

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: 01-10007(01)/67/2024-HO-Khelo India

Date: 28<sup>th</sup> July, 2025

*Respected Madam,*

As you may be aware, under the Khelo India Scheme's FIT INDIA initiative and with the aim of integrating fitness into our daily lives, the Fit India Cycling Drive was launched on 17th December 2024 in New Delhi. Since then, this initiative has gained momentum as a nationwide movement, **SundaysOnCycle**, being held in over 29,000 locations across the country and engaging nearly 6.5 lakh cycling enthusiasts. The campaign has also been recognized by the Hon'ble Prime Minister in the 117th episode of *Mann Ki Baat*, highlighting its importance in promoting health and wellness.

2. In response to the Hon'ble Prime Minister's clarion call to address obesity and lifestyle-related health challenges, it is vital to include consistent physical activity in our daily lives. I am confident you will agree on the need to raise awareness about the importance of regular fitness routines and physical exercise in building a healthier nation. In this spirit, the FIT INDIA Mission proposes to organize a special edition of the SundayOnCycle campaign across India on **3<sup>rd</sup> August, 2025** in collaboration with Department of Posts featuring the participation of Postmen.

3. In this regard, you are requested to encourage your Offices across States and Union Territories to organize similar cycling events (list of the Regional Centres of the Sports Authority of India is enclosed to facilitate coordination and collaboration and to conduct the event smoothly). The Delhi specific event is scheduled to take place at **Jawaharlal Nehru Stadium, Delhi at 6:30 AM on 3<sup>rd</sup> August, 2025**. Your leadership in encouraging participation of Post Offices across Delhi in this movement would be deeply appreciated.

4. This event is also being seen as a tribute to the immense contribution of Postmen in bridging communication gaps and fostering connections across the nation, and they can be the ideal ambassadors of the message of Fit India, especially in the rural and remote regions of the country.

5. Furthermore, you are also requested to promote awareness about the importance of fitness and daily physical activity among residents using the slogan '*Fitness ki Dose, Aadha Ghanta Roz*', and extend support participant registration on the Fit India portal (<https://fitindia.gov.in/coiregistration>), so that all participants can receive digital participation certificates upon successful completion of the event.

6. For smooth coordination, Sh. J.P. Shani, Assistant Director, Fit India (Mob No. +91-7982479234), will serve as the nodal officer from Sports Authority of India. We request you to appoint a nodal officer from your side to facilitate effective planning and execution of the event.

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7. Your valued support and active participation in this national fitness movement will contribute significantly to promoting a healthier and more active community.

*Warm Regards,*

Yours sincerely,



(Hari Ranjan Rao)

Encl: as above

**Ms. Vandita Kaul, IPoS**

Secretary (Posts) & Chairperson, Postal Service Board  
Department of Posts,  
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## CONTACT DETAILS OF ALL REGIONAL CENTRES

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