

ESSAY COMPETITION

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FIT INDIA MOVEMENT

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Fitness is the state of being healthy and strong. Being fit, not only means physical health but also mental and prudent health.

Modern day technology is attracting our attention towards comfortable life. But as a coin has both head and tail, the comforting life is leading to unsafe lifestyle. So far people used to walk to their destinations. But now technological innovations decreased the necessity of physical activity. Technologies like food ordering apps, cab booking services, online shopping etc. enabled us to get things done without much physical work. Unhealthy lifestyles result in risk of different cancers, heart diseases, diabetes

hypertension and other ailments.

Good health can take India to greater heights. To meet the need of a healthy India, Honourable Prime Minister Narendra Modi, on 29 August 2019, the birthday of renowned hockey player as well as the captain Major Dhyen Chand, launched a nation-wide FIT INDIA MOVEMENT.

Stressing on the need to be fit, Prime Minister Modi said that a healthy India is his goal and called for a strict control on people's lifestyles. FIT INDIA MOVEMENT is a campaign that aims at encouraging people to inculcate physical activities like Yoga, sports or exercise in their routine. To consume healthy food is also the main objective of FIT INDIA MOVEMENT.

Living a healthy life can help prevent many acute and chronic diseases and long term illness and ultimately aiding for a safe and bright future. Feeling about yourself and taking care of your body are important for your self-esteem and image.

Fitness makes crucial contribution to economic progress, as healthy population lives longer, is more productive and saves more.