



UPCOMING EVENTS

- 1 SOC WITH PANCHAYATS
10TH AUGUST, 2025
- 2 SOC WITH NCC
17TH AUGUST, 2025
- 3 SOC WITH STATE POLICE
24TH AUGUST, 2025
- 4 SOC WITH NSFS
31ST AUGUST, 2025

FIT INDIA

NEWSLETTER

VOLUME 1, ISSUE 2, JULY 2025

FIT INDIA APP
NOW WITH BETTER FEATURES!



PM SPEECH AT INTERNATIONAL DAY OF YOGA 2025

FIGHT OBESITY

For the 11th time, the whole world is doing yoga together on 21 June. The day when India proposed in the United Nations that 21 June be recognised as International Yoga Day and then in the shortest time 175 countries of the world stood with our proposal. This was not just support for a proposal, it was a collective effort of the world for the good of humanity. Today, after 11 years, we see that yoga has become a part of the lifestyle of millions of people around the world.

The message everywhere is the same – Yoga belongs to all, and is for all. Yoga is for everyone, beyond boundaries, beyond backgrounds, beyond age or ability.

To spread yoga in the world, India is further strengthening the science of yoga through modern research. We are also encouraging evidence-based therapy in the field of yoga in the country's medical and research institutions. AIIMS research has revealed that yoga plays an important role in the treatment of cardiac and neurological disorders and in women's health and mental well-being.

Today on Yoga Day, I would like to draw everyone's attention towards obesity once again. Increasing obesity is a big challenge for the whole world. I had also discussed this in detail in Mann Ki Baat programme. For this, I had also started a challenge to reduce 10 percent oil in our food. I once again appeal to the countrymen and people across the world to join this challenge. We need to spread awareness on how we can reduce oil consumption in our food by at least 10 percent. Reducing oil consumption, avoiding unhealthy diet and doing yoga is the key to better fitness.



INDIA CELEBRATES WORLD BICYCLE DAY WITH UNITY & ENTHUSIASM



#WORLDBICYCLEDAY

Over 15,000 cyclists across 5,000+ locations joined the 25th edition of Fit India Sundays on Cycle, celebrated as the Tiranga Rally on June 1, to honour India's armed forces and promote fitness and sustainability. The nationwide rally also marked World Bicycle Day.

In Delhi, Hon'ble Union Sports Minister Dr. Mansukh Mandaviya led 1500+ cyclists at Major Dhyani Chand National Stadium, joined by Secretary (Sports) Sh. Hari Ranjan Rao, Olympian Yogeshwar Dutt, Sarita Mor, Saba Karim, actress Sharvari, and the Indian cycling team.

Cyclists participated in large numbers from Jammu & Kashmir districts like Poonch, Kulgam, and Baramulla, supported by SAI Training Centres, Khelo India Centres, and KISCES.

The rally paid tribute to the armed forces, especially in light of Operation Sindoor. "Fitness and patriotism go hand

in hand," said Dr. Mandaviya.

Two key launches marked the day:

The Fit India Carbon Credit Tracker on the app, where cyclists can measure and earn green credits

The first edition of the Fit India Newsletter, bringing monthly stories, tips, and updates

Actress Sharvari was named Young Fit India Icon, sharing heartfelt memories of cycling and saluting the soldiers through her participation.

Top athletes joined pan-India: Dipa Karmakar (Agartala), Sumit Antil, Deepika Kumari, Jyothi Surekha, and others from SAI centres in Sonapat, Bengaluru, and Rohtak.

Partners like CISF, CultFit, Yogasana Bharat, Red FM, BYCS India, and AIU powered this special edition, which began in Dec 2024 with just 150 cyclists and has since grown exponentially.

STAR POWER MEETS PEDAL POWER!

This June, India moved together with unstoppable energy! From the grand Tiranga Cycling Rally in Delhi to the nationwide Cult Yogathon and Olympic Day Runs, lakhs of citizens united through fitness. Celebrities like Sharvari Wagh, Rakulpreet, Jackky Bhagnani, and Olympians inspired the movement, while 2,000+ cycling hubs and yoga arenas came alive across India.

India came together to celebrate fitness, and echoed the vision of Hon'ble Prime Minister.



#INTERNATIONALYOGADAY

Fit India Cult Yogathon 2025 Unites the Nation in Wellness

June 21, 2025 | International Day of Yoga

The Fit India Cult Yogathon 2025, a nationwide celebration of yoga and holistic fitness, brought together people of all ages in one of the country's largest mass yoga movements. Organised under the banner of the Fit India Movement in collaboration with Cult.fit, the event marked the 11th International Day of

Yoga with an unprecedented wave of participation and positivity.

In Delhi, the event was graced by Fit India Icons Rakulpreet (actress), Jackky Bhagnani (actor), Rani Rampal (former hockey player), Priyanka Goswami (athlete), and Madhurima Tuli (actress) who celebrated Yoga Day with breath and Surya Namaskars alongside HMYAS and team.



MEET OUR NEW FIT INDIA ICONS



“I am proud to be made the ‘Young Fit India Icon’ by the Ministry of Youth Affairs and Sports.

It is very exciting to be part of an initiative like ‘Sundays on Cycle’, which not only promotes fitness but also gives the message of protecting the environment.”

—SHARVARI WAGH

“Discipline, dedication, daily commitment. That’s what fitness means

to me. And yoga, as a Young Fit India icon, I believe it’s the purest form of all three. It has helped me find balance in body and mind, and I truly believe it’s India’s greatest gift to the world.”

—MADHURIMA TULI



“It’s hard for people to believe I once weighed over 150 kg. Losing 75 kg wasn’t about

expensive equipment — it was about mindset, clean eating, hydration, sleep, cardio and especially Yoga.”

—JACKKY BHAGNANI

“We really

hope that all of you take small steps towards a fitter you because the only place you truly live in is your body.”

—RAKULPREET SINGH



SHECYCLING EMPOWERS THE WOMEN IN KERALA ON TWO WHEELS

In the historic lanes of Mattancherry, Kochi, a quiet revolution is unfolding. Women who were once confined by social norms and expectations are now riding freely—reclaiming not just roads, but their confidence, independence, and joy.

It began with a single step. In January 2022, Zeenath, a divorced mother and arthritis patient, took leave from work because of mental exhaustion. She could barely speak up for herself. But the day she learnt to cycle, everything changed.

“The moment I rode alone, I felt alive again,” she says. That personal breakthrough turned into a mission.

Today, Zeenath, with founder & Trivandrum Cycling Mayor Prakash Gopinath, has taught over 321 women to cycle. Most are between 45 and 65, many from orthodox Muslim backgrounds. Some arrive in burqas, uncertain and anxious. A week later, they’re cycling solo—and smiling.

This grassroots wave became SheCycling, a movement that has grown with support from the NaMo Fit India Cycling Club. Rehra, 53, once spent her income on rickshaws and



“If I can cycle on my own, what can I not do?”

Zeenath M.A., SheCycling Trainer

avoided going out alone. Today, she cycles at night for fun. “My cycle is like a horse,” she grins. “It’s taken me everywhere.”

On June 14, 98 women participated in a Freedom Night Ride through rain-soaked streets of Fort Kochi. There was music, dancing, and a shared sense of purpose: reclaiming public space with pride. The dream? That no woman should ever need permission to move.

Because when a woman learns to cycle, she moves not just herself—but her whole world.

Swachhta and Fitness Take Center-Stage on June 29



On the morning of June 29, 2025, Union Minister Dr. Mansukh Mandaviya led by example as he joined hundreds of citizens in Palitana, Gujarat, for a spirited Sundays on Cycle ride. Calling upon Swachhta Senanis—India's everyday cleanliness warriors—to lead the movement, Dr. Mandaviya emphasized the importance of a “clean body and clean nation” as two sides of the same coin. “When we cycle together, we not only burn calories but also ignite change,” he said.

Swachhta Senanis Steal the Spotlight in Delhi

In the National Capital, this

special edition of Sundays on Cycle in collaboration with Raahgiri Day saw Swachhta Senanis leading the rally, dressed in recognisable orange, green, and white sashes. Their presence added a civic pride element to the usual mix of fitness and fun. The event, at Cannught Place, hosted hundreds of cyclists, walkers, yoga enthusiasts, and Swachhta volunteers with myriad activities including chess, street ludo, dance, and more.

The event highlight was Olympian Babita Phogat who joined the crowd, riding and encouraging Delhiites to prioritize health and hygiene.

WELLNESS, THE INDIAN WAY

Luke Coutinho on Vocal for Local & Holistic Living

In support of the Prime Minister's “Vocal for Local” and “Heal in India” vision, holistic wellness expert Luke Coutinhourges Indians to rediscover the incredible healing potential of our own traditional foods and practices.

“India is a treasure trove of

wellness,” he says, “and while we can always learn from the world, we must not lose connection with our roots.”

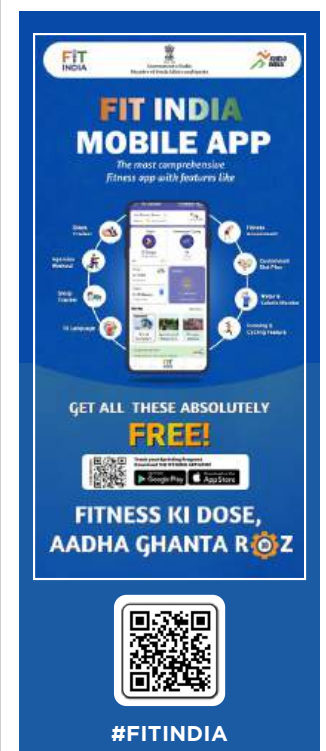
Luke believes these foods are not just nourishing, but deeply sustainable and accessible for every Indian household.

“If we had to survive using only what grew in our country, we wouldn't just survive—we would thrive.”

Luke Coutinho



Media Watch





“This was in honour of our forces... as long as we are fit and healthy, the nation stands strong.” He also expressed confidence in the future of Indian wrestling as part of the broader Fit India Fitness-Strength narrative: “I believe that wrestling will be its biggest contribution [to India’s medal tally at the 2036 Olympics.]”

Yogeshwar Dutt

“I truly appreciate this movement as a commendable initiative, and I believe everyone should take up cycling as it promotes fitness and contributes to a pollution-free India.”

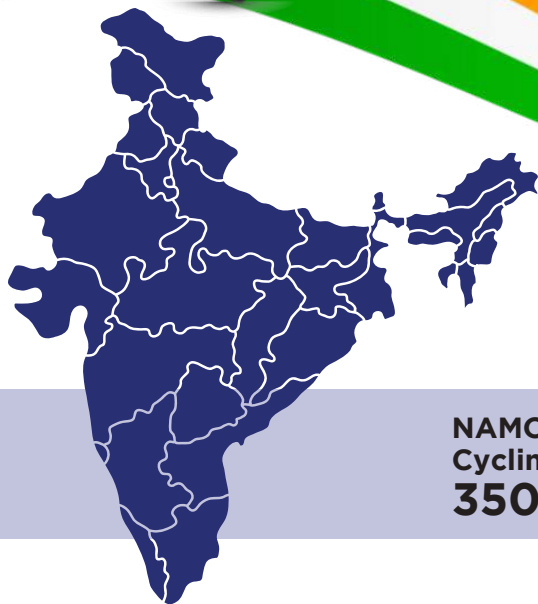
Deepak Punia

“It feels great. I urge everyone to stay healthy ... If people come together, fitness becomes a celebration.”

Babita Phogat

“Cycling keeps us fit and green. I used to cycle to school myself—no maintenance, no pollution. It’s the perfect tool for health and environment.”

Saba Karim



**NAMO Fit India
Cycling Clubs
3500+**

**Sundays on
Cycle Locations
40K+**

**Sundays on Cycle
Participation
7L+**

