



हंसराज कॉलेज  
— दिल्ली विश्वविद्यालय —

HANSRAJ COLLEGE  
University Of Delhi  
NAAC Grade A+ with CGPA 3.62

**2020-2021**

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

**Name of the Event 5: Fit India Movement**

**Date of the Event: 30<sup>th</sup> Aug – 27<sup>th</sup> Sep 2020**

The fitness week was organized from 30th August 2020 to 27th September 2020 to spread the awareness for being fit. Various sessions like yoga, meditation, zumba session, webinar were organized. Cadets were encouraged to run, cycle and exercise through fitness challenges. The cadets participated with full zeal and enthusiasm. Cadets were encouraged to go for healthy eating habits. The entire program was motivating and fun.





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Cadet Vandana  
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