

Tele: 26195680

Directorate General NCC
Ministry of Defence
West Block No. IV,
RK Puram, New Delhi-110066

2327/FITINDIA/DGNCC/Trg (A)

14 Aug 2020

List 'A'

**GUIDELINES FOR CONDUCT OF
ONLINE AWARENESS CAMPAIGN ON FIT INDIA BY NCC**

1. The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being, as well as for the health and well-being of fellow Indians. Directions have been received from MoD for conduct of Online Awareness Campaign on Fit India Campaign. The Guidelines for implementation of the campaign are enunciated in the succeeding paras.

Aim

2. The aim of Online Awareness Campaign on **Fit India Campaign wef 15 Aug to 14 Sep 2020** is to encourage own family and immediate neighbourhood, to give priority to fitness by including physical activity and sports in their in their day-to-day lives.

Conduct

3. **Participation.** Dtes to ensure that all cadets participate. The **cadets will not be made to conc at one loc. All cadets selected for Webinar should be possession of Smart Phone and have internet connectivity. The locs where internet connectivity is not there, can be left out.**

4. **Duration.** 15 Aug to 14 Sep 2020.

5. **Medium.** Social media tools like whatsapp, facebook, twitter, instagram etc will be used by the cadets. The cadets will also carry out Fitness @Home, Fitness in neighbourhood. Outdoor Selected activities to be conducted while following COVID-19 Safety Norms

6. **Modalities for participants.** The list of suggested activities is as under:-

(a) **Fitness @ Home.** All cadets will motivate all members in their family to include some physical activity in their day to day life's for a minimum of 30 minutes every day.

(b) **Fitness in Immediate Neighbourhood.** All cadets will motivate and monitor minimum five families and five friends in their neighbourhood to include some physical activity in their day to day life's for a minimum of 30 minutes every day.

(c) **Activities recommended.**

(i) Yoga, Dance, Stretch, Skipping, Exercise, Aerobics, Kite Flying, Stair Case Climbing, Cleaning and other home bound activities which promote fitness.

(ii) Jogging, Solo Run, Walk, Plogging, Cycling, Swimming, Dancing, acrobats, traditional games, limited group physical activities by following COVID-19 safety norms.

(d) **Online Webinars at Dte/Gp HQ level.** Online Interactive Webinars, Editorials to be organized and conducted on the Fit India Movement by respective State Dtes between 01-14 Sep 2020.

(e) **Blog/Vlog.** Cadets should be encouraged to write Blogs or create video Blogs(Vlog) alongwith their family or neighbours on Fit India Movement Sharing types of Fitness Activities which can be undertaken – Indoors and Outdoors with hash tag # Fit India and post it on social media apps. Two best entries from each Dte (One SD & One SW) to be submitted to this HQ for Best Three Prizes by DG NCC.

(f) **Misc activities.** Environment Building – E-Posters and E Slogan writing and sharing on Social Media.

(g) During the period of Awareness Campaign there should be an increase in messaging on social media and internal circulation to promote Aatma Nirbhar Bharat Abhiyan.

7. **Launch Function – Ceremony(15 Aug 20).** Max participation to be ensured in web link for launch of "Fit-India Youth Club" on 15th August, 2020 at 11.00 A.M. As shared by MoYA, the URL for the webcast of the event on **15th August 2020 at 11.00 AM** is <https://webcast.gov.in/myas/>

8. **Feedback.** A feedback with details of total participation and activities carried out **will be fwd to this HQ by every Friday** between 15 Aug- 14 Sep 2020 as per the format attached at **Appx A alongwith 2/3 selected photos (only) of each Dte. The same is required to be submitted to MoD on weekly basis** during the campaign.

Conclusion

9. The online medium is being utilised for creating awareness about the Fit India Movement due to the corona pandemic. Apropos, Maximum participation of the cadets is desired in the awareness campaign as part of an individual contribution towards Nation Building.

10. This has the approval of the DG.

Sd/-----

(Vijay Kumar)
Col
Col Trg (A)
DGNCC

FIT INDIA MOVEMENT FEEDBACK : ----- STATE DTE• **Duration of the Program(Weekly Basis):**

From.....To.....

• **Coverage:** No. of States/U.Ts.....Districts.....Villages..... covered• **No. of Officials, Youth Volunteers Trained:**

Name of Activities conducted	No. of Activities conducted	Types of Physical Fitness Activities undertaken	No. of Families conducted Fitness Activities	No. of Youth Volunteers, Families and others undertook Physical Activities		
				Male	Female	Total
Orientation Awareness, Planning Training						
Fitness @ Home, Fitness with Family						
Outdoor selected Activities						
Others, if any						
Grand Total						

FIT INDIA MOVEMENT-2020

INST: B. N. MAHAVIDYALAYA (TRP. NO. -43/3)

BN: 43 BENGAL BN NCC, CHINSURAH, HOOGHLY.

DATE	Participants in Run		Cumulative Kms Covered in Run	Yoga & Other Physical Activities			Total Participants
23/08/2020	SD	SW	14 kms	SD	SW	FAMILY MEMBERS	31
	12	05		06	04	04	

LT. ANJAN DAS
ANO,
B. N. MAHAVIDYALAYA,
Itachuna, Hooghly.





BEJOY NARAYAN MAHAVIDYALAYA

(Govt. Sponsored College) NAAC Accredited B++ (84%)
Itachuna, Hooghly - 712147, Phone: (+91)-03213-272275



Ref. No. _____

Date: 20/08/2020

The Commanding Officer
43 Bengal Bn NCC
Chinsurah, Hooghly

In reference to the Letter No. 2327/FITINDIA/DGNCC/Trg(A), dt. 14AUG, 2020, the Awareness Prgm on "Fit India Movement" is observed by Coy No. 43/3 on & from Aug 15th -20th, 2020, and the enclosed list detailed in attendance and performance is sufficed for your kind convenience.

- Type of activities conducted: Lecture & Rally
- Place of activities conducted: RESPECTIVE LOCALITY DUE TO COVID-19
- Total no. of participants : 12 SD+ 18 SW + 1ANO =31

Sl No.	Participants	Designation	Reg. No.	Signature
1.	Lt. Anjan Das	Associate NCC Officer	NCC 16110146	Anjan Das
2.	UJJWAL BISWAS	NCC Cadet	WB18/SDA/196323	Ujjwal Biswas
3.	PALASH MALIK	NCC Cadet	WB18/SDA/196324	Palash Malik
4.	RAHUL ROY	NCC Cadet	WB18/SDA/196325	Rahul Roy
5.	SANJIT ROY	NCC Cadet	WB18/SDA/196326	Sanjit Roy
6.	SISIR MAL	NCC Cadet	WB18/SDA/196327	Sisir Mal
7.	PRABIR PAL	NCC Cadet	WB18/SDA/196328	Prabir Pal
8.	PRADIP SAREN	NCC Cadet	WB18/SDA/196330	Pradip Saren
9.	ANJALI SHAW	NCC Cadet	WB18/SWA/196367	Anjali Shaw
10.	RESHMATARA KHATUN	NCC Cadet	WB18/SWA/196369	Reshmata Khatun
11.	SULEKHA BAURI	NCC Cadet	WB18/SWA/196370	Sulekha Bauri
12.	PUJA MURMU	NCC Cadet	WB18/SWA/196371	Puja Murmu
13.	PRIYANKA MONDAL	NCC Cadet	WB18/SWA/196372	Priyanka Mondal
14.	MUSKHAN KHATUN	NCC Cadet	WB18/SWA/196374	Mushkan Khatun
15.	ANSURA KHATUN	NCC Cadet	WB18/SWA/196376	Ansura Khatun
16.	AVINASH KUMAR RAM	NCC Cadet	WB19/SDA/196401	Avinash Kumar Ram
17.	PRANAB KUMAR SARKAR	NCC Cadet	WB19/SDA/196402	Pranab Kumar Sarkar
18.	SARAT MURMU	NCC Cadet	WB19/SDA/196403	Sarat Murmu
19.	RAMU KISKU	NCC Cadet	WB19/SDA/196404	Ramu Kisku
20.	SUMAN ROY	NCC Cadet	WB19/SDA/196407	Suman Roy
21.	PRATAP DAS	NCC Cadet	WB19/SDA/196408	Pratap Das
22.	DIPANKAR KSHETRAPAL	NCC Cadet	WB19/SDA/196410	Dipankar Kshetrapal
23.	MOUPRIYA SOREN	NCC Cadet	WB19/SWA/196427	Moupriya Soren
24.	PRIYA DAS	NCC Cadet	WB19/SWA/196428	Priya Das
25.	MONIMALA MANDI	NCC Cadet	WB19/SWA/196429	Monimala Mandi
26.	SWAGATALAXMI BENERJI	NCC Cadet	WB19/SWA/196430	Swagatalaxmi Banerjee
27.	SUPRIYA SHAW	NCC Cadet	WB19/SWA/196431	Supriya Shaw
28.	SUPRITA GHOSH	NCC Cadet	WB19/SWA/196432	Suprita Ghosh
29.	MADHUMITA SINGH	NCC Cadet	WB19/SWA/196433	Madhumita Singh
30.	ANUSHREE BISWAS	NCC Cadet	WB19/SWA/196435	Anushree Biswas
31.	LAKSHMI MURMU	NCC Cadet	WB19/SWA/19437	Lakshmi Murmu

Anjan Das
ANO
20/8/20
NCC Officer

Principal
20/8/2020
Principal