

## **Fit India Movement:**

### **1. Walk for fitness:**

Awareness may be conducted by NIUM for every member of Institute to walk at least 15min per day according to their convenience time or any time of a day.

### **2. Reyazat (Exercise):**

Reyazat may be incorporated with 'Fit India Movement' by Dept. of IBT.

### **3. Sport Activity:**

Institute arrange a motivational drive for sports activity for staff / PG scholars.

### **4. Awareness program:**

Awareness program will be conducted for IPD/OPD patients on regular basis by hospital.