



# राजस्थान स्कूल शिक्षा परिषद्

ब्लॉक-5, द्वितीय से पंचम तल

डॉ. एस. राधाकृष्णन् शिक्षा संकुल परिसर, जे.एल.एन मार्ग, जयपुर

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क्रमांक - रास्कूलशिप/जय/वै.एवं औ.शि./F-19 /2020-21/ 16632

दिनांक- 12/11/2020

मुख्य जिला शिक्षा अधिकारी एवं  
पदेन जिला परियोजना समन्वयक,  
समग्र शिक्षा, समस्त जिले।

अतिरिक्त जिला परियोजना समन्वयक,  
समग्र शिक्षा,  
समस्त जिले।

**विषय - Fit India Week के द्वितीय चरण में फिट इण्डिया मूवमेन्ट सप्ताह "फिटनेस का डोज - आधा घंटा रोज़" माह दिसम्बर, 2020 में मनाये जाने के सम्बन्ध में।**

**सन्दर्भ - शिक्षा मंत्रालय, भारत सरकार का अ0शा0 पत्रांक 12-1/2020-IS.4(E) दिनांक 04.11.2020**

उपर्युक्त विषयान्तर्गत एवं सन्दर्भित अर्द्धशासकीय पत्र के क्रम में लेख है कि माननीय प्रधानमंत्री महोदय द्वारा फिट इण्डिया मूवमेन्ट कार्यक्रम का शुभारंभ 29 अगस्त, 2020 को किया गया था। वर्तमान समय के परिदृश्य को ध्यान में रखते हुये शारीरिक फिटनेस पर विशेष ध्यान दिये जाने की जरूरत के कारण फिट इण्डिया मूवमेन्ट का द्वितीय चरण माह दिसम्बर, 2020 में आयोजित किया जायेगा।

फिट इण्डिया मूवमेन्ट के प्रथम चरण की भांति द्वितीय चरण को सफल बनाने हेतु आपको निर्देशित किया जाता है कि पत्र के साथ संलग्न सन्दर्भित पत्रानुसार कार्यवाही करवाया जाना सुनिश्चित करायें। साथ ही विद्यालय द्वारा की गयी गतिविधियों को जिला स्तर पर संकलित कर जिले की समेकित रिपोर्ट ई-मेल fitindia.raj@gmail.com पर प्रेषित करें।

संलग्न - उपरोक्तानुसार।

www.rajsevak.com

*P. S. Lal*  
( डॉ० भंवर लाल )

आयुक्त एवं राज्य परियोजना निदेशक

क्रमांक - रास्कूलशिप/जय/वै.शि./2020-21/ 16632

दिनांक :- 12/11/2020

प्रतिलिपि निम्न को सूचनार्थ एवं आवश्यक कार्यवाही हेतु:-

1. निजी सचिव, आयुक्त एवं राज्य परियोजना निदेशक, राजस्थान स्कूल शिक्षा परिषद, जयपुर।
2. निजी सहायक, अतिरिक्त राज्य परियोजना निदेशक (I /II), राज0 स्कूल शिक्षा परिषद, जयपुर।
3. मुख्य ब्लॉक शिक्षा अधिकारी, समग्र शिक्षा, ब्लॉक कार्यालय समस्त।
4. रक्षित पत्रावली।

*P. S. Lal*  
12.11.20  
अति0 राज्य परियोजना निदेशक



सूचना का  
अधिकार

Santosh Kumar Yadav,  
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भारत सरकार  
शिक्षा मंत्रालय  
स्कूल शिक्षा और साक्षरता विभाग  
शास्त्री भवन  
नई दिल्ली - 110 115  
GOVERNMENT OF INDIA  
MINISTRY OF EDUCATION  
DEPARTMENT OF SCHOOL EDUCATION & LITERACY  
SHASTRI BHAVAN  
NEW DELHI-110 115

DO. No. 12-1/2020-IS.4(E)

Dated : 04<sup>th</sup> November, 2020

I hope you are ensuring all the Guidelines and Advisories issued by several Central Ministries in your office and organization under your jurisdiction. Fit India Movement was launched by Hon'ble Prime Minister on 29<sup>th</sup> August 2019 with a view to make physical fitness a way of life. It aims at behavioural changes- from sedentary life style to physically active way of day-to-day living. Fit India would be a success only if becomes a people's movement. We have to play the role of catalyst.

2. Like previous year, Department of Sports, Ministry of Youth Affairs and Sports (MYAS) has planned a series of activities and campaign under the aegis of Fit India Movement to promote fitness across the country in December 2020.

3. The 2<sup>nd</sup> edition of Fit India School Week will be celebrated in the month of December 2020. The plan of the campaign and proposed activities under Fit India School Week are enclosed at **Annexure 1 and 2**.

4. You are kindly requested to organise the Fit India School Week, Fit India Quiz and contribute in Fitness Assessment through Fit India App and Fit India Thematic Campaign- "फिटनेस का डोज़- आधा घंटा रोज़" under the aegis of Fit India Movement on the stated time and the instructions issued in this regard by the Department time to time.

5. The Action taken Report (ATR) of the above activities may be sent to this department through the link given below:

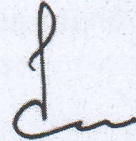
<https://docs.google.com/spreadsheets/d/11jxzhHSE0k6jVI00kuZ5t4HAYVJSJ7HYWtwW7kWC1vI/edit#gid=0>

Copy to (For similar 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)

Copy also to (For information):

Secretary, Department of Sports, MoYA&S



**(Santosh Kumar Yadav)**

# FIT INDIA CAMPAIGN- DECEMBER 2020

**Fit**  
INDIA

## D/o SEL/ CBSE/ CISCE/ State Education Boards

Activity/ Event	Roles and Responsibilities
1) Fit India Thematic Campaign- virtual फिटनेस का डोज़ - आधा घंटा रोज़ (1 <sup>st</sup> December 2020 onwards)	Promotion of campaign on digital platforms of Department as well as schools.
2) Fitness Assessment through Fit India App (Date of launch of Fit India App will be communicated later)	All the teachers, staff, parents to take their fitness assessment and encourage others to do so.
3) Fit India School Week (1 <sup>st</sup> to 31 <sup>st</sup> December 2020)	Schools to be encouraged to register on Fit India portal and organise Fit India Week.
4) Fit India Quiz (Date of launch will be communicated later)	Asking schools to enroll for the quiz

## Virtual Activities for Fit India School Week Celebrations 2020

Day	Activities
1	<p>(i) Virtual Assembly - Free hand exercises</p> <p>(ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. <i>Fit India Active Break capsules could be used for demonstration purposes. Link below:</i></p> <p><a href="https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmxfhogMwBOA8E2II?usp=sharing">https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmxfhogMwBOA8E2II?usp=sharing</a></p>
2	<p>(i) Virtual Assembly – Common Yoga Protocols <a href="https://yoga.ayush.gov.in/yoga/common-yoga-protocol">https://yoga.ayush.gov.in/yoga/common-yoga-protocol</a></p> <p>(ii) Debates, Symposium, Lectures on <i>“Re-strengthening of the mind post pandemic”</i>- Mental Fitness Activities for Students, Staff and Parents</p> <p>(iii) Open letter to Youth of the Nation on <i>“Power of Fitness”</i></p> <p>(iv) Open mic on topics such as <i>“Exercise is a celebration of what your body can do, not a punishment for what you ate”</i> etc</p>
3	<p>(i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc</p> <p>(ii) Poster making competition on theme <i>“Hum Fit Toh India Fit”</i> or <i>“New India Fit India”</i></p> <p>(iii) Preparing advertisements on <i>“Hum Fit Toh India Fit”</i>, <i>“Emotional and physical well-being are interconnected”</i> etc</p>
4	<p>(i) Debates, Symposium, Lectures etc about diet &amp; nutrition during pandemic for Students / Staff &amp; Parents</p> <p>(ii) Essay/Poem Writing Competition on theme <i>“Fitness beats pandemic”</i></p> <p>(iii) Podcast/Movie making on suggested themes – <i>“Get fit, don't quit”</i>; <i>“Mental Health is not a destination but a journey”</i> etc</p>
5	<p>(i) Online Quiz related to fitness/sports</p> <p>(ii) Virtual challenges for students, staff/ teachers e.g.</p> <p style="margin-left: 20px;">(a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc.</p> <p>(iii) Session(s) by motivational speakers for students, parents and school staff</p>

6

1 day dedicated to Family Fitness:

(i) Activities for fitness sessions at home involving students and parents - *Fit India Active Day capsules could be used for demonstration purposes*

[https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y\\_ywCK\\_kqTsS?usp=sharing](https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kqTsS?usp=sharing)

(ii) Creatively using home-based equipment for sports & fitness. E.g.

- (a) Hacky sack at home (juggling with feet & hand – warm up activity)
- (b) Aluminium foil inside a sock - ball and any wooden piece - bat to play cricket
- (c) Mosquito bat and TT ball to play badminton/tennis
- (d) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon