



# UNIVERSITY COLLEGE FOR WOMEN, KOTI



## NCC REPORT

**FIT INDIA CAMPAIGN** was a countrywide initiative by our honorable Prime Minister **Shri Narendra Modi** . As a part of this campaign, our college has taken up a strategy to promote FIT INDIA CAMPAIGN in our campus from 3<sup>rd</sup> Jan, 2020.

With the constant support of our principal **Prof. A.Roja Rani Mam** and our ANO **Lt. Dr.V.Deepika Rao Mam**, we chose various fitness activities for all the months i.e., each task for each month.

### January:

In the month of January we took basic physical fitness. The cadets motivated the students to participate. It was carried out weekly thrice from 8-9 AM in which around 2000 students have actively participated.



## February:

We have opted Yoga for the month of February through ballot system. In the able guidance of **Brig Bhushan Purohit** sir we learnt basic asanas, breathing exercises and meditation. Nearly 2500 students took part in the activity.



## March:

Not only keeping ourselves physically & mentally fit we took up self defence as march theme to protect ourselves and to keep up our morale. It was initiated by our ANO Lt.Dr.V.Deepika Rao and was guided by Reddy Naik. More than 3000 students carried out this activity.



## April:

Due to the nation wide lockdown we couldn't continue the activities in our college. But we made a step forward by taking skipping as april's theme in our homes. Around 60 cadets took part and even promoted it to civilians.



## May:

We took up push-ups as our challenge for the month of May. The Cadets have shown great interest in building the strength of their body and encouraged their fellow beings to participate.



**June:**

In these tough times during the pandemic, we indulged ourselves to be fit and opted for standing bicycle crunches as June's theme. The cadets took up the challenge along with their family members. In order to motivate the students our principal, our ANO and even the staff of UCW actively participated in this task.



**July:**

Who climbs the highest? Is our main caption where we took mountain climbers as July's theme. This task was taken up by the cadets along with their neighbours which made each of them a climber.



## August:

Sit-ups (or) half squats was our main theme for august. We are glad that our principal, ANO and staff of UCW took up the task to keep up our spirit. The cadets took up this challenge along with family members and stood the strongest.



## Conclusion:

We the cadets of *UCW* with the great support of our Principal **Prof.A.Roja Rani** mam and ANO **Lt.Dr.V.Deepika Rao** carried out the tasks successfully. We are very grateful for their motivation and participation in the activities and making this campaign a grand success.

THANKING YOU

It's a great learning process.....

