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29/01/2021

### **NOTICE FOR NCC CADETS**

All NCC Cadets are hereby instructed that this year due to COVID-19, International Fit India Cyclothon activity will be done on a digital platform on 31/01/2021.

Therefore, as communicated by the Battalion, NCC cadets do activities at home and in their nearby vicinity photographs are to be taken and videos are to be made. For further queries contact me on my mobile and WhatsApp.

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# **NCC Activities 2020-21**

## **Report on Fit India Cyclothon**

### **1. Title of the Activity/Event/Practice**

Fit India Cyclothon

### **2. Objectives of the Practice**

- To raise awareness among individuals of all ages and backgrounds about the value of physical exercise and a healthy lifestyle.
- To encourage India's culture of wellness and fitness.
- To make knowledge, resources, and facilities available to those who need them so they can attain their fitness objectives.

### **3. The Context**

The Fit India Movement is a national campaign launched by the Government of India in 2019 to promote fitness and wellness among Indians.

### **4. The Practice**

The Fit India movement was conducted on the online platform, due to COVID-19 following the protocols given by the Govt. of India. The activity was conducted under the guidance of ANO Lt. Anagha Padhye-Deshmukh. Cadets performed various activities to stay fit during these pandemic times. Cadets spread awareness about mental and physical fitness in their neighborhood, and at their homes, by doing physical activities like yoga, jogging, running, exercising, pranayama, meditation, etc. All these activities have been done following COVID-19 protocol that helped cadets to stay fit during the pandemic.

### **5. Outcomes**

- Increased awareness about fitness especially during the lockdown period, where people were confined to their homes.
- Encouraged people to exercise at home and provided them with guidelines and tips on how to stay fit.
- Improved mental health by emphasizing the importance of mental health and promoted activities like yoga, meditation, and breathing exercises.



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## Glimpse of the event



**FIIT**  
INDIA



Cyclothon