



SSM INSTITUTE OF ENGINEERING AND TECHNOLOGY

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Date : 27.08.2019

Circular

The NSS Unit of SSMIET has decided to conduct the "Fit India Movement" on 29.08.2019.

Students are instructed to attend this Programme without fail.

All HoDs are requested to cooperate for the successful completion of this Programme.

Venue : Video Conferencing Hall






Principal

Dr.D.SENTHIL KUMARAN, M.E., Ph.D., (MUS)
Principal
SSM Institute of Engineering and Technology
Kuttathupatti Village, Sindalagundu (Po),
Palani Road, Dindigul - 624 002.

ED for kind information



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**"Fit India" Movement launching by honorable Prime Minister of India
on 29.08.2019 at SSMIET**



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Report - Fit India Movement

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019 (National Sports Day). This year, SSM Institute of Engineering and Technology has organised it on 29th August 2019. The main motto of this Movement is to fit my nation as well as fit oneself. So, we take a 'Fitness Pledge' that reads "I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation". The programme was convened by NSS club with directions from Principal. Around 31 students of the branches CSE, ECE, MECH respectively participated in this awareness Programme conducted online at Video Conferencing Hall, SSMIET.




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