



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

Dated Shimla-1 the 12th November, 2021

To

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


Subject: Regarding celebration of Fit India School Week from 14th Novemebr 2021 to 12th December 2021.

Memo:

With reference the letter No.HPSES HO (ISSE) FIT INDIA MOVEMENT (2021-22)513-45 dated: 09-11-2021 received from the State Project Director (ISSE) Himachal Pradesh on the subject cited above.


In this regard, it is to inform you that under Fit India Mission Fit India School Week in its 3rd editions is scheduled from 14th November 2021 to 12th December 2021 highlighting Azadi ka Amrit Mahotsav where schools will celebrate in their ways by instilling the importance of fitness in students, teachers and parents.

In this context, you are directed to circulate necessary instructions to all the School /Heads under your administrative control as per enclosures attached herewith.


Jt. Director Hr. Edu. (C-II)
Himachal Pradesh, Shimla. 171001

Endst.No. Even Dated: Shimla-171001, the 12th November, 2021.
Copy to:-

1. The State Project Director (ISSE) Samagra Shiksha, Himachal Pradesh for Information Please.
2. Supdt. IT Cell to upload on Departmental website.
3. Guard file.


Jt. Director Hr. Edu. (C-II)
Himachal Pradesh, Shimla. 171001

HPSES HO (ISSE) FIT INDIA MOVEMENT (2021-22) - 5131-45
State Project Office Himachal Pradesh

From:-

The State Project Director (ISSE)
Samagra Shiksha, Himachal Pradesh

To

All the Principals DIETs-Cum-District Project Officers
(ISSE) Himachal Pradesh.

Dated: Shimla-171001,

the

09th November, 2021

Subject:

Regarding celebration of Fit India School Week from 14th November 2021 to
12th December 2021

Sir,

In reference to letter No F.No.2-5/FIT INDIA /SCHOOL WEEK/2021 dated 29.10.2021 received from the Mission Director Fit India Movement Sports Authority of India, it is to inform you that to make Azadi Ka Amrit Mahotsav (AKAM) a historic celebration in the county, the flagship programme of Fit India Mission Fit India School Week in its 3rd edition is scheduled from 14th November 2021 till 12th December 2021 highlighting AKAM where schools will celebrate in their ways by instilling the importance of fitness in students, teachers and parents.

You are, therefore requested to circulate this information to all school heads of your respective district to celebrate Fit India School Week. The details are available on Fit India portal (<https://fitindia.gov.in/fit-india-school-week>). Also, the proposed activities chart for 06 days and step-by-step process of registration are also annexed.

Attachment as above

Yours faithfully,


09/11/2021

State Project Director (ISSE)
Himachal Pradesh,

November, 2021

Endst. No. even dated


Shimla-171001, the

Copy to:-

1. The Secretary (Edu.) to the Govt. of Himachal Pradesh for information, please.

2. The Director of Higher Education Himachal Pradesh Shimla for information and necessary action, please.

3. The Director of Elementary Education Himachal Pradesh Shimla for information and necessary action, please.


State Project Director (ISSE)
Himachal Pradesh

Phy.



FIT INDIA

How to Register

For Schools to register for Fit India School Week-2021

Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/Google) and in the address bar please type <https://fitindia.gov.in/>

Step-2: Please click on Fit India School Week Orange Tab at the left top of the website for registration of Fit India School Week.



Step-3: Once you click on the Tab, the below page will appear, click on register as an organiser.



FIT INDIA SCHOOL WEEK 2021

Step-4: If you are already a registered user with Fit India you can click on login or if you are new user please register yourself as School.

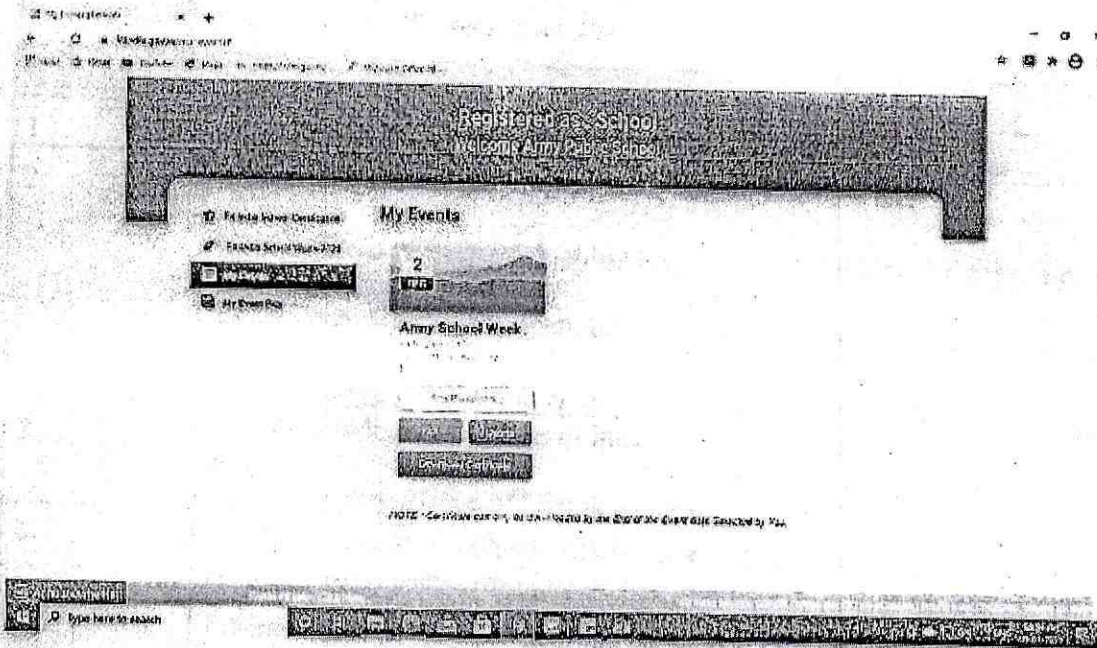
The screenshot shows the registration page for schools on the Fit India website. At the top, there is a navigation bar with the Fit India logo and the text 'Ministry of Health & Family Welfare, Government of India'. Below this, there is a 'Register' button. The registration form includes a dropdown menu for 'Register As' with 'SCHOOL' selected. Other fields include 'Full Name of School/Institution', 'Email', 'Phone No.', 'State', and 'District'. There is also a checkbox for 'Please Enter the Correct CAPTCHA'.

Step-5: Once you have logged in, please submit the details of the School Week event organised by your school and click on Submit button.

Photos and Video link are optional (not mandatory) for downloading of the certificate.

The screenshot shows the 'Organise an Event' page on the Fit India website. The page has a dark header with the text 'Registered as School' and 'Welcome to Fit India School'. On the left, there is a sidebar with navigation options: 'Fit India School Certificate', 'Organise an Event', 'My Events', and 'All Event Posts'. The main content area is titled 'Organise an Event' and contains the following fields: 'Event Category' (Fit India School Weeks 2021), 'Event Name', 'Event Image 1*' (Choose File / No file chosen), 'Event Image 2 (Optional)' (Choose File / No file chosen), 'Video Link (Optional)', 'Event Date*' (From Date: 01-01-2021, To Date: 01-01-2021), and a 'Submit' button.

Step-6: You will automatically be directed on the Event page for downloading of the certificate with a pink tab.



NOTE: Certificate can only be downloaded by the end of the event date selected by the user.

AZADI KA AMRIT MAHOTSAVFit India School Week 2021Duration: 14th November to 12th December 2021

DAY	PROPOSED ACTIVITIES
1	Opening day- Indian Dances celebrating AKAM with integrated fitness
2	Importance of fitness- Debates, Symposium, Lectures etc. Quiz on fitness and sports highlighting Freedom, AKAM, Nutrition etc. Essay/Poem Writing Competition on theme " <i>My fitness mantra on AKAM</i> " Poster making competition on themed on <i>Freedom from sedentary lifestyle</i>
3	Events of Indigenous games of India- AKAM with traditional games of India Session on importance of "Eat Right/ Santulit Aahar"
4	Schools' Social Responsibility (SSR)- Celebrating AKAM with nearby communities by inviting them for one fitness session Fitness assessment by teachers and parents on Fit India Mobile App Link for download: a) Android- https://play.google.com/store/apps/details?id=com.sai.fitIndia b) iOS- https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890
5	Yoga and Meditation Day Session on mental health awareness Brain Games to improve concentration/problem solving capacity Graffiti events on topics like What is Azadi for you? How important is fitness? etc.
6	Pledge of fitness on the occasion of AKAM to culminate School Week with self- assertion for leading a new fit and healthy life ahead