



“Fit India Movement” campaign organized at College of Agricultural Information Technology, AAU, Anand

The Hon'ble Prime Minister of India launched the Fit India Movement on August 29, 2019. He urged the people of the country to make their lifestyle more fitness-oriented. Today lifestyle diseases are on the rise in India, affecting even the young. Cases of diabetes and hypertension are rising and are even common among children in India. However small lifestyle changes can prevent these diseases and help people live healthy. 'Fit India Movement' is an effort to bring these small lifestyle changes. In this context, under the NSS unit of the College of Agricultural Information Technology, AAU, Anand organized a campaign on 4th January 2024 to encourage students to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases, etc. The run was from AIT College to RRS farm, MVRs Farm and back. The students participated in the program with great joy and enthusiasm. NSS program Officer Dr. Kiran Chandravadia framed the program under the guidance of Dr. Y.R. Ghodasara, Principal & Dean, CAIT, Anand.



