




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, theorganizers are free to solicit voluntary contribution/sponsorship for organizing events.

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Jawaharlal Nehru Stadium Complex (East Gate)
लोदी रोड, नई दिल्ली-3 / Lodhi Road, New Delhi-3

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 atleast1 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.

(Plogging is a combination of jogging with picking up litter (Swedish: plockaupp). It started as an organized activity in Sweden around 2016 and spread to other countries in 2018, following increased concern about plastic pollution. Please refer to <https://www.youtube.com/watch?v=v0c8xMAd3eA> for more details on the event)



**(Sandip Pradhan)
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