



**PARUL UNIVERSITY** PARUL INSTITUTE OF AYURVED  
WAGHODIA, VADODARA

### Activity Report

INSTITUTE	Parul Institute of Ayurved		
DEPARTMENT	NSS Unit		
ACTIVITY TYPE	Fit India Movement		
DATE	29/08/2019	Duration	01Day
SEMESTER	NA	No. of Professors	NA
EXPERT NAME WITH DESIGNATION	DrGirdharUpadhyay		
NAME OF ORGANIZATION	Parul University		
EXPERT CONTACT DETAILS	NA		
FACULTY COORDINATOR	DrHemang Joshi		
FACULTY CONTACT DETAILS	9925039565		
SPONSORING AUTHORITY	NA	Sponsorship amount:	-NA-

#### Activity Details: Fit India Movement Organized by NSS Unit Parul University

##### Details about the activity:

As per the order by the honorable Prime minister Shri Narendra Modi sir Parul University NSS arranged "Fit India Movement" fitness pledge live programme on 29<sup>th</sup> August 2019 for the NSS enrolled students regarding the awareness about fitness. The program was scheduled on 29<sup>th</sup> August 2019, 10:00AM at Parul University central auditorium. Total 10 NSS units of Parul University participated.

##### Outcome:

The Fit India movement fitness pledge was taken in the programme organized by the university for the awareness of activity in day to day life and its importance was highlighted to the students of the university through this event. The benefits of keeping a healthy lifestyle was mentioned to the students and the awareness for the same was created.



photo of the event



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photo of the event