

शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)



CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)

CBSE/ACAD/DS(RD)/2022

November 24, 2022 Circular No. Acad- 149/2022

All the Heads of Schools affiliated to CBSE

Subject: Fit India School Week - reg..

Dear Principals

Fit India School Week is the flagship programme dedicated to schools to encourage inculcating fitness habits and increase awareness for fitness and sports among students.

The 4th edition of Fit India School Week is scheduled from **15th November 2022 to 15th December 2022** wherein schools will celebrate it in various forms for 4 to 6 days in a week to reaffirm the importance of fitness in an individual's daily life.

For participation in Fit India School Week, the schools will be required to select any week between 15th November to 15th December 2022 and celebrate the same. The schools can register on Fit India Portal and communicate the dates of Fit India School Week celebration in their school. The indicative list of activities for Fit India School Week celebration is enclosed as Annexure A.

In this edition of Fit India School Week, the schools may celebrate their **Annual Sports Day** wherein the exceptional sporting talent among their students may be identified. The details of the same may be provided on Fit India Portal (https://fitindia.gov.in/login) under talent identification. The step by step guide to register and provide details of exceptional sporting talent is enclosed as Annexure B.

School Heads are encouraged to celebrate Fit India School to instil the importance of Fitness in the lives of their students and other stakeholders.

Dr. Joseph Emmanuel Director (Academics)

Encl.: As stated above

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

- The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India, Shastri Bhawan, A Wing, Dr. Rajendra Prasad Road, New Delhi, 110001
- The Joint Secretary (BR/CER/Sainik Schools), Sainik Schools Society, Room No. 108 (I), South Block, New Delhi-110001.



Digital India



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- The Chairman, Odisha Adarsha Vidyalaya Sangathan (OAVS), N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005.
- The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
- 5 The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
- The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
- 7 The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
- The Director (Exam. & Scholarship), HRDD Department, Gangtok, Govt. of Sikkim, Sikkim –737101
- 9 The Director of Secondary Education, Department of Education, Govt. of Arunac Itanagar 791111. Mob: 08794812121
- 10 The Director (Education), Directorate of Education VIP Road, Port Blair, A&N Island 744103
- 11 The Director, Central Tibetan School Administration, ESSESS Plaza, CommunityCentre, Sector -3, Rohini, Delhi
- 12 The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ,PO, New Delhi-110001
- The Director AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
- All Regional Directors/Regional Officers of CBSE with the request to send this circular toall the Heads of the affiliated schools of the Board in their respective Regions
- 15 All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE
- 16 All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
- 17 In charge IT Unit with the request to put this Circular on the CBSE Academic Website
- 18 In-Charge, Library
- 19 The Head (Media & Public Relations), CBSE
- 20 DS to Chairman, CBSE
- 21 SPS to Secretary, CBSE
- 22 SPS to Director (Academics), CBSE
- 23 SPS to Director (Information Technology), CBSE
- 24 SPS to Controller of Examinations, CBSE
- 25 SPS to Director (Training and Skill Education), CBSE
- 26 SPS to Director (Professional Examinations), CBSE







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- 27 SPS to Director (CTET), CBSE
- 28 SPS to Director (EDUSAT), CBSE
- 29 Record File

Director (Academics)







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Annexure A

Indicative List of Activities for Fit India School Week celebration 2022

Day	Activities
1	Annual Sports Day
2	Importance of Fitness – debates, quiz, essay writing, poster making competition
3	Indigenous Games
4	Khelo India Physical Fitness Assessment of students
5	Fitness Assessment for nearby communities through Fit India Mobile App
6	Yoga and Meditation







File No. 12-1/2020-IS.4(E)-Part(1) (Computer No. 3180782)
1148430/2022/Sch.5 Section
INDIA

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MINISTRY OF YOUTH AFFAIRS AND SPORTS





About Fit India Movement



FIT INDIA Movement was launched on 29th August, 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve



 To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.













Fill India School Week 2021 Road to Tokyo 2020 Quiz

Skip to Main Content | A+ | A | A- | Q | Print | Language - | Login | Register | Register

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Registered School Login

Register School

How To Register

Download Merchandise

STEP

2

FIT INDIA SCHOOL WEEK 2022

Background	-
Fit India School Week was conceived in 2019 with the imperative need of creating awareness about fitness not limited to children but also their parents, teachers, and In this campaign, school fraternities across the country are encouraged to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various as debates, quiz, essay writing, poster-making competitions, yoga and meditation, pledge of fitness, indigenous sports etc.	
The 1st edition of Fit India School Week was celebrated in the 3rd week of November 2019 as Fitness Week in partnership with the Ministry of Education. More than schools participated in the 1st edition of Fit India School week.	15,000
In the 2nd edition, Fit India school week was conducted from December 2020 to January 2021. More than 4.3 lakh schools celebrated the Fit India school week across Fitness activities such as yoga, free hand exercises, painting, debates, symposiums, etc., were part of this edition.	ss the nation.
Guidelines	+
Activities	+



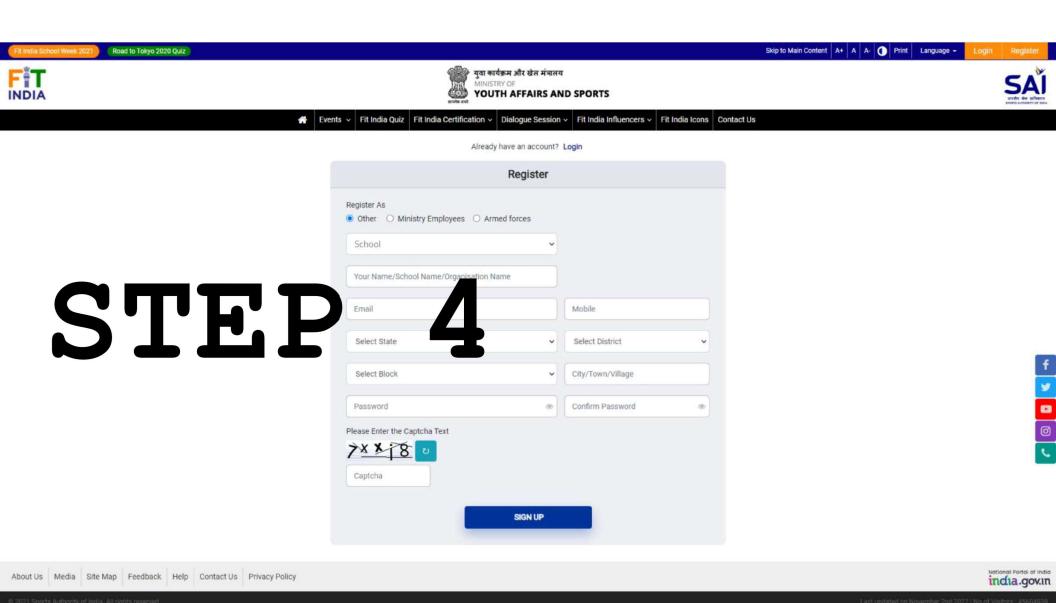
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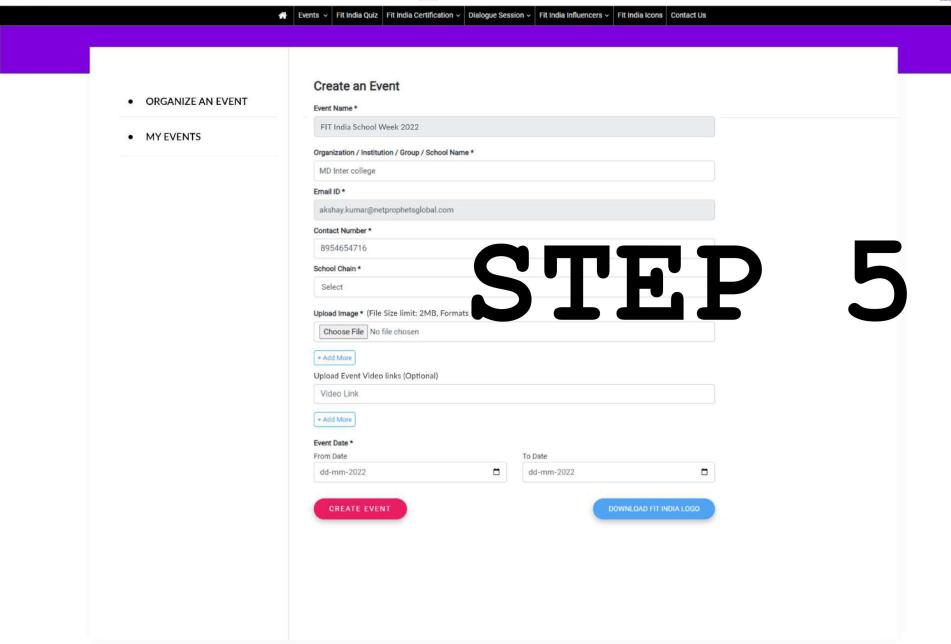
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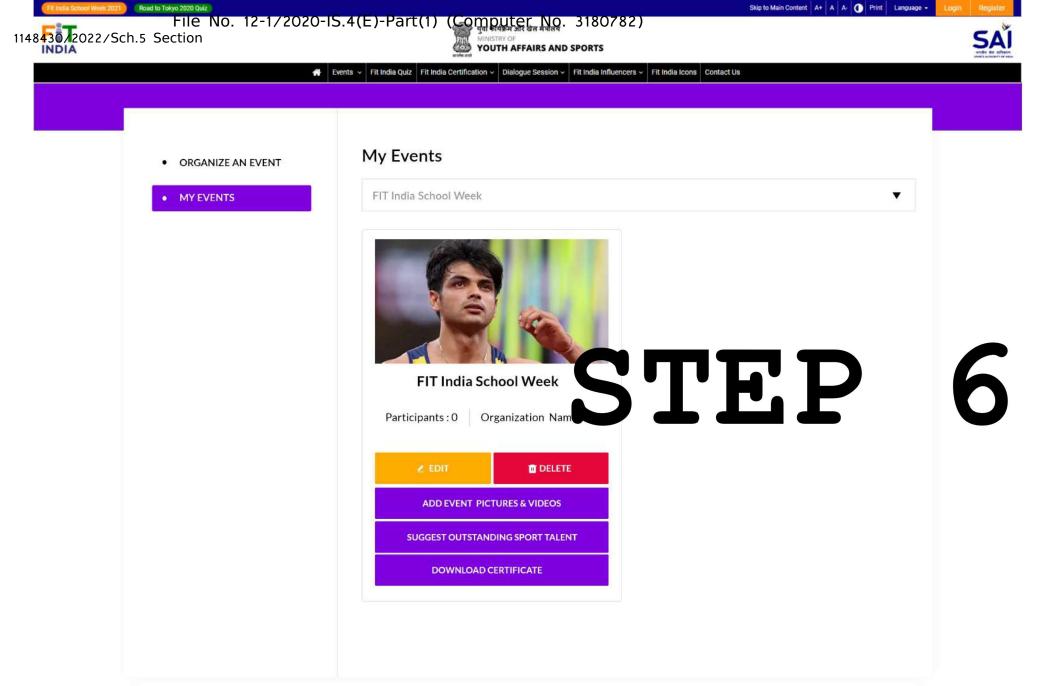


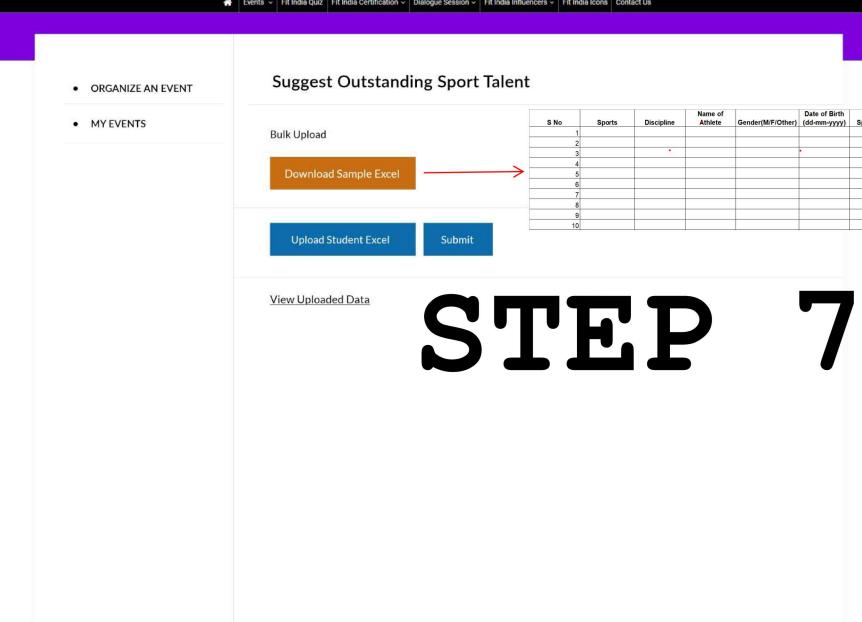
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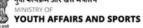




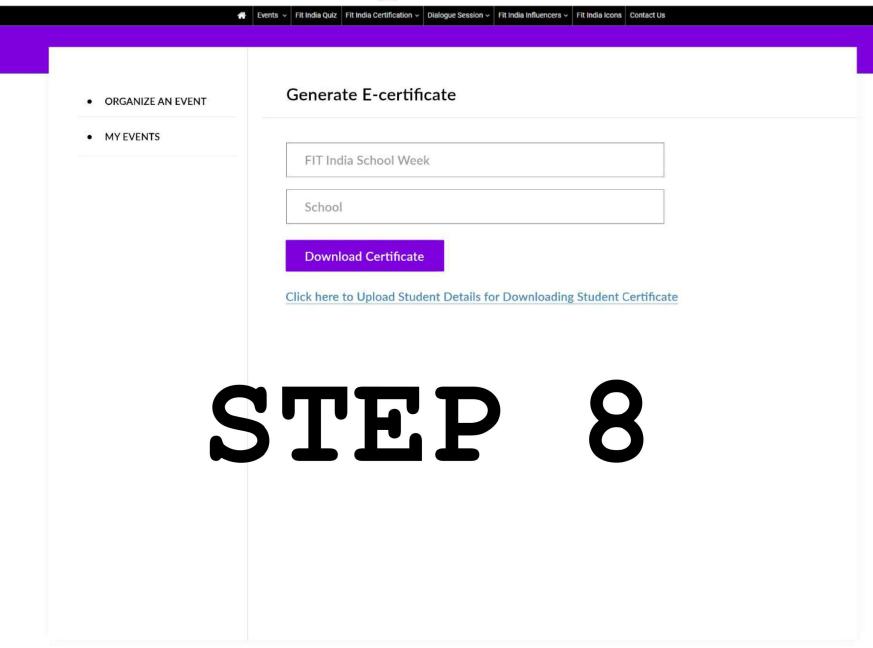




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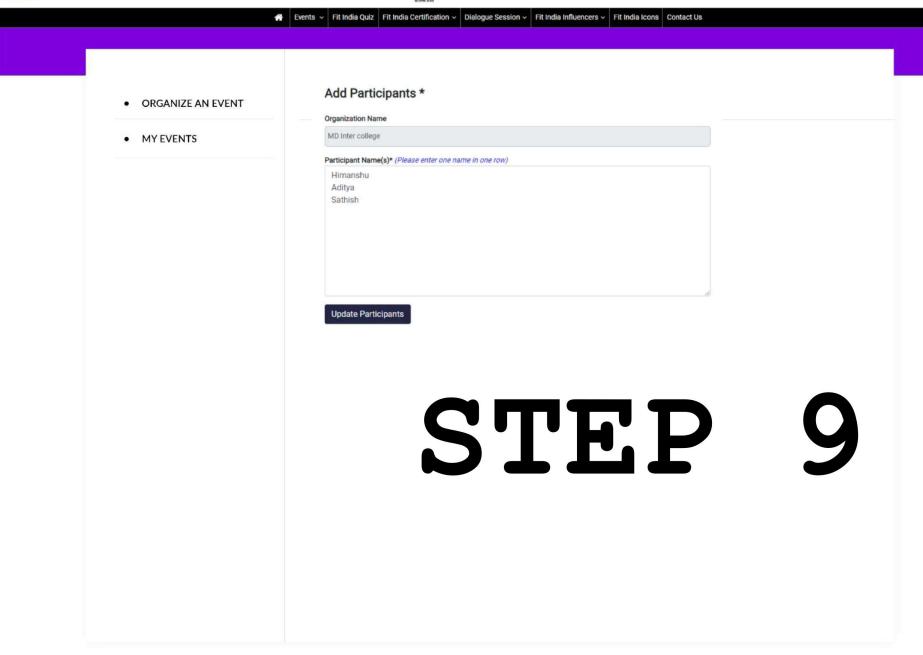




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