



टीबोर्डभारत Tea Board India

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Ref. No.: 25(61)/Sectt/2020

Dated: 17<sup>th</sup> September, 2021

**CIRCULAR**

In terms of MoC&I's e-mail dated 10<sup>th</sup> September, 2021 and enclosing therewith a D.O. Letter No. 35-7/Fit India/MDS/2021 dated 6<sup>th</sup> September, 2021 regarding "Fit India Mobile App".


Ministry of Youth Affairs & Sports in its endeavour 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 caloric counts, activity tracker, sleep tracking etc.

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>

Ministry has requested to extend the support to publicize the Fit India Mobile App, encourage people to download the App and organize a drive of Fitness Assessment through this App 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.

Accordingly, all concerned are hereby requested to bring the contents to this Circular to all subordinates under your jurisdiction for kind information and necessary action.

  
(Dr. Rishikesh Rai)  
Secretary I/c

**Distribution:**

1	All HoD's in Head Office	With request to bring the content of this Circular to the knowledge of all officials working under them.
2	Executive Director, Tea Board, Coonoor	
3	Executive Director, Tea Board, Guwahati	
4	All Regional/sub-Regional Offices	
5	Secretary to Dy. Chairman	For kind information please
6	P.A. to FA&CAO	
7	Estate Officer	For display in the Notice Board
8	IT Cell	For uploading in the website of Tea Board
9	Establishment Branch (with spare copies)	

  
आज़ादी का  
अमृत महोत्सव

चाय पियो मस्त जियो !

  
Azadi Ka  
Amrit Mahotsav

