



GOVERNMENT OF SIKKIM
DEPARTMENT OF SPORTS & YOUTH AFFAIRS
WHITE HALL COMPLEX, GANGTOK, EAST SIKKIM

REPORTS

FIT INDIA Plogging Run was organized by Department of Sports & Youth Affairs at Block Level at all respective Block Administrative Centers (BAC); District Level at three districts Mangan, Gyalshing, Namchi and State Level at Gangtok on 2nd October 2019 to commemorate the 150th Birth Anniversary of father of Nation Mahatma Gandhi.

Shri Kunga Nima Lepcha Hon'ble Minister for Sports & Youth Affairs Flag off the 2 KM Run of State Level from Paljor Stadium. Shri Kuber Bhandari, Secretary Sports & Youth Affairs Department, Director, Additional Director and other officers were present during the programme.

The Theme of the Programme was:

Picking up Litters is good for Country's Health

Running & Jogging is good for Your Health

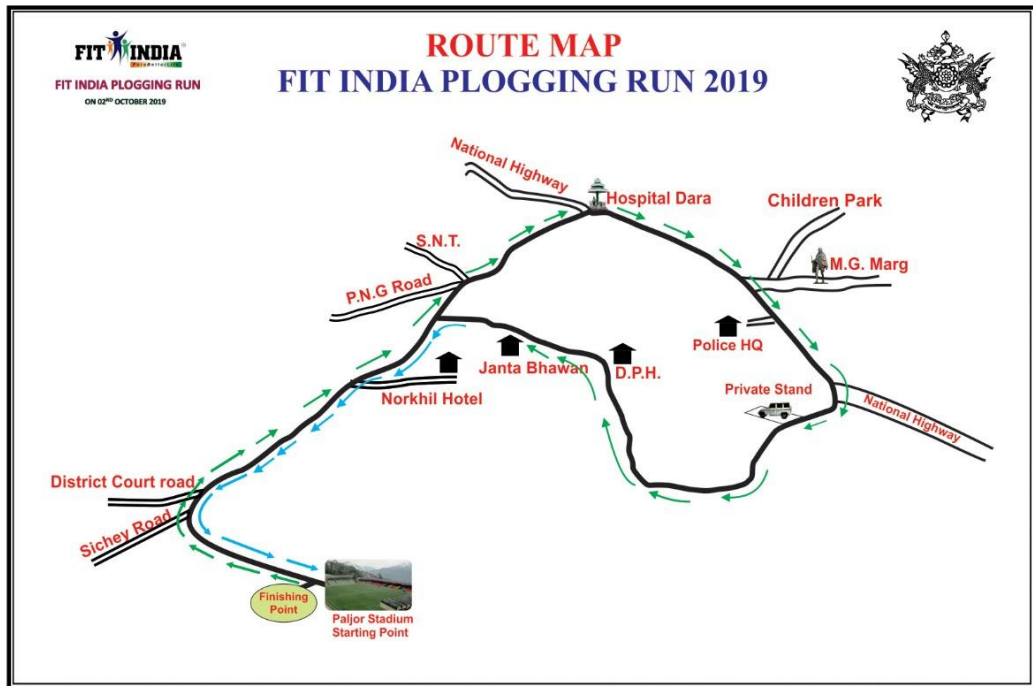
In this said programme more than 250 participants including officers, staff of Sports & Youth Affairs, student from different schools in and around Gangtok, NSS Volunteers, students from State Sports Academy, Member and players from different Sports Association participated at Gangtok.

In the other hand, thousands of people of all walks of life participated at Three Districts and all Blocks Administrative Centre's FIT INIDA Flogging Run.

All the programmes were conducted on above theme, 2 KM Run and picking up litters.



Route Map of Gangtok FIT INDIA Plogging Run



Route Map of Pakyong East Sikkim FIT INDIA Plogging Run

150th Birth Anniversary of Mahatma Gandhi
FIT INDIA PLOGGING RUN
Pakyong Route Map
2nd October Time 6:10 Am



FIT India movement launched by Hon'ble Prime Minister on 29th August 2019 to attain Physical fitness of very citizen.

Plogging is a Swedish fitness trend that combines running with picking up litter

GUIDELINES

Reporting time 6:10 am.

Flag off 6:20 am.

Participants can choose any of the four routes shown in the route map.

Participants should pick up litter on the run and deposit the litter wherever there are dustbins on the route.

The Plogging run will end at the designated points i.e. Bhanu Turning, Pushpanjali Vidyalaya, RDD Dara and Shanti Turning.

Participants are requested to carry bags for carrying litter.

To promote Health & Cleanliness your participation is a MUST!!

Promoted by Sports & Youth Affairs & HRDD BAC Pakyong
