

2019-2020



Government Degree College, Seethanagaram

Accredited by NAAC with 'B' Grade, ISO 9001:2015 Certified College

Affiliated to Anji Kari Nannayya University
Opp K.G.N.M. Trust, Panathuragaram Road, Seethanagaram



DEPARTMENT OF NSS AND PHYSICAL EDUCATION

FIT INDIA MOVEMENT 29-08-2019

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. Fit India was first established in 1993 by Shri. Suparnosatpathy and it was incorporated as a company in 2000.

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle.

DEV BALHARA

Dev Balhara, CEO of Kettlebell Sports India Association, has been appointed as the Ambassador of 'Fit India Movement'

Fit India hit India • Healthy people, healthy families, healthy society. Health is wealth • The bad work out is no workout • Don't be a brat, burn that fat • Fitness is not a destination it is a way of health. Commit yourself to be healthy and fit. Prime Minister Narendra Modi launched the fit India movement.

On 29 Aug 2019, the Hon'ble Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. School is the first place where habits are formed.

The Department of Physical Education organized " THE FIT INDIA PROGRAM" on 29.08.2019 at Government Degree College, Seethanagaram.

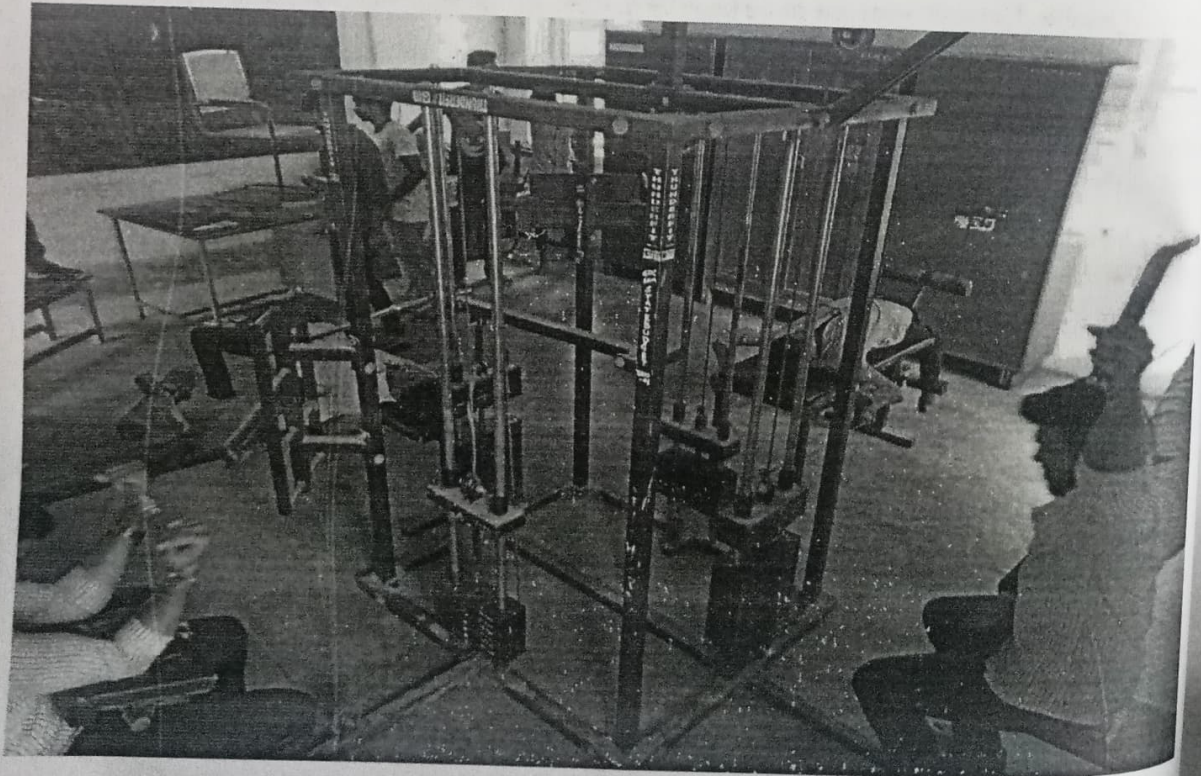
Sri. K.Sudhakar, the principal of the college led the Programme.

Sri CHATRAPATI VS SALADI, The Incharge of Physical Education Department to conduct this program and giving lecture on the importance of fitness and doing exercises and cycling with students.

Prime Minister of India Shri Narendra Modi calls for Fit India for a Strong India and for a Healthy India.

As part of this, on August 29, the students were stimulated and exercised. It was addressed how good physical endurance every man should have in living and how important it is in the construction of India.

FIT INDIA



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