

## Standard Operating Procedure (SOP) for International Women’s Day Celebration

**3<sup>rd</sup> March to 9<sup>th</sup> March 2025**

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### **1. Objective**

The purpose of this SOP is to guide universities in organizing International Women’s Day celebrations by promoting fitness, health awareness, and empowering women through a variety of activities. This celebration is aimed at encouraging women to embrace fitness, well-being, and health through a range of fitness-related initiatives and empowering discussions.

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### **2. Implementation Schedule for Universities**

Universities are encouraged to organize fitness and health-centric activities for International Women’s Day, as detailed in the table below. The activities should be planned to ensure inclusivity, accessibility, and maximum participation. **Universities shall conduct all the activities mentioned below during 3<sup>rd</sup> March to 9<sup>th</sup> March with one activity per day (Pink Cyclothon particularly on 9<sup>th</sup> march (Sunday) following the FIT INDIA initiative “Sundays On Cycles”).**

Date	Activity No.	List of Suggested Activities
3 <sup>rd</sup> March	Activity 1	Fitness Challenges/ Aerobics/ Zumba/ Marathon
4 <sup>th</sup> March	Activity 2	Sports Activities/Games for Women
5 <sup>th</sup> March	Activity 3	Sessions on Diet & Nutrition
6 <sup>th</sup> March	Activity 4	Self Defence & Martial Arts Training Program
7 <sup>th</sup> March	Activity 5	Mental Health & Wellness
8 <sup>th</sup> March	Activity 6	Yoga Session & Debates/Seminars (must include topic: Women in Adventure sports)
9 <sup>th</sup> March	Activity 7	Pink Cyclothon/ Fitness Rally

### **3. Detailed Execution Plan**

#### **3.1 Activity 1: Fitness Challenges/ Aerobics/ Zumba/ Marathon**

- Can organize fitness challenges such as fun runs, group aerobics, or Zumba sessions.
- Can plan a Marathon with different categories (5K, 10K, etc.), where female students, faculty, and local women can participate.

#### **3.2 Activity 2: Sports Activities/Games for Women**

- Host various sports activities like basketball, volleyball, or badminton exclusively for women. Encourage female participation through inter-departmental or inter-university competitions.

### **3.3 Activity 3: Sessions on Diet & Nutrition**

- Host expert talks and workshops with nutritionists and dieticians to promote healthful eating. Address the importance of balanced diets and the role of nutrition in achieving personal fitness goals.

### **3.4 Activity 4: Self Defence & Martial Arts Training Program**

- Partner with martial arts trainers or self-defence instructors to provide free training for women. Conduct workshops on practical self-defence techniques for female students, staff, and local women.

### **3.5 Activity 5: Mental Health & Wellness**

- Conduct discussions and workshops focusing on mental health, stress management, and well-being. Encourage mindfulness, meditation, and healthy lifestyle practices for mental wellness.

### **3.6 Activity 6: Yoga Session & Debates/ Seminars**

- Organize a mass yoga session or a series of yoga workshops focusing on stress management, fitness, and mental health.
- Organize debates and seminars (must include topic :women in adventure sports and their achievements).

### **3.7 Activity 7: Pink Cyclothon & Fitness Rally**

- Conduct a Pink Cyclothon particularly on 9<sup>th</sup> march (Sunday) or shall organize a fitness rally that focuses on women's health and fitness, encouraging participation from the local community.

**4. Universities to invite athletes, public figures, influencers, FIT INDIA Ambassadors etc for the event.**

**5. Registration & Certification :** Participants should register on the FIT INDIA Portal and can generate the participation certificate

**6. Ensure Maximum Participation:** Universities should encourage the active participation of female students, faculty, staff, public and local communities in all activities.

**7. Media Amplification (Print & Electronic - Pre, During & Post Event) :** Social media engagement using hashtags #FightObesity, #IWD2025, #FitIndia to increase visibility.

**8. Google Drive Link for branding design is –**

[https://drive.google.com/drive/folders/1FSr8g5\\_Yeb1N\\_aKH5KO75wYRqplRklre?usp=sharing](https://drive.google.com/drive/folders/1FSr8g5_Yeb1N_aKH5KO75wYRqplRklre?usp=sharing)

**9. For any info – [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)**

## 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 करता हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा/लूँगी