

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

Dated Shimla-171001

July , 2021

From:

Director
Department of Elemenatry Education
Himachal Pradesh, Shimla-171001

To

All the Deputy Directors of Elementary Education
Himachal Pradesh.

Subject: Regarding Action taken report of the activities conducted under Fit India Movement.

Sir,

I am directed to enclose herewith photocopy of a letter as received from worthy Secretary (Education), to the Government of Himachal Pradesh with its annexure as D.O. letter of Mission Director (Fit India), Ministry of Youth Affairs and Sports, Government of India on the subject cited above.

You are, therefore, requested to direct all school heads under your jurisdiction to conduct these activities as mentioned in the said DO letter **Action taken report of the activities conducted under Fit India Movement** in their respective institutions & ensure maximum participation. Also, all directions of Government may be adhered related to COVID-19 protocols/ SOPs while undertaking these activities. Further, this office may also be kept informed accordingly.

This may please be treated as urgent

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

Endst. No. even dated the Shimla-171001

July , 2021

Copy to:-

1. The Secretary (Education) to the Government of Himachal Pradesh for information.
2. 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.
3. Guard File.

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

प्रारम्भिक शिक्षा निदेशालय (दि.प्र.)
31 AUG 2021
शिमला-1

F. No. 12-1/2020-IS.4(E/Pt)
Government of India
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi-110001

Dated: 23/03/2021

To

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

Sub: Suggestive Activities Calendar for FIT India Movement (March 2021-
Feb2022)-reg

Sir/Madam,

As you must be 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, a list of Suggestive Activities calendar for March 2021 to February 2022 of Fit India Movement is enclosed. The Suggestive activities are in line with the celebration of Amrut Mahatsova (75th Independence Day) and may be adopted/adapted.

3. You are requested to take necessary action and ensure maximum participation.

Encl: Suggestive Activities Calendar

Yours Faithfully

(Rajesh Kumar Maurya)

Under Secretary to the Government of India

Mail id: rajmaurya2003@rediffmail.com

Tel.01123384501

Copy to: (For information and necessary 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

"Amrut Mahotsav-Celebrating 75 years of Indian Independence"

Sr. No.	Month	Theme based Activities
1.	March- April	<p>FIT INDIA WALKATHON/CYCLOTHON</p> <ul style="list-style-type: none"> • Organization of 125/75 km Walkathon / Cyclothon with patriotic themes. • 2. Walking Competition
2	May-June	<p>Mental Fitness Week:</p> <ul style="list-style-type: none"> • Celebration of "Yoga Day" (Age appropriate Yoga Activities) • 75 students performing Yogasnas • Rhythmic Yoga on patriotic songs • Pranayam, Meditation/ Mindfulness activities (5 Minutes Sleep), Talks and sessions regarding mental benefits apart from physical benefits of yoga • Yoga breaks at workplaces which may also increase efficiency and reduce stress • Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students'/teachers' daily lifestyle
3.	July	<p>INDIGENOUS SPORTS</p> <ul style="list-style-type: none"> • Organization of indigenous/traditional sports, martial arts, dance with theme - Hamari Sanskriti Se Fitness • Indigenous sports competition may be organized at Village/Block/District level • 3. Awareness Generation Rally on themes "Hum Fit to India Fit"
4.	August - September	<p>FREEDOM RUN- INDIA @75</p> <ul style="list-style-type: none"> • 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 be selected for culmination/ starting of Freedom run • In morning assembly plays / role-plays may be conducted on various patriotic themes • FIT INDIA movement will light a celebratory 'Mashaal' that will be lit by the Minister of State of the Ministry of Youth Affairs and Sports, Mr. Kiren Rijju • The idea is to recreate the Bharat Mala (map of India) across all the states which will culminate as a one of its kind pictorial tribute • May be conducted at board

5.	October	FIT INDIA PLOG RUN <ul style="list-style-type: none">• FIT India Plog Run across all Districts & Blocks of India• Integration with GREEN VILLAGE – CLEAN VILLAGE• Plantation of saplings/Gardning• Plays/ Rallies with themes such as Swachta, Ahimsa and other values of Mahatma Gandhi• Cultural programs depicting importance of Mahatma Gandhi in India's Independence
6.	November-December	FIT India Week - Eat Right Campaign <ul style="list-style-type: none">• Promoting the healthy Food and healthy eating practices• Students Profile (Name, Age, Weight, Height, Sleeping Hours, Breakfast/ Lunch/ Dinner Timing, Favorite Dishes etc.)• Local recipes, flavors and ingredients for a healthy eating to be promoted• Nutritional value of your favorite food• Inter and Intra Sports Competition• Motivate & aware parents, community regarding doing daily fitness activities.• 7. Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week
7.	January-February	FIT INDIA FESTIVE SPECIAL <ul style="list-style-type: none">• Fitness through Folk Dance with Patriotic theme• Focus on Mind games like chess, Sudoku, Puzzle etc• Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities

*These are only suggestive activities; States/ UTs may conduct according to their local conditions.

F. No. 12-1/2020-IS.4(Pt)
Government of India
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi-110001
Dated:11 /05/2021

To

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

**Subject:- Action taken Report of the activities conducted under Fit India
Movement reg.**

Madam/Sir,

Please refer to this Department's letter of even number dated 23rd March, 2021
(Copy Enclosed) regarding suggestive activity calendar for FIT India Movement, Whereby
the States/UTs/Autonomous Organizations were requested to organise various activities
focusing on celebration of Amrut Mahotsava (75th Independence Day).

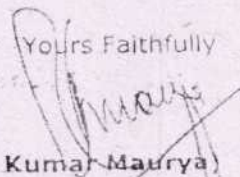
2. In this regard, it is requested that the action taken report regarding this may be
furnished before **10th of every month** to this Department through the **Google Tracker**
whose URL is given below:

https://docs.google.com/spreadsheets/d/1MuJI0pLditP3xpbHwC_4QDrgROuFYJH39L_BCOe3vU/edit?usp=sharing

Please note that report on Google Tracker is to be filled at State Level only.

Encl: As above.

Yours Faithfully


(Rajesh Kumar Maurya)
Under Secretary to the Government of India
Tel No. 011-23384501
Mail id: rajmaurya2003@rediffmail.com

Copy to: (For information and necessary 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)