



Dr. Shyam Khandare

Director

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पत्र क्र. No.GU/NSS/252/2022

Dt :03/10/2022


प्रती,

मा. प्राचार्य/विभाग प्रमुख/रासेयो कार्यक्रम अधिकारी  
संलग्नीत सर्व रासेयो महाविद्यालये  
गोंडवाना विद्यापीठ, गडचिरोली.

विषय:-फिट इंडिया फ्रिडम रन ३.० आयोजनाबाबत.

महोदय/महोदया,

उपरोक्त विषयान्वये सविनय या प्रमाणे आहे कि, युवा कार्यक्रम व क्रिडा मंत्रालय भारत सरकार यांच्या दिनांक ०३/१०/२०२२ रोजी प्राप्त ई मेल नुसार गोंडवाना विद्यापीठ संलग्नीत सर्व रासेयो महाविद्यालयामध्ये दिनांक ०३ ते ३१ ऑक्टोबर २०२२ या कालावधीत फिट इंडिया फ्रिडम रन ३.० चे मध्ये मोठया प्रमाणात सहभाग घेण्याचे आणि राज्यातील ऐतिहासिक दृष्टा महत्वाच्या ठिकानी दिनांक ०३ ते ३१ ऑक्टोबर २०२२ या कालावधीत रन/वॉक आयोजन करण्याचे निर्देश प्राप्त झालेले आहे. या संदर्भात देशभरात फिटनेसला चालना देण्यासाठी फिट इंडिया फ्रिडम रन ३.० चे आयोजन करुन त्या कार्यक्रमांमध्ये किती रासेयो स्वयंसेवकानी सहभाग घेतला, किती कीलोमीटर रन/वॉक करण्यात आले त्याचे फोटो व व्हिडीओ तयार करुन त्याची माहिती [nssdsw.gug@gmail.com](mailto:nssdsw.gug@gmail.com)/[nssrcpune@gmail.com](mailto:nssrcpune@gmail.com) या ई मेल व्दारे सादर करावे, ही विनंती.

  
03/10/22

डा. श्याम खंडारे

संचालक

राष्ट्रीय सेवा योजना

गोंडवाना विद्यापीठ, गडचिरोली.

F.No.P-32-1/CDN/NSS/DTE/2022 /1031-1047  
Government of India  
Ministry of Youth Affairs & Sports  
Directorate of NSS  
Shivaji Stadium, New Delhi – 110001

Date: 30<sup>th</sup> September, 2022

To

The Regional Directors  
All Regional Directorates of NSS

Sub: Fit India Freedom Run 3.0 (Azadi Ke 75 Saal, Fitness Rahe Bemisaal), -reg.

Sir,

Kindly find enclosed herewith copy of D.O letter received from Secretary, Department of Sports D.O.No.KI/FIT INDIA/FREEDOM RUN/2022 dated 20<sup>th</sup> September, 2022 regarding 3<sup>rd</sup> Edition of the Fit India Freedom Run commencing from 2<sup>nd</sup> October, 2022 with the theme Azadi Ke 75 Saal, Fitness Rahe Bemisaal. The Department of Sports, Ministry of Youth Affairs & Sports has planned a series of activities and campaigns from 2<sup>nd</sup> October to 31<sup>st</sup> October, 2022 under the aegis of Fit India Freedom Movement to promote fitness across the country. The plan includes Fit India Thematic Campaign (Azadi Ke 75 Saal, Fitness Rahe Bemisaal), Fitness Assessment through Fit India App, Fit India Prabhatferi and Fit India Cyclothon across the country. SOP for Fit India Freedom Run 3.0 – Azadi Ka Amrit Mahotsav is also attached.

In this regard, you are requested to disseminate the information to the field functionaries to conduct various activities with zeal and enthusiasm. A brief report is to be submitted for onward submission to the Ministry.

Simultaneously, you are also requested to post the photographs, news, paper clippings etc. on social media accounts/handles of your office and tag @YASMinistry, @PMOIndia @pibyas, @FitIndiaOff and @\_NSSIndia.

Yours faithfully,



(Dr. Kamal Kumar Kar)  
(Assistant Programme Adviser)

**Encl: As above**

Copy for information to:

1. Director, NSS, Government of India, Ministry of Youth Affairs & Sports, New Delhi-110001.
2. Under Secretary (NSS), Government of India, Ministry of Youth Affairs & Sports, New Delhi-110001.

**MOST IMMEDIATE**

**F.No.J-17011/267/2021-CDN  
Government of India  
Ministry of Youth Affairs and Sports  
Department of Youth Affairs  
Coordination Section**

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**Shastri Bhawan, New Delhi  
Dated the 29<sup>th</sup> September, 2022**

To

1. The Director General  
Nehru Yuva Kendra Sangathan  
New Delhi-110001

2. Shri Pankaj Kumar Singh,  
Director, NSS  
New Delhi-110001

**Subject: Azadi Ka Amrit Mahotsav - Fit India Freedom Run 3.0 – reg.**

The undersigned is directed to forward herewith D.O. letter dated 20.09.2022 (Copy Enclosed) received from Secretary, Department of Sports mentioning that as part of the celebrations of the Azadi Ka Amrit Mahotsav (AKAM), the 3rd edition of the Fit India Freedom Run is commencing on 2<sup>nd</sup> October, 2022 with the theme "Azadi ke 75 saal, fitness rahe bemisaal".

2. In this context, a Plog Run is scheduled to be held on 2<sup>nd</sup> October, 2022 from Red Fort to Raj Ghat in Delhi to mark Gandhi Jayanti, and also to launch the month-long campaign of the Freedom Run 3.0 which will culminate with a Unity Run on 31<sup>st</sup> October, 2022 at Kevadia, Gujarat.

3. Department of Sports has requested mass participation in the month-long Fit India Freedom Run 3.0 and to organize Plog Run on launch day i.e. on 2<sup>nd</sup> October, 2022 and run/walk from 3<sup>rd</sup> October to 31<sup>st</sup> October, 2022 at historically important places in the State/UTs. Further, Department of Sports has requested to nominate Nodal Officer to coordinate with the Fit India Mission team. The SOP for aforesaid event is attached for kind reference. MS. Ekta Vishnoi, Mission Director- Fit India (+91-7588181543) is the Nodal Officer from Department of Sports for this purpose.

4. As Department of Youth Affairs is involved in organising 'Yuva Utsav: India @2047' and 'Clean India 2.0' Campaign in all Districts during the said period, it is requested that while ensuring the attention to the aforesaid two Campaigns deserve, NSS and NYKS may take necessary action for supporting Fit India Freedom Run 3.0.

**Encl: As Above.**

Yours faithfully,



(Rajiv Kumar Singh)

Under Secretary to the Govt. of India

Email: [rajivk.singh@nic.in](mailto:rajivk.singh@nic.in)

Copy to:

1. PPS to Secretary (YA)
2. PPS to JS (YA)
3. Director (NYKS)
4. Director Programme (NYKS)
5. Assistant Programme Advisor (NSS)

Copy for information to:

1. PPS to Secretary (Sports)
2. Smt. Ekta Vishnoi, Mission Director – Fit India

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



भारत सरकार  
खेल विभाग  
युवा कार्यक्रम और खेल मंत्रालय

Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports  
Dated: 20<sup>th</sup> September, 2022

D.O. No. KI/FIT INDIA/FREEDOM RUN/2022

Secy (YA)
FTS No. 147151
Date 21-9-22
Two days

Dear Secretary,

The Fit India Freedom Run was started in 2020 by this Ministry to mark 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. It gives me great pleasure to inform you that as part of the celebrations of the Azadi Ka Amrit Mahotsav (AKAM), the 3<sup>rd</sup> edition of the Fit India Freedom Run is commencing on 2<sup>nd</sup> October, 2022 with the theme "Azadi ke 75 saal, fitness rahe bemisaal".

2. The Fit India Freedom Run 3.0 is envisaged to be a fully inclusive event with participation of people from across all walks of life, and all age groups, and from across the country. Towards this, a Plog Run is planned from Red Fort to Raj Ghat in Delhi on 2<sup>nd</sup> October, 2022, to mark Gandhi Jayanti, and also to launch the month-long campaign of the Freedom Run 3.0 which will culminate with a Unity Run on 31<sup>st</sup> October, 2022 at Kevadia, Gujarat.

3. To make this initiative successful, I request your kind support by encouraging a mass participation through your Ministry in the month-long Fit India Freedom Run 3.0. It is also requested to organize a Plog Run on 2<sup>nd</sup> October, 2022. Further, it is also requested that from 2<sup>nd</sup> October to 31<sup>st</sup> October, 2022, a series of events, namely, a run/walk in your Ministry/Department for the campaign may also be organized.

4. I shall be grateful for your support in this regard. For your convenience, a copy of the SOP of the 'Fit India Freedom Run 3.0 is attached. Ms. Ekta Vishnoi, Mission Director - Fit India (+91 75881 81543) is the designated Nodal Officer from this Ministry for coordinating the event.

With best wishes,

IS(YA)  
20/9/22  
SANJAY KUMAR, IAS  
Secretary (Youth Affairs)

Yours sincerely,  
*[Signature]*  
20/9/22  
(Sujata Chaturvedi)

Encl: As above.

To: All the Secretaries, Government of India.

*[Signature]*  
21/9/22  
Sh. IAS Bankur

*[Signature]*  
21.09.22  
DS(C/DN)

*[Signature]*  
21/9/22  
US(C/DN)  
Pr. Sub. Secy

**SOP for Fit India Freedom Run 3.0 - Azadi Ka Amrit Mahotsav**

1. Appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, department name, mobile number and email ID) at [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)
2. Organize plog run events on launch day i.e., 2<sup>nd</sup> October 2022 and runs/walk from 3<sup>rd</sup> to 31<sup>st</sup> October, 2022 at iconic and historically important places in the State/UTs, invite people's representatives/ Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc.
3. Pre-event promotion: Ensure pre-event promotion of the event to be organised by respective States/UTs Governments, Ministries/Departments & Organisations from 26<sup>th</sup> September, 2022 onwards followed by post event promotion and engagement after the launch.
4. The organizing department to release a press note by 26<sup>th</sup> September 2022 informing about the event and schedule of activities.
5. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31<sup>st</sup> October 2022.
6. Encourage participation in the Freedom Run 3.0 from friends, families, and other connections in the network of the individuals participating in the event.
7. 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/1lsP1V6JZ1WLNTssPqO0pIg0y-y4tZWHf?usp=sharing>

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

*E.g., The organization conducted following Fit India Freedom run 3.0 events:*

*1. Event/s on 03-10-2022 with 50 participants ran for 3 Kms*

*2. Event/s on 04-10-2022 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	03-10-2022	50	150	
2	04-10-2022	100	300	
<b>Grand Total</b>		<b>150</b>	<b>450</b>	
- • For downloading certificates for participants and-organizers				

9. Promote Freedom Run on their social media channels with #AmritMahotsav 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.
10. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the campaign.