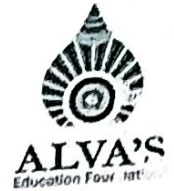




Alva's Air Wing NCC (Flight – B)

Moodbidri - 574227
6 Kar AIR SQN NCC, Mangalore



FIT INDIA MOVEMENT

Date: 22 August 2020 – 14 September 2020

FOREWORD

This report intends to brief about the involvement by 06 KAR AIR SQN NCC, Flight – B for the Fit India. 06 KAR AIR SQN NCC, Flight – B is headed by Flight Commander Fg Offr Parveez Shariff B.G. under the guidance of Commanding Officer Gp Capt A G Srinivasan.

THE MOTTO

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 Shri. Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 on the accounts of National Sports Day.


FITNESS PLEDGE

I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbors to be physically fit and make India a fit nation.

OUR COMMITMENT AND ACTION

Shri. Narendra Modi said "Sports is directly related to fitness. But the Fit India Movement that has started today has expanded beyond sports. Fitness is not a word but a necessary condition of health and prosperous life".

As per the guidelines of Director General NCC, the cadets of 6 KAR AIR SQN NCC, Flight – B have actively participated in Fit India Campaign and began to promote Family members, friends, as well as neighbours.


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Each and every cadet of Flight – B were ordered by the flight commander to actively take part in the Fitness Campaign and to make aware about the pros of healthy and Fit lifestyle. The cadets performed running, jogging and cycling on the daily basis. The total sum of kilometres covered by the flight is given below:

| Date | Activity | Distance Covered |
|------------|---------------------------|------------------|
| 22-08-2020 | Running, Jogging, Cycling | 41.09 Km |
| 23-08-2020 | Running, Jogging, Cycling | 91.09 Km |
| 24-08-2020 | Running, Jogging, Cycling | 103.87 Km |
| 25-08-2020 | Running, Jogging, Cycling | 92.03 Km |
| 26-08-2020 | Running, Jogging, Cycling | 104.49 Km |
| 27-08-2020 | Running, Jogging, Cycling | 74.85 Km |
| 28-08-2020 | Running, Jogging, Cycling | 79.64 Km |
| 29-08-2020 | Running, Jogging, Cycling | 84.35 Km |
| 30-08-2020 | Running, Jogging, Cycling | 76.57 Km |


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| | | |
|------------|------------------------------|----------|
| 31-08-2020 | Running, Jogging, Cycling | 82.84 Km |
| 01-09-2020 | Running, Jogging, Cycling | 75.37 Km |
| 02-09-2020 | Running, Jogging, Cycling | 80.82 Km |
| 03-09-2020 | Running, Jogging, Cycling | 75.57 Km |
| 04-09-2020 | Running, Jogging, Cycling | 59.44 Km |
| 05-09-2020 | Running, Jogging, Cycling | 72.55 Km |
| 06-09-2020 | Running, Jogging, Cycling | 70.09 Km |
| 07-09-2020 | Running, Jogging, Cycling | 73.57 Km |
| 08-09-2020 | Running, Jogging, Cycling | 85.03 Km |
| 09-09-2020 | Running, Jogging, Cycling | 62.68 Km |
| 10-09-2020 | Running, Jogging, Cycling | 58.94 Km |
| 11-09-2020 | Running, Jogging, | 54.03 Km |


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| | | |
|------------|------------------------------|------------|
| | Cycling | |
| 12-09-2020 | Running, Jogging, Cycling | 44.81 Km |
| 13-09-2020 | Running, Jogging, Cycling | 41.35 Km |
| 14-09-2020 | Running, Jogging, Cycling | 53.92 Km |
| Total | | 1680.16 KM |

NOTE 1: The Hashtags used to unite likely posts in social media platforms are:

- #Run4India
- #NewIndiaFitIndia
- #06KarAirSqn_NCC
- #FitIndia

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CONCLUSION

It is very important for a people to be Fit and Healthy, and live a Happy Life and contribute for Fit India Campaign by creating awareness among their surroundings.

Around 22 SDs and 16 SWs summing up to 38 number of cadets and 01 Flt Cdr actively participated in the Fit India Campaign and started doing their daily workouts. The 06 KAR AIR SQN NCC, looks forward for more such activities.