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## **MY EXPERIENCE WITH FIT INDIA** **“Be physically fit – and you’ll love and live it!”**

“Fit India Movement” was launched on 29 August 2019, by The Hon’ble Prime Minister Narendra Modi with a view to make fitness an integral part of our daily lives. Staying fit doesn’t mean only staying physically fit. “A physically fit person needs to be mentally fit”.

### **The main objectives behind the campaign was:-**

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities encourage indigenous sports.
- Create a platform for citizens of India to share information.
- The main initiative was to spread awareness about how necessary is to stay fit physically and mentally.

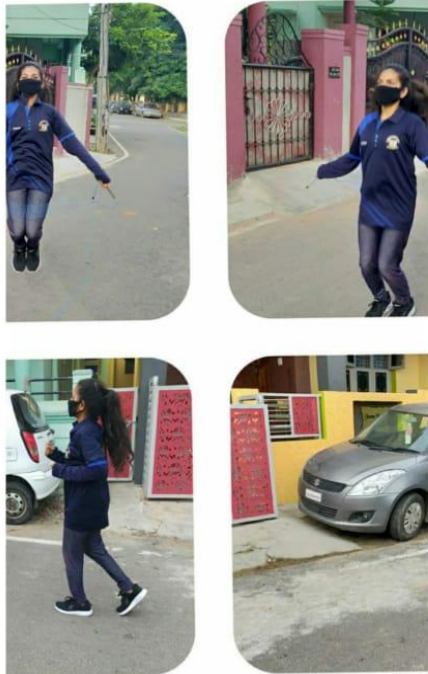
As an NCC cadet it was my turn to involve and to take part in the Fit India campaign. Being in NCC gave this great opportunity to be a part of the history in making India fit. I had a basic knowledge about yoga from my early days in school. I used to feel extremely uncomfortable to do yoga when I had my friends around me. And after many years because of NCC I again got a chance to engage myself in performing it. I started it, as I realized that if I had to continue in NCC I had to physical fit and mentally strong. This was the guru mantra from my seniors in NCC too. As I progressed, I started noticing the changes in me and it became a part of my lifestyle and routine. It helped me to stay calm and to focus myself in a state of peace, tranquility and serenity. Practicing regularly helped me to develop my body’s flexibility which helped me in Drill and Marchpast too.

With the pandemic setting in, staying fit and healthy was the only one option we had. Engaging in physical activities was very much necessary and NCC encouraged all its cadets to do the same. Jogging is

one such activity which combines all parts of the body. Exercise not only changed my body, it brought about vivid changes to my attitude and mood. I consider, Jogging for 5 km with playlist on and volume up, is an unpaid therapy for happiness.

Skipping can create positive vibes with or without your actual knowledge. Just concentrating on each jump, I felt I was getting closer to sky. On every jump, I felt that I was passing the barrier before me. This was my positive attitude towards skipping which was more than an exercise. Then I was instructed to ride a bicycle. Childhood often gave us the happiness riding it. As we grow it made us realize that it's a treatment which we are into from childhood. One fine day I was riding and a sudden thought came into my mind saying - "Life is just same as riding a bicycle, to stay balanced, we need to keep moving". It helped my personal life to stay

**#FITINDIA**



**#STAYHEALTHYSTAYS SAFE**



balanced and keep moving without distraction.

A good old quote used quite often, “Health is wealth”. Being a NCC cadet brought back the importance of Health in me. This doesn’t make any sense to most of the people out there until they face a breakdown in their health. “Staying physically and mentally fit” is the most important lesson that NCC gave me.

One of the wishes of the great Alexander – “His hands should be let loose, hanging outside the coffin for all to see”, just to send the message to the world that person who came to rule the world leaves the earth carrying nothing. Ultimately hoping people would enjoy the God given life to the fullest by staying Fit and Healthy always.

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Thank you  
Jai Hind