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## Contribution of Banasthali Vidyapith in fit India movement: A step towards healthy India

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### Abstract

The purpose of this study was to highlight and promote the objectives of the Fit India Movement, which aims to encourage people to incorporate physical activity and sports into their daily routines. By analyzing the fitness levels of individuals and motivating them about the importance of health and physical fitness, the study seeks to foster a more active lifestyle among Indians. The Fit India Movement advocates for at least 30-60 minutes of daily physical activity to bring about behavioural changes towards a healthier lifestyle. To support this mission, Banasthali Vidyapith, an all-women residential university, undertakes various initiatives and organizes events focused on achieving the objectives of physical fitness. This study will document and analyze these efforts, highlighting their impact on promoting physical fitness and contributing to the broader goals of the Fit India Mission. The findings aim to demonstrate the effectiveness of such initiatives in fostering a culture of health and wellness. The motive of this movement is to encourage people to incorporate physical activity and sports into their day-to-day lives. These movements analyze the fitness of people and motivate Indians about their health and physical fitness. Banasthali Vidyapith Mission encourages people to become part of the Fit India Movement by engaging in at least 30-60 minutes of physical activities daily. The mission of the movement is to bring about behavioural changes and move towards a more physically active lifestyle. Physical fitness is an integral part of our daily lives. The aim of the Department of Physical Education at Banasthali Vidyapith is to create an appreciation and understanding of the role of physical education in promoting healthy, active life styles. To achieve this mission, Banasthali Vidyapith (an all-women residential university) undertakes various initiatives and conducts events to achieve the selected objectives of physical fitness.

**Keywords:** Fit India movement, physical fitness, Behavioural changes, physical activity

### Introduction

The Prime Minister, Shri Narendra Modi, launched a nation-wide Fit India Movement on the occasion of National Sports Day (29 August 2019). The Prime Minister stated that individuals in any profession can enhance their efficiency if they are mentally and physically fit. If the body is fit, then the mind will also be fit. While sports have a direct relation to fitness, the Fit India Movement aims to go beyond traditional fitness. Fitness is not just a word but an essential pillar of a healthy and prosperous life. When we prepare our bodies for challenges, we make the country as strong as iron. Fitness is part of our historic legacy. Games and sports are played in every nook and corner of India. While working on the body, they also train the mind, increasing focus and coordination. A healthy individual, a healthy family, and a healthy society are essential to making New India a Fit India.

A healthy India is the Prime Minister's goal, and he called for strict control over people's lifestyles. He encouraged everyone to change their lifestyle and make fitness a daily routine. He also emphasized the importance of fitness, especially in the current times, and urged people to change their mindsets regarding physical fitness. The inaugural event was held at the Indira Gandhi Stadium Complex in New Delhi, where the Prime Minister administered a fitness pledge to the people of the country.

The Fit India Movement is a nation-wide campaign that aims to encourage people to include physical activity and sports in their everyday lives.

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The University Grants Commission has directed universities across the country to prepare for the Fit India Movement. In light of this, Banasthali Vidyapith's Department of Physical Education organized an online fitness program for students during the pandemic. Many students actively participated in this program. Physical fitness refers to the ability of the body's systems to work together efficiently, enabling an individual to maintain health and perform activities of daily living. Efficiency in this context means accomplishing daily tasks with minimal effort.

A fit person is capable of performing schoolwork, meeting home responsibilities, and still having enough energy to enjoy sports and other leisure activities. Additionally, a fit person can respond effectively to emergency situations, such as running to get help or aiding a friend in distress.



Fig 1: Fit India



Fig 2: Fit India

### Physical Fitness

Physical fitness is comprised of eleven (11) components, five (5) of which are health-related and six (6) skill-related. All components are important for good performance in physical activities, including sports. The five health-related components are particularly significant as they contribute to overall health and wellness. According to scientists in kinesiology, these components can reduce the risk of chronic diseases and promote good health. The health-related five components of physical fitness include: (i) muscular endurance, (ii) cardiorespiratory endurance, (iii) flexibility,

(iv) muscular strength, and (v) body composition.

The skill-related six components of physical fitness include: (i) reaction time, (ii) power, (iii) balance, (iv) speed, (v) agility, and (vi) coordination. These components also help individuals function effectively in daily activities. As the name implies, skill-related physical fitness components help you perform well in sports and other activities that require motor skills. For example, speed is crucial in sports such as track and field. These 5 components of physical fitness are also linked to health, though to a lesser extent than the health-related components. For example, among older adults, balance, agility, and coordination are very important for preventing falls, which is a major health concern. Additionally, reaction time is related to the risk of automobile accidents.

Increasing physical activity and exercise, improving nutrition, reducing alcohol consumption, and addressing stress, anxiety, and depression are crucial for enhancing subjective well-being. Regular exercise and physical activity promote strong muscles and bones, improve respiratory and cardiovascular health, and enhance overall health. Staying active can help maintain a healthy weight, reduce the risk of type 2 diabetes, heart disease, and certain cancers. Most people in developed countries are not physically active enough to reap optimal health benefits, so effective promotion strategies are warranted.

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. It encompasses all types of movement, including those undertaken during leisure time, for transportation, or as part of work activities. Both moderate- and vigorous-intensity physical activities have been shown to improve health. Common forms of physical activity include walking, cycling, sports, active recreation, and play, which can be enjoyed by individuals of all skill levels. These activities contribute to overall well-being and can be a source of enjoyment for everyone. Regular physical activity has been proven to prevent and manage noncommunicable diseases, including heart disease, stroke, diabetes, and several types of cancer. It also aids in the prevention of hypertension, helps maintain a healthy body weight, and can improve mental health, quality of life, and overall well-being.



Fig 3: Physical fitness



**Fig 4:** Playing cricket



**Fig 5:** Horse riders

**Contribution of Banasthali Vidyapith in Fit India Movement:**

The aim of the Department of Physical Education at Banasthali Vidyapith is to create an appreciation and

understanding of the role of physical education in promoting healthy, active lifestyles. Through recreational activities, students develop social skills, teamwork and cooperation. The goal is to transform students into healthy, active citizens by imparting an understanding of physical education's historical background and its significance. This includes recognizing sports as a medium for national and international integration. Students learn about the biological, physiological, psychological, and sociological foundations of physical education and their implications. They also develop a basic understanding of the human body's systems and the effects of exercise on them.

The curriculum emphasizes developing an attitude of sportsmanship and fair play in all activities, as well as mastering fundamental movements like walking, running, hopping, skipping, jumping, galloping, sliding, and leaping. Students also learn skills like rolling, balancing, weight transfer, throwing, catching, kicking, punting, volleying, and striking. These skills are applied in various games and activities that promote lifelong health and fitness. Additionally, students are acquainted with basic anatomy, physiology, and exercise physiology, gaining knowledge of the body's organs, systems, and their functions. They also learn about health education, hygiene, school health programs, and first aid, including handling emergencies and the role of first aid in sports. Confidence and self-esteem are built through skill acquisition. The curriculum also covers modern scientific sports training methods for higher-level competitions, including psychological preparation. Students learn about training methods for strength, speed, endurance, coordination, and flexibility. They are introduced to yoga, including its philosophical aspects, rhythmic breathing (Pranayama), coping with biological milestones, and body cleansing processes (Shatkarma). Through these activities, students develop lifelong skills and attitudes towards health, fitness, and sportsmanship.



**Fig 6:** Contribution of Banasthali Vidyapith in Fit India Movement



Fig 7: Hockey players

**Physical Education Knowledge:** Students will acquire the knowledge and skills necessary for certification in American Red Cross Community First Aid and Safety. They will demonstrate comprehension of the core principles and fundamental knowledge relevant to the field of physical education, including biomedical sciences, technology, behavioural sciences, social sciences, and administrative sciences. Additionally, students will develop the motor skills essential for successful participation in a variety of physical activities. They will exhibit knowledge and understanding of various physical activities, along with the ability to assess both their own performance and that of others. Furthermore, students will recognize movement as a creative medium that is linked to communication, expression, and aesthetic appreciation. They will also demonstrate confidence and competence in overcoming challenges, both individually and as part of a group or team, through a diverse range of learning activities.

**Planning Abilities:** Students will demonstrate effective planning abilities, including time management, resource management, delegation skills, and organizational skills. They will develop an exercise program that addresses all components of fitness through deep water exercises. Students will also be able to develop and implement plans, organize work to meet deadlines, and gain an understanding of the genesis of sports and physical education, and its development over the years in India. Furthermore, students will develop confidence and competence in facing challenges, both individually and as part of a group or team, through a wide range of learning activities.

**Problem Analysis:** Students will utilize the principles of scientific inquiry, thinking analytically, clearly, and critically, to solve problems and make decisions during daily practice. They will be able to find, analyze, evaluate, and systematically apply information to make defensible decisions. Additionally, students will demonstrate the ability to analyze range of motion and develop programs to improve it. They will apply scientific methods to prepare athletes for competition, including techniques and tactics training, as well as psychological preparation. Moreover, students will design various training programs for different training components.

**Modern Tool Usage:** Students will learn, select, and apply appropriate methods, procedures, resources, and modern pharmacy-related computing tools, understanding their limitations. They will also improve personal fitness through yoga practices, addressing postural deformities with the help of 'yogasanas'. Additionally, students will apply Pranayama for training in rhythmic breathing and concentration, leading to meditation. They will apply the knowledge of 'Shatkarma'

for natural body cleansing.

**Leadership Skills:** Students will understand and consider human reactions to change, motivation issues, leadership, and team-building when planning changes required to fulfill practice, professional, and societal responsibilities. They will assume participatory roles as responsible citizens or leadership roles when appropriate, to facilitate improvements in health and well-being. Additionally, students will demonstrate resonant leadership skills in sports, physical activity, and coaching, as well as effective team-building skills. They will demonstrate personally and socially responsible leadership, along with the ability to create synergy as a leader.

**Professional Identity:** Students will understand, analyze, and communicate the value of their professional roles in society, such as health care professionals, promoters of health, educators, managers, employers, and employees. They will also identify the components of cardiovascular fitness and apply proper walking techniques, evaluating individual walking plans.

**Physical Education Ethics:** Students will honor personal values and apply ethical principles in professional and social contexts. They will demonstrate behavior that recognizes cultural and personal variability in values, communication, and lifestyles. Additionally, students will use ethical frameworks to make decisions and take responsibility for the outcomes associated with those decisions.

**Communication:** Students will communicate effectively with the pharmacy community and society at large, including the ability to comprehend and write effectively, make effective presentations and documentation, and give and receive clear instructions. As George Bernard Shaw famously said, 'The single biggest problem in communication is the illusion that it has taken place.' Poor communication is cited as a top reason for athlete burnout in secondary school. Therefore, developing effective communication in physical education is crucial for encouraging students to engage in physical activity.

**The Physical Education and Society:** Students will apply reasoning informed by contextual knowledge to assess societal, health, safety, and legal issues, as well as the consequent responsibilities relevant to professional sports practice. Sociology of sports is a field of sociology that informs us about the influences of physical education and sports on society. It explains the impact of sport participation on individuals and society as a whole. The importance of sociology is evident when we consider the statement 'Sports is a social phenomenon.'

**Environment and Sustainability:** Students will understand the impact of professional pharmacy solutions in societal and environmental contexts and demonstrate knowledge of, and the need for, sustainable development. Globally, there is a need to reduce climate gas emissions while simultaneously increasing levels of physical activity. Increased physical activity can reduce the risk of overweight and chronic diseases, as well as potentially reduce the major contribution of transport to global CO<sub>2</sub> emissions. However, increased physical activity levels also imply increased energy expenditure. Therefore, we aim to introduce the concept of

sustainable physical activity and suggest certain physical activity habits due to their potentially sustainable properties.

**Life-long Learning:** Physical Education and Lifelong Learning. Besides its vocational value, learning in physical education provides students with knowledge, skills, and understanding that support lifelong, informed participation and/or the pursuit of excellence in their sporting and physical activity pursuits. It fosters a fun and safe environment where students can participate in all types of sports activities, develop motor skills necessary for various physical activities, and cultivate an attitude of sportsmanship and fair play in all activities. Students also become aware of body movements, including body parts and body shapes.

### Materials and Methodology

The purpose of this study is to present a narrative historical overview of four key theoretical frameworks (Fit India Movement, Physical fitness, Behavioral changes, Physical activity) that have been applied to understand and change physical activity over the last three decades. Our synthesis of this study includes a brief history, basic efficacy, strengths, and potential weaknesses of these approaches when applied to physical activity.

### Result and Discussion

The dominant framework for understanding physical activity has been in the social cognitive tradition, providing valuable information on key constructs linked to physical activity. The humanistic framework, which has seen a surge in research in the last decade, has demonstrated initial effectiveness in both explaining and intervening in behaviour. The most recent and understudied framework for understanding physical activity is dual process models, which may promise a broader perspective on motivation by considering non-conscious and hedonic determinants of physical activity.

### Conclusion

Despite the strengths of all four frameworks, we have identified several weaknesses in each approach at present. We also highlight several newer applications of integrated models and dynamic models that may serve to improve our understanding and promotion of physical activity over the next decade.

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