

## **FIT INDIA ACTIVITIES PHOTOGRAPHS OF NSM, UDAIPUR**

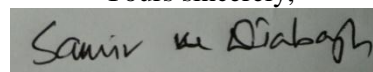
### **FIT INDIA MOVEMENT FEEDBACK: NSM, UDAIPUR**

- **Duration of the Program (Weekly Basis):** From 18/08/2020 To 25/08/2020.
- **Coverage:** No. of States/U.T.- 01 Districts: 01, Village- 05 Covered
- **No. of Officials, Youth Volunteers Trained-** 06

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	<b>01 Webinar conducted for orientation &amp; planning</b>	<b>NIL</b>	<b>NIL</b>	<b>Nil</b>	<b>Nil</b>	<b>Nil</b>
Fitness @ Home, Fitness with Family	<b>06</b>	<b>Physical exercise, jogging, yoga, Traditional games, Skipping</b>	<b>Nil</b>	<b>20</b>	<b>Nil</b>	<b>20</b>
Outdoor selected Activities	<b>04</b>	<b>Football, Yoga, Cycling, Exercise</b>	<b>Nil</b>	<b>10</b>	<b>Nil</b>	<b>10</b>
Others, if any						
<b>Grand Total</b>	<b>10</b>		<b>Nil</b>	<b>30</b>	<b>Nil</b>	<b>30</b>

This is for your kind information and further necessary action please.

Yours sincerely,



(Lt. Dr. Samir Kumar Diabagh)  
Associate NCC Officer  
N. S. Mahavidyalaya, Udaipur

**FIT INDIA ACTIVITIES PHOTOGRAPHS OF NSM, UDAIPUR**

