

‘Fit India Campaign’

On the occasion of Khel Diwas and Major Dhyan Chand's birth anniversary, Hon'ble Prime Minister Narendra Modi launched the 'Fit India Movement' on 29 August 2019 at the Indira Gandhi Indoor Stadium, New Delhi. This wonderful initiative has been undertaken with an aim to keep the country fit and to make physical activities and sports, a part of daily life of the citizens.

At the launch, the Prime Minister delivered a thought-provoking address to the nation and administered a fitness pledge. The event was broadcasted live by Doordarshan.

Earlier, University Grants Commission (UGC) had asked higher educational institutes to make necessary arrangements for students, faculty and staff to view the Prime Minister's address on the launch of the movement.

As part of the Fitness pledge, UGC had asked everyone to walk at least 10,000 steps on August 29, 2019 and follow it up in their daily routine. Hon'ble PM Modi advised every person to incorporate daily exercise activities and to healthy practices in our busy lives. Prime Minister Narendra Modi requested the citizens to be a part of the Fit India movement and in improving India's global healthcare and happiness index.

As per the Central Board of Secondary Education (CBSE) instructions, Delhi Public School Vasant Kunj, made necessary arrangements for viewing/ hearing of the launch function of the Fit India Movement for its students and staff members. Elaborate arrangements were made to ensure that students from Class V to Class XII viewed/ heard the PM's speech. All the students enthusiastically heard PM Narendra Modi's speech and were inspired by his impassioned address to adopt a healthy lifestyle.



