



# FIT INDIA MOVEMENT

NATIONAL SERVICE SCHEME

KALINDI COLLEGE

15 AUGUST- 31 AUGUST 2020

# 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.

# GURUDASANA ( SEATED EAGLE POSE)



# BHUJANGASAN

**FIT INDIA**



**Bhujangasan**



# ARDHA PADMASANA



# ARDHMATSYEBDRASAN

**FIT INDIA**



**Ardhmatsyendrasan**

# CHAKRASANA

**FIT INDIA**



**Chakrasana**

# COBRA POSE





# NAUKASANA



# BALASANA



# SPHINX POSE

**FIT INDIA**

