

COEP PARTICIPATES IN FIT INDIA MOVEMENT WITH GREAT ENTHUSIASM

COE PUNE, 29 August 2019

On the occasion of National Sports Day, COEP students and faculty participated with great zeal in 'Fit India Movement', an initiative under University Grants Commission (UGC).

The event is aimed to make students aware of the physical fitness for which an activity of walking 10,000 steps was taken on the COEP ground. Around 545 students actively participated in this event making it a great success. The event started at 6:30 in the morning and then the ground witnessed the zest of all the participants. This was followed up by some cool-down exercises to lessen the chances of niggles and muscle soreness.

An another event was arranged on the same day at 10 AM in Main Auditorium of COEP where the live telecast of launch of Fit India Movement was projected. The event witnessed the presence of around 900+ students who were attentive throughout the program. The conclusion of the program was followed by Fitness pledge , administered to all the students present for the programme.

This event was a huge success and the institute expects that this event will have a positive effect on the students about physical fitness in an era of Digital India.