



भारतीय अन्तर्देशीय जलमार्ग प्राधिकरण (पत्तन, पोत परिवहन और जलमार्ग मंत्रालय, भारत सरकार)

मुख्यालय: जलमार्ग भवन, ए-13, सेक्टर-1, नोएडा-201 301 (उ०प्र०)

INLAND WATERWAYS AUTHORITY OF INDIA

(Ministry of Ports, Shipping and Waterways, Govt. of India)

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F.No. IWAI/HQ/Admin/Events/2024

Dated:-07.10.2025

CIRCULAR

Sub:- Organization of Fit India Freedom Run 6.0 from 02.10.2025 to 31.10.2025 and Walkathon for IMW Promotion – reg.

In pursuance to the DO letter dated 24.09.2025 from Secretary, Department of Sports, Ministry of Youth & Sports received through email on **29.09.2025**, wherein it has been directed that all Ministries/Departments/Organizations to actively participate in the Fit India Freedom Run 6.0 from **02.10.2025 to 31.10.2025**. The campaign shall culminate with a Run on 31.10.2025 to commemorate the birth anniversary of Sh. Sardar Vallabhbhai Patel.

2. The said D.O. letter is attached herewith along with the Standard Operating Procedure (SOP) for celebrating the event. As per the SOP, multiple plogging/running activities are to be organized during the campaign period. Organizers are required to:-

- Register their events on the Fit India Portal at <https://fitindia.gov.in>
- Upload details of participants and total kilometres covered on the portal to enable a live dashboard of participation across the country.

3. Further, as **India Maritime Week (IMW) 2025** is scheduled to be held from 27.10.2025 to 31.10.2025, it has been decided that, in addition to the Fit India activities, a Walkathon may also be organized on **17.10.2025** to promote IMW 2025.

4. All Regional Offices and Units are hereby requested to take necessary action for organizing the events as per the SOP and ensure active participation of officers/staff and their family members.

This issues with the approval of the Competent Authority.

(Neeraj Singh)

Asst. Secretary (A&E)

E.mail: nsingh@iwai.gov.in

Phone No. 0120-2474050

Encl. As stated

Copy to :- (By E-mail)

1. Chief Engineer (Tech.) / Chief Engineer & Project Manager (JMVP) / Chief Engineer (Tr. & Log.)/ Chief Engineer (NER & OW)/ Hydrographic Chief / Chief Accounts Officer / Deputy Secretary (P&C)/ Director (RE)/ Director (JMVP)/ Assistant Secretary (P&C)/ Assistant Secretary (L&H) IWAI, Noida.
2. Director/OIC, IWAI, Patna / Kolkata/ Guwahati/ Kochi/ Bhubaneswar/ Varanasi.
3. Officer-In-Charge, Sub Offices, IWAI, Allahabad/Sahibganj/Farakka/ Vijayawada.
4. IT Wing – For uploading on IWAI Website.
5. Section Officer (Estt.-I), IWAI, Noida.

Copy for kind information to: - (By E-mail)

P.P.S. /P.S. /P.A. to Chairman/ Vice-Chairman/Member (Finance)/ Member (Technical)/ Secretary, IWAI, Noida.



हरि रंजन राव, भा.प्र.से
सचिव
Hari Ranjan Rao, 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.01-34/68/2025-HO -FIT INDIA

24th September, 2025

Dear Madam/Sir,

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 Sixth edition of the Fit India Freedom Run will be organized this year as '**Fit India Freedom Run**' with the theme of *Swachchhta and Swasthya (cleanliness and health)*, from **2nd October, 2025 till 31st October, 2025**.

2. The Fit India Freedom Run 6.0 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 national level programme is planned in Delhi on 2nd October, 2025, to mark Gandhi Jayanti. This year, the month- long campaign of the Fit India Freedom Run 6.0, will culminate with a Unity Run on 31st October, 2025 commemorating the birth anniversary of Sardar Vallabhbhai Patel.

3. To make this initiative successful, I request your kind support in organizing Fit India Freedom Run in your Ministries, departments and other organizations under your administrative control, from 2nd October to 31st October 2025. It is also requested to issue necessary instructions to encourage mass participation from all the Government employees, their family members and local communities in the month-long campaign of the Run.

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**' is attached. For any information/clarification on the subject, the officers entrusted with the responsibility may contact the Fit India Mission (080-69169910, contact@fitindia.gov.in). It is also requested to share the details of the nodal officer(s) on the above email for better coordination.

Warm Regards,

Yours sincerely,

(Hari Ranjan Rao)

Encl: as above

To

All Secretaries to the Govt. of India

SOP for Fit India Swachhata Freedom Run 6.0 – “Swachh Bharat, Swasth Bharat”

1. In this edition of Fit India Freedom Run from 2nd October to 31st October 2025, the focus will be on Swachhata along with fitness. Organizers can choose any day(s) during this duration to conduct the run, spreading awareness regarding cleanliness as well promoting physical fitness.
2. Organizations to 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 Plog Run events on launch day i.e., 2nd October 2025 and runs/walk from 2nd to 31st October, 2025 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 organized by respective States /UTS Governments, Ministries/Departments & Organizations from **28th September 2025** onwards followed by post event promotion and engagement after the launch.
5. The organizing department to release a press note by **28th September 2025** informing about the event and schedule of activities.
6. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31st October 2025 **including Sundays on Cycle (5th, 12th, 19th, 26th Oct): Special cycling and plogging drives.**
7. Encourage participation in the Freedom Run 6.0 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 organizers to use standardized backdrops and banners for their event. The creatives can be downloaded from the link: https://drive.google.com/drive/folders/1KZNDYhTrZxycnt1fCYBXKkg0-p7Cvi7t?usp=drive_link
10. Organizers to register their event on Fit India portal (<https://fitindia.gov.in/>) 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 6.0 events:

1. Event/s on **date** with 50 participants ran for 3 kms
2. Event/s on **Date** 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 (DDMMYYYY)	No. of Participants	Total KMS covered	Add Participants
1	*****	50	150	
2	*****	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.

13. Download Fit India Mobile App to track your miles for the Fit India Freedom Run on the following link:

- Android: <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- IOS: <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>
- FIMA QR:

