

R. Subrahmanyam, IAS  
Secretary



Ministry of Human Resource Development  
Department of Higher Education  
Government of India

D.O. No. M.11018/08/2019-EBSB  
27<sup>th</sup> September, 2019

Dear Principal Secretary,

The Hon'ble Prime Minister of India had launched the FIT INDIA Movement on 29<sup>th</sup> August, 2019 to inculcate physical activity/sports into the daily life of citizens and the student community in particular. Such a fitness orientation is vital for the faculty and non-teaching staff of Higher Education Institutions also to build a vibrant nation.

2. Secretary, Department of Sports, Government of India vide his D.O. letter dated 19<sup>th</sup> September, 2019 (copy enclosed) has stated that as the Nation is celebrating 150<sup>th</sup> Birth Anniversary Mahatma Gandhi, organizing FIT INDIA Plogging Run on 2<sup>nd</sup> October, 2019 at as many places as possible would be a befitting tribute to the Father of the Nation. The participants would collect plastic garbage while running. The plastic garbage could be collected from homes, streets and open spaces along the path of the run. A note containing the guidelines for the Run and also a list of activities to be done by the organizers is also attached herewith.

3. I therefore request you to issue necessary instructions immediately to all the Universities and Colleges to organize the "FIT INDIA Plogging Run" on 2<sup>nd</sup> October, 2019 accordingly.

Yours sincerely,

(R. Subrahmanyam)

रिप्लाय  
27.09.19  
01.10.19

All Principal Secretaries/Secretaries Higher Education of States/UTs

Encl. As above

Radhey Shyam Julaniya, IAS  
Secretary



खेल विभाग  
शास्त्री भवन, डॉ. राजेन्द्र प्रसाद रोड  
नई दिल्ली-110 001  
Department of Sports  
Shastri Bhawan, Dr. Rajendra Prasad Road  
New Delhi-110 001



D.O No 31-1/MYAS/MDSD/2019

19<sup>th</sup> September 2019

Dear Shri Subrahmanyam,

As you are aware FIT INDIA Movement has been launched by the Hon'ble Prime Minister on 29<sup>th</sup> August, 2019. FIT INDIA movement involves behavioural change, which is possible by making it a people's movement wherein every citizen gives time to himself for being physically active and fit. This requires State Government to be a prime catalyst.

2. The Nation is celebrating 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi. Organizing FIT INDIA Plogging Run on 2<sup>nd</sup> October, 2019 at as many places as possible would be a befitting tribute to the Father of the Nation. The participants would collect plastic garbage while running. The plastic garbage could be collected from homes, streets, and open spaces along the path of the Run.

3. I request you to write to State/UT Governments and UGC for organizing FIT INDIA Plogging Run in all Universities and Colleges. A self-contained note in this regard is enclosed.

Encl. As above

Yours sincerely,

(R.S. Julaniya)

To  
**Shri R. Subrahmanyam**  
Secretary  
Department of Higher Education  
Ministry of Human Resource  
Development  
Govt. of India  
Shastri Bhawan, New Delhi



## FIT INDIA PLOGGING - 2nd October, 2019

### **Guidelines:**

1. Fit India Plogging is an event to promote the habit of fitness and cleanliness in all citizens.
2. FIT India Plogging involves running of 2 Km or more and collecting of plastic garbage while running on 2nd October, 2019. Those who cannot run, may walk fast.
3. Plastic garbage can be collected from homes, offices, streets alongwith the path, etc.
4. For collection of plastic garbage, the organizer would have to fix collection points. Arrangements would have to be tied up in consultation with local Government for lifting and onward transportation of plastic garbage.
5. The organizer could be any School, Panchayat, Urban Body, Private organization, NGO, College, University, any Group, RWA or any volunteer.
6. The organizer is advised to register online on the FIT India portal [fitindia.gov.in](http://fitindia.gov.in) giving information relating to the place and expected number of participants.
7. The photograph / video of the FIT India Plogging are to be uploaded by the organiser on FIT India portal [fitindia.gov.in](http://fitindia.gov.in). Upon uploading photograph / video an online e-certificate would be issued from FIT India Mission Office under the Sports Authority of India.
8. On registration by the organizers, the FIT India Mission office would provide the following to organizers through the website [fitindia.gov.in](http://fitindia.gov.in)
  - a. Backdrop;
  - b. Selfie Points;
  - c. E - Certificate Design for distributing to Participants, and
  - d. Information Booklet
9. FIT India Plogging is a public event to be organized by the public for the public. No financial support should be expected from any Government. However, the organizers are free to solicit voluntary contribution/sponsorship for organizing events.

### **To Do List for Organizers:**

1. Organizers are expected to register online on Fit India portal [fitindia.gov.in](http://fitindia.gov.in) because what you do should be known to all too.
2. Organise 2 km (or more) Plogging Run on 2nd October
3. Upload Photograph or Video at the end of the event on [fitindia.gov.in](http://fitindia.gov.in) and Fit India facebook page.
4. Identify track / field for the Fit India Run and if possible create a map.
5. Wherever required, inform police for traffic management.
6. Inform local bodies to place large empty garbage collection containers at the finish point.
7. During Fit India Run do not use plastic (e.g. bottles and cups). Avoid use of Plastic. Participants could carry jute/plastic bags, gloves and other necessary equipment required for plogging (plastic collection).
8. Inform communities around you of the Fit India Run.
9. Encourage participation for atleast 1 adult family member along with child from every family.
10. Schools within the radius of 5kms can organise joint Plogging for all the children in the schools.
11. Partner with local businesses to sponsor FIT INDIA T-shirts, caps for children.