

URGENT

No. EDN-HE (21) F (7)38/2019-Environment-
Directorate of Higher Education
Himachal Pradesh
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Dated: Shimla-171001 the 26th September, 2019

- To:
- 1 All the Principals, Government Degree Colleges, in Himachal Pradesh
 - 2 All the Deputy Directors of Higher Education, in Himachal Pradesh

Subject: - Regarding Organizing FIT India Plogging Run on 2nd October, 2019.

Memo:

Please find enclosed herewith a copy of D. O. Number-31-1/MYAS/MDSD/2019-dated: 17th September, 2019 received from Shri Radhey Shyam Julania, IAS, Secretary, Department of Sports, Shastri Bhawan, Dr. Rajendra Prasad Road, New-Delhi on the subject cited above.

In this connection, it is to inform you that the Nation is celebrating 150th Birth Anniversary of Mahatma Gandhi all over the country and organizing FIT INDIA Plogging Run on 2nd October, 2019 at as many places as possible as it would be a befitting tribute to the Father of Nation.

All the Principals Government Degree Colleges, in Himachal Pradesh are hereby directed to organize FIT INDIA Plogging Run on 2nd October, 2019 and all the Deputy Directors of Higher Education, in Himachal Pradesh are also directed to issue necessary directions to all the Heads of Institutions to celebrate FIT INDIA Plogging Run on 2nd October, 2019 in all Government Schools/Private Schools as per the guidelines and instructions enclosed herewith and send the action taken report to this Office at the earliest, so that the A.D. can be apprised in the matter accordingly.

KINDLY PERSONAL ATTENTION MAY BE GIVEN IN THE MATTER.

— Sign —
(Dr. Parmod Chauhan)
Jt. Director of Higher Education (C-II)
Himachal Pradesh
Phone No. 0177-2652579
E-mail: dhe-sml-hp@gov.in
the 26/09/2019

5-11
28/09/19
20/09/19
20/09/19
30/09/2019

Encls. No. Even Dated: Shimla-171001

Copy for information and necessary action to:-

- 1 The Principal Secretary (Education) to the Government of Himachal Pradesh, Shimla-2 for your kind perusal and information please.
- 2 Shri Radhey Shyam Julania, IAS, Secretary, Department of Sports, Shastri Bhawan, Dr. Rajendra Prasad Road, New-Delhi-110001 with his D. O. Number referred above.
- 3 The Superintendent (Computer/IT Cell), Directorate of Higher Education, Himachal Pradesh is hereby requested to upload the letter on Departmental Website.
- 4 Guard file.

— Sign —
Jt. Director of Higher Education (C-II)
Himachal Pradesh

Diary No. 8361
Date 30/9/19
Dy. Director Hr. Education Una



No. EDN-U (C-II) - 13965 - Dt. 30/9/2019
Office of P.E.
Dy. Director of Hr. Education UNA Distt. UNA (H.P.)
Forwarded to All P.E. Principals/Headmasters/Asst. P.Ts in UNA Distt. for information & further action.

— Sign —
Deputy Director of Higher Education
Una, District Una (H.P.)



FIT INDIA PLOGGING - 2nd October, 2019

Guidelines:

1. Fit India Plogging is an event to promote the habit of fitness and cleanliness in all citizens.
2. FIT India Plogging involves running of 2 Km or more and collecting of plastic /garbage while running on 2nd October, 2019. Those who cannot run, may walk fast.
3. Plastic garbage can be collected from homes, offices, streets alongwith the path, etc.
4. For collection of plastic garbage, the organizer would have to fix collection points. Arrangements would have to be tied up in consultation with local Government for lifting and onward transportation of plastic garbage.
5. The organizer could be any School, Panchayat, Urban Body, Private organization, NGO, College, University, any Group, RWA or any volunteer.
6. The organizer is advised to register online on the FIT India portal fitindia.gov.in giving information relating to the place and expected number of participants.
7. The photograph / video of the FIT India Plogging are to be uploaded by the organiser on FIT India portal fitindia.gov.in. Upon uploading photograph /video on online e-certificate would be issued from FIT India Mission Office under the Sports Authority of India.
8. On registration by the organizers, the FIT India Mission office would provide the following to organizers through the website fitindia.gov.in
 - a. Backdrop;
 - b. Selfie Points;
 - c. E - Certificate Design for distributing to Participants; and
 - d. Information Booklet
9. FIT India Plogging is a public event to be organized by the public for the public. No fund support should be expected from any Government. However, the organizers are free to solicit voluntary contribution/sponsorship for organizing events.

To Do List for Organizers:

1. Organizers are expected to register online on Fit India portal fitindia.gov.in because what you do should be known to all too.
2. Organise 2 km (or more) Plogging Run on 2nd October
3. Upload Photograph or Video at the end of the event on fitindia.gov.in and Fit India facebook page.
4. Identify track / field for the Fit India Run and if possible create a map.
5. Wherever required, inform police for traffic management.
6. Inform local bodies to place large empty garbage collection containers at the finish point.
7. During Fit India Run do not use plastic (e.g. bottles and cups). Avoid use of Plastic. Participants could carry jute/plastic bags, gloves and other necessary equipment required for plogging (plastic collection).
8. Inform communities around you of the Fit India Run.
9. Encourage participation for atleast 1 adult family member along with child from every family.
10. Schools within the radius of 5kms can organise joint Plogging for all the children in the schools.
11. Partner with local businesses to sponsor FIT INDIA T-shirts/caps for children.

