

Report on Essay Competition on Fit India Movement organized by Department of Civil Engineering on 5th December 2023

As per the directives by the Higher Education Department, Government of Uttar Pradesh to celebrate the “**Fit India Week 2023**” from 1st December to 15th December 2023; the Department of Civil Engineering organized an essay competition on 5th December 2023. The theme of the essay competition centred around the Fit India Movement, covering topics such as the importance of physical fitness, the role of sports in a healthy lifestyle, and strategies for promoting fitness at the community and national levels. 30 students participated in the essay competition.

A departmental panel of judges including Mr. Zishan Raza Khan, Mr. Rajiv Banerjee and Mr. Faraz Hasan Qadri were appointed to evaluate the essays. The judging criteria included clarity of expression, depth of analysis, and alignment with the principles of the Fit India Movement.

The winners of the essay competition are listed as follows:

S.No.	Name of Participant	Enrollment No.	Rank
1	Mohd. Naved Khan	2200102077	Winner
2	Neeraj Yadav	2300102404	First Runner Up
3	Ranjana Bairagi	1700102804	Second Runner Up

Key Themes Explored in the Essays:

- Importance of Physical Fitness:** Participants emphasized the significance of physical fitness in maintaining overall well-being, preventing lifestyle diseases, and enhancing productivity.
- Role of Sports in Fitness:** Many essays highlighted the integral role of sports in promoting physical fitness and discussed the positive impact of sports on mental health and community building.
- Community and National Initiatives:** Participants proposed innovative ideas for community-based fitness programs and suggested strategies for the government to further promote the Fit India Movement on a national scale.
- Challenges and Solutions:** Some essays addressed challenges faced in implementing fitness initiatives and offered practical solutions, emphasizing the need for collective efforts to overcome barriers.

The essay competition on the Fit India Movement proved to be a successful platform for engaging individuals from diverse backgrounds in a collective dialogue about fitness and health. The insightful essays demonstrated a shared commitment to the ideals of the Fit India Movement and provided valuable perspectives on how to promote a healthier and more active society.

The event was organized by Dr. Neha Mumtaz, Associate Professor, Department of Civil Engineering along with the student coordinators: Jamia Hasan and Mohammad Danish.

The event not only raised awareness but also fostered a sense of community and shared responsibility for building a fitter and healthier India. It is expected that such initiatives will continue to inspire individuals and communities to actively participate in the ongoing Fit India Movement.

GLIMPES OF THE EVENT



Fit India Essay Competition