

**SCHOOL OF ALLIED HEALTH SCIENCES, SALEM**

**VINAYAKA MISSION'S RESEARCH FOUNDATION**

**FIT INDIA CAMPAIGN REPORT**

Prime Minister Narendra Modi launched a Nationwide **Fit India Movement** on National Sports Day. The aim of the Fit India movement is to encourage all citizens to inculcate a culture of fitness.

Based on this, School of Allied Health Sciences, Salem was organized a “**Fit India Campaign**” on 29.08.2019. Initially, Dr.B.sendilkumar, Director, SAHS, gave a speech on “Awareness about to make fitness in daily life”.

The students and faculties were participated in this program and walk 10,000 steps in the college ground. The walk started at 6.30 am.

At the end of the program Director, faculties and students of School of Allied Health Sciences took a “Fitness pledge”.

The whole programme was organized by Dr.Parthiban, Mr.Dhanasekar, Dr.Harishraj, Ms.Kavya and Ms.Ezhilmathi NSS & RRC Coordinators of SAHS .



**Director/ SAHS**