

GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: PHYSICAL EDUCATION BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI – 110009

No. F.42/DE/PE/2020/ 947-996

Date:- 28/08/2020

CIRCULAR

Sub: Participation of school going children, their parents/families and school staff in the 'Fit India Freedom Run'.

The Ministry of Youth Affairs & Sports, Govt. of India has planned to introduce a new initiative under the aegis of the Fit India Movement, namely, 'Fit India Freedom Run', starting from 15th August and scheduled to run in continuum till 2nd October, 2020.

Fit India Freedom Run is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing. The concept of a Freedom Run is one can run/walk along a route of his/her choice, at a time that suits him/her. One can even take breaks during such run/walk. Basically, one runs his own race and times his own pace.

In this connection, all the DDEs, are requested to make this initiative successful. Fit India Mission solicits your kind support by encouraging a mass participation of school going children, their parents/families and school staff in the 'Fit India Freedom Run' and committing to make themselves fit by taking this simple step.

A copy of the D.O. letter dated 11.08.2020 with complete guidelines and S.O.P in this regard is enclosed for necessary action.

Pushpa Ratnam
28/8/2020
PUSHPA RATNAM
ADE (PE&NI)

No. F.41/Phy/2020-21/

Dated:

Copy to the following for information and necessary action:

1. All Addl. DEs
2. All RDEs
3. All DDEs of the Districts and Zones
4. All ADEs
5. All SPEs
6. All HOSSs
7. PS to Secy. (Edn.)
8. PS to Director (Edn.)
9. ✓ OS (IT) with the request to place the circular on website.

Pushpa Ratnam
28/8/2020
PUSHPA RATNAM
ADE (PE&NI)

13/c

रावें मितल, आ.प्र.रा

Ravi Mital, IAS
Secretary



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

D.O. No. K-15017/7/2020-MDSD

August 11, 2020

Dear Smt Karwal,

This Ministry has planned to introduce a new initiative under the aegis of the Fit India Movement, namely, 'Fit India Freedom Run', starting from 15th August and scheduled to run in continuum till 2nd October 2020.

2. Fit India Freedom Run is conceived keeping in view the indispensable need to keep ourselves fit while maintaining social distancing. The concept of a Freedom Run is one can run/walk along a route of his/her choice, at a time that suits him/her. One can even take breaks during such run/walk. Basically, one runs his own race and times his own pace.

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3. To make this initiative successful, Fit India Mission solicits your kind support by encouraging a mass participation of school going children, their parents/ families and school staff in the 'Fit India Freedom Run' and committing to make themselves fit by taking this simple step.

4. I will be grateful for the support accorded by the D/o SEL (MoHRD) to promote 'Fit India Freedom Run' and making it a big hit. An S.O.P. of the 'Fit India Freedom Run' is attached herewith.

with regards,

Yours sincerely,

Ravi Mital
(Ravi Mital)
11/8

Ms. Anita Karwal
Secretary,
Department of School Education & Literacy
Ministry of HRD
Shastri Bhawan
New Delhi - 110 001

How to Organize Fit India Freedom Run

1. Ministries/ Organisers to create an account for themselves on Fit India Website and subsequently register for the event as an organiser. (Details below)
2. Organiser will request participants to run/ walk on the days decided by the organiser for Fit India Freedom Run. The run may be arranged for one day or any number of days from 15th August to 2nd October. During the days of run, participants will run/walk and keep a track of cumulative distance covered. At the end of the event date as decided by the organiser, the details of cumulative distance have to be collected. Organiser will upload the data of total number of participants and cumulative distance covered on Fit India Portal.
3. Participants can
 - a. Run a route of their choice, at a time that suits them
 - b. Break-up their runs
 - c. Run their own race at their own pace
 - d. Track kms manually or by using any tracking app or GPS watch.

Registration details:

1. Organisers will have to register themselves as Ministries on Fit India website (<http://fitindia.gov.in>) by clicking on Login/Register at top right-hand corner of the website.



Poojya Radhika
28/8/2022

2 Click organize an event and select FIT INDIA FREEDOM RUN.

- Download logo and guidelines provided at the end of the page.
- Details with regard to number of participants and distance covered can be submitted after completion of the event.
- Organizers may use the Fit India Logo for all promotional media.
- Upon providing the data of participants with their cumulative kms covered, organizers will be able to download the certificates.

The screenshot shows a web form titled "Organise an Event". On the left, there is a navigation menu with "Organise an Event" highlighted. The form fields are as follows:

- Event Category:** A dropdown menu with "FIT INDIA FREEDOM RUN" selected.
- Upload a picture/logo for event:** A section with a "Choose File" button and a "No File Chosen" message.
- Event Date:** Two date pickers labeled "From Date" and "To Date", both showing "dd-mm-yyyy".
- Event Name:** A text input field.
- Organiser's Name:** A text input field.
- No of Participants:** A text input field.
- Cumulative KM Run Covered (All Participants):** A text input field.
- Understanding:** A section with a paragraph of text: "You have to submit complete details of the number of participants and the cumulative KM Run Covered after the event. It is mandatory to follow the guidelines of FIT INDIA app if downloaded by the event".
- Please use the official logo:** A section showing the FIT INDIA logo.
- Buttons:** A "Submit" button and a "Cancel" button.

3 FIT INDIA mission advises organizers and individuals to organize their events following the social distancing norms and encourages the new normal of 'virtual runs' as is being practiced by runners / walkers across the world

Pushpa Raghav
28/8/2020

n/c

SOOP (Standard Operating Procedure)

For Schools for FIT INDIA FREEDOM RUN Event

1. School will request students, their families, staff to run/ walk for Fit India Freedom Run from 15th August to 2nd October on any day(s).
2. Participants
 - a. run a route of their choice, at a time that suits them;
 - b. run their own race at their own pace;
 - c. track kms manually or by using any tracking app or GPS watch;
 - d. post their pictures on their social media with #Run4India
3. School will upload the data of total number of participants and cumulative distance covered by the participants on Fit India Portal.

How to register and upload the data on Fit India portal-

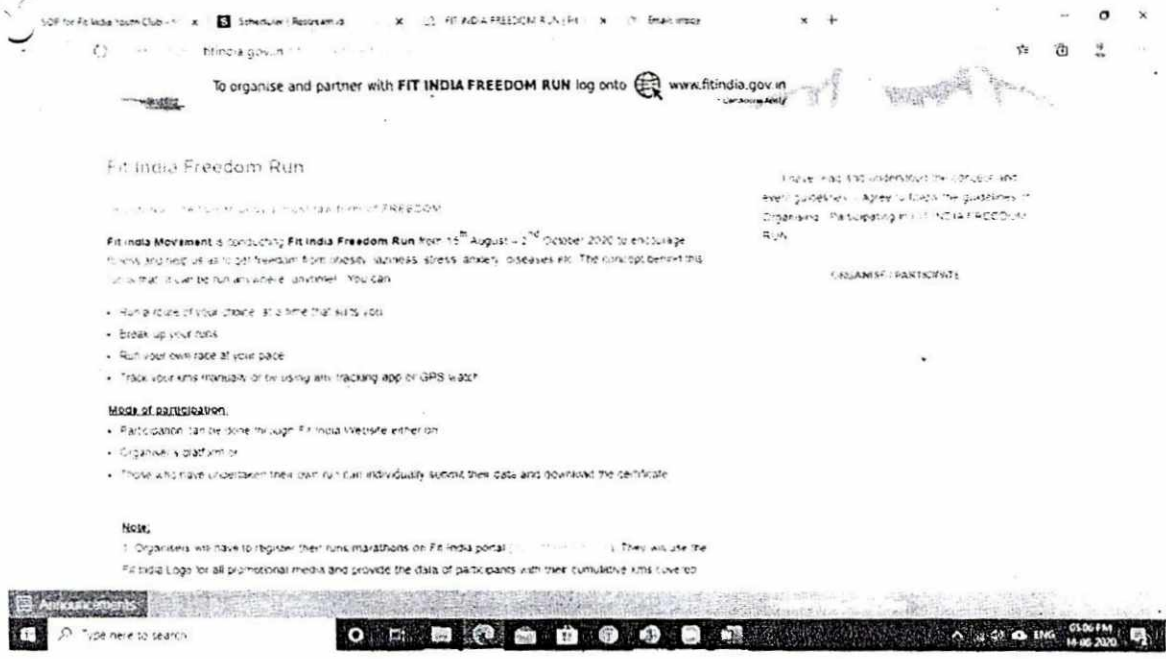
Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/google) and on the top address bar please type www.fitindia.gov.in once you open the website below screen will appear.



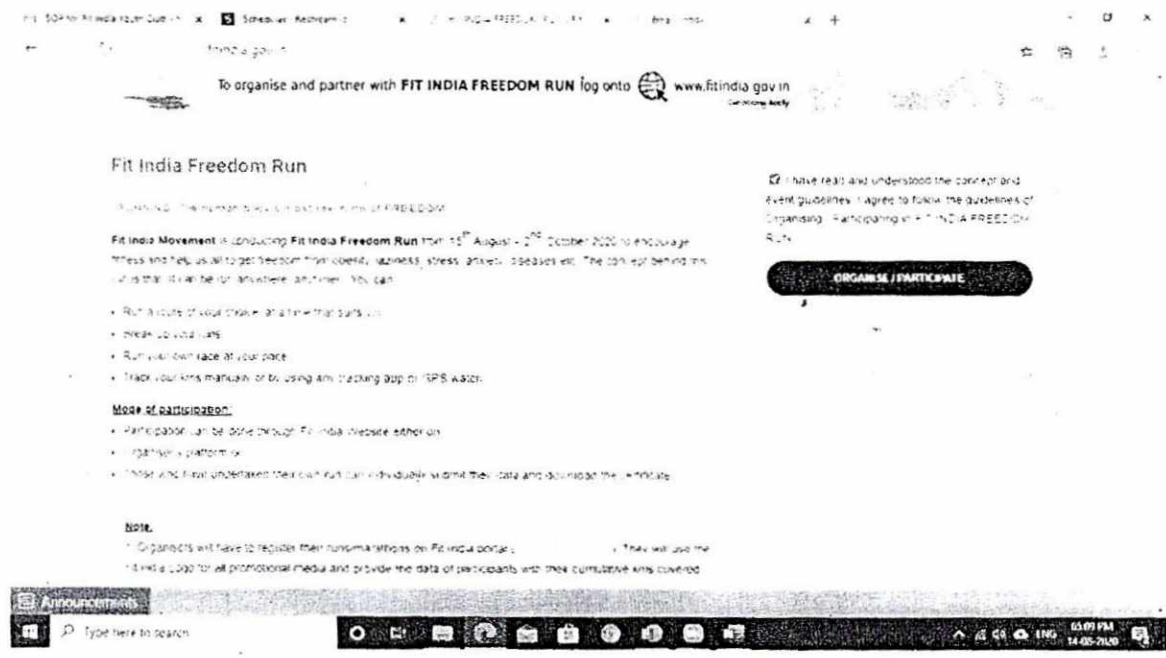
Poojya Radhika
28/8/2020

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Step-2: Please click on the banner for Fit India freedom Run where it says Click Here below screen will appear



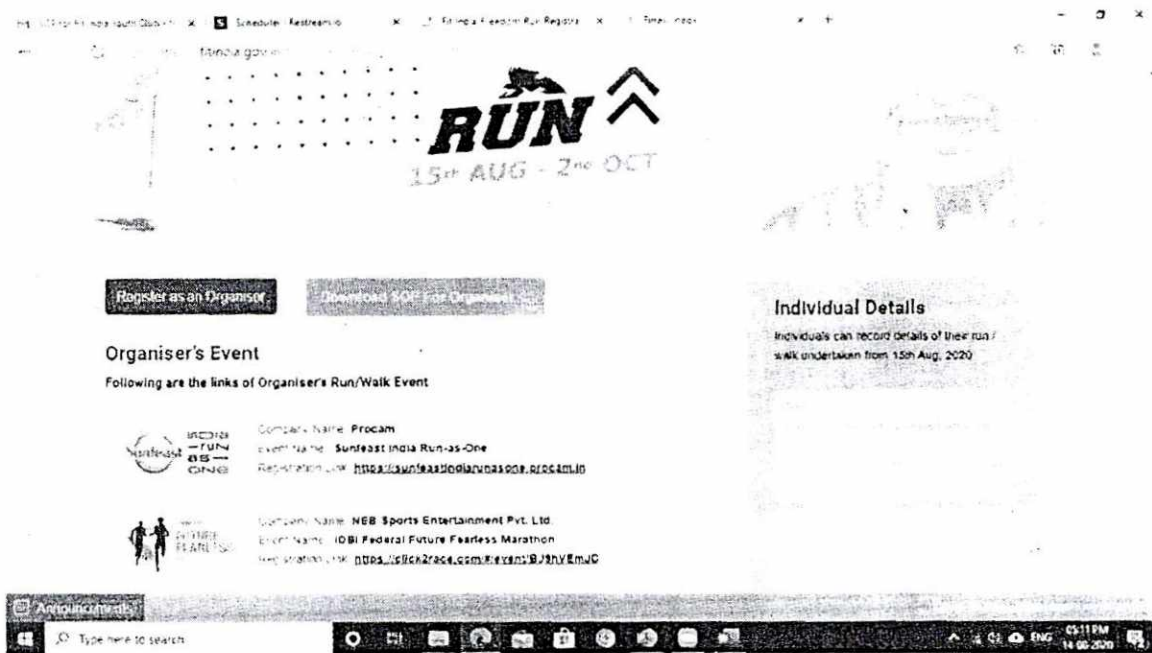
Step-3: Tick the disclaimer and Click on Organise/Participate



Pooja Ranjan
28/8/2020

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Step-4: Once you click below screen will appear, please click on Register as an organiser



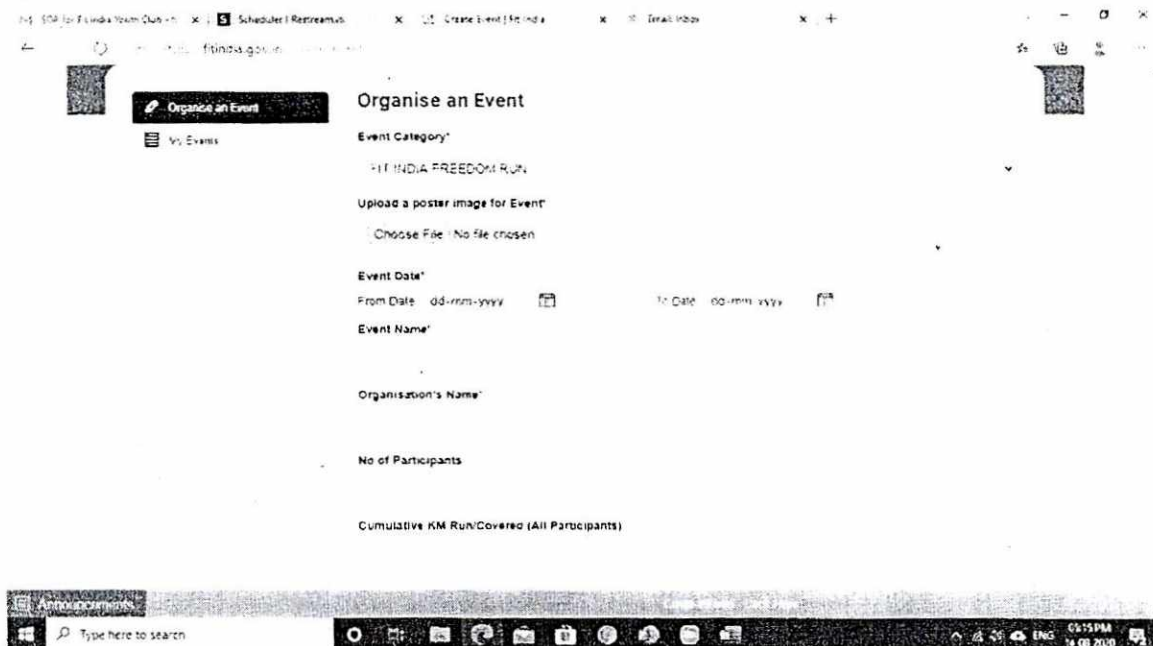
Step-5: If you are already registered user with us you can click on login or if you are new user please register yourself as School.



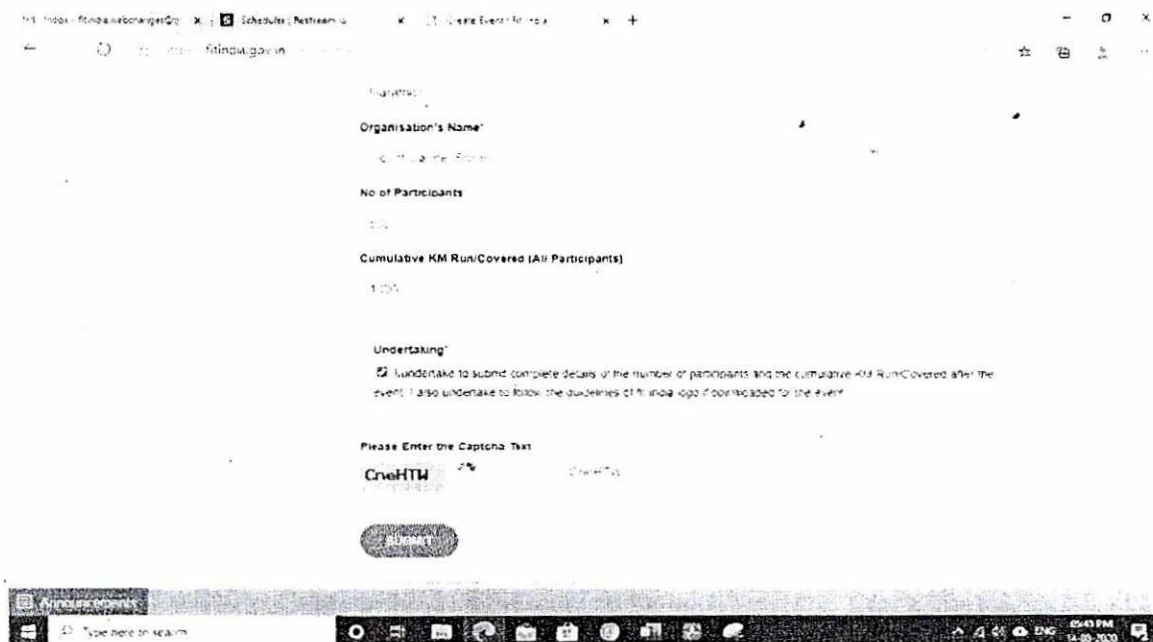
Pushpa Radhnam
28/8/2020

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Step-6: One you have logged in below screen will appear for organising the Fit India Freedom Run Event.



Step-7: Please enter the details of the event and click on submit to download the certificate.



Pushpa Reddy
28/8/2020

7/c

Government of India
Ministry of Youth Affairs and Sports

**FIT
INDIA
FREEDOM**



Congratulations to

Shubham

FOR SUCCESSFULLY PARTICIPATING IN
FIT INDIA FREEDOM RUN

From 1st August - 2nd October

www.fitindia.gov.in

This is a strictly government programme. It is not to be misused.