

F. No. 18-10/2024-RE
Government of India
Ministry of Environment, Forest and Climate Change
(RE - Division)

Agni Wing, 2nd Floor,
Indira Paryavaran Bhawan,
Jor Bagh Road, New Delhi -110003.

22nd August, 2024

OFFICE MEMORANDUM

Subject: National Sports Day (NSD) Celebrations 2024 - reg.

The undersigned is directed to refer to the subject cited above w.r.t. the planned nationwide celebration of the National Sports Day (NSD) including this Ministry and various organizations under its purview. As part of the celebrations, a FIT India Fitness pledge (copy enclosed) has been scheduled at 11 AM on 29th of August 2024 wherein all the staff of this Ministry shall stand in their seats and read aloud the pledge.

2. Therefore, it is requested to distribute the FIT India pledge mentioned above using different channels of NIC for wide circulation and reach within the Ministry.
3. This issues with the approval of the competent authority.


(Dr. Rajendra Kumar)
Scientist 'C'

Encl: Copy of the FIT India Pledge to be circulated.

To:

- 1) All Divisional Heads with a request to circulate the pledge within their respective divisions.
- 2) NIC, MOEF&CC for uploading on the website.
- 3) Director (RE), for information.

Fit India Pledge

I take the pledge:

- TO LEAD AN ACTIVE AND A HEALTHY LIFESTYLE
- TO TAKEOUT 30 MINUTES EVERYDAY FOR MY FITNESS AND HEALTH
- TO ENCOURAGE MY FAMILY MEMEBERS AND NEIGHBOURS TO STAY FIT AND HEALTHY
- TO TAKE THE FITNESS ASSESSMENT TEST ON THE FIT INDIA MOBILE APPLICATION QUARTERLY

मैं प्रतिज्ञा करता हूँ:

- एक सक्रिय और स्वस्थ जीवन शैली जीऊँगा/जीऊँगी
- अपने फिटनेस और स्वास्थ्य के लिए हर दिन 30 मिनट का समय निकालूँगा/निकालूँगी
- अपने परिवार के सदस्यों और पड़ोसियों को फिट और स्वस्थ रहने के लिए प्रोत्साहित करूँगा/ करूँगी
- फिट इंडिया मोबाइल एप्लिकेशन पर त्रैमासिक फिटनेस मूल्यांकन परीक्षण लूँगा/लूँगी