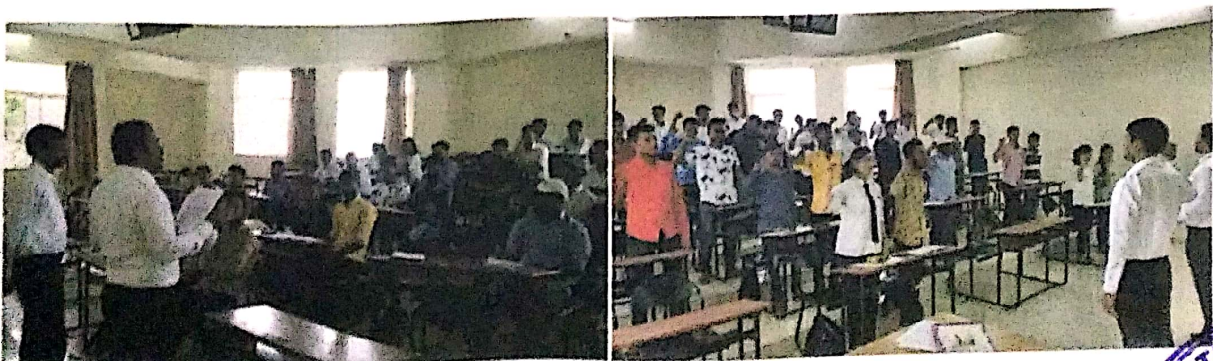
The National Service Scheme Unit (NSS) of Marathwada Mitra Mandal Institute of Technology organized Fit India Movement on occasion of National Sports Day as per directions from Hon. Shri Narendra Modi, Prime Minister of India. This event is carried out successfully in the college premises on Thursday 29th August 2019, from 10 am to 3.30 pm under guidance of Principal Dr. R. V. Bhortake and all Departmental Heads.

Prime Minister Narendra Modi Thursday launched a nation-wide Fit India Movement on National Sports Day. Stressing on the need to be fit, PM Modi said that a healthy India is his goal and called for a strict control on people's lifestyles. He also emphasized on the importance of fitness, especially in the times we live in and added that people must change their mindsets when it comes to physical fitness. Fit India Movement is aimed at encouraging people to give priority to sports and fitness in their day-to-day lives.

Event start with Fit India Pledge ceremony by Mr. Rohit Polas, Program Officer, NSS in the presence of Principal Dr. R. V. Bhortake and all Departmental Heads, NSS Departmental Coordinators and teaching and non-teaching staff and students followed awareness speech. On Fit India Movement occasion various sports are arranged in college campus.

Dr. R. V. Bhortake, Principal spoke on "Importance of Sports, Meditation & Stress Management". During his speech he enlightens three points of life clarity, purity and Sincerity for living healthy life. For any type of innovation/creation one need to have fit and relax mind with control on negative emotions. This is possible only through sports.

1. Fit India Movement Pledge by Principal, NSS Program Officer Coordinators and students.





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2. Hon. Prime Minister Shri. Narendra Modi addressing on Fit India Movement



3. Sports Programs on occasion of Fit India Movement




NSS Program Officer




Principal