

Report on celebration of “Fit India Week”

UGC urges all HEIs to actively participate in the Fit India Movement of Government of India for promotion of awareness of fitness among its various stakeholders. In this regard, to celebrate the 6th edition of “Fit India Week”, which is being scheduled to be celebrated between 15th Nov. 2024 to 31st Dec. 2024, a webinar was conducted by HBNI on 16th December, 2024, Monday at 11:00 am. Prof. B. K. Sapra, Outstanding Scientist and Head, Radiological Physics and Advisory Division, BARC was the speaker of the webinar titled “Fit Hai Toh Hit Hai”. The event was conducted in hybrid mode in HBNI Council Hall, Anushkatinagar, Mumbai and was streamed in WebEx and YouTube. The session commenced with a Fit India Pledge to promote active and healthy living. Prof. A. K. Tyagi, Dean, HBNI gave Welcome address, emphasizing the importance of fitness in daily life and highlighting its benefits for both physical and mental well-being. Prof. Dipanwita Dutta, Associate Dean, HBNI, introduced the speaker, highlighting that Prof. B. K. Sapra is not only a Senior Professor of HBNI and having more than 150 research papers, contributions in 4 books and guided several Ph.D. students, but she is also a National Level Badminton Champion and Secretary of DAE Sports and Cultural Council. The speaker, Prof. Sapra, through her talk shared practical tips on maintaining fitness both physically and mentally, emphasizing the importance of consistency and simple daily habits. She also mentioned the importance of balanced diets. The speaker concluded her talk with a motivating message from Hon’ble Prime Minister Shri Narendra Modi, encouraging participants to prioritize fitness as a daily habit and give minimum 30 minutes every day for fitness. The session concluded with a formal vote of thanks by Prof. P. C. Selvin, Registrar, HBNI. The event was attended by almost 80 participants that included students, faculties and officials of HBNI and scientists and employees of BARC. The program was well appreciated by everyone.



Prof. B. K. Sapra, OS and Head RPAD, BARC and Sr. Prof., HBNI presenting talk during the celebration of “Fit India Week” on 16th Dec. 2024, in HBNI Council Hall, Mumbai and some pictures during the event.