

No.EDN-H(12)-B(6)-HSSA/2019
Directorate of Higher Education
Himachal Pradesh.

30 NOV 2023

Dated Shimla-1 the November, 2023

To

All the Dy. Directors of Higher Education,
Himachal Pradesh.

Subject: Regarding the celebration of 5th edition of Fit India School Week.


Memo:

With reference the Letter No. EDN-B-Ga(17)-4/2020 dated: 17-11-2023 received from the Secretary Education to the Government of Himachal Pradesh on the subject cited above. The copy of letter alongwith the enclosures is attachaed herewith for ready refrence.

In this regard, it is to infrom you that Fit India Week is scheduled from 15th November to 15th December, 2023. During that time period, Educational Institutions can choose a week at their convenience and organize varicus sports and fitness activities for 4 to 6 days. The activities that could be organized during the Fit India week include the celebration of the Annual Sports Day.

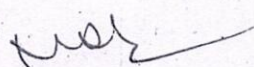
In this context, you are directed to circulate necessary instructions to all the School /Heads under your administrative control. The details are available on Fit India Portal (<https://fitindia.gov.in>).

As above:


Jr Director Higher Education
HimachalPradesh, Shimla. 171001
the November, 2023.

Endst.No. Even Dated: Shimla-171001,
Copy to:-

1. The Secretary (Education) to the Govt. of Himachal Pradesh Shimla for information please.
2. Supd. IT Cell to upload on Departmental website.
3. Guard file.


Jr Director Higher Education
HimachalPradesh, Shimla.

30 NOV 2023

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GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LIBRARIES
SHASTRI BHAVAN
NEW DELHI-110 115



आजादी का
अमृत महोत्सव

56000/15
17-11-2023
मंत्रालय
शुद्ध शिक्षा और जागरूकता विभाग
शास्त्री भवन
नई दिल्ली - 110 115

Archana Sharma Awasthi
Joint Secretary (SS-I & AE)
Tel.011-23386232
Email: js-ss1.ae@gov.in

D.O. No. 15-1/2023-IS.4

Dated: 3rd November, 2023

Dear Madam/Sir,

Please refer to the Department of Sports' D.O. letter No. 9-31/SAI/Fit India/2023/Fit India Week dated 25.10.2023 (copy enclosed) regarding the celebration of 5th edition of FIT India School Week.

2. Department of Sports (DoS) has informed that to further extend the success of the programme and to diversify its reach to a wider range of participants, the programme has been rechristened as "FIT India Week" and is scheduled from 15th November to 15th December, 2023. Educational institutions can choose a week, during the time period, at their convenience and organize various sports and fitness activities for 4 to 6 days, to reaffirm the importance of fitness in one's daily life. Further, the Annual Sports Day of schools may be celebrated on any day falling during the event. Details of the talented athletes identified by the school during the event can be shared on a dedicated link, which will be shared by DoS. The DoS has also shared a list of suggestive activities for the event (copy enclosed).

3. In order to monitor the progress of the event, this Department has developed a Google Tracker, where State/UTs and Autonomous Bodies of this Department may upload the data in respect of the event completed on the particular week. The link of the Google Tracker is as below:

<https://docs.google.com/spreadsheets/d/1VvPhOEN4EqgmxiUwW5DobXQykoUrN8WINE55-fdg56Y/edit#gid=0>

Contd.....2/-

1/11/23

SS (Edu)

-11-23

15 (Edu)

4/11
S.O.B.

12/11/2023

Sh. Raj

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4. To make this event a grand success, you are requested to issue suitable instructions to all the schools under your purview to encourage them for participating and celebrating the FIT India Week. They may also update the data on google tracker (link in para 3). For any further details, FIT India portal may be visited (<https://fitindia.gov.in>)

Best Wishes,

Yours sincerely,

Encl: As above.

Archana

(Archana Sharma Awasthi)

To,

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

Copy for similar action to:

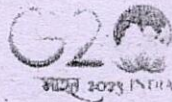
1. The Chairperson, Central Board of Secondary Education (CBSE)
2. The Commissioner, Kendriya Vidyalaya Sangathan (KVS)
3. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
4. The Director, National Council of Education Research and Training (NCERT)
5. The Chairperson, National Council for Teacher Education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

Copy for information to:

1. PPS to Secretary (SE&L)
2. PPS to Secretary, Department of Sports
3. PPS to Additional Secretary (SS-II)
4. PPS to Joint Secretary (Instt.)

सुजाता चतुर्वेदी, भा.प्र.से
सचिव

Sujata Chaturvedi, IAS
Secretary



भारत सरकार
खेल विभाग
युवा कार्यक्रम और खेल मंत्रालय
Government of India
Department of Sports
Ministry of Youth Affairs & Sports

D.O No. 9-31/SAI/Fit India/2023/Fit India Week

Dated: 25th October, 2023

Dear Sanjay,

The FIT India School Week is a major program of the FIT India Movement. In its previous four editions, the FIT India School Week drew the participation of over 14.5 Lac Schools, emphasizing the importance of health and fitness among the students, parents and teachers. The role of the Department of School Education and Literacy has been instrumental in its success. I express my sincere appreciation for your valuable support for this success.

2. To further extend the success of the program and to diversify its reach to a wider range of participants, the program has been rechristened as "FIT India Week", and is scheduled to be celebrated between 15th November and 15th December 2023. During that time period, educational institutions can choose a week at their convenience and organize various sports and fitness activities for 4 to 6 days. The activities that could be organized during the FIT India week include the celebration of the Annual Sports Day.

3. Considering the monumental role played by the Educational Institutions under your Department, including CBSE, CISE, KVs and JNVs, and also by the State/UT Educational Departments to make the FIT India week a success, may I request you to kindly issue suitable instructions to these organisations to organize the celebration of the FIT India Week. The list of activities suggested for the celebration has been enclosed. Further details shall be made available on the FIT India Portal from the 1st Week of November, 2023, and a dedicated link will be shared on which the educational institutions can share the details of the talented athletes identified.

Looking forward to your support to make the FIT India Week a major success.

Best Regards,

Encl: As above

Yours Sincerely,

MC
25/10/23
(Sujata Chaturvedi)

Shri Sanjay Kumar, IAS
Secretary,

Dept. of School Education and Literacy,
Shastri Bhawan, New Delhi.

IS (Inst)
Appt from the above, we
may also request all the States/UTs.
25/10/2023

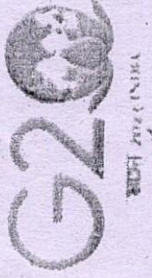
ANNEXURE

The indicative list of activities for Fit India Week 2023 for schools is as below:

Day	Indicative List of activities for Fit India Week 2023 for Schools
1	Annual Sports Day
2	Importance of fitness- Debate, Quiz, Essay Writing, poster making competition
3	Indigenous Games
4	Fitness Assessment through Mobile App
5	Yoga & Meditation
6	Fitness Pledge- by teachers, students and their parents & Fit India Parents Teachers Meet



Government of India
Ministry of Youth Affairs and Sports



FIT INDIA

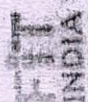
WEEK

for Schools & Universities

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FIT INDIA WEEK FOR SCHOOLS



FIT INDIA SCHOOL WEEK Starts: 15th NOV 2023

In this campaign, schools are encouraged to celebrate 4-6 days in a week to promote healthy and active lifestyle among students, staff, and parents

SUGGESTIVE ACTIVITIES

- Annual Sports Day
- Indigenous Games
- Debate, Quiz, Essay Writing
- Yoga & Meditation
- Fitness Assessment through Mobile App
- FIT India Parents Teachers Meet
- Talent Identification
- Fitness Pledge

FIT INDIA WEEK FOR UNIVERSITIES



FIT INDIA UNIVERSITY WEEK Starts: 15th NOV 2023

In this campaign, Higher Education Institutions/ Universities/Colleges will be encouraged to celebrate 5 days in a week to promote physical and mental health in the youth

SUGGESTIVE ACTIVITIES

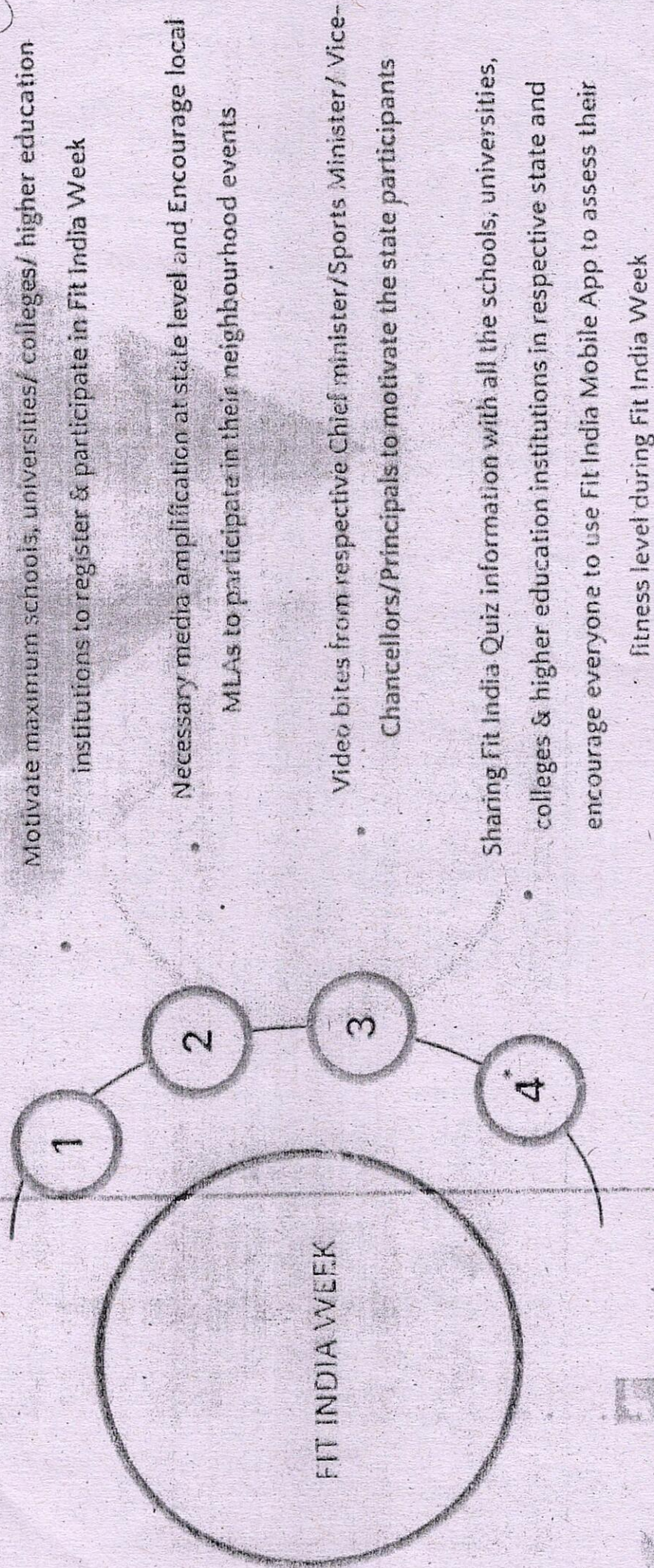
- Indigenous Games
- Debate, Quiz, Clubs
- Health Camps
- Fitness Assessment Tests using Fit India Mobile App
- Fitness Pledge
- Running/Races/Cycling Races
- Popular Sports & Fun Games
- Idea Generation Contests & Entrepreneurship building



SUPPORT REQUIRED FROM STATES

SAI

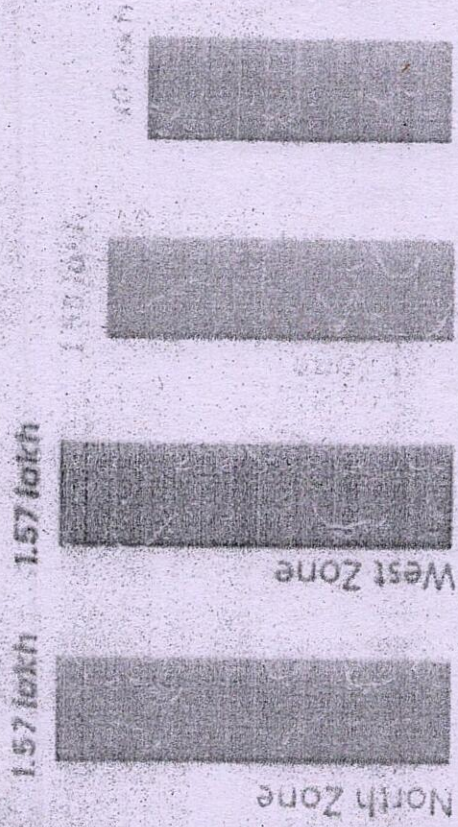
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FIT INDIA SCHOOL WEEK (PAST PARTICIPATION 2022-23)

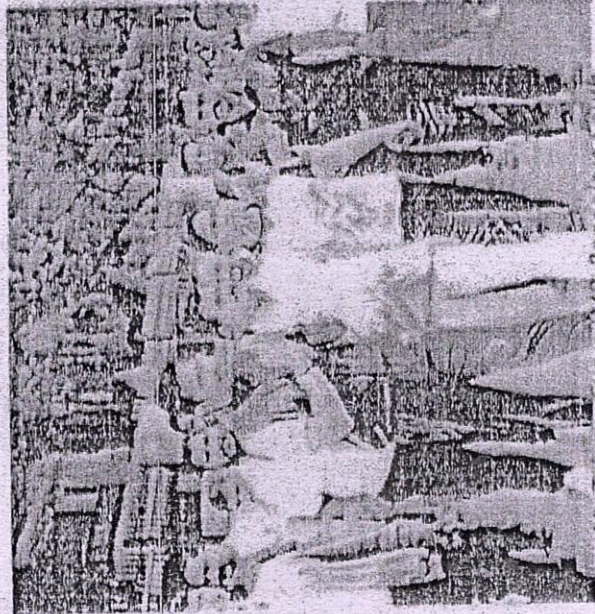
5.8 L Schools Participated across India

39 MPs & MLAs visited School Week in 42 different schools

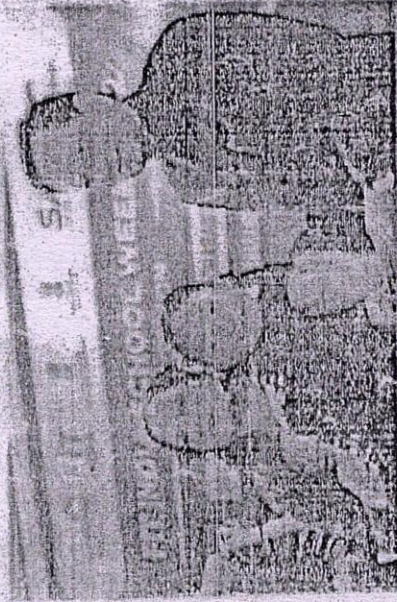


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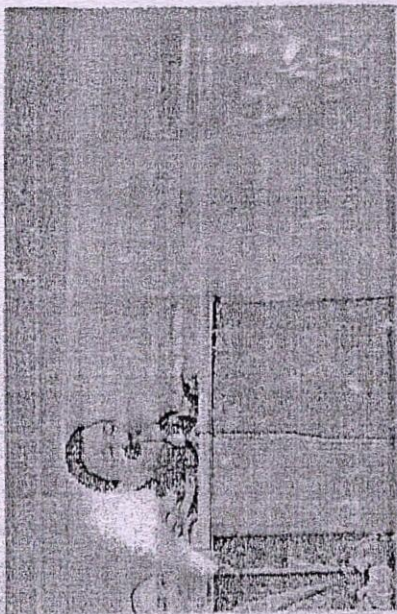
FIT INDIA SCHOOL WEEK (PAST SNAPSHOT)



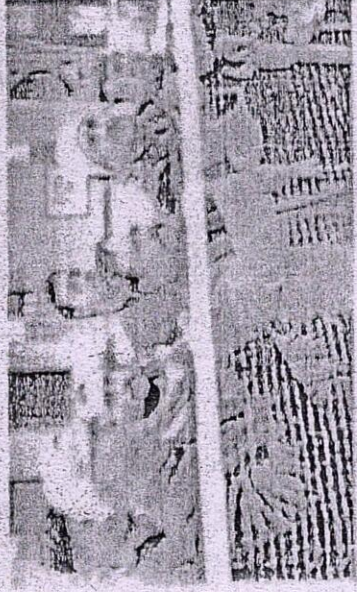
Mr. Tejaswi Surya (MP, Bangalore South, Karnataka)



Mr. Kishan Kapoor (MP, Kangra, H.P)



Mr. GT Dhungel (MLA, Upper Tadong, Sikkim)



Mr. Ashok Rawat (MP, Sitapur, Uttar Pradesh)



Mr. Anurag Sharma (MP, Jhansi, Uttar Pradesh)

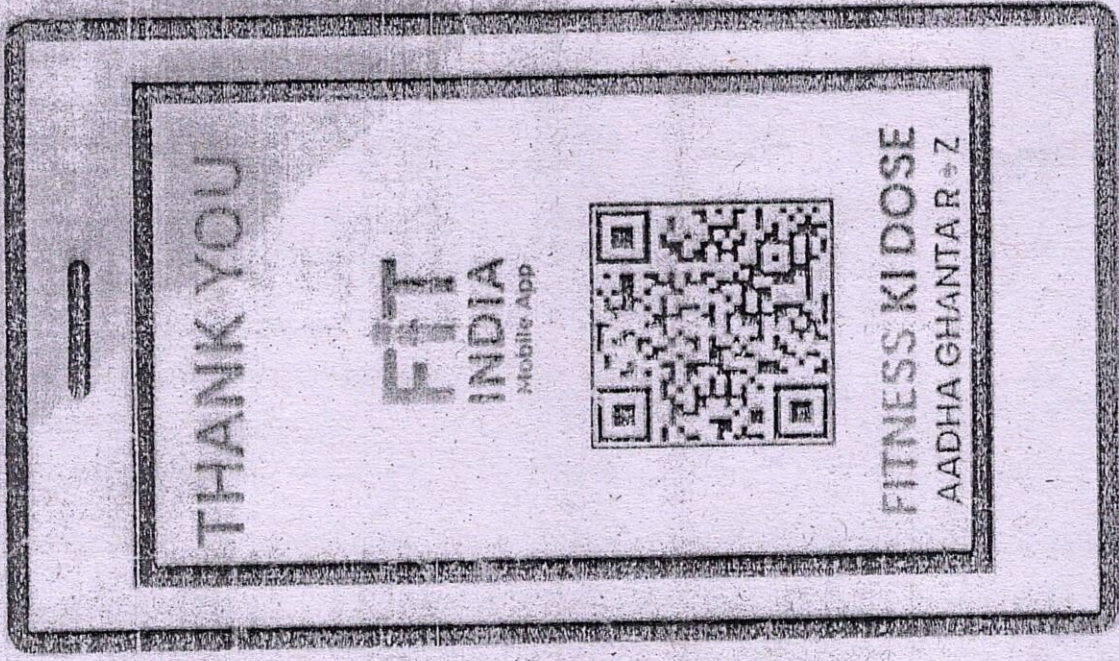
References from the past campaign



SAI

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FIT
INDIA



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