

## **Press Release**

### **Fit India Movement**

### **Taekwondo Classes & Self – Defense Training for Staff & Students AIIMS Bhubaneswar**

Fit India Movement launched by Prime Minister of India Narendra Modi, is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. AIIMS Bhubaneswar along with other physical & sports, started Taekwondo Classes and Self- defense sessions for the staff and students. On 02.03.2021, the session was officially launched by the Dr Gitanjali Batmanabane, Hon'ble Director, at the residential campus of AIIMS Bhubaneswar.

The training session has shown participation largely from the residents, students and nursing officers along with faculty. The sessions are conducted 3 days in a week for Taekwondo and weekly one session for self-defense training.

This training session is funded by the Kayakalp Award Money. It may be noted that the institution has recently been awarded the first prize under Kayakalp Initiative, category B, by the Ministry of Health and Family Welfare, Govt of India.

# Taekwondo & Self-Defence Classes

Freedom from Lethargy to a positive lifestyle!  
#NewIndiaFitIndia

For Staff and Students  
AIIMS, Bhubaneswar  
2nd March 2021

**FIT INDIA**  
For Better Life

**MARTIAL ARTS**

MIND	BODY	SPIRIT
MINOR FLEXIBILITY	BALANCE	PATIENCE
CONFIDENCE	COORDINATION	RESPECT
SELF CONTROL	ELASTICITY	INTEGRITY
PROBLEM SOLVING	MUSCLE TONE	HUMILITY
ADAPTION	ENDURANCE	PERSEVERANCE

