



**SANDRA SHROFF COLLEGE  
OF NURSING, VAPI**



**REPORT ON**  
**FIT INDIA MOVEMENT 2025**

**SUBMITTED BY**  
**NATIONAL SERVICE SCHEME TEAM**  
**SSCN, VAPI**

**SIGNATURE OF PRINCIPAL**

**Principal**  
**Sandra Shroff College of Nursing**



# FIT INDIA MOVEMENT 2025

**Date of Event:** 11<sup>th</sup> January 2025

**Venue:** Desai N.D.N. Sarvajanik High School, Vapi

**Occasion:** Fit India Movement

**Time:** 8 am to 9 am

**Participants:** 10 NSS Volunteers from 4<sup>th</sup> Year B.Sc. Nursing Students and faculties of Sandra Shroff College of Nursing, Vapi and 80 students & teachers of Desai N.D.N. Sarvajanik High School, Vapi.

## INTRODUCTION

The Fit India Movement, launched by the Government of India, aims to inspire individuals to prioritize their health and fitness for a better and more active life. In line with this vision, NSS Volunteers from Sandra Shroff College of Nursing, Vapi, organized a programme to promote awareness about fitness and healthy living. The programme, held on **11<sup>th</sup> January 2025 at Desai N.D.N. Sarvajanik High School, Vapi**, was designed to educate students about the importance of maintaining a balanced lifestyle and the benefits of staying physically active. Through engaging activities and informative sessions, the program encouraged the students to adopt healthier habits, helping to create a lasting impact on their overall well-being.

## REPORT OF THE DAY

On 11th January 2025, NSS Volunteers from Sandra Shroff College of Nursing, Vapi, organized a programme on the **Fit India Movement** at Desai N.D.N. Sarvajanik High School in Vapi. The program aimed to educate students about the importance of fitness and healthy living, in line with the vision of the Fit India Movement.

The event began at **8:00 Am** with an engaging **role-play** activity performed by the students. In role play they effectively depicted the negative impact of **unhealthy eating habits, such as excessive consumption of fast food and oil-rich foods.** The role play was very effective for promote a healthier diet and reduce the intake of fast food for better long-term health.

As part of the program, NSS volunteers presented pluggable cards featuring **self-made slogans** that encouraged students to avoid fast food and make healthier food choices. These creative and impactful slogans helped to reinforce the importance of conscious eating habits and healthy lifestyles.

In addition, charts were displayed that provided essential information on the prevention of diseases like Diabetes Mellitus, Obesity and Hypertension. These charts presented effective prevention strategies, including the benefits of regular physical activity, maintaining a balanced diet, and avoiding unhealthy habits that increase the risk of these conditions.

The program concluded at 9:00 AM with a speech by **Mrs. Pinal Patel**, who emphasized the importance of the Fit India Movement. She spoke about how essential it is to make fitness a priority in our lives, especially in today's world, where lifestyle-related diseases are on the rise. Her speech was motivational, urging the students to adopt healthier habits and stay active to ensure a healthier future.

The event was successful in raising awareness and motivating students to take active steps towards improving their health. The NSS Volunteers from Sandra Shroff College of Nursing, Vapi, made significant contributions to this cause, spreading the message of fitness, health, and wellness within the school community.





## CONCLUSION

The Fit India Movement celebration organized by NSS Volunteers from Sandra Shroff College of Nursing was a successful event in raising awareness about fitness and healthy living. Through role-play activities, informative charts, and motivating speeches, the students gained valuable insights into the importance of maintaining a healthy diet and an active lifestyle. The volunteers effectively conveyed the negative impact of unhealthy eating habits and encouraged the adoption of healthier choices. The event inspired students to prioritize fitness and take proactive steps toward preventing lifestyle-related diseases.

THANK YOU