



TECNIA INSTITUTE OF ADVANCED STUDIES

NAAC ACCREDITED GRADE "A" INSTITUTE

Approved by AICTE, Ministry of HRD, Govt. of India, Affiliated to G.G.S.I.P. University & Recognized Under Sec. 2(f) of UGC Act 1956.

INSTITUTIONAL AREA, MADHUBAN CHOWK, ROHINI, DELHI-110085

TIAS NATIONAL SERVICE SCHEME (NSS) CELL

SELF-FINANCING UNIT* - I



Donate Blood
Save Life



Beti Bachao
Beti Padhao



Health
Camps



Tree
Plantation

Ref.:.....

Date:.....

REPORT- Video Conferencing: Fit India Movement

By

Hon'ble PM Shri Narendra Modi

Ref. to email dated- 23/8/19 at 11:09AM on Webcast Video Conference for Fit India on 29/8/19 from Directorate of NSS and Prof. B.V.R Reddy (NSS Program Coordinator), GGSIP University. Through VC ID: 266282 and URL for Webcast <https://webcast.gov.in/myas/>

Event-Video Conferencing: Fit India Movement by Hon'ble PM Shri Narendra Modi

Day & Date- 29th August, 2019, Thursday

Timing- 10 AM – 11 AM

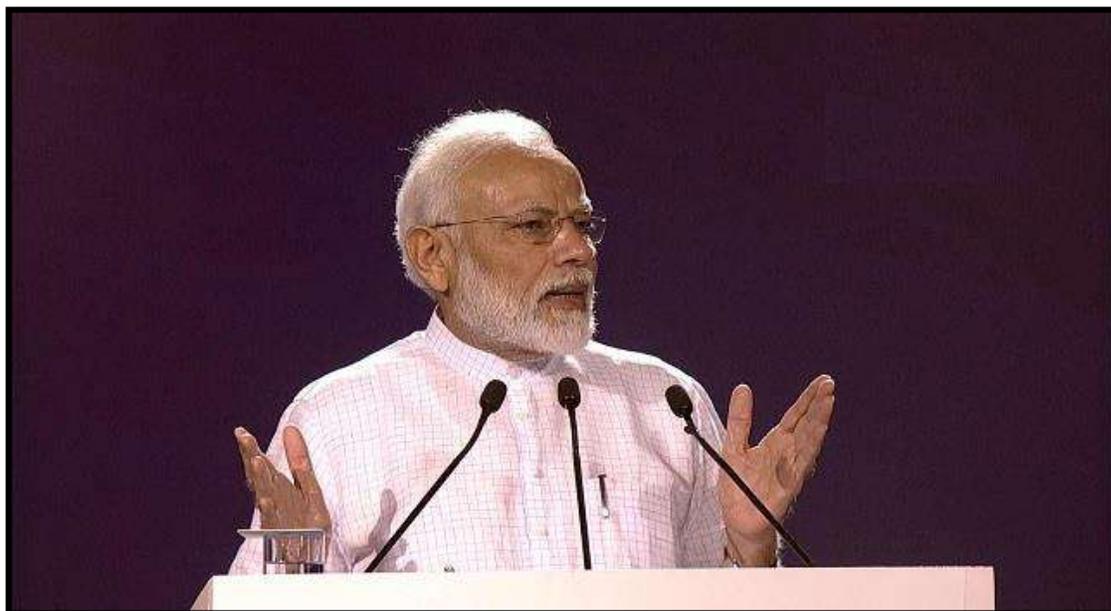
Venue for Video Conferencing- Computer Lab, 2nd Floor, PG Building, TIAS

Resource Person- Hon'ble PM Shri Narendra Modi, Sports Minister Kiren Rijju and comprising government officials, members of Indian Olympic Association (IOA)

Place of Launch: Indira Gandhi Stadium, New Delhi

Students- BBA, BA(J&MC), BCA, MBA

Faculty convener- Dr. Sheetal Badesra – Program Officer (NSS)



Hon'ble PM Shri Narendra Modi addressing the gathering with his noble words

Objectives

1. To encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle.
2. To increase the awareness among the masses and also to encourage people to start/increase physical activity and sports in their everyday lives.
3. To motivate and urge citizens to do exercise on daily basis.

REPORT

Video Conferencing on Fit India Movement by Hon'ble PM Shri Narendra Modi was organized by National Service Scheme Department of **TECNIA INSTITUTE OF ADVANCED STUDIES** on 29th August, 2019 in Computer Lab, 2nd Floor, PG Building, TIAS. 194 students of BBA, BA(J&MC), BCA, MBA attended the session.

The live session was conducted by Hon'ble PM Shri Narendra Modi.

PM Modi has addressed the gathering on this occasion and urged citizens to do exercise on daily basis. Some fitness experts have termed this Fit India Movement a new era of fitness revolution. There were some prominent sports person from the field of sports and Film Industry present on this occasion.

The Prime Minister during his speech on Fit India said that fitness is not just a word but a way to lead a healthy life. The Prime Minister said that on this a great sportsperson was born, Major Dhyan Chand and he surprised the world with his fitness, stamina, and hockey stick.

“Success is related to fitness, success stories of all of our icons from any field of life have a common thread- most of them are fit, have a focus on fitness and are fond of fitness”, the PM added.

PM Modi urged all the individuals to;

- a. Use stairs instead of escalators.
- b. To walk daily instead of taking rickshaw or bike for short distance.
- c. To do exercise on daily basis
- d. To involve the all family members in the exercise and physical activities on daily basis.

Even the UGC has urged to every citizen of this country to walk at least 10,000 steps and make it a habit of daily life.

So ultimately this session was all about to make the environment of the sports in the country so that the India's position can be upgraded in the medal tally of the Tokyo Olympic, 2020 and in forthcoming Olympic Games also.



Students witnessing the session on Fit India Movement



PM Modi giving speech at the launch of FIT India Movement.



Students and faculty members of TIAS discussing about the session.



Students discussing after the session

Learning Outcomes-

- Students were encouraged to adopt healthy habits and lifestyles.
- Students were made aware about the physical activity and sports in their everyday lives.
- Students got motivated with the address and wonderful opportunity given by the PM Modi.
