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संयुक्त सचिव
ATUL SINGH
Joint Secretary



भारत सरकार
युवा कार्यक्रम और खेल मंत्रालय
खेल विभाग
GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS
DEPARTMENT OF SPORTS
TEL : 91-11-23384152
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D.O. No. 35-7/Fit India/MDSD/2021

6th September, 2021

Dear Respected Sir/Madam,

Ministry of Youth Affairs & Sports in its endeavor to bring forth the health and fitness awareness amongst citizens has developed a Fit India Mobile App. Fitness Assessment based on the 'Age-Appropriate Fitness Protocols-GOALS' that was launched by Hon'ble Prime Minister in September 2020 is the core feature of the app. The App has integrated features like calorie counts, activity tracker, sleep tracking, etc.

2. The Fit India Mobile App was launched on 29th August 2021 by the Hon'ble Minister, Youth Affairs & Sports. The App is available for download on both Android and IOS platforms in Hindi and English. The links of the downloads are as follows:

1) For Android- <https://play.google.com/store/apps/details?id=com.sai.fitIndia>

2) For iOS- <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

3. This Ministry requests you to extend your support to publicize the Fit India Mobile App, encourage people to download the App and organize a drive of Fitness Assessment through this App in your Ministry/Department/State/UT so that maximum number of people can assess their fitness and find ways to improve it and move towards making a better, healthier and fitter India.

With warm regards,

Yours sincerely,

Atul Singh
(Atul Singh)

To

1. All Secretaries to the Government of India
2. All Chief Secretaries/Principal Secretaries (States/UTs)