



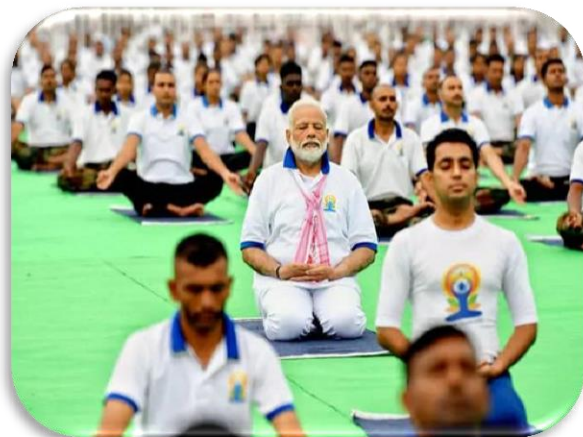
FIT INDIA MOVEMENT

PREAMBLE

“Fitness has always been an integral part of our culture. But there is indifference towards fitness issues now. A few decades back, a normal person would walk 8-10km in a day, do cycling or run. But with technology, physical activity has reduced. We walk less now and the same technology tells us that we are not walking enough”

---Narendra Modi, PM, India

The Fit India Movement aims to encourage Indians to include fitness activities and sports in their daily lives to pave way for a healthy and fit lifestyle. Prime Minister Shri Narendra Modi launched the Fit India Movement on the occasion of National Sports day at the Indira Gandhi Indoor Stadium in New Delhi on August 29, 2019. The Prime Minister observed that the root cause of most lifestyle diseases are lifestyle disorders and there are many diseases that can be overcome by making small changes in our lifestyle. PM Modi stated that lifestyle diseases like diabetes and hypertension are increasing in India. Hence, the Prime Minister said that Fit India should be seen as a household movement, a daily routine and must be cultivated from school and college levels.



FIT INDIA MOVEMENT at SIR MVIT

SIR MVIT ensures to provide the students and faculty, an environment that makes them to indulge in fitness activities.

SPORTS

At Sir MVIT, we have the best sports facilities a campus can offer, and both the students and faculty take the advantage of its convenience. Having sports facility in the campus will encourage the faculty and students to be more active, engage in team sports with their peers and enable them to participate intramural games in the campus.



The students of Sir MVIT are regularly participating in various sports activities organized by Visvesvaraya Technological University, Belgaum and also other organizations at state and national levels and won many prizes.



VTU INTER-COLLEGIATE TOURNAMENT

NMIT, BENGALURU (14 & 15 SEPT'2018) WINNER

MR. KALYAN SUGANGAR VI SEM. CSE

**HAS ENTERED THE INDIA BOOK OF
RECORDS FOR MOST ALTERNATE LEG
ROPE SKIPPING IN 1 MINUTE**

YOGA

A 3-day Yoga and Meditation Programme is being conducted for the first year students as a part of orientation programme every year. This 3 days programme is about learning warm up exercises, yoga, pranayama and meditation for the physical and mental fitness of the body.



International Yoga Day is celebrated every year on June at Sir MVIT's celebrated International indoor stadium. Around 50 participants from the faculty will perform Yoga. Yoga sessions include warm up exercises, yoga, pranayama and meditation for the physical and mental fitness of the body.



MEDICAL CHECKUP

Every student of Sir MVIT undergoes health check-up in the first year by the doctors during the induction programme. This is done by the experienced doctors in the college premises.

