



**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.

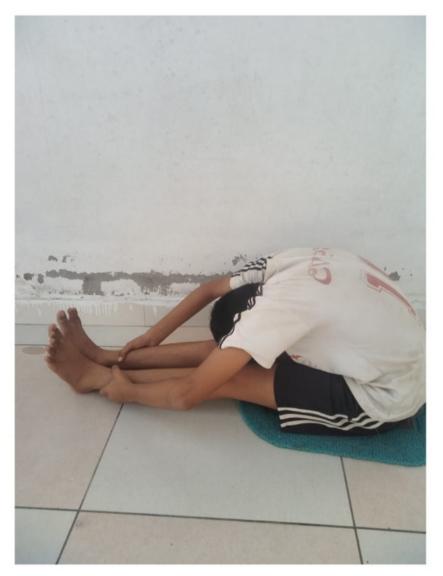
We want to change the way people thinks about exercise, we to make it fun for people of all ages.

We want everyone to explore different activities.



## PASCHIMOTTANASANA

### **FIT INDIA**



### Paschimottanasana

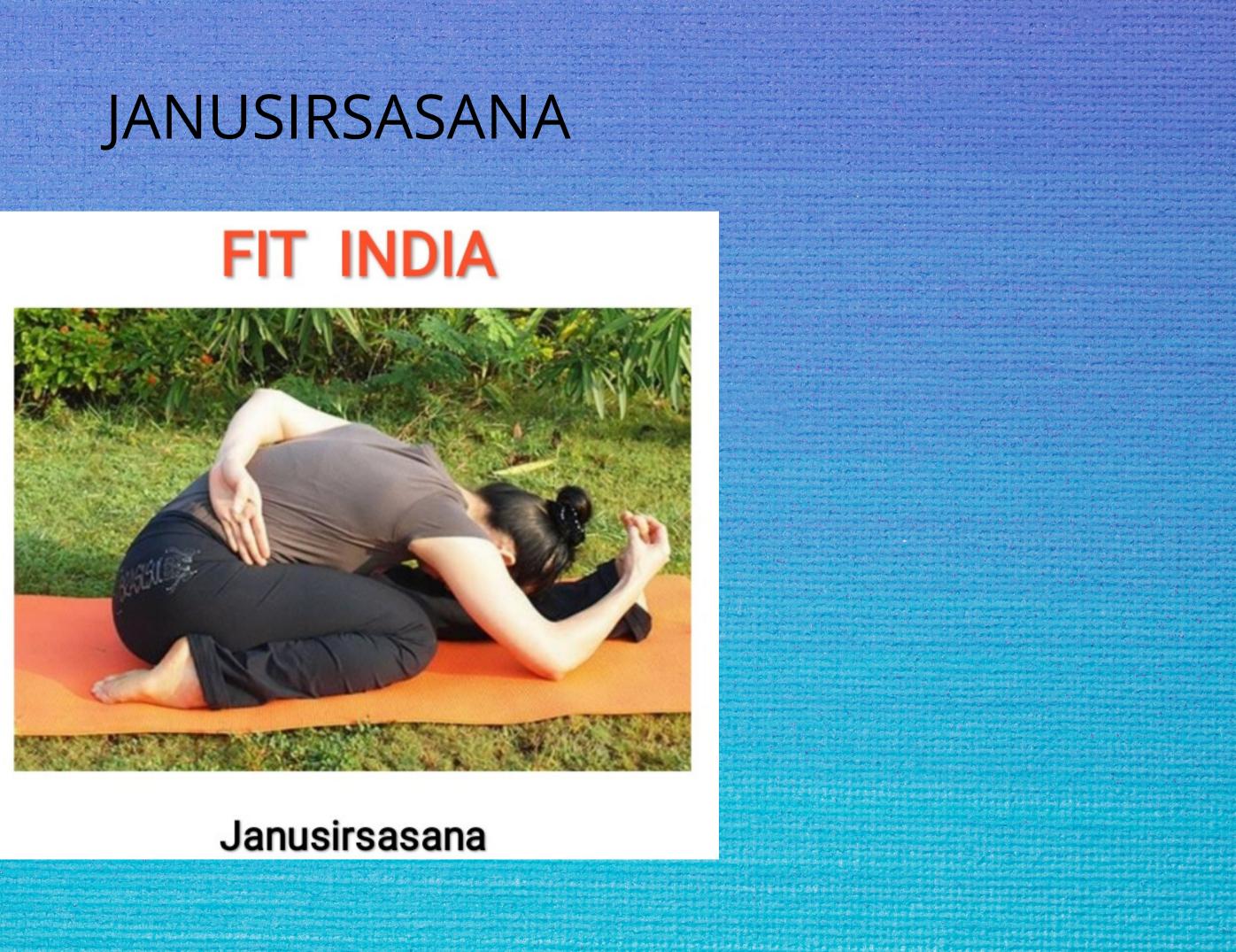






## **FIT INDIA**

### Paschimottanasana



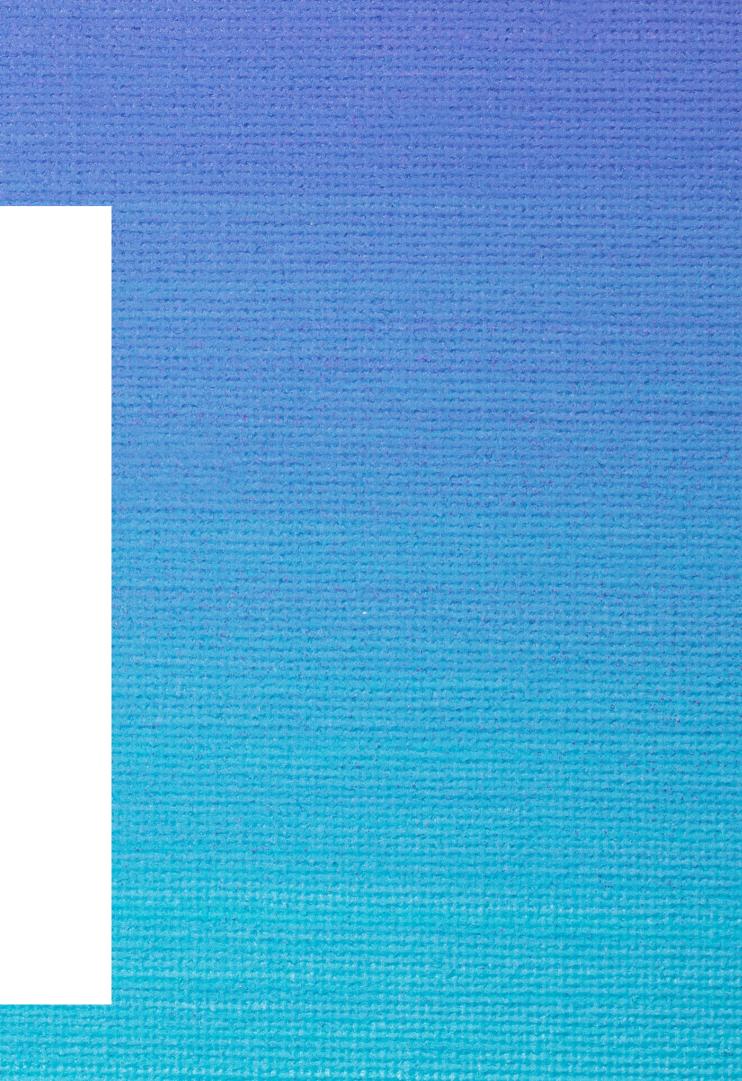


## ANULOM VILOM

### **FIT INDIA**



### Anulom vilom

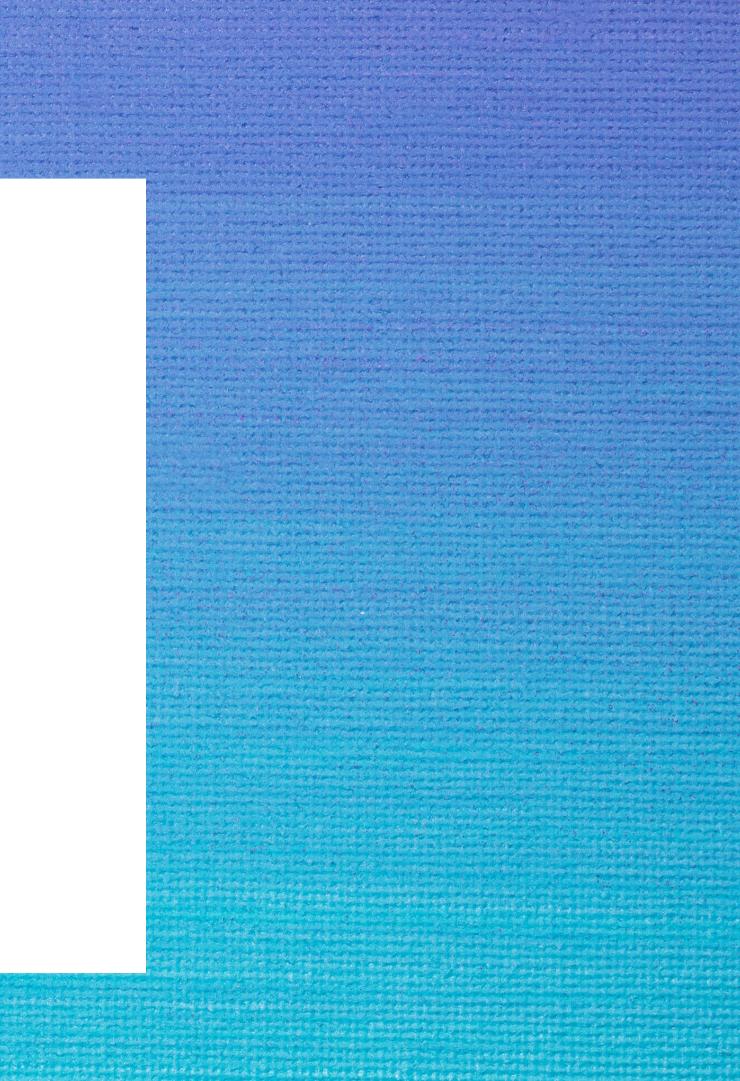


## RUNNING

### **FIT INDIA**



### Running









## VIPARITA SALABHASANA



