



हिमाचल प्रदेश स्कूल शिक्षा बोर्ड, धर्मशाला-176213

Himachal Pradesh Board of School Education, Dharamshala-176213

क्रमांक: हि०शि०बो०(38)संबद्धता/2020-106337

दिनांक: 27/02/2020

प्रेषक:-

सचिव
हि० प्र० स्कूल शिक्षा बोर्ड,
धर्मशाला- 176213।

प्रेषित:-

समस्त प्रधानाचार्य/मुख्याध्यापक,
संबद्धता प्राप्त निजी शिक्षण संस्थान,
हिमाचल प्रदेश स्कूल शिक्षा बोर्ड,
धर्मशाला।

विषय:- 'Fit India Movement' के सन्दर्भ में।

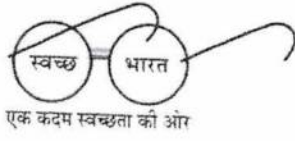
ज्ञापन,

जैसे कि आपको ज्ञात ही है कि माननीय प्रधानमंत्री द्वारा कार्यक्रम "Fit India Movement" नागरिकों के दैनिक जीवन में शारीरिक गतिविधियों/खेलों को विकसित करने के लिए दिनांक: 29 अगस्त 2019 को शुरू किया गया है।

इस सन्दर्भ में भारत सरकार मानव संसाधन विकास मंत्रालय स्कूल शिक्षा और साक्षरता विभाग शास्त्री भवन नई दिल्ली-110115 द्वारा जारी दिशा-निर्देशों की प्रतियां आपको इस पत्र के साथ संलग्न की जा रही हैं तथा आपको निर्देश दिये जाते हैं कि आप इस सन्दर्भ में उनके द्वारा दिए गए सुझाव अनुसार कार्यवाही अमल में लाएं।

संलग्न: उपरोक्त।

सचिव



एक कदम स्वच्छता की ओर



सूचना का अधिकार

L. S. Changsan,
Joint Secretary
Tel:- 011-23383226
E-mail : lschangsen@nic.in

भारत सरकार
मानव संसाधन विकास मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली - 110 115
GOVERNMENT OF INDIA
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

Dated 24th February, 2020

DO No. F. No. 12-1/2019-IS.4

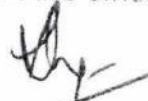
Dear Madam/Sir,

As you are aware, Hon'ble Prime Minister has launched the 'Fit India Movement' on 29th August, 2019 to inculcate physical activity/sports into the daily life of citizens.

2. To make the Fit India Movement a people's movement, the Advisory Committee on Fit India, Department of Sports has advised that private schools in the country be urged to take active part in the Fit India activities which are already being carried out in the government schools of States/UTs, CBSE, KVS, NVS and CTSA. In this regard, a Department's D.O. letter dated 27.11.2019 addressed to the Secretary (Education), all States/UTs along with the Guidelines of Fit India School is being forwarded as an enclosure to you for ready reference.
3. A fit and healthy child is key to holistic development of Society. Daily fitness activities of at least 30 minutes can be included as part of the routine. You may consider issuing necessary instructions to all concerned in this regard and encourage maximum participation in this movement.
4. I look forward to hearing from you about the action taken. Details of the Participation along with photos/videos in this regard may be sent to this Department through the Nodal Officer of Fit India Programme at mail id fitschoolsmovement.gov@gmail.com, and uploaded on the FIT India portal fitindia.gov.in.

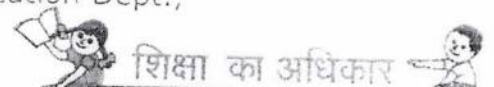
With regards,

Yours sincerely,


(L. S. Changsan)

To
The Head of the Institution
All the recognized Education Boards
(As per list attached)

Copy for kind information to: Secretary, School Education Dept.,
All States and UTs.



शिक्षा का अधिकार

List of recognized Education Boards in India

Sl. No.	Name of the State	List of recognized Education Boards
1.	Andhra Pradesh	1. Board of Intermediate Education, Andhra Pradesh. 2. State Board of Technical Education and Training. 3. Board of Secondary Education
2.	Assam	1. Board of Secondary Education, Assam (SEBA) 2. Assam Higher Secondary Education Council (AHSEC)
3.	Bihar	1. Bihar School Examination Board, Patna. 2. Bihar Sanskrit Siksha Board, Patna. 3. Bihar Madarsa Board. 4. Bihar Board of Open Schooling & Examination, Patna. 5. Bihar Intermediate Education Council, Patna.
4.	Chhattisgarh	1. Chhattisgarh Board of Secondary Education, Raipur 2. Chhattisgarh Madarasa Board 3. Chhattisgarh Sanskrit Vidyamandlam. 4. Chhattisgarh State Open School, Raipur
5.	Goa	1. Goa Board of Secondary & Higher Secondary Education, Alto Betim Goa
6.	Gujarat	1. Gujarat Secondary and Higher Secondary Education Board
7.	Haryana	1. Haryana Board of Education, Hansi Road Bhiwani. 2. Haryana open School, Bhiwani.
8.	Himachal Pradesh	1. Himachal Pradesh Board of School Education, Dharmshala. 2. Himachal Pradesh Takniki Shiksha Board
9.	Jammu & Kashmir	1. J & K State Board of School Education (JKBOSE). 2. J & K State Board of Technical Education (JKBOTTE). 3. J & K State Open School, Srinagar.
10.	Jharkhand	1. Jharkhand Academic Council, Ranchi
11.	Karnataka	1. Karnataka Secondary Education Examination Board, Bangalore. 2. Karnataka Board of Pre-University Education, Bangalore. 3. Karnataka Open School, JSS Maha Vidyapeeth, Mysore.
12.	Kerala	1. Board of Higher Secondary Examinations
13.	Maharashtra	1. Maharashtra State Board of Secondary and Higher Secondary Education, Pune.
14.	Madhya Pradesh	1. Madhya Pradesh Madarsa Board. 2. Maharshi Patanjali Sanskrit Sansthan Bhopal. 3. M.P. State, Open School, Bhopal. 4. Madhya Pradesh Board of Secondary Education, Bhopal.
15.	Manipur	1. Board of Secondary Education, Manipur 2. Council of Higher Secondary Education, Manipur
16.	Meghalaya	1. Meghalaya Board of School Education
17.	Mizoram	Mizoram Board of School Education (MBSE)
18.	Nagaland	Nagaland Board of School Education
19.	Orissa	1. Orissa Council of Higher Secondary Education, Bhubaneswar. 2. Orissa Board of Secondary Education, Cuttack.
20.	Punjab	Punjab School Education Board, Mohali

21.	Rajasthan	Rajasthan Board of Secondary Education, Ajmer.
22.	Telangana	1. Telangana State Board of Secondary Education, Hyderabad 2. Telangana State Board of Intermediate Education, Hyderabad 3. Telangana State Board of Technical Education and Training, Hyderabad
23.	Tamilnadu	1. Tamilnadu Board of Secondary Education, Chennai. 2. Tamilnadu Board of Higher Secondary Education, Chennai.
24.	Tripura	1. Tripura Board of Secondary Education
25.	Uttar Pradesh	1. Madhyamik Shiksha Parishad, Uttar Pradesh.
26.	Uttarakhand	1. Board of School Education, Uttarakhand (उत्तराखण्ड विद्यालयी शिक्षा परिषद, रामनगर, नैनीताल) 2. उत्तराखण्ड संस्कृत शिक्षा परिषद, देहरादून (2017 से)
27.	West Bengal	1) West Bengal Board of Secondary Education (W.B.B.S.E.) 2) West Bengal Council of Higher Secondary Education (W.B.C.H.S.E.) 3) West Bengal Board of Primary Education (W.B.B.P.E.) 4) West Bengal Council of Rabindra Open Schooling (W.B.C.R.O.S.) 5) West Bengal Board of Madrasah Education.
28.	Delhi	NATIONAL BOARDS (Autonomous bodies under Ministry of Human Resource Development, Department of School Education and Literacy, Government of India) 1. Central Board of Secondary Education (CBSE), New Delhi 2. National Institute of Open Schooling (NIOS), NOIDA Under NCT of Delhi 1. Indian Certificate of Secondary Education (ICSE)

अमित खरे, आ.प्र.से.
सचिव

AMIT KHARE, IAS
Secretary

Tel. : 011-23382587, 23381104

Fax : 011-23387859

E-mail : secy.sel@nic.in



सत्यमेव जयते

D.O. No. 12-1/2019-4S.4

भारत सरकार

Government of India

मानव संसाधन विकास विभाग

Ministry of Human Resource Development

स्कूल शिक्षा और साक्षरता विभाग

Department of School Education & Literacy

124 'सी' विंग, शास्त्री भवन, नई दिल्ली-110 004
104 'C' Wing, Shastri Bhawan, New Delhi-110 004

27th November, 2019

Dear Madam/Sir,

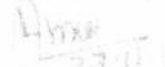
Please refer to this Department's letters of even number dated 21.8.2019, 23.9.2019 and 25.9.2019 regarding Fit India Movement and making it a people's movement wherein every citizen gives time to himself for being physically active and fit. This requires State Governments to be prime catalysts. In this connection reference is drawn to the letter dated 18th November, 2019 from Secretary, Department of Sports, Govt. of India addressed to all Principal Secretaries/Secretaries, School Education Department of States and UTs for "Fit India Movement, Fit India School". (copy enclosed)

2. I would request you to make Fit India Movement a successful people's movement by providing your leadership for the following:

- Apprising and encouraging all schools, public as well as private, in your State to endeavour towards self-certification as Fit India school and seek Fit India Ranking.
- To honour Fit India 3 Star and 5 Star Schools by organising appropriate functions in the State Headquarters. Fit India 5 Star Schools could be felicitated at State level Republic Day and Independence Day functions.
- Nominate a senior officer as a State Nodal Officer for Fit India in your department and intimate his details to this Department at email id: fitschoolsmovement@nic.in as well as to the CEO, Fit India Mission, New Delhi at chit.khanna@nic.in.
- Organise Fit India events at schools from time to time. You may encourage schools to use their creativity in designing and organising Fit India events.
- Organise "FIT INDIA WEEK" in each school in the next 4 to 6 weeks, and upload the information on Fit India portal. A letter of DG, SAI dated 23.10.2019 to all States and UTs with suggested activities for Fit India Week is also enclosed.

With regards,

Yours sincerely,


(Amit Khare)

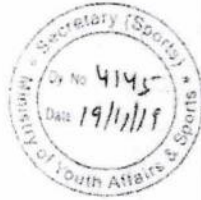
Encl.: 1) Dept. of Sports' letter dated 18.11.2019
2) DG, SAI letter dated 23.10.2019.

To

Additional Chief Secretaries /Principal Secretaries /Secretaries, Department of School Education, all States & UTs

F.No. K-15017/7/2019/FIC

Government of India
Ministry of Youth Affairs & Sports
Department of Sports



Shastri Bhawan,
New Delhi-110001.

19 NOV 2019

Dated the 18th November, 2019

To

All Principal Secretaries/ Secretaries (School Education) of States / UTs.

Sub: Fit India Movement - Fit India School

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. FIT INDIA Movement aims at behavioural changes - from sedentary lifestyle to physically active way of day-to-day living. FIT INDIA would be a success only when it becomes a people's movement. We have to play the role of a catalyst.

2. You would agree that 'How to Live' ought to be the first pillar of formal education. This involves teaching and practicing the art of taking care of one's body and health every day. Therefore, schools have to be the first formal institution after home where physical fitness is taught and practiced.

3. In the above background, the Fit India Mission has prepared a system of FIT INDIA SCHOOL rating with simple and easy parameters as below:

3.1 FIT INDIA SCHOOL:

The following parameters would apply:

- 15(55-1)
- Having one teacher trained in PE, and such teacher is physically fit and active;
 - Having a playground where two or more outdoor games are played.
 - Having one PE period each day for every section and physical activities (sports, dance, games, yogan, PT) take place in the PE period.
 - Having all students spending 60 minutes or more on physical activities daily.

3.2 FIT INDIA 3 STAR SCHOOL:

The following additional parameters would apply for claiming a 3 Star rating:

- All teachers to be physically fit and spending 60 minutes or more every day for physical activities.
- School has at least two trained teachers (including one PET), each well-versed with any two sports.
- Sports facilities for 4 sports including the 2 outdoor sports.
- Every student learns and plays 2 sports - one of which could be a traditional/indigenous/local game.

3.3 FIT INDIA 5 STAR SCHOOL:

The following additional parameters (over and above 3 Star rating) would apply for claiming the highest rating:

- a) School conducts monthly intra-school sports competitions, participates in inter-school sports competition and celebrates Annual Sports Day.
- b) All teachers are trained in PE.
- c) School has 2 or more sports coaches. These may be PE teachers.
- d) School follows structured PE curriculum prescribed by NCERT/ School Board.
- e) School conducts annual fitness assessment of all children.
- f) School opens its playground(s) after school hours for neighbouring communities, and the same is actively used. Reasonable fee can be levied for maintenance and security.


4. Procedure for FIT INDIA SCHOOL

- 4.1 Basic FIT INDIA SCHOOL would be self certified and registered online at www.fitindia.gov.in by the School. Upon registration, a certificate would be issued online to the School, and on receipt of such certificate the school would be entitled to use Fit India Logo and Fit India Flag.
- 4.2 For FIT INDIA 3 Star or 5 Star rating the school would have to file its claim online at www.fitindia.gov.in. The Fit India Mission would get the claim verified and thereafter issue an online certificate and commendation letter. The same would be followed in print and dispatched through postal mail.

5. FIT INDIA is going to be included in the Prime Minister's Award. I request you to make FIT INDIA a successful people's movement by providing your leadership for the following:

- 5.1 Apprising all schools, public as well as private, in your State of the above and encouraging them to seek Fit India Ranking;
- 5.2 To honour Fit India 3 Star and 5 Star Schools by organising appropriate function in the State Head-Quarters. Fit India 5 Star Schools could be felicitated at State level Republic Day and Independence Day functions;
- 5.3 Nominate a senior officer as a State Nodal Officer for Fit India in your department and intimate to us; and
- 5.4 Organise Fit India events at schools from time to time. You may encourage schools to use their creativity in designing and organising Fit India events.

6. CEO Fit India Mission Mr. Rohit Khanna can be contacted at +91 9769007788 and at rohit.khanna1107@gmail.com. Any query may be sent to fitindia.sai@gmail.com.

Yours Faithfully

 (R.S. Julaniya)

Secretary to Government of India

Copy to:

- ✓ 1. Secretary (SE&L), MHRD, New Delhi.
2. Director General, Sports Authority of India, New Delhi
3. All Pr. Secretaries/ Secretaries (Sports) of States/UTs
4. CEO, Fit India Mission

संदीप प्रधान, भा.रा.से.
निदेशक
Sandip Pradhan, I.R.S.
Director General



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

23rd October, 2019

As you are aware FIT INDIA Movement has been launched by the Hon'ble Prime Minister on 29th 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 3rd week of November, 2019 to promote the culture of fitness by doing following suggested activities:

- i. **Magical Monday:** Organization of an indigenous / traditional sport, physical fitness assessment of staff & Yoga protocol (3 minutes)
- ii. **Tempting Tuesday:** Sporty parents teacher meeting on being active & lifestyle, 30 minutes fitness session for all & Yoga protocol (4 Minutes)
- iii. **Winner's Wednesday:** Staff vs Students traditional games & Yoga protocol (5 Minutes)
- iv. **Thursday Team Work:** Any team games- for students and Yoga Protocol (6 Minutes)
- v. **Friday Fitness Quiz:** Fitness / Sports / Khelo India quiz for all and Yoga protocol (7 Minutes)
- vi. **Sportier Saturday:** Fun activity for students, teachers & parents, hand me 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]

Shri V. Chinaveerabhadru
Commissioner of School Education
Govt. of Andhra Pradesh

Dr. Madhu Rani Teotia
Secretary (Education)
Govt. of Arunachal Pradesh

Shri Preetom Saikia
Commissioner & Secretary (Elementary & Secondary Education)
Govt. of Assam

Shri Amarjeet Sinha
Principal Secretary (Education)
Govt. of Bihar

Shri Gaurav Dwivedi
Secretary (School Education)
Govt. of Chhattisgarh

Ms. Vandana Rao
Director (Education)
Govt. of Goa

Shri Vinod Rao
Secretary (Primary & Secondary)
Govt. of Gujarat

Shri Mahavir Singh
Principal Secretary- School Education
Govt. of Haryana

Shri Kamlesh Kumar Pant
Principal Secretary- Education Department
Govt. of Himachal Pradesh

Ms. Sarita Chauhan
Commissioner/Secretary to Government, School Education
Govt. of Jammu & Kashmir

Shri Amarendra Pratap Singh
Secretary (Education)
Govt. of Jharkhand

Ms. Shalini Rajneesh
Principal Secretary-Primary & Secondary Education
Govt. of Karnataka

Shri A Shajahan
Secretary (General Education Department)
Govt. of Kerala

Smt. Rashmi Arun Shami
Principal Secretary (Education)
Govt. of Madhya Pradesh

Ms. Vandana Krishna
Addl. Chief Secretary (Education)
Govt. of Maharashtra

Shri Kiran Kumar
Director of Education
Govt. of Manipur

Shri C.P. Gotmare
Secretary
Govt. of Meghalaya

Smt. Esther Lal Ruatkimi
Commissioner & Secretary (Directorate of School Education)
Govt. of Mizoram

Shri Menukhol John
Principal Secretary, School Education
Govt. of Nagaland

Smt. Chithra Arumugam
Commissioner cum Secretary
Govt. of Odisha

Shri Mohammad Tayyab
Director General-School Education
Govt. of Punjab

Smt. Manju Rajpal
Principal Secretary- School Education
Govt. of Rajasthan

Shri Bhim Bdr. Thatal
Director (Primary Education)
Govt. of Sikkim

Shri Pradeep Yadav
Principal Secretary (Education)
Govt. of Tamil Nadu

Shri B Janardhan Reddy
Education Secretary
Govt. of Telangana

Shri U.K. Chakma
Director of Secondary Education
Govt. of Tripura

Ms. Meenakshi Sundaram
Secretary (Education)
Govt. of Uttarakhand

Ms. Manisha Trigathia
Secretary (Education Dept)
Govt. of Uttar Pradesh

Dr. Saumitra Mohan
Commissioner (School Education)
Govt. of West Bengal

Shri Ved Prakash Mishra
Education Officer
Andaman & Nicobar Islands
U.T. Administration

Ms. A Muthamma
Secretary (Education)
UT Admn., Daman & Diu

Shri Sandeep Kumar
Secretary (Education)
Govt. of NCT of Delhi

Shri Shiv Kumar
Secretary (Education)
U.T. Admn., Lakshadweep

Shri A. Anbarasu
Secretary (Education)
Govt. of Puducherry