



महेन्द्र कुमार गुप्ता
MAHENDRA KUMAR GUPTA
संयुक्त सचिव
Joint Secretary



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

DO No: 4-10(39)/2026-HR-II Comp. No.:300417

Dated: 23rd February, 2026

Dear *Directors/Heads*

Kindly refer to Ministry of Youth Affairs & Sports Letter No. D.O.NO.:01/27/2026-HO-FIT INDIA dated 12th February, 2026 regarding implementation of the flagship initiative “**Sundays on Cycle (SoC)**” campaign under the aegis of the **Fit India Movement**.

2. The Ministry has emphasized the need for active participation of all Government Ministries/Departments and their attached/subordinate/autonomous organizations in promoting physical fitness and healthy lifestyle practices through cycling, as part of the national movement towards a fitter and healthier India.
3. CSIR, being a premier national R&D organization, is expected to proactively associate with this initiative. Accordingly, you are requested to take necessary action to implement the directions contained in the above-mentioned communication in your respective Laboratory/Institute.
4. The following measures may, inter alia, be undertaken:
 - Promote daily cycling and walking within campus, and/or
 - Have designated vehicle-free or bicycle-friendly days/hours, or
 - Designate specific parts/areas within campus as non-motorized, bicycle friendly zones, and
 - Educate officials about the health, environmental, and productivity benefits of active mobility.
5. I shall appreciate your personal intervention in ensuring timely and effective implementation of the above initiative.

Regards.

Yours sincerely,

(Handwritten signature)
23/2/26

(Mahendra Kumar Gupta)

To,

All Directors/Heads
CSIR Laboratories/Institutes/Units

हरि रंजन राव, भा.प्र.से
सचिव
Hari Ranjan Rao, 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.: 01/27/2026-HO - FIT INDIA

Dated: 12th February, 2026

Dear Madam,

The **Fit India Movement**, launched by the **Hon'ble Prime Minister in 2019**, envisions making fitness an integral part of everyday life. The movement encourages people of all age groups to adopt physically active lifestyles through regular participation in **fitness and sports** activities. Under the Fit India Mission, several initiatives such as **Fit India Sundays on Cycle (SoC), Fit India School Certification, Fit India Women's Week, Fit India Carnival, and promotion of the Fit India Mobile App (FIMA)** have been undertaken to create mass awareness and sustained behavioural change towards fitness.

2. In furtherance of these objectives, **'Sundays on Cycle'** has emerged as a flagship initiative promoting cycling, walking, and other non-motorised modes of transport as sustainable, accessible, and health-enhancing practices. Since its inception, the initiative has witnessed **participation of 23,34,780 citizens across 2,03,356 locations across India, through 57 editions**, reflecting widespread national engagement. The initiative effectively aligns physical fitness with environmental responsibility and community participation, making active mobility a key component of the **Fit India** vision.

3. In this context, it is proposed to encourage the concept of a **Cycle-Friendly / Non-Motorised Campus** across **closed wall campuses of 'institutions' falling under the jurisdiction of the ministries**. Promoting cycling and foot-walking within these campuses will not only contribute to physical and mental well-being of employees, but will also help reduce carbon emissions, traffic congestion, and dependence on motorised transport. Such campuses can act as living examples of active and sustainable workplaces.

4. I would, therefore, request your kind support in **encouraging officials and staff** of your Ministry/Department to adopt cycling and walking within such premises, and to expand the scope of 'Sundays on Cycle' through:

- Encouraging daily cycling and foot-walking inside campuses, and/or
- Observing **designated vehicle-free or cycle-friendly days/hours**, or
- **Declaring** specific stretches/areas within campuses as **non-motorised, cycle-friendly zones**, and
- **Sensitising** officials about health, environmental, and productivity benefits of active mobility.

5. Further, this model can be effectively implemented in **large residential campuses, educational and research institutions, warehouses**, and other expansive establishments. Selected zones within such campuses may also be **formally declared** as non-motorised, cycle-friendly areas to institutionalise active mobility as a regular practice.

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6. Similar arrangements have been successfully implemented by **Infosys since April 2016**, achieving completely car-free campuses, as highlighted in the annexed information note. The illustration may serve as a useful reference for Ministries/Institutions considering adoption of such initiatives.

7. The **Fit India Mission team would be glad to extend guidance and knowledge support**, including awareness material, best practices adopted by other institutions. For any further details, please contact, **Ms. Nisha Vidhyarthi**, Assistant Director, Fit India, SAI (Phone: +91 9990429129).

8. Your leadership and encouragement in this regard will go a long way in setting an example, and inspiring a healthy, active, and environmentally conscious work culture across Government establishments.

Warm Regards,

Yours sincerely,



(Hari Ranjan Rao)

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