



FIT INDIA HIT INDIA BY BSG FOR CUBS, BULBULS, SCOUTS, GUIDES, ROVERS AND RANGERS



The Bharat Scouts and Guides, is Planned to implement the Health and Fitness activities under FIT INDIA Movement which is an initiative of Ministry of Youth Affairs and Sports, Govt. of India.

The Fit India is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organizations can undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Fit India Movement is organizing **Fit India Freedom Run** from 15th August – 2nd October 2020 to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The concept behind this run is that “It can be run anywhere, anytime!” You can. The Bharat Scouts and Guides, National Headquarters Inviting to entire members of BSG at all level to actively participate in and complete this activity pack.

- Run a route of your choice, at a time that suits you.
- Break-up your runs.
- Run your own race at your pace.
- Track your Kms. manually or by using any tracking app or GPS watch.



INSTRUCTIONS:

1. All the activities are compulsory
2. Digital Certificate will be issued by the National Headquarter, the Bharat Scouts and Guides
3. Six (6) winners will be given free hospitality in the next International Adventure Programme.
4. All the activities Pictures and videos should be uploaded on Social sites tagging with BSG Face book, Twitter and Instagram
5. Report of all the challenges in excel format with links to be sent to bsgfitindia@gmail.com on regular basis
6. All the activities Pictures and videos should be uploaded on www.fitindia.gov.in and www.scout.org
7. Safety precaution issued by Government for COVID pandemic should be strictly followed during outdoor activities

Activity Pack

Individual activity- (Physical):

✓ Challenge 1 – The Zoomba Challenge

Make a video of yourself doing simple zoomba steps on energetic and famous songs as per choice at least for 5 mints. and to motivate 05 members to do the same and upload the Zoomba Video of yourself and your friends on social site by using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ Challenge 2 – Fit India Walk

Take a Challenge of Fit India walk and to complete at least 50 Kms in a month by walking 02 KM every day with your 05 Friends/ Families. Upload your walking Pictures and video on social networking site with details by using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ Challenge 3 – Marathon with BSG

To organize a marathon with BSG up to 05 KM and motivate to participate as many Members as possible of your family /friends/ neighbor. Post pictures and video on social networking site with details by using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**



✓ **Challenge 4 – My Simple Yoga for weight Loss**

One has to do at least 5 yoga for different profits of healthier growth of the body and post the pictures in social networking sites using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

Virtual Activities:

✓ **Challenge 1 – Webinar on “Importance of Fitness”**

To attend or organize a Webinar on the “Importance of Fitness” by involving 30 members and share the experience on Social Sites with Picture and Videos hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ **Challenge 2 – YOGA WITH BSG**

“**Fit India Movement – YOGA WITH BSG**” is going to be started from 27th August 2020 thrice a week – every Tuesday, Thursday and Saturday. This programme is specially designed for our Youth and Adults as well as non-Scouts /Guides. You must watch the live episodes on a regular basis from 7:00 AM and practice Yoga with his/her family. And upload the pictures in social networking sites while watching the session live and practicing Yoga with family using hashtags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**. Should also encourage and motivate at least 10 people (can be scouts as well as non-scouts) to watch the live yoga episodes.

✓ **Challenge 3 – Yoga on YouTube**

For promotion of yoga make a video of 05 different types of yoga and submit to BSG, National Headquarters (it@bsgindia.org) for upload on BSG YouTube channel.

✓ **Challenge 04 – Pledge for yourself**

To take a pledge to commit yourself to make India fit India and upload the video on social networking sites –

Pledge ; - I promise to myself that I will devote time for physical activity and sports every day and I will encourage my family members and neighbors to be physically fit and make India a fit nation.

Use Hashtags #FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia



Awareness Campaign:

✓ **Challenge 01 – Knocking the door**

To undertake campaign and to aware the local people on importance of fitness and Initiatives of Fit India Movement by covering at least 10 Family. To do the yoga with them for a week by maintaining Social distancing and safety measure issued by Govt. for COVID epidemic. **Experiences of this challenge share on** social networking sites with Pictures and Videos using hash tags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ **Challenge 02 – Fit India on wheel**

To organize a cycle rally and aware the people of your community on the message of Fit India using poster and Banner by maintaining Social distancing and safety measure issued by Govt. for COVID epidemic. Pictures and Videos using hash tags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ **Challenge 03 – Fitness with Color**

To create awareness on Fit India make a poster on Importance of fitness and Physical activates and upload the pictures of Social Media. Using hash tags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**

✓ **Challenge 04 – Plastic free India**

To take cleanliness drives at your home and surrounding during plogging run every day for a month. You must collect at least 2 kg plastic /plastic materials per day and handover to the municipality. Upload the pictures and video on Social Media. Using hash tags **#FitIndia #FitIndiaRun2020 #FitIndiaMovement #BSGFitIndia #BSGIndia**
