

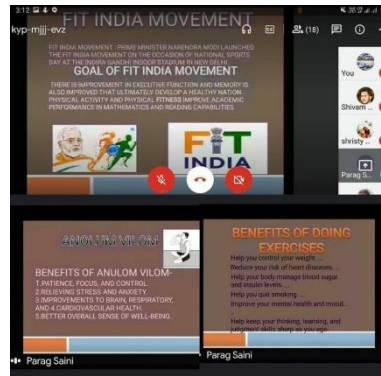


2020-2021

Name of the Department/Society: **National Service Scheme**

Name of the Event 7: Webinar on Some Easy Lockdown Exercises and Their Importance

Date of the Event: 27<sup>th</sup> September, 2020



With the motive of encouraging people to live a healthy lifestyle, we at NSS Hansraj organised a webinar for the kids of Padhaku wing on 27th of September on the topic, “Some Easy Lockdown Exercises and Their Importance”. In the webinar, volunteers gave an interactive presentation for the kids on how to acquire good health and fitness. Volunteers also talked about the Fit India Movement which was initiated by our honourable Prime Minister and educated the children about importance of fitness and some easy exercises to do at home. All the children were enthusiastic and prompt during the event which ended on a successful note.