

Report on Fit India Freedom Run 2020

GOVERNMENT OF SIKKIM DEPARTMENT OF SPORTS AND YOUTH AFFAIRS

Final Report as on 03/10/2020

FIT INDIA FREEDOM RUN

The “Fit India Freedom Run” was launched by Hon’ble Union Minister for Sports & Youth Affairs, Government of India from 15th Aug to 2nd Oct 2020. The State Government initially informed every stakeholder such as Government Departments, NGOs, NSS, NYKS to encourage participants of the event to run, walk, do asanas or any physical activities that can be taken up by every citizens of the state irrespective of ages from their respective home/compounds etc.

The directions were given to Officers of Block Administrative Centers, Panchayats for implementation from 15th Aug to 2nd Oct 2020 and report in the group chat was submitted regularly. These Officers have uploaded videos and pictures of their initiatives which were shared in the social media, youtube etc.

The coaching division coordinated with the younger generation athletes for registering themselves to generate certificates from fitindia.gov.in adhering the social distancing norms in view of the current pandemic. The Officers and Coaches coordinated with participants to track the total distance covered by using a Global Positioning System (GPS) watch or manually.

Hon’ble Minister Sports & Youth Affairs, Government of Sikkim on National Sports Day had urged the entire stake holder for taking necessary initiatives to run and generate awareness among the family members, relatives and at the neighborhood.

Further, State NSS, NYKS & Bharat Scout Guide participated whole heartedly in this Freedom Run.

The “Fit India Freedom Run” w.e.f. 15th August to 2nd October 2020 was successfully conducted by Assistant Directors and Physical Education Teachers who have posted in different BACs under Sports & Youth Affairs Department. For Different activities such as Running, Walking, Zumba Dance and various forms of Yogic Asana was organized in different dates and venues. Disseminating the message in general regarding awareness of fitness and healthy lifestyle during pandemic of COVID 2019 was also conducted in few BACs by displaying message on Chart papers while maintaining social distancing as per the SOP Guidelines. The Block Level Administrative was registered for the Certificate of Organizing from www.fitindia.gov.in.

During the programme **Total 623 viz. 355 Male and 268 Female** participants of all age groups from the BACs participated in the events where total distance of **7993.34Kms.** had been covered by Running and Walking. The participants were actively participated with great enthusiasm in other activities as well.

The reports were submitted regularly by all the concerned officers from the BACs and uploaded the videos and pictures of activities in the Official whatsapp group website and Social Media platform.

Details of Consolidated Report of activities is prepared for reference as under.

Sl. No	Name of District	Name of BACs		Total Participants			Distance Covered by BACs/ Districts Km/Miles	Total Distance	Date of Organizing Programme	Venue of Programme
				M	F	Total				
1	East	1	Nandok	13	17	30	4Km, 5Km, 8Km, 10Km, 12Km and 15Km	205Km	w.e.f 15Aug. to 02 nd Sept. 2020	Nandok BAC
		2	Pakyong	22	08	30	30 Km x 30 participants= 900Km 03 Km WALKTHON x 30 participants	900Km	w.e.f 23 rd Aug. to 30 th Aug. 2020	Pakyong Sub Division, Pakyong.

Report on Fit India Freedom Run 2020

1	East	3	Rhenock	08	02	10	1.1/2 Km Run x 05 participants and 1 hour Yoga x 05 participants	127.5 Km	w.e.f 15 Aug. to 02 nd Sept. 2020	Rhenock SSS Ground.
		4	Duga	24	02	26	5Km daily by 3 participants w.e.f. 15 th to 20 th Aug. 2020 5Km daily by 10 participant's w.e.f. 28 th Aug. to 2 nd Sept. 2020.	390 Km	w.e.f. 15 th to 20 th Aug. 2020 W.e.f. 28 th Aug. to 2 nd Sept. 2020. Yoga w.e.f. 21 st Aug. to 27 th Aug. 2020.	Duga BAC
		5	Ranka	06	01	07	5 Km per day x 15 days	525 Km	w.e.f 15 Aug. to 02 nd Sept. 2020	Reshithan g Sports Complex. Ranka under Ranka BAC
		6	Regu	05	06	11	02 Km Run x 06 participants and 1 hour Zumba x 05 participants	204 Km	w.e.f 15 Aug. to 02 nd Sept. 2020	
		7	Khamdong	12	04	16	7 Km x 16 participants	952 Km	1 Km run w.e.f 15 th to 21 st Aug. 2020 29 th aug to 2 nd Sept. 2020. Yoga w.e.f. 22 nd to 28 Aug. 2020.	Yoga at Singtam Community Hall 1 Km run at Khamdong g BAC
		8	Rakdong	15	04	19	1 Km x 12 participants = 5 days	60 Km	1km run w.e.f. 15 th to 20 th Aug. 2020 1km run w.e.f. 28 th to 2 nd sept. 2020 1 hour Yoga w.e.f. 21 st to 27 th Aug. 2020.	Rakdong BAC
		9	Martam	14	09	23	1km, 2km, 3km, 4 & 6km	57 Km	Run w.e.f 20 th to 26 th Aug 2020	Martam BAC

Report on Fit India Freedom Run 2020

	East	10	Parakha	14	07	21	500mts.1.5Km . &2Km	29Km	20 th Aug. to 7 th Sept. 2020	Parakha BAC
		11	+Gangtok	06	10	16	2Km, 3Km, 4Km, 5Km and 7Km daily Run w.e.f. 15 th Aug. 2020 to 2 nd Oct. 2020 by 02(Two) male participants.	2,226Km	7 km run w.e.f 15 th August to 02 nd Oct. 2020. Yoga on 31 st Aug. 2020	34 TinpemMindu GPU, East Sikkim.
2	West	1	Daramdin	05	04	09	276 Km	276 Km	21 st August 2020	Daramdin BAC
		2	Gyalsing	06	03	09	60 Km	60 Km	w.e.f 18 th Aug. to 10 th Sept. 2020.	Geyzing BAC
		3	Yuksom	07	05	12	40 Km	40 Km	w.e.f 18 th August to 20 th Sept. 2020	Yuksom BAC
		4	Dentam	07	03	10	50 Km	50 Km	w.e.f. 16August to 5 th Sept. 2020	Denatam BAC
		5	Kaluk	12	03	15	45.8 Km	45.8 Km	w.e.f 15Aug. to 02 nd Sept. 2020	Kaluk BAC
		6	Soreng	25	39	64	488.02Km	488.02 Km	w.e.f17th Aug. to 22st Sept. 2020	Soreng Sub-Division
		7	Hee-Martam	11	10	21	161Km	161Km	w.e.f 15 th to 22 Aug.2020 Yoga w.e.f.23 rd to 29 th August 2020 Run: 30 th Aug. to 5 th Sept. 2020	Hee-Martam BAC
		8	Chungrang	07	05	12	40 Km	40 Km	w.e.f 18 th August to 20 th Sept. 2020	Chungrang BAC
		9	Chakung	13	06	19	58.84Km	58.84Km	w.e.f 15 th Aug. to 05 th Sept. 2020.	Chumbong Chakung BAC

Report on Fit India Freedom Run 2020

3	North	1	Chungthang	10	15	25	5Km	125Km	25 th Aug. to 2 nd Oct. 2020	Chungthang SSS play ground to ShipgyerChungthang BAC
		2	Mangan	40	36	76	1.5 Km. 2Km,3Km,5Km, 10Km and 15Km.	414Km	w.e.f 15 th Aug. 2020 w.e.f18th Aug. to 4 th Sept. 2020 29 th Aug.,. to 4 th Sept. 2020 17 th August2020 19 th August 2020 5 th to 8 th Sept. 2020.	Mangan BAC
		3	Passingdong	12	11	23	15Km	15Km	15 th Aug. to 02 nd Oct. 2020	Passingdong BAC
		4	KabiTingda	18	12	30	5Km	150Km	20 th to 26 th Aug.2020	Kabi BAC
4	South	1	TemiTarku	05	05	10	2 Km run on 20 th Aug. 2020	20 Km	20 th Aug. 2020	TemiBunglow to Temi Bazar
		2	Melli / Sumbuk	14	05	19	5 Km run every day	95Km	-	Sumbuk BAC
		3	Sikkip	Nil	Nil	Nil	Nil	Nil	Nil	Nil
		4	Yangyang	05	09	14	2 Km,3Km,4Km , and 5Km Run	54Km	9 th Sept. 2020	Yangang BAC
		5	Namchi	11	20	31	2,3,4,5,6,8Km	158Km	15 th August to 02 nd Oct. 2020.	Namchi BAC
		6	Ravangla	Nil	Nil	Nil	Nil	Nil	Nil	Nil
		7	Namthang	05	02	07	35Km	35Km	15 th August to 02 nd Oct. 2020.	Namthang BAC
		8	Jorethang	03	05	08	32KM	32KM	22 nd August 2020	PoklokNandugoan(Jorethang) to TinikChisopani S. Sikkim.
TOTAL			355	268	623		7993.34 Km			

Report on Fit India Freedom Run 2020

Some glimpse of picture of “Fit India Freedom Run” 2020



Walkathon at Pakyong



AJAY THAMI

PAKYONG, August 29: To commemorate National Sports Day and National Fitness Movement, a 3-kilometre walkathon was organized by Pakyong Sports Association in collaboration with Sports department at Pakyong.

department advisor Etching Bhutia graced the occasion as the chief guest and national taekwondo player Pemba Doma Tamang as the special guest.

The chief guest also participated in the walkathon along with members of Pakyong Sports Association and Sports department.

On the occasion, Pakyong Sports Association felicitated Chris Nawang Sherpa, a silver medallist in National School Games, Agartala. Other sports personalities of Pakyong – Hyderabad FC player Ashish Rai, Lajong FC player Aman Lepcha and Sangay Dandul Bhutia who had participated in the



Sikkim fit India freedom run (SYA)
BAC Passingdang Dzongu

Report on Fit India Freedom Run 2020



Report on Fit India Freedom Run 2020



Report on Fit India Freedom Run 2020



The “Fit India Freedom Run” 2020 was concluded with Zumba Dance for 1 hour under Zumba Instructor on 2nd Oct. 2020 in the premises of Head Quarter Office, Sports and Youth Affairs Department, White Hall Complex, Gangtok in the presence of the Secretary, SYA Department. Other officers present during the program were Additional Director/HQ, Joint Director/ OSD, Deputy Directors/Coaching and Assistant Directors of the Department of Sports & Youth Affairs.
