

FIT INDIA CAMPAIGN at UNIVERSAL PUBLIC SCHOOL



FIT INDIA Movement was launched on 29th August, 2019 by Honourable 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 proposes to undertake 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.

UNIVERSAL school supports the Fit India Mission encouraging children to become part of Fit India Movement by inculcating at least 30-60 minutes of physical activities in their day to day lives.