



वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्  
COUNCIL OF SCIENTIFIC & INDUSTRIAL RESEARCH  
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110 001  
Anusandhan Bhawan, 2, Rafi Marg, New Delhi- 110 001



सां/No. : 5-1(17)/2008-PD

Dated: 02.10.2024

**प्रेषक :** संयुक्त सचिव (प्रशासन)  
**From :** Joint Secretary (Admn.)

**सेवा में :** सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान  
**To :** The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

**विषय :** 'स्वच्छता और स्वास्थ्य' थीम के साथ 'फिट इंडिया फ्रीडम रन 5.0' के संबंध में।  
**Sub :** 'Fit India Freedom Run 5.0' with the theme "Swachhta and Swasthya"- reg.

महोदय/Sir / महोदया/Madam,

मुझे, उपरोक्त विषय पर सचिव, खेल विभाग, युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार के दिनांक 27.09.2024 के अर्धशासकीय पत्र सं KI/Fit India/Freedom Run/2024 को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है।

I am directed to forward herewith D.O letter No. KI/Fit India/Freedom Run/2024 dated 27.09.2024 from the Secretary, Department of Sports, Ministry of Youth Affairs & Sports, Government of India on the above mentioned subject for your information, guidance and compliance.

भवदीय/Yours faithfully,

अवर सचिव (नीति प्रभाग)/ Under Secretary (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

1. Dr. (Mrs.) Anuradha Madhukar, Chief Scientist, CSIR HQ & Secretary, SPB
2. सी.एस.आई.आर. वेबसाइट/ CSIR Website.
3. कार्यालय प्रति/Office copy.

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



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

D.O. No.KI/Fit India/Freedom Run/2024

Dated: 27<sup>th</sup> September, 2024

*Dear Colleagues,*

The Fit India Freedom Run was started in 2020 by this Ministry to mark two days of national importance, namely, Independence Day and Gandhi Jayanti. This Run aims to inculcate the habit of walking and running in people in the quest for better health and fitness. Considering the importance of cleanliness for healthy lifestyle, the Fifth edition of the Fit India Freedom Run will be organized this year as 'Fit India Freedom Run 5.0' with the theme of Swachhta and Swasthya, from 2<sup>nd</sup> October, 2024 to 31<sup>st</sup> October, 2024.

2. The Fit India Freedom Run 5.0 is envisaged to be a fully inclusive event with participation of people from all walks of life and age groups, across the country. Towards this, a national level programme is planned in Delhi on 2<sup>nd</sup> October, 2024, to mark Gandhi Jayanti. This year, the month-long campaign of the Fit India Freedom Run 5.0, will culminate with a Unity Run on 31<sup>st</sup> October, 2024 commemorating the birth anniversary of Sardar Vallabhbhai Patel.

3. To make this initiative successful, I request your kind support in organizing Fit India Freedom Run 5.0 in your ministries, departments and other organizations under your administrative control, from 2<sup>nd</sup> October to 31<sup>st</sup> October 2024. It is also requested to issue necessary instructions to encourage mass participation from all the Government employees, their family members and local communities in the month-long campaign of the Run.

4. I shall be grateful for your support in this regard. For your convenience, a copy of the Standard Operating Procedure (SOP) of the Fit India Freedom Run 5.0 is attached. For any information/clarification on the subject, the officers entrusted with the responsibility may contact the Fit India Mission (080-69169910, [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)). It is also requested to share the details of the nodal officer(s) on the above email for better coordination.

*Best wishes,*

Yours sincerely,

*[Signature]*  
27/9/24  
(Sujata Chaturvedi)

Encl: As above

To: Secretaries to all the Ministries/Departments of the Government of India.





**SOP for Fit India Swachhata Freedom Run 5.0 –“Swachh Bharat,  
Swasth Bharat”**

1. In this edition of Fit India Freedom Run from 2<sup>nd</sup> October to 31<sup>st</sup> October 2024, the focus will be on Swachhata along with fitness. Organizers can choose any day(s) during this duration to conduct the run, spreading awareness regarding cleanliness as well promoting physical fitness.
2. Organisations 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)
3. Organize Plog Run events on launch day i.e., 2nd October 2024 and runs/walk from 2<sup>nd</sup> to 31<sup>st</sup> October, 2024 at iconic and historically important places in the State/UTs, invite People's-Representatives/ Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc.
4. **Pre-event promotion:** Ensure pre-event promotion of the event to be organised by respective States /UTS Governments, Ministries/Departments & Organizations from **26<sup>th</sup> September 2024** onwards followed by post event promotion and engagement after the launch.
5. The organizing department to release a press note by **26<sup>th</sup> September 2024** informing about the event and schedule of activities.
6. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31st October 2024
7. Encourage participation in the Freedom Run 5.0 from friends, families, and other connections in the network of the individuals participating in the event.
8. While participating in Freedom Run, use Fit India Mobile App for tracking the distance covered by using running feature.
9. The organisers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link:  
[https://drive.google.com/drive/folders/1V\\_6KEMom\\_NSko3SNzWI9xfsesaUxP7c1?usp=drive\\_link](https://drive.google.com/drive/folders/1V_6KEMom_NSko3SNzWI9xfsesaUxP7c1?usp=drive_link)

10. Organizers to register their event on Fit India portal (<https://fitindia.gov.in/>) and upload details of participants and kilometers (kms.) covered daily to have live dashboard on Fit India portal as shown below:

E.g., The organization conducted following Fit India Freedom run 5.0 events:

1. Event/s on 03-10-2024 with 50 participants ran for 3 kms.
2. Event/s on 04-10-2024 with 100 participants ran for 3 kms.

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 KMS covered	Add Participants
1	03-10-2024	50	150	
2	04-10-2024	100	300	
Grand Total		150	450	
For downloading certificates for participants and organizers				

11. Promote Freedom Run on their social media channels with #SwachhBharatSwasthBharat and #Run4India 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.

12. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the campaign.

13. 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 करता/करती हूँ:**

- एक सक्रिय और स्वस्थ जीवन शैली जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा /करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा/लूँगी

14. Download Fit India Mobile App to track your miles for the Fit India Freedom Run 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 QR:



