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## FIT INDIA MOVEMENT: NEED OF AN HOUR

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### Abstract

Background “A fit mind in fit body is important”, “success is related to fitness”, are few of the famous phrases which indicate that for a healthy mind and soul fit body is a necessity, highlighting these phrases our honorable Prime Minister on the occasion of national sports day (birth anniversary Major Dhyan Chand) launched a movement to take India towards a healthier future and named the movement Fit India Movement. Through this Prime Minister urged the people to make fitness their lifestyle, and said that though the movement is started by them but it is the people who have to lead it and make it a success.

**Method** the data was collected using a pre-structured questionnaire. The sample size for the study is 260 which is collected from the different locality in Nainital District (Uttarakhand) actively participate in the survey. For statistical accuracy, the chi-square test was used.

**Objectives** the following paper examines different type of daily physical activities inculcated by the respondents after the launch of fit India movement, do these physical activities differ according to their occupational status, and the reasons for adopting and not adopting physical activities in their daily life. .

**Conclusion** the study concluded that even after the initiative of fit India moment the people are still not serious about their health. Respondents know the importance of physical fitness but they could not perform it because they are bound with the responsibilities and do not have time to make fitness their daily routine.

Keywords: Fit India Movement, Physical Activities, Occupational Status, Nainital District

## INTRODUCTION

Fitness is the need of an hour especially in today's money spree and technology driven society. Technology and occupational stress have reduced our physical ability. Today India has forgotten its traditional practices of physical fitness and a healthy lifestyle. Today people at the age of 15 are suffering from diabetes, blood pressure, hypertension, overweight, obesity, heart diseases, etc. But there was a time when people at the age of 80 were as energetic and healthy as they were still at their adolescent age because they used to walk or cycle for kilometers, but today's generation at the age of 30 behave in a way that they have crossed 60 and are bound with non communicable diseases. This is all because of lifestyle disorder and occupational stress. But small lifestyle changes can prevent these diseases. Through the Fit India Movement government of India make an effort to take this country to a healthier future and aims to encourage Indians to include fitness and sports activities in their day to day life.

As per the reports of world health organization Globally, 23% of adults and 81% of adolescents (aged 11–17 years) do not meet the WHO global recommendations on physical activity for health<sup>11</sup> and if we talk about Indian statist 54 % of the Indians are physically inactive , less than 10% people are engaged in recreational activities,13.5 cr people are suffering from obesity, 7.2 cr people are suffering from diabetes, 4.2 cr people are suffering from thyroid disorder, 8 cr people are suffering from hypertension and 5.5 cr people are suffering from cardiovascular diseases<sup>6</sup>

Several studies have also shown that working pattern and technologies have changed the physical activity of many occupations and indicated that individuals with higher occupational status and job type had lower daily physical activity level (both on the job physical activity and off the job physical activity) compared to individuals with lower occupational status and job type .

## FIT INDIA MOVEMENT

On 28 August 2019 on the occasion of national sports day (on the birth anniversary of hockey wizard major Dhyan Chand) at Indra Gandhi indoor stadium, our honorable Prime Minister launch fit India movement. Through the dais, Prime Minister urged the citizen to adopt physical activities in their daily schedule. People were asked to exercise regularly, play recreational sports and perform yoga to stay fit<sup>6</sup>. In his speech he added Regular physical activity contribute to the prevention and treatment of the leading diseases, namely heart disease, diabetes and cancer<sup>2</sup>. It also contributes to the prevention of other important risk factors such as hypertension, overweight and obesity, and premature death.<sup>9</sup>

A committee has been formed comprising members of Indian Olympic Association (IOA), national sports federations, private bodies' fitness promoters and government officials to advise the government on this campaign. There are 28 members in the committee, headed by of sports minister Kiren Rijiju. The committee

comprises 12 members from the government, including secretaries of Sports, Secondary Education, Ayush, Youth Affairs, among others.<sup>5</sup>

## **OTHER COUNTRIES FOLLOWING SIMILAR CAMPAIGN<sup>6</sup>**

**China** this country with the Healthy China movement is promoting healthy lifestyles and physical fitness, to ensure a greater focus on prevention rather than treatment.

**Australia** this country is engaged in the mission with a motive to bring 15 % of its country's citizens out of laziness till 2030 by increasing daily physical activities of its citizens

**UK** the government of the UK is trying to add, 5 lakh, people every day towards fitness campaign by the end of 2020

**US** this country is also working on connecting its 1000 cities to free fitness campaign by 2021

Germany in this country fit instead of fat campaign is going on

## **REVIEW OF LITERATURE**

**Ville, Hannu, Ari, & Ilkka (2019)** they study the relationship between leisure time physical activities (LTPA) and work ability in (WAI) different occupational physical activities (OPA) and found out that LTPA is positively associated with work ability among young adult men

**Darren Warburton, Crystal, Shannon (2006)** in their study they found that there is a linear relation between physical activity and health status, such that a further increase in physical activity and fitness will lead to additional improvements in health status and will prevent from several chronic diseases and premature death.

### **Objectives**

- To study various health promoting lifestyle (physical activities and healthy diet) adopted by the respondents
- To study do these health promoting lifestyle (physical activities and healthy diet) differs according to the respondent's occupation

### **Hypothesis**

- $H_{01}$  There is no significant association between healthy lifestyle routine (physical activities and healthy diet) and the occupation of the respondents
- $H_{a1}$  There is a significant association between healthy lifestyle routine (physical activities and healthy diet) and the occupation of the respondents

## RESEARCH METHODOLOGY

### Source of data

The primary data was collected by adopting the method of a questionnaire. The study also depends on the secondary data collected from the newspaper, government websites, journals, etc

### Research Design

The descriptive form of research design is used in the study. .The entire data has been analyzed and put in the form of tables and interpretations are drawn for the clear and better understanding Samples design

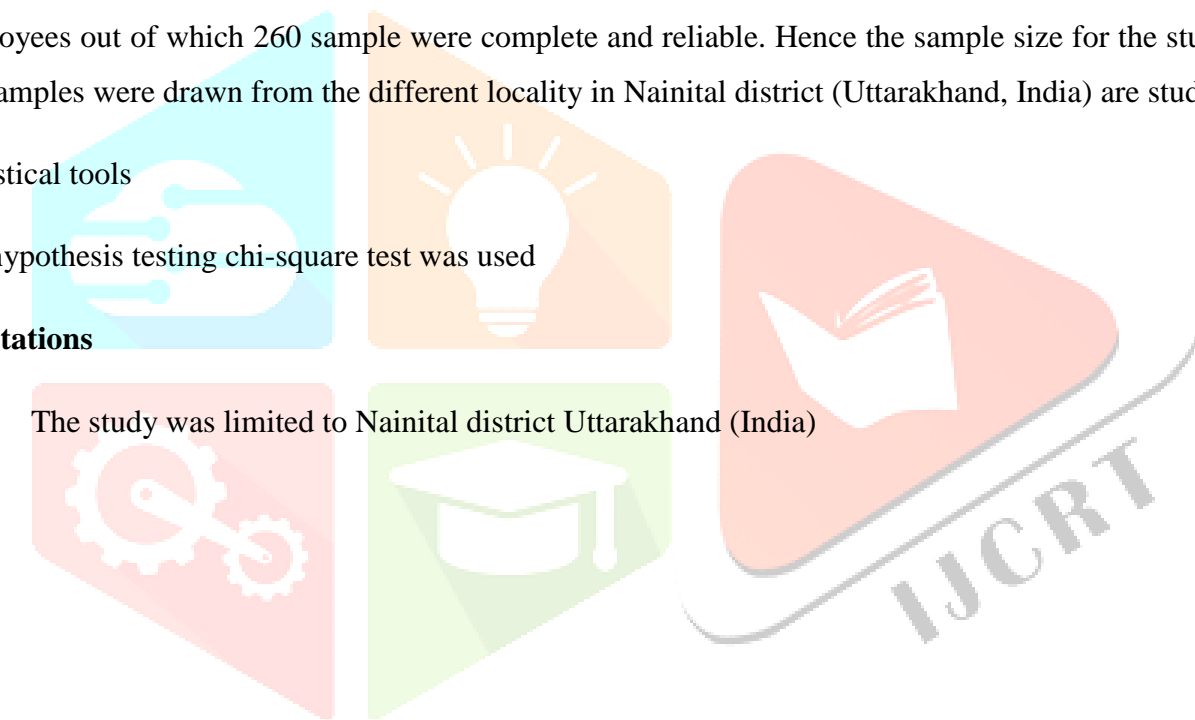
The sample has been drawn on the basis of simple random sampling method. Total 300 questionnaires were distributed amongst students, businessmen, labors, housewives/nonworking (retired respondents) and service employees out of which 260 sample were complete and reliable. Hence the sample size for the study was 260) the samples were drawn from the different locality in Nainital district (Uttarakhand, India) are studied.

### Statistical tools

For hypothesis testing chi-square test was used

### Limitations

- The study was limited to Nainital district Uttarakhand (India)



## DATA ANALYSIS

**Table1.** Demographic profile of the respondents

	Total no of respondents	%
Gender		
Male	158	60.76923
Female	102	39.23077
Age		
10-20	56	21.53846
20-40	62	23.84615
40-60	128	49.23077
60 above	14	5.384615
Educational qualification		
10	16	6.153846
12	28	10.76923
Graduate	156	60
Post graduate	22	8.461538
Illiterate	38	14.61538
Occupation		
student	52	20
Service sector	80	30.76923
Businessman	34	13.07692
Labour	40	15.38462
Housewives/non working	54	20.76923
Family Income		
nil	0	0
10000-1 lakh	36	13.84615
1 lakh-5 lakh	182	70
5lakh-10lakh	34	13.07692
10lakh above	8	3.076923

**Table2.** Percentage distribution of various physical activities and health promoting lifestyle

		labour	service	Housewives/ nonworking	businessmen	students	
		NO/ (%)	NO/ (%)	NO/ (%)	NO/ (%)	NO/ (%)	Overall %
you exercise daily	yes	0/(0)	36(45)	12/(22.2)	16/(47.0)	12/(23.0)	29.23
	no	40/(100)	44/(55)	42/(77.7)	18/(52.4)	40/(76.9)	70.7
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	0
you take healthy diet	yes	24/(60)	56/(70)	42/(77.7)	30/(88.2)	18/(34.6)	65.3
	no	16/(40)	24/(30)	8/(14.8)	4/(11.7)	34/(65.3)	33.
	som	0/(0)	0/(0)	4/(7.4)	0/(0)	0/(0)	1.53
walk whenever possible	yes	40/(100)	80/(100)	54/(100)	34/(100)	34/(65.3)	93.0
	no	0/(0)	0/(0)	0/(0)	0/(0)	18/(34.6)	6.92
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	0
cycle	yes	12/(30)	0/(0)	4/(7.4)	8/(23.5)	34/(65.3)	22.3
	no	28/(70)	80/(100)	40/(74.0)	20/(58.8)	18/(34.6)	71.53
	som	0/(0)	0/(0)	10/(18.5)	6/(17.6)	0/(0)	6.15
play sports	yes	8/(20)	12/(15)	0/(0)	6/(17.6)	30/(57.6)	21.5
	no	32/(80)	40/(50)	46/(85.1)	14/(41.1)	22/(42.3)	59.23
	som	0/(0)	28/(35)	8/(14.8)	14/(41.1)	0/(0)	19.23
Perform yoga	yes	0/(0)	16/(20)	18/(33.3)	8/(23.5)	4/(7.6)	17.6
	no	40/(100)	40/(50)	16/(29.6)	18/(52.9)	48/(92.3)	62.3
	som	0/(0)	24/(30)	20/(37.0)	8/(23.5)	0/(0)	20
Perform your favorite physical activities (dancing, swimming, gardening etc.)	yes	16/(40)	32/(40)	22/(40.7)	18/(52.9)	40/(76.9)	49.2
	no	12/(30)	8/(10)	12/(22.2)	0/(0)	12/(23.0)	16.9
	som	12/(30)	40/(50)	20/(37)	16/(47)	0/(0)	33.8
go to gym	yes	0/(0)	0/(0)	4/(7.4)	2/(5.8)	18/(34.6)	9.23
	no	40/(100)	80/(100)	50/(92)	32/(94.1)	34/(65.3)	90.7
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	0
avoid fast food	yes	32/(80)	58/(72.5)	54/(100)	16/(47.0)	6/(11.5)	63.8
	no	8/(20)	14/(17.5)	0/(0)	18/(52.94)	46/(88.4)	33.07
	som	0/(0)	8/(10)	0/(0)	0/(0)	0/(0)	3.07
help in house hold work	yes	12/(30)	20/(25)	54/(100)	22/(64.7)	26/(50)	51.53

	No	6/(15)	24/(30)	0/(0)	12/(35.2)	16/(30.7)	22.30
	som	22/(55)	36/(45)	0/(0)	0/(0)	10/(19.2)	26.15
Avoid smoking/ alcohol	yes	12/(30)	30/(37.5)	40/(74.0)	8/(23.5)	40/(76.9)	50
	No	6/(15)	10/(12.5)	4/(7.4)	4/(11.7)	0/(0)	9.23
	som	22/(55)	40/(500)	10/(18.5)	22/(64.7)	12/(23)	40.7
jog daily	yes	0/(0)	20/(25)	14/(25.9)	15/(44.1)	18/(34.6)	25.76
	No	40/(100)	60/(75)	40(74)	19/(55.8)	34/(65.3)	74.2
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	0
Take part in recreational activities	yes	0/(0)	2/(2.5)	6/(11.1)	4/(11.76)	11/(21.1)	8.84
	No	40/(100)	78/(97.5)	48/(88.8)	30/(88.23)	41/(78.8)	91.15
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	0

The above table shows that 29 % of the combined respondents exercise daily and 70% of the respondents do not exercise daily, 65 % of the respondents take healthy diet ,33% does not take healthy diet and 1 % respondents sometimes takes healthy diet, 93% of the respondents tries to walk whenever possible and 7% of the respondents does not tries to walk, 22% of the respondents cycle whenever possible, 71% of the respondents does not cycle and 6% of the respondents cycle sometimes, 21 % of the respondents play sports, 59% of the respondents do not play sports 19% and the respondents sometimes play their favorite sports , 17% of the respondents perform yoga ,63% of the respondents do not perform yoga 20% sometime perform yoga , 49% of the respondents perform their favorite physical activities (dancing swimming, gardening etc.), 16% of the respondents do not perform their favorite physical activities (dancing swimming, gardening etc.), 33% of the respondents sometimes perform their favorite physical activities (dancing swimming, gardening etc.), 9% of the respondents go to gym, 90% of the respondents does not go to gym, 63% of the respondents avoid fast food, 33% of the respondents does not avoid fast food, 3% of the respondents sometimes avoid the fast food, 51% of the respondents help in household work, 22% of the respondents does not help in house hold work and 26%of the respondents sometimes help in household work, 50% of the respondents avoid alcohol/smoking, 9% of the respondents do not avoid alcohol/smoking and 40% of the respondents sometimes avoid alcohol/smoking, 29% jog daily and 79 % of the respondents does not jog 8% of the respondents take pat n recreational activities and 91 % of the respondents don not take part in recreational activities



## HYPOTHESIS TESTING

**Table3.** Chi square test

		Labour	Service	Housewives/ nonworking	Businessman	Students	Result
		OF/(EF)	OF/(EF)	OF/(EF)	OF/(EF)	OF/(EF)	Ch <sup>2</sup> value >Critical value
1	Yes	0/(11.6)	36/(23.38)	12/(15.78)	16/9.93	12/(15.2)	33.59 >15.50
	No	40/(28.30)	44/(56.61)	42/(38.21)	18/924.0)	40/(36.8)	
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	
2	Yes	24/(26.15)	56/(52.3)	42/(35.30)	30/(22.23)	18/(34)	54.54 >15.507
	No	16/(13.023)	24/(26.46)	8/(17.86)	4/(11.24)	34/(17.2)	
	som	0/(0.61)	0/(1.23)	4/(0.83)	0/(0.52)	0/(0.8)	
3	Yes	40/(37.23)	80/(74.4)	54/(50.2)	34/(31.64)	34/(48.4)	77.35 >15.50
	No	0/(2.76)	0/(5.5)	0/(3.73)	0/(2.35)	18/(3.6)	
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	
4	Yes	12/(8.92)	0/(17.84)	4/(12.0)	8/(7.58)	34/(11.6)	118.6 >15.50
	No	28/(28.61)	80/(57.23)	40/(38.6)	20/(24.32)	18/(37.2)	
	som	0/(2.4)	0/(4.92)	10/(3.32)	6/(2.09)	0/(3.2)	
5	Yes	8/(8.61)	12/(17.23)	0/(11.63)	6/(7.3)	30/(11.2)	96.74 >15.50
	No	32/(23.6)	40/(47.3)	46/(31.98)	14/(20.1)	22/(30.8)	
	som	0/(7.69)	28/(15.3)	8/(10.38)	14/(6.53)	0/(10)	
6	Yes	0/(7.07)	16/(14.1)	18/(9.55)	8/(6.01)	4/(9.2)	77.13 >15.50
	No	40/(24.9)	40/(49.8)	16/(33.64)	18/(21.18)	48/(32.4)	
	som	0/(8)	24/(16)	20/(10.8)	8/(6.8)	0/(10.4)	
7	Yes	16/(19.6)	32/(39.38)	22/(26.58)	18/(16.7)	40/(25.6)	51.04 (15.50)
	No	12/(6.76)	8/(13.53)	12/(9.13)	0/(5.75)	12/(8.8)	
	som	12/(13.53)	40/(27.07)	20/(18.2)	16/(11.50)	0/(17.6)	
8	Yes	0/(3.69)	0/(7.384)	4/(4.98)	2/(3.13)	18/(4.8)	52.86 (15.50)
	No	40/(36.3)	80/(72.61)	50/(49.01)	32/(30.86)	34/(47.2)	
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	
9	Yes	32/(25.5)	58/(51.07)	54/(34.4)	16/(21.7)	6/(33.2)	133.4 (15.50)
	No	8/(13.2)	14/(26.46)	0/(17.86)	18/(11.24)	46/(17.2)	
	som	0/(1.23)	8/(2.46)	0/(1.66)	0/(1.04)	0/(1.6)	
10	Yes	12/(20.61)	20/(41.23)	54/(27.83)	22/(17.5)	26/(26.8)	107.2 (15.50)



	No	6/(8.92)	24/(17.84)	0/(12.04)	12/(7.58)	16/(11.6)	
	som	22/(10.46)	36/(20.9)	0/(14.12)	0/(8.89)	10/(13.6)	
11	Yes	12/(20)	30/(40)	40/(27)	8/(17)	40/(26)	50.84 (15.50)
	No	6/(3.69)	10/(7.38)	4/(4.98)	4/(3.13)	0/(4.8)	
	som	22/(16.30)	40/(32.6)	10/(22.01)	22/(13.86)	12/(21.2)	
12	yes	0/(10.30)	20/(20.61)	14/(13.91)	15/(8.76)	18/(13.4)	22.0 (15.50)
	No	40/(29.69)	60/(59.38)	40/(40.08)	19/(25.23)	34/(38.6)	
	Som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	
13	Yes	0/(3.53)	2/(7.076)	6/(4.776)	4/(3.007)	11/(4.6)	18.34 (15.50)
	No	40/(36.4)	78/(72.92)	48/(49.22)	30/(30.99)	41/(47.4)	
	som	0/(0)	0/(0)	0/(0)	0/(0)	0/(0)	

\*chi square test significant at 5% level of significance

The above table shows that in each question related to the healthy life style the chi square value is more than the critical value at 5 % level of significance hence the null hypothesis has been rejected and alternative hypothesis has been accepted

### CONCLUSION

The study reveals that even after the initiative of fit India moment the people are still not serious about their health. Respondents know the importance of physical fitness but they could not perform it because they are bound with the responsibilities and do not have time to make fitness their daily routine. When it comes to diet the respondent understand the importance, they try to eat natural and were committed to avoiding high fast food and unhealthy food items.

The study also reveals that most students are physically active because it includes their favorite hobby and sports. For the respondents who were the occupation of service and business sometimes walking was their physical activity, for housewife/ nonworking respondents' household activities and sometimes walking were their physical activities, and for labour their job was their physical activity.

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