



2019-2020

Name of the Department/Society: National Service Scheme

Name of the Event 10: Fit India Movement

Date of the Event: 29th August, 2019

As a part of the Fit India Movement initiated by our honourable Prime Minister, Mr. Narendra Modi, N.S.S. Hansraj organised a series of events in collaboration with the Department of Physical Education and Sports. The day started with the 'Run for fitness' campaign wherein around 100 volunteers were made aware of the need of incorporating fitness in our daily lives. The event concluded with the live telecast of the launch of the 'Fit India Movement' by our Prime Minister. On the occasion of National Sports Day, the students pledged to support and uplift the Fit India Movement. Upholding this same spirit, the younger children in our educational wing, Padhaku were told about the importance of sports and fitness followed by an exercise session. We thank the entire Hansraj family for being a part of this initiative.

