



सचिव

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

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D.O.NO.1-1/2024(SPORTS)/FIW

November 20, 2024/ कार्तिक 29, 1946

**Subject: 6<sup>th</sup> Edition of Fit India Week Scheduled to be Celebrated from 15<sup>th</sup> November to 31<sup>st</sup> December 2024 – reg.**

आदरणीय महोदया/महोदय,

I am writing to bring to your kind attention the celebration of the 6<sup>th</sup> edition of Fit India Week, scheduled to take place from 15<sup>th</sup> November 2024 to 31<sup>st</sup> December 2024. This initiative aims to promote fitness awareness among various stakeholders through a series of fitness activities conducted over 4 to 6 days during this period in Higher Educational Institutions (HEI).

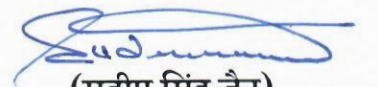
Please find enclosed a copy of D.O. letter No. 17-08001/6/2024-17 dated 5<sup>th</sup> November 2024, along with the Standard Operating Procedures (SOP) for the Fit India Week, as received from the Secretary, Department of Sports, Ministry of Youth Affairs & Sports.

We kindly urge your esteemed institution to celebrate the FIT India Week and also requesting to circulate the enclosed documents to the Educational Institutions under your administrative control for appropriate action. Further details regarding Fitness Week are available on the Fit India portal at <https://fitindia.gov.in>. You are requested to take action as mentioned in the advisory sent by Ministry of Youth Affairs & Sports, please.

We really appreciate your continuous participation in FIT INDIA PROGRAM making it a huge success.

With kind regards,

Yours sincerely,

  
(सुदीप सिंह जैन)

संलग्नक: उपरोक्तानुसार

To,

- सभी विश्वविद्यालयों के कुलपति।
- सभी महाविद्यालयों के प्राचार्य।

सुजाता चतुर्वेदी, भा.प्र.से  
सचिव  
Sujata Chaturvedi, IAS  
Secretary

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भारत सरकार  
खेल विभाग  
युवा कार्यक्रम और खेल मंत्रालय  
Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports  
Date: 05.11.2024

D.O.No.17-08001/6/2024-17

*Dear Sanjay,*

At the outset, let me express the gratitude of Fit India Mission to the Department of School Education and Literacy, for its support in making the previous five editions of the Fit India School Week a success. The past editions have witnessed a cumulative participation of 18 Lakh schools.

2. As we embark on the 6th edition of the Fit India Week, our goal is to make this year's event bigger and more inclusive than ever. Building on the enthusiasm of schools, colleges, and universities, it shall be our endeavour to make fitness a part of daily life style and spread the message of fitness among various segments of the population. This year, the Fit India Week is scheduled to be celebrated from **15th November to 31st December 2024**. During this period, schools, colleges and universities are encouraged to conduct a range of fitness activities over 4 to 6 days of the chosen week.

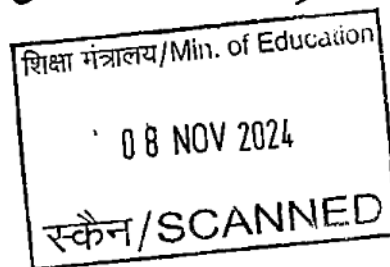
3. In this regard, it is requested to kindly issue necessary directions to all colleges and Universities, States/UTs higher education departments to encourage them to register for the Fit India Week and celebrate it in a grand manner. The details of the Fit India Week would be available from first week of November, 2024 on the Fit India portal [<https://fitindia.gov.in>].

4. It is also suggested that the Annual Sports Day of colleges and Universities be celebrated on any day falling in the Fit India Week, to promote a culture of sports. Efforts may also be made to encourage students and faculty members to commute by bicycle with a focus on road safety. A list of suggestive activities for the Fit India Week, 2024 incorporating the celebrations of the Annual Sports Day are enlisted in the SOP enclosed herewith.

5. I look forward to your continued support to make the Fit India Week a big success.

*Best wishes,*

7/11/2024  
Shri K Sanjay Murthy  
Secretary  
Dept of Higher Education  
Ministry of Education  
127-C, Shastri Bhawan, New Delhi.



Yours sincerely,  
*Sujata Chaturvedi*  
5/11/24  
(Sujata Chaturvedi)

### SOP for Fit India Week 6.0

1. Fit India Week 2024 aims to propagate fitness awareness among students, parents, teachers, and educational institutions across India by engaging in various activities promoting an active and healthy lifestyle. This initiative, beginning in 2019, has evolved to reach millions and continues to focus on expanding the fitness movement to more schools, colleges, and higher education institutions. In the subsequent five editions, the Fit India Week has been observed by 18.5 Lakhs schools
2. In this edition of Fit India Week is to be observed from **15th November to 31st December 2024**, in schools, colleges, and universities in pursuit of spreading the message of fitness to various segments of the population. Schools, colleges, universities, and higher education institutions can select any one week within this duration to celebrate Fit India Week observing the activities enumerated below:

Day	Indicative List of activities for Fit India Week 2024 for Schools/ Colleges and Universities
1.	Annual Sports Day, Popular Sports & Fun Games
2.	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3.	Indigenous Games
4.	Fitness Assessment through Mobile App
5.	Yoga & Meditation
6.	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet
7.	Idea generation contests & Entrepreneurship Building in HEI & Colleges
<b>Schools /Colleges/ HEI and Universities to encourage students to commute by bicycle during the week with adequate focus on road safety</b>	

3. Schools / Colleges/ HEI and Universities to appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, mobile number and email ID) at [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)
4. Invite eminent Athletes/Public representatives/Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc to join Fit-India Week celebration.
5. **Pre-event promotion:** Ensure pre-event promotion of the event to be organized by respective Schools / Colleges/ HEI and Universities from **15th November 2024** onwards followed by post event promotion and engagement.

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6. Schools / Colleges/ HEI and Universities to release a press note by **15<sup>th</sup> November 2024** informing about the event and schedule of activities.

7. Schools / Colleges/ HEI and Universities to conduct various activities in any one week during the Fit India Week 2024 celebration till to **31st December 2024**.

8. The organizers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: [https://drive.google.com/drive/folders/178z4Gz-t2HaWOLuyRDbJZnCwQIHeHeE8?usp=drive\\_link](https://drive.google.com/drive/folders/178z4Gz-t2HaWOLuyRDbJZnCwQIHeHeE8?usp=drive_link)

9. Schools / Colleges/ HEI and Universities to register their event on Fit India portal (<https://fitindia.gov.in/>) and upload details of participants and activities performed daily to have live dashboard on Fit India portal as shown below:

E.g., The organization conducted following Fit India Week 6.0 events:

1. Event/s on 15-11-2024 with 50 participants

2. Event/s on 04-12-2024 with 100 participants

The data for the event/s would be filled by the organization on Fit India Portal in the following manner for each day:

S.No.	Date (DDMMYYYY)	No. of Participants	Total No. of Events/ Activities	Add Participants
1	15-11-2024	50	250	
2	04-12-2024	100	300	
Grand Total		150	550	
For downloading certificates for Schools / Colleges/ HEI and Universities				

10. Promote Fit India Week 2024 on their social media channels with #FIW2024 and #FitCollegeFitIndia #FitSchool through creatives, videos, write-ups, pictures of the events. (Social media team member name and number) is point of contact for any coordination regarding social media from Fit India Mission.

11. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the Event.

12. Participants shall be encouraged to take the Fit India Pledge-

**Fit India Pledge**

**I take the pledge:**

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

**मैं प्रतिज्ञा करि/करती हूँ:**

- एक सतिय और स्वस्थ जीवन शैली जीऊँ गा/जीऊँगी
- अपने तिटनेस और स्वास्थ्यके तलए हरतिन 30 तमनटका समय तनकालूँगा/तनकालूँगी
- अपने पररवारके सिस्स औँ रपडयतसययकूँ यतित और स्वस्थ रहनेके तलए प्रयत्सातहिकरूँ गा /करूँगी
- तिटडूँतियामयबाइलएप्लिके शनपरत्रैमातसकतितनेसम् लूँकांकनपरीक्षणलूँगा/लूँगी



Download Fit India Mobile App to track your miles for the Fit India Week 2024 on the following link:

- Android: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- IOS: <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>
- FIMA

