

GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS & SPORTS  
(DEPARTMENT OF SPORTS)  
**RAJYA SABHA**  
**UNSTARRED QUESTION NO- 477 #**  
ANSWERED ON- 28/11/2024

**FIT INDIA SCHEME**

477 # SHRI PRADIP KUMAR VARMA:  
DR. DINESH SHARMA:  
DR. PARMAR JASHVANTSINH SALAMSINH:  
SHRI NARAYANA KORAGAPPA:  
SHRI BRIJ LAL:  
SHRI DEEPAK PRAKASH:  
SHRI RAJIB BHATTACHARJEE:

Will the Minister of YOUTH AFFAIRS AND SPORTS be pleased to state :-

- (a) the improvement made in construction and upgradation of sports infrastructure; and
- (b) the details and impact of Fit India Movement in providing healthy lifestyle to the people in the country including Jharkhand?

**ANSWER**

THE MINISTER OF YOUTH AFFAIRS & SPORTS

(DR. MANSUKH MANDAVIYA)

(a) 'Sports' being a State subject, the responsibility of development of sports, including creation and upgradation of sports infrastructure, rests primarily with the State/Union Territory Governments. The Union Government supplements their efforts by bridging critical gaps. However, under the "Creation and upgradation of sports infrastructure" component of the Khelo India Scheme, this Ministry renders financial support for creation of basic sports infrastructure such as sports complex, synthetic athletic tracks, synthetic hockey fields, synthetic turf football grounds, multipurpose halls, swimming pools, etc. along with sports equipment. Further, under National Sports Development Funds (NSDF), Government supports various institutions and individuals for creation and upgradation of sports facilities across the country. The details of the sports infrastructure sanctioned under Khelo India Scheme and NSDF, across the country, are available in public domain on the dashboard of the Ministry at <https://mdsd.kheloindia.gov.in> and <http://www.nsdf.yas.gov.in/nsdf-glance.html>.

(b) The Fit India Movement was launched on 29th August, 2019, to encourage citizens to adopt healthier lifestyles through regular physical activities and sports. Its primary objectives are to inspire people to integrate fitness into their daily routines, raise awareness about the importance of health and wellness, and to foster community participation in fitness programs. Key initiatives include Fit India Week, where schools and universities across the country engage in physical activities; the Fit India Freedom Run, a unique event combining fitness with environmental awareness; and the Fit India Quiz, which promotes knowledge about health, among students. The movement also includes the Fit India Mobile App, which helps users track their fitness progress, and the "Fit India Champions Podcast," featuring inspiring athletes. Additionally, National Sports

Day is celebrated to emphasize the role of sports in overall well-being. The movement plays a key role in motivating youth to take up sports and fitness. Social media influencers have further amplified the movement's message, reaching a broad audience and promoting fitness and wellness nationwide. Overall, the Fit India Movement is creating a culture of health, fitness, and well-being at the grassroots level, including in the State of Jharkhand.

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