लदूल इन्टरनेट प्रशिक्षण केन्द्र (मैल:मिश) पेंसिल (मपेलब्यम मुषाघ)

दृढ़

मन्त्र मिला मिलिंग भाषा (मं.मिश)/(मैल:मिश)
मन्त्र मलुल मूबी
भीमें है: 27/3-2019 मपेलब्यम
भीमें औग.ोम.टेम.वेब: 18/11/2019
दिस: दीमल कोडक FIT INDIA WEEK भरवित मूबी।

पुनर्नवीनित किये गए मूबी विभाग मपेलब्यम भवाविभाग भार विभिन्न (भवाविभाग भार युवा भवाविभाग में कर्मचारी) करेंगे धारण उच्चिंद्रों ही वर्तमान रिसर्च भाल विभाग फिंद फिंद पैडव तल रैंडी लोग देनी उपचार है।

[Signature]

मपेलब्यम इन्टरनेट (मं.मिश:मिश)
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 voluntarily 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, handing 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)

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