वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110001

सं. : 5-1(17)/2008-पीडी दिनांक : 13.10.2026

कार्यालय ज्ञापन

विषय: फिट इंडिया फ्रीडम रन 7.0 (2026) के आयोजन एवं व्यापक जनभागीदारी के सम्बन्ध में|

अधोहस्ताक्षरी को यह कहने का निदेश हुआ है कि सक्षम प्राधिकारी ने उप महानिदेशक, भारतीय खेल प्राधिकरण द्वारा उपरोक्त विषय पर जारी दिनांक 25 सितम्बर, 2026 के अर्धशासकीय पत्र सं. 01-34017(04)/76/2026-HO-FIT INDIA को सभी सीएसआईआर प्रयोगशालाओं/संस्थानों/इकाइयों को सूचना, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने की स्वीकृति प्रदान की है।

इसके अतिरिक्त, सक्षम प्राधिकारी ने डॉ. अनुराधा मधुकर, मुख्य वैज्ञानिक, इस्टैड, सीएसआईआर मुख्यालय को फिट इंडिया मूवमेंट का नोडल अधिकारी नामित किया है। वे सीएसआईआर की सभी प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों द्वारा फिट इंडिया मूवमेंट से संबंधित गतिविधियों का भारतीय खेल प्राधिकरण के साथ समन्वय करेंगी।

13/10/26

अमरेन्द्र कुमार
अवर सचिव (नीति प्रभाग)

संलग्न/ : यथोपरि
प्रतिलिपि :

1. सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान
2. डॉ. अनुराधा मधुकर, नोडल अधिकारी, फिट इंडिया मूवमेंट और मुख्य वैज्ञानिक, इस्टैड, सीएसआईआर मुख्यालय
3. सी.एस.आई.आर. वेबसाइट
4. कार्यालय प्रति

मयंक श्रीवास्तव, भा.पु.से.
उप महानिदेशक
Mayank Srivastava, IPS
Deputy Director General

सत्यमेव जयते

भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA

D.O. No. 01-34017(04)/76/2026-HO- FIT INDIA Date:25th September 2026

Dear Sir/Mam,

The Fit India Freedom Run, an initiative launched in 2020 under the Fit India Movement, was designed to promote health and fitness across the country by encouraging citizens to adopt physical activity as a part of their daily lives. The concept of "Run Anywhere, Anytime" has been at the core of this campaign, enabling people to participate at a place and time of their convenience and making it one of the largest community fitness movements in the country.

2. The 7th edition of Fit India Freedom Run (2026) is proposed to be organised from 2nd October to 31st October 2026 across the country. This year's campaign will continue to promote the message of "Fitness Ki Dose, Aadha Ghanta Roz" by encouraging citizens to dedicate at least 30 minutes every day to physical activity. The campaign is proposed to commence on 2nd October 2026 (Gandhi Jayanti) with a nationwide Plog Run, promoting the twin objectives of Fitness and Cleanliness, and will culminate on 31st October 2026 with a Unity Run to commemorate the birth anniversary of Sardar Vallabhbhai Patel.

3. Key Expectations from States/UTs, Ministries, Departments and Organisations:

i. Appointment of Nodal Officer: All Ministries/Departments of the Government of India, State Governments/UT Administrations, and other participating organisations are requested to nominate a nodal officer for coordination with the Fit India Movement. The details of the nodal officer (Name, Designation, Mobile Number and Email ID) may be shared at contact@fitindia.gov.in.

ii. Organisation of Events: Ministries, Departments, States/UTs and organisations are requested to organise Fit India Freedom Run events throughout the campaign period and register the events on the Fit India Portal with details of participants and kilometres covered.

iii. Promotion through Social Media: All stakeholders may actively promote the campaign through their official social media platforms using the hashtags #Run4India, #FitIndiaMovement, and #SwachhBharatSwasthBharat to maximise public outreach.

iv. Publicity and Outreach: Wide publicity may be undertaken through social media, print and electronic media, community radio, local outreach programmes, educational institutions, and public announcements to ensure greater awareness and participation.

v. Inclusive Participation: Special efforts may be made to mobilise participation from Panchayats, Urban Local Bodies, schools, colleges, universities, youth clubs, Nehru Yuva Kendras, NSS/NCC units, Self-Help Groups, Resident Welfare Associations, corporate organisations, and citizens from all sections of society.

4. The Fit India Freedom Run 7.0 aims to bring together citizens from all walks of life in a shared commitment towards building a Fitter, Healthier and Stronger India. The campaign seeks to further strengthen the Fit India Movement through mass participation and community engagement across the country.

5. To make this initiative successful, I request your kind support in organising Fit India Freedom Run 7.0 in your Ministry/Department and all organisations under your administrative control from 2nd

October to 31st October, 2026. It is also requested that participation of officers, officials, employees, their family members and local communities may be encouraged so that the message of fitness reaches every workplace and every section of society.

6. I shall be grateful for your support in this regard. For ready reference and convenience, a copy of the Standard Operating Procedure (SOP) for 'Fit India Freedom Run 7.0' is enclosed. For any information or clarification in this regard, the officer entrusted with the responsibility may contact **Mr. Sushant Kandwal, Director, Fit India** (Mobile: 8368630290; Email: contact@fitindia.gov.in). It is also requested that the details of the nominated Nodal Officer(s) may kindly be shared at the above email address for effective coordination with the Fit India Movement.

Warm Regards,

(Mayank Srivastava)

Encl: As above.

To

All Secretaries to the Government of India.

SOP for Fit India Swachhata Freedom Run 7.0 – "Swachh Bharat, Swasth Bharat"

1. In this edition of Fit India Freedom Run from 2nd October to 31st October 2026, the focus will be on Swachhata along with fitness. Organizers can chose any day(s) during this duration to conduct the run, spreading awareness regarding cleanliness as well promoting physical fitness.

2. Organizations 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.

3. Organize Plog Run events on launch day i.e., 2nd October 2026 and runs/walk on any day from 2nd to 31st October, 2026 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 to be organized by respective States /UTS Governments, Ministries/Departments & Organizations from 28th September 2026 onwards followed by post event promotion and engagement after the launch.

5. The organizing department to release a press note by 28th September 2026 informing about the event and schedule of activities.

6. States/Ministries/Organizations to conduct physical Freedom Run events on any day during the campaign period, which may include Sundays on Cycle (4th, 11th, 18th, 25th Oct): Special cycling and plogging drives.

7. Encourage participation in the Freedom Run 7.0 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 organizers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: https://drive.google.com/drive/folders/11lIWjJo7cBLsvH4DHlV3AqUBewrpr36f?usp=sharing

10. Organizers to register their event on Fit India portal (https://fitindia.gov.in/fifr-2026) and upload details of participants and kms covered daily to have live dashboard on Fit India portal as shown below:
E.g., If organization conducted following Fit India Freedom run 7.0 events:

1. Event/s on date with 50 participants ran for 3 kms

2. Event/s on Date 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
1	*****	50	150
2	*****	100	300
Grand Total		150	450
For downloading certificates for participants and organizers			

11. Promote Freedom Run on their social media channels with #SwachhBharat SwasthBharat and #Run4India through creatives, videos, write-ups, pictures of the events.

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

13. 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: