

Report on Fitness Pledge Ceremony organized by Department of Civil Engineering on 6th December 2023

In alignment with the national initiative of the Fit India Movement, the Department of Civil Engineering launched a campaign to encourage students, faculty, and staff to take the **Fit India Pledge** on **6th December 2023**.

The pledge was solemnized by **Prof. Syed Aqeel Ahmad**, Head, Department of Civil Engineering, Integral University, Lucknow.

FIT INDIA PLEDGE is mentioned as follows:

I take the pledge:

- *To Lead An Active And A Healthy Lifestyle*
- *To Takeout 30 Minutes Everyday For My Fitness And Health*
- *To Encourage My Family Members And Neighbours To Stay Fit And Healthy*
- *To Take The Fitness Assessment Test On The Fit India Mobile Application Quarterly*

Prof. Ahmad elaborated the four fundamental commitments aimed at fostering a culture of fitness and well-being:

1. **To Lead an Active and Healthy Lifestyle:** The pledge encourages individuals to prioritize and actively pursue a lifestyle that promotes health and well-being. This includes incorporating physical activity into daily routines, making mindful dietary choices, and adopting practices that contribute to overall fitness.
2. **To Take Out 30 Minutes Every Day for Fitness and Health:** Participants commit to dedicating a minimum of 30 minutes each day to engage in physical activities that contribute to their fitness and health. This could include activities such as walking, jogging, cycling, or participating in sports and recreational activities.
3. **To Encourage Family Members and Neighbours to Stay Fit and Healthy:** Recognizing the importance of community support, the pledge encourages individuals to play a proactive role in promoting fitness within their families and communities. This involves motivating family members and neighbours to adopt healthier lifestyles and participate in fitness-related activities.
4. **To Take the Fitness Assessment Test on the Fit India Mobile Application Quarterly:** The Fit India Mobile Application offers a comprehensive fitness assessment tool. Participants commit to taking the assessment test on a quarterly basis, enabling them to track their progress, set fitness goals, and make informed decisions about their health and wellness journey.

Total 58 participants were present in the event.

A Fit India Pledge Ceremony serves not only as a formal commitment but also as a catalyst for fostering a culture of health and well-being within a community.

GLIMPES OF THE EVENT



Fitness Pledge Ceremony

