



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/ACAD/DS(MS)/2025

Date: 02.05.2025

Circular No: Acad-24/2025

All the Heads of Schools affiliated to CBSE

Subject: FIT India 'Sunday on Cycle' Campaign 2025 – reg.

Dear Principal

Under FIT-INDIA Initiative of Khelo-India Scheme, and with the objective of integrating fitness into our daily routines, the Hon'ble Union Minister of Youth Affairs & Sports and Labour & Employment, Govt. of India inaugurated the Fit India Cycling Drive on 17th December 2024 in New Delhi, with the participation of over 500 Cycling enthusiasts. This cycling initiative has since evolved into a national movement under the banner of **Sundays on Cycle**, held in more than 5,000 locations across the country and engaging nearly 2 lakh cyclists. It has also received recognition from the Hon'ble Prime Minister during the 117th episode of *Mann Ki Baat*, underlining the campaign's significance in promoting health and wellness.

In order to address obesity and lifestyle-related health challenges, it is vital to include consistent physical activity in our daily lives. There is a 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 is organizing a special edition of the 'Sunday on Cycle' campaign across India on 4th May 2025.

The schools may participate in the 'Sunday on Cycle' Campaign in following ways:

1. The schools of Delhi/ NCR may participate in the Fit India 'Sundays on Cycle' event to be organized at Major Dhyan Chand National Stadium at 7:00 am on 4th May 2025.
2. The schools in other states may conduct similar events on 4th May 2025, amplifying the Campaign's reach and impact.
3. Spread awareness about fitness and the importance of daily physical activity using the slogan "*Fitness ki Dose, Aadha Ghanta Roz*", across social media platforms of the school.
4. The schools should register the participants/ students 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 .

In view of above, you are requested to disseminate the above information among the students and teachers of your school and encourage them to participate in 'Sunday on Cycle' Campaign.

With best wishes

Himanshu Gupta, IAS
Secretary



'शिक्षा सदन' ,17 राऊज़ एवेन्यू ,इंस्टीटूशनल एरिया, नई दिल्ली –110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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Copy to the respective Heads of Directorates, Organizations and Institutions with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Ranchi, Jharkhand
14. The Director, Sambhota Tibetan Schools Society (STSS), Central Tibetan Administration (CTA), Dharamshala, HP
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. The Director, Navy Education Society, Directorate of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, Delhi – 110066
18. DS to Chairperson, CBSE
19. Secretary/ Controller of Examinations/ All Directors, CBSE
20. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
21. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
22. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
23. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
24. In-Charge, Library
25. Record File

Director (Academics)



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