

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

**LOK SABHA
UNSTARRED QUESTION NO. 3770
ANSWERED ON 21.12.2021**

Promotion of 'Fit India Movement'

3770. SHRI PARVESH SAHIB SINGH VERMA:

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

- (a) the details of the progress made under the 'Fit India' movement since its inception in 2019, State-wise;**
- (b) whether the Government has been successful in reaching every school/university, village/panchayat of the country in promotion of the movement, if so, details thereof;**
- (c) if not, what percentage of India has been made aware and has participated in the movement; and**
- (d) the details of initiatives and awareness campaigns that have been undertaken to spread awareness on fitness in India under this scheme?**

**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.

This Ministry has been incessantly working in coordination with various Ministries/Departments/organisations 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.

State/School/University/Village/Panchayat-wise details of participation in the various Fit India Campaigns are not maintained in this Ministry.

(c) Does not arise.

(d) 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.
