

ਦਫਤਰ ਡਾਇਰੈਕਟਰ ਸਿੱਖਿਆ ਵਿਭਾਗ (ਸੈ.ਸਿ.) ਪੰਜਾਬ

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

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ।)

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ, ਪੰਜਾਬ।

ਈ.ਫਾਈਲ ਨੰ. 116390

ਮਿਤੀ ਐਸ.ਏ.ਐਸ. ਨਗਰ: 01/11/2022

ਵਿਸ਼ਾ: Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਦੀ ਅੰਤਿਮ ਮਿਤੀ ਵਿੱਚ ਕੀਤੇ ਵਾਧੇ ਸਬੰਧੀ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ Government of India, Ministry of Education, Department of School Education & Literacy Shastri Bhavan, New Delhi ਵੱਲੋਂ ਮਿਤੀ 13-10-2022 ਅਤੇ 21-10-2022 ਨੂੰ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਅਤੇ ਸਰਕੂਲਰ ਜਾਰੀ ਕੀਤਾ ਗਿਆ ਹੈ। Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਮਿਤੀ 03-09-2022 ਤੋਂ ਸ਼ੁਰੂ ਕੀਤੀ ਗਈ ਹੈ। Fit India Quiz 2022 ਲਈ ਪੂਰੇ ਭਾਰਤ ਦੇ ਸਕੂਲਾਂ ਅਤੇ ਬੱਚਿਆਂ ਲਈ 3.25 ਕਰੋੜ ਦੀ ਨਕਦ ਇਨਾਮ ਦੀ ਰਾਸ਼ੀ ਵੀ ਰੱਖੀ ਗਈ ਹੈ। ਇਸ Quiz ਦਾ ਉਦੇਸ਼ ਸਾਰਿਆਂ ਨੂੰ Fit Life (fitness and sports) ਸਬੰਧੀ ਰਾਸ਼ਟਰੀ ਪੱਧਰ ਤੇ ਗਿਆਨ ਮੁਹੱਈਆ ਕਰਵਾਉਣਾ ਹੈ।

ਆਪ ਪਹਿਲਾਂ ਹੀ ਜਾਣੂ ਹੋ ਕਿ Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਪੂਰੇ ਭਾਰਤ ਦੇ ਸਾਰੇ ਸਕੂਲਾਂ ਲਈ ਖੁੱਲੀ ਹੈ। ਇਸ Quiz ਲਈ ਸਬੰਧਤ ਸਕੂਲ ਵੱਲੋਂ Fit India ਦੀ ਵੈਬਸਾਈਟ (www.fitindia.gov.in) ਉੱਤੇ ਉਪਲੱਭਯ ਲਿੰਕ ਤੇ ਘੱਟੋ-ਘੱਟ 02 ਵਿਦਿਆਰਥੀ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨੇ ਲੋੜੀਂਦੇ ਹਨ। ਸਕੂਲ 02 ਵਿਦਿਆਰਥੀਆਂ ਤੋਂ ਜਿਆਦਾ ਦੀ ਵੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰ ਸਕਦੇ ਹਨ। ਸਿੰਗਲ ਸਕੂਲ ਵੱਲੋਂ Fit India Quiz ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕੀਤੇ ਜਾਣ ਵਾਲੇ ਵਿਦਿਆਰਥੀਆਂ ਵਾਸਤੇ ਕੋਈ ਗਿਣਤੀ ਸੀਮਤ ਨਹੀਂ ਹੈ। ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਹਰ ਇੱਕ ਵਿਦਿਆਰਥੀ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨ ਸਮੇਂ 50/- ਰੁਪਏ ਪ੍ਰਤੀ ਵਿਦਿਆਰਥੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਫੀਸ ਭਰੀ ਜਾਣੀ ਹੈ। ਸਕੂਲ ਵੱਲੋਂ ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਅਤੇ ਫੀਸ Fit India ਦੀ ਵੈਬਸਾਈਟ ਉਪਰ ਦਿੱਤੇ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਲਿੰਕ ਤੇ ਹੀ ਭਰੀ ਜਾਣੀ ਹੈ। ਇਹ ਫੀਸ ਭਰਨ ਉਪਰੰਤ ਹੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਮੰਨੀ ਜਾਵੇਗੀ।

ਇਸ ਲਈ ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ) ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਮੁੜ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਉਕਤ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਾਲ ਨੱਥੀ ਸਰਕੂਲਰ ਅਨੁਸਾਰ Fit India Quiz 2022 ਲਈ ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਦੀ ਮਿਤੀ 15-10-2022 ਤੋਂ ਵਧਾ ਕੇ ਹੁਣ ਅੰਤਿਮ ਮਿਤੀ 15-11-2022 ਤੱਕ ਕਰ ਦਿੱਤੀ ਗਈ ਹੈ। Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਦਾ Criteria ਵੀ ਪਹਿਲੇ ਸਰਕੂਲਰ ਅਤੇ ਇਸ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਹੋਵੇਗਾ। ਜਿਹੜੇ ਸਕੂਲਾਂ ਵੱਲੋਂ ਅਜੇ ਤੱਕ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਨਹੀਂ ਕਰਵਾਈ ਗਈ ਉਹ ਸਕੂਲ ਮਿਤੀ 15-11-2022 ਤੋਂ ਪਹਿਲਾਂ-ਪਹਿਲਾਂ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾ ਸਕਦੇ ਹਨ।

ਨੱਥੀ: 1) ਭਾਰਤ ਸਰਕਾਰ ਵੱਲੋਂ ਪ੍ਰਾਪਤ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਅਤੇ ਹੋਰ ।

2) Fit India Quiz 2022 ਦੀਆਂ ਗਾਈਡਲਾਇਨਜ਼ ਨੱਥੀ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ ਅਤੇ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ Fit India ਦੀ website (www.fitindia.gov.in) ਉੱਤੇ ਵਿਸ਼ਿਟ ਕੀਤਾ ਜਾਵੇ।

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ(ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)



Santosh Kumar Yadav
Additional Secretary (DoSEL)
Ph: 011-23387781
Email: yadavsk.up@nic.in

D.O. No.12-1/2020-IS.4

Dated 21.10.2022

Respected Ma'am/Sir,

As you are aware that Fit India Mission has launched the second edition of Fit India Quiz on August 29, 2022. The registration for Fit India Quiz 2022 is ongoing where schools can register and nominate their students to participate in the Fit India Quiz 2022 by visiting (<https://fitindia.nta.ac.in/>). The last date for the registration has been now extended to 15th November 2022 in order to ensure maximum participation from schools and students.

2. In order to ensure participation from each and every district of the country, it is requested that the state/UT education department to encourage all government and private schools affiliated with respective state education boards to register for Fit India Quiz 2022 and nominate at least 2 students for Fit India Quiz 2022. It is to be noted that there is no upper limit on number of students to be nominated, hence the school can nominate as many students who are interested to participate in the Fit India Quiz 2022.


3. The registration of the schools shall be considered completed only if they have nominated students and paid the required fees of Rs. 50 per student. The schools are required to keep a copy of payment proof and confirmation page after completing the registration for their records. Circular with details on date extension and guidelines of Fit India Quiz is enclosed.

4. The dates for the Preliminary rounds shall be communicated to the registered schools and will be made available on Fit India website (<https://fitindia.gov.in/home>) and Fit India Quiz 2022 NTA portal (<https://fitindia.nta.ac.in/>).

5. It is hence advised that all government and private schools affiliated with state education boards to be encouraged to register and participate in the Fit India Quiz 2022. The projected target for each state/UT has been provided under Annexure 1. Therefore, it is requested to take necessary actions to meet and exceed the targets for school registrations in their respective states/UT. The state/UT departments can further bifurcate the target to the district and allocate accordingly.

Warm regards.

Yours Sincerely,


(Santosh Kumar Yadav)

Encl.: As above

To,

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



सूचना का
अधिकार

Santosh Kumar Yadav,
Additional Secretary(SS-I),
Tel:- 011-23387781
E-mail : yadavsk.up@nic.in

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

D.O. No. 12-1/2020-IS.4

Dated: 13th October, 2022

Respected Ma'am/Sir,

As you are aware, National Education Policy (NEP) 2020, emphasized on the importance of sports in education and bringing sports in main stream education. This Department is organizing various physical and sports activities for schools under FIT India Mission in collaboration with Ministry of Youth Affairs and Sports. Fit India Quiz is one of the activities under which it has been decided that all KVS, JNVs and all CBSE schools will register at least one team (more teams are welcome) of two students each, on Fit India Quiz portal. The last date for registration has been extended from 15.10.22 to 15.11.2022. The posters of Fit India Quiz sent by SAI may be emailed by CBSE, KVS, NVS to all its schools. The schools may exhibit a printed version of the poster in its premises, at their cost.

2. The registration of the schools shall be considered completed only if they have nominate and paid the required fee of Rs.50 per student.
3. All CBSE, KVS and JNV schools are required to mandatorily celebrate Fit India Week and organise Annual Sports Day in November-December, 2022.
4. Advisory has been issued to CBSE, KVS and NVS vide 12-1/2020-IS-4 dated 10th September 2021 (enclosed), to participate in using Khelo India Fitness Assessment tool. The usage of Khelo India Fitness Assessment tool may be made mandatory for all grades from 1-12, with immediate effect. A monitoring of the same may also be done. The Fit India Mobile App is to be disseminated to all schools, students, teachers, parents, etc. and its benefits may be shared with them.
5. I would like to request you to issue necessary instructions to all schools under your purview to take necessary action on the activities proposed above relating to Fit India Quiz, Fit India Week, Khelo India Fitness Assessment Tool and Fit India Mobile App.

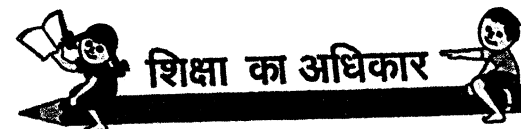
With Regards,

Encl: As above.

Yours sincerely,

(Santosh Kumar Yadav)

Chairman, CBSE
Commissioner, Kendriya Vidyalaya Sangathan
Commissioner, Navodaya Vidyalaya Samiti





Government of India
Ministry of Youth Affairs and Sports

FIT
INDIA



भारत सरकार
Ministry of Education
Government of India

Fit India Quiz 2022

India's Biggest Quiz on Sports & Fitness

Register now..!

Last date : 15th November 2022



Cash Prizes worth

₹3.25 CRORE



**Schools to Register & Nominate
Students by visiting:**

<https://fitindia.nta.ac.in/>



Government of India
Ministry of Youth Affairs and Sports



**SPORTS AUTHORITY OF INDIA
FIT INDIA MISSION**

**Jawaharlal Nehru Stadium,
1st Floor (Near Ramp No. 5)
Lodhi Road, New Delhi – 110003
Email: contact@fitindia.gov.in**

F. No. 19-2/FIT INDIA/QUIZ/2022

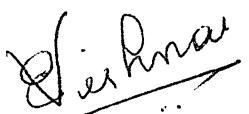
Dated: 11/10/2022

CIRCULAR

Subject: Extension of Registration Dates for Fit India Quiz 2022

1. In continuation to the circular of even number dated 22.08.2022 on Fit India Quiz 2022, regarding the school registration for Fit India Quiz 2022, it is to inform that the last date for the Fit India Quiz 2022 registration has been extended from 15.10.2022 to 15.11.2022 for enabling maximum number of schools and students to register for participation.
2. The schools to register themselves on <https://fitindia.nta.ac.in/> and nominate minimum 2 students. It is to be noted that there is no upper limit on number of students to be nominated, hence the school can nominate as many students who are interested to participate in the Fit India Quiz 2022.
3. The registration of the schools shall be considered completed only if they have nominate students and paid the required fees of Rs. 50 per student. The school to keep a copy of payment proof and confirmation page after completing the registration for their records.
4. The dates for the Preliminary rounds shall be communicated to the registered schools and will be made available on Fit India website (<https://fitindia.gov.in/home>) and Fit India Quiz 2022 NTA portal (<https://fitindia.nta.ac.in/>)
5. The remaining criteria and guidelines stated in the circular of even number dated 22.08.2022 on Fit India Quiz 2022 will remain same. It is therefore requested that the Principal Secretary/Secretary in charge of the School Education Department of all State/UT Governments may kindly share this circular with all schools in the state/UT so that maximum students from the state/UT may participate in the Fit India Quiz 2022.

More details of Fit India Quiz are attached as Annexure.


(Ekta Vishnoi)
Mission Director (Fit India)

Encl.: As above

To:

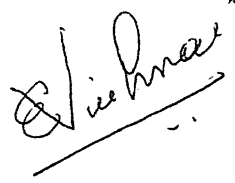
Principal Secretary/Secretary in charge of School Education Department of States/UTs

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


D. K. Sharma

GUIDELINES FOR FIT INDIA QUIZ

Preface

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:

Phases/Rounds	Description
REGISTRATION AND SCHOOL ROUND	<ul style="list-style-type: none"> • The school to hold the first round of selection of students internally and register the selected students for the Preliminary round. • Registration for preliminary round will be open to all schools across India. • Schools will be required to register minimum 2 students for the quiz on link available on Fit India website (www.fitindia.gov.in). 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. • Registration of 1 lakh students nominated by first 50 thousand 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). • 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. • The registration and payment by the schools shall be done by visiting the registration link https://fitindia.nta.ac.in/.
PRELIMINARY ROUND (NTA ROUND)	<ul style="list-style-type: none"> • 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. • 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. • 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. • The quiz under NTA round will be of 30 minutes duration and will consist of 60 multiple choice questions (MCQ). Negative marking will be given for incorrect answers (Each correct answer carries 4 marks and for each wrong answer 1 mark will be deducted). • 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. <p>Evaluation and Results of NTA round</p> <ul style="list-style-type: none"> • 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.

Phases/Rounds	Description															
	<ul style="list-style-type: none"> • The school whose student is there in the merit list will qualify for the state round. • Top ranked 8-32 schools from each State/UT will qualify for the next round as per the following table: <table border="1" data-bbox="576 493 1388 769"> <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>4</td> </tr> <tr> <td>2.</td> <td>501-2500</td> <td>8</td> </tr> <tr> <td>3.</td> <td>2501-10,000</td> <td>16</td> </tr> <tr> <td>4.</td> <td>More than 10,000</td> <td>32</td> </tr> </tbody> </table> <ul style="list-style-type: none"> • 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. • 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. • 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. • The students appearing in the preliminary round will get participation certificate. The recognition will be given to the schools having maximum participation. 	S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round	1.	0-500	4	2.	501-2500	8	3.	2501-10,000	16	4.	More than 10,000	32
S. No.	Number of Schools participating from State/UT	Number of qualified Schools for State/UT round														
1.	0-500	4														
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3.	2501-10,000	16														
4.	More than 10,000	32														
STATE ROUND	<ul style="list-style-type: none"> • State Round will have 4-32 teams from qualified schools participating on a customized digital platform. • Format: Depending on the number of teams qualified (4-32 teams), 1-11 rounds will be held to determine the State/UT champion. • 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. • Total of 36 school teams i.e., one team per State/ UT will move to the National Round. 															
NATIONAL ROUND	<ul style="list-style-type: none"> • Modalities would be finalised 															

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, Ask an Expert, Flip a Question, Trump Card** 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:

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

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

*Awarded to team of 2 students

** Awarded to each State/UT

*** Awarded to all qualified schools for state round

Subjected to nature of rounds included in the State and National Rounds

Tentative Timeline for the Fit India Quiz

S.No.	Activity	Start Date	End Date
1	Launch of Fit India Quiz	September 3, 2022	
2	Registrations	September 3, 2022	November 15, 2022
3	Preliminary or NTA Round (including mock tests conducted by NTA)	To be announced	
4	State Round	To be announced	
5	National Round	To be announced	

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 schools to pay the require registration fee per student.
- 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.

No. 12-1/2020-IS-4 (Part-I)
Government of India
Ministry of Education
Department of School Education & Literacy
(IS-4 Section)

Shastri Bhawan, New Delhi,
Dated: 10th September, 2021

To

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

Sub: FIT India Mobile App for Fitness Assessment

Sir/Madam,

As you must be aware, Hon'ble Prime Minister has launched the "FIT India Movement" on 29th August, 2019 with a view to make physical fitness a way of life.

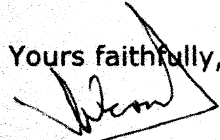
2. To further promote and aware people about importance of fitness, Hon'ble Minister, Youth Affairs and Sports launched FIT India Mobile App on 29th August 2021. Fitness Assessment based on the 'Age-Appropriate Fitness Protocols-GOALS' that was launched by Hon'ble Prime Minister in September 2020 is the core feature of the app. The App has integrated features likes calorie counts, activity tracker, sleep tracking etc.

3. The App is available for download on both Android and IOS platforms in Hindi and English. The links to download App are as follows:

- For Android- <https://play.google.com/store/apps/details?id=com.sai.fitIndia>
- For iOS- <https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890>

4. You are requested to publicize the FIT India Mobile App, encourage people to download the App and organize a drive of Fitness Assessment through this App in your department/schools/offices, so that maximum number of people can assess their fitness and find ways to improve it and move towards making a better healthier and fitter India.

Yours faithfully,



(Vinod Krishan Verma)

Deputy Secretary to the Government of India

Tel.01123384582

Email: vinodk.verma@nic.in

Copy to: (For information and necessary action.)

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Director, Central Tibetan Schools Administration (CTSA)
4. The Chairman, National Institute of Open Schooling (NIOS)
5. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
6. The Director, National Council of Education Research and Training
7. The Chairman, Council for the Indian School Certificate Examination (CISCE)