



**FIT INDIA MOVEMENT AT
MVSR ENGINEERING COLLEGE
ORGANIZED BY DEPARTMENT
OF CIVIL ENGINEERING,
on 29th AUGUST 2019**

Brief Report of “FIT INDIA MOVEMENT” launched by Civil Engineering Department at MVSR ENGINEERING COLLEGE on 29th August 2019 on National sports day. **Fit India Movement** is a nation-wide movement in INDIA to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 on National Sports Day.

The campaign has a "Fitness Pledge" which was taken by Civil Engineering Department students and faculties that reads

I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation.

On this occasion Head of department Dr. M. Kameswara Rao and Assistant professors Mrs Shweta Kaushik , Mr S.Praveen, Mrs.Shilpa Mishra ,Mr. T Aditya along with students of B.E 1st year ,2nd year , 3rd year of Civil Engineering Department conducted various fitness activities, sports activities and fitness rally was carried out throughout the campus.







