

## Launch of 'Fit India Movement' Live telecast

**Date: 29.08.2019**

**Venue: Mini Auditorium, CHRI**

**Time: 10.00 a.m. to 12.30 p.m.**

**Theme: Health and Fitness**

**Summary:** The launch of 'Fit India Movement' took place at Indira Gandhi Indoor Stadium, New Delhi by our Hon'ble Prime Minister Shri Narendra Modi. The programme was live telecasted and screened at Chettinad Hospital and Research Institute, CARE and viewed by nearly 300 students, faculties and staffs of the Institute. The students from Chettinad Hospital and Research Institute, FAHS, CHRI and Chettinad College of Nursing participated in the programme. The programme initiated with a demonstration of dance and skits showing the various ways of staying fit by getting involved in outdoor games, various kinds of dance, change of lifestyle, motivation of doing any form of physical activities etc. Our Prime minister addressed the gathering explaining the importance of fit India for making future bright. He also explained about the fitness initiative taken up by various other countries like China, Australia, USA, Germany etc. The programme was concluded with National anthem. His inspirational speech motivated our students, faculties and staffs. Vote of thanks was delivered by Dr. Koyeli Girigoswami, NSS PO and UBA coordinator, CARE.

