

**A PERCEPTION STUDY ON FIT INDIA MOVEMENT AMONG DIFFERENT AGE GROUPS****<sup>1</sup>Dr. D. Shanmuga Priyaa, <sup>2\*</sup>Dr. A. Jamuna Rani, <sup>3</sup>Dr. S. Bhumathan**<sup>1</sup>MBBS, Sree Balaji Medical College and Hospital, Bharath University, Chennai, Tamil Nadu, India.<sup>2</sup>Professor, Department of Biochemistry, Sree Balaji Medical College and Hospital, Bharath University, Chennai, Tamil Nadu, India.<sup>3</sup>Professor, Department of Prosthodontics, Sree Balaji Medical College and Hospital, Bharath University, Chennai, Tamil Nadu, India.**\*Corresponding Author: Dr. A. Jamuna Rani**

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Article Received on 02/07/2024

Article Revised on 23/07/2024

Article Accepted on 12/08/2024

**ABSTRACT**

**Objectives:** This study is to assess and enlighten the participant's knowledge on Fit India Movement through an online questionnaire. **Materials and Methods:** The present questionnaire based perception study included 200 people of age groups 5 -18, 18 - 65, >65 years. Their knowledge on Fit India Movement was assessed and enlightened through the same online questionnaire. The questionnaire also assessed their ideas regarding physical activity. **Results:** Out of 200 participants, only 46% of them are aware of this nationwide movement while 54% of them were unaware. By participating in the study they got to know about this movement. **Conclusion:** Fit India Movement encourages people to remain healthy and fit by including physical activities and sports in their daily lives and also encourages people to consume healthy diet.

**KEYWORDS:** Fit India Movement (FIM), Physical activity, Fit India Freedom run 2020, Age Appropriate Fitness Protocols and Guidelines, Fit India App.

**INTRODUCTION**

Fitness means a sense of physical and mental wellbeing. It is important to stay healthy throughout all stages of our life. Numerous studies have shown that regular physical activity increases the life expectancy and reduces the risk of premature mortality. Physical inactivity, a world wide phenomenon is linked to about 26 different Non Communicable Diseases (NCDs).<sup>[1]</sup> NCDs contribute to around 38 million (68%) of all the deaths globally and to about 5.87 million (60%) of all deaths in India.<sup>[2]</sup> Further about 70% of school going Indian children (11- 17yrs) are physically inactive and are likely to become physically inactive adults.<sup>[3]</sup>

Fit India movement encourages people to remain healthy & fit by including sports and physical activities in their daily lives. It also encourages people to consume healthy diet. "Fit India freedom run 2020" (from 15<sup>th</sup> August to 2<sup>nd</sup> October 2020) is a part of Fit India Movement which was held to encourage fitness and to help all people to get freedom from obesity, laziness, stress, diseases, anxiety, etc. "Fit India Movement Dialogue" was held on 24<sup>th</sup> September 2020 to commemorate the first year of the launch of the programme under the Ministry of Youth and Sports Affairs. The Age Appropriate Fitness

Protocols and Guidelines (5 – 18yrs 18 – 65yrs and > 65 yrs) was launched by the Ministry of Youth and Sports Affairs on the first anniversary of FIM. The Age appropriate fitness protocols includes fitness assessment tests for different age groups and activities (exercises & yoga) to improve their fitness. Some Fit India recommended activities.

**Flexibility related Activities**

1. Forward Bend
2. Calf Stretch
3. Child's Pose, etc.

**Strength related Activities**

1. Straight Leg Raises
2. Curl Up
3. Plank
4. Push-ups

**Endurance related Activities**

1. Spot Running
2. Climbing Stairs
3. Jumping Jacks
4. March and Swing Your Arms
5. Quick Air Punches

6. Swimming
7. Walking lunges

### Balance related Activities

1. Single Leg Stance
2. Leg Swings
3. Walking On Lines of different shapes

Fit India mobile app - a personal trainer-cum-fitness guide was launched on 29th August 2021 on the second anniversary of FIM. It helps individuals to keep track of their daily activity levels. The app recommends Indian food plan, water intake and number of hours of sleep. The app also provides opportunities for individuals, schools, groups and organizations to participate in various Fit India events, certification programmes, etc. People can assess their fitness level by taking the fitness test in the app. The exercises are also available in the app and people can have their fitness score on the app.

The special features of Fitness Protocols in FIM are, they.

- ✓ Provide no-cost fitness
- ✓ Have in-built testing and scoring protocols
- ✓ Includes Yoga for fitness
- ✓ Have inclusiveness for Indian traditional games and practices.
- ✓ Covers all age groups
- ✓ Are endorsed by Government and WHO.

### MATERIALS AND METHODS

#### Participants

200 participants including 100 medicos and 100 non-medicos took part in this study. The participants were categorised under three different age groups i.e. 5 -18, 18-65, >65 years as in fitness protocols and guidelines of Fit India Movement. The participation was voluntary and there was no compulsion.

#### Study design

This study was a questionnaire based study. An online questionnaire was circulated among 200 people (100 medicos & 100 non-medicos) through whats app & their knowledge on Fit India Movement was assessed. The questionnaire had two sections – the first section had questions about Fit India Movement and the second section had questions regarding physical activity. After responding and submitting the questionnaire, by clicking the “view score “option the participants were enlightened with the correct facts of Fit India Movement.

### QUESTIONNAIRE

- Name -----
- Age
  - 5-18 YEARS
  - 18-65 YEARS
  - >65 YEARS
- Occupation
- Are you aware of Fit India Movement ?

- YES
- NO

- Who launched Fit India Movement and when ?
  - The Prime Minister of India, 29th August 2019
  - The President of India, 29th August 2020
- What is the aim of Fit India Movement ?
  - To encourage people to remain healthy and fit by including physical activities and sports in their daily lives.
  - To encourage people to consume healthy diet.
  - All of the above
- Have you participated in Fit India Freedom Run 2020 ?
  - YES
  - NO
- As a citizen of India how are you going to create awareness about Fit India Movement? -----  
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- According to you what other strategies/events(like Fit India Protocol / fitness marathons)can be done to promote fitness ? -----  
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- Are you performing physical activity daily? If yes for how many hours/ mins and how long are you practicing? -----
- What type of physical activity do you prefer?
  - Yoga
  - Exercises
- What benefits are you looking for from the physical activity?
  - Muscular strength
  - Flexibility
  - Stress relief
  - Weight management
  - All of the above
- Which aspects of yoga do you prefer?
  - Asanas (postures)
  - Relaxation
  - Pranayama
  - Meditation
  - All of the above

## RESULTS

Table 1: Preference and practice of physical activity among study population.

INFORMATION	NUMBER/ PERCENTAGE OF PARTICIPANTS
1) Number of participants	200
Number of medicos	100
Number of non-medicos	100
2) Age in years	
5-18 years	25
18-65 years	160
>65 years	15
3) Number of participants aware of Fit India Movement	95 {MEDICOS-40} {NON- MEDICOS- 55}
4) Number of participants doing physical activity regularly	75 {MEDICOS-50} {NON- MEDICOS- 25}
5) Percentage of participants preferring yoga as physical activity	33.5%
6) Percentage of participants preferring exercises as physical activity	66.5%

Out of 200 participants, 95 i.e. 46% of them are aware of this movement. Out of this 95 participants who were aware 40 of them are medicos and the remaining 55 are non-medicos. 59 participants are also aware of the Age based fitness protocols & guidelines of Fit India Movement. 75 participants do physical activity regularly out of which 50 are medicos and 25 are non-medicos. Through our questionnaire we wanted to know the preference for yoga and exercise for physical activity. Based on the responses to our questionnaire we found that 66.5% of the total participants prefer exercise for physical activity and 33.5% of the participants prefer yoga for physical activity. In yoga, 18.2% of the participants prefer Asanas, 27.6% of the participants like Relaxation asanas of yoga, 17.2% of the participants like Pranayama and 28.6% of the participants like Meditation over other physical activities and the remaining 8.4% of the participants preferred all aspects of yoga.

## DISCUSSION

Based on our study population it was noticed that 50% of the medicos who participated in this study perform physical activity regularly whereas only 25% of the non-medicos who participated in this study perform physical activity regularly. 54% of the participants who were unaware of FIM thereby got to know about this movement by spending their time responding to the online questionnaire. Suggestions were obtained from the participants through the questionnaire about possible initiatives from the government to improve fitness. The suggestions obtained were yoga camps, fitness marathons, weekend fitness programmes in educational institutions and in workplaces, etc. to be organised to promote physical activity among individuals. In addition to this, our Bharath Institute of Higher Education and Research had arranged a fitness talk by Professor DR.K.K DEEPAK, the Chairman of the Expert committee for Development of Fitness Protocols for the Medical and Dental students. We had more than 500

participants who joined online for the fitness talk. The take home message for the participants of the fitness talk was to move towards a more physically active lifestyle. The feedback from the participants showed us that nearly 150 students have downloaded the app soon after the guest lecture and all participants have strongly agreed to the inspirational aspect of the guest lecture. They have preferred the app for its simplicity and cost effectiveness.

## CONCLUSION

Fitness helps us to stay away from diseases. Doing Physical activity regularly will keep the doctor away. Physical activity not only builds a healthy body but also helps in maintaining a sound mind. Fitness is always an area of interest among the youngsters. But it is important that all age groups remain fit and healthy and FIM ensures the same. FIM aims at creating a healthier country by making physical activity an integral part our daily lives. It is aiming at fitness for all age groups – healthy children, healthy adults and healthy senior citizens.

**ACKNOWLEDGEMENT:** We are thankful to all the participants who responded to our online questionnaire.

**Financial support and sponsorship** – Bharath Institute of Higher Education and Research.

**Conflicts of Interest** – There are no conflicts of interest.

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