

December 26, 2024

Press Release

**CPRS, JMI Organises Special Session to Celebrate “FIT INDIA MOVEMENT”**

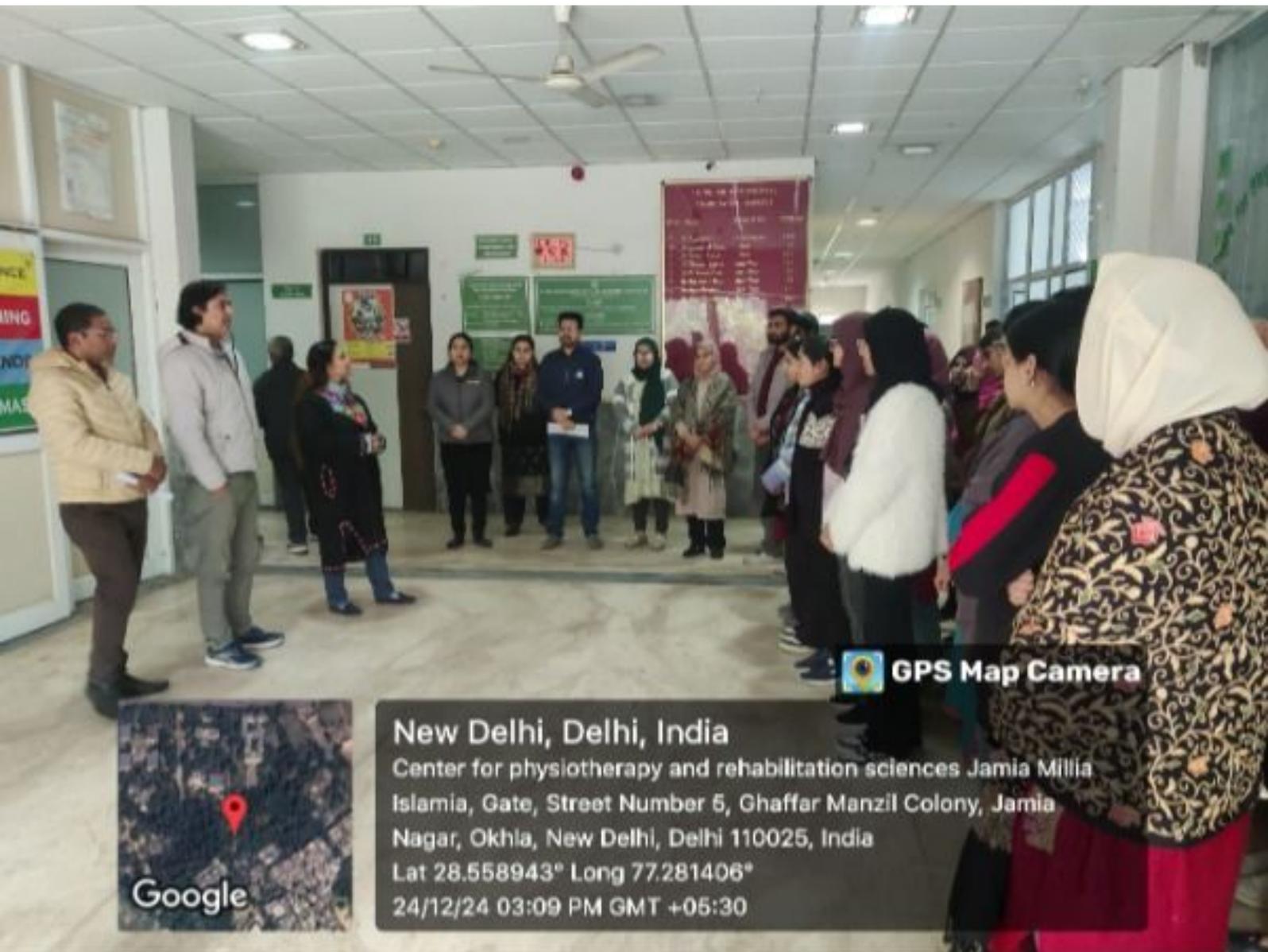
The Centre for Physiotherapy and Rehabilitation Sciences (CPRS) at Jamia Millia Islamia (JMI) organised a special session on December 24, 2024, aimed at students as part of the “Fit India Movement,” which is a Government of India initiative launched in 2019 with a view to make fitness an integral part of the daily lives of ordinary citizens.

The CPRS special session highlighted the essential importance of physical fitness. The event’s main objective was to inspire students to integrate regular physical activity into their everyday lives and foster a dedication to sustained health and wellness. The session was led by Prof. Zubia Veqar, the Honorary Director of the centre, alongside Prof. Suraj Kumar and Dr. Moazzam Khan.

The session brought together faculty members and students in an engaging discussion about the critical role of physical activity in improving mental health, enhancing academic performance, and preventing lifestyle diseases. Students participated enthusiastically, sharing their thoughts and learning about practical fitness tips and activities tailored to their demanding schedules.

As part of the initiative, Hamda Furqan from the Master of Physiotherapy programme led the administration of an oath to students and faculty. By taking this pledge, participants commit to allocating at least 30 minutes daily to physical fitness and undergoing quarterly physical health assessments using the FIT INDIA evaluation app.

Public Relations Office  
Jamia Millia Islamia



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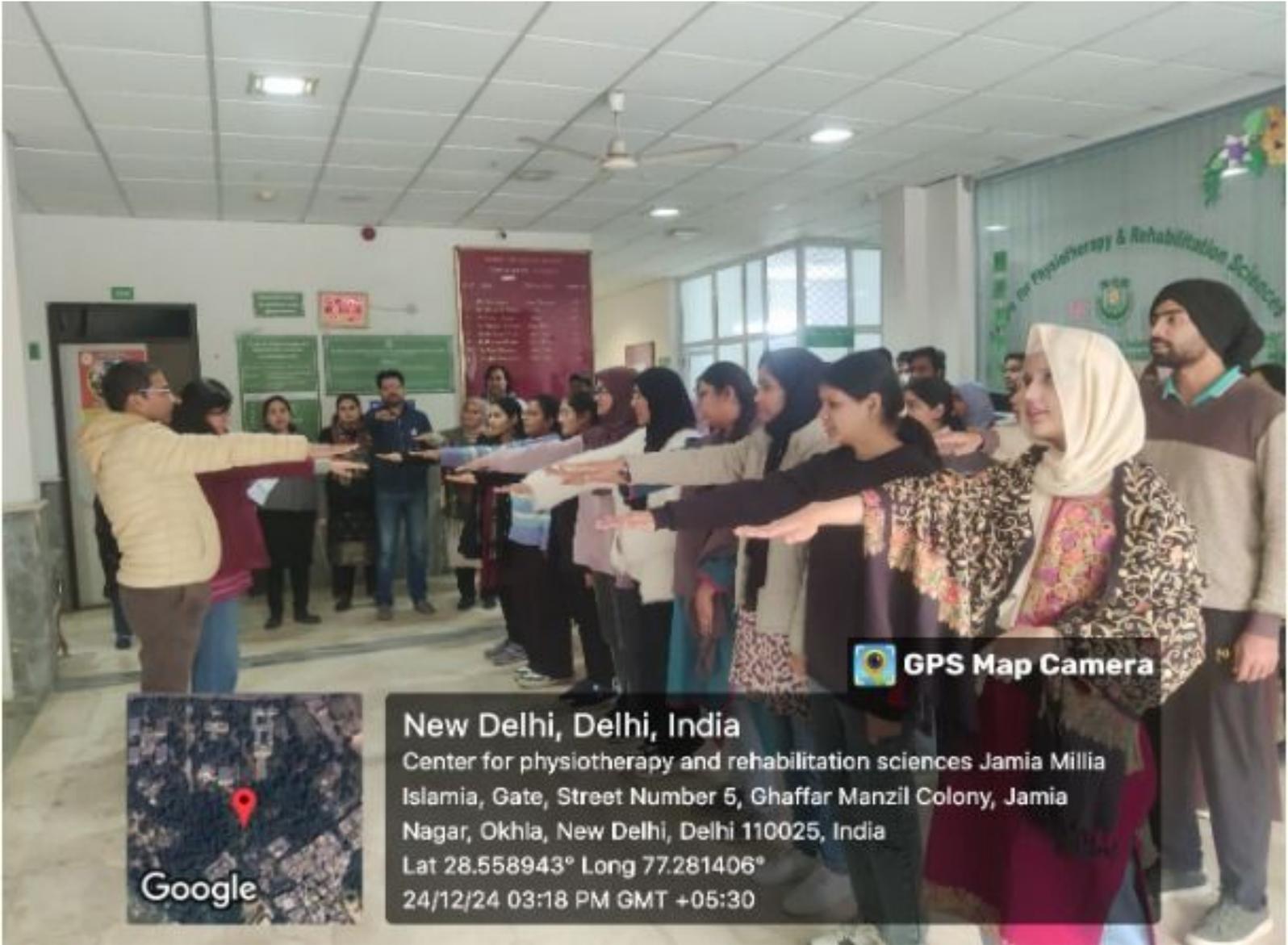
Center for physiotherapy and rehabilitation sciences Jamia Millia  
Islamia, Gate, Street Number 5, Ghaffar Manzil Colony, Jamia  
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