



A.V.PAREKH TECHNICAL INSTITUTE

ELECTRONICS & COMMUNICATION
ENGINEERING DEPARTMENT

REPORT ON

“Activities under Fit India Campaign”

DATE: - 6/08/2022

'Azadi na Amrut Mahotsav' is a series of events organized by the government of India to commemorate the 75th anniversary of Independence. The mahotsav will be celebrated as peoples' movement across the country.

Gymkhana committee / N.S.S committee and Electronics & Communication engineering department had organized few activities under Fit India Campaign by sending students to a village as a part of the celebration of Azadi na amrut mahotsav. Few students by the department were sent to a village to give demonstration of various exercises and Yoga to students from rural background and aware them of the importance of fitness.

NAME OF EVENT: Activities under Fit India Campaign

EVENT DETAILS:

FIT INDIA Movement was launched on 29th August, 2019 by Honorable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. To aware students from rural areas the importance of health and lifestyle, an awareness program was organized by the department to send students to a village and make people aware of importance of fitness.

DATE: 6/08/2022

THEME: Public Awareness program

VENUE: - Pithad Village, Jamnagar District

EVENT CORDINATOR: - Mr. D.K.Kataria, Ms. K.V.Shingala

Brief description of event:

Faculties had encouraged students to visit the village and conduct awareness program for school students to make them realize the importance of fitness and health. Total 6 students of EC department had visited Pithad Village (District- Jamnagar) for this awareness program. Students had enthusiastically visited schools where they demonstrated various types of Yoga and exercises. Large number of school students actively participated in this program. Our students also discussed with them various food habits for improving overall health and lifestyle.

Outcome of Event:

Village people were made aware of the advantages of Yoga , exercises and good food habits.

Photographs of the event:



