

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ(ਐਲੀ:ਸਿ:)ਪੰਜਾਬ
ਕੰਪਲੈਕਸ ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ,ਫੇਜ਼-8, ਐਸ.ਏ.ਐਸ. ਨਗਰ

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ:ਸਿ:),
ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ,
ਪੰਜਾਬ।

ਮੀਮੋ ਨੰ:27/3-2019 ਸਪੋਰਟਸ
ਮਿਤੀ,ਐਸ.ਏ.ਐਸ.ਨਗਰ: 11-12-2019

ਵਿਸ਼ਾ:- ਫਿਟ ਇੰਡੀਆ ਮੂਮੈਂਟ-ਫਿਟ ਇੰਡੀਆ ਸਕੂਲਾਂ ਸਬੰਧੀ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ ਭਾਰਤ ਸਰਕਾਰ ਮਨਿਸਟਰੀ ਆਫ ਯੂਥ ਆਫੇਅਰਜ਼ ਐਂਡ ਸਪੋਰਟਸ (ਡਿਪਾਰਟਮੈਂਟ ਆਫ ਸਪੋਰਟਸ) ਵਲੋਂ ਪੱਤਰ ਪ੍ਰਾਪਤ ਹੋਇਆ ਹੈ। ਜਿਸ ਵਿੱਚ ਫਿਟ ਇੰਡੀਆ ਮਿਸ਼ਨ ਵਲੋਂ ਫਿਟ ਇੰਡੀਆ ਸਕੂਲ ਲਈ ਤਿਆਰ ਕੀਤੇ ਪੈਰਾਮੀਟਰ ਭੇਜੇ ਗਏ ਹਨ। ਜਿਸ ਸਬੰਧੀ ਵਿਸਥਾਰਪੂਰਵਕ ਜਾਣਕਾਰੀ ਨਾਲ ਨੱਥੀ ਪੱਤਰ ਵਿੱਚ ਦਿੱਤੀ ਗਈ ਹੈ।

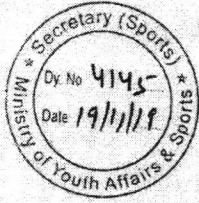
ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ ਅਤੇ ਸਕੂਲ ਮੁੱਖੀਆ ਨੂੰ ਹਦਾਇਤ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਕਿ ਪੱਤਰ ਵਿੱਚ ਦਰਜ ਹਦਾਇਤਾਂ ਅਤੇ ਪੈਰਾਮੀਟਰ ਅਨੁਸਾਰ ਆਪਣੇ ਸਕੂਲਾਂ ਨੂੰ ਫਿਟ ਇੰਡੀਆ ਸਕੂਲ, ਫਿਟ ਇੰਡੀਆ Three Star School ਅਤੇ ਫਿਟ ਇੰਡੀਆ Five Star School ਬਣਾਉਣ ਸਬੰਧੀ ਕਾਰਵਾਈ ਕੀਤੀ ਜਾਵੇ ਅਤੇ ਇਸ ਦੀ ਸੂਚਨਾ ਸਪੋਰਟਸ ਸ਼ਾਖਾ ਦੀ ਈ-ਮੇਲ ਆਈ-ਡੀ dydirectorphyedupb@gmail.com ਤੇ ਭੇਜਣਾ ਯਕੀਨੀ ਬਣਾਇਆ ਜਾਵੇ।

ਨਿੱਥੀ' 25 2019


ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜੀ.ਐਜੂ:)

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:

- 19/11/19
JSC(S-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, yogasan, 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,


18.11.19.

(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