

## St Cecilia's Public School

### **Prime Minister Mr. Narendra Modi launches 'Fit India Movement'** **"Fit India movement aims to encourage people to inculcate physical activity and sports in their everyday lives."**



Students of our prestigious school pledged to be active participants as Honorable Prime Minister Narendra Modi launched the nation-wide "Fit India Movement" on August 29 2019 and appealed to every citizen to remain healthy and fit. The event was launched at the Indira Gandhi Stadium in New Delhi at 10 am. The live telecast of the event was shown to students during the school hours in their classrooms on the Smart Boards under the supervision.

After a colourful presentation of India's indigenous martial art forms, dances and sports, PM Modi paid tribute to Dhyan Chand. He said, "On this day, a great sportsperson was born, Major Dhyan Chand. He amazed the world with his fitness, stamina, and hockey stick." At the event, PM Modi said technology contributed to a sedentary lifestyle. He also added, "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, 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 launch was also attended by Sports Minister Kiren Rijju and National Sports Awards 2019 winners among others. The Prime Minister encouraged all including students that we must take this movement to new heights with the cooperation of all. He expressed his gladness that the movement has been launched on the birth anniversary of Major Dhyan Chand, the hockey wizard,

The students were made aware that the "Fit India movement", launched on the occasion of the National Sports Day, aims to encourage people to inculcate physical activity and sports in their everyday lives. PM Modi also administered a fitness pledge on the occasion.

The students were informed about how the entire programme has been conceptualized by Prime Minister Mr. Modi and how he has given simple tips that can make people healthy in their day-to-day lives. The students felt encouraged and motivated to live a healthy active routine for their good growth and progress. The students under the guidance of the Physical Education Department Faculty will be trained and encouraged to eat healthy diet and do physical fitness activities. The noble movement of Honorable Prime Minister was applauded and appreciated by each and everyone.