



The Bharat Scouts and Guides

National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

Website: www.bsgindia.org Email Id: info@bsgindia.org Phones: +91-11-23370724, 23378667



To
All the State Secretaries,
State Associations of
The Bharat Scouts and Guides,
INDIAN UNION



Circular No.: 116 /2020

Date : 21st August, 2020

Sub: FIT INDIA HIT INDIA ACTIVITY PACK UNDER FIT INDIA

Dear Sir/Madam,

The Ministry of Youth Affairs and Sports, Govt. of India launched the Fit India Movement, a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the Fit India Movement, the Bharat Scouts and Guides develop an activity pack naming "**FIT INDIA HIT INDIA**" for the members of the organisation and their family, friends and neighbour.

The details of the activities and other information related to the event are enclosed. State Associations are requested to communicate this matter to all concerned for further communication up to the grassroots level to inspire and engage young people through "FIT INDIA HIT INDIA" activities. Report of all the challenges in excel format with links to be sent to bsgfitindia@gmail.com on regular basis.

Further, Fit India Movement is organizing **Fit India Freedom Run** from 15th August – 2nd October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that "It can be run anywhere, anytime!" You can. The Bharat Scouts and Guides, National Headquarters is inviting to entire members of the BSG at all level to actively participate in the programme.

For sending the report of Fit India Freedom Run please use the Google link as below <https://forms.gle/GyXGrDW3rfJwq3QS7>

Please do watch this video in Youtube on how to report Fit India Freedom Run
<https://youtu.be/QaRAPel0qDQ>

Thanking you with regards,

Yours sincerely

(RAJ KUMAR KAUSHIK)
DIRECTOR

Encl: Activity Pack of FIT INDIA HIT INDIA

Copy to:-

1. All the NHQ Office Bearers of the Bharat Scouts and Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout and Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi – 110016.
4. The Commissioner, Navodaya Vidyalaya Samiti, Institutional Area, B-15, Sector-62, Noida-201309, Uttar Pradesh.
5. All the District Secretaries, District Association of Dammam, Riyadh, Muscat and Jamiat Youth Club with a request to take necessary action.