



**2020-2021**

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

**Name of the Event 4: Family Fit Nation Hit**

**Date of the Event: 12<sup>th</sup> – 14<sup>th</sup> September, 2020**



We, at NSS Hansraj, strongly believe that it is essential for all of us to undertake activities that contribute to our fitness. In our endeavours to promote the Fit India Movement, we conducted an online fitness campaign from 12th September to 14th September with the idea of "Family Fit Nation Hit". We emphasised that fitness begins at home and in our campaign, volunteers participated along with their families to indulge in various activities like yoga, outdoor games, weightlifting, cardio exercises, skipping and many more.