



सत्यमेव जयते  
भारत सरकार

Government of India

युवा कार्यक्रम और खेल मंत्रालय  
Ministry of Youth Affairs & Sports

क्षेत्रीय निदेशालय राष्ट्रीय सेवा योजना  
REGIONAL DIRECTORATE OF N.S.S.

#57/190. R.V. Road, Basavanagudi  
BANGALORE - 560 004

Phone/Fax : 080 - 26563530  
Email Ids :  
nssrcbangalore@gmail.com  
nssrc.blr-ka@gov.in

F.No.22/NSS/Fit India SFR/2023-24

05.10.2023

To

By e-mail

All the NSS Programme Co-ordinators in Karnataka

**Sub: Fit India Swachhta Freedom Run 4.0 with theme Swachh Bharat, Swasth Bharat-Reg.**

Sir/Madam,

I am to refer to the subject cited above and to inform that Fit India Freedom Run will be organised this year as "Fit India Swachhata Run' with the theme "Swachh Bharat, Swasth Bharat" from 01<sup>st</sup> to 31<sup>st</sup> October, 2023. This year the month long campaign of the Fit India Freedom Run 4.0. which will culminate with a Unity Run on 31<sup>st</sup> October, 2023 for which the theme will be "Swachh Bharat, Swasth Bharat"

In this regard, please find a copy of Standard Operating Procedure (SOP) of the Fit India Freedom Run 4.0 is attached. All the NSS Programme Co-ordinators of all the Universities/Directorates is requested to inform all NSS Units/NSS Programme Officers and Volunteers to ensure participation of all concerned under your jurisdiction and make this event a grand success.

Kindly register on the below mentioned link and upload the daily activity photographs on it. The link of the website for the registration is (<https://fitindia.gov.in/register>). The steps for registration is - >go to the link->click on register->register as others-> go to Select option and click on NSS in the drop down menu->fill name, School name-> email->mobile->State->District->Block->City/Town/Village-> create password->confirm password->enter captcha and sign up.

Your co-operation in this matter is highly solicited.

Yours faithfully,

Encl : As above.

  
( D. CARTHIGUANE )  
Regional Director-NSS

Copy to :

Dr. Prathap Lingaiah, State NSS Officer, Govt. of Karnataka for information & necessary action, please.