

Nahata J.N.M.S. Mahavidyalaya

Name - CDT Sushmita Biswas

Reg No - WB 21 SWA 153107

Battalion - 6 Bengal BN NCC

Group - Kalyani

Director - WB and Sikkim

Company - 3/6 & 5/6

FIT INDIA MOVEMENT

A person is considered fit only if he or she is physically, mentally as well as socially fit. It's not easy for human beings to maintain themselves fit.

FIT INDIA movement was launched by prime minister Narendra Modi to encourage people of India to remain healthy and physically fit by participating in different kinds of daily life activities whether it's running, cycling, gym or yoga.

According to me it doesn't matter if you are underweight or overweight, what matters is whether you are healthy or not in that particular body type.

As a NCC cadet we have to be consistently healthy on mental, physical and social aspects to combat any future situations. Thanks to ground session trainings that helped us to stay physically fit and mentally alert.

To help execute this movement NCC cadets were asked to share photos and videos doing physical activities and circulate them in order to develop awareness about how exercises and activities can lead to a healthy lifestyle.

Many people are unaware of the fact that exercise helps you to prevent you from disease like obesity, diabetes, asthma, low back pain, osteoarthritis, heart diseases etc.

In india 15.5% of female population are unhealthy and obese making them prone to diseases. Thus there is an urgent need for the people of india to realise the importance of being active not only by doing exercise but by also playing different sports and contribute to

HEALTHY INDIA WEALTHY INDIA

Start exercising today to have a better tomorrow.