



Lt. AnaghaA.Padhye
NCC/09310016
Associate NCC Officer
S.D. College Palghar

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Mumbai 34

17/08/2020

NOTICE FOR NCC CADETS

All NCC Cadets are hereby instructed that this year due to COVID-19, Fit India Movement activity will be done online on a digital platform on 20/08/2020.

Due to the ongoing COVID-19 pandemic, it is not feasible to conduct a physical event. Therefore, as communicated by the Battalion, NCC cadets will have to carry out the India Movement by making nearby people aware of the importance of fitness, yoga asana, jogging, running, etc. followed by COVID rules and regulations.

They have to take photographs, make videos regarding the same, and post videos on social media. For further queries contact me on my mobile and WhatsApp.

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List of Cadets

SR NO.	CADETS NAME
1	SUO Fiza Bhimani
2	CSM Anuja Masare
3	JUO Nidhi Patil
4	JUO Rajas Mandhare
5	Cdt Manasi Gharat
6	Cdt Aakansha Patil
7	Sgt Shristy Tiwari
8	Sgt Sree Lakshmi Rajan
9	Cdt Upasana Pal
10	Cdt Priya Magar
11	Cdt Varsha Singh
12	Cdt Esha Pawade

NCC Activities 2020-21
Report On Fit India Movement

1. Title of the Activity/Event/Practice

Fit India Movement

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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A. Video 1 links:

YouTube

<https://youtu.be/mQcecwd1kSU>

Twitter:

<https://twitter.com/NidhiPa45815126/status/1298282845085917189?s=19>

Facebook:

https://m.facebook.com/story.php?story_fbid=1027408114358480&id=100012679029812

Instagram:

https://www.instagram.com/p/CEUVTBtAOC8ew9yO_RoSmpuu_9NCS1IXi5MPNk0/?igshid=1ee83mcdetnqu

B. Video 2 Links:

YouTube:

<https://youtu.be/9V9gR3RjcSU>

Twitter:

<https://twitter.com/NidhiPa45815126/status/1298292478362054657?s=19>

Facebook:

https://m.facebook.com/story.php?story_fbid=1027424057690219&id=100012679029812

Instagram:

https://www.instagram.com/p/CEUWpE-Aw_pJcZWHB-we0R3VpXpUU9pZgXSzhk0/?igshid=1jaggq00a6vcb

Glimpse of the event



Yooganas -Tree Pose



Teaching Yogasana to People in the neighborhood



Cleaning house to keep away germs and bacteria