

NATIONAL INSTITUTE OF TECHNOLOGY DELHI

Launch of

FIT INDIA MOVEMENT

29th August 2019

REPORT



NATIONAL INSTITUTE OF TECHNOLOGY
DELHI

LAUNCH OF
fit india movement
BY
HONORABLE PRIME MINISTER OF INDIA

FIT INDIA
Fora Better Life

ON
29TH AUGUST 2019 (NATIONAL SPORTS DAY)

By:-

Dr. Anidev singh

Student Activity & sports officer

National institute of technology Delhi

INTRODUCTION OF FIT INDIA MOVEMENT

Honourable Prime Minister of India Shri Narendra Modi launched “Fit India Movement” at the Indira Gandhi Indoor Stadium on the occasion of National Sports Day celebrated every year on 29th August, the birth anniversary of Indian Hockey Wizard, Major Dhyan Chand, saying the initiative is the need of the hour and will take the country towards a healthier future. At a colourful ceremony, which included a presentation of India's indigenous martial art forms, dances and sports, Prime Minister Shri Narendra Modi said technology has contributed to a sedentary lifestyle. The campaign is aimed at encouraging people to include physical activity and sports in their everyday lives. "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," PM said at the event. "But with technology, physical activity has reduced. We walk less now and the same technology tells us that we are not walking enough," he added.

The Prime Minister also administered a fitness pledge in his address, inviting all Indians to join in spreading awareness towards physical fitness. The launch was also attended by Sports Minister Shri Kiren Rijiju and this year's National Sports Awards winners among others. The Prime Minister congratulated the winners of the national sports awards and lauded India's sporting achievements. "Be it boxing, badminton, tennis or any sport, our athletes are giving new wings to our aspirations. Their medals are not just a result of their hard work but also a reflection of a new India's confidence," he added.

The campaign is supported by several national sports icons including World Badminton champion P V Sindhu, sprinter Hima Das along with celebrated wrestlers Bajrang Punia and Sakshi Malik. The Prime minister on this eve encouraged everyone to be fit both physically and mentally. He also told the gathering that about his day to day exercises and how he manage to devote time towards fitness in his busy schedule. The Prime Minister had announced the launch of the campaign during his monthly radio address, “Mann Ki Baat” on August 25 and said he wanted to see his listeners fit and make them “fitness conscious”. He had indicated that the fitness programme will have fixed goals. The Prime minister also encouraged every person to walk 10,000 steps daily.

CELEBRATION OF FIT INDIA MOVEMENT AT NIT DELHI:-



National Institute of Technology Delhi celebrated launch of **FIT INDIA MOVEMENT** & **NATIONAL SPORTS DAY** on 29th August 2019 from 09:30 am – 12:30 pm which involved a number of programs aiming to create and spread awareness related to physical fitness and its importance. The event was attended by Hon'ble Director NIT Delhi Prof. Praveen Kumar, Registrar Shri Sushil Kumar, Faculty & Non faculty members along with students in huge numbers. The event started with the introduction of Fit India Movement by Mr. Bansri Sinha and Ms. Sumitra Sivakumar. The live telecast of the launch event of FIT INDIA MOVEMENT by Hon'ble Prime Minister of India from Indira Gandhi Indoor stadium, New Delhi was streamed to the students and staff of NIT Delhi which emphasised on the various forms of physical activities can be achieved through sports, dance, traditional sports etc. and Prime Minister officially launched the **FIT INDIA MOVEMENT** with his views and suggestions to the nation. He also urged all the citizens of country to have discussions related to Fitness and to take physical activities on daily basis.



Live Streaming of Launch of Fit India Movement by Hon'ble Prime Minister of India

The event was followed by an outstanding performance by the Rope Skipping team and Yoga demonstration by the institute yoga team inspiring the audience to take up yoga and aerobic activities to keep body healthy and sound.



Demonstration by Rope Skipping Team





Demonstration by Institute Yoga Team

The Hon'ble Director NIT Delhi motivated students to take participate in sports and physical activities and emphasised on the importance of Healthy body. The students of NIT Delhi took a pledge to follow a healthy routine and to take out time everyday for physical activities.



Hon'ble Director NIT Delhi Prof. Praveen Kumar addressing the students



Hon'ble Director NIT Delhi Prof. Praveen Kumar motivating the students to take part in physical activities and lead a healthy life

Dr. Anidev Singh, Student Activity and Sports Officer delivered a lecture on Health, Fitness and Wellness to spread awareness among the students on the importance of leading a healthy lifestyle and physical fitness. He also motivated students to adopt an active routine and to remain active throughout the day. He emphasised on being physically fit, mentally stable, emotionally balanced and spiritually charged in order to achieve state of wellness. Students were also informed about Body Mass Index (BMI) and how to calculate it to assess their current height weight ratio. The students attended the session enthusiastically and showed their commitment to do some form of physical activity on daily basis.

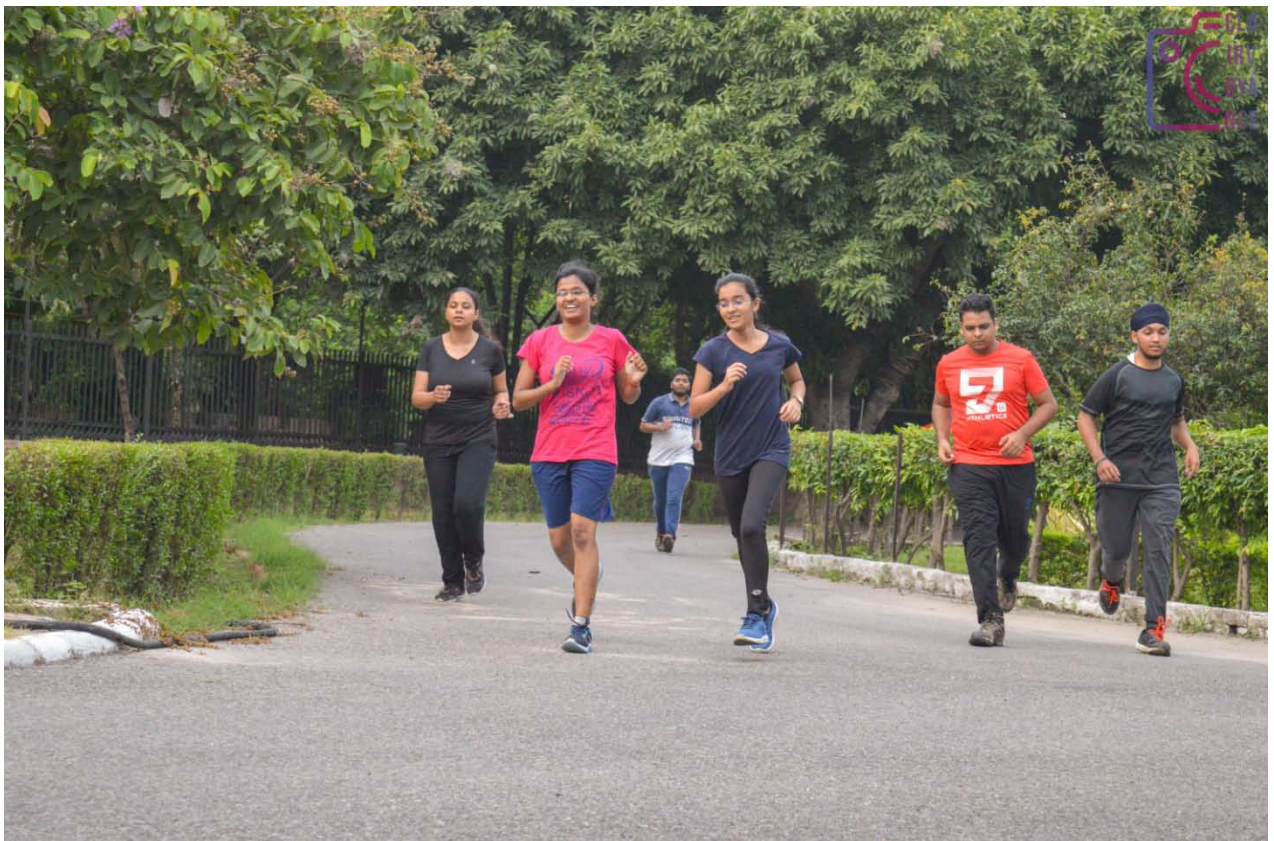


Dr. Anidev Singh SAS Officer delivering lecture on Health Fitness and Wellness

The students, staff along with Hon'ble Director and Registrar of NIT Delhi took 10000 step challenge at 05:45 pm on 29th August 2019 as a part of launch of FIT INDIA MOVEMENT to create and spread awareness about physical fitness and health. Over 300 students participated with excitement and finished 10000 steps challenge in an energetic way.



Hon'ble Director, Registrar, staff and students participating in 10000 steps challenge





Students participating in 10000 steps challenge



Picture Gallery



