

# Fit India Movement

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**Source:** *The Times of India*

Recently the Prime Minister launched the Fit India Movement at a ceremony in New Delhi. The Prime Minister urged the people of the country to make fitness their lifestyle.

## Key Highlights

- The Prime Minister launched the people's movement on the birth anniversary of Major Dyanchand, India's sports icon who enthralled the world with his game and techniques.
- Envisioned by the Prime Minister, the nation-wide Fit India Movement aims to motivate every Indian to incorporate simple, easy ways of staying fit in their everyday life.
- A **committee, headed by Sports Minister and comprising government officials, members of the Indian Olympic Association (IOA), national sports federations, private bodies** and fitness promoters, has been formed to take the movement forward.
- The 28-member government committee also features secretaries of Sports, Secondary Education, Ayush, and Youth Affairs, among others.