



FIT INDIA HIT INDIA-FIHI

BY THE BHARAT SCOUTS AND GUIDES
FOR CUBS, BULBULS, SCOUTS, GUIDES,
ROVERS AND RANGERS



The Bharat Scouts and Guides, is Planned to implement the Body fitness and Healthy Community activities under FIT INDIA Movement Phase-02 as “Fit India Campaign” An Initiative towards Healthy Community which is an initiative of Ministry of Youth Affairs and Sports, Govt. of India.

Envisioned by our Honorable Prime Minister Shri Narendra Modi as a People’s Movement, the Fit India Movement is yet another endeavor to involve citizens of the country to draw out a plan to make India a Fit Nation. The basic tenet on which the Fit India Movement was envisaged, that of involving citizens to imbibe fun, easy and non-expensive ways in which to remain fit and therefore bring about a behavioral change which makes fitness an imperative part of every Indian’s Life, is being strengthened by this dialogue.

As part of the movement, individuals and organizations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Fit India Movement is organizing **Prabhatheri and Cyclothon** from 01 December 2020 onwards to encourage fitness and community Awareness programme which help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The Theme behind this campaign is that “**Fitness ka dose, Aadha Ghanta Roz**” You can. The Bharat Scouts and Guides, National Headquarters Inviting you and entire members of BSG at all level to actively participate in and complete this activity pack with smile.

INSTRUCTIONS:

1. All the activities are compulsory
2. Digital Certificate will be issued by the National Headquarter, the Bharat Scouts and Guides.
3. All the activities Pictures and videos should be uploaded on Social sites tagging with BSG Face book, Twitter and Instagram
4. Report of all the challenges in excel format with links to be sent to bsqfitindia@gmail.com after completion of all challenges.
5. All the activities Pictures and videos should be uploaded on www.fitindia.gov.in and www.scout.org
6. Safety precaution issued by Government for Covid pandemic should be strictly followed during outdoor activities

Activity Pack

Virtual Activities:

✓ Challenge 1 – Webinar on “Fitness Ka Dose Adha Ghanta Roz”

To attend or organize a Webinar on the “Fitness ka dose adha ghanta Roz” by involving 20 members and share the experience on Social Sites with Picture and Videos hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**



✓ Challenge 2 – YOGA WITH BSG



“YOGA WITH BSG” is broadcasting at 07:00 AM at thrice a week – every Tuesday, Thursday and Saturday. This programme is specially designed for every one (uniform Members and non-Scouts /Guides also). You must watch the live episodes on a regular basis from 07:00 AM and practice Yoga with his/her family. Upload the pictures in social networking sites while watching the session live and practicing Yoga with family using hash tags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**. Should also encourage and motivate at least 20 people (can be scouts as well as non-scouts) to watch the live yoga episodes and put comments.

✓ Challenge 3 – Mono acting on YouTube

For creating awareness on Physical fitness to make a mono acting video, share it on social site and also submit to BSG, National Headquarters (it@bsgindia.org) for upload on BSG YouTube channel.

✓ Challenge 04 – Pledge for Community

To take a pledge with your family members to commit to make India fit India and upload the video/photograph on social networking sites.

Pledge :- I promise to myself that I will devote time for physical activity and sports every day I will encourage my family members and neighbors to be physically fit and make India a fit nation.

Use Hashtags #FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia

Individual activity- (Physical):



✓ Challenge 1 – Colour from the mind for the mind

To Make a Painting/Poster for the promotion of fit India activities and to motivate 05 Friends to do the same and upload on social site by using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ Challenge 2 – Prabhatpheri with Community

To participate an awareness campaign – Prabhatpheri for the awareness and betterment of community under Fit India and complete at least 2 Prabhatpheri at any level by involving the community members. Upload your Pictures and video of “Prabhatpheri” on social networking site with details by using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ Challenge 3 – Fitness on Wheel

To Participate in a Cycle Rally organized by State/District/unit and motivate to participate as many Members as possible of your family /friends/ neighbor. Post pictures and video on social networking site with details by using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**



✓ Challenge 4 – Go on Tour- Cyclothon

To actively participate in Cycle Hike organize by State /District/unit/individual and upload the pictures and video in social networking sites using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

Awareness Campaign:

✓ Challenge 01 – F&F

To click play store in your mobile and Install Fit India app launch by MYAS and do the yoga and Asana. To motivate 15 non Scouts/Guides members to do the same. Experiences of this challenge share on social networking sites with Pictures using hash tags #FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia



✓ Challenge 02 – Fitness with mind Gym

Attend atleast 02 mind Gym session through BSG YouTube channel live on Every Sunday at 04:30 PM. Prepare the report and upload the pictures on Social Media. Using hash tags #FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia



✓ Challenge 03 – Plog Run

To take challenge on cleanliness drives at your home and surrounding every day. Plog run is a marathon individual or in a small group, where participants run/walk for the cause of a cleanup. It's a 2 km walk/run in which participants pick up plastic trash and bring it and hand it over to recyclers. Post pictures and video on Social Media. Using hash tags #FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia

BSG VIRTUAL PROGRAMME

BSG NEWS

LIVE ON YOUTUBE
Every Sunday at 05:00 PM

Presented by
The Bharat Scouts and Guides

<https://www.youtube.com/c/BSGIndia>

YOGA WITH BSG

SANANDA BISWAS
ANCHOR
WEST BENGAL

DEEPTIMAYEE DASH
ANCHOR
ODISHA

LIVE ON YOUTUBE
03 NOVEMBER 2020 - 07:00 AM

Presented by
The Bharat Scouts and Guides

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