



### ITL participates in the Fit India Movement

**Date/ Day:** 29<sup>th</sup> August 2019/ Thursday

**Venue:** School Auditorium

**Participants:** Students of Classes XI- XII

*You need to put what you learn into practice and do it over and over again until it's a habit. I always say, 'Seeing is not believing, Doing is believing.' There is a lot to learn about fitness, nutrition and emotions, but once you do, you can master them instead of them mastering you.*

- **Brett Hoebel**

On 29 August 2019, on the auspicious occasion of **NATIONAL SPORTS DAY**, our respected Prime Minister Shri Narendra Modi launched the **Fit India Movement** at the Indira Gandhi Indoor Stadium, New Delhi, to encourage the citizens of the country to stay fit.

Minister of Youth Affairs and Sports Mr. Kiran Rijju gave the opening speech wherein he congratulated the prime minister for launching the Fit India Movement.

The event saw an assortment of various dance forms such as bhangra, garba and bihu representing the diversified culture of our country. The programme also included a showcase of various games by means of which one can stay fit. The students gave a musical dance performance on the **importance of healthy food** and need for reducing the use of phone and television in a student's life.

The event proceeded with the speech of honourable Prime Minister. In his speech he stressed on the fact that work is possible only when the body is physically sound. However, in recent years people have started to lead sedentary lives as a result of which people attract diseases towards themselves. Through his words he accentuated the fact that it is time that the people of India wake up to the call of a healthy body and healthy mind, which can be achieved only when one indulges in physical activities. He stated that technology has reduced our walking steps but now it is the technology only which counts our steps and analyses our daily lifestyle. He concluded his speech by saying that **“fit instead of fat”** should be the watchwords and **“if body is fit mind is fit”** should be the way of life.

The event concluded with the National Anthem.

