

Fit India campaign

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Student coordinators -

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About FIT INDIA Movement

Hon'ble Prime Minister of India launched the Fit India Movement on August 29, 2019. He urged the people of the country to make fitness their lifestyle. Today lifestyle diseases are on a rise in India affecting even the young. Cases of diabetes and hypertension are on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases and help people to live a healthy and prosperous life. 'Fit India Movement' is an effort to bring these small lifestyle changes.

Sports has a direct relation to fitness but Fit India Movement aims to go beyond this, it emphasizes on the overall fitness of an individual. Fitness is not just a word but an essential pillar to a healthy and prosperous life. People in any profession can become efficient, and excel if they are mentally and physically fit. So, in order to move towards a fitter India and fulfill the vision of this movement, the Ministry of Education has taken an initiative to implement a fitness campaign in all the Higher Education institutions/ Universities under its ambit.

Maharaja Surajmal Institute of Technology has organized many events under FIT INDIA Movement, listed below -:

- Yoga - Living fit
- Fit India online challenge
- Sportify
- Martial arts camp

WINNERS of FIT INDIA challenge in category II from MSIT -:

ABHAY TOMAR



Harshit Malik



Bhuvnesh



Martial arts camp (march 8, 2022)

NSS MSIT, Prakriti MSIT and UBA cell organized a Martial arts camp under fit India campaign on the occasion of International Women's Day to arm people with the essential skills required to defend themselves. The workshop took place in MSIT ground at 11 A.M.

The event kicked off with a cordial welcome of the trainers from State Head Taekwondo organisation headed by Mr. Vinod Kumar, who appeared all set to teach the students. The event was attended by several faculty members and director sir was also present, who even commenced the workshop by sharing a few words of motivation with everyone present.



