



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Perunthalaivar Kamarajar"

Fit India Mission

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Why is in news? Fit India Mission in association with the Ministry of Law and Justice organizes the second edition of the Inter-Ministry Bar & Bench Badminton Championship at the Thyagaraj Sports Complex today

FIT INDIA Movement was **launched on 29th August, 2019** 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 its objectives.

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

Kamaraj IAS Academy

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