



The Bharat Scouts and Guides

National Headquarters

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



Circular No.: 113 /2020

Date : 14th August, 2020

Sub: LAUNCHING OF "FIT-INDIA YOUTH CLUB" BY MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVT. OF INDIA ON 15TH AUGUST, 2020-REG.

Dear Sir/Madam,

It is great pleasure to inform you that the Ministry of Youth Affairs and Sports, Govt. of India is launching "**Fit-India Youth Club**" on **15th August, 2020 at 11.00 A.M.** by Shri Kiren Rijiju, Hon'ble Minister of State (I/C) for Youth Affairs and Sports. Due to prevailing situation of COVID-19, there will be minimum presence at the venue. Hence, State Associations are requested to encourage all members of the Bharat Scouts and Guides upto the grassroots to join in large numbers during the launching ceremony through the weblink <https://webcast.gov.in/myas/>

State Associations are also requested to promote launching of "Fit-India Youth Club" through E-Posters (to capture the spirit of Fit India Youth Club) and Hastag the event (#NewIndiaFitIndia) and hastag (#BSGNewIndiaFitIndia). This may be given wide publicity for the success of the event. **(E-Posters enclosed)**

The duration of "Fit-India" event is partially planned for a month starting from 15th August, 2020 to 14th September, 2020. The tentative suggested activities are enclosed herewith at **Annexure-A**. State Associations are requested to inspire and motivate Cub/Bulbul, Scout/Guide, Rover/Ranger and Adult Leaders to undertake the activities at their level keeping the safety precautions in mind about COVID pandemic and promote this event virtually/from home if it is not feasible physically and submit the report in the template enclosed at **Annexure-B** along with action photographs/ Social media links/screen shots etc. at info@bsgindia.org by **20th September, 2020** for further submission to the Ministry of Youth Affairs and Sports, Govt. of India as well as publication in BSG Monthly Magazine/E-Newsletter.

Some of the suggested activities towards 'Fit-India' initiatives are as under:

1. Each member of BSG should be aware about the importance of physical fitness and spend 30 to 60 minutes daily for at least 5 days every week for group/Individual physical activities.
2. Each member of BSG should commit to motivate one additional person every day for incorporating physical activity of 30 to 60 mins in his/her daily routine.
3. The BSG at all level should organize or persuade the local body and school for organizing one community fitness event every quarter.
4. **The Bharat Scouts and Guides volunteers will participate in Fit India Freedom Run and will request participants to run / walk for Fit India Freedom Run from 15th August to 2nd October on any day(s).**
 - ❖ run a route of their choice, at a time that suits them;
 - ❖ run their own race at their own pace;
 - ❖ track kms manually or by using any tracking app or GPS watch;
 - ❖ post their pictures on their social media with #Run4India / #Run4FitIndia/ #FreedomRun
5. **State/District/Local Association will upload the data of total number of participants and cumulative distance covered by the participants on Fit India Portal as well as submits report at info@bsgindia.org with photographs.**

6. Strategies:

- Advocacy, Awareness Creation and Motivation on need and importance of Fitness
- Environment Building – E-Posters and E-Slogan writing and sharing on Social Media
- Sharing types of Fitness Activities which can be undertaken – Indoors and Outdoors
- Guiding Processes of Fitness Clubs Registration and expectations
- Discussing Strategies, Activities, Responsibilities at different levels for implementation
- Targets to be achieved (No. of persons involved, No. of activities, No. of Villages covered)
- Dissemination of Directions for Action Plan Implementation among all Officials, Youth Leaders and Volunteers: National – State – District – Block - Village

Time Line: till 25th August 2020 (10days)

7. The Bharat Scouts and Guides will launch "Plastic-Free" initiatives on 15th August. Each member of the organization will take a pledge to commit themselves to make India "Plastic-Free" to make healthy and hygienic India.
8. Door to door visit for promotion of Yoga specially in villages may be organised keeping in mind the local government guidelines on COVID Pandemic.
9. Physical display activities may be organised.
10. If possible trekking, hike, nature study and cycle rally may also be organised with the message Fit India maintaining Social Distancing

We solicit your active participation and wider publicity of the event initiated by the Ministry please.

Thanking you,

Yours Sincerely,



(RAJ KUMAR KAUSHIK)

DIRECTOR

Copy Submitted for kind information:

1. **Dr. Anil Kumar Jain, Hon'ble President, The Bharat Scouts and Guides.**
2. **Hon'ble Secretary, Ministry of Youth Affairs & Sports, Govt. of India.**
3. **Hon'ble Chief National Commissioner, The Bharat Scouts and Guides.**

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.
6. All Assistant Directors, BSG for immediate action on top most priority