

*** Education For All ***

Shree Rahul Education Society's (Regd.)
**SHREE L. R. TIWARI
DEGREE COLLEGE**

(Arts | Commerce | Science)

UGC Recognition under sec 2(f) of the UGC Act 1956 |
Approved by Government of Maharashtra |
NAAC Accredited with CGPA-3.14 Grade "A" (1st Cycle) |
Affiliated to University of Mumbai |
College Code - 1064 | ISO Certified 9001:2015 |
Hindi Linguistic Minority institution

Notice No: SLRTDC/24-25/

Date: 28th November, 2024

NOTICE

The NSS unit invites all **students and faculty** to participate in the **Fit India Movement Marathon**, an initiative by **University of Mumbai**. This event aims to promote fitness, a healthy lifestyle, and the importance of regular physical activity for overall well-being. Let's come together to embrace a healthier future!

Date: 2nd December, 2024

Time: 7:30 am to 9:30 am

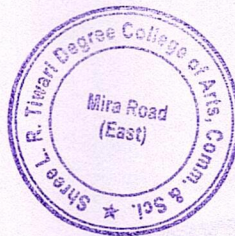
Venue: College Campus

Objectives

- Promote awareness about the importance of fitness and a healthy lifestyle.
- Encourage students and faculty to engage in regular physical activities.
- Highlight the role of fitness in maintaining both physical and mental well-being.

Asst Prof Rambhavan Yadav
NSS Programme Officer

N. S. S. COORDINATOR
SHREE L. R. TIWARI DEGREE
COLLEGE OF ARTS, COM. & SCI.
Mira Road (E) - 401 107.



Dr Sanjay Mishra

I/C Principal
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Date: 2nd December 2024

Report

Event Name: Fit India an initiative of Mumbai University

Organized By: NSS Unit, Shree L.R. Tiwari Degree College

Venue: Mira Road Region and College Campus

Date: 2nd December 2024

Time: 10:30 am onwards

Overview: The NSS unit organized the "Fit India movement, an initiative of University of Mumbai" event on 2nd December 2024 to promote health awareness and the importance of fitness among students and faculty members. The event aimed to encourage a healthy lifestyle and emphasize the benefits of regular physical activity for overall well-being.

Objectives:

- Promote awareness about the importance of fitness and a healthy lifestyle.
- Encourage students and faculty to engage in regular physical activities.
- Highlight the role of fitness in maintaining physical and mental well-being.

Preparation: NSS volunteers coordinated with fitness experts and university representatives to organize informative sessions and fitness activities. Educational materials, including pamphlets and digital presentations, were prepared to provide attendees with essential knowledge about health and fitness.

Event Execution: The event included:

- Awareness sessions on the significance of physical fitness and its impact on health.
- Interactive discussions highlighting the role of exercise and nutrition in daily life.
- Demonstrations of various physical exercises, yoga, and fitness routines.
- Encouragement for students and faculty to incorporate fitness activities into their daily schedules.

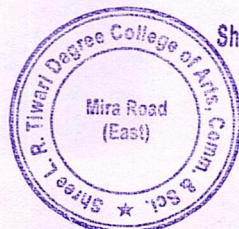
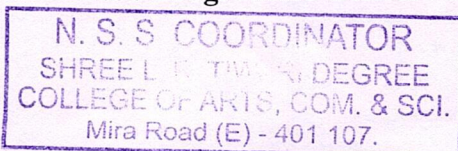
Outcomes:

- Participants gained a better understanding of the importance of fitness and adopting a healthy lifestyle.
- Students and faculty members were encouraged to engage in regular physical activities, leading to a more active community.
- The event highlighted the role of fitness in maintaining both physical and mental well-being, fostering a holistic approach to health.

Asst. Prof. Rambhavan Yadav
NSS Programme Officer

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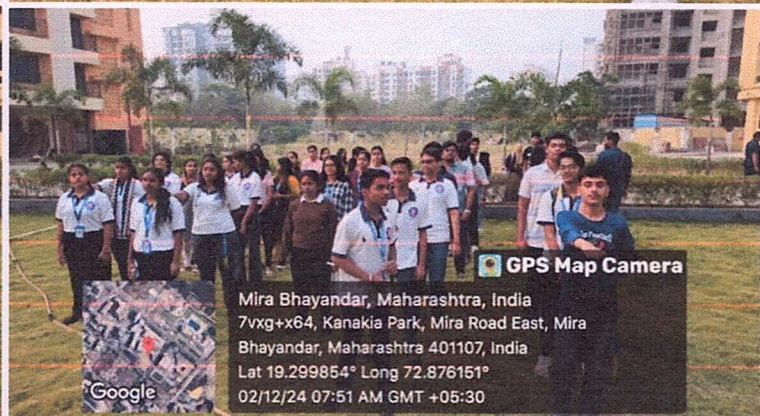
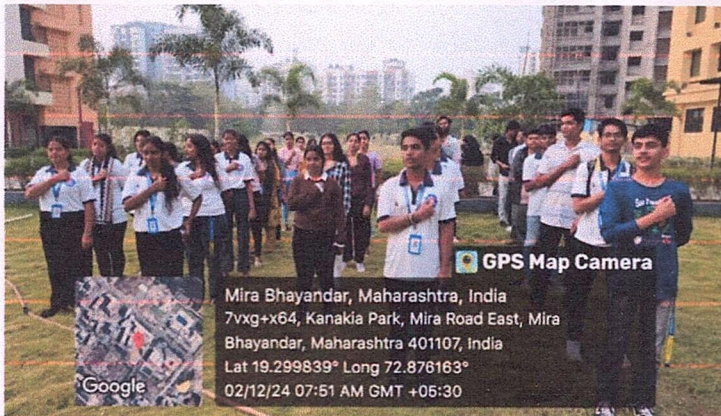


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GLIMPSE OF THE EVENT

FIT INDIA WITH MUMBAI UNIVERSITY





GLIMPSE OF THE EVENT
NAAC Visit

