



## NATIONAL INSTITUTE OF TECHNOLOGY SILCHAR

### Action Plan for Fit India Movement at NIT Silchar.

1. **Walk for Fitness:** Every member of the institute to walk minimum 3000 to 4000 steps per day (any time of a day).
2. **Walkathon:** A Walkathon is planned during 4<sup>th</sup> Saturday of October, 2019 for all members to spread awareness about the Fit India Movement.
3. **Exercise/Yoga:** Additional Asanna/Exercise is added in the Yoga Classes as part of Fit India Movement.
4. **Cycle Rally:** An awareness rally to be organized from SMCH to NIT Silchar to spread the significance of Fit India Movement during November, 2019.
5. **Sports Activity Centre (SAC)** will be open for Faculty and Staff from 6:30 am to 7:30 am and 5:15 pm to 8:45 pm for the purpose.
6. **Sports Complex** will be open for Students from 6:30 am to 7:45 am and 5: 15 pm to 8:45 pm for the purpose
7. A **Facebook/Whatsapp** handle will be opened as FIT-NIT Silchar. Walkers will have to update their single photo each day with pedometer data. Fit Staff of the Month reward (certificate only) by a panel constituted by the Competent Authority.
8. A Seminar on "**Health is Wealth**" is to be organized during November, 2019 to motivate young students to involve more in physical activities such as games and sports for betterment of social life.
9. **Local School Visit:** To spread the awareness of Fitness a team from NIT Silchar will visit the local schools and share/discuss knowledge to create an inclusive Fit India Movement. The visit will start from October, 2019 and will cover the local Government schools in first phase.

*M. Anuj*