FIT INDIA NEWSLETTER
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FIT INDIA

FIT INDIA APP
NOW WITH BETTER FEATURES!



SUNDAYS ON CYCLE



WHAT'S INSIDE

- SoC Highlights
- Nutrition Nugget By Timsi Bector
- Fitness Nugget By Major Nithi CJ (Retd.)

DR. MANSUKH MANDAVIYA

"We are thankful to Hon'ble Prime Minister Narendra Modi for this reduction in Goods and Services Tax (GST) from 12% to 5% on majority of sports goods.



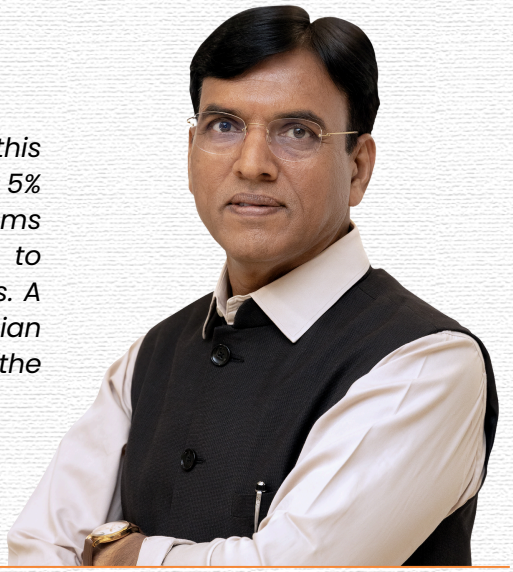
LOWER GST
FUELING PROGRESS IN SPORTS

ITEMS	FROM	TO
Gloves specially designed for use in sports	12%	5%
Toys like tricycles, scooters, pedal cars etc. (including parts and accessories thereof) [other than electronic toys]	12%	5%
Playing cards, chess board, carom board and other board games, like ludo, etc. [other than Video game consoles and Machines]	12%	5%
Sports goods other than articles and equipment for general physical exercise	12%	5%
Fishing rods, and other line fishing tackle; fish landing nets, butterfly nets and similar nets; decoy "birds" (other than those of heading 9208 or 9705) and similar hunting or shooting requisites.	12%	5%
Bicycles and other cycles (including delivery tricycles), not motorized	12%	5%



GUIDING VOICES
FROM THE MINISTER & OUR ATHLETES

We are thankful to Prime Minister Narendra Modi for this reduction in Goods and Services Tax (GST) from 12% to 5% on majority of sports goods. This will make these items affordable for the citizens and motivate them to participate more actively in sports and fitness activities. A higher demand will also boost the production of Indian sports goods manufacturing units and strengthen the sporting ecosystem.



Dr. Mansukh Mandaviya

Hon'ble Minister of Youth Affairs and Sports



This is the 40th edition, and it feels very good. The cycling thing has picked up quite a lot—you've got cycling groups, runners' groups all across, not just in the bigger cities, but even in smaller towns. Now you can see that there's a huge mindset change in terms of staying fit. I'm sure this initiative, which has been taken 40 weeks ago by the Government of India, is going to really help a little bit

Baichung Bhutia

Former skipper of the Indian football team

I am glad to be part of the Fit India Sundays on Cycle initiative. Today, it is being organised at more than 8000 locations across the country by the Government of India and Sports Ministry. Our Hon'ble Prime Monister started Fit India back in 2019 and our Sports Minister Dr. Mansukh Mandaviya began the Sundays on Cycle initiative in December 2024. This was my first experience to cycle alongside thousands of people and especially our Members of Paliament. I would like to tell everyone to dedicate an hour every day for fitness and their physical health,"



Sakshi Malik

Wrestler, Olympic Medalist

SUNDAYS ON CYCLE HIGHLIGHTS | SEPTEMBER



HMYAS rode a bicycle alongside Members of Parliament with the special theme of **'Garv se Swadeshi'**, promoting Indian-made products.

7th Sept | Swadeshi | 39th edition



Indian Football **Legend Bhaichung Bhutia** Spearheaded 40th Edition of Fit India Sundays on Cycle; Events Held **Across 8000 Locations** Nationwide.

14th Sept | Akhil Bhartiya Terapanth Yuvak Parishad | 40th Edition

SUNDAYS ON CYCLE HIGHLIGHTS | SEPTEMBER



Coincided with **World Car Free Day 2025,** falling on September 22, it spotlighted cycling not just as a fitness routine but as a sustainable way to explore the cultural and natural beauty of India.

The event also coincided with ongoing Hindi Pakhwara, being celebrated by the Sports Authority of India's Rajbhasha division in a rich manner from September 14 to 29.

21st Sept | Tourism Dept | 41st Edition



Indian women's hockey captain **Salima Tete praises Fit India** Sundays on Cycle initiative, encourages citizens to dedicate 30 minutes to fitness daily.

Organised in collaboration with the **Ministry of Women & Child Development, Ministry of Health & Family Welfare** alongside **Aanganwadi and ASHA workers.** In New Delhi, the event was flagged off by Aanganwadi worker Suman Chauhan.

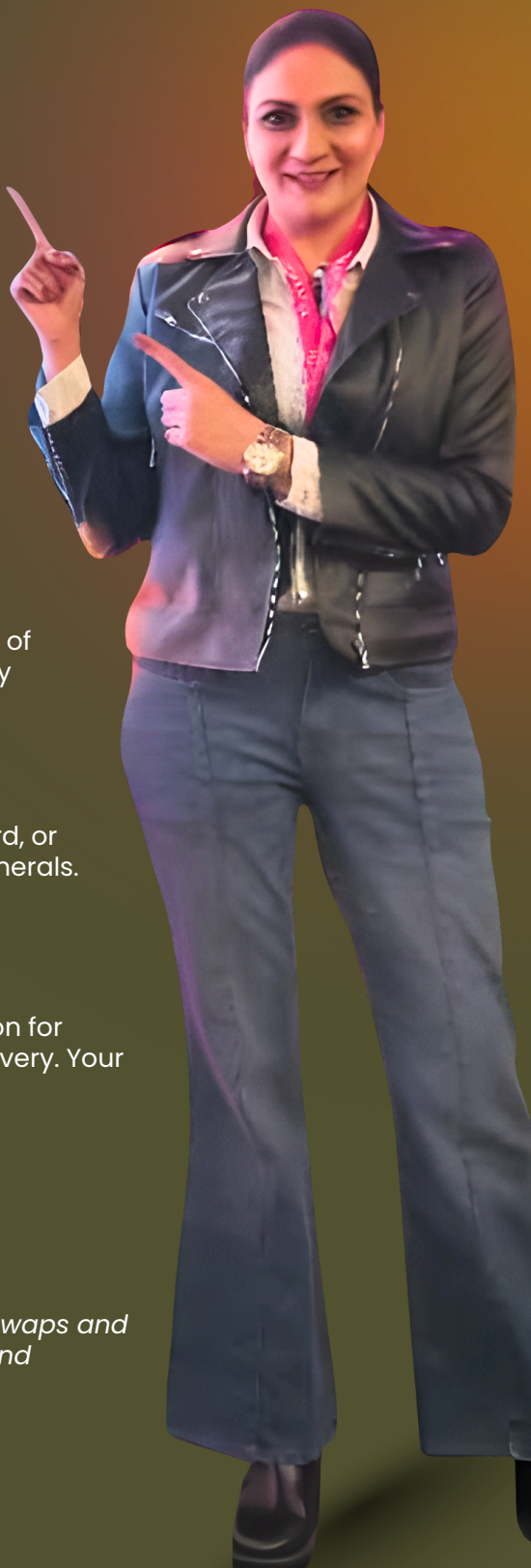
28th Sept | Anganwadi & ASHA workers | 42nd Edition

Nutrition NUGGET

By Fit India Ambassador
Timsi Bector

5 SIMPLE WAYS

TO MAKE YOUR MEALS HEALTHIER



1 ADD SMART COMBOS FOR SATIETY

Instead of plain fruit, pair it with protein or healthy fat. Example: apple + peanuts + curd. This balances blood sugar, keeps you fuller, and curbs cravings.



2 SUPPORT DIGESTION WITH FOOD PAIRING

Pair fruits like pineapple or papaya with your protein meals. Their natural enzymes help in breaking down protein and improving digestion.

3 UPGRADE YOUR CARBS

Swap refined carbs for complex ones. Think millet roti instead of maida, or brown rice instead of white. They give longer energy release for workouts.

4 SNEAK IN NUTRIENTS

Sprinkle flaxseeds, chia, or pumpkin seeds on your salads, curd, or smoothies. Tiny addition, big boost of omega-3, fiber, and minerals.

5 FLAVOR WITH HEALTH

Instead of extra salt or sugar, use herbs and spices—cinnamon for balancing blood sugar, ajwain for digestion, turmeric for recovery. Your taste buds + body will both be happy.



Remember:
Healthy eating is not boring—it's creative. These simple swaps and combos can make every meal tastier, more balanced, and workout-friendly.



Fitness NUGGET

By Fit India Influencer
Major Nithi CJ (Retd.)

EXERCISES ONE CAN DO IN 30 MINS

TO STAY ACTIVE AND HEALTHY

When we say fitness, most people think only of the body. But as a soldier and a student of yoga, I have learned — mental robustness is the real foundation of physical fitness. The sages were right: ***"The mind gives up before the body. So work on the mind."***

A body that can run 10 km is of little use if the mind gives up in the first 10 minutes. True strength is when your breath steadies your thoughts and anchors your emotions. The Hatha Yoga Pradipika, a classical text by Yogi Swatmarama, says:

"Chale Vate Chalam Chittam, Nischale Nischalam Bhavet" *(2.2 HYP) When Prana (life energy, experienced through breath) moves, the mind moves. When Prana is steady, the mind too becomes steady.*

For a soldier, the breath steadies the hand while firing a bullet; for all of us, it can be a weapon against stress and illness when trained with discipline.

That's why I invite you to practice ***"Aadha Ghanta Roz, Fitness ka Dose"*** *with this simple daily routine:*

10 mins Sookshma Vyayama
joint movements to loosen the body.

10 mins Body Activation/Cardio
jogging, cycling, or spot exercises

5 mins Yogasanas
Tadasana, Vrikshasana, Dandasana, Vakrasana, Ardha Halasana.

5 mins Cooling Down
Yogic breathing and Shavasana.



Fitness is not skin-deep; it is state-of-mind deep.
Aadha ghanta roz — for body, breath, and mind.



GUIDING VOICES FROM THE MINISTER & OUR ATHLETES

I am very happy to be part of the Sundays on Cycle initiative. It was a great experience to witness the enthusiasm and excitement among people of all ages for fitness. I want to thank the Government of India for organising it. It is necessary for the entire country to adopt an active lifestyle. Whether you perform exercises or cycle, one needs to indulge in one physical activity for fitness. One must dedicate 20-30 minutes daily at home or outside to improve fitness.



Salima Tete

Captain, Indian Hockey Team



I can say a lot of awareness about personal fitness has been created and multitude of people have begun working on their fitness since the time the Indian government has started the Fit India movement. Fitness is very important, if we are not fit ourselves, we won't be able to help others. Avoid junk food as much as possible.

Nikki Pradhan

Seasoned Indian midfielder

I have been fortunate to be part of the Fit India Sundays on Cycle initiative started by our honourable Sports Minister Dr Mansukh Mandaviya. I cycled in Gujarat twice as part of this event. Today I cycled in New Delhi and it gave me immense pleasure to see how enthusiastically youngsters participated in the cycling drive. People must take out minimum 30 minutes for their personal fitness. If we focus on our fitness, we can save ourselves from any kind of illness caused due to pollution and adulterated food we intake.



Mountaineer Nisha Kumari

Who climbed Mount Everest on May 17, 2023 and cycled from India to London to spread the message of 'Change before climate change."

Green RIDERS:

Cycling for Fitness, Nature & Heritage

The NaMo Fit India Cycling Clubs are bringing together passionate cyclists from across the country, and among them, Green Riders of Ahmedabad have carved out a special identity.

Founded in March 2024 by cycling enthusiast Himanshu Kapadia, Green Riders was built on a simple yet powerful motto: "Exploring Nature." In just 17 months, the group has grown into one of the most vibrant cycling communities with over 200 active members, consistently participating in #SundaysOnCycle and spreading the message of fitness and sustainability.

What makes Green Riders unique is their focus on adventure beyond the usual city routes. Their rides are about more than just kilometers—they're about heritage, culture, and environment. From off-road expeditions and village trails to forest rides and monsoon explorations, every Sunday brings a new experience for riders.

Green Riders are also known for their inclusive spirit, constantly motivating beginners and guiding them to adopt cycling as a lifestyle. The daily and weekly group rides not only build endurance but also create a strong sense of community and accountability among members.
Some of their notable milestones include:

- Girnar Cycling Parikrama (January 2025): A 73-km ride around the sacred Girnar mountain with participation from over 200 cyclists.
- Heritage Ride Series (April–May 2025): A set of 10 curated rides exploring the cultural richness of the World Heritage City of Ahmedabad.

True to their ethos, Green Riders actively support social causes and national campaigns including Fit India Movement, #SundaysOnCycle, Save Soil, Swachh Bharat Mission, Pedalling for Health, and anti-drug awareness initiatives.

"Cycling is not just about fitness—it is about discovering yourself through nature, heritage, and community. At Green Riders, we believe every pedal is a step towards health, happiness, and harmony with the environment,"

- Says Himanshu Kapadia, Founder, Green Riders.

With their unwavering passion, the Green Riders have become more than a cycling club—they are a movement of community, fitness, and environmental consciousness.



FIT INDIA MOBILE APP

13 LAKHS+ DOWNLOADS

3.6K+
NaMo Fit India Cycling Clubs

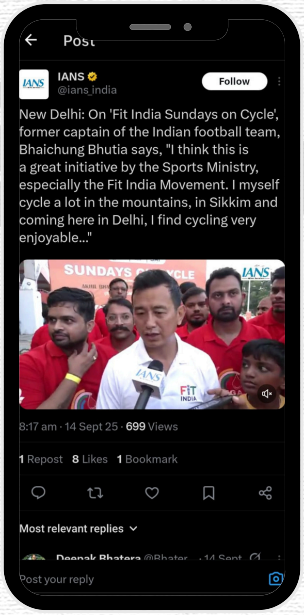
43
Total Sundays on Cycle Editions

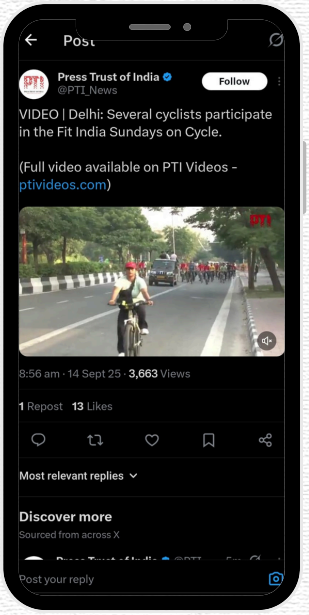
12,34,780
Sundays on Cycle Participation So Far

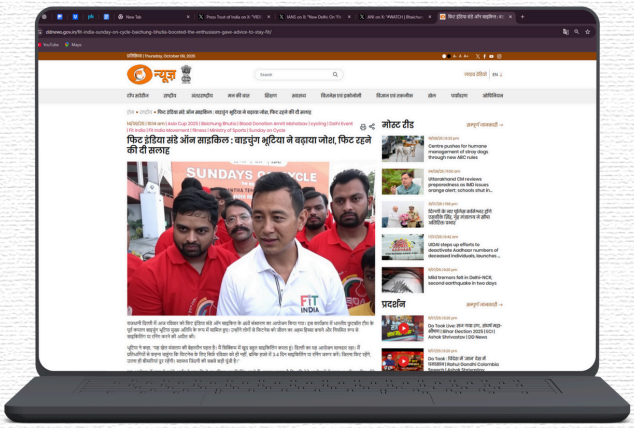
99,356
Sundays on Cycle Locations So Far

FIT INDIA IN THE NEWS







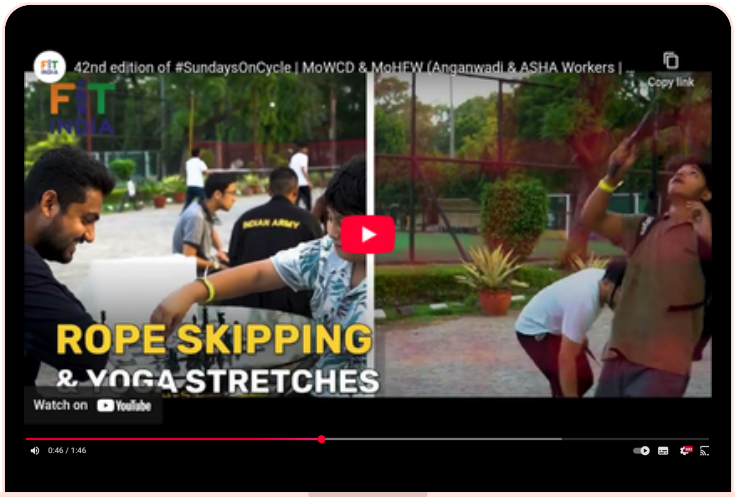


















http:// https://www.youtube.com/watch?v=u-83D3WKpE8

FIT INDIA

Wishes a happy and prosperous festive season to you all.

Don't forget to use

"10% LESS OIL"

to celebrate healthy and happy festivals

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