



भारत सरकार  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
निर्माण भवन, नई दिल्ली - 110011  
GOVERNMENT OF INDIA  
MINISTRY OF HEALTH & FAMILY WELFARE  
NIRMAN BHAVAN, NEW DELHI - 110011

विशाल चौहान, भा.प्र.से.  
संयुक्त सचिव

**VISHAL CHAUHAN, IAS**

Joint Secretary

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D.O No. Z-28015/59/2019 NHM-I

Dated the 12<sup>th</sup> August, 2021

Sir,

As you are aware that we as a Nation would be celebrating the 75<sup>th</sup> Year of India's Independence. At this juncture we would like to reiterate that Universal Health coverage with focus on Preventive and Promotive health continues to be the key objective in all our endeavors. In the zeal of aspiring for a "Healthier and Fit India". The Ministry, in synergy with the Ministry of Youth Affairs and Sports and in collaboration and support of the States/UTs, would be conducting "FIT India Freedom Run 2.0 from 13.08.2021 to 02.10.2021 (Both Virtual & Organized Event) to coincide with Independence Day Celebrations.

2. Preventive and Promotive Health Care through Wellness activities continues to be the fulcrum of the entire gamut of provision of Comprehensive Primary Health Care through Health and Wellness Centres. And it is indeed heartening to learn that States/UTs have continued to align the wellness activities with the various initiatives of the Government and had previously conducted various wellness activities with zeal and vigour with enormous public participation.

3. As per communication from Ministry of Youth Affairs and Sports, in pursuance of sensitizing people about the importance of Fitness in this unprecedented and crucial time of COVID 19 Pandemic, the set of activities regarding **FIT India Freedom Run 2.0** to be undertaken through the functional AB-HWCs with details as under:

- The run can be organised on any day from 13.08.2021 to 02.10.2021.
- It can be both a Virtual Run (Run anywhere, anytime, individually or in company and hash tagged #Run4India) or an Organised Event.
- Runners may register for the Freedom Run on FIT India Portal.
- The run can be organised around iconic locations in your city.
- For details please contact Ms. EktaBishnoi, Ph-7588181543 or at fitindia@gov.in

The procedure to enter into the Fit India Portal is given at Annexure-I.

4. I would, therefore, request you to give the necessary support to organise and conduct the FIT India Freedom Run 2.0 at all the functional Health and Wellness Centres in your State/UT, adhering to the COVID-19 guidelines, duly involving all the health care workers and update the report on the Fit India Portal and HWC Portal. Action taken in this regard may please be communicated to this Ministry.

*With regards*

Yours Sincerely,

  
(Vishal Chauhan)

Encl.: As above.

Additional Chief Secretary /Principle Secretary /Secretary (Health), all States and UTs

Copy to:-

The Mission Director (NHM) of all States and UTs.

Copy for information to:-

1. PPS to Secretary, HFW and Secretary, MoYAS
2. PPS to AS&MD, NHM
3. JS SNA, MoHFW
4. The Mission Director, Fit India Mission, MoYAS
5. The Executive Director, NHSRC to instruct CP-CPHC division for necessary compliance at the State and District level.
6. DSs/Directors of NHM.