



कार्यालय रक्षा लेखा प्रधान नियंत्रक (मध्य कमान), करियप्पा मार्ग, लखनऊ छावनी -226002  
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कार्यालय दूरभाष सं.-0522-2451084 कार्यालय फैक्स सं.-0522-2453038  
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सं. प्रशा./1अ/1004/FIFR

परिपत्र

दिनांक: 21/10/2022

सेवा में,

- 1- रक्षा लेखा नियंत्रक, (क्षेत्रीय प्रशिक्षण केन्द्र) लखनऊ
- 2- एकीकृत वित्तीय सलाहकार (म.क.) लखनऊ
- 3- सभी अधीनस्थ उपकार्यालय

**विषय: Celebration of the Fit India Freedom Run 3.0**

**संदर्भ: मुख्यालय कार्यालय का पत्रांक AN/III/3012/Circular दिनांक 19.10.2022**

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मुख्यालय कार्यालय के संदर्भित पत्र के साथ प्राप्त अर्द्धशासकीय पत्र संख्या KI/FIT/INDIA  
FREEDOM RUN/2022 दिनांक 20.09.2022 तथा रक्षा मंत्रालय का ID No. 11011/12/2022/D  
(Welfare) दिनांक 14.10.2022 आपके संज्ञान एवं अनुपालन हेतु प्रेषित किया जा रहा है।

नियंत्रक (म.क.) के अनुमोदन से जारी।

संलग्नक: यथोपरि।

लेखा अधिकारी (प्रशासन)

"हर काम देश के नाम"



# रक्षा लेखा महानियंत्रक

उलान बटार रोड, पालम, दिल्ली छावनी-110010

**Controller General of Defence Accounts**

Ulan Batar Road, Palam, Delhi Cantt.- 110010

Phone: 011-25665703 Fax: 011-25674806, 25674821 email: [aniii.cgda@nic.in](mailto:aniii.cgda@nic.in)



आज़ादी का  
अमृत महोत्सव

No. AN/III/3012/Circular

Dated: 19.10.2022

To,

All PCDAs/ PCA (Fys.)/ PIFAs,  
CDAs/ IFAs/ RTCs.  
(through CGDA Website).

**Subject: Celebration of the Fit India Freedom Run 3.0- regarding**

Please find enclosed a copy of DO Letter No. KI/FIT/INDIAFREEDOM RUN/2022 dated 20.09.2022 alongwith MoD ID No. 11011/12/2022/D(Welfare) dated 14.10.2022 on the above subject for further necessary action.

(SC Gupta)

Sr. Accounts Officer (AN)

MOST IMMEDIATEMINISTRY OF DEFENCE  
D(WELFARE)

**Subject:** Celebration of The Fit India Freedom Run 3.0 – regarding.

Please find enclosed a copy of D.O. letter No. KI/FIT/INDIA/FREEDOM RUN/2022 dated 20.09.2022 received from Secretary, Department of Sports, Ministry of Youth Affairs & Sports on the captioned subject.

2. It is requested that to make the initiative successful the Organisation(s) under your administrative control may be encouraged for mass participation in the Fit India Freedom Run 3.0. They may be requested to organise a Plog Run on 2<sup>nd</sup> October, 2022. They may also be requested to organise a series of events namely a run / walk in for the campaign.

4. SOP for Fit India Freedom Run 3.0 – Azadi Ka Amrit Mahotsav may also be followed for the Success of the event. Organizers may register their event on Fit India portal <https://fitindia.gov.in/> or Fit India Mobile App. This may also be promoted with social media channels # AmritMahotsav and #Run4India.

Encl: As above

  
(Arvind Kumar)  
14/10/22  
Under Secretary (Welfare)  
Tele: 2301 2560

JS(Lands), JS(AF & Policy), FM(MS) & JS(Plg./Parl)& Estt.,  
JS(IC), JS(Med), JS(BR/SSC), CVO(MoD), JS & AM(LS) & Coord,  
JS&AM(Air), JS&AM(MS), FM(LS) & JS(Trg.), FM(Air/Cer.)& CAO,  
Addl. FA(RS) & JS- : in r/o Def. Fin.  
JS(Works & Parl)- : in r/o DMA  
JS(P&C)- : in r/o DDP  
DG(R&M)- : in r/o DRDO  
JS(ESW)- : in r/o DESW

MoD I.D. No.11011/12/2022/D(Welfare) dated 12.10.2022

14

सुजाता चतुर्वेदी, मा.प्र.से  
Secretary  
Sujata Chaturvedi, IAS



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आज़ादी का  
अमृत महोत्सव

भारत सरकार  
खेल विभाग  
युवा कार्यक्रम और खेल मंत्रालय  
Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports  
Dated: 20<sup>th</sup> September, 2022

D.O. No. KI/FIT INDIA/FREEDOM RUN/2022

Dear Secretary,

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. It gives me great pleasure to inform you that as part of the celebrations of the Azadi Ka Amrit Mahotsav (AKAM), the 3<sup>rd</sup> edition of the Fit India Freedom Run is commencing on 2<sup>nd</sup> October, 2022 with the theme "Azadi ke 75 saal, fitness rahe bemisaal".

2. The Fit India Freedom Run 3.0 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 Plog Run is planned from Red Fort to Raj Ghat in Delhi on 2<sup>nd</sup> October, 2022, to mark Gandhi Jayanti, and also to launch the month-long campaign of the Freedom Run 3.0 which will culminate with a Unity Run on 31<sup>st</sup> October, 2022 at Kevadia, Gujarat.

3. To make this initiative successful, I request your kind support by encouraging a mass participation through your Ministry in the month-long Fit India Freedom Run 3.0. It is also requested to organize a Plog Run on 2<sup>nd</sup> October, 2022. Further, it is also requested that from 2<sup>nd</sup> October to 31<sup>st</sup> October, 2022, a series of events, namely, a run/walk in your Ministry/Department for the campaign may also be organized.

4. I shall be grateful for your support in this regard. For your convenience, a copy of the SOP of the 'Fit India Freedom Run 3.0 is attached. Ms. Ekta Vishnoi, Mission Director – Fit India (+91 75881 81543) is the designated Nodal Officer from this Ministry for coordinating the event.

With best wishes,

Yours sincerely,  
  
20/9/22  
(Sujata Chaturvedi)

Encl: As above.

To: All the Secretaries, Government of India.

### SOP for Fit India Freedom Run 3.0 - Azadi Ka Amrit Mahotsav

1. Appoint a Nodal officer for coordination with Fit India Mission and forward the details (Name, designation, department name, mobile number and email ID) at [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)
2. Organize plog run events on launch day i.e., 2<sup>nd</sup> October 2022 and runs/walk from 3<sup>rd</sup> to 31<sup>st</sup> October, 2022 at iconic and historically important places in the State/UTs, invite people's representatives/ Celebrities/ Athletes/ Iconic Personalities/ Social Media Influencers, etc.
3. Pre-event promotion: Ensure pre-event promotion of the event to be organised by respective States /UTs Governments, Ministries/Departments & Organisations from 26<sup>th</sup> September, 2022 onwards followed by post event promotion and engagement after the launch.
4. The organizing department to release a press note by 26<sup>th</sup> September 2022 informing about the event and schedule of activities.
5. States/Ministries/Organizations to conduct physical Freedom Run events throughout the campaign till 31<sup>st</sup> October 2022.
6. Encourage participation in the Freedom Run 3.0 from friends, families, and other connections in the network of the individuals participating in the event.
7. The organisers to use *standardized backdrops and banners for their event*. The creatives can be downloaded from the link:

<https://drive.google.com/drive/folders/1IsPIV6JZ1WLNt'ssPqO0plg0y-y4tZW11f?usp=sharing>

8. 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 3.0 events:*

*1. Events on 03-10-2022 with 50 participants ran for 3 Kms*

*2. Events on 04-10-2022 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	03-10-2022	50	150	
2	04-10-2022	100	300	
Grand Total		150	450	
• For downloading certificates for participants and organizers				

9. Promote Freedom Run on their social media channels with #, #, # and # 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.
10. Adequate publicity for the program through Social media, TV/Newspaper, etc throughout the campaign.