

**GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
(DEPARTMENT OF SPORTS)**

**LOK SABHA
STARRED QUESTION NO. *40
ANSWERED ON 30.11.2021**

Fit India Freedom Run

***40. SHRI KOTHA PRABHAKAR REDDY:
SHRIMATI VANGA GEETHA VISWANATH:**

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

- (a) the details of Fit India Freedom Run organized as part of Azadi ka Amrit Mahotsav on the occasion of 75th anniversary of Independence;**
- (b) the details of the districts and villages in the country where the run has been conducted;**
- (c) the criteria/basis for selection of the youth who participated in the event;**
- (d) whether virtual interactions were held with the youngsters from various States during the flag off of the Fit India Freedom Run; and**
- (e) whether it is proposed to organise more such events/programmes and if so, the details thereof?**

**ANSWER
THE MINISTER OF YOUTH AFFAIRS & SPORTS
{ SHRI ANURAG SINGH THAKUR }**

(a) to (e) A statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO PARTS (a) to (e) OF LOK SABHA STARRED QUESTION NO. *40 ANSWERED ON 30.11.2021 REGARDING “FIT INDIA FREEDOM RUN” ASKED BY SHRI KOTHA PRABHAKAR REDDY AND SHRIMATI VANGA GEETHA VISWANATH, HON’BLE MEMBERS OF LOK SABHA

(a) Fit India Freedom Run was conceived in August, 2020 with social distancing becoming the ‘new normal’ lifestyle, so as to encourage the citizens to prioritise physical fitness. Fit India Freedom Run was launched on the concept of virtual run, i.e., ‘it can be run anywhere, anytime’. This year, the 2nd edition of the Freedom Run, i.e., Fit India Freedom Run 2.0, was dedicated to the commemoration of the 75th year of India’s independence based on one of the pillars of Azadi ka Amrit Mahotsav, “Resolves@75”. It was organised across the country from 13th August to 2nd October, 2021. The citizens were exhorted to make a resolve to include physical activity of at least 30 minutes daily in their lives with the motto of “FITNESS KI DOSE AADHA GHANTA ROZ”. It was virtually launched on the 13th August, 2021 from National Stadium, New Delhi. The campaign of 51 days had a massive reach of more than 9 crore participation with social media impressions of around 19 crore.

(b) As a part of Fit India Freedom Run 2.0, a nationwide campaign was initiated by this Ministry to encourage individuals and public/private organisations to participate/organise the Freedom Run at their localities or any other convenient places. Individuals and organisations were provided with a registration facility on the Fit India portal for participating in Fit India Freedom Run. However, the participant organisations were registered from one nodal point for uploading the data even though they organised events in various parts of the country. Hence, district and village-wise details of such events are not available with this Ministry. As per the registration details on the Fit India website, the details of total events organised by individuals and various organisations and the participation in such events across the country are as follows:

- A total of 9,03,26,822 people participated in the Fit India Freedom Run and they covered a cumulative distance of 19,91,29,888 kilometres.**
- The total number organisations registered for conducting the Fit India Freedom Run was 99,506 and the cumulative participation in such events was 9,00,34,986 people.**
- The total number of individuals registered for participating individually was 2,91,836 and the total distance covered by them was 31, 28,788 kilometres.**

(c) Fit India is a people's Movement. No criteria were required for participating in any of the initiatives/campaigns under the Fit India Movement. People from all walks of life and all age groups participated in the Fit India Freedom Run campaign by registering on the Fit India website.

(d) Hon'ble Minister of Youth Affairs & Sports, Sh. Anurag Singh Thakur and Hon'ble Minister of State, Youth Affairs & Sports, Sh. Nisith Pramanik virtually interacted during the launch on 13th August 2021 with the participants, including youths, selected by the concerned Organisations, viz. BSF, ITBP, CISF, CRPF, SSB, Indian Railways, and Nehru Yuva Kendra Sangathan (NYKS) from various States/UTs who joined from different locations of national importance or associated with freedom struggle as per the chart below:

| S. No. | Organization | Location |
|---------------|---------------------|---|
| 1. | SSB | Chitrlekha Udyan (Cole Park), Tezpur, Assam |
| 2. | BSF | Wagah Border |
| 3. | CRPF | Chandrashekhar Azad Park, Allahabad, UP |
| 4. | ITBP | Kaza post, Distt. Lahual Spiti, Himachal Pradesh |
| 5. | Railways | Jhansi Railway Station |
| 6. | NSG | Gateway of India, Mumbai |
| 7. | CISF | The Cellular Jail, Port Blair, A&N Islands |
| 8. | NYKS | Leh |
| 9. | NYKS | Chennai |

(e) Organising various events, programmes, campaigns, etc. as a part of the Fit India Movement by this Ministry involving various organisations and individuals to spread awareness regarding the importance of fitness, is an ongoing process. Fit India Cyclothons, Fit India Plog Runs, Fit India Schools, Fit India Freedom Runs, etc. are various such events organised by this Ministry every year with an aim to inculcate the habit of an active and healthy lifestyle amongst the citizens of the country.
