

**GOVERNOR'S SECRETARIAT
ARUNACHAL PRADESH
ITANAGAR**

PRESS RELEASE

Governor flags off 'Fit India Plugging Run'

Keep fit and keep your surroundings clean: Governor

The Governor of Arunachal Pradesh Brig. (Dr.) B.D. Mishra (Retd.) flagged off the 'Fit India Plugging Run', the first event of the day to commemorate 150th birth anniversary of Mahatma Gandhi from Raj Bhavan, Itanagar on 2nd October 2019. Large numbers of children including students from Sange Lhaden Sports Academy, Chimpu, Jawans from ITBP and sports enthusiasts participated in the run.

Addressing the participants, the Governor said that good health and cleanliness are two very important aspects for a healthy and progressive Nation. He urged upon the people of the State to imbibe fitness practices and cleanliness habits.

The Governor called upon the children to emulate good routines and also spread the message of our Father of the Nation Mahatma Gandhi for Swachh Bharat amongst their friends, parents and guardians. Keep fit and keep your surroundings clean, the Governor appealed.

Secretary Sports Shri Himanshu Gupta gave the introductory note on the 'Fit India Plugging Run' and said that aim of the Run is to promote fitness and keep the environment clean. The run regimen of the combined the jog with the picking up of rags and scraps, like 'one time use plastics items etc.' on the route, he said.

First Lady of the State, Smt Neelam Misra, Education Minister Er. Taba Tedir, Chief Secretary Shri Naresh Kumar, DGP Shri R.P. Upadyaya and Director Sports Shri Tadar Appa were present on the occasion amongst others.

PRO to Governor
Arunachal Pradesh
ITANAGAR, October 2, 2019