

## **Fit India Movement**

Prime Minister Narendra Modi launched the nation-wide “Fit India Movement” today, on 29<sup>th</sup> August 2019 and appealed every citizen to remain healthy and fit. The event was launched at the Indira Gandhi Stadium in New Delhi at 10:00 am. This movement is being launched on the birth anniversary of Major Dhyan Chand, our hockey wizard. Major Dhyan Chand amazed the world with his fitness, stamina, and hockey stick. The movement aims to encourage Indians to adopt a more healthy and fit lifestyle.

Around 180 students and 45 staff of Bharati Vidyapeeth (Deemed to be University) Dental College and Hospital, Sangli were assembled in auditorium to view the live telecast by Hon’ble Prime Minister Shri. Narendra Modi. The fitness pledge was taken soon after the programme as “I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbours to be physically fit and make India a fit nation,”

All the students and faculty members were then made to walk and run 10,000 steps in the campus, the photographs and short videos of which are attached for your kind reference.

### **Institutional fitness plan:**

Dr. Ruchika (BAMS), Yoga therapist will be taking the yoga class from 1<sup>st</sup> Sept, 2019 for all the students and faculty members on a daily basis as an initiative to keep the body and soul in harmonious state. The students and staff are motivated to play outdoor and indoor games in the campus like Cricket, Football, Volley ball, Badminton, Table tennis, etc. from 1-2 pm and after 4.30 pm.

