



Fit

India

Movement

Global Middas Foundation's efforts to take the Fit India Movement in the slums of Delhi

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India Movement undertakes various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

Fitness Mantra

Fit India Mission encourages people to become part of Fit India Movement by inculcating at least 30-60 minutes of physical activities in their day to day lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle.

COVID-19 has snatched earning members of many families. Our PM has launched Special Scheme to take care of educational needs of children of COVID-19 victims, In the meanwhile, if retired Coaches and Physical Education Teachers can join us to launch Special Fitness Training Programme for eligible boys & girls for recruitment in Army, Para-Military Forces and State Police by conducting daily fitness programme as per the requirement and also assist them in theory classes, it will be great service to the society by our retired Coaches and Physical Education Teachers. It will be their true contribution to Fit India Movement.

Global Middas Foundation, an NGO patronised by a multinational Global Middas (www.globalmiddas.com) has come forward to give impetus to the Movement and agreed to patronise the Movement and to bear the conveyance charges for coming to the ground and conducting fitness classes for one hour. It is proposed to pay the conveyance charges @ ₹3,000/- per month per coach.

It is proposed to launch the programme in the slums of Delhi NCR where the living condition needs more fitness. Once it takes off, the scheme will be launched in other parts of Delhi and other states also.

Global Middas Foundation will further implement the aims and objectives of The Fit India Movement by launching Mini Marathon for children, Dus Kadam (Walkathon for Senior Citizens), Run for Fun for Ladies, Gatka Martial Art and Self Defence Training for Girls, etc.

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All Coaches and Physical Education Teachers are requested to kindly give their valuable suggestions and willingness to join this campaign. They may send their willingness on email (inder.middas@gmail.com) along with the details of their Bank Account.

The Coaches and Physical Education Teachers will be required to maintain attendance register and enrol a minimum of 20 boys and girls along with other adults for fitness classes. Their full name, father's name, date of birth, address, contact details may be send to the Global Middas Foundation on email.

Special credit :- **Shri V.V.S.N.Rao**

www.globalmiddasfoundation.org