



## Fit India Movement Report 2020

### A. About Activity:

<b>Name of Activity</b>	Fit India Movement	<b>From: to To:</b>	Daily from July to August 2020 (One and a half month)
<b>Name of Export</b>	Mr. Gaurav Mistry	<b>Place</b>	Diwaliba Polytechnic
<b>Total No. of Participant</b>	15-20 faculties	<b>Time</b>	9:00 am to 9:30 am

### B. Purpose:

To develop the habit of physical activities in day-to-day routine during this pandemic situation (Online Mode Teaching)

### C. Activity carried out:

1. During the pandemic situation all the faculties started the day with meditation which helped faculties to build their mental capability.
2. Along with mediation other activities like Stretching exercises, basic physical training, mind boosting, laughing yoga etc. were also carried out for 15 to 30 minutes daily for about one and a half month.

### D. Outcome of activity:

1. After the meditation session, faculties felt relaxed and felt fresh start for the working day.
2. It also helped many faculties in increasing breathing efficiency, relief in joint pains, stomach ache, head ache, etc.
3. The laughing session helped faculties to get free from stress and anxiety.

### E. Details:

<b>Name of Trainer</b>	<b>Designation/Role</b>	<b>Email</b>	<b>Contact No</b>
Mr. Gaurav Mistry	Assistant Professor in MED	<a href="mailto:gaurav.mistry@utu.ac.in">gaurav.mistry@utu.ac.in</a>	9727416608

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**Photographs:** Few moments captured on different days during the one and half month of daily 15 to 30 minutes physical training



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