

## SOP for Fit India Week 6.0

1. Fit India Week 2024 aims to propagate fitness awareness among students, parents, teachers, and educational institutions across India by engaging in various activities promoting an active and healthy lifestyle. This initiative, beginning in 2019, has evolved to reach millions and continues to focus on expanding the fitness movement to more schools, colleges, and higher education institutions. In the subsequent five editions, the Fit India Week has been observed by 18.5 Lakhs schools

2. In this edition of Fit India Week is to be observed from **15th November to 31st December 2024**, in schools, colleges, and universities in pursuit of spreading the message of fitness to various segments of the population. Schools, colleges, universities, and higher education institutions can select any one week within this duration to celebrate Fit India Week observing the activities enumerated below:

Day	Indicative List of activities for Fit India Week 2024 for Schools/ Colleges and Universities
1.	Annual Sports Day, Popular Sports & Fun Games
2.	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3.	Indigenous Games
4.	Fitness Assessment through Mobile App
5.	Yoga & Meditation
6.	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet
7.	Idea generation contests & Entrepreneurship Building in HEI & Colleges
<b>Schools /Colleges/ HEI and Universities to encourage students to commute by bicycle during the week with adequate focus on road safety</b>	

3. Schools / Colleges/ HEI and Universities to appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, mobile number and email ID) at [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)

4. Invite eminent Athletes/Public representatives/Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc to join Fit India Week celebration.

5. **Pre-event promotion:** Ensure pre-event promotion of the event to be organized by respective Schools / Colleges/ HEI and Universities from **15th November 2024** onwards followed by post event promotion and engagement.

6. Schools / Colleges/ HEI and Universities to release a press note by **15<sup>th</sup> November 2024** informing about the event and schedule of activities.

7. Schools / Colleges/ HEI and Universities to conduct various activities in any one week during the Fit India Week 2024 celebration till to **31st December 2024**.

8. The organizers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: [https://drive.google.com/drive/folders/178z4Gz-t2HaWQLuyRDbJZnCwQIHeHeE8?usp=drive\\_link](https://drive.google.com/drive/folders/178z4Gz-t2HaWQLuyRDbJZnCwQIHeHeE8?usp=drive_link)

9. Schools / Colleges/ HEI and Universities to register their event on Fit India portal (<https://fitindia.gov.in/>) and upload details of participants and activities performed daily to have live dashboard on Fit India portal as shown below:

E.g., The organization conducted following Fit India Week 6.0 events:

1. Event/s on 15-11-2024 with 50 participants

2. Event/s on 04-12-2024 with 100 participants

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

<b>S.No.</b>	<b>Date (DDMMYYYY)</b>	<b>No. of Paticipants</b>	<b>Total No. of Events/ Activities</b>	<b>Add Participants</b>
1	15-11-2024	50	250	
2	04-12-2024	100	300	
Grand Total		150	550	
For downloading certificates for Schools / Colleges/ HEI and Universities				

10. Promote Fit India Week 2024 on their social media channels with #FIW2024 and #FitCollegeFitIndia #FitSchool through creatives, videos, write-ups, pictures of the events.

11. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the Event.

12. Participants shall be encouraged to take the Fit India Pledge-

### **Fit India Pledge**

**I take the pledge:**

- **TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE**
- **TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH**
- **TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY**
- **TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY**

**मैं प्रतिज्ञा करि/करती हूँ:**

- एक सतिय और स्वस्थ जीवन शैली जीऊँ गा/जीऊँगी
- अपने तिटनेस और स्वास्थ्यके तलए हरतिन 30 तमनटका समय तनकाल ँगा/तनकाल ँगी
- अपने पररवारके सिंस्यऔँ रपडयतसययकूँ यतिट और स्वस्थ रहनेके तलए प्रयत्सातहिकरूँ गा/करूँगी
- तिटडूँ तियामय बाइलएप्लिके शनपरत्रैमातसकतिटनेसम्ल ँंकनपरीक्षणल ँगा/ल ँगी

13. Download Fit India Mobile App to track your miles for the Fit India Week 2024 on the following link:

- Android: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- IOS: <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>
- FIMA

