



Awareness of the Fit India Movement among University Students

Kalpana Sharma*

Amity School of Physical Education and Sports Sciences, Amity University, Uttar Pradesh

Article Info

Abstract

Key Words:

Fit India Movement, university students

*Correspondence Author.

Kalpana Sharma
Professor, Dean & Director
Amity School of Physical
Education and Sports Sciences,
Amity University, Uttar Pradesh

Email address:
ksharma1@amity.edu

Article Received: 03.07.2021

Article Accepted: 20.08.2021

Article E-Published: 24.09.2021

The purpose of this study was to survey the level of awareness on Fit India movement as university students. The nature of the study can be called institution survey (university/college) which is basically an assessment and evaluation study. The study tested the awareness of 220 university students at Amity University, Uttar Pradesh. Questionnaire was used for data collection. Students were grouped into four groups according to their domains. Percentage was used to explore awareness. The resulting data shows that the majority (63%+) of the students were aware about the Fit India Movement propelled by our Indian Prime Minister Shri Narendra Modi ji on 29th August 2019. The students of Amity University Uttar Pradesh were aware about the Participation and Social impact of Fit India movement campaign in their lives. The majority of the students were aware about the interest and motivation obtained from the Fit India movement campaign.

Introduction

The term physical education comprises two separate words 'Physical and Education'. The primary word 'Physical' is supposed to be connected with real capacity. Physical is identifying with the body or all the real attributes. The term 'Education' is portrayed as a procedure in which and by which information, character and conduct of the people are comprehended and moulded. Physical Education has been given due importance in the education system. Presently we observe there is a thrust on the subject which was not earlier. Examination of the foundation of physical education will uncover that physical education teachers have normally been distracted with their anxiety that physical education be

perceived as a fundamental piece of the instructive procedure. (Uppal, 2019) aim of physical education is all round development of an individual, which includes neuro-muscular development, personality development, good personal habits, useful living. Physical fitness is one such component of physical education. Charles Corbin and Guy Le Mesurier state that, Physical fitness is the capacity of your body framework to cooperate proficiently to permit you to be sound and perform exercises of everyday living. Doing day by day exercises with the least exertion conceivable is called being proficient. A fit individual can react adequately to ordinary life circumstances and can likewise

react to crisis situations. Regular exercise does more than keep you fit. Physical fitness activities have countless benefits like- improvement in your overall health, makes you feel good, concentration, quality of life improves, improves cardiovascular health, prevent diseases, boost your functional capacities and also help to manage weight. One such activity was taken by our Prime Minister SHRI NARENDRA MODI who propelled the Fit India Movement on 29th August 2019. The Fit India movement is a movement to take the country on a way to wellness and health. It gives a one-of-a-kind and energizing chance to move in the direction of a more advantageous India. As a major aspect of the development people and associations can embrace different endeavours for their own wellbeing and prosperity just as for the wellbeing and prosperity of individual Indians. (FIT INDIA, 2019) Amity University has always been an ardent promoter of sports and extracurricular activities with an aim to take the nation forward on the path of fitness, wellness and also to provide a unique and exciting opportunity to work towards a healthy India. Some programs conducted by the University include SANGATHAN as its annual sports events. The University not only focuses on the physical well-being but also emphasizes on psychological and mental health, and for that Amity has its Yoga Centre and conducts free meditation sessions for all students and staff. Adding to this Amity University is also running the Fit India Movement campaign in the campus. Thousands of Amity students have pledged to take care of their health and physical well-being during the live telecast program organized by Amity University on the launch of Fit India Movement. As a befitting tribute to the Father of the Nation, Mahatma Gandhi, on his 150th Birth Anniversary, 2 km long Fit India Plogging Run was organised on October 2, 2019 at Amity University Uttar Pradesh, Noida Campus. Organized under the aegis of the Department of Sports, Government of India and as per the directive of University Grants Commission and aligning with the 'Fit India Movement' launched recently by Prime Minister Shri Narendra Modi, the run intended to promote a culture of fitness and cleanliness. There were more than 300 students who took part in the event (including day scholars) and ran for 2 kms and collected plastic garbage. Those who were unable to run, they walked at a brisk pace. The students and

faculty members got together in University huge numbers for the run and also took a pledge to instil cleanliness and fitness in their daily lives. The university has eliminated single use plastic from the campus and has been trying to promote fitness in its students. Many other programs were also organised under the banner of Fit India Movement by the University. Students are also being involved in various activities so that they can remain healthy and fit through this Fit India Movement campaign going in the Amity University. When the campaign is going on such a large scale it requires a screening to find out whether the Motto of the campaign is getting fulfilled or not. The study focuses on the awareness level examinations of the Amity University Uttar Pradesh students so that we can actually get the clear picture that whether the campaign is actually creating the awareness level in the students toward the need for and importance of fitness in their daily life or it needs modification or changes.

Statement of the problem

The primary motivation behind the study was to do a survey on the awareness of the Fit India Movement in Amity University, Uttar Pradesh.

Objective of the study

To assess the awareness of the Fit India Movement among the University students. The Research questions guided the researcher all through the examination dependent on the targets of the study:

1. What is the awareness level of the students about the Fit India Movement?
2. What percentage of the students have impact of Fit India movement campaign in their lives?
3. What percentage of the students have personal interest in doing physical activity regularly?

Procedure and Methodology

Design of the study

For the purpose of the study descriptive design was employed to find out the awareness of the Fit India movement.

Participant

Two hundred and twenty (N=220) male and female of age group 21-25 years from four (4)

domains of Amity University Noida were selected for the study. Both boys and girls were the respondents.

Variables

To study the awareness of the Fit India movement the following variables (socio-psychological) awareness, interest, motivation, participation & impact were selected to determine the level of awareness.

Procedure

Criterion measures were chosen and the questionnaire reliability was measured at 0.74. Content validity of the questionnaire was also established through team of experts having ten years of experience in the profession. The questionnaire consisted of 21 questions and was constructed using the awareness rating scale consisting of 5 options.

The questionnaire was divided into 3 sections & each section contained 7 questions.

- ❖ Awareness
- ❖ Interest and motivation
- ❖ Participation and social impact

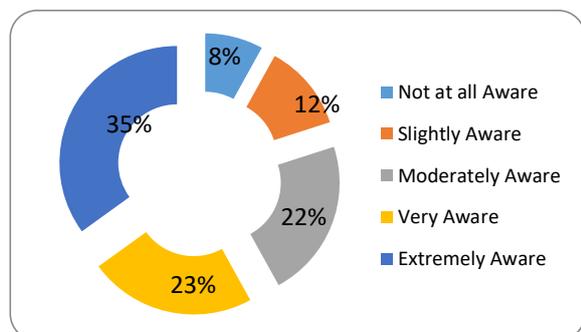
Statistical technique for analysis of data

Percentages were employed to describe the awareness of the Fit India movement.

Results and Discussion

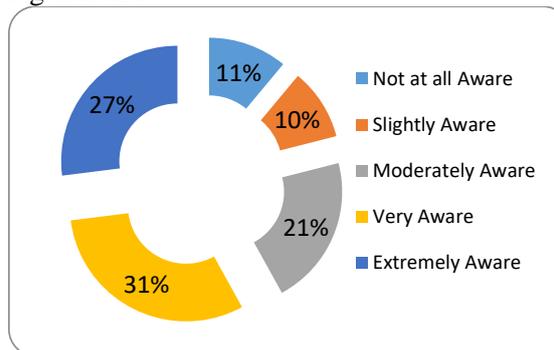
The following tables illustrate the statistical result of the awareness of Fit India Movement among the students of the university.

Chart-1: Pie Chart showing overall awareness percentage of Amity School of Architecture and Planning



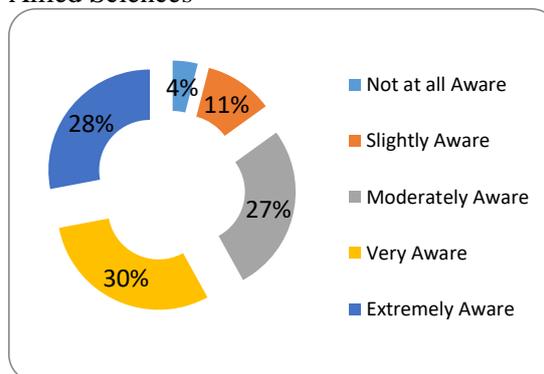
Note: here, extremely aware - 5, very aware - 4, moderately aware - 3, slightly aware - 2, not at all aware - 1

Chart-2: Pie Chart showing overall awareness percentage of Amity Institute of Organic Agriculture



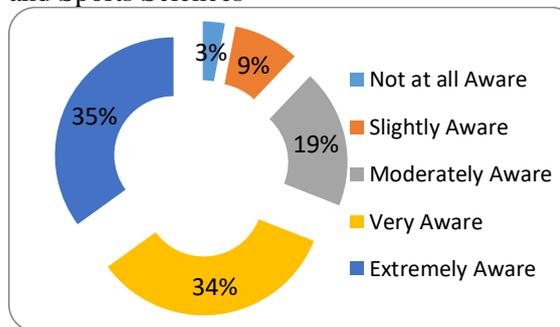
Note: here, extremely aware - 5, very aware - 4, moderately aware - 3, slightly aware - 2, not at all aware - 1

Chart-3: Pie Chart showing overall awareness percentage Amity Institute of Behavioural and Allied Sciences



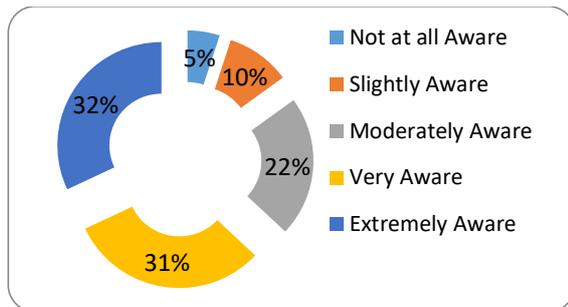
Note: here, extremely aware - 5, very aware - 4, moderately aware - 3, slightly aware - 2, not at all aware - 1

Chart-4: Pie Chart showing overall awareness percentage Amity School of Physical Education and Sports Sciences



Note: here, extremely aware - 5, very aware - 4, moderately aware - 3, slightly aware - 2, not at all aware - 1

Chart-5: Pie chart showing the overall awareness of Fit India cumulatively among all the groups



Note: here, extremely aware - 5, very aware - 4, moderately aware - 3, slightly aware - 2, not at all aware - 1

Key Findings

On the basis of the results of this research it can be concluded that:

1. The majority of the students (63 %+) were aware about the Fit India

On the basis of the results of this research it can be concluded that:

1. The Amity majority (of the students were aware about the Fit India movement started by our Honourable Prime Minister SHRI NARENDRA MODI on 29th august 2019.
2. The students of Amity University Uttar Pradesh were aware about the Participation and Social impact of Fit India movement campaign in their lives.
3. The majority of the students were aware about the interest and motivation obtained from the Fit India movement campaign.
4. It can also be concluded that the participants of group 4 i.e., the students of ASPESS (Amity School of Physical Education and Sports Sciences) were much more aware as compared to the rest of the students belonging to Group 1, 2 and 3.

Way Forward

By examining every one of these realities and the consequences of this study following proposals are made with the end goal of future looks into: Corbin, C.B, Dale, D., and Pangrazi, R.P. (1999). Promoting physically active lifestyle among youths. *JOPERD. The Journal Of Physical*

movement launched by our Honourable Prime Minister SHRI NARENDRA MODI on 29th August 2019.

2. The students of Amity University Uttar Pradesh were aware about the Participation and Social impact of Fit India movement campaign in their lives.
3. The majority of the students were aware about the interest and motivation obtained from the Fit India movement campaign.

It can also be concluded that the participants of group 4 i.e., the students of ASPESS (Amity School of Physical Education and Sports Sciences) were much more aware as compared to the rest of the students belonging to Group 1, 2 and 3.

Conclusions

1. Modifying the conduct plan on the on-going campaign of Fit India movement in the university.
2. Planning of activities engaging maximum students.
3. Bringing in activities for boys and girls.
4. Impact of the program may be observed between universities.
5. Social Engagement in Fit India movement can be observed.
6. Observe patterns of conduct of the by various age groups and regions

References

- Boreham, C., and Riddoch, C. (2001). The physical activity, fitness and health of children, *Journal of sports sciences*, 19, 915-929.
- Bouchard, C., and Rankinen, T. (2001). Individual differences in response to regular physical activity. *Medicine and Science in sports and exercise*
- Cluori, I. (1998) Does physical activity enhance health? Patient Education and Counselling.
- Corbin, C., Nielson, A., Borsdorf, L., and Lourie, D. (1987). Commitment to Physical Activity