

**GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
DEPARTMENT OF SPORTS**

LOK SABHA

**UNSTARRED QUESTION NO.835
TO BE ANSWERED ON 06.02.2020**

Physical activity among Budding Generation

835. SHRI E.T. MOHAMMED BASHEER :

Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state:

- (a) whether the Government has noticed that, physical activity of the girl students has decreased as per WHO report;**
- (b) if so, whether the Government has any programme of action to improve the physical activity among budding generation; and**
- (c) if so, the details of programmes/schemes thereof ?**

ANSWER

**THE MINISTER OF STATE (INDEPENDENT CHARGE)
FOR YOUTH AFFAIRS AND SPORTS
[SHRI KIREN RIJJU]**

(a) The WHO report mentioned in the question has not been shared with the Ministry of Health and Family Welfare or the Ministry of Youth Affairs and Sports.

(b)& (c) The Government has initiated various programmes of action to improve the physical activity among budding generation. Government of India has introduced the Fit India Movement where it is playing the role of a catalyst so that Fit India becomes a people's movement. The Movement aims at transforming India by raising awareness and encouraging people to adopt a healthy and physically active lifestyle including physical activities and sports in their daily lives. The Health & Family Welfare Ministry has been providing fitness guidance, including Eat Right suggestions, at the wellness centers in the Ayushman Bharat Health and Wellness Centres.
