



Fit India Movement

- The Prime Minister on the occasion of **National Sports Day** launched the '**Fit India Movement**' as **the People's Movement** & urged people to make fitness their lifestyle.
- **National Sports Day** is celebrated every year on **29th August** to honor the legendary hockey player **Major Dhyan Chand Singh**.
- The President of India on this occasion honoured the eminent athletes from various sports with the prestigious **Khel Ratna, Arjuna Awards, Dronacharya Awards, and Dhyan Chand Award**.

[Source: PIB](#)

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