



NATIONAL SERVICE SCHEME
COLLEGE OF HORTICULTURE
ANAND AGRICULTURAL UNIVERSITY



“FIT INDIA MOVEMENT”

On November 25, 2023, the NSS cell, College of Horticulture, under the guidance of the Principal & Dean, organized an event on "**Fit India Movement**". The primary objective of the program was to encourage physical fitness, mental well-being and a sense of community among the student body. The session commenced with a comprehensive instruction provided by a skilled yoga instructor, emphasizing the significance of embracing a fit and healthy lifestyle. The yoga instructor not only guided the participants through various exercises but also imparted knowledge about the holistic benefits of maintaining an active routine. The program incorporated Suryanamaskar and a variety of yoga asanas. The diversity in exercises ensured that every participant could actively engage and derive benefits from the program. A total of 62 NSS volunteers, from 1st and 3rd semester, actively participated in the program.

GLIMPSE OF PROGRAMME





