

Jaypee University of Information Technology, Wahnaghat, Solan, Himachal Pradesh

Fit India Campaign Club

Fit India Movement was launched by the Prime Minister on August, 29, 2019. He urged the people of the country to make fitness their life style. Today lifestyle diseases like diabetes and hypertension are on a rise affecting even the young in India. Small lifestyle changes can prevent these lifestyle diseases and help people to live a healthy and prosperous life. "Fit India Movement" is an effort to bring these small lifestyle changes.

As a part of Fit India Movement, Jaypee University of Information Technology, Wahnaghat, Solan, Himachal Pradesh has constituted Fit India Campaign Club to implement the various activities of the Fit India Movement. This Club has prepared the action plan for implementation in the University for this novel initiative of the Prime Minister.

Vision

All the Students, Teaching and Non-teaching staff of the University to have physical, mental and social fitness along with emotional and intellectual well-being.

Mission

To inculcate the habit amongst the Students, Teaching and Non-teaching staff of the University to lead a healthy life by adopting a healthy lifestyle.

Objectives

- a. To sensitize the Fit India Concept amongst all the members of the JUIT.
- b. To inculcate the habit of adopting healthy lifestyle amongst all members of the JUIT.
- c. To promote the activities/fitness programs amongst all the JUIT students as part of extra-curricular activities.
- d. To motivate the students to avail the available sports/games facilities in the JUIT.