



2021-2022

Name of the Department/Society: **National Cadets Corps (NCC)**

Name of the Event 6: **Fit India Movement 2.0**

Date of the Event: **13-8-2021 to 2-10-2021**

The FIT INDIA CAMPAIGN 2.0 began in the month of August and concluded with webinar on the importance of fitness and a pledge. Also, FIT INDIA initiative was elaborately celebrated. Various activities were conducted by NCC Hansraj Coy under this initiative. It included cycling, running and a competition in jumping squats. Emphasis was given on how being fit and eating healthy helps to avoid multiple health problems. The Fit India 2 campaign was concluded on 2nd October 2021, which is also marked by the 152nd of Gandhi Jayanti.

