

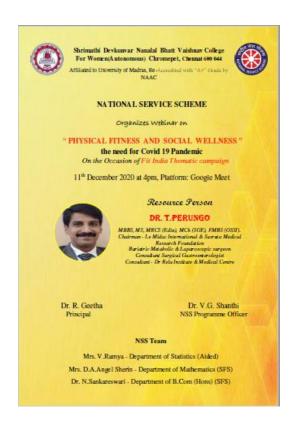
## Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For Women(Autonomous) Chromepet, Chennai 600 044



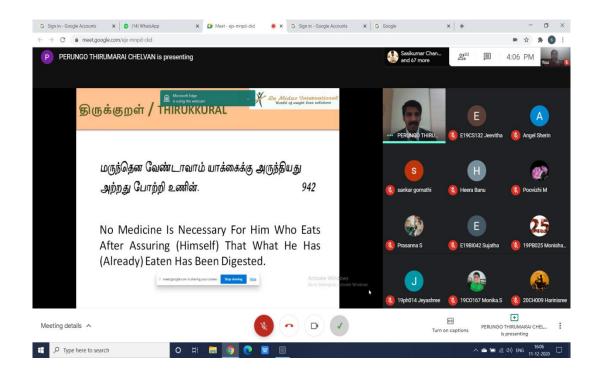
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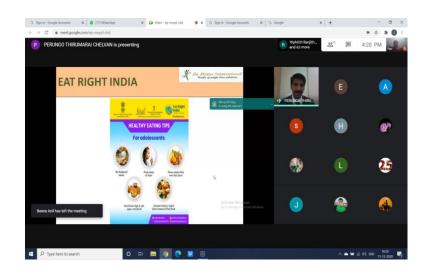
## Fit India Thematic Campaign

The NSS Units of SDNB Vaishnav College for Women conducted a Webinar on "Physical Fitness and Social Wellness" the need for Covid 19 pandemic on 11<sup>th</sup> December 2020 through google meet. The webinar was chaired by the Resource person Dr.T.Perungo MBBS, MS, MRCS (Edin), MCh(SGE), FMBS(OSSI) Chairman-Le Midaz International & Susruta Medical Research Foundation. The Webinar focused on the meaning, relevance, and significance of the Fit India. It also covered various topics such as regular and adequate levels of physical activity, factors contributing to weight gain, medical complications of Obesity, physical fitness, components of health-related and skill-related physical fitness. The Webinar highlighted various activities and their health benefits for cardiovascular endurance, muscle endurance, muscle strength, and flexibility. There were also other topics that were covered like safety precautions to be taken while performing exercise. The Webinar covered issues regarding the mental and emotional benefits of physical exercise, social benefit and factors affecting fitness.













## FIT INDIA MOVEMENT

During the month of December 2020 we observed "Fit India Movement" aimed to encourage students to inculcate physical activities in their everyday lives and daily routine. We run the series of free hands exercises for half an hour from 1<sup>st</sup> December to 31<sup>st</sup> December 2020 under the theme "A dose of fitness everyday for half an hour" in which students learnt many exercises and yogasanas and importance of regular exercising in order to keep them physically and mentally fit.

















