

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

**LOK SABHA
UNSTARRED QUESTION NO. 2091
ANSWERED ON 05.08.2024**

Awareness/Promotion of Fitness among Citizens

2091. SHRI SURESH KUMAR KASHYAP:

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

- (a) whether the Government has taken any initiative for creating awareness and promotion of fitness among the citizens;**
- (b) if so, the details thereof along with initiatives taken by the Government; and**
- (c) the steps taken by the Government to motivate the sports at village level?**

ANSWER

**THE MINISTER OF YOUTH AFFAIRS & SPORTS
{ DR. MANSUKH MANDAVIYA }**

(a) and (b) Yes, Sir. The Fit India Movement, a component of the Khelo India Scheme, aims to encourage citizens to adopt an active lifestyle and integrate physical activities into their daily routine. This initiative includes various programs, events, and awareness campaigns focused on fitness, sports, and overall well-being for people of all age groups. The Fit India Movement promotes physical activities through initiatives like the Fit India Quiz, Fit India Week, Cyclothon, and Freedom Run. These events engage citizens in exercise and raise awareness about fitness, fostering a national culture of well-being. The Ministry is committed to promoting a culture of fitness and well-being that is inclusive and accessible to everyone, regardless of age, gender, or socio-economic status.

(c) Ministry of Youth Affairs & Sports (MYAS) implements the following schemes for the development of sports, to promote sports in the country, including at village level:

(i) Khelo India- National Programme for Development of Sports; (ii) Assistance to National Sports Federations; (iii) Special Awards to Winners in International Sports Events and their Coaches; (iv) National Sports Awards; (v) Pension to Meritorious Sportspersons; (vi) Pandit Deendayal Upadhyay National Welfare Program for Sportspersons; (vii) National Sports Development Fund; and (viii) Running Sports Training Centres through Sports Authority of India.

Details of the above schemes are available in the public domain on the websites of this Ministry and the Sports Authority of India.
