

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਸੈ:ਸਿ:) ਪੰਜਾਬ, ਐਸ.ਏ.ਐਸ ਨਗਰ
(ਸਪੋਰਟਸ ਸਾਖਾ)

ਵੱਲ

ਸਮੂਹ ਜਿਲਾ ਸਿੱਖਿਆ ਅਫਸਰ(ਸੈ:ਸਿ:)/

ਸਮੂਹ ਸਕੂਲ ਮੁਖੀ

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ਮਿਤੀ:ਐਸ.ਏ.ਐਸ ਨਗਰ- 02-03-2022/15-03-2022

ਵਿਸ਼ਾ:- Suggestive Activities Calendar for Fit India Movement(March 2022-Feb 2023)

ਉਕਤ ਵਿਸ਼ੇ ਸਬੰਧੀ ਭਾਰਤ ਸਰਕਾਰ ਵਲੋਂ ਪਿਛਲੇ ਸਾਲ ਦੀ ਤਰਾਂ ਫਿੱਟ ਇੰਡੀਆ ਸਬੰਧੀ ਐਕਟੀਵਿਟੀਜ਼ ਕਰਾਉਣ ਲਈ ਮਾਰਚ 2022 ਤੋਂ ਫਰਵਰੀ 2023 ਤੱਕ ਦਾ ਕਲੰਡਰ ਤਿਆਰ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਕਲੰਡਰ ਵਿੱਚ ਦਰਜ ਕੀਤੀਆਂ ਗਈਆਂ ਗਤੀਵਿਧੀਆਂ ਨੂੰ ਇੰਨ ਬਿੰਨ ਕਰਵਾਇਆ ਜਾਵੇ ਅਤੇ ਇਸ ਦੀ ਰਿਪੋਰਟ ਮਹੀਨਾ ਵਾਰ ਦਫਤਰ ਦੀ ਮੇਲ ਆਈ ਡੀ dydirectorphyedupb@gmail.com ਤੇ ਭੇਜਣੀ ਯਕੀਨੀ ਬਣਾਈ ਜਾਵੇ ਤਾਂ ਜੋ ਇਸ ਦੀ ਸੂਚਨਾ ਭਾਰਤ ਸਰਕਾਰ ਨੂੰ ਸਮੇਂ ਸਿਰ ਭੇਜੀ ਜਾ ਸਕੇ। ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ ਕਲੰਡਰ ਨਾਲ ਨੱਥੀ ਕਰਕੇ ਭੇਜਿਆ ਜਾਂਦਾ ਹੈ।


ਸੁਪਰਡੈਂਟ(ਸਪੋਰਟਸ)

Suggestive Activities for FIT India Movement – March 2022-Feb 2023

Sr. No.	Month	Theme based Activities
1.	March- April	FIT INDIA FITNESS ASSESSMENT <ul style="list-style-type: none"> Fitness assessment by teachers and parents on Fit India Mobile App Link for download: <ul style="list-style-type: none"> a) Android- https://play.google.com/store/apps/details?id=com.sai.fitIndia b) iOS- https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890 Participation in Fit India Quiz as audience on Fit India Mobile App Fitness Ka Dose Aadha Ghanta Roz- doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour atleast.
2,	May-June	MENTAL FITNESS AND YOGA <ul style="list-style-type: none"> Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App Celebration of “Yoga Day” (Age-appropriate Yoga Activities) Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App Pranayam, Meditation/ Mindfulness activities every day. Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle Focus on Mind games like chess, Sudoku, Puzzle etc.
3.	July	FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS <ul style="list-style-type: none"> Participate in Khelo India National Fitness programme for schools through Fit India Mobile App Learn different Indigenous/ traditional sports on Fit India Mobile App Organization of indigenous/traditional sports, martial arts, dance with theme – Hamari Sanskriti Se Fitness
4.	August - September	FIT INDIA FREEDOM RUN <ul style="list-style-type: none"> Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App Share your Run with friends/family and challenge them on Fit India Mobile App Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students & Community) Places associated with Independence Movement in states/UTs to

		be selected for culmination/ starting of Freedom run <ul style="list-style-type: none"> • In morning assembly plays / role-plays may be conducted on various historically important events. • Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week
5.	October	FIT INDIA PLOG RUN <ul style="list-style-type: none"> • Organise and register FIT India Plogrun on Fit India Mobile App • Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature • Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi • Cultural programs depicting importance of Mahatma Gandhi in India's Independence • Swachhata Pledge/ Water Saving Pledge
6.	November-December	FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT <ul style="list-style-type: none"> • Celebrating 5-6 days in a week for fitness related activities • Inter and Intra Sports Competitions • Motivate & aware parents, community regarding doing daily fitness activities. • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App
7.	January-February	FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT <ul style="list-style-type: none"> • Welcoming new year with fitness events • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App • Participation in Fit India Quiz as audience on Fit India Mobile App • Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities

**These are only suggestive activities; States/UTs may adapt/adopt according to their local conditions. More on the suggestive activities and opportunities to join Fit India Mission are available on Fit India Mobile App.*