

SUBHARAM GOVT DEGREE COLLEGE, PUNGANUR


FIT INDIA

31-08-2021

CIRCULAR

29-08-2021

All the teaching staff and students are hereby informed that the dept. of NSS is going to organize "FIT INDIA" programme on 31-08-2021 in seminar hall at 10.00 A.M. Hence all are requested to attend the programme and make it a grand success.


PRINCIPAL
S.R. Govt. Degree
PUNGANUR - 517 102
Chittoor District.

Principal

(Sri Dr.M Sudhakar Reddy)

OBJECTIVES OF THE PROGRAMME:

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

REPORT OF THE PROGRAMME:

To promote Fit India Movement a Rally was organized by Subharam Government Degree College, Punganur on 31st August 2021 in a very grand manner. This programme was inaugurated by our Principal Dr.M.Sudhakar Reddy. The Rally was started in the morning at 10:00 A.M onwards from the college premises and went on to Nagari Street and

finally returned to the college premise, covered about 1km about 40 students were participated.

Students gave Slogans like 1) Forever Fit, Forever Strong, 2) Health is wealth, 3) Healthy mind in a healthy body, 4) Stay fit, stay healthy and build a new India, 5) Don't stop till you drop! 6) Live life, love fitness, etc. to be physically

During the rally the teachers and students talked to the people and enlighten them about the benefits of being fit. After the rally, students are taken into the class room and the Principal and teachers shared some inspirational thoughts regarding health and fitness. They inspired the youth by their valuable speeches about the importance of fitness in daily life.

OUTCOMES OF THE PROGRAMME

- Students and teachers should be encouraged to walk more, use trains within the campus by establishing cycling zones, use cycles on the campus, utilise gymnasium facilities, etc.
- Encouraging psychological well-being through the addressing of students' emotional issues. Depression, anxiety, and stress management awareness or sensitisation sessions should be held for instructors and pupils.
- All pupils, staff, and instructors should be encouraged to exercise for at least one hour per day, such as yoga, meditation, walking, cycling, aerobics, dance, and conventional martial arts from their homes.

PHOTOS OF THE PROGRAMME



**SUBHARAM GOVT DEGREE COLLEGE
PUNGANUR, CHITTOOR**

ATTENDANCE REPORT

Event: FIT INDIA PROGRAMME

Date: 31-08-2021

S.No	Name of the Student/Participant	Group/Address	Signature of the Student/Participant
1.	K. Tejitha	III B.com (CA)	K. Tejitha
2.	D. Mulesh	III B.com (CA)	D. Mulesh
3.	Sweetha	III B.com (CA)	Sweetha
4.	Aziya	III B.com (CA)	Aziya
5.	C. Hemalatha	III B.com (CA)	C. Hemalatha
6.	Y. Bhargavi	III B.com (Gen)	Y. Bhargavi
7.	A. Chitra	III B.com (Gen)	A. Chitra
8.	N. Hemavalli	III B.com (Gen)	N. Hemavalli
9.	K. Poojya	III B.com (CA)	K. Poojya
10.	G. Nagarathna	III B.com (CA)	G. Nagarathna
11.	T. Manju sri	III B.com (CA)	T. Manju sri
12.	D. Tejovathi	III B.com (CA)	D. Tejovathi
13.	A. Deepika	III B.com (Gen)	A. Deepika
14.	G. Vasanthi	III B.com (CA)	G. Vasanthi
15.	Y. Harresh	III B.com (CA)	Y. Harresh
16.	S. Rahul	III B.com (CA)	S. Rahul
17.	Aliya	III B.com (CA)	Aliya
18.	Pallavi	III B.com (CA)	Pallavi
19.	Renuka	III B.com (CA)	Renuka
20.	Sneha	III B.com (CA)	Sneha
21.	manoj kumar	III B.com (CA)	manoj kumar
22.	Rahul	III B.com (CA)	Rahul
23.	Gangadhar	III B.com (CA)	Gangadhar
24.	chakradhar	III B.com (CA)	chakradhar
25.	sandhya	III B.com (CA)	sandhya
26.	S.C. Thirisha.	III B.com (CA)	S.C. Thirisha.
27.	P. Theja	III B.Sc MSCS	P. Theja
28.	G. Prasad	III B.Sc MSCS	G. Prasad
29.	Vishnu sree	III B.Sc MSCS	Vishnu sree
30.	M. Teja	III B.Sc MSCS	M. Teja
31.	A. Chandana	III B.com (CA)	A. Chandana
32.	P. Mahesh	III B.com (CA)	P. Mahesh
33.	G. Venkatesh	III B.com (CA)	G. Venkatesh
34.	D. Mahesh	III B.com (CA)	D. Mahesh
35.	Reddy Raja	III B.com (CA)	Reddy Raja
36.	Thulasi	III B.A	Thulasi
37.	chandana	III B.A	chandana

PRINCIPAL

S.R. Govt. Degree College
PUNGANUR-51

Feedback from the Students

Event: fit India programme

Date: 31-08-2021

fit india movement is a nation-wide movement in india to encourage people to remain healthy and fit by including
K. Jyothi

The movement was launched by prime minister of india Narendra modi at indira Gandhi stadium in Delhi
priya

National sports day fit india was founded by shri sushro saxena in 1993

M. Kalyan.

fit india movement is a nation-wide movement in india to encourage people to remain healthy and fit.

K. Sandhya
Principals