



Frequently Asked Questions (FAQs) – FIT India International Women’s Day 2026

1. What is FIT India International Women’s Day 2026?

FIT India International Women’s Day (IWD) 2026 is a national fitness and wellness campaign organised by the Sports Authority of India under the Fit India Mission to promote women’s health, empowerment, and active lifestyles through mass participation activities.

2. When will the campaign be held?

The campaign will be conducted from **6th March to 8th March 2026**, with flexibility for organisations to host activities during the International Women’s Day week.

3. What is the theme of IWD 2026 under Fit India?

The official theme is:

“Strong Women, Strong Nation”

4. Who can participate in the campaign?

The campaign is open to:

- Women and girls of all age groups
- Schools, colleges, and universities
- Government organisations and institutions
- Corporates and private organisations
- Resident Welfare Associations (RWAs)
- NGOs, SHGs, NSS, NCC, and community groups
- General public

5. Are men allowed to participate?

Yes. While the focus is on women, men are encouraged to participate to support and promote women’s fitness and empowerment.

6. What types of activities will be organised?

Activities include:

- Yoga and fitness sessions
- Women’s cycling events (Sundays on Cycle)
- Self-defence workshops
- Mental wellness and nutrition awareness sessions
- Zumba and dance fitness sessions
- Leadership talks and panel discussions

- Fitness pledge and felicitation of women achievers

7. Is there any registration required?

Yes. Organisations and participants should register their events and participation on the **Fit India Portal** as per official guidelines.

8. Is there any participation fee?

No. Participation in FIT India IWD activities is **free of cost**.

9. Will participants receive certificates?

Yes. Participation certificates can be downloaded from the Fit India Portal wherever applicable.

10. Who is responsible for organising the activities locally?

Activities will be coordinated by:

- SAI Regional Centres
- State Governments / UT Administrations
- Educational institutions
- Partner organisations and community groups

11. What is the highlight event on International Women's Day (8th March 2026)?

The key highlight is the **Women-led "Sundays on Cycle" event**, along with mass yoga sessions, Zumba, and fitness pledge activities.

12. What is the objective of this campaign?

The campaign aims to:

- Promote fitness among women
- Encourage active and healthy lifestyles
- Raise awareness about physical and mental wellbeing
- Empower women through sports and fitness participation

13. How can organisations participate?

Organisations can:

- Plan fitness and wellness activities
- Mobilise participants
- Coordinate with Fit India Regional Centres
- Upload event details and participation data on the portal

14. How can participants stay updated about the campaign?

Participants can follow official Fit India social media handles and use official hashtags:

#FitIndiaIWD2026

#StrongWomenStrongNation

#WomenOnWheels

#FitIndiaMovement

15. Who can be invited as special guests or speakers?

Organisations are encouraged to invite:

- Women athletes
- Fitness trainers
- Doctors and nutritionists
- Women leaders and achievers
- Community role models

16. What safety measures should be ensured?

Organisers must ensure:

- Basic medical support
- Safe venue arrangements
- Crowd management
- Hydration and emergency preparedness

17. How will participation be tracked?

Participation data, photos, and videos must be uploaded on the Fit India Portal within 7 days after the event.

For more information, please contact:

Fit India Mission

Sports Authority of India

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Email: contact@fitindia.in