

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

**LOK SABHA
UNSTARRED QUESTION NO. †3767
ANSWERED ON 21.12.2021**

Formulating Roadmap for Fit India Movement

†3767. SHRI GOPAL CHINNAYA SHETTY:

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

(a) whether the Government have launched a campaign 'Fit India Movement' in August, 2019 for physical fitness, eating habits to keep the environment clean and keep diseases away, which is very important for the lifestyle of citizens;

(b) if so, the details thereof;

(c) whether the Government has taken any steps to make 'Fit India Movement' program successful by formulating a roadmap and coordinating with Ministry of Education, Ministry of Panchayati Raj and Ministry of Rural Development through their Ministry;

(d) if so, the details thereof; and

(e) the details of the status of 'Fit India Movement' as on date?

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

(a) and (b) Fit India Movement was launched on 29th August, 2019 by the Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Fit India Movement is to bring about behavioral changes and move towards a more physically active lifestyle. Towards achieving this mission, this Ministry has been taking various initiatives and conducted events to achieve the following objectives:-

- (i) to promote fitness as an activity which is easy, fun and free;**
- (ii) to spread awareness on fitness and various physical activities that promote fitness through focused campaigns;**

- (iii) to encourage indigenous sports;**
- (iv) to make fitness reach every school, college/university, panchayat/village, etc.; and**
- (v) to create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.**

(c) to (e) This Ministry has been incessantly working in coordination with various Ministries/Departments/organisations, including the Ministry of Education, Ministry of Panchayati Raj and Ministry of Rural Development as well as the State/Union Territory Governments for encouraging the citizens of this country to take their health and well-being as an utmost priority by making small changes in their lifestyle. Ministry-wise details of participation in the various Fit India Campaigns are not maintained. However, this Ministry, in association with the Ministry of Education, has rolled out the Fit India School Week, Fit India Certification System and Fit India Quiz for schools across the country. More than 9.9 lakh schools have registered on the Fit India website. This Ministry has been actively spreading awareness about fitness through various activities and campaigns in association with various stakeholders under the Fit India Movement. Major activities initiated by this Ministry under the Fit India banner include online/offline activities in the categories of Plog Run, School Certification system, Youth Club Certification system, School Week celebrations, Cyclothon, Yoga Day celebration, Freedom Run, Active Day series during lockdown, Champion Talks, Dialogue series, Indigenous Games series, Fit India Thematic Campaigns, and Prabhat Pheris. Further, Fit India age-appropriate fitness protocols for various age groups have also been introduced to encourage people to work towards physical fitness.
