

Fit India Movement

Prime Minister Narendra Modi launched a nationwide Fit India Movement on the occasion of National Sports day on 29th August 2019. The inaugural event was held at Indira Gandhi Stadium Complex in New Delhi. PM said that this initiative is the need of the hour and will take the country towards a healthier future. The ceremony included a presentation of India's indigenous martial art forms, dances and sports etc. Mr. Modi briefed on how technology has contributed to sedentary lifestyle and why fitness is zero percent investments with infinite returns. Students of AECS Magnolia Maaruti Public School, Bangalore witnessed the telecast. This helped the students to understand well that Physical activities and Studies both hold equal importance in student's life.

