



29 August, 19

Report on Fit India Movement

As per the letter of UGC D.O.No.F.1-54/2019 Hon'ble Prime Minister Narendra Modi has launched the **Fit India Movement** on the occasion of National Sports Day at the India Gandhi Stadium Complex in New Delhi on August 29 at 10 AM Thursday.

He said "On this day a great sportsperson was born, Major Dhyan Chand. He amazed the world with his fitness, stamina, and hockey stick." PM said people to take part in the 'Fit India Movement' -- organized to celebrate the National Sports Day. Fitness missions not a government movement. The government only aims to act as a catalyst.

Ahead of the event launch, Minister of State (Independent Charge) Youth Affairs and Sports Kiren Rijju had tweeted, "Tremendous supports are coming from all sections of the society to participate in the Fit India Movement. Chief Ministers, corporates and many icons are taking amazing steps to make the programme a grand success."

At the event, PM Modi said technology contributed to a sedentary lifestyle. "Fitness has always been an integral part of our culture. But, there is indifference towards fitness issues now. A few decades back, a normal person would walk 8-10km in a day, do cycling or run."

Aims of "Fit India movement" to encourage people to inculcate physical activity and sports in their everyday lives. PM Modi has also given simple tips that can make people healthy in their day-to-day lives.

On the launch of the programme, PM Modi launched a "Fitness Logo". Additionally, he will launch a "Fitness Pledge" that reads, "I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbors to be physically fit and make India a fit nation,"

According to PM the nation-wide campaign aims to encourage people to inculcate physical activity and sports in their everyday lives, "But, with technology, physical activity has reduced. We walk less now and the same technology tells us that we are not walking enough,"

According to the letter of UGC Jagannath University organized a Live Session of Prime Minister "Fit India - A mass movement for healthier India" and took Pledge for becoming fit, at the Seminar hall, Block A, of the Chaksu Campus and also organized this live session at Auditorium Hall, C Block, Sitapura Campus, Jaipur for all students and staff members. The session was

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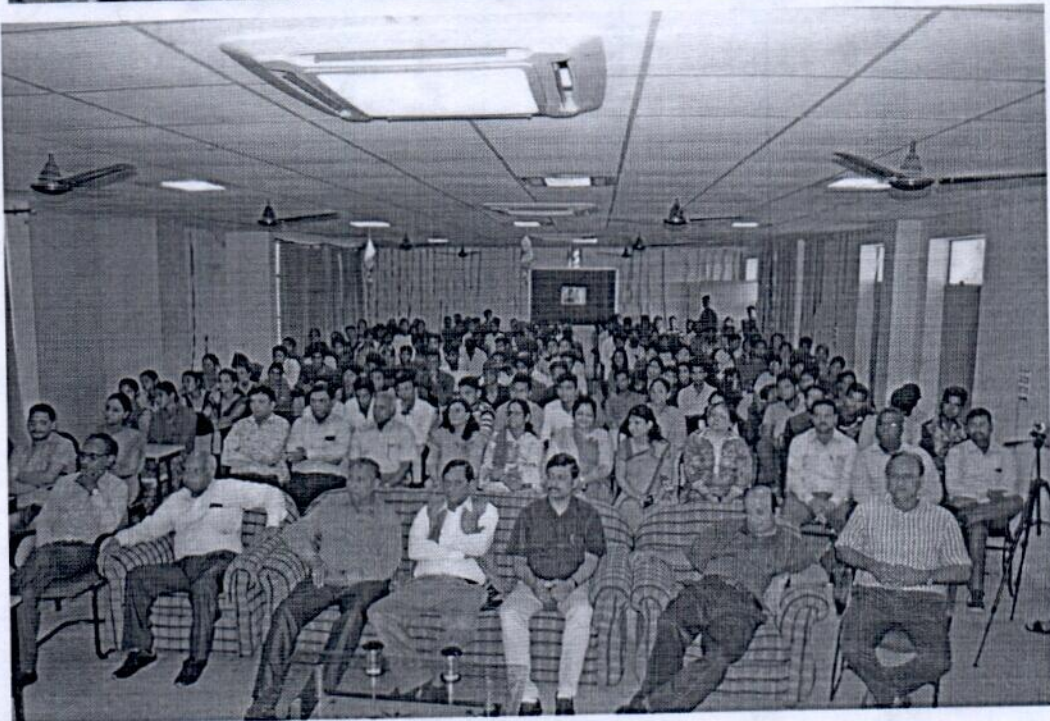
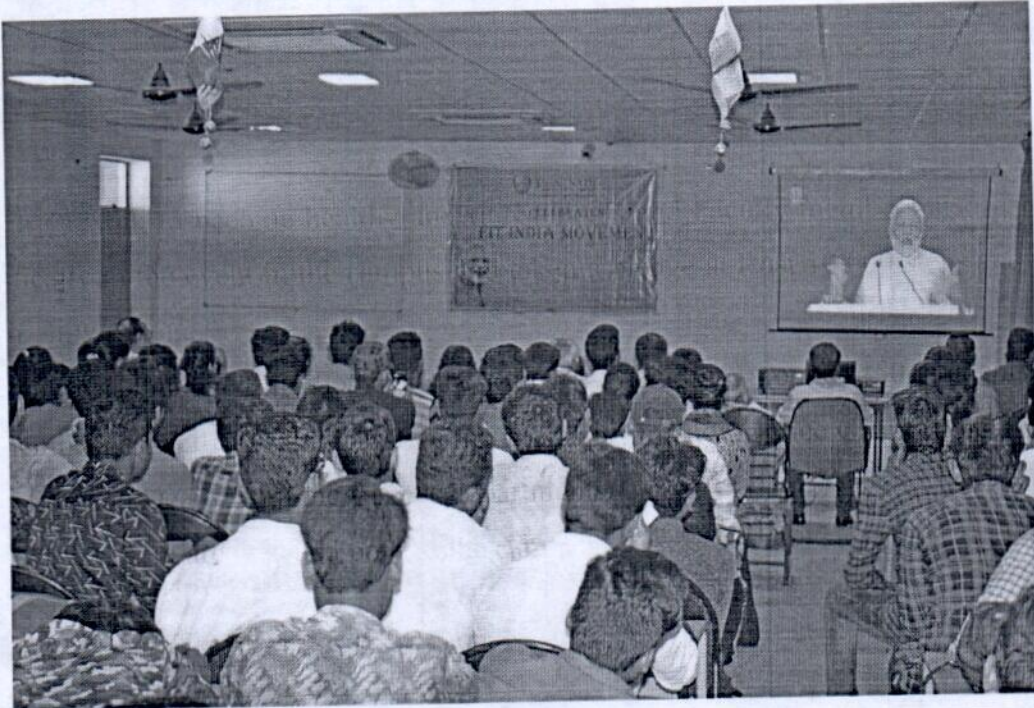
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followed by a walk to become healthy and fit. Students and Faculty members also participated enthusiastically in the event in the campus and taken a pledge at least 10,000 steps and follow it up in their daily routine.

The session was attended in both of the campus including around 450 students and 60 faculty members as well as Administrative members also including Vice Chancellor, Registrar of the University and Deans from the various departments.

Glimpses of the event are attached both of the campus:



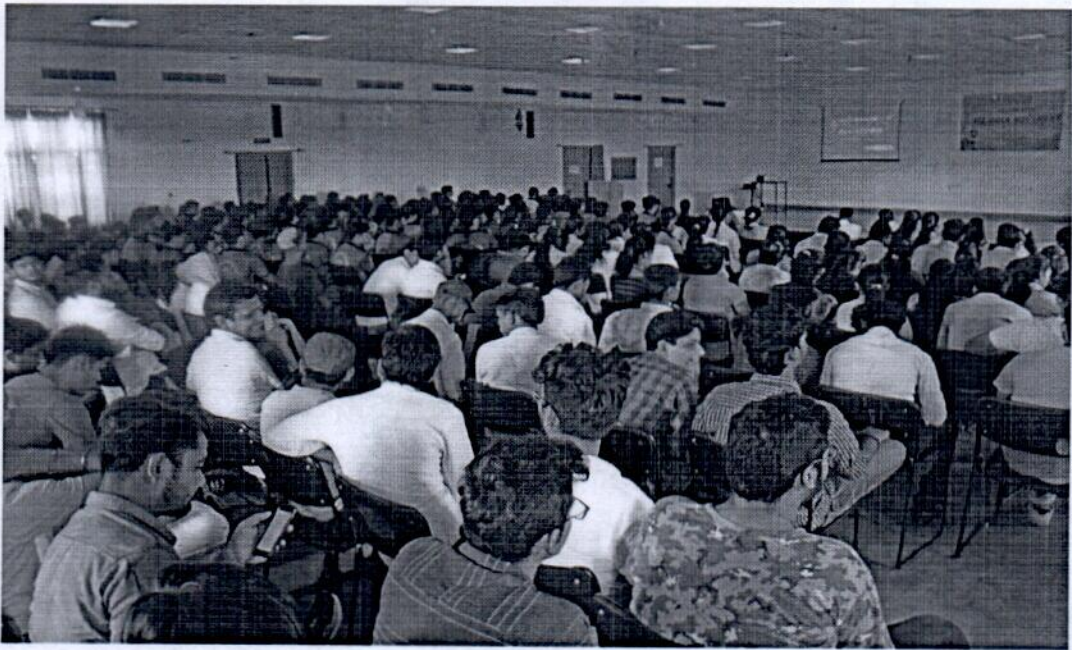
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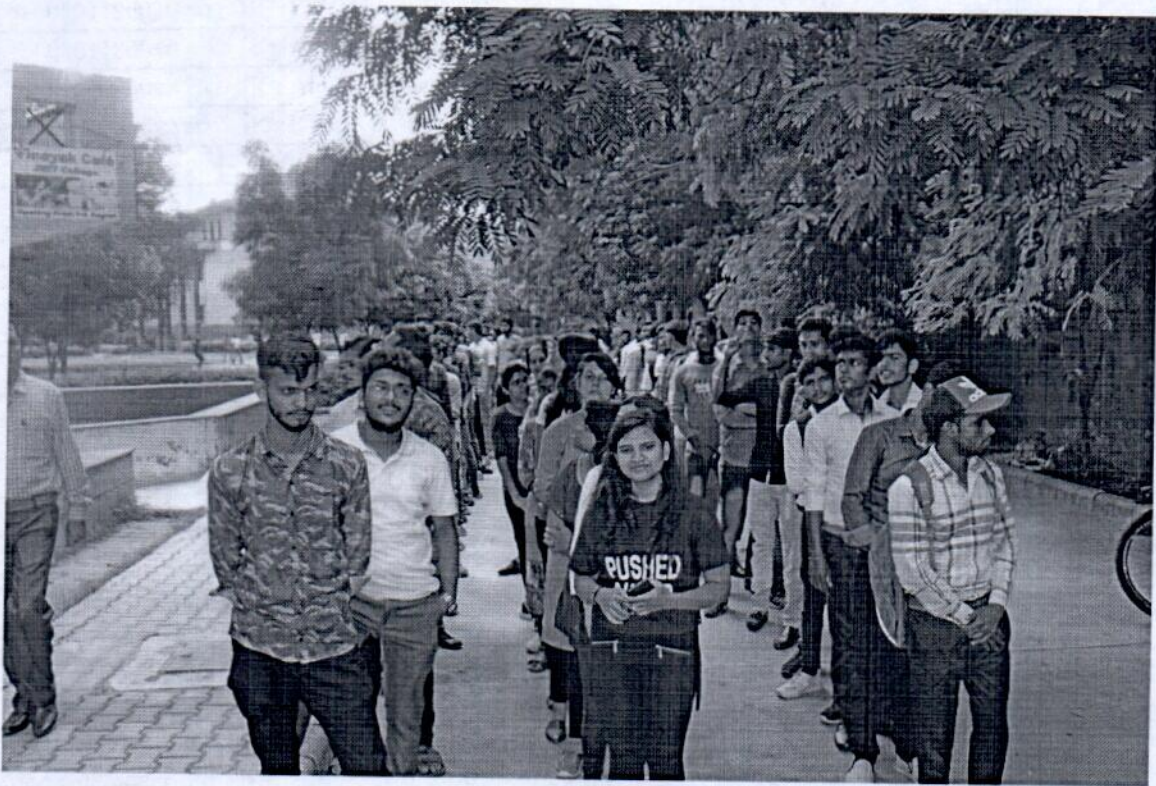
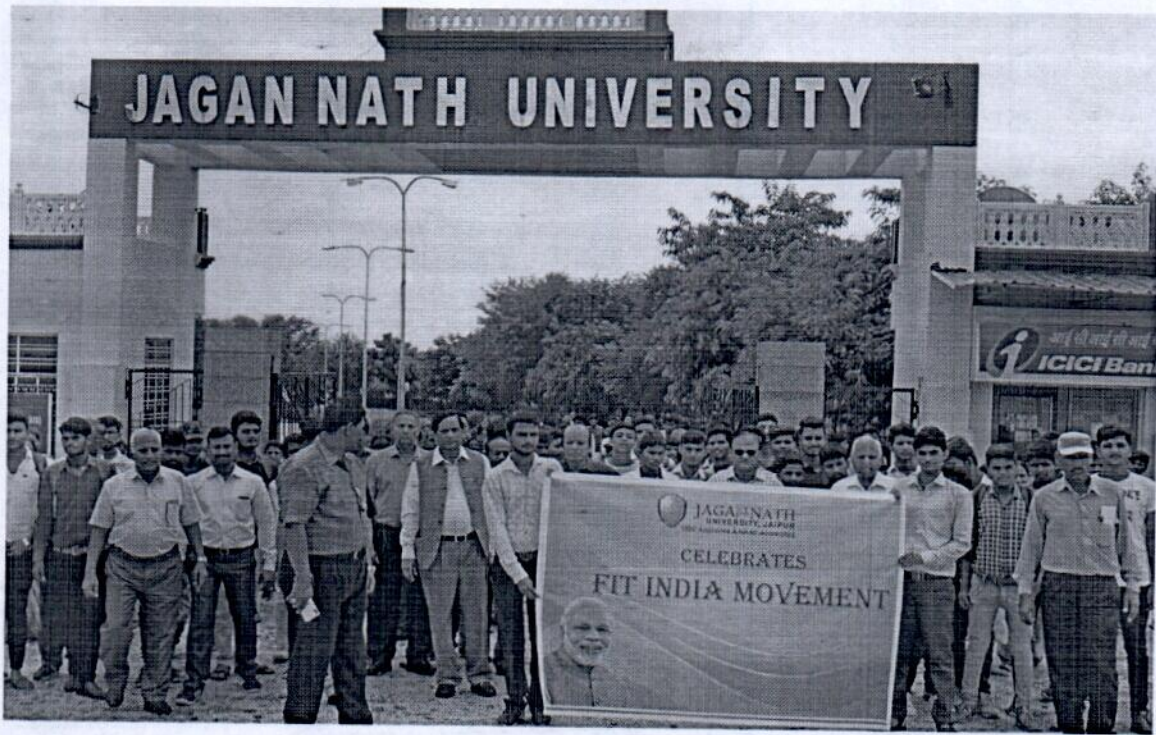
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