



2020 - 21

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

Name of the Event **56**: Webinar on Lockdown Exercises for underprivileged kids

Date of the Event: 1 June 2021

With the motive of encouraging people to live a healthy lifestyle, we at NSS Hansraj organised a webinar for the kids of the Padhaku wing 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 the 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.

