

Goa embraces FitnessGram:
A leap towards youth wellness.

On 12th March 2024,

Goa witnessed a significant milestone in its commitment to youth fitness as the Honorable Chief Minister, Shri Pramod Sawant, led a ceremony distributing certificates to students from three esteemed schools: LD Sawant Memorial School, Progress School, and St. John School. This event marks the state's pioneering embrace of FitnessGram, a groundbreaking fitness assessment tool developed by Dr. Kenneth Cooper, renowned as the "Father of Aerobics."

A couple of weeks ago, assessors from FitnessGram conducted evaluations of the students, laying the foundation for Goa's adoption of this world-class program. Originating over four decades ago in the United States, FitnessGram is utilized by over 6 million children nationwide. In India, Goa is the first state to integrate this revolutionary platform into its educational framework.

Addressing the gathering, CM Pramod Sawant emphasized the paramount importance of fitness in the holistic development of children, advocating for its diligent incorporation into daily routines. Notable dignitaries including the Director of Sports and Director of Education joined the occasion, underscoring the government's commitment to fostering a culture of wellness among the youth.

Mahesh Kutty, representing FitnessGram, provided insights into the product's background and organizational ethos, highlighting its proven track record in promoting physical activity and health awareness among children.

As the students proudly received their certificates, reflecting their dedication to personal fitness goals, refreshments were served, fostering a celebratory atmosphere. Looking ahead, plans are underway to extend the fitness assessments to more school children in the near future, signaling a continued commitment to nurturing a healthier and more active generation in Goa.

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