

## **FIT INDIA PROGRAMME**

NSS Volunteers of 2022 BTech Dairy and Food Technology of VKIDFT conducted **FIT INDIA programme** on 28 th November 2022 under the leadership of NSS Programme officer Dr. Jose Mathew Sir . Around 30 NSS Volunteers took part in the movement and they did 45-60 minutes of various physical activities after their college time. Fit India Programme aims at bringing behavioural changes – from sedentary lifestyle to physically active way of day-to-day living.



