

**Fwd: The fitIndia Freedom Run 4.0 from 1st -31st October,2023 by all NSS units**

GGSIU NSS Cell <nsscell@ipu.ac.in>

Fri, Sep 29, 2023 at 6:17 PM

To: "Dr. M. K. Satyarthi" <mksssrewa@yahoo.co.in>, NSS GGSIPU <priyankabhutani9@gmail.com>, Priyanka Bhutani <priyanka.b@ipu.ac.in>, "Dr. Gaurav Talan" <gauravtalan@ipu.ac.in>, "Dr. Ravinder Kumar" <ravinder@ipu.ac.in>, Deepak Garg <deepak@ipu.ac.in>, Vinita <vinita@ipu.ac.in>, "Dr. Ram Shankar Gupta" <rsgupta@ipu.ac.in>, Dr Sachin Bharti <drsachin@ipu.ac.in>, shalini.ipusoe@gmail.com, "Dr. Neetu Rani" <neetu_rani@ipu.ac.in>, dr naresh k vats <drnvats@gmail.com>, Sayan Chatterjee <sayan@ipu.ac.in>, Akhil Das <akhildass@ipu.ac.in>, Ashish Joshi <ashish.j@ipu.ac.in>, subhash nimanpure <snimanpure@gmail.com>, "Dr. Nanki Nath" <nankinath@ipu.ac.in>, NSS ADGITM <nss@adgitmdelhi.ac.in>, Dr Sanjay Kumar <director@adgitmdelhi.ac.in>, vikas.v001@gmail.com, "Ms. Dr. Saloni Goel PO AIE" <nssaie2020@gmail.com>, dr.nilambara_srivastav@aimt.ac.in, "Director Rehab ." <directorrehab@tecnia.in>, Anupama Gupta <anuguptaag12345@gmail.com>, nss@bcip.ac.in, "Dr. Jayant Sanyal BCIPS" <jayant@bcips.ac.in>, NSS Cell BCIPS <nssbcips@gmail.com>, "Dr. Arunima Mishra" <arunimamishra@bpitindia.com>, dr.poonamkathuria@gmail.com, shalinisharmamishra@bpitindia.com, Pooja Mudgil <engineer.pooja90@gmail.com>, mugdha sharma <mugdha.sharma145@gmail.com>, coedelhi@bharatividyapeeth.edu, dharmender.saini@bharatividyapeeth.edu, "Dr. Anil kumar" <anilcollegemail@gmail.com>, bvcoend.nss@bharatividyapeeth.edu, NSS BLMCE <nssblmce@gmail.com>, nssunit@cpj.edu.in, "prof. Dr. J. P. MOHLA CPJCHS" <mohlajp@cpj.edu.in>, NSS CBPACS <nsscbpacs@gmail.com>, Sakshi Anand <sakshi@dias.ac.in>, dirdmails@gmail.com, brijeshsaini@gmail.com, deepakjims@rediffmail.com, DME NSS Cell <nss@dme.ac.in>, NSS DSPSR <nss_po@dspsr.in>, Director DSPSR <director@dspsr.in>, Gupta <hodbarch@delhitechnicalcampus.ac.in>, nss dtc <nss@delhitechnicalcampus.ac.in>, Director DTC <director@delhitechnicalcampus.ac.in>, "Ms. Renu PO FIMT" <fimtss@gmail.com>, NSS Gibs <nss.gibs@gitarattan.edu.in>, Director <director@gnitipu.in>, "Dr. Charu Sethi GNCE" <gncedelhi@yahoo.com>, GTBIT NSS <nssgtbit@gmail.com>, hmritmdirector@gmail.com, IITM <director@iitmipu.ac.in>, nss@iitmipu.ac.in, PRIYANKA INDORIA <drpriyankaindoria@gmail.com>, IITM-JP <director@iitmjp.ac.in>, drpriyankamurria.iitmdelhi@gmail.com, Preksha Dassani <preksha9125@gmail.com>, nityakhurana86@gmail.com, neeti1906@gmail.com, "Ms. Nahid Raees IVS" <nahidraees719@gmail.com>, "NSS JIMS,KALKAJI" <nss.kj@jagannath.org>, "Dr. Manjula Shastri" <hodbcom.kj@jagannath.org>, nss cell <nss_cell@jimsindia.org>, ankur.tayal@jimsindia.org, Hakimuddin Khan JIMS VK Khan <hakimuddin.khan@jagannath.org>, "Dr. Ravinder Nath Ji JIMSMETC" <ravinderece.gn@jagannath.org>, NSS KHIEAT <nsskiheat@gmail.com>, NSS KRCHS <nsskrche@gmail.com>, "Prof. Bhavna Agarwal" <director@kccilhe.edu.in>, "Dr. Sunita Singhal" <dr.sunita@kccilhe.edu.in>, events@kccilhe.edu.in, "Dr. K. K. Garg Principal LLDIMS(Ligaya) LLDIMS" <director.ldims@gmail.com>, nss@lldims.org.in, nss@mains.ac.in, mait@mait.ac.in, "Dr. Karunapati Tripathi MAIT" <karunapati@gmail.com>, Savita Ahlawat <savita.ahlawat@msit.in>, "Dr. Vivek Solanki MSI" <drviveksolanki@gmail.com>, "Dr. Vivek Solanki MSI" <viveksolanki@msi-ggsip.org>, "Ms. Deepshikha Kalra MERI" <deepshikha017@gmail.com>, "Dr. Shubham Agarwal NDIM" <shubhamagarwal@ndimdelhi.in>, shailendrakumar@ndimdelhi.in, NSS Cell RDIAS <nsscell@rdias.ac.in>, RDIAS RDIAS <admin@rdias.ac.in>, NSS IPU SGTBIMIT <nssipu.sgtbimit@gmail.com>, "Dr. Sonu Godara Asst.Prof.GGSIPU Delhi" <godaraseenu@gmail.com>, Ayushee Gupta PO SLCGHE <slcg@stlawrence.in>, Nss Tecnia <nss@tecnia.in>, vaishaliprasad89@gmail.com, nss tiips <nssstiips@gmail.com>, "Prof. Barkha Bahl TIPS Director" <tips@tips.edu.in>, Aparna Chaturvedi <chaturvedi.aparna.tirwa@gmail.com>, "Dr. Deepali Saluja TIPS" <deepalisaluja@rediffmail.com>, Isha Setia <ishasetia94@gmail.com>, Sagrika Uppal <sagrika7.uppal@gmail.com>, Renu Vashisht <renu.vashisht@vips.edu>, alpna@vips.edu, Sunil Mishra <sunil.mishra@vips.edu>
Cc: Varun Joshi <varun.joshi@ipu.ac.in>, "Dr. Rajesh Kumar" <rajeshkumar@ipu.ac.in>, "Dr. Durgesh Dr. Durgesh Tripathi" <drdurgeshtripathi@ipu.ac.in>

Dear All,**Please find the enclosed letter and act accordingly.**

With Warm Regards,**Prof. Varun Joshi**

NSS Program Coordinator,

Professor, USEM

A-002, A-Block, GGSIP University Main Campus

Sector - 16C, Dwarka, New Delhi-110078

Contact Details:

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9971122817 (M)

----- Forwarded message -----

From: **NSSRC_DELHI** <nssrcdelhi@gmail.com>

Date: Fri, Sep 29, 2023 at 5:52 PM

Subject: Fwd: The fitIndia Freedom Run 4.0 from 1st -31st October,2023 by all NSS units

To: NSS Centre Admin <nsscentre@admin.du.ac.in>, <nkbishnoi@clc.du.ac.in>, khursheed ahmad Ansari <kaansari@jamiyahamdard.ac.in>, Mr. Viqar Husain Siddiqui (D/o Art Education) <vsiddiqui@jmi.ac.in>, MANURADHA CHAUDHARY <manuradha@jnu.ac.in>, NSS JNU Coordinator <nssjnu@jnu.ac.in>, Kiran Goswami <kiranccm@gmail.com>, <registrar@slbsrsv.ac.in>, <vc@slbsrsv.ac.in>, saurabh dubey <saurabhdubeyup91@gmail.com>, Samrat Mukhopadhyay <Samrat.mukhopadhyay@textile.iitd.ac.in>, nssincharge <nssincharge@iitd.ac.in>, samrat <samrat@textile.iitd.ernet.in>, <samrat@textile.iitd.ac.in>, <director@iitd.ac.in>, <rrao@iitd.ac.in>, <varunj63@gmail.com>, Coordinator NSS CELL <nsscell@nsut.ac.in>, <nitinsingha@nitdelhi.ac.in>, Ravi Bhasin <ravi@iitd.ac.in>, <director-iitd@dseu.ac.in>, shashank gupta <shashank.gupta@dseu.ac.in>, Mr. Jayadev dash <Jayadev.dash_dc@nfsu.ac.in>, Prof. BVR Reddy <nsscell@ipu.ac.in>, delhiddenss <delhiddenss@gmail.com>, <nirmala.rani@gmail.com>, Dr. Dinesh Kumar Sharma <snoharyana@gmail.com>, Ku Nss <kunss1969@gmail.com>, nsscoordinatormdu10 <nsscoordinatormdu10@gmail.com>, Indira Gandhi University Rewari <nssigu@gmail.com>, <nss@igu.ac.in>, NSS CDLU <nss@cldu.ac.in>, nssgju <nssgju@gmail.com>, Anju Gupta <anjugupta.bme@gmail.com>, Sushma Nss <nsscoordinatorbpsmvkk@gmail.com>, <nsscellbpsmv@gmail.com>, NSS COORDINATOR <nsscoordinator@cblu.ac.in>, nss <nss@crsu.ac.in>, Bhagat Singh <bsdahiya@gmail.com>, Chander Shekhar Dagar <csdagar@gmail.com>, dswhauhisar <dswhauhisar@gmail.com>, NSS Coordinator <nsscoordinator@dcrustm.org>, <renuyadav@cuh.ac.in>, <atmaram@jboseust.ac.in>, bcmanju10 <bcmanju10@rediffmail.com>, registrar.uhsr <registrar.uhsr@gmail.com>, <dsw.supva@gmail.com>, <nakul.singh@svsu.ac.in>, National Service Scheme <nss@svsu.ac.in>, <nss@gurugramuniversity.ac.in>, <amitdbranlu@gmail.com>, <nss@dbranlu.ac.in>, DEAN COH,MHU <deanmhu.hry@gmail.com>, <tripathi.adesh@mmumullana.org>, Dr. Manjeet Kumar <manjeetkumarmdu@gmail.com>, <nachiketavats1985@gmail.com>, <dr.pallavi@lingayasvidyapeeth.edu.in>, <sagar.arora@jagannathuniversityncr.ac.in>, Chandra Mohan <chandra.mohan@krmangalam.edu.in>, <sunilkumar@starexuniversity.co.in>, SUBHASH SINHMAR <subhashsinharsociology@gmail.com>, <Jasdeep.chadha@iilm.edu>, <registrar@srmuniversity.ac.in>, <neelu.c@srmuniversity.ac.in>, Sridharbabu Yarramaneni <drysridharbabu@gmail.com>, Dr. Yarramaneni Sridharbabu <yarramaneni.sridharbabu@bmu.edu.in>, Himangshu Rathee <himangshu@ncuindia.edu>, Dean Student Welfare <dsw@gdgu.org>, <tanuja.kaushik@gdgu.org>, ज्यौतिषवर्तिका वराहमिहिरकुलम् <nareshdutt82@gmail.com>, <drneha.agri@geetauniversity.edu.in>, dir.he.jk <Dir.he.jk@gmail.com>, directorhredu <directorhredu@gmail.com>, nssofficejammu <nssofficejammu@gmail.com>, Dr Hema Gandotra <gandotrahema@gmail.com>, Musavir Salaam <ahmed.musavir@gmail.com>, musavir <musavir@uok.edu.in>, Coordinator NSS <nss@uok.edu.in>, Dr. M.A.A Siddiqui <dsw@skuastkashmir.ac.in>, DSW SKUAST-Jammu <dswskuastj@gmail.com>, SUBHASH KASHYAP <sck2412@gmail.com>, National Service Scheme - NSS CUJAMMU <nsscuajammu@gmail.com>, <sujata.che@cuajammu.ac.in>, NSS SMVDU <nss@smvdu.ac.in>, <Malabhasin5@gmail.com>, Dr. Yogendra kumar Dixit <dr.yogendra.dixit@csu.co.in>, Parvez Abdullah Khan <parvezabdullahkhan@gmail.com>, <registrar@bgsbu.ac.in>, Vice Chancellor <vc.ladakhuniversity@gmail.com>, Dr. Jigmat Dachen <jigmat@kashmiruniversity.ac.in>, Tariq Ganaie <tariqtech@gmail.com>, <registrar@cukashmir.ac.in>, <drshahmehraj@cukashmir.ac.in>, Swarnima Luthra <principal@asnschool.org>, <shalini.wadhwa@asnschool.org>, Jmps School <jmpsschool@yahoo.com>, Info sipswr <infowr@thesamarthschool.edu.in>, Universal Public School <joshideepa968@gmail.com>, <sujeetmishra058@gmail.com>, <vikaspuri@krmangalam.com>, Gayatri Tandon <gyatri.tandon@gmail.com>

----- Forwarded message -----

From: **NATIONAL SERVICE SCHEME DIRECTORATE OF NSS** <pacnss@gmail.com>

Date: Fri, Sep 29, 2023 at 5:31 PM

Subject: The fitIndia Freedom Run 4.0 from 1st -31st October,2023 by all NSS units

To: A & N Islands U.T. SNO Mr.Kandimuthu <kandimuthuprathi@yahoo.in>, Andhra Pradesh SNO Dr. P Ashok Reddy <apstatensscell@gmail.com>, Andhra Pradesh SNO Dr. P Ashok Reddy <pashokreddy29@gmail.com>, Andhra Pradesh SNO Dr. P Ashok Reddy <sno.nss-he@ao.gov.in>, Arunachal Pradesh SNO Dr. Ajay Kr Mishra <ajayankit.67@gmail.com>, Assam SNO Shri Pradip Timung <dsyw.assam@assam.gov.in>, Assam SNO Shri Pradip Timung <dsywassam2011@gmail.com>, Bihar SNO <sportsdirectoratihar@yahoo.in>, Chandigarh SNO Dr Nemi Chand <dr.nemichand@gmail.com>, Chandigarh SNO Dr Nemi Chand <statensscellchd@gmail.com>, Chhattisgarh SNO Dr. R K Vijay <mpnss.slocell@gmail.com>, Chhattisgarh SNO Dr. R K Vijay <nss.slo-cg-@nic.in>, Dadra & Nagar Haweli & Daman Diu UT SNO Sh. G H Vora <dir.dadarnagar@gmail.com>, Dadra & Nagar Haweli & Daman Diu UT SNO Sh. G

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To
All The Regional Directors
All State NSS Officers
All States/UTs

Sub:The fitIndia Freedom Run 4.0 from 1st -31st October,2023 by all NSS units-Reg

Reference: D.O Letter No.KI/FITIndia/Freedom Run/2023 dated 27th September,2023

Sir/Madam

i am to refer to the subject and to forward the D.O letter received from the Secretary, Sports referred in the reference.

In this regard, It is requested all NSS Regional Directors & State NSS Officers to issue necessary directions to all NSS units/Institutions to organise fitIndia Freedom Run 4.0 from 1st -31st October,2023 .

The Swachhata Freedom Run (Plog Run) has to be organised on 2nd October to mark Gandhi Jayanti and also from 3rd to 31st October, as per the convenience of NSS units.

The copy of the Standard Operating Procedure (SOP) of the Freedom Run 4.0 is attached herewith for further necessary action at your end.

The important events to be organised by all NSS Units

1. Fit Indian Freedom for 3km with 50 NSS volunteers/Students on 3rd October
2. Fit Indian Freedom for 3km with 100 NSS volunteers/Students on 3rd October

Kindly fill the details in the Fit India Portal <https://fitindia.gov.in/Fit-India-Swachhata-Freedom-Run-4.0> without fail.

It is, therefore Requested to issue necessary directions to all NSS programme Coordinators, Programme Officers and volunteers to organize the **fitIndia Freedom Run 4.0 from 1st to 31st October and upload details in the portal.**

Kindly see the SOP for all details.

Dr.C.Samuel Chelliah
Deputy Programme Adviser

महोदया/महोदय,

भवदीय,

राष्ट्रीय सेवा योजना निदेशालय
भारत सरकार
युवा कार्यक्रम और खेल मंत्रालय
नई दिल्ली-110011



Sir/Madam,

Kindly see the forwarded mail on the subject cited above, In this regard you are requested to kindly take the appropriate action at your end.

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With best regards---

(श्रवण राम / Sharwan Ram)

क्षेत्रीय निदेशक / Regional Director,

रासेयो, क्षेत्रीय निदेशालय / Regional Directorate of NSS,

युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार / Ministry of Youth Affairs & Sports, Government of India

भू-तल, एनेक्सी भवन, शिवाजी स्टेडियम / Ground Floor, Annexe Building, Shivaji Stadium

नई दिल्ली / New Delhi- 110001,

दूरभाष / Phone No. 011-23362991



Fit India Swachhata Freedom Run 4.0 with theme Swachh Bharat, Swasth Bharat..pdf

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सुजाता चतुर्वेदी, भा.प्र.से
सचिव
Sujata Chaturvedi, IAS
Secretary



भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

D.O. No. KI/FIT INDIA/FREEDOM RUN/2023

Dated: 27th September, 2023

Dear colleagues,

The Fit India Freedom Run was started in 2020 by this Ministry to mark two days of national importance, namely, Independence Day and Gandhi Jayanti. This Run aims to inculcate the habit of walking and running in people in the quest for better health and fitness. Considering the importance of cleanliness for healthy lifestyle, the fourth edition of the Fit India Freedom Run will be organized this year as 'Fit India Swachhata Freedom Run' with the theme "Swachh Bharat, Swasth Bharat" from 1st October, 2023 till 31st October, 2023.

2. The Fit India Freedom Run 4.0 is envisaged to be a fully inclusive event with participation of people from across all walks of life, and all age groups, and from across the country. Towards this, a Towards this, a Swachhata Shramdan Freedom Run is planned in Delhi on 1st October, 2023, to mark Gandhi Jayanti. This year, the month-long campaign of the Fit India Freedom Run 4.0, which will culminate with a Unity Run on 31st October, 2023, shall also be using the theme of 'Swachh Bharat, Swasth Bharat' to spread the awareness regarding this issue.

3. To make this initiative successful, I request your kind support for encouraging mass participation through your Ministry in the month-long Fit India Run 4.0. It is also requested to organize a Swachhata Shramdan Run on 1st October, 2023. Further it is also requested that from 1st October to 31st October, 2023, a series of events in form of run/walk in your Ministry/Department during the Campaign may also be organized.

4. I shall be grateful for your support in this regard. For your convenience, a copy of the Standard Operating Procedure (SOP) of the 'Fit India Freedom Run 4.0' is attached. Shri Arun Kumar Gupta, Director- Fit India (+91 9591010065), Sports Authority of India, e-mail: contact@fitindia.gov.in, is the designated Nodal Officer from this Ministry for coordinating the event.

Best wishes,

Yours sincerely,

[Signature]
(Sujata Chaturvedi)

Encl: As above.

To: All Secretaries of the Ministries/Departments of the Government of India.



SOP for Fit India Swachhata Freedom Run 4.0 – Swachh Bharat, Swasth Bharat

1. In this edition of Fit India Swachhata Freedom Run, the focus will be on Swachhata along with fitness.
2. **Appoint a Nodal officer** for coordination with Fit India Mission and forward the details (Name, designation, mobile number and email ID) at contact@fitindia.gov.in
3. Organize Swachhata Run (Plog Run) events on launch day i.e., 2nd October 2023 and runs/walk from 3rd to 31st October, 2023 at iconic and historically important places in the State/UTs, invite People's-Representatives/ Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc.
4. Pre-event promotion: Ensure pre-event promotion of the event to be organised by respective States /UTs Governments, Ministries/Departments & Organisations from 25th September, 2023 onwards followed by post event promotion and engagement after the launch.
5. The organizing department to release a press note by 25th September 2023 informing about the event and schedule of activities.
6. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31st October 2023
7. Encourage participation in the Freedom Run 4.0 from friends, families, and other connections in the network of the individuals participating in the event.
8. While participating in Freedom Run, use Fit India Mobile App for tracking the distance covered by using running feature.
9. The organisers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: (<https://fitindia.gov.in/freedom-run-4.0>)

10. Organizers to register their event on Fit India portal (<https://fitindia.gov.in/> or Fit India Mobile App and upload details of participants and kms covered daily to have live dashboard on Fit India portal as shown below:

E.g., The organization conducted following Fit India Freedom run 4.0 events:

1. Event/s on 03-10-2023 with 50 participants ran for 3 Kms
2. Events on 04-10-2023 with 100 participants ran for 3 Kms

The data for the event's would be filled by the organization on Fit India portal in the following manner for each day.

S. No	Date (ODMMYYYY)	No. of Participants	Total KMS covered	Add Participants
1	03-10-2023	50	150	
2	04-10-2023	100	300	



Grand Total		150	450	
• For downloading certificates for participants and organizers				

11. Promote Freedom Run on their social media channels with **#SwachhBharatSwasthBharat** and **#Run4India** through creatives, videos, write-ups, pictures of the events. (Social media team member name and number) is point of contact for any coordination regarding social media from Fit India Mission.

12. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the campaign.