

**PRO-Media Coordinator's Office  
Jamia Millia Islamia**

August 29, 2019

Press Release

**JMI fraternity joins 'Fit India Movement', organises walkathon, took pledge to promote sports and healthy life-style**

Jamia Millia Islamia(JMI) Vice-Chancellor Prof. Najma Akhtar today flagged off a walkathon as part of 'Fit India Movement' launched today by the Hon'ble Prime Minister Shri Narendra Modi to mark the National Sports Day. Before the walkathon a congregation of students and staff were assembled to view the live telecast of the launch of Fit India Movement on Doordarshan.

In the leadership of the Vice-Chancellor hundreds of students from Jamia Schools and university including NSS volunteer and NCC cadets, teachers, officers and non-teaching staff walked through various parts of the large university campus from gate number 7. The march culminated at Dr. M. A. Ansari Auditorium.

Students carried the tricolour, banners and placards displaying Fit India Movement slogans. They also shouted slogans promoting fitness and following healthy life style.

Flagging off the march, the Vice-Chancellor said, "education demands us to take care of our health. It is the most prized possession of every individual. Health is also the quality of life which enables the individuals to live life to the full. We have to pay attention to preservation, promotion and restoration of health through our healthful activities."

Inside the Ansari Auditorium the participants were administered a pledge by Mr. A.P. Siddiqui(IPS), Registrar, JMI to include sports in their daily life and motivate others to play in order to keep themselves fit and make a healthy India.

Students were also provided **Cardiopulmonary resuscitation (CPR) technique** to handle life threatening emergency situations at home, workplace, academic places and playground till the arrival of the medical help. The event was part of a workshop organised by Centre for Interdisciplinary Research in Basic Sciences of the university.

**Ahmad Azeem**  
PRO-Media Coordinator





DEPARTMENT OF TEACHER TRAINING AND NON-FORMAL  
(Institute of Advanced Studies in Education)  
JAMIA MILLIA ISLAMIA  
is celebrating "National Sports Day"  
on 29th August, 2019



Be a part of 'FIT INDIA MOVEMENT' to Make India Fit.  
Flag off by Prof. Najma Akhtar, Vice Chancellor, JMI  
From Gate NO. 07, Jamia Millia Islamia, at 9:30 a.m.

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BE A PART OF 'FIT INDIA MOVEMENT' TO MAKE INDIA FIT.

HEALTHY LIFE  
HEALTHY BODY  
HEALTHY MIND

SPORTS  
SPORTS



Eat right to  
avoid jeans light

Fit India  
  
Fit India

**FIT INDIA  
HOT INDIA**

  
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**FIT INDIA  
MOVEMENT**  
DISCOVER THE NEW YOU  
Be a part of 'FIT INDIA MOVEMENT' to Make India Fit.  
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INDIA FIT.



**FIT INDIA FIT INDIA**

Eat right to  
Avoid your fight

A Healthy  
Body is God's Gift.  
Maintain it  
through Exercise

**LIFE WITHOUT HEALTH IS  
LIKE HELL**

Being **HEARTY**  
ISN'T A JOKE  
AND IT'S A HEAVY  
INSTEAD OF A HEARTY



Eat right to

GET INDIA  
HOT INDIA





Young men in white shirts and grey trousers holding the banner.

Students in blue and white uniforms, including a girl in a white hijab in the foreground.







