

## REPORT ON FIT INDIA CAMPAIGN AT AV CAMPUS

To give a much needed impetus to physical fitness and health of the citizens of India, 'Fit India Movement', was launched by Hon'ble Prime Minister of India on 29th August, 2019 at 10.00 am from Indira Gandhi Indoor Stadium, New Delhi. **ISR cell**, AV campus has organised program on fitness India movement with the following activities:

1. Live session of launch program in DD by our honourable Prime Minister was telecasted to all students.
2. Zumba Dance session was organised.
3. Students and faculty were trained on Yoga postures towards fitness
4. Fit India pledge was taken by all students and faculty,
5. A rally was conducted towards 10,000 steps a day.

The program was presided over by the campus Director S.A.V Satyamurty. Principal Dr.K.L.Shunmuganathan and Prof rajasekaran, Vice Principal (Admin) gave special address. The program was organised by the Program director and Vice Principal (Academics) Dr.S.P.Sangeetha and coordinated by NSS officers Dr.PrabaSheela and Prof.SurendraBabu.

