

DATE: 29/08/2019

Event Coordinator(s)

1. Mr. Vijay Jumb

Student Coordinator(s)

1. Mandar Bagwe

2. Archana Sahoo

**Time & Place: 10 to 11:30
am**

**Xavier Institute of
Engineering .**

Department: NSS

No of participant:

80

National Service Scheme Volunteers had arranged a seminar on Fit India Movement on national sports day .The seminar started at 10AM and there were 80 students from our college and 15 staff members.

The seminar started with the celebration of different sport activities and their importance which was given by none other than our honourable PM Mr. Narendra Modi. This campaign was initiated by our PM itself and the importance of this campaign was shared. Our honourable PM asked everyone to devote at least one hour of our day towards fitness, the goal being to help create a fit India.

The seminar continued for an hour and a half at the end of which, everyone was made to take a pledge towards a fit India which was as follows-

'Fitness Pledge'

"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".

The seminar ended after this at 11.30AM.

The event gave an idea about the importance of sports in our lives along with studies and how sports can help us to keep our body fit, healthy and free from diseases.

Images

