



# National Service Scheme

COLLEGE OF AGRICULTURAL ENGINEERING & TECHNOLOGY  
ANAND AGRICULTURAL UNIVERSITY  
GODHRA-389 001



*A Online Lecture on  
“Importance of Fitness to fight against COVID-19”  
Organized by CAET, AAU, Godhra*



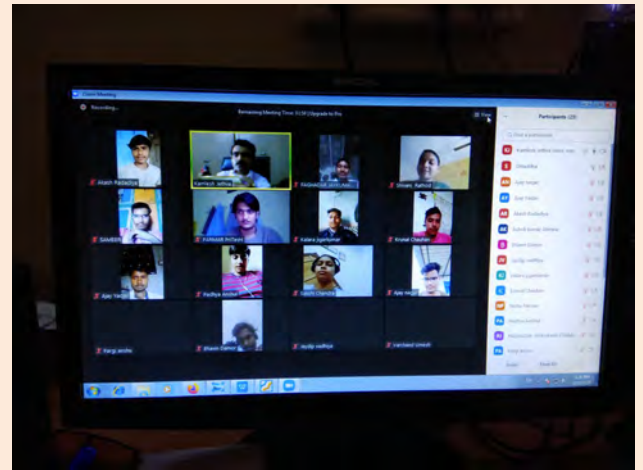
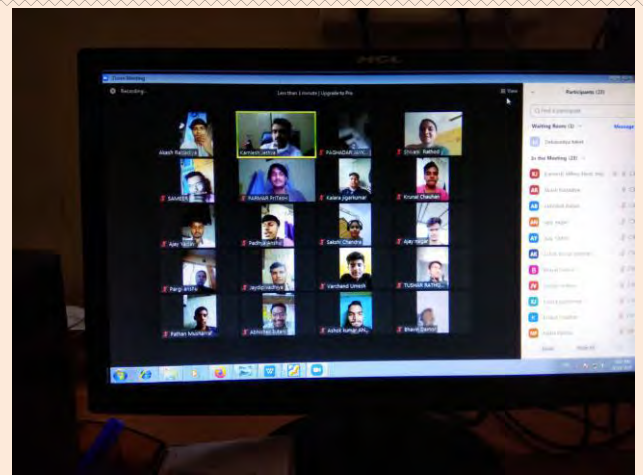
Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29/08/2019.

As a part of this movement, a online awareness lecture on “**Importance of Fitness to fight against COVID-19**” was organized by NSS unit of CAET, Godhra on 19/09/2020 to aware the students about importance of fitness in their routine life. NSS volunteers of this college were actively joined this online lecture by participation from their home. The programme was started with ‘**Fitness Pledge**’ taken by all NSS Volunteers and afterthat, Er. Kamlesh Jethva delivered a lecture on Importance of fitness in current situation of Covid-19 pandemic and interact with students also. The whole program was framed by NSS programme officer under the guidance of Principal & Dean, Dr. R. Subbaiah Sir.

**FIT INDIA MOVEMENT - PLEDGE**

I take Fitness Pledge to remain fit by making outdoor games / exercise / physical activities a part of my daily routine and I will make Fit India a People's movement by encouraging my family and neighbours to remain fit.

I promise to myself that I will spare sometime every day for outdoor games / exercise / physical activity to remain fit and I will make Fit India a People's Movement by encouraging my family members and neighbours to remain physically fit.



*“Staf Home, Stay Fit and Make India Fit”*

