REPORT ON “FIT INDIA MOVEMENT”

The Aligarh Muslim University celebrated National Sports Day and the launch of ‘Fit India Movement’ on 29th August 2019 with great enthusiasm. The programme was designed and initiated by the department of physical education in three sections.

1. Demonstration of various forms of physical activities
2. 10000 steps walk by the university students, teachers and staffs at the launch of ‘Fit India Movement.’
3. Participation in the grand launch of ‘Fit India Movement’.

The celebration was started at 7:00 A.M. Sharp, with the arrival of the chief guest Prof. Akhter Haseeb, the Pro Vice Chancellor of the University along with the guest of Honor Registrar Mr. Abdul Hamid (IPS), Dean faculty of Social Science Prof. Akbar Hussain, University PRO Mr. Omar Pirzada, Schools Principals, schools and University students. The chairperson Prof. Zamirullah Khan extends the welcome address to the gathering. The programme includes the demonstrations of various forms of physical activities by the physical education students like taking pledge, flag hoisting, march past, exercise with wands, yoga, pyramids, aerobics, calisthenics, etc. The idea was to popularize varied forms of physical activities and highlighting the available options. Almost 1500 students and University dignitaries participated in the programme.

At 8:00 A.M. the all participants (1500 in numbers) started walking from University Athletics ground to Aligarh D. M. office (Ghanta Ghar) and return back to Athletic ground at 9:00 A.M. All the schools students, teachers, University Students, Registrar, Teachers, Administrative officers completed the walk. The university registrar addressed the gathering at the end of the walk and stressed the value of fitness in life and motivated the staffs and students to be fit and healthy. At the end of the session the refreshment was served to the participants by the staffs of physical education department.

At 9:45 A.M. the participants were requested to proceed towards University Kennedy Auditorium to witness the live inaugural telecast of Fit India Movement by Our Honourable Prime Minister Mr. Narendra Modi Sb. The students thoroughly enjoyed the live launch and speech of the Honourable Prime Minister. They appreciated the facts and figures highlighted by our prime minister regarding health, disease and fitness. The auditorium was echoed by their clapping. They recorded their reflections in various media channels and appreciate the Prime Minister initiative. At the end the chairperson of the physical education department Dr. Merajuddin Faridi presented vote of thanks to all the participants and media representatives. The other faculty members of the department Prof. Ikram Hussain, Prof. Brij Bhushan Singh, Dr. Rajendar Singh, Dr. Syed Tariq Murtaza, Dr. Sayed Khurram Nisar, Dr. Naushad Waheed Ansari, Dr. Mohd. Arshad Bari, Dr. Fuzail Ahmad and Mr. Taufiq Ahmad were also contributed in the designing and implementation of the programme.