

GOVERNMENT OF INDIA  
MINISTRY OF YOUTH AFFAIRS AND SPORTS  
DEPARTMENT OF SPORTS  
**RAJYA SABHA**  
**UNSTARRED QUESTION NO. 1429**  
ANSWERED ON - 30/07/2026

**FIT INDIA MOVEMENT**

1429      DR. ASHOK KUMAR MITTAL:

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

- (a) the quantitative impact of Fit India movement in reducing sedentary lifestyles and combating obesity among school-going children nationwide;
- (b) the total number of educational institutions that have successfully earned the prestigious 'Fit India School' certification by upgrading their physical education curriculums;
- (c) whether Government mandates mandatory daily physical activity hours within the academic timetables of all central and State board schools;
- (d) the details of digital fitness tracking applications developed to encourage corporate employees to participate in nationwide virtual walkathons; and
- (e) the measures implemented to construct open-air community gymnasiums?

**ANSWER**

THE MINISTER OF YOUTH AFFAIRS AND SPORTS

(DR. MANSUKH MANDAVIYA)

(a) to (e) 'Sports' being a State subject, the primary responsibility for development of sports, including establishment and operation of open-air community gymnasiums, rests with the State/UT Governments. The Central Government supplements these efforts through schemes such as the Khelo India Scheme, under which financial assistance is provided for creation and upgradation of sports infrastructure.

The Fit India Movement, launched on 29 August 2019, aims to promote fitness and healthy lifestyles by encouraging citizens to adopt regular physical activity. Major initiatives under the Movement include Fit India Week, Fit India Freedom Run, Fit India Quiz, National Sports Day celebrations, the Fit India Mobile Application (FIMA), and the Fit India Champions Podcast. These initiatives seek to enhance awareness about fitness, encourage community participation, and promote sports and physical activity across the country.

As on date, more than 5 lakh schools have been granted Fit India School Certification. There is no mandatory guideline. However, Fit India suggests at least 60 minutes of daily physical activity for all students.

The Fit India Mobile Application (FIMA) serves as a digital platform for citizens, including corporate employees, to record and monitor fitness activities such as walking, running, and cycling, while tracking steps taken and distance covered, thereby encouraging regular participation in fitness activities.

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