

Fit Hai To Hit Hai India Campaign

July 4, 2020

Fit Hai To Hit Hai India program was organized under the Fit India campaign. The Fit India Talks sessions are being organized in association with the **Sports Authority of India and the Ministry of Human Resource Development.**

Fit India Campaign

Fit India is becoming a **people's movement** in the truest sense. Majority of the 1.3 billion population consists of school children. In the last 8-9 months, 2.5 lakh schools have registered under Fit India. Central Board of Secondary Education (CBSE) also announced that it would launch a new series of **fitness sessions for school going children** in the **Fit India Active Day program** under this campaign. 13,868 schools affiliated to CBSE have participated in various Fit India programs and 11,682 schools have also received the Fit India flag.

The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a **healthier India**. As part of the movement, individuals and organisations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.