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Sonowal launches Fit India Movement in Assam

Appeals people to transform Fit India Movement into a mass movement

Dispur, August 29: Chief Minister SarbanandaSonowal said that if a person enjoys good health, he can enjoy sound mind. On the other hand,if a person has sound mind, he or she can lead a disciplined life to enable himself or herself to contribute to nation building.

Launching Prime Minister Naredra Modi's Fit India Movement in Guwahati today at a programme organised by Sports and Youth Welfare Department in association with Kamrup (Metro) District Administration at District Library here today, Chief Minister Sonowal said that the Fit India Movement organised on Khel Diwas is a tribute of Dhyan Chand, a great sportsperson to have born in India on this day (29th August) who mesmerised the world with his fitness, stamina and hockey stick.

Sonowal also said that Fit India Movement is a nation-wide movement which has given an opportunity to 130 crore people of the country. He also stressed on transforming Fit India Movement into a mass movement and generate awareness for a sound health and minds. He also administered pledge of fitness to the people.

Chief Minister Sonowal also said that a good mind and a good health lead to success. He said that Swachh Bharat Abhiyan today has transformed itself into a mass movement. He also said that India's success story as a clean nation is taken as a subject of study in other countries. He also said that if people extend support any programme can be made successful. Sonowal observed that through sports anybody can become strong. Therefore, State government has given encouragement to sports. He also appealed to everybody to make a grand success to Fit India Movement in response to Prime Minister Narendra Modi.

Principal Secretary to Sports Avinash Joshi delivered welcome speech.MP Queen Oja, Chief Minister's Legal Adviser SantanuBharali, sports journalist PremadharSarma, Member Secretary, State Level Advisory Committee for Sports and Youth Welfare LakhyaKonwar and a host of other dignitaries also attended the programme. On this occasion, Chief Minister Sonowal witnessed the Fit India Movement launched by Prime Minister Modi on a giant screen.

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