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**GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION, PHYSICAL EDUCATION BRANCH,
CHHATRASAL STADIUM MODEL TOWN: NEW DELHI-110009**

No.F.DE/42/PE&NI/2022-2023/3231-80

Dated: 06/10/22

CIRCULAR

Sub: Participation of school going children, their parents/families and school staff in the 'Fit India Freedom Run 3.0'.

The Ministry of Youth Affairs & Sports, Govt. of India has planned to initiate under aegis of the Fit India Movement, namely, Fit India Freedom Run 3.0 starting from 08th October 2022 to 31st October 2022. This Run aims to inculcate the habit of walking and running in people in the quest for better health and fitness.

The Fit India Freedom Run 3.0 is envisaged to be 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 was done from Red Fort to Raj Ghat in Delhi on 2nd 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 31st October, 2022 at Kevadia, Gujrat.

It is requested that from 08th October 2022, to 31st October 2022, a series of events, namely a run/walk in your Zones for the campaign may also be organized.

A copy of the D.O letter dated 20.09.2022 with complete guidelines and S.O.P in this regard is enclosed for necessary action.


SHARAD KUMAR
ADE (PE&NI)

No.F.DE/42/PE&NI/2022-2023/3231-80

Dated: 06/10/22

Copy to the following for information and necessary action:

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


SHARAD KUMAR
ADE (PE&NI)

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



75
 आज़ादी का
 अमृत महोत्सव

भारत सरकार
 खेल विभाग
 युवा कार्यक्रम और खेल मंत्रालय

Government of India
 Department of Sports
 Ministry of Youth Affairs & Sports

Dated: 20th September, 2022

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

Dear Secretary,

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. It gives me great pleasure to inform you 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 2nd 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 2nd 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 31st 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 2nd October, 2022. Further, it is also requested that from 2nd October to 31st 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,

Yours sincerely,

Sujata Chaturvedi
 20/9/22
 (Sujata Chaturvedi)

Encl: As above.

To: All the Secretaries, Government of India.

P.L. circulate

As per work allocation, M/O YAS & Fit India come under the purview of SS-I Bureau. We may pass it to SS-I for M/O.

21/9/22

Rajesh
 21/9/22
 US(FKM)

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
2. Organize plog run events on launch day i.e., 2nd October 2022 and runs/walk from 3rd to 31st 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 & Organizations from 26th September, 2022 onwards followed by post event promotion and engagement after the launch.
4. The organizing department to release a press note by 26th September 2022 informing about the event and schedule of activities.
5. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31st 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/1IsP1V6JZ1WLN1ssPqO0plg0y-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	
Grand Total		150	450	
<ul style="list-style-type: none"> • 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.

F. No. 12-1/2020-IS.4(E)
Government of India
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi
Dated: 26th Sep., 2022

To

The Additional Chief Secretary/Principal Secretary/Secretary (Education), All States / UTs

Subject: - Fit India Freedom Run 3.0 - reg.

Madam/Sir,

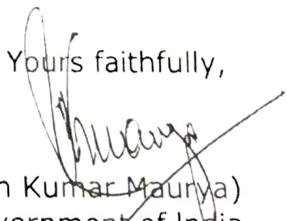
I am directed to enclose herewith a copy of D.O. letter dated 20.09.2022 received from the Department of Sports regarding the 3rd edition of Fit India Freedom Run namely **Fit India Freedom Run 3.0**, commencing on 2nd Oct., 2022 with the theme "Azadi ke 75 saal, fitness rahe bemisaal".

2. In this regard, it is to inform you that the Fit India Freedom Run 3.0 is envisaged to be a fully inclusive event with participation of people of all age groups from across the country. For this, a Plog Run is to be planned from Red Fort to Raj Ghat in Delhi on 2nd Oct., 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 31st Oct., 2022 at Kevadia, Gujarat. States/UTs may organize the said event from 2nd Oct., 2022 to 31st Oct., 2022 at important historical places in their respective States/UTs and Athletes/Celebrities etc. may be invited for the same.

3. This initiative would be a success only if it becomes a people's movement, therefore, focus should be given on mass participation. Hence, you are requested to publicize the event and motivate people to maximize their participation in the event. In this regard, SOP for Fit India Freedom Run 3.0 is attached herewith.

Encl.: As above

Yours faithfully,


(Rajesh Kumar Maurya)
Under Secretary to the Government of India
Tel.01123384501
E-mail : rajmaurya.edu@nic.in

Copy to :(For information and necessary action):

1. The Chairperson, Central Board of Secondary Education (CBSE)
2. The Commissioner, Kendriya Vidyalaya Sangathan (KVS)
3. The Chairperson, National Bal Bhavan (NBB)
4. The Chairman, National Institute of Open Schooling (NIOS)
5. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
6. The Director, National Council of Education Research and Training (NCERT)
7. The Chairman, Council for the Indian School Certificate Examination (CISCE)

Copy for information to: Secretary, Department of Sports with reference to their D.O. Letter No. FIZ/ET INDIA/FREEDOM RUN/2022 dated 20.09.2022.