

सूचना का अधिकार

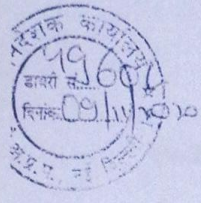
Santosh Kumar Yadav,
Joint Secretary (SS-I)
Tel: - 011-23387781
E-mail : yadavsk.up@nic.in

भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

DO. No. 12-1/2020-IS.4(E)

Dated : 04th November, 2020

I hope you are ensuring all the Guidelines and Advisories issued by several Central Ministries in your office and organization under your jurisdiction. Fit India Movement was launched by Hon'ble Prime Minister on 29th August 2019 with a view to make physical fitness a way of life. It aims at behavioural changes- from sedentary life style to physically active way of day-to-day living. Fit India would be a success only if becomes a people's movement. We have to play the role of catalyst.



2. Like previous year, Department of Sports, Ministry of Youth Affairs and Sports (MYAS) has planned a series of activities and campaign under the aegis of Fit India Movement to promote fitness across the country in December 2020.

3. The 2nd edition of Fit India School Week will be celebrated in the month of December 2020. The plan of the campaign and proposed activities under Fit India School Week are enclosed at **Annexure 1 and 2**.

4. You are kindly requested to organise the Fit India School Week, Fit India Quiz and contribute in Fitness Assessment through Fit India App and Fit India Thematic Campaign- "फिटनेस का डोज़- आधा घंटा रोज़" under the aegis of Fit India Movement on the stated time and the instructions issued in this regard by the Department time to time.

5. The Action taken Report (ATR) of the above activities may be sent to this department through the link given below:

<https://docs.google.com/spreadsheets/d/11xzhHSE0k6jvI00kuZ5t4HAYVSJ7HYWtwW7kWC1vI/edit#gid=0>

Yours Sincerely,

Sd/-
(Santosh Kumar Yadav)

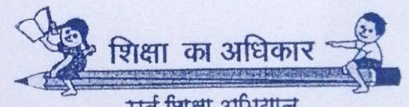


To
The Additional Chief Secretary/Principa Secretary / Secretary (Education),
All States and UTs

Py No. 159/EC
10-11-2020

Sey.
US, Ec

J.S.
09/11/2020



सर्व शिक्षा अभियान
सब पढ़े सब बढ़े

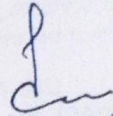
Ms. Disha
10/11/2020

Copy to (For similar action) :

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Commissioner, Navodaya Vidyalaya Samiti,
4. The Director, Central Tibetan Schools Administration (CTSA)
5. The Chairman, National Institute of Open Schooling (NIOS)

Copy also to (For information):

Secretary, Department of Sports, MoYA&S



(Santosh Kumar Yadav)

रवि मिश्रल, भा.प्र.से
सचिव

Ravi Mital, IAS
Secretary



सचिव
भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय

Secretary
Government of India
Ministry of Youth Affairs & Sports
Department of Sports
3rd November, 2020

D.O. No. K-15017/8/2020 - MDSD (Pt.)

Dear Ms Karwal,

Department of Sports, Ministry of Youth Affairs and Sports (MYAS) has planned a series of activities and campaigns under the aegis of Fit India Movement to promote fitness across the country in December 2020.

2. The plan includes Fit India Thematic Campaign- "फिटनेस का डोज़ - आधा घंटा रोज़", Fitness Assessment through Fit India App, Fit India School Week and Fit India Quiz with an aim to reach all the school going children, school staff and their families covering the whole country. (enclosed as Annexure-1)

3. Fit India School Week was launched in December 2019 as a partnership between Department of School Education and Literacy, Ministry of Education and Ministry of Youth Affairs and Sports with an aim to create awareness and disseminate the message of Fit India Movement through schools. The 2nd edition of Fit India School Week will be celebrated in the month of December. The proposed activities under Fit India School Week are annexed as Annexure-2.

4. We request your support in reaching out to maximum number of schools in all states/UTs for celebrating Fit India School Week and other Fit India activities as mentioned above.

with regards,

Yours sincerely,

Ravi Mital

(Ravi Mital)

3/11

Ms. Anita Karwal
Secretary, D/o S.E.L., HRD
Room no. 124-C
Shastri Bhawan,
New Delhi - 110001

FIT INDIA CAMPAIGN- DECEMBER 2020



D/o SEL/ CBSE/ CISCE/ State Education Boards

Activity/ Event	Roles and Responsibilities
1) Fit India Thematic Campaign- virtual फिटनेस का डोज़ - आधा घंटा रोज़ (1 st December 2020 onwards)	Promotion of campaign on digital platforms of Department as well as schools.
2) Fitness Assessment through Fit India App (Date of launch of Fit India App will be communicated later)	All the teachers, staff, parents to take their fitness assessment and encourage others to do so.
3) Fit India School Week (1 st to 31 st December 2020)	Schools to be encouraged to register on Fit India portal and organise Fit India Week.
4) Fit India Quiz (Date of launch will be communicated later)	Asking schools to enroll for the quiz

Virtual Activities for Fit India School Week Celebrations 2020

Day	Activities
1	<p>(i) Virtual Assembly - Free hand exercises</p> <p>(ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. <i>Fit India Active Break capsules could be used for demonstration purposes. Link below:</i></p> <p>https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmhogMwb0A8E2ll?usp=sharing</p>
2	<p>(i) Virtual Assembly – Common Yoga Protocols https://yoga.avush.gov.in/yoga/common-yoga-protocol</p> <p>(ii) Debates, Symposium, Lectures on <i>“Re-strengthening of the mind post pandemic”</i>- Mental Fitness Activities for Students, Staff and Parents</p> <p>(iii) Open letter to Youth of the Nation on <i>“Power of Fitness”</i></p> <p>(iv) Open mic on topics such as <i>“Exercise is a celebration of what your body can do, not a punishment for what you ate”</i> etc</p>
3	<p>(i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc</p> <p>(ii) Poster making competition on theme <i>“Hum Fit Toh India Fit”</i> or <i>“New India Fit India”</i></p> <p>(iii) Preparing advertisements on <i>“Hum Fit Toh India Fit”</i>, <i>“Emotional and physical well-being are interconnected”</i> etc</p>
4	<p>(i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents</p> <p>(ii) Essay/Poem Writing Competition on theme <i>“Fitness beats pandemic”</i></p> <p>(iii) Podcast/Movie making on suggested themes – <i>“Get fit, don't quit”</i>; <i>“Mental Health is not a destination but a journey”</i> etc</p>
5	<p>(i) Online Quiz related to fitness/sports</p> <p>(ii) Virtual challenges for students, staff/ teachers e.g.</p> <p style="margin-left: 20px;">(a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc.</p> <p>(iii) Session(s) by motivational speakers for students, parents and school staff</p>

6	<p>1 day dedicated to Family Fitness:</p> <p>(i) Activities for fitness sessions at home involving students and parents - <i>Fit India Active Day capsules could be used for demonstration purposes</i></p> <p>https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kqTsS?usp=sharing</p> <p>(ii) Creatively using home-based equipment for sports & fitness. E.g.</p> <ul style="list-style-type: none">(a) Hacky sack at home (juggling with feet & hand – warm up activity)(b) Aluminium foil inside a sock - ball and any wooden piece - bat to play cricket(c) Mosquito bat and TT ball to play badminton/tennis(d) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon
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