

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

ਕੰਪਲੈਕਸ ਪੰਜਾਬ ਸਕੂਲ ਸਿੱਖਿਆ ਬੋਰਡ (ਫੇਜ਼-8), ਸਾਸ ਨਗਰ  
(ਸਪੋਰਟਸ ਸ਼ਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.)।

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ, ਪੰਜਾਬ।

ਈ.ਫਾਈਲ ਨੰ. 116390

ਮਿਤੀ 14-09-2021

ਵਿਸ਼ਾ: **Fit India Quiz 2021 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਸਬੰਧੀ।**

1.0 ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਸਬੰਧੀ ਭਾਰਤ ਸਰਕਾਰ ਸਪੋਰਟਸ ਅਥਾਰਟੀ ਆਫ ਇੰਡੀਆ ਵੱਲੋਂ Fit India Quiz 2021 ਸ਼ੁਰੂ ਕਰਨ ਸਬੰਧੀ ਲਿਖਿਆ ਗਿਆ ਸੀ। ਜਿਸ ਵਿੱਚ ਪ੍ਰਤੀ ਵਿਦਿਆਰਥੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਫੀਸ 250/- ਰੱਖੀ ਗਈ ਸੀ।

2.0 ਉਕਤ ਸਬੰਧੀ ਸਿੱਖਿਆ ਸਕੱਤਰ ਜੀ ਵੱਲੋਂ ਭਾਰਤ ਸਰਕਾਰ ਨੂੰ ਉਨ੍ਹਾਂ ਦੇ ਪੱਤਰ ਨੰ 12-1/2020-IS.4 dated 9<sup>th</sup> june 2021 ਦੇ ਸਬੰਧ ਵਿੱਚ ਸਰਕਾਰੀ ਸਕੂਲਾਂ ਵਿੱਚ ਪੜ੍ਹਦੇ ਬੱਚਿਆਂ ਤੋਂ 250/- ਰੁਪਏ ਦੀ ਦਰ ਨਾਲ ਫੀਸ ਲੈਣ ਤੋਂ ਛੋਟ ਦੇਣ ਸਬੰਧੀ ਪੱਤਰ ਨੰ 116390/2021187975 ਮਿਤੀ 11-06-2021 ਲਿਖਿਆ ਗਿਆ ਸੀ।

3.0 ਇਸ ਦੇ ਸਬੰਧ ਵਿੱਚ ਭਾਰਤ ਸਰਕਾਰ ਸਪੋਰਟਸ ਅਥਾਰਟੀ ਆਫ ਇੰਡੀਆ ਵੱਲੋਂ ਮਿਤੀ 11-09-2021 ਨੂੰ ਮੁੜ ਸਰਕੂਲਰ ਜਾਰੀ ਕਰਦੇ ਹੋਏ Fit India Quiz 2021 ਸਬੰਧੀ ਪ੍ਰਤੀ ਸਕੂਲ 2 ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨ ਤੇ ਕੋਈ ਫੀਸ ਨਾ ਲੈਣ ਸਬੰਧੀ ਲਿਖਿਆ ਗਿਆ ਹੈ ਅਤੇ ਜੇਕਰ ਕੋਈ ਸਕੂਲ ਮੁੱਖੀ ਪ੍ਰਤੀ ਸਕੂਲ 2 ਵਿਦਿਆਰਥੀਆਂ ਤੋਂ ਵੱਧ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਂਦਾ ਹੈ ਤਾਂ ਭਾਰਤ ਸਰਕਾਰ ਵੱਲੋਂ ਵੱਧ ਰਜਿਸਟਰਡ ਕੀਤੇ ਵਿਦਿਆਰਥੀਆਂ ਤੋਂ 50/- ਰੁਪਏ ਪ੍ਰਤੀ ਵਿਦਿਆਰਥੀ ਫੀਸ ਚਾਰਜ ਕੀਤੀ ਜਾਵੇਗੀ। ਇਸ ਲਈ ਪ੍ਰਤੀ ਸਕੂਲ 02 ਤੋਂ ਵੱਧ ਰਜਿਸਟਰਡ ਕੀਤੇ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਫੀਸ ਸਬੰਧੀ ਵਿਭਾਗ ਦੀ ਕੋਈ ਜਿੰਮੇਵਾਰੀ ਨਹੀਂ ਹੋਵੇਗੀ।

4.0 Fit India Quiz 2021 ਲਈ ਪ੍ਰਤੀ ਸਕੂਲ 2 ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨੀ ਲਾਜ਼ਮੀ ਹੈ। ਇਸ ਲਈ ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ) ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ 8ਵੀਂ ਤੋਂ 12ਵੀਂ ਜਮਾਤ ਤੱਕ ਦੇ ਪ੍ਰਤੀ ਸਕੂਲ 2 ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਈ ਜਾਵੇ। ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ 30-09-2021 ਤੱਕ ਕਰਵਾਈ ਜਾਣੀ ਹੈ। ਇਸ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਦੀ ਪ੍ਰੀਕ੍ਰਿਆ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਹੈ:

- 1) Fit India ਦੀ website ([www.fitindia.gov.in](http://www.fitindia.gov.in)) ਤੇ ਜਾਓ।
- 2) Fit India Quiz ਟੈਬ ਤੇ ਕਲਿੱਕ ਕਰੋ।
- 3) Registration open click here ਤੇ ਜਾ ਕੇ ਵੇਰਵਾ ਭਰੋ।

Fit India Quiz ਸਬੰਧੀ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ Fit India Quiz 2021 ਦੀਆਂ ਗਾਈਡਲਾਇਨਜ਼ ਨੱਥੀ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ।

ਨੱਥੀ: Fit India Quiz 2021 ਲਈ ਗਾਈਡਲਾਇਨਜ਼।

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ(ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)



**SPORTS AUTHORITY OF INDIA  
FIT INDIA MISSION**

Jawaharlal Nehru Stadium,  
1<sup>st</sup> Floor (Near Ramp No. 5)  
Lodhi Road, New Delhi – 110003  
Email: [contact@fitindia.gov.in](mailto:contact@fitindia.gov.in)

F. No. 19-1/FIT INDIA/QUIZ/2020

Dated: 11/09/2021

**CIRCULAR**

**Subject: Fee waiver to schools registering for Fit India Quiz 2021**

1. In supersession of the circular of even number dated 12.08.2021 on Fit India Quiz 2021, the following amendments has been made in the fees structure of the Quiz:

The Registration fees for 2 lakh students from 1 lakh schools have been waived off by Fit India Mission as per the criteria mentioned below:


- i. Registration of 2 lakh students nominated by 1 lakh schools (Maximum two students per school on first cum first basis) for the Fit India Quiz will be free of cost. (i.e. 2 students nominated by each school can participate in Fit India Quiz for free).
- ii. In case the school is willing to nominate more than 2 students for Fit India Quiz, they can nominate the students after making payment of registration fee of Rs 50 per student for the additional students.

2. For the schools who have already paid the registration fees of Rs 225/- per students, the fees paid for first 2 students shall be fully reimbursed to the concerned school and same shall be considered under the free registrations facility. Further, out of fees (Rs 225/- per student ) already paid on registration of additional students nominated by the school (over and above the first 2 students), Rs 175/- per student shall be reimbursed to the concerned schools and remaining amount of Rs 50/- per student shall be adjusted against the fees due for the registration.

3. The remaining criteria and guidelines stated in the circular of even number dated 12.08.2021 on Fit India School Quiz 2021 will remain same. The revised guidelines for Fit India Quiz 2021 is enclosed herewith. It is therefore requested that the Principal Secretary/Secretary in-charge of School Education Department of all State/UT Governments may kindly share this circular with all schools in the state so that maximum students from the State/UTs participate in Fit India Quiz 2021.

This has been issued with approval of the competent authority.

Encl: As above

  
(Ekta Vishnoi)  
Mission Director (Fit India)



Contd./-

**To:**

Principal Secretary/Secretary in charge of School Education Department of States/UTs

**Copy to:**

1. Joint Secretary, D/o School Education and Literacy, Ministry of Education, Government of India
2. Principal Secretary/Secretary in charge of Sports Department of States/UTs
3. The Chairperson, Central Board of Secondary Education
4. The Commissioner, Kendriya Vidyalaya Sangathan
5. The Commissioner, Navodaya Vidyalaya Samiti
6. The Chairperson, Council for the Indian School Certificate Examinations (CISCE)
7. Director in charge of State School Education Boards of States/UTs

**Copy also for information to:**

1. Sr.PPS to Secretary, D/o School Education and Literacy, Ministry of Education, Govt. of India
2. Sr.PPS to Secretary D/o Sports, Ministry of Youth Affairs and Sports, Govt. of India

(Ekta Vishnoi)  
Mission Director (Fit India)

## **FIT INDIA QUIZ 2021 (REVISED GUIDELINES)**

The Fit India Movement was launched by the Hon'ble Prime Minister in August 2019 with a vision of encouraging every Indian citizen to adopt a physically active lifestyle. Ministry of Youth Affairs and Sports (MYAS) is the nodal ministry for implementing the Fit India Movement in coordination with other stakeholders. The aim of Fit India Movement is to encourage the citizens to include physical activity in their daily lives and to showcase the ease of simplicity of doing activities which can make them fit. In a bid to increase awareness about the importance of physical fitness in our daily lives, the Fit India Mission has conceptualised and conducted multiple events and campaigns. Fit India Movement has been able to mark its presence in more than 4 lakhs schools across the country through Annual Fit India School Week Celebrations and Fit India School certifications.

### **Objective**

To further propagate the message of Fit India Movement among the school children and strengthen its presence in schools, a Fit India Quiz has been envisioned to involve school children across the country. Fit India Quiz, while providing a national platform to students to showcase their knowledge about fitness and sports, also endeavours to create awareness among students about India's rich sporting history, including centuries-old indigenous sports, our sporting heroes of the past and how traditional Indian lifestyle activities hold the key to a Fit Life for all.

### **Structure of Fit India Quiz**

The Fit India Quiz is primed to be the first-of-its-kind nation-wide quiz on fitness and sports for school children. The quiz will have representations from every State/UT in the country and will be a mix of online and broadcast rounds. The quiz format has been designed in an inclusive manner wherein school students from across the country will get an opportunity to test their fitness and sports knowledge against their peers. The quiz will be open for students from all age groups, but the questions shall be framed in a way that can be easily answered by students of class 8 and above.

Following table provides the summary of phases/rounds involved in the Fit India Quiz:

<b>Phases/Rounds</b>	<b>Description</b>
<b>REGISTRATION AND SCHOOL ROUND</b>	<ul style="list-style-type: none"><li>• The school to hold the first round of selection of students internally and register the selected students for the Preliminary round.</li><li>• Registration for preliminary round will be open to all schools across India.</li><li>• Schools will be required to register minimum 2 students for the quiz on link available on Fit India website (<a href="http://www.fitindia.gov.in">www.fitindia.gov.in</a>). Schools can register more than 2 students. There is no upper limit for number of students to be registered for Fit India Quiz from a single school.</li></ul>

Phases/Rounds	Description															
	<ul style="list-style-type: none"> <li>• Registration of 2 lakh students nominated by 1 lakh schools (Maximum two students per school on first cum first basis) for the Fit India Quiz will be free of cost. (i.e. 2 students nominated by each school can participate in Fit India Quiz for free).</li> <li>• In case the school is willing to nominate more than 2 students for Fit India Quiz, they can nominate the students after payment of registration fee of Rs 50/- per student for the additional students.</li> <li>• The registration and payment by the schools shall be done by visiting the registration link provided on the Fit India website.</li> </ul>															
<b>PRELIMINARY ROUND (NTA ROUND)</b>	<ul style="list-style-type: none"> <li>• Registered students will compete individually on an online platform hosted by NTA (National Testing Agency). The quiz questions shall be framed in a way that can be easily answered by students of class 8 and above.</li> <li>• Provision will be made to have quiz questions in 13 languages- English, Hindi, Tamil, Malayalam, Telugu, Kannada, Marathi, Gujarati, Odiya, Assamese, Bengali, Punjabi and Urdu. However, in case of any discrepancies or invalidation, questions in English / Hindi language will prevail.</li> <li>• The necessary links for accessing the quiz, username, and passwords for nominated individual student will be shared with the school and students before the NTA round.</li> <li>• <b>The quiz under NTA round will be of 45 minutes duration and will consist of 75 multiple choice questions (MCQ).</b> Negative marking will be given for incorrect answers (Each correct answer carries 4 marks and for each wrong answer 1 mark will be deducted).</li> <li>• The NTA round will be taken by individual student through mobile device with Andorid 5 or above and internet connectivity, using the dedicated mobile application. Mobile devices with iOS will not be compatible for the mobile application.</li> </ul> <p><b>Evaluation and Results of NTA round</b></p> <ul style="list-style-type: none"> <li>• The students will be evaluated based on the scores achieved in the NTA round. If more than one student gets the same score, the younger student (age-wise) will rank higher in the merit list.</li> <li>• The school whose student is there in the merit list will qualify for the state round.</li> <li>• Top ranked 8-32 schools from each State/UT will qualify for the next round as per the following table:</li> </ul> <table border="1" data-bbox="581 1616 1333 1871"> <thead> <tr> <th>S. No.</th> <th>Number of Schools participating from State/UT</th> <th>Number of qualified Schools for State/UT round</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>0-500</td> <td>8</td> </tr> <tr> <td>2.</td> <td>501-2500</td> <td>16</td> </tr> <tr> <td>3.</td> <td>2501-5000</td> <td>24</td> </tr> <tr> <td>4.</td> <td>More than 5000</td> <td>32</td> </tr> </tbody> </table>	S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round	1.	0-500	8	2.	501-2500	16	3.	2501-5000	24	4.	More than 5000	32
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1.	0-500	8														
2.	501-2500	16														
3.	2501-5000	24														
4.	More than 5000	32														

Phases/Rounds	Description
	<ul style="list-style-type: none"> <li>• If more than one student in the merit list are from the same school, the next student and school will secure a position, making his/her school qualifying for the state round.</li> <li>• The qualified school must nominate an additional student from the respective school as quiz partner, based on their discretion, for the State Round to form a team of two quizzers. However, if more than one student from the qualified school is among the top scorers in the NTA round, the second student in the merit list will automatically be a part of the team representing the qualified school in the State Round.</li> <li>• Details of the student who has been nominated as quiz partner must be entered in on Fit India website by the qualified school along with the bank details of the school and the students participating in the further rounds.</li> <li>• The students appearing in the preliminary round will get participation certificate. The recognition will be given to the schools having maximum participation.</li> </ul>
STATE ROUND	<ul style="list-style-type: none"> <li>• State Round will have 8-32 teams from qualified schools participating on a customized digital platform.</li> <li>• Format: Depending on the number of teams qualified (8-32 teams), 3-11 rounds will be held to determine the State/UT champion.</li> <li>• These rounds will be anchored by a professional quiz master and will be webcast on social media. The quiz could be in mixed language (local as well). Also questions on local sports will also be asked.</li> <li>• Total of 36 school teams i.e., one team per State/ UT will move to the National Round.</li> </ul>
NATIONAL ROUND	<p><b>National Round shall consist of Quarter-finals, Semi-finals and Final Rounds-telecast on Star Sports and national television &amp;Webcast on social media channels of Sports Authority of India, Ministry of Youth Affairs and Sports, Star Sports and Fit India.</b></p> <p><b>Quarter Final</b></p> <ul style="list-style-type: none"> <li>• 36 teams will be divided into 12 groups of 3 teams each. The 3 teams will compete with each other and the top team from each group (a total of 12 teams) will move to the Semi Final Round.</li> <li>• For the remaining 24 teams, 4 best Runner ups will also move to the Semi Final Round</li> <li>• A total of 16 teams will therefore qualify for the Semi-Finals.</li> </ul> <p><b>Semi Final</b></p> <ul style="list-style-type: none"> <li>• The 16 teams who enter the Semi-Finals will be divided into 4 groups of 4 teams each. The winner from each group will move to the National Final Round, which will be telecast on Star Sports.</li> </ul> <p><b>Final</b></p> <ul style="list-style-type: none"> <li>• 4 teams will compete to secure the Top Place of being India's No 1 school in the Fit India Quiz.</li> </ul>

Phases/Rounds	Description
	<ul style="list-style-type: none"> <li>Winner of the Final round will be declared as National Champion.</li> </ul>

The questions in the State and National rounds will also include audio-visual and image-based questions to make the quiz interactive and interesting. Preliminary round will also have image-based questions. The Quiz will have questions from multiple themes as outlined below.

- History of Indian Sports, Traditional Sports and Games, Yoga, Personalities etc
- Fitness topics with special emphasis on Indian traditional fitness methods.
- Olympics, Commonwealth Games, Asian Games, Khelo India Games and other popular sports.

The State and National rounds of the quiz will have innovative concepts such as 'phone a teacher/ parent' etc. to make it fun, interactive and engaging for the audience. The quiz will also have multi-formats featuring buzzer rounds and audio/video recognition round, etc.

#### Prize Structure for Fit India Quiz

The Fit India quiz provides an opportunity for schools and students win cash prizes worth more than Rs 3 Crore. The detailed prize structure for the Fit India Quiz is as below:

<b>Fit India Quiz Budget Estimate</b>		
<b>Prize money to winners</b>		
Particulars	Cash Prize for schools (in INR)	Cash prize for Students* (in INR)
<b>National Champion</b>	25,00,000	2,50,000
<b>1st Runner Up- National Round</b>	15,00,000	1,50,000
<b>2nd Runner Up- National Round</b>	10,00,000	1,00,000
<b>State/UT Champion **</b>	2,50,000	25,000
<b>State/UT 1st Runner Up **</b>	1,00,000	10,000
<b>State/UT 2<sup>nd</sup> Runner Up**</b>	50,000	5,000
<b>State qualifiers after NTA round***</b>	15,000	2,000
<b>Cash prizes to teachers, principals and parents who will be part of the quiz in various rounds</b>		9,69,000
<b>Total Prize money -----</b>		<b>3,25,00,000</b>

It is suggested that the cash prize may be utilized only for the purpose of promotion of sports and fitness.

\*Awards to team of 2 students

\*\*Awards to each State/UT

\*\*\*Awards to all qualified schools for state round

#### Timeline for the Fit India Quiz

S. No.	Activity	Start Date	End Date
1	Launch of Fit India Quiz	September 1, 2021	
2	Registrations	September 1, 2021	September 30, 2021
3	Preliminary or NTA Round	October 29, 2021	
4	State Round	December 1, 2021	December 31, 2021
5	National Round	January/February 2022	

#### **Role of Schools**

- The schools will be the key drivers for the propagation and promotion of the quiz within their respective schools which shall be essential for the greater success and participation from students.
- The schools will be responsible for registering minimum two students for the quiz on the Fit India website and shall ensure fair selection process being carried out for the identifying the students.
- The qualified school must nominate an additional student from the respective school as quiz partner, based on their discretion, for the State Round to form a team of two quizzers.
- The schools to adhere to the guidelines as available on the Fit India website.
- Schools to make necessary arrangements in case of travel etc for the students.

#### **Role of States/UTs**

- States/UTs to ensure wide publicity to Fit India Quiz and encourage to the schools to register and participate in the Fit India Quiz. The information on Fit India Quiz to be shared with all the schools in the state to ensure maximum participation.
- States/UTs to conduct State round in respective states with the support of Fit India Mission and select state/UT champion for National round.
- Event Management agency will be finalised by FIT India Mission.

#### **Role of Fit India Mission**

Fit India Mission under Ministry of Youth Affairs and Sports, Government of India shall be the chief benefactor for the Fit India Quiz and shall provide all necessary financial support and guidance to the stakeholders. The Fit India Mission will co-ordinate with the concerned state departments and facilitate in providing guidelines and defining SOPs at various stages of the Fit India Quiz.