

## FIT INDIA

**FIT INDIA MOVEMENT** is a nation-wide event in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. The NCC unit of MES College Marampally organised Fit India Freedom Run and Fit India Cyclothon in our college, of which I got to participate in the Fit India Cyclothon.



Cycling is one of the best and easiest way to remain fit and healthy. The NCC cadets of our college started the Fit India Cyclothon campaign from 24th January 2021 - 31st January 2021. The campaign helped to create an awareness among ourselves and came to know the importance of being fit especially during this pandemic situation. About 26 cadets participated in the campaign and covered almost 550km. I enjoyed being a part of the campaign as it was a combination fitness with fun.



The campaign made us figure out that being fit is an integral part of our daily lives and it can be made easy and fun while staying at our homes. It was a great experience to be a part of the campaign.

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