

सुजाता चतुर्वेदी, भा.प्र.से  
सचिव  
Sujata Chaturvedi, IAS  
Secretary



75  
आज़ादी का  
अमृत महोत्सव

सुजाता कार्यक्रम और खेल मंत्रालय  
25-1-22

सचिव  
भारत सरकार  
खेल विभाग  
कार्यक्रम और खेल मंत्रालय  
Secretary  
Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports

B.S.B  
25/1/22

D.O. No. 1-10/SAI/Fit India/2021

Dated: 21<sup>st</sup> January, 2022

*Dear Secretary,*

It gives me great pleasure to inform you that as a part of Commemoration of Azadi Ka Amrit Mahotsav, the Fit India Mobile App has recently been launched. The fitness assessment based on the 'Age-appropriate Fitness Protocols-GOALS', which was launched by Hon'ble Prime Minister in September, 2020, is the core feature of this App.

2. The Fit India Mobile App comes with host of other features like customized diet plans, step counter, calorie monitor, sleep tracker etc. In our endeavour to make fitness tool accessible to all, all these features are Free for all the users. A guide on how to perform the fitness tests is also available on the App.

3. The App is available in both Android and iOS platforms. The links for the download are as follows:

- i. Android-  
<https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- ii. iOS-<https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

4. I kindly request you to publicize the message of Fit India Mobile App through your Ministry and encourage people to download and get benefitted with Fit India Mobile App. The Fit India App will be attractive to the users as it indicates their fitness level and provide ways to improve the same.

*With best regards,*

Yours sincerely,

*MC*  
21-1-22

(Sujata Chaturvedi)

To

All Secretaries, Government of India



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