

# ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਸੈ.ਸਿ.) ਪੰਜਾਬ

ਕੰਪਲੈਕਸ ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ (ਫੇਜ਼-8), ਸਾਅਸ ਨਗਰ  
(ਸਪੋਰਟਸ ਸਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਐ.ਸਿ/ਸੈ.ਸਿ)।

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ, ਪੰਜਾਬ।

ਈ.ਫਾਈਲ ਨੰ. 232480 /2021 364906

ਮਿਤੀ 14-11-2021

**ਵਿਸ਼ਾ: ਮਿਤੀ 14-11-2021 ਤੋਂ 12-12-2021 ਤੱਕ Fit India School Week ਮਨਾਉਣ ਸਬੰਧੀ।**

1) ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ Government of India, Ministry of Education, Department of School Education & Literacy, Shastri Bhavan ਵੱਲੋਂ ਮਿਤੀ 3-11-2021 ਨੂੰ ਸਰਕੂਲਰ ਜਾਰੀ ਕਰਕੇ ਪੂਰੇ ਭਾਰਤ ਵਿੱਚ fitness ਸਬੰਧੀ Fit India Movement ਦੀ ਸਰਪ੍ਰਸਤੀ ਹੇਠ ਮਿਤੀ 14-11-2021 ਤੋਂ 12-12-2021 ਤੱਕ Fit India School Week ਮਨਾਉਣ ਲਈ ਲਿਖਿਆ ਗਿਆ ਹੈ। ਇਸ ਦਾ ਵੇਰਵਾ Fit India Portal (<https://fitindia.gov.in/fit-india-school-week>) ਉਪਰ ਉਪਲੱਭਯ ਹੈ। Fit India School Week ਦੇ six days ਲਈ ਸੁਝਾਈਆਂ ਗਤੀਵਿਧੀਆਂ ਦਾ ਚਾਰਟ ਅਤੇ ਸਕੂਲਾਂ ਦੀ step by step ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨ ਦੀ ਪ੍ਰੀਕ੍ਰਿਆ ਦਾ ਲਿੰਕ([https://drive.google.com/folderview?id=1ZD47THLFWf2pY\\_60UJ\\_mbLEd4XoG-ZoO](https://drive.google.com/folderview?id=1ZD47THLFWf2pY_60UJ_mbLEd4XoG-ZoO)) ਤੇ ਅਟੈਚ ਕੀਤੇ ਗਏ ਹਨ, ਭਾਵ:-

## A) How to Register

Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/Google) and in the address bar please type <https://fitindia.gov.in>

Step-2: Please click on Fit India School Week Orange Tab at the left top of the website for registration of Fit India School Week.

Step-3: Once you click on the Tab, the below page will appear, click on register as an organizer.

Step-4: If you are already a registered user with Fit India You can click on login or if you are new user please user please register yourself as school.

Step-5: Once you have logged in, please submit the details of the School Week event organized by your school and click on Submit button.

Step-6: You will automatically be directed on the Event page for downloading of the certificate with a pink tab.

**B) Fitness ਸਬੰਧੀ ਹਫ਼ਤੇ ਦੇ six days ਲਈ ਸੁਝਾਈਆਂ ਗਤੀਵਿਧੀਆਂ ਦਾ ਚਾਰਟ:-**

Fit India School Week 2021

Duration: 14<sup>th</sup> November to 12<sup>th</sup> December 2021

DAY	PROPOSED ACTIVITIES
1	Opening day-Indian Dances celebrating AKAM with integrated fitness
2	Importance of fitness-Debates, Symposium, Lectures etc. Quiz on fitness and sports highlighting Freedom, AKAM, Nutrition etc. Essay/Poem Writing Competition on theme "My fitness mantra on AKAM" Poster making competition on themed on Freedom from sedentary lifestyle
3	Events of indigenous games of India-AKAM with traditional games of India Session on importance of "Eat Right/Santulit Aahar"
4	Schools' Social Responsibility (SSR) – Celebrating AKAM with nearby communities by inviting them for one fitness session Fitness assessment by teachers and parents on Fit India Mobile App Link for download: a) Android- <a href="https://play.google.com/store/apps/details?id=com.sai.fitIndia">https://play.google.com/store/apps/details?id=com.sai.fitIndia</a> b) iOS- <a href="https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890">https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</a>
5	Yoga and Meditation Day Session on mental health awareness Brain Games to improve concentration/problem solving capacity



	Graffiti events on topics like What is Azadi for you? How important is fitness? etc.
6	Pledge of fitness on the occasion of AKAM to culminate School Week with self-assertion for leading a new fit and healthy life ahead

2) ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਐ.ਸਿ/ਸੈ.ਸਿ) ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ Fit India School Week ਮਨਾਉਣ ਲਈ ਉਕਤ ਦਰਸਾਈ ਵੈਬਸਾਈਟ/ਲਿੰਕ ਤੇ ਵਿਜਿਟ ਕਰਕੇ ਅਗਲੀ ਕਾਰਵਾਈ ਆਰੰਭੀ ਜਾਵੇ ਅਤੇ ਇਸਦੇ ਨਾਲ ਹੀ ਜਿਹੜਾ ਸਕੂਲ ਉਕਤ ਵੈਬਸਾਈਟ/ਲਿੰਕ ਤੇ ਰਜਿਸਟਰਡ ਨਹੀਂ ਹੋਇਆ ਉਸ ਸਕੂਲ ਨੂੰ ਰਜਿਸਟਰਡ ਕੀਤਾ ਜਾਵੇ, ਅਣਗਹਿਲੀ ਦੀ ਸੂਰਤ ਵਿੱਚ ਸਕੂਲ ਮੁੱਖੀ ਦੀ ਜਿੰਮੇਵਾਰੀ ਹੋਵੇਗੀ। ਉਕਤ ਸਰਕੂਲਰ ਦੀ ਪਾਲਣਾ ਕਰਨੀ ਇੰਨ-ਬਿਨ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ।

3) ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਐ.ਸਿ/ਸੈ.ਸਿ.) ਪੰਜਾਬ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਉਪਰੋਕਤ ਸਬੰਧੀ ਜਿਲ੍ਹੇ ਦੇ ਸਮੂਹ ਸਕੂਲਾਂ ਤੋਂ ਸੂਚਨਾ ਇਕੱਤਰ ਕਰਕੇ ਨਾਲ ਨੱਥੀ ਪ੍ਰੋਫਾਰਮੇ ਅਨੁਸਾਰ ਕੰਨਸੋਲੀਡੇਟਡ ਰਿਪੋਰਟ ਭੇਜੀ ਜਾਵੇ ਤਾਂ ਜੋ ਭਾਰਤ ਸਰਕਾਰ ਨੂੰ ਇਸ ਦੀ ਸੂਚਨਾ ਭੇਜੀ ਜਾ ਸਕੇ।

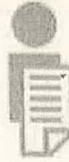
ਨੱਥੀ: ਮਿਤੀ 03-11-2021 ਦਾ ਸਰਕੂਲਰ ਅਤੇ six days ਲਈ ਚਾਰਟ ਦੀ ਕਾਪੀ।

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)





एक कदम स्वच्छता की ओर  
Santosh Kumar Yadav,  
Joint Secretary (SS-I)  
Tel: - 011-23387781



सूचना का  
अधिकार

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

Dated. 3<sup>rd</sup> November, 2021

DO. No. 12-1/2020-IS.4

*Respected Ma'am/Sir,*

I hope you are ensuring all the Guidelines and Advisories regarding Covid-19 issued by several Central Ministries in your office and organizations under your jurisdiction. As you may be aware, 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. The 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 and Department of School Education and Literacy has participated actively in all these activities. It takes me pleasure to share that with your support, more than 1.8 lakh students have successfully registered for the Quiz.

3. Now, MYAS has planned to organize 3<sup>rd</sup> edition of the Fit India School Week from 14<sup>th</sup> November 2021 to 12<sup>th</sup> December 2021. The details of it would be available on Fit India Portal (<https://fitindia.gov.in/fit-india-school-week>) A few indicative creatives are attached on the below link that may be used by States/UTs/Autonomous Bodies or by schools for promoting the event. Also the proposed activities chart for six days of a week and step by step process of registration is annexed.  
[https://drive.google.com/folderview?id=1ZD47THLFWf2pY\\_60UJ\\_mbLEd4XoG-ZoO](https://drive.google.com/folderview?id=1ZD47THLFWf2pY_60UJ_mbLEd4XoG-ZoO)

4. You are kindly requested to promote and motivate schools/teachers and other stakeholders to organise the Fit India School Week and contribute in Fitness Assessment through Fit India App. The weekly 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/1n4xIZIAOR98O8fjyJ7H5oSHQdz3arN9LuYaMeBNwF1/edit?usp=sharing>

*With Regards*

Yours Sincerely,

(Santosh Kumar Yadav)


To

The Additional Chief Secretary/Principal Secretary / Secretary (Education), States and UTs



Copy to: (For information and necessary 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)
6. The Director, NCERT

  
(Santosh Kumar Yadav)





Ekta Vishnoi, I.R.S.

Mission Director  
Fit India Movement  
Sports Authority of India  
New Delhi

F. No. 2-5/FIT INDIA/SCHOOL WEEK/2021

Dated: 29.10.2021

*Respected Sir,*

At outset, it is pertinent to mention that Fit India Mission is indebted for the support by D/o SEL, M/o Education in the recent Fit India Quiz registrations, it takes me pleasure to share that more than 1.8 lakh students have successfully registered for the Quiz and will start competing in phases from November onwards.

2. Further, in the strive to make **Azadi Ka Amrit Mahotsav (AKAM)** a historic celebration in the country, the flagship programme of Fit India Mission **Fit India School Week** in its 3<sup>rd</sup> edition is scheduled from 14<sup>th</sup> November till 12<sup>th</sup> December highlighting AKAM where schools will celebrate in their ways by instilling the importance of fitness in students, teachers and parents.

3. Last year's edition was a major breakthrough where more than 4.3 lakhs schools have celebrated despite a pandemic. This year we are targeting to reach even more schools with an aim to have dawn of fitness on this year of national importance. It is our earnest request from Department of School Education and Literacy, M/o Education to send directions in states/UTs for celebrating this year's Fit India School Week edition. The details would be available on Fit India portal from 1<sup>st</sup> November 2021 (<https://fitindia.gov.in/fit-india-school-week>). A few indicative creatives are attached on the below link that maybe used by states/UTs or by schools during the promotions. Also, the proposed activities chart for six (06) days and step-by-step process of registration are also annexed.

[https://drive.google.com/folderview?id=1ZD47THLFWf2pY\\_60UJ\\_mbLEd4XoG-ZoO](https://drive.google.com/folderview?id=1ZD47THLFWf2pY_60UJ_mbLEd4XoG-ZoO)

*With regards,*

Yours Sincerely,

*Ekta Vishnoi*  
(Ekta Vishnoi)

To,

**Sh. Santosh Kumar Yadav**  
Joint Secretary (SS-I)  
School Education and Literacy, Ministry of Education  
107A-D, Shastri Bhawan, New Delhi

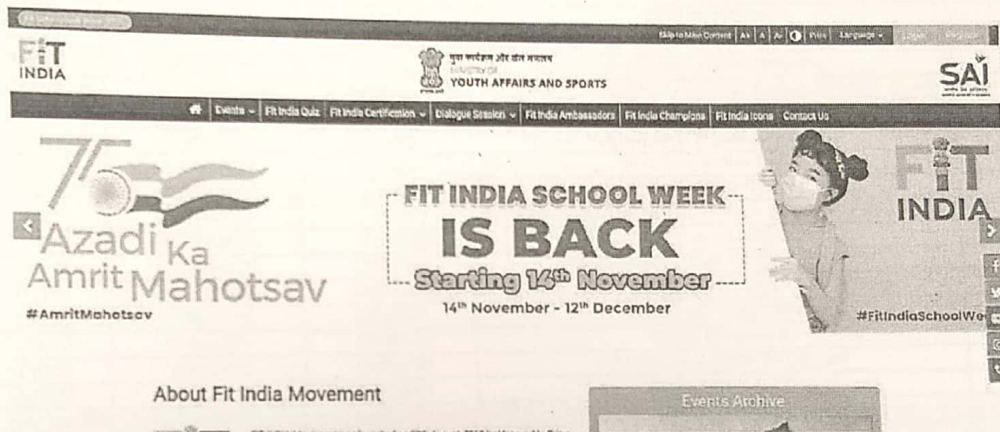


## How to Register

For Schools to register for Fit India School Week-2021

Step-1: On your desktop/Laptop/Mobile please open the internet browser (chrome/Google) and in the address bar please type <https://fitindia.gov.in/>

Step-2: Please click on Fit India School Week Orange Tab at the left top of the website for registration of Fit India School Week.



Step-3: Once you click on the Tab, the below page will appear, click on register as an organiser.





Step-4: If you are already a registered user with Fit India you can click on login or if you are new user please register yourself as School.

The screenshot shows the 'Register' page of the Fit India School portal. At the top, there is a navigation bar with 'INDIA' and 'Government of India Ministry of Youth Affairs and Sports'. Below this, a link says 'Already have an account? Login'. The main heading is 'Register'. Under 'Register As', there are radio buttons for 'Other' (selected) and 'Military'. A dropdown menu shows 'SCHOOL'. The form fields include: 'Your Name (School Name/ Organisation Name)', 'Vt Email (Name)', 'Email', 'Mobile', 'State' (dropdown), 'District' (dropdown), 'Block' (dropdown), 'Pin/Postcode', 'Password', and 'Confirm Password'. At the bottom, there is a 'Please Enter the Captcha Text' field and a 'Create My Profile - Click Here' link. The Windows taskbar is visible at the bottom.

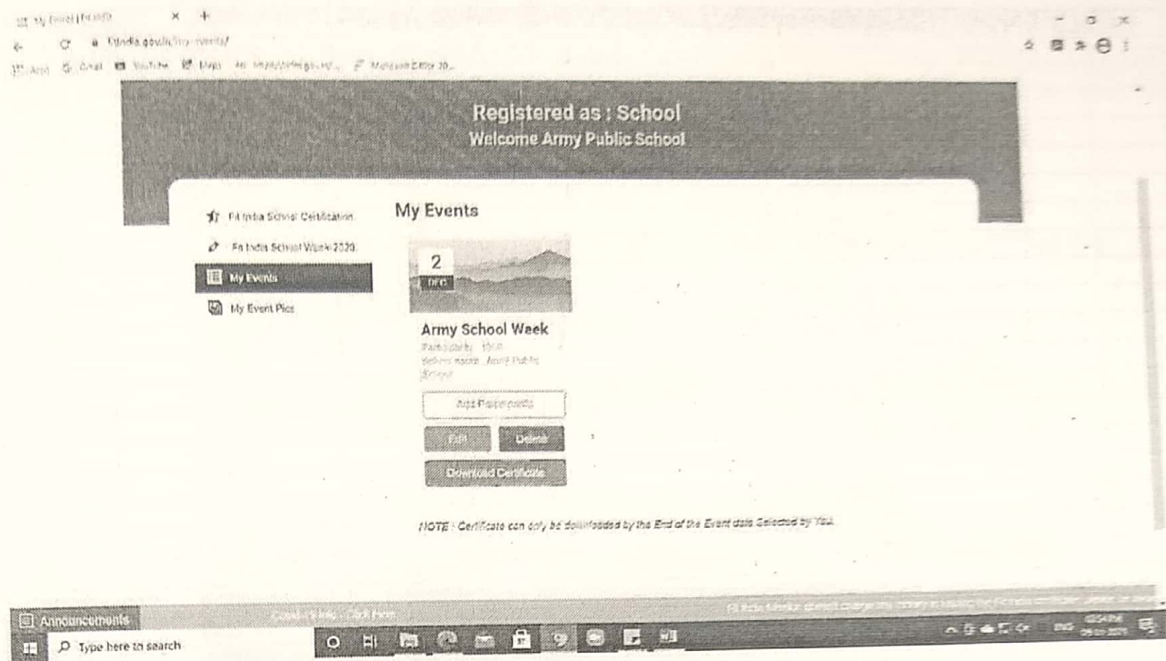
Step-5: Once you have logged in, please submit the details of the School Week event organised by your school and click on Submit button.

Photos and Video link are optional (not mandatory) for downloading of the certificate.

The screenshot shows the 'Organise an Event' page after logging in. A dark banner at the top says 'Registered as : School' and 'Welcome Holy Cross School'. On the left, a sidebar contains links: 'Fit India School Certification', 'Organise an Event' (highlighted), 'My Events', and 'My Event Pics'. The main content area is titled 'Organise an Event' and contains the following fields: 'Event Category\*' (set to 'Fit India School Week-2021'), 'Event Name\*', 'Event Image 1\*' (with a 'Choose File' button and 'No file chosen' text), 'Event Image 2 (Optional)' (with a 'Choose File' button and 'No file chosen' text), 'Video Link (Optional)', and 'Event Date\*' (with 'From Date' set to 'dd-mm-2021' and 'To Date' set to 'dd-mm-2021'). A vertical social media sharing bar is on the right side.



Step-6: You will automatically be directed on the Event page for downloading of the certificate with a pink tab.



NOTE: Certificate can only be downloaded by the end of the event date selected by the user.

5-11-2021

Annexure-11

**AZADI KA AMRIT MAHOTSAV****Fit India School Week 2021****Duration: 14<sup>th</sup> November to 12<sup>th</sup> December 2021**

DAY	PROPOSED ACTIVITIES
1	Opening day- Indian Dances celebrating AKAM with integrated fitness
2	Importance of fitness- Debates, Symposium, Lectures etc.  Quiz on fitness and sports highlighting Freedom, AKAM, Nutrition etc.  Essay/Poem Writing Competition on theme " <i>My fitness mantra on AKAM</i> "  Poster making competition on themed on <i>Freedom from sedentary lifestyle</i>
3	Events of Indigenous games of India- AKAM with traditional games of India Session on importance of "Eat Right/ Santulit Aahar"
4	Schools' Social Responsibility (SSR)- Celebrating AKAM with nearby communities by inviting them for one fitness session  Fitness assessment by teachers and parents on Fit India Mobile App Link for download: a) Android- <a href="https://play.google.com/store/apps/details?id=com.sai.fitIndia">https://play.google.com/store/apps/details?id=com.sai.fitIndia</a> b) iOS- <a href="https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890">https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</a>
5	Yoga and Meditation Day  Session on mental health awareness  Brain Games to improve concentration/problem solving capacity  Graffiti events on topics like What is Azadi for you? How important is fitness? etc.
6	Pledge of fitness on the occasion of AKAM to culminate School Week with self- assertion for leading a new fit and healthy life ahead



**Monthly Action Taken report on 3rd Fit India School Week (14th November to 12th December) 2021**

Department of School Education & Literacy, Ministry of Education

District	No. of Schools Participated in Activities during the First Week	No. of Students Participated in activities during the First Week	No. of Schools Participated in Activities during the Second Week	No. of Students Participated in activities during the Second Week	No. of Schools Participated in Activities during the Third Week	No. of Students Participated in activities during the Third Week	No. of Schools Participated in Activities during the Fourth Week	No. of Students Participated in activities during the Fourth Week
Total		0	0	0	0	0	0	





**FIT  
INDIA**

**75**  
Azadi Ka  
Amrit Mahotsav

Government of India  
Ministry of Youth Affairs and Sports

# फिट इंडिया स्कूल वीक

करिए स्कूल में रन !  
क्योंकि पढ़ाई के साथ होगा  
फिटनेस का फ़न॥

१४ नवम्बर-  
१३ दिसम्बर

#AmritMahotsav

#FitIndiaSchoolWeek

Schools to register at:  
**WWW.FITINDIA.GOV.IN**







भारत सरकार  
Ministry of Education  
Government of India

**FIT**  
INDIA

75  
Azadi Ka  
Amrit Mahotsav



भारत सरकार  
Government of India  
Ministry of Youth Affairs and Sports

# हर कोई बनेगा फ़िट, आ रहा है फ़िट इंडिया स्कूल वीक

१४ नवंबर- १३ दिसंबर

SCHOOLS TO REGISTER :  
[WWW.FITINDIA.GOV.IN](http://WWW.FITINDIA.GOV.IN)



#FitIndiaSchoolWeek #AmritMahotsav







सत्यमेव जयते  
Ministry of Education  
Government of India

**FIT  
INDIA**

75  
Azadi Ka  
Amrit Mahotsav



Government of India  
Ministry of Youth Affairs and Sports

ना होगा कोई परेशान  
जब पाठशाला बनेगा

**फिटनेस  
का मैदान**

१४ नवंबर-१३ दिसंबर

#AmritMahotsav

#FitIndiaSchoolWeek

SCHOOLS TO REGISTER :

[WWW.FITINDIA.GOV.IN](http://WWW.FITINDIA.GOV.IN)

