



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.: 153/2020
Date : 12th Nov, 2020



SUB: “Fit India Campaign” An Initiative towards Healthy Community.

Dear Sir/Madam,

Greetings from the Bharat Scouts and Guides, National Headquarters!!

It is a great pleasure to inform you that the Bharat Scouts and Guides, National Headquarters is introducing Physical Fitness activities under Fit India an initiative of Ministry of Youth Affairs and Sports, Govt. of India from the month of December 2020. Due to prevailing situation of COVID-19, there will be minimum presence at the venue. In this situation i.e. COVID-19 pandemic Physical fitness and Immunity of our body is a more important in all aspect in our life. Hence, State Associations are requested to encourage all members of the Bharat Scouts and Guides up to the grassroots to join and actively participate this Fit India Campaign.

Envisioned by Honourable Prime Minister as a People’s Movement, the Fit India Movement is yet another endeavour 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 behavioural change which makes fitness an imperative part of every Indian’s life, is being strengthened by this dialogue.

Since Fit India launch on August 2020, various events organised under the aegis of the Fit India Movement and has seen enthusiastic participation of our members from all walks of life and from across the country is appreciable. Our heartiest congratulations to all the State Associations of BSG.

Further, Department of Sports, Ministry of Youth Affairs and Sports, Govt. of India has planned a series of activities and campaign and invite us to join “Fit India Campaign” from the month of December 2020. To promote the campaign, the Bharat Scouts and Guides, National Headquarters are suggested the following activities throughout the month:

Sl. No.	Suggested Activities	We will do
01	Fit India thematic campaign – Virtual “Fitness ka dose – Adha Ghanta Roz” (1 st December onward)	The Yoga with BSG – Physical fitness Programme is broadcasting on live through BSG YouTube Channel at 07: 00 am thrice in a week (Tuesday, Thursday and Saturday). Each member follows this yoga show and encourages community people to do yoga in their daily life to enhance their immunity power and fitness. Each State/District/Local Association should organize a Webinar on Fit India thematic campaign – Virtual Fitness ka dose – Adha Ghanta Roz.
		The drama / play acting competition and Drawing & Slogan Competition should be organize by the State/District/ Local Association for the promotion of Fit India thematic campaign State Associations are requested to share your report on Fitness at bsgnews1950@gmail.com for telecast on BSG NEWS at 05:00 pm every Sunday live on BSG YouTube channel.
02	Fitness Assessment through Fit India App (Fit India App yet to be launch by MYAS)	Each State/District/Local Associations are requested to motivate and encourage our members to install Fit India App in their mobile and use it.
03	Fit India Prabhatpheri (01-06 December 2020)	Each State/District/Local Associations should organize door to door campaign and awareness rally at 07:00 am every day (01-06 December 2020) at their local area by follow the guideline issued by Ministry of Youth Affairs and Sports - https://fitindia.gov.in/fit-india-prabhatpheri-2020
04	Fit India Cyclothon (07-31 December 2020)	All State/District/Local Associations should organize Cycling events like Cycle Hike or Cyclothon race by following the guidelines issued in https://fitindia.gov.in/

All the 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 about COVID pandemic and promote this event. Please ensure that all Fit India activities are listed on www.fitindia.gov.in portal.

State/District/Local Associations will report the data of total number of participants and cumulative distance covered by the participants at bsgfitindia@gmail.com with a copy to concerned Regional Headquarters weekly for further submission to the Ministry of Youth Affairs and Sports, Govt. of India as well as publication in BSG Monthly Magazine/E-Newsletter.

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

Thanking You,

Yours in Scouting,



(RAJ KUMAR KAUSHIK)
DIRECTOR

Encl: Activity Pack & Reporting Format

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, Novadaya 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.