



FIT INDIA MOVEMENT

NATIONAL SERVICE SCHEME

KALINDI COLLEGE

12 SEPTEMBER- 2 OCTOBER

OUR OBJECTIVE

NSS volunteers wants to make sure that we encourage everyone to participate in this drive.

Its our agenda to increase awareness among the people within our reach to start physical activity in their daily lives.

We want to change the way people thinks about exercise, we to make it fun for people of all ages.

We want everyone to explore different activities.

PASCHIMOTTANASANA

FIT INDIA



Paschimottanasana

FIT INDIA



Paschimottanasana

JANUSIRSASANA

FIT INDIA



Janusirsasana

GOMUKHASANA



ANULOM VILOM

FIT INDIA



Anulom vilom

RUNNING

FIT INDIA



Running

PARVATASANA



PADMASANA



CHAKRASANA



VIPARITA SALABHASANA



THANKYOU