

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਐਲੀ.ਸਿ.)ਪੰਜਾਬ
(ਸਪੋਰਟਸ ਸ਼ਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ:ਸਿ:)/(ਐਲੀ.ਸਿ.)

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ

ਮੀਮੋ ਨੰ: 27/3-2019 ਸਪੋਰਟਸ

ਮਿਤੀ,ਐਸ.ਏ.ਐਸ.ਨਗਰ: 18/11/2019

ਵਿਸ਼ਾ : ਤੀਸਰਾ ਹਫ਼ਤਾ FIT INDIA WEEK ਮਨਾਉਣ ਸਬੰਧੀ ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿਚ ਸਪੋਰਟਸ ਅਥਾਰਿਟੀ ਆਫ ਇੰਡੀਆ
(ਮਨਿਸਟਰੀ ਆਫ ਯੂਥ ਅਫੇਰਜ਼ ਐਂਡ ਸਪੋਰਟਸ) ਵੱਲੋਂ ਪ੍ਰਾਪਤ ਹਦਾਇਤਾਂ ਦੀ ਕਾਪੀ
ਇੰਨਬਿੰਨ ਪਾਲਣਾ ਹਿੱਤ ਇਸ ਪੱਤਰ ਨਾਲ ਨੱਥੀ ਕਰਕੇ ਭੇਜੀ ਜਾਂਦੀ ਹੈ ।


ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ(ਫਿਜੀ:ਐਜੂ:)

संदीप प्रधान, मा.रा.से.
महानिदेशक
Sandip Pradhan, I.R.S.
Director General



भारतीय खेल
प्राधिकरण

sports
authority of
India

DISE (on leave)
4-11-19

ए.डि.डा. विनी.भैरु.
डा.विनी ठ 7.0. (अ.)
दिनांक 8-11-19

DP1-EE

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

Dea Mohamed,

4/11/19
Dy. Dir. (Sports)

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:

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

24/543 4/11/19