



UPCOMING EVENTS

- 1 World bicycle day- 1st June, 2025
- 2 Railways- 8th June, 2025
- 3 PEFI (Physical Education Foundation of India)- 15th June, 2025
- 4 Yogasana Bharat- 22nd June, 2025
- 5 Safaai Karmchari- 29th June, 2025

FIT INDIA NEWSLETTER

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FIT INDIA APP
NOW WITH BETTER FEATURES!



PM'S ADDRESS IN THE 119TH EPISODE OF 'MANN KI BAAT'

FIGHT OBESITY

To become a fit and healthy nation, we will certainly have to deal with the problem of obesity. Excess weight or obesity gives rise to many kinds of problems and diseases. We can together deal with this challenge with minor efforts. For example, one method I suggested was **"reducing the consumption of edible oil by ten percent (10%)".** Decide that you will use 10% less oil every month. You can decide that while buying oil for cooking, you will buy 10% less oil. This will be an important step towards reducing obesity.

Excessive use of oil in food can cause many diseases like heart disease, diabetes and hypertension. **By making small changes in our food habits, we can make our future stronger, fitter and disease-free.** Therefore, without delay, we must increase our efforts in this direction and implement it in our lives. We can all do this together in a very playful & effective way."



SUNDAY ON CYCLE: PEDALING TOWARDS A FITTER, & GREENER SOCIETY

With each edition, Sundays on Cycle continues to spark conversations around active living, clean air, and community bonding. It is more than a ride—it is India's collective pedal towards a healthier, happier tomorrow.

Launched under the Fit India Movement in December 2024, Sundays on Cycle has quickly grown into a national phenomenon, inviting communities across India to embrace cycling as a joyful, sustainable, and health-focused ritual. By the end of April 2025, over 2.5 lakh citizens had joined the initiative, participating in more than 5,000 local cycling events. From sunrise rides in small towns to massive gatherings in metros like Delhi, the campaign has become a unifying force for fitness, bringing together citizens, public officials, athletes, and influencers under one movement. The essence of Sundays on Cycle lies not just in the act of cycling, but in reclaiming our streets, celebrating wellness, and fostering environmental responsibility.



- **December 17, 2024:** Initiative launched by Dr. Mansukh Mandaviya
- **January 2025:** Indian Army personnel and Sangram Singh led a ride in New Delhi
- **February 2025:** A significant event in Mumbai saw participation from over 500 cyclists
- **March 2025:** Women's Day was celebrated with a special 'Pink Cyclothon' in Delhi
- **April 13, 2025:** Over 300 cycling events were conducted simultaneously across the country

FIT INDIA: A MOVEMENT TOWARDS BETTER HEALTH, BETTER LIFE

The Fit India Movement, launched by the Hon'ble Prime Minister in 2019, is a national initiative by the Government of India to encourage every citizen to adopt a healthier lifestyle. Spearheaded by the Ministry

of Youth Affairs and Sports, it promotes fitness as an essential part of daily routine through campaigns, community programs, and school and workplace engagement. With the motto "Fitness ka Dose, Aadha Ghanta Roz,"

the movement aims to inspire behavioural change, improve well-being, and create a more active nation. From cycling events to digital challenges, Fit India continues to unite the country in the spirit of health and harmony.



**“FITNESS KI DOSE,
AADHA GHANTA ROZ!”**

FIT INDIA ICON **AYUSHMANN KHURRANA** TALKS ON IMPORTANCE OF HEALTH

Health is Wealth - everyone knows of this saying but I feel a healthy nation is a wealthy nation. I have always felt that a nation's strength lies not just in its economic or technological feats, but also in how healthy its citizens are.

For me fitness, sports and leading a healthy lifestyle has been an intrinsic part of my entire life. The concept of physical fitness has been deeply rooted in Indian culture, with traditional practices like yoga, Ayurveda, and various forms of

physical exercise being integral to daily life for centuries. However, modern lifestyles have led to a significant decline in physical activity, contributing to a surge in lifestyle-related diseases. **The Fit India Movement takes a more holistic and grassroots approach, aiming to make fitness a part of everyday life for every Indian citizen.** Let us strive to build a nation where fitness is a way of life, and where every individual has the opportunity to thrive and contribute towards making India a fitter, stronger nation.

FIRST EVER FIT INDIA CARNIVAL: FITNESS FOR ALL!

The first-ever Fit India Carnival remained one of the key highlights of March 2025. Held at the Jawaharlal Nehru Stadium in New Delhi, the event witnessed an overwhelming more than 25000 footfalls over three days. People of all age groups -- fitness enthusiasts, athletes, Fit India influencers, physical education teachers, students, senior citizens, and families came together to celebrate a healthier and more active lifestyle.

The Fit India Carnival saw a grand launch on Sunday, March 16, getting inaugurated by Union Minister for Youth Affairs and Sports, Dr. Mansukh Mandaviya, in presence of Bollywood actor and Fit India Icon Ayushmann Khurrana, wrestling champion Sangram Singh, renowned wellness expert Mickey Mehta, former



WWE wrestler Shanky Singh and Guinness World Record holder Rohtash Chaudhary, fondly called the 'push-up man of India'.

Over the course of three days, old and young participants engaged in an array of sports, fitness and fun games like Arm Wrestling, Net Cricket,

Basketball, Human-Size Chess, Cycling, and Zumba. Apart from fitness activities, the event showcased captivating cultural performances, from dance to music band performances and routine performances of Indian indigenous sports Mallakhamb, Gatka and Kalaripayattu.

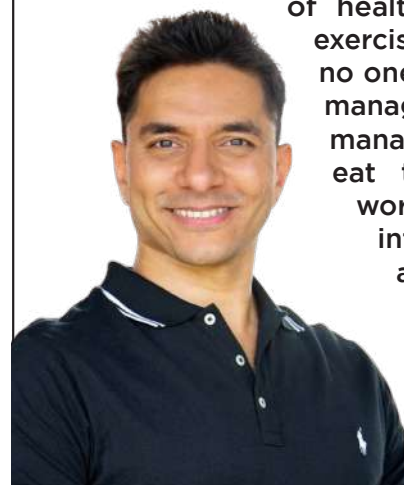
LUKE COUTINHO:

SIMPLICITY IS THE NEW SUPERPOWER IN WELLNESS



Hi, I'm Luke Coutinho, and I'm a holistic lifestyle coach, integrative and lifestyle medicine. I'm not a fitness coach. I'm not a bodybuilder. I'm not a six-pack abs coach. I work with people to help them understand the intelligence of their body, how they can use their lifestyle to prevent and possibly reverse disease.

And for me, exercise is just one small pillar of health. Everyone wants to exercise and lose weight, but no one wants to sleep better, manage their emotions, manage their stress, and eat the right food. So I work with people to get into alignment with all of these things.



That's how you heal.

FIT INDIA WOMEN'S WEEK HIGHLIGHTS



The Women's Week special edition of Sundays On Cycle began with great enthusiasm at Major Dhyan Chand National Stadium, New Delhi. The event highlighted the power of Nari Shakti in the fight against obesity, with inspirational women leading the way.

Honored guests included the Secretary of Youth Affairs, MYAS, Smt. Meeta Rajivlochan, renowned boxer Manisha Moun, former Tennis player Ankita Bhambri and other dignitaries. A key highlight was the felicitation of achievers from the Asian Track Cycling Championships 2025, alongside an engaging Zumba session and various interactive activities.

KEY FEATURES OF FIT INDIA APP

- Carbon Credit Score
- Step Count
- Running & Cycling Track
- Calories Burnt
- Fitness Tips
- Sleep Tracker
- Nutrition Chart



PEDALLING WITH PURPOSE: MESSAGE FROM HON'BLE MINISTER OF YOUTH AFFAIRS & SPORTS

We have started a mass movement nationwide to bring Cycling back in fashion. This exercise is not just a solution for pollution but also a medium towards a healthier, greener, and fitter India.

Under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi ji, we have been actively promoting cycling through the Fit India Sundays on Cycle initiative, since launching the cycling drive on December 17, 2024. As of today, over 2 lakh cyclists from various strata across 5000 locations in India have taken



part in the Sundays on Cycle.

Honouring Shri Narendra Modi ji's message, we have made 'Fight against Obesity' the broader theme of the Sundays on Cycle initiative. Doctors from the Indian Medical Association (IMA), sports nutritionists from the Sports Authority of India National Center for Sports science & Research (NCSSR), armed forces, rotary clubs, police departments, celebrities, athletes and residents across the nation have pedalled with purpose—celebrating fitness, healthy lifestyle, fun, and environmental awareness.

We have to keep making

Cycling gain momentum as a lifestyle choice, for school children, office-goers, senior citizens, housewives and more. The power of cycling for better health, sustainable mobility, and a cleaner environment is immense. Our work doesn't stop here. We have introduced **carbon credits to incentivise cycling** in tandem with various cycling manufacturers, cycling clubs, Cycling Federation of India (CFI), MY Bharat, MyGov and multiple stakeholders across the nation.

Last but not least, I convey thanks to the various Sports Authority of India Training Centres (STCs), National Centres of Excellence (NCOEs), Khelo India Centres (KICs), Khelo India State Centres of Excellence (KISCES) and Khelo India Accredited Academies (KIAAs) across the length and breadth of the country who put consistent efforts every Sunday to make this movement stronger than ever.

~ DR. MANSUKH MANDAVIYA, UNION MINISTER OF YOUTH AFFAIRS & SPORTS

MEET OUR INFLUENCERS!

Ayli Ghya: A Melange of Talent

Bold, brilliant, and beautifully unboxed — Ayli Ghya is a cosmic cocktail of creativity, culture, and courage. A storyteller, a pathfinder, a dreamer dancing between dimensions, Ayli turns identity into power and vulnerability into victory. She is not just a voice — she's a whole vibe. In a world begging for authenticity, Ayli is the unapologetic echo of truth.



Rohtash Choudhary: Push-Up Man of India

With arms forged in discipline and a spirit carved from resilience, Rohtash Choudhary, The Push-Up Man of India, has turned gravity into his greatest rival and repetition into art. An embodiment of grit, endurance and desi dynamism, Rohtash is not just breaking records — he's rewriting the limits of what the human body can do.



Benefits of Cycling Book Launched By Team Fit India

"Why choose cycling over other exercises?"



Cycling is a highly effective and fun way of exercising that is packed with benefits for the body and mind. From strengthening cardiovascular health to sharpening mental focus, daily cycling can be a life-altering experience towards a healthier way of life.



“The atmosphere is really good and it is such a good initiative by Fit India...This is to ensure that everyone remains fit in their day-to-day life and leads a healthy lifestyle. Indian para-badminton player (2024 Paris Paralympics Gold Winner).”

Nitesh Kumar

“When we choose the cycle, we choose fitness, freedom, and fresh air. Let’s make every Sunday a step towards a stronger tomorrow. India Boxer (Tokyo Olympics bronze medallist and Arjuna awardee).”

Lovlina Borgohain

“I have been associated with the Fit India movement from the time it was launched many years ago. It is a fantastic initiative by the Sports Authority of India-Actress, Entrepreneur, Former Miss India.”

Gul Panag

“Sundays on Cycle is uniting a community of fitness enthusiasts in a movement that’s much needed. There’s an undeniable joy in doing something together as a team. Actor and Rugby India president Rahul Bose.”

Rahul Bose

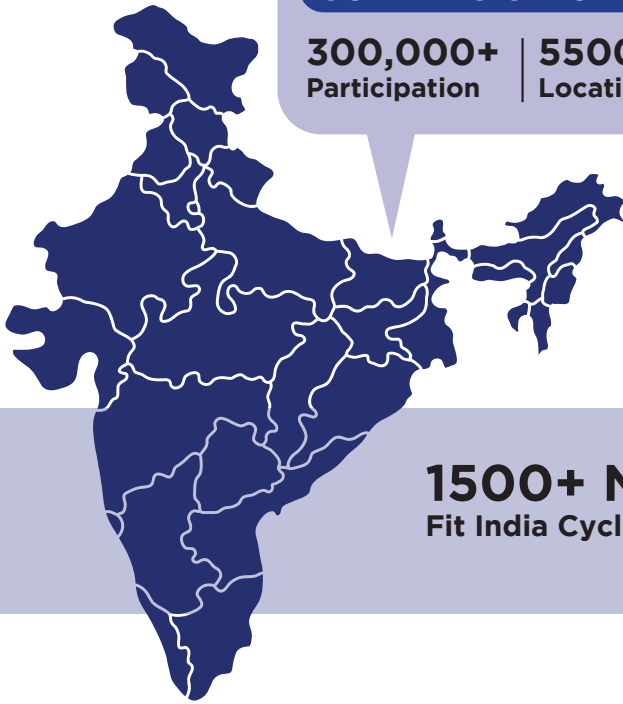


SUNDAYS ON CYCLE ACROSS INDIA

300,000+
Participation

5500+
Locations

36 States and
Union Territories



1500+ NAMO
Fit India Cycling Club

500+
Organisations

10lac+ App
Downloads

20L+
Registration

