

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

**LOK SABHA  
UNSTARRED QUESTION NO. 2431  
TO BE ANSWERED ON 04.08.2025**

**Campaign under Fit India Movement**

**2431. Shri Mukeshkumar Chandrakaant Dalal:**

**Shri Chavda Vinod Lakhamshi:**

**Shri Rajpalsinh Mahendrasinh Jadav:**

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

**(a) the details of the major initiatives undertaken under the Fit India Campaign to promote fitness and active lifestyles across age groups and institutions;**

**(b) the total number of people engaged through the “Sundays on Cycle” campaign under the Fit India movement;**

**(c) the details of the total number of educational institutions and workplaces that certified as ‘Fit India Schools’, State-wise details thereof along with the impact of the said campaign;**

**(d) the number of institutions engaged through the ‘Sundays on Cycle’ initiative;**

**(e) the manner in which the said Movement being adapted to workplaces, panchayats, armed forces and Government departments to promote wellness across the society;**

**(f) the names of the institutions that have partnered with the said Movement for said campaign; and**

**(g) the level of the participation and the impact of the first edition of the Fit India Carnival?**

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

**(a) The details of the major initiatives undertaken under the Fit India Campaign to promote fitness and active lifestyles across age groups and institutions are at Annexure – I.**

**(b) Since its launch on 17<sup>th</sup> December, 2024, the “Sundays on Cycle” campaign has engaged over 5.5 lakh participants in 17,000+ locations across the country.**

**(c) Under the Fit India Movement, schools are the first pillar of formal education which involves teaching and practicing the art of taking care of one’s body and health, daily holistic efforts in promoting fitness and sports among students, aligning with the goals of the Fit India and Khelo India scheme. A total of 443646 schools are registered under Fit India Movement. State-wise details of the same are at Annexure – II.**

**(d) Over 1,200 educational institutions, including leading schools and universities, are actively participating in “Sundays on Cycle” across the country.**

**(e) The Fit India Movement through various public campaigns like Fit India Freedom Run, Fit India School Week, Sundays on Cycle, Fit India Mobile Application has reached out to over 30 Crore+ citizens since 2019. The Fit India Movement endeavours to foster inclusivity by engaging diverse groups and stakeholders across all age categories, including the elderly and persons with disabilities by engaging through the age-appropriate fitness protocols. The campaign also encourages the use of the Fit India Mobile Application to further promote awareness and participation. The message of fitness is spread through various Fit India Influencers and through media initiatives as well.**

**(f) The “Sundays on Cycle” campaign under the Fit India Movement has witnessed broad institutional collaboration, with key partners including the Cycling Federation of India, Indo Tibetan Border Police, Indian Army, Indian Athletes, Rahagiri Foundation, National Service Scheme (NSS) and Sports Clubs, Indian Post, Health and Lifestyle coaches (such as Heartfulness and Yogasana), Federation of Indian Chambers of Commerce and Industry (FICCI), Confederation of Indian Industry (CII), Sportscom, government employees, Women’s Day Special (Society for Promotion of Environment, Flora and Fauna – SPEFL), doctors and healthcare professionals, the Physical Education Foundation of India (PEFI), school children, state police forces, Resident Welfare Associations, MyBharat, teachers, lawyers, Department of Indirect Taxes and Customs, journalists, Indian Railways, Yogasana Bharat, Public Sector Undertakings (PSUs), and the Central**

**Armed Police Forces (CAPF), among others. These partnerships have significantly enhanced the campaign's reach, promoting cycling as a healthy and sustainable lifestyle choice across diverse sections of society and transforming Sunday mornings in many cities into vibrant, inclusive zones for fitness and community well-being.**

**(g) The first edition of the Fit India Carnival, held over three days from 16<sup>th</sup> to 18<sup>th</sup> March, 2025 at Jawaharlal Nehru Stadium, New Delhi, saw more than 25,000 participants aged 5 to 70 engaging in various fun and interactive fitness activities, with daily support from over 200 volunteers and 150 staff members and the presence of celebrity guests such as Ayushmann Khurrana, Sangram Singh, Shanky Singh, and Mickey Mehta. Demonstrating significant impact, the event registered 48 million+ social media impressions, over 450 media coverages at the national and regional levels, and a 10% rise in Fit India app usage, further amplified by more than 3,000 posts with official hashtags and an Instagram reel surpassing 15 million views. The Carnival effectively advanced the vision of the Fit India Movement by inspiring greater public participation in physical fitness and healthy, active lifestyles across all age groups.**

**ANNEXURE – I**

**ANNEXURE REFERRED TO IN REPLY TO PART (a) OF LOK SABHA UNSTARRED QUESTION NO. 2431 TO BE ANSWERED ON 04.08.2025 REGARDING “CAMPAIGN UNDER FIT INDIA MOVEMENT” ASKED BY SHRI MUKESHKUMAR CHANDRAKAANT DALAL, SHRI CHAVDA VINOD LAKHAMSHI AND SHRI RAJPALSINH MAHENDRASINH JADAV, HON’BLE MEMBERS OF LOK SABHA.**

**Details of the major initiatives undertaken under the Fit India Campaign**

<b>Name of Event/program</b>	<b>Introduction</b>	<b>Number of Participants</b>
<b>Fit India Quiz</b>	Launched on 1st September 2021 with a ₹3.25 crore prize pool, is India's largest quiz on sports and fitness for schoolchildren	Participated schools – 36,780 Participated Students – 1 lakh+
<b>Fit India Swacchata Freedom Run 6.0</b>	Launched on 31st October 2024 commemorating the birth anniversary of Sardar Vallabhbhai Patel	People participated- 1 crore+
<b>Fit India Week</b>	Conceived in 2019, promotes physical fitness. Schools, colleges, and universities engage in fitness activities like challenges and cycling events.	Schools participated – 14 Lakh Students – 2.76 crore
<b>Fit India Mobile App</b>	Launched in 2021, helps users track their fitness parameters and provides personalized fitness tips	Downloads- 13 lakh+
<b>Fit India Sundays on Cycle</b>	Launched on 17th December 2024 to promote cycling as a means of staying fit and healthy.	People engagement – 5.5 Lakh+ Locations - 17000+ 3.4 billion social media impressions
<b>Fit India International Women’s Week</b>	It was held from 3 <sup>rd</sup> to 9 <sup>th</sup> March, 2025. Throughout the week, women engaged in a wide array of activities from self-defence training and yoga sessions to fun games, meditation classes, and career counselling.	Locations - 250+ People participation - 75000+
<b>Fit India Carnival</b>	It was a three-day-long fitness and wellness festival conducted from 16th to 18th March, 2025, aimed at celebrating and encouraging a healthy and active lifestyle among individuals of all ages	People participated - 25,000+
<b>Yoga Sangam on International Yoga Day</b>	It was conducted on 21 <sup>st</sup> June 2025. Events spanned across diverse geographies, from metros to remote and tribal belts, reflecting the movement's inclusivity.	Locations - 450+ Participants - 55,000+

**ANNEXURE – II**

**ANNEXURE REFERRED TO IN REPLY TO PART (c) OF LOK SABHA UNSTARRED QUESTION NO. 2431 TO BE ANSWERED ON 04.08.2025 REGARDING “CAMPAIGN UNDER FIT INDIA MOVEMENT” ASKED BY SHRI MUKESHKUMAR CHANDRAKAANT DALAL, SHRI CHAVDA VINOD LAKHAMSHI AND SHRI RAJPALSINH MAHENDRASINH JADAV, HON’BLE MEMBERS OF LOK SABHA.**

**State-wise details of schools registered under Fit India Movement**

<b>S. No.</b>	<b>Name of State/UT</b>	<b>Number of schools</b>
1.	Andaman and Nicobar Islands	544
2.	Andhra Pradesh	12038
3.	Arunachal Pradesh	242
4.	Assam	30719
5.	Bihar	49664
6.	Chandigarh	384
7.	Chhattisgarh	4327
8.	Dadra and Nagar Haveli and Daman and Diu	532
9.	Delhi	3082
10.	Goa	828
11.	Gujarat	44197
12.	Haryana	7458
13.	Himachal Pradesh	10392
14.	Jammu and Kashmir	17042
15.	Jharkhand	27316
16.	Karnataka	24880
17.	Kerala	5555
18.	Ladakh	208
19.	Lakshadweep	37
20.	Madhya Pradesh	11969
21.	Maharashtra	19669
22.	Manipur	424
23.	Meghalaya	1385
24.	Mizoram	58
25.	Nagaland	88
26.	Odisha	31936
27.	Puducherry	277
28.	Punjab	13812
29.	Rajasthan	53530
30.	Sikkim	429
31.	Tamil Nadu	35609
32.	Telangana	8528
33.	Tripura	2079
34.	Uttar Pradesh	16985
35.	Uttarakhand	4954
36.	West Bengal	781
	<b>Total</b>	<b>441958</b>

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