

भारत सरकार / Government of India
परमाणु ऊर्जा विभाग / Department of Atomic Energy
सचिवालय समन्वय अनुभाग / Secretariat Coordination Section

अणुशक्ति भवन / Anushakti Bhavan,
छत्रपति शिवाजी महाराज मार्ग / C.S.M. Marg,
मुंबई / Mumbai - 400 001
इ-मेल / Email: sectcord@dae.gov.in

No.16/2/2022-SCS/E-File/ 2119

Dated:- 14-02 - 2022

पृष्ठांकन / ENDORSEMENT

विषय /: फिट इंडिया मोबाइल ऐप - के संबंध में / **Fit India Mobile App -**
Subject: Regarding.

उपरोक्त विषय पर युवा कार्यक्रम और खेल मंत्रालय, नई दिल्ली से प्राप्त दिनांक 21.01.2022 के अर्ध-शासकीय पत्र संख्या 1-10/SAI/Fit India/2021 की एक प्रति सूचना एवं आवश्यक कार्रवाई हेतु अग्रेषित है।

A copy of D. O. Letter No. 1-10/SAI/Fit India/2021 dated 21.01.2022 received from Ministry of Youth Affairs & Sports, New Delhi on the above mentioned subject is forwarded for information and necessary action.

संलग्न / Encl.: 1 Page

Minija Ramesh
14/2/22

(मिनिजा रमेश / Minija Ramesh)
अनुभाग अधिकारी (एस. सी. एस) / Section Officer (S.C.S)
(022 - 22862661)

पऊवि के सभी संघटक इकाईयों / सार्वजनिक क्षेत्र के उपक्रमों / सहायता प्राप्त संस्थानों के प्रशासनिक प्रधान
All Administrative Heads of Constituent Units/PSUs/Aided Institutions of DAE.

प्रतिलिपि / Copy to:

1. All Heads of Constituent Units/PSUs/Aided Institutions of DAE.
2. पऊवि के सभी अधिकारी एवं अनुभाग / All Officers & Sections in DAE Secretariat.-DARPAN
3. सचिव, स्टाफ साइड, पऊवि विभागीय परिषद् / Secretary, Staff Side, DAE Departmental Council.
4. E- फाइल संख्या / 16/2/2022-SCS/E-File.

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



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आजादी का
अमृत महोत्सव

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

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

Dated: 21st 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.

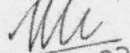
2. The Fit India Mobile App comes with host of other features like customized diet plans, step counter, calorie monitor, sleep tracker etc. In our endeavour to make fitness tool accessible to all, all these features are Free for all the users. A guide on how to perform the fitness tests is also available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

21-1-22
(Sujata Chaturvedi)

To

All Secretaries, Government of India