

Everyone should adopt exercise

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Haryana,

Haryana Chief Secretary Keshni Anand Arora today gave out a message of healthy and stress-free life to the officers and employees of Haryana Civil Secretariat, Chandigarh, so that they can strike a right balance between their duties towards themselves, their families and their official work.

Mrs Keshni Anand Arora said this, during the inauguration of the "Fit India Movement" by the Prime Minister, Mr Narendra Modi from Indira Gandhi Stadium, New Delhi today. The programme was telecasted nationwide through Doordarshan. And, the Chief Secretary and other officials also watched live 'Fit India Movement' programme at the Haryana Civil Secretariat, Chandigarh and took a pledge of fitness.

On this occasion, Mrs Arora said that today, such programmes like Fit India Movement is the need of the hour because over time there has been a lot of change in the lifestyle of the people and their attention has reduced towards fitness. Therefore, Fit India movement is an important step towards a healthy India. She said that everyone should adopt exercise and other physical activities in their daily routine, to keep their body fit and mind calm. In this way, every person can lead a healthy life.

Mrs. Arora also interacted with the officers and employees present regarding their daily routine and shared her personal experiences. She said that the country would become fit if it's all citizens become fit. Thus, everyone must engross himself or herself in one or the other physical activity.

Those present on the occasion included, Secretary, General Administration Department, Mr Vijayendra Kumar, Secretary, Personnel, Training, Vigilance and Parliamentary Affairs departments, Mr Nitin Kumar Yadav, Secretary, Home Department-I. Mr T.L. Satyaprakash, Special Secretary, Home Department-II, Mr Rajiv Rattan and other senior officials were present.

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