



FIT INDIA MOVEMENT- NATIONAL SERVICE SCHEME

Amrita Vishwa Vidyapeetham

Amrita School Of Engineering

Date	Events	Time	Venue
29/08/2019	“Yoga session”	6a.m to 7a.m	Meditation hall , AB-1 Amrita Vishwa Vidhyapeetham, Coimbatore-64112
29/08/2019	“Campaign launched by hon’ble PRIME MINISTER NARENDRA MODI – Live telecast”	10a.m to 11a.m	Acharya hall , AB-1 Amrita Vishwa Vidhyapeetham, Coimbatore-64112
29/08/2019	“Walkathon”	5p.m to 6p.m	Near Saraswathi statue Amrita Vishwa Vidhyapeetham, Coimbatore-64112

FIT INDIA MOVEMENT : Fit India movement aims to encourage people to inculcate physical activity and sports in their everyday lives

As a part of 'FIT INDIA MOVEMENT' the NSS Volunteers of six units, guided by Dr.D.Venkataraman (NSS Programme Coordinator,Amrita) and the Programme Officers the volunteers organized a yoga session, live streaming of "Fit India Movement" launched by Prime Minister of India , and a walkathon.

Around 100 students from all units participated in the all three events. Beginning with yoga session which was guided Mr.Senthil Kumar (Yoga Therapist ,Amrita Vishwa Vidhyapeetham) in the morning from 6 A.M to 7 A.M ,Campaign launched by our Prime Minister between 10 A.M to 11 A.M , Ending with Walkathon between 5 P.M to 6:30 P.M. All the events were conducted with the guidance of the six programme officers Mr.T.Prabhu (unit-1), Mr.M.Jayakumar (unit-2), Dr.D.Venkataraman(unit-3) Dr.Muralikrishnan (unit-4) , Dr.N.Poongothai (unit-5) , Dr.M.G.Priya (unit-6).



Students along with NSS volunteers took a group photo in 'Yoga session'.



The students enthusiastically participated in the 'Yoga Session'



Amrita NSS Volunteers and students working together



“YOGA HEALS THE SOUL”



A few pictures taken at the Fit India movement campaign launched by hon'ble Prime Minister Narendra Modi



Students and NSS volunteers and NSS programme officers took a pledge



“A FIT MIND IN A FIT BODY IS IMPORTANT”

-PM MODI



Students along with NSS volunteers and NSS programme officers took a picture before starting Walkathon



There was a small speech before starting Walkathon event



Students downloaded the STEP SET GO app in their phones to know their steps



And finally, we end this event by registering our names and steps