

केन्द्रीय विद्यालय संगठन / KENDRIYA VIDYALAYA SANGATHAN
(Min. of Education, Govt. of India)

18-संस्थागतक्षेत्र / 18-Institutional Area

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F. No. 110355/01/2020-21/KVS (HQ)/Sports/Fit India/1124-1127

Date: 03-03-2022

केवल ई-मेल

उपायुक्त,
केन्द्रीय विद्यालय संगठन,
(क्षेत्रीय कार्यालय)
समस्त संभाग

विषय :- फिट इंडिया अभियान (Fit India Movement) गतिविधियों का माहवार कैलेंडर 2022-23 के
संबंध में -

महोदया/महोदय,

उपरोक्त विषय के संदर्भ में पत्र F.NO.15-1/2022-IS-4 dated-24-02-2022, regarding suggestive activities Calendar for Fit India Movement (मार्च 2022- फरवरी 2023, Under Secretary to GOI, Ministry of Education, Department of School Education & Literacy से प्राप्त हुआ है। पत्रानुसार, विगत वर्ष की भाँति इस वर्ष भी फिट इंडिया मूवमेंट का उद्देश्य गतिहीन जीवन शैली से शारीरिक रूप से दिन-प्रतिदिन सक्रिय रहने के तरीके में परिवर्तन करना है। फिट इंडिया मूवमेंट(Fit India Movement) को सफल बनाने के लिए एक वर्ष (March 2022- February 2023) के लिए माहवार गतिविधियाँ का कैलेंडर आपके अवलोकन एवं कार्यवाही हेतु संलग्न है।

अतः आपसे अनुरोध है कि उपरोक्त फिट इंडिया अभियान (Fit India Movement) की माहवार(Month wise) गतिविधियों के सफल आयोजन हेतु आप अपने संभाग के समस्त विद्यालयों को निर्देशित करें एवं माहवार(Monthly wise) गतिविधियों के आयोजन की रिपोर्ट विद्यालयों से प्राप्त कर संभागीय स्तर पर संकलन(Compilation) के पश्चात प्रत्येक माह की 3 तारीख तक के.वि.स.(मुख्यालय) को उपलब्ध कराये. इस बावत आपको इस कार्यालय द्वारा प्रारूप/लिनक शीघ्र ही उपलब्ध कराया जाएगा।

संलग्न: यथोपरि।

भवदीय,

(एन. आर. मुरली)

संयुक्त आयुक्त(प्रशिक्षण)

प्रतिलिपि:-

1. निजी सचिव, आयुक्त, केन्द्रीय विद्यालय संगठन(मु.) को सूचनार्थ।
2. निजी सचिव, अपर आयुक्त केन्द्रीय विद्यालय(मु.) संगठन को सूचनार्थ।
3. उपसचिव, शिक्षा मंत्रालय, स्कूल शिक्षा और साक्षरता विभाग, (IS-4 Section) शास्त्री भवन, नई दिल्ली - 110001 को सूचनार्थ।

E-14062
28/2/22

F. No. 15-1/2022-IS.4
Government of India
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi
Date: 24th February, 2022

To,

The Additional Chief Secretary/Principal Secretary / Secretary (Education), States and UTs

Sub: Suggestive Activities Calendar for FIT India Movement (March 2022-Feb2023) – reg.

Sir/Madam,

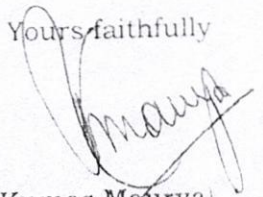
As you are aware, Hon'ble Prime Minister has launched the "FIT India Movement" on 29th August, 2019 with a view to make physical fitness a way of life.

2. To make the movement a success in schools, as observed in the previous years, a month wise suggested activities list under Fit India Movement from March, 2022 to Feb, 2023 has been planned by this Department. The Month wise Calendar covers the area of fitness assessment, Yoga activities, indigenous sports, Freedom Run, Fit India Week Celebration etc. The copy of the same is enclosed.

3. In this regard, it is therefore requested to circulate/disseminate the above information with all the schools in your State/UT so that maximum schools/students/teachers can take part in the movement.

Encl: Suggestive Activities Calendar

Yours faithfully



(Rajesh Kumar Maurya)

Under Secretary to the Government of India
Mail id: rajmaurya.edu@nic.in
Tel:011-23384501

Copy to: (For information and necessary action.)

1. The Chairperson, Central Board of Secondary Education (CBSE)
2. The Commissioner, Kendriya Vidyalaya Sangathan (KVS)
3. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
4. The Chairman, National Institute of Open Schooling (NIOS)
5. The Director, National Council of Educational Research and Training (NCERT)

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Suggestive Activities for FIT India Movement – March 2022-Feb 2023

Sr. No.	Month	Theme based Activities
1.	March- April	<p>FIT INDIA FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Fitness assessment by teachers and parents on Fit India Mobile App Link for download: <p>a) Android- https://play.google.com/store/apps/details?id=com.sai.fitIndia</p> <p>b) iOS- https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</p> <ul style="list-style-type: none"> • Participation in Fit India Quiz as audience on Fit India Mobile App • Fitness Ka Dose Aadha Ghanta Roz- doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour atleast.
2.	May-June	<p>MENTAL FITNESS AND YOGA</p> <ul style="list-style-type: none"> • Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App • Celebration of “Yoga Day” (Age-appropriate Yoga Activities) • Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App • Pranayam, Meditation/ Mindfulness activities every day. • Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle • Focus on Mind games like chess, Sudoku, Puzzle etc.
3.	July	<p>FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS</p> <ul style="list-style-type: none"> • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Learn different Indigenous/ traditional sports on Fit India Mobile App • Organization of indigenous/traditional sports, martial arts, dance with theme – Hamari Sanskriti Se Fitness
4.	August - September	<p>FIT INDIA FREEDOM RUN</p> <ul style="list-style-type: none"> • Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App • Share your Run with friends/family and challenge them on Fit India Mobile App • Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students & Community) • Places associated with Independence Movement in states/UTs to

		<p>be selected for culmination/ starting of Freedom run</p> <ul style="list-style-type: none"> • In morning assembly plays / role-plays may be conducted on various historically important events. • Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week
5.	October	<p>FIT INDIA PLOG RUN</p> <ul style="list-style-type: none"> • Organise and register FIT India Plogrun on Fit India Mobile App • Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature • Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi • Cultural programs depicting importance of Mahatma Gandhi in India's Independence • Swachhata Pledge/ Water Saving Pledge
6.	November-December	<p>FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Celebrating 5-6 days in a week for fitness related activities • Inter and Intra Sports Competitions • Motivate & aware parents, community regarding doing daily fitness activities. • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App
7.	January-February	<p>FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Welcoming new year with fitness events • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App • Participation in Fit India Quiz as audience on Fit India Mobile App • Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities

**These are only suggestive activities; States/UTs may adapt/adopt according to their local conditions. More on the suggestive activities and opportunities to join Fit India Mission are available on Fit India Mobile App.*