

ਪੰਜਾਬ ਸਰਕਾਰ

ਸਿੱਖਿਆ ਵਿਭਾਗ

(ਸਿੱਖਿਆ- 6 ਸ਼ਾਖਾ)

ਈ-ਮੇਲ

ਸੇਵਾ ਵਿਖੇ

1. ਸਮੂਹ ਡਿਪਟੀ ਕਮਿਸ਼ਨਰ, ਪੰਜਾਬ।
2. ਜ਼ਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ:ਸਿ/ਐ:ਸਿ), ਪੰਜਾਬ।  
(ਵੈਬਸਾਈਟ ਰਾਹੀਂ)

ਮਿਤੀ, ਚੰਡੀਗੜ੍ਹ:- 30-09-22

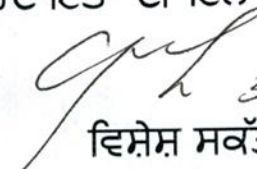
Subject: Fit India Freedom Run 3.0- reg.

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ।

2. ਵਿਸ਼ਾ ਅੰਕਿਤ ਮਾਮਲੇ ਸਬੰਧੀ ਆਪ ਨੂੰ ਦੱਸਿਆ ਜਾਂਦਾ ਹੈ ਕਿ Fit India Freedom Run 3.0 ਦਾ 3<sup>rd</sup> ਅਡੀਸ਼ਨ ਪੂਰੇ ਭਾਰਤ ਵਿੱਚ ਮਿਤੀ 02 ਅਕਤੂਬਰ 2022 ਤੋਂ ਮਿਤੀ 31-10-2022 ਤੱਕ ਮਨਾਇਆ ਜਾਣਾ ਹੈ ਜਿਸਦਾ ਥੀਮ "Azadi Ke 75 Saal fitness rahe bemisaal" ਹੈ। ਇਸ ਸਬੰਧੀ Plog Run ਮਿਤੀ 02-10-2022 ਨੂੰ ਦਿੱਲੀ ਵਿਖੇ ਲਾਲ ਕਿਲ੍ਹਾ ਤੋਂ ਰਾਜ ਘਾਟ ਤੱਕ ਕਰਨ ਦੀ ਯੋਜਨਾ ਹੈ। Fit India Freedom Run 3.0 ਮੁਹਿੰਮ ਪੂਰਾ ਮਹੀਨਾ ਚਲਾਈ ਜਾਵੇਗੀ ਅਤੇ ਗੁਜਰਾਤ ਦੇ Kevadia ਵਿਖੇ 31 ਅਕਤੂਬਰ 2022 ਨੂੰ ਏਕਤਾ ਰੰਨ ਨਾਲ ਸਮਾਪਤ ਹੋਵੇਗੀ।

3. ਇਸ ਸਬੰਧੀ ਆਪ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ Fit India Freedom Run 3.0 ਮੁਹਿੰਮ ਦਾ ਵੱਧ ਤੋਂ ਵੱਧ ਪ੍ਰਚਾਰ ਕੀਤਾ ਜਾਵੇ ਤਾਂ ਜੋ ਹਰ ਉਮਰ ਵਰਗ ਦੇ ਲੋਕਾਂ ਨੂੰ ਇਸ ਵਿੱਚ ਭਾਗ ਲੈਣ ਲਈ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ ਜਾ ਸਕੇ। ਇਸ ਸਬੰਧੀ participants ਦੀ ਡਿਟੇਲ Fit India Mobile App or Fit India Portal (<https://fitindia.gov.in>) ਉਪਰ ਅਪਲੋਡ ਕੀਤੀ ਜਾਵੇ।

4. ਇਸ ਸਬੰਧੀ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਆਪ ਨੂੰ Under Secretary to Government of India, Ministry of Education ਤੋਂ ਪ੍ਰਾਪਤ ਪੱਤਰ ਨੰ: F.No. 12-1/2020-IS.4 (E) ਮਿਤੀ 26.09.2020 ਸਮੇਤ ਸਹਿ-ਪੱਤਰ ਦੀ ਕਾਪੀ ਭੇਜਕੇ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਇਸ ਪੱਤਰ ਵਿੱਚ ਦਰਜ ਹਦਾਇਤਾਂ ਦੀ ਇੰਨ-ਬਿੰਨ ਪਾਲਣਾ ਕਰਨੀ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ।

 30.9.22  
ਵਿਸ਼ੇਸ਼ ਸਕੱਤਰ ਸਕੂਲ ਸਿੱਖਿਆ

ਪਿ:ਅੰ:ਨੰ: 1/435931/22/3-7

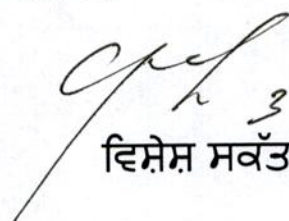
ਮਿਤੀ, ਚੰਡੀਗੜ੍ਹ: 30-9-22

ਉਪਰੋਕਤ ਦਾ ਉਤਾਰਾ ਸਮੇਤ Under Secretary to Government of

India, Ministry of Education ਤੋਂ ਪ੍ਰਾਪਤ ਪੱਤਰ ਨੰ: F.No. 12-1/2020-IS.4

(E) ਮਿਤੀ 26.09.2020 ਸਮੇਤ ਸਹਿ-ਪੱਤਰ ਦੀ ਕਾਪੀ ਸਕੂਲ ਸਿੱਖਿਆ ਵਿਭਾਗ ਅਧੀਨ ਆਉਂਦੇ ਹੇਠ ਲਿਖੇ ਅਦਾਰਿਆਂ ਨੂੰ ਇੰਨ-ਬਿੰਨ ਪਾਲਣਾ ਹਿੱਤ ਭੇਜੀ ਜਾਂਦੀ ਹੈ:

1. ਡਾਇਰੈਕਟਰ ਜਨਰਲ ਸਕੂਲ ਸਿੱਖਿਆ, ਪੰਜਾਬ।
2. ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਸੈ:ਸਿ), ਪੰਜਾਬ।
3. ਚੇਅਰਮੈਨ, ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ, ਮੋਹਾਲੀ।
4. ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਐ:ਸਿ), ਪੰਜਾਬ।
5. ਡਾਇਰੈਕਟਰ ਐਸ.ਸੀ.ਈ.ਆਰ.ਟੀ, ਪੰਜਾਬ।

 30.9.22  
ਵਿਸ਼ੇਸ਼ ਸਕੱਤਰ ਸਕੂਲ ਸਿੱਖਿਆ



1744177/2022/SPORTS-DPISE

F. No. 12-1/2020-IS.4(E)

Government of India  
Ministry of Education  
Department of School Education & Literacy  
(IS-4 Section)

Shastri Bhawan, New Delhi  
Dated: 26th Sep., 2022

To

The Additional Chief Secretary/Principal Secretary/Secretary (Education), All States / UTs

**Subject: - Fit India Freedom Run 3.0 – reg.**

Madam/Sir,

I am directed to enclose herewith a copy of D.O. letter dated 20.09.2022 received from the Department of Sports regarding the 3<sup>rd</sup> edition of Fit India Freedom Run namely **Fit India Freedom Run 3.0**, commencing on 2<sup>nd</sup> Oct., 2022 with the theme "Azadi ke 75 saal, fitness rahe bemisaal".

2. In this regard, it is to inform you that the Fit India Freedom Run 3.0 is envisaged to be a fully inclusive event with participation of people of all age groups from across the country. For this, a Plog Run is to be planned from Red Fort to Raj Ghat in Delhi on 2<sup>nd</sup> Oct., 2022, to mark Gandhi Jayanti and also to launch the month-long campaign of the Freedom Run 3.0 which will culminate with a Unity Run on 31<sup>st</sup> Oct., 2022 at Kevadia, Gujarat. States/UTs may organize the said event from 2<sup>nd</sup> Oct., 2022 to 31<sup>st</sup> Oct., 2022 at important historical places in their respective States/UTs and Athletes/Celebrities etc. may be invited for the same.

3. This initiative would be a success only if it becomes a people's movement, therefore, focus should be given on mass participation. Hence, you are requested to publicize the event and motivate people to maximize their participation in the event. In this regard, SOP for Fit India Freedom Run 3.0 is attached herewith.

**Encl.: As above**

Yours faithfully,

(Rajesh Kumar Maurya)

Under Secretary to the Government of India

Tel.01123384501

E-mail : rajmaurya.edu@nic.in

**Copy to** :(For information and necessary action):

1. The Chairperson, Central Board of Secondary Education (CBSE)
2. The Commissioner, Kendriya Vidyalaya Sangathan (KVS)
3. The Chairperson, National Bal Bhavan (NBB)
4. The Chairman, National Institute of Open Schooling (NIOS)
5. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
6. The Director, National Council of Education Research and Training (NCERT)
7. The Chairman, Council for the Indian School Certificate Examination (CISCE)

**Copy for information to:** Secretary, Department of Sports with reference to their D.O. Letter No. KI/FIT INDIA/FREEDOM RUN/2022 dated 20.09.2022.

1750972  
 30-9-22



सुजाता चतुर्वेदी, भा.प्र.से  
सचिव  
Sujata Chaturvedi, IAS  
Secretary



भारत सरकार  
खेल विभाग  
युवा कार्यक्रम और खेल मंत्रालय  
Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports  
Dated: 20<sup>th</sup> September, 2022

D.O. No. KI/FIT INDIA/FREEDOM RUN/2022

Dear Secretary,

The Fit India Freedom Run was started in 2020 by this Ministry to mark two days of national importance, namely, Independence Day and Gandhi Jayanti. This Run aims to inculcate the habit of walking and running in people in the quest for better health and fitness. It gives me great pleasure to inform you that as part of the celebrations of the Azadi Ka Amrit Mahotsav (AKAM), the 3<sup>rd</sup> edition of the Fit India Freedom Run is commencing on 2<sup>nd</sup> October, 2022 with the theme "Azadi ke 75 saal, fitness rahe bemisaal".

2. The Fit India Freedom Run 3.0 is envisaged to be a fully inclusive event with participation of people from across all walks of life, and all age groups, and from across the country. Towards this, a Plog Run is planned from Red Fort to Raj Ghat in Delhi on 2<sup>nd</sup> October, 2022, to mark Gandhi Jayanti, and also to launch the month-long campaign of the Freedom Run 3.0 which will culminate with a Unity Run on 31<sup>st</sup> October, 2022 at Kevadia, Gujarat.

3. To make this initiative successful, I request your kind support by encouraging a mass participation through your Ministry in the month-long Fit India Freedom Run 3.0. It is also requested to organize a Plog Run on 2<sup>nd</sup> October, 2022. Further, it is also requested that from 2<sup>nd</sup> October to 31<sup>st</sup> October, 2022, a series of events, namely, a run/walk in your Ministry/Department for the campaign may also be organized.

4. I shall be grateful for your support in this regard. For your convenience, a copy of the SOP of the 'Fit India Freedom Run 3.0 is attached. Ms. Ekta Vishnoi, Mission Director – Fit India (+91 75881 81543) is the designated Nodal Officer from this Ministry for coordinating the event.

With best wishes,

Yours sincerely,

*(Signature)*  
20/9/22  
(Sujata Chaturvedi)

Encl: As above.

To: All the Secretaries, Government of India.

Pl circulate

As per work allocation, M/o YAS & Fit India come under the purview of SS-I Bureau we may send it to SS-I for n/a. 21/9/22

कमरा सं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001 दूरभाष : 011-23388623  
Room No. 3, 'C' Wing, Shastri Bhawan, New Delhi-110001 Tel.: 23388623  
फैक्स / Fax: 011-23388758, ई-मेल / E-mail : secy-sports@nic.in

*(Signature)*  
21/9/22  
US(RKM)



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**SOP for Fit India Freedom Run 3.0 - Azadi Ka Amrit Mahotsav**

1. Appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, department name, mobile number and email ID) at [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)
2. Organize plog run events on launch day i.e., 2<sup>nd</sup> October 2022 and runs/walk from 3<sup>rd</sup> to 31<sup>st</sup> October, 2022 at iconic and historically important places in the State/UTs, invite people's representatives/ Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc.
3. Pre-event promotion: Ensure pre-event promotion of the event to be organised by respective States/UTs Governments, Ministries/Departments & Organisations from 26<sup>th</sup> September, 2022 onwards followed by post event promotion and engagement after the launch.
4. The organizing department to release a press note by 26<sup>th</sup> September 2022 informing about the event and schedule of activities.
5. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31<sup>st</sup> October 2022.
6. Encourage participation in the Freedom Run 3.0 from friends, families, and other connections in the network of the individuals participating in the event.
7. The organisers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link:

<https://drive.google.com/drive/folders/1lsP1V6JZ1WLNTssPqO0pIg0y-y4tZWHP?usp=sharing>

8. Organizers to register their event on Fit India portal (<https://fitindia.gov.in/>) or Fit India Mobile App and upload details of participants and kms covered daily to have live dashboard on Fit India portal as shown below:

*E.g., The organization conducted following Fit India Freedom run 3.0 events:*

1. Event/s on 03-10-2022 with 50 participants ran for 3 Kms
2. Event/s on 04-10-2022 with 100 participants ran for 3 Kms

*The data for the event/s would be filled by the organization on Fit India portal in the following manner for each day:*

S. No	Date (DDMMYYYY)	No. of Participants	Total KMS covered	Add Participants*
1	03-10-2022	50	150	
2	04-10-2022	100	300	
Grand Total		150	450	
• For downloading certificates for participants and organizers				

9. Promote Freedom Run on their social media channels with #AmritMahotsav and #Run4India through creatives, videos, write-ups, pictures of the events. (Social media team member name and number) is point of contact for any coordination regarding social media from Fit India Mission.
10. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the campaign.