



क.रा.बी.नि.
E.S.I.C.

कर्मचारी राज्य बीमा निगम
(श्रम एवं रोजगार मंत्रालय, भारत सरकार)
EMPLOYEES' STATE INSURANCE CORPORATION
(Ministry of Labour & Employment, Govt. of India)



मुख्यालय/HEADQUARTERS

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D-36012/21/2024-GEN

Date- 23-10-2024

To,

1. All Insurance Commissioners and Medical Commissioners,
2. All Additional Commissioners & Regional Directors/Deputy Directors(I/c.), Regional offices/Sub-Regional Offices,
3. D(M)Delhi, D(M) Noida,
4. All Deans, ESIC Medical Educational Institutions,
5. All Medical Superintendents, ESIC Hospital.

Subject- Fit India Swachhata Freedom Run 5.0- "Swachh Bharat, Swasth Bharat".

It is hereby informed that, as per the DO letter dated 27.09.2024 from the Ministry of Youth Affairs & Sports, the fifth edition of the Fit India Freedom Run will be organized this year under the theme of Swachhta and Swasthya, emphasizing the importance of cleanliness for a healthy lifestyle.

In this context, all field offices are requested to conduct a Unity Run on 31st October 2024, in commemoration of the birth anniversary of Sardar Vallabhbhai Patel.

Participants in the Freedom Run are encouraged to utilize the Fit India Mobile App to track their running distance through its tracking feature.

Promotion of the Freedom Run on social media platforms is to be conducted using the hashtags SwachhBharatSwasthBharat and Run4India, incorporating creatives, videos, write-ups, and photographs of the events.

It is requested that photos and videos of the Freedom Run be submitted to the General Branch at general-hq@esic.nic.in and to the PR Branch at pr.branch-hq@esic.nic.in.

This is issued with the approval of competent authority.

Yours Sincerely,

Om Prakash Thakur
Assistant Director (General)

