



RAJIV GANDHI UNIVERSITY

Rono-Hills, Doimukh, Arunachal Pradesh, 791112



A REPORT ON Conduct of Fit India Movement, 2019

Introduction :

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Hon'ble Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29th August , 2019 occasion of Birth Anniversary of Major Dhyhan Chand (Hockey Wizard). The Fit India Movement is a national movement initiated to motivate everyone to walk on the path of fitness and wellness as a new fitness revolution in the country. It aims to provide a unique and thrilling opportunity towards making India healthier by including physical activities and sports in the daily lives of people.

Objectives of the Programme:

1. It is launched not only to increase the awareness among the mass.
2. To encourage people to start/increase physical activity and sports in their everyday lives.



SUMMARY OF THE PROGRAMME:

The Rajiv Gandhi University (RGU) organized a walkathon- 'Walk for Fit India', to mark the National Sports Day on 29th August, 2019. Led by RGU vice-chancellor Prof Saket Kushwaha, members of the university fraternity and NDRF jawans together completed the 10,000 steps for a fit India. The highlight of the walk was the inspiring songs presented by the band of students of the Department of Fine Arts and Music, RGU. The walk was followed by

sports and recreational activities. More than 700 students participated in the inter-hostel fitness contest (men and women), employees fitness contest (men and women) and other games organized by the department of Physical Education, RGU.



Later, the members of the university fraternity witnessed the launch of the Fit India Movement. HVC, Prof. Saket Kushwaha, who presided over the programme, emphasized that ‘cleanliness and health should be a part of our daily life’. He said the university is going forward in leaps and bounds and refreshed attitude of the students is making a great difference to the campus. This has been possible with a positive change in the attitude of both



teachers and learners, he added. Prof. Saket Kushwaha shared that the idea of Fit India Movement is not new. With the celebration of World Yoga Day and widespread yoga practice, Fit India Movement had already started, he said. Prof. Saket Kushwaha encouraged

and requested that, all the employees should be as it will enhance the productivity of the university. Being fit and lively is also key to happiness.





ANNEXURE I: NEWS PAPERS CLIPS



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RGU, others celebrate National Sports Day

August 30, 2019



RONO HILLS, Aug 29: Students and faculty members of Rajiv Gandhi University (RGU) here celebrated the National Sports Day with great enthusiasm on Thursday.

The celebration featured a 'Walk for fit India' programme, in which personnel from the NDRF also took part.

The walkathon saw the participation of RGU Vice Chancellor Prof Saket Kushwaha, Registrar Prof Tomo Riba, NDRF Commandant Umesh Kumar Thapaliyal, senior faculty members of the university, and students.

"The highlight of the walk was the inspiring songs presented by the band of students from the RGU's fine arts & music department," the university informed in a release.

The RGU's physical education department organised sports and recreational activities, along with an 'inter-hostel fitness contest' and an 'employees' fitness contest'. More than 700 students participated in these events.

The celebration also featured screening of the live telecast of the launch of the 'Fit India Movement' by the prime minister.

Chairing the programme, the VC emphasized that "Cleanliness and health should be a part of our daily life."

Prof Kushwaha also said the idea of the 'Fit India Movement' was "not new."

"With the celebration of World Yoga Day and widespread yoga practice, the Fit India Movement had already started," he said.

The live telecast was followed by a prize distribution ceremony for the competitions held on the occasion. The VC announced that the fitness contests would be made an annual event.