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निदेशक  
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Director General



भारतीय खेल  
प्राधिकरण

sports  
authority of  
india

D.O. No. 13(WK)/2019-20

23<sup>rd</sup> October, 2019

As you are aware FIT INDIA Movement has been launched by the Hon'ble Prime Minister on 29<sup>th</sup> August, 2019. FIT India movement involves behavioral change, which is possible by making it a people's movement wherein every citizen gives time to himself for being physically active and fit. This requires partners from across various fields to organize FIT INDIA events voluntary across the country.

2. CBSE in partnership with FIT INDIA has proposed to organize **FIT INDIA Week** in 3<sup>rd</sup> week of November, 2019 to promote the culture of fitness by doing following suggested activities:
- Magical Monday:** Organization of an indigenous / traditional sport, physical fitness assessment of staff & Yoga protocol (3 minutes)
  - Tempting Tuesday:** Sporty parents teacher meeting on being active & lifestyle, 30 minutes fitness session for all & Yoga protocol (4 Minutes)
  - Winner's Wednesday:** Staff vs Students traditional games & Yoga protocol (5 Minutes)
  - Thursday Team Work:** Any team games for students and Yoga Protocol (6 Minutes)
  - Friday Fitness Quiz:** Fitness / Sports / Khelo India quiz for all and Yoga protocol (7 Minutes)
  - Sportier Saturday:** Fun activity for students, teachers & parents, handing over assessment report card & Yoga protocol (8 Minutes)

3. FIT INDIA has a dedicated Mission Office operational now and would extend all possible support for the states to undertake the above.

4. I request you to organize FIT INDIA Week in all the schools under your ambit by organizing above activities or any other activities on similar lines that can promote fitness among school going children.

With regards,

Yours sincerely,

(Sandip Pradhan)

To  
[as per list attached]