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 खेल- आधा घंटा रोज" 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/1ljxzhdHSE0k6VI00kuZSTk4HAYVSJ7HYWtw
W7kWC1vI/edit?gid=0

Yours Sincerely,

(Santosh Kumar Yadav)

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

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 - किफ्टनेस 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 regard,

Yours sincerely,

(Ravi Mital)

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

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


# Virtual Activities for Fit India School Week Celebrations 2020

<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
</tr>
</thead>
</table>
| 1   | (i) Virtual Assembly - Free hand exercises  
(ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. *Fit India Active Break capsules could be used for demonstration purposes. Link below:*  
https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmXhGmW6B0A8E2ll?usp=sharing |
| 2   | (i) Virtual Assembly – Common Yoga Protocols  
https://yoga.ayush.gov.in/yoga/common-yoga-protocol  
(ii) Debates, Symposium, Lectures on *“Re-strengthening of the mind post pandemic”*- Mental Fitness Activities for Students, Staff and Parents  
(iii) Open letter to Youth of the Nation on “Power of Fitness”  
(iv) Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc |
| 3   | (i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc  
(ii) Poster making competition on theme “Hum Fit Toh India Fit” or “New India Fit India”  
(iii) Preparing advertisements on “Hum Fit Toh India Fit”, “Emotional and physical well-being are interconnected” etc |
| 4   | (i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents  
(ii) Essay/Poem Writing Competition on theme “Fitness beats pandemic”  
(iii) Podcast/Movie making on suggested themes – “Get fit, don’t quit”; “Mental Health is not a destination but a journey” etc |
| 5   | (i) Online Quiz related to fitness/sports  
(ii) Virtual challenges for students, staff/ teachers e.g.  
(a) Squats challenge  
(b) Step-up challenge  
(c) Spot jogging  
(d) Rope skipping  
(e) Ball dribbling etc.  
(iii) Session(s) by motivational speakers for students, parents and school staff |
1 day dedicated to Family Fitness:

(i) Activities for fitness sessions at home involving students and parents - *Fit India Active Day capsules could be used for demonstration purposes*

https://drive.google.com/drive/folders/18ophVrYj3q8OhpLQ6vX6b_ywCK_kqTsS?usp=sharing

(ii) Creatively using home-based equipment for sports & fitness. E.g.

(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