

No. EDN-H-(Ele.)-(08)-FIT-06/2021  
**Directorate of Elementary Education**  
Shimla, Himachal Pradesh.  
Dated Shimla-171001

April , 2022

From:

**Director**  
Department of Elementary Education  
Himachal Pradesh, Shimla-171001



To

**All the Deputy Directors of Elementary Education**  
Himachal Pradesh.

**Subject: Suggestive Activities Calendar for Fit India Movement (March0200-Feb.2023) reg.**

Memo:

With reference to letter No. EDN-B-GA (17)-4/2020 dated: 26/02/2022 with enclosure received from Ministry of Education Department of School Education & Literacy on the subject cited above.

In this regard, you are directed to circulate Month-wise Calendar activities of Fit India Movement to all Schools under your jurisdiction. Month wise Calendar of Activities for Fit India Movement in School is given below.

Sr. No.	Month	Theme based Activities
1.	March-April 2022	<b>Fit India Fitness Assessment</b> Fitness Assessment by teachers through following Physical Test:- 1) AAPHER Fitness Test for Boys and Girls at school level i.e 200 Yard Run / 50 Yard Run, Medicine Ball Throw, Broad Jump, Pull Ups and Push Ups. 2) Physiological Test:- Height, Age, Blood Group, Blood Pressure, Pulse Rate, HB, ect. Maintain each Boy's/Girl's Personal Profile. 3) Fitness Ka Dose Aadha Ghanta Roz:- Doing daily physical activities like Yoga / Free hand exercise / dance / playing sports etc. for atleast half an hour.
2.	May-June	<b>Mental Fitness and Yoga Exercise:-</b> 1) Yoga Exercise followed by Surya Namaskar different Yogic Assana. 2) Yog Quiz and Painting. 3) Pranayam, Meditation and Mind Fitness Activities every day. 4) Focus on Mind Games like Chess, Sudoku Puzzle Visual Brain Teasers etc. 5) Yoga Day Celebration and Competition.
3.	July	<b>Fitness Assessment of Students through PET Teachers and Indigenous Sports :-</b> 1) Participate in Khelo India National Fitness programme for Schools through Fit India Mobile App. 2) Learn different Indigenous / traditional sports on Fit India Mobile App. 3) Organization of indigenous/traditional sports, martial arts, dance with theme – Hamari Sanskriti Se Fitness.
4.	August-September	<b>Fit India Freedom Run:-</b> 1) Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App. 2) Share your Run with Friends/Family and challenge them on Fit India Mobile App. 3) Fit India Freedom Run to Start/culminate with patriotic songs /stories on freedom struggle of local heries (Staff, Students & Community). 4) Places associated with Independence Momement in States UTs to be selected for culmination / starting of Freedom run. 5) In morning assembly plays / role-plays may be conducted on various historically important events. 6) Stories / Talks / Essay competition on one Freedom Fighter/local hero of Freedom struggle at least nce every week.

5.	October	Fit India Plog Run:- 1) Organize and register Fit India Plog run on Fit India Mobile App. 2) Virtual connect with plogging communities on Fit India Mobile App, share your stories feature. 3) Plays / Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi. 4) Cultural programs depicting importance of Mahatma Gandhi in India's Independence. 5) Swachhata Pledge / Water Saving Pledge.
6.	November-December	Fit India School Week and Fitness Assessment:- 1) Celebrating 5-6 days in week for fitness related activities. 2) Inter and Intra Sports Competitions. 3) Motivate & aware parents, community regarding doing daily fitness activities. 4) Participate in Khelo India National Fitness Programme for schools through Fit India Mobile App. 5) Fitness assessment by teachers and parents on Fit India Mobile App.
7.	January-February	Fit India New Year Special and Fitness Assessment:- 1) Welcoming New Year with fitness events. 2) Participate in Khelo India National Fitness Programme for schools through Fit India Mobile App. 3) Fitness assessment by teachers and parents on Fit India Mobile App. 4) Participation in Fit India Quiz as Audience on Fit India Mobile App. 5) Collage making and poster competition on Healthy Food Habits and importance of doing daily fitness activities.

You are, therefore, requested to direct all school heads under your jurisdiction to sent all the reports of the activities conducted by schools along with photographs under Fit India School to the quarter concerned as well as to this department immediately.

**This may please be treated as urgent.**

**Director**

Directorate Ele. Edu. H.P.  
Shimla-171001

Endst. No. even dated the Shimla-171001

February , 2022

**Copy to:-**

1. The Principal Secretary (Education) to the Government of Himachal Pradesh for information please.
2. The Ministry of Education Department of School Education & Literacy for information please.
3. The Superintendent IT Cell is requested to send the copy of above through E-mail to all the Deputy Directors Elementary Education, Himachal Pradesh and also upload on the departmental website along with Suggestive Activities Calendar for FIT India Movement (March 2022-Feb 2023).
4. Guard File.

**Director**

Directorate Ele. Edu. H.P.  
Shimla-171001



3/18/2022



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# Suggestive Activities Calendar for FIT India Movement (March 2022 – Feb 2023)

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Written by Chetan Darji

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

Suggestive Activities Calendar for FIT India Movement (March 2022 – Feb 2023)

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

This is the Suggestive Activities Calendar for FIT India Movement (March 2022 – Feb 2023)

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