

KIIT Today.
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Fitness at Home performed by volunteers of NSS of KIIT School of Computer and Engineering

The NSS volunteers of KIIT School of Computer Engineering performed various physical activities at home from the 26th of August till 14th of September 2020.

All volunteers from the eight different projects of NSS took part in this. The activities included yoga, dance, stretch, skipping, exercise, aerobics, and other homebound activities that promote fitness. Home workouts are the new normal. The volunteers were seen to perform various yoga postures like the Lotus position, Bhujangasana, Vrikshasana, Trikonasana, Gomukhasana, Sukhasana, Bakasana, Chakrasana, etc., Every volunteer managed to pull it off really well.

Amidst this pandemic, a lot of people are focusing on buying indoor sports equipment to bolster their home gyms and become their healthiest versions. Virtual workouts are gaining popularity as well. This pandemic has fundamentally altered how people view sports and fitness. Being active and playing sports is scientifically proven to build stronger immunity which is the need of the hour at a time like this and helps one in being more optimistic and confident as well. This activity was accomplished under the supervision of our program officers Sital Dash Ma'am and Ramakant Parida Sir.



