

Mailok-15-09-2022

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

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

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.)।

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ, ਪੰਜਾਬ।

ਈ.ਫਾਈਲ ਨੰ. 116390/2022-249036

ਮਿਤੀ ਐਸ.ਏ.ਐਸ. ਨਗਰ: 15-09-2022

ਵਿਸ਼ਾ: Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਸਬੰਧੀ।

ਹਵਾਲਾ: ਇਸ ਦਫਤਰ ਦੇ ਪੱਤਰ ਨੰ 116390 ਮਿਤੀ 29-08-2022 ਦੀ ਲਗਾਤਾਰਤਾ ਵਿੱਚ।

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ Ministry of Education, Department of School Education & Literacy ਵੱਲੋਂ ਮਿਤੀ 13-09-2022 ਨੂੰ ਮੁੜ ਪੱਤਰ ਜਾਰੀ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਪੱਤਰ ਅਨੁਸਾਰ Fit India Quiz 2022 ਦੇ Second edition ਨੂੰ ਵੱਡੇ ਪੱਧਰ ਤੇ ਪ੍ਰਸਾਰ ਕਰਨ ਲਈ ਲੋੜੀਂਦੀ ਕਾਰਵਾਈ ਕਰਨ ਲਈ ਲਿਖਿਆ ਹੈ। Fit India Quiz 2022 ਲਈ ਸਪੋਰਟਸ ਵਿਭਾਗ ਵੱਲੋਂ ਈਵੈਂਟ ਦੀ ਡਿਟੇਲ ਦੇ ਨਾਲ ਪੋਸਟਰ ਬਣਾਇਆ ਹੈ ਜੋ ਨਾਲ ਨੱਥੀ ਹੈ। ਪੋਸਟਰ ਅਨੁਸਾਰ ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਮਿਤੀ 03-09-2022 ਤੋਂ 15-10-2022 ਤੱਕ ਹੋਣੀ ਹੈ।

ਇਸ ਲਈ ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.) ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਮੁੜ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਉਕਤ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਪੱਤਰ ਅਨੁਸਾਰ Fit India Quiz 2022 ਦੇ Second edition ਦਾ ਵੱਡੇ ਪੱਧਰ ਤੇ ਪ੍ਰਸਾਰ ਕੀਤਾ ਜਾਵੇ। ਇਸ ਪੱਤਰ ਨਾਲ ਨੱਥੀ ਪੋਸਟਰ ਦੀ ਕਾਪੀ ਨੂੰ ਸਕੂਲ ਦੇ ਡਿਸਪਲੇਅ ਬੋਰਡ ਉੱਤੇ ਚਿਪਕਾਇਆ ਜਾਵੇ ਤਾਂ ਜੋ ਸਕੂਲੀ ਬੱਚੇ ਇਸ ਕੁਇਜ਼ ਤੋਂ ਜਾਣੂ ਹੋ ਸਕਣ। ਇਸ ਦੇ ਨਾਲ ਹੀ ਨੱਥੀ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਈ ਜਾਵੇ। ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ Fit India ਦੀ website ([www.fitindia.gov.in](http://www.fitindia.gov.in)) ਉੱਤੇ ਮਿਤੀ 3-09-2022 ਤੋਂ ਆਰੰਭ ਹੋ ਚੁੱਕੀ ਹੈ ਅਤੇ ਪੋਸਟਰ ਅਨੁਸਾਰ ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ 15-10-2022 ਤੱਕ ਕਰਵਾਈ ਜਾਣੀ ਹੈ। ਜਿਹੜੇ ਸਕੂਲਾਂ ਵੱਲੋਂ ਅਜੇ ਤੱਕ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਨਹੀਂ ਕਰਵਾਈ ਗਈ ਉਹ ਸਕੂਲ ਮਿਤੀ 15-10-2022 ਤੋਂ ਪਹਿਲਾਂ-ਪਹਿਲਾਂ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾ ਸਕਦੇ ਹਨ।

ਨੱਥੀ: 1) ਮਿਤੀ 22-08-2022 ਦਾ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਅਤੇ ਸਰਕੂਲਰ ਅਤੇ 13-09-22 ਦਾ ਪੱਤਰ।

2) Fit India Quiz 2022 ਦੀਆਂ ਗਾਈਡਲਾਈਨਜ਼ ਨੱਥੀ ਕੀਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ ਅਤੇ ਵਧੇਰੇ

ਜਾਣਕਾਰੀ ਲਈ Fit India ਦੀ website ([www.fitindia.gov.in](http://www.fitindia.gov.in)) ਉੱਤੇ ਵਿਜਿਟ ਕੀਤਾ ਜਾਵੇ।

3) ਮਿਤੀ 20/9/22 ਦਾ ਪੱਤਰ

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)

**Reminder-I**

F. No. 12-1/2020-IS-4  
Government of India  
Ministry of Education  
Department of School Education & Literacy

To

Shastri Bhawan, New Delhi  
Dated: 13<sup>th</sup> September, 2022

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

**Subject: - FIT India Quiz, 2022 -reg**

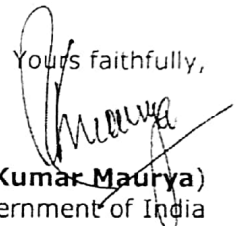
Madam/Sir, \_\_\_\_\_

Please refer to this Department's letter of even number dated 24.08.2022 regarding the Fit India Quiz, 2022, wherein this Department requested to take necessary action to widely publicize the second edition of FIT India Quiz programme. The registrations for the second edition of Fit India Quiz started on 03.09.2022. In this regard, Department of Sports has designed a poster (copy enclosed) with all the necessary details of the event. The poster may be downloaded from the official website of Fit India.

2. In view of the above, it is again requested to take necessary action to widely publicize the second edition of FIT India Quiz programme by encouraging the schools and students. It is also requested to take appropriate steps to disseminate the above-said poster in concerned official website and various social media platforms.

**Encl:** Copy of the poster and Letter dated 24.08.2022

Yours faithfully,



**(Rajesh Kumar Maurya)**

Under Secretary to the Government of India

E-mail : rajmaurya.edu@nic.in

Tele No. 011-23384501

Copy to: (For information and necessary action.)

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

Copy also to :

1. AS(Inst), DoSE&L, MoE
2. Ms. Ekta Vishnoi, Senior Director, Khelo India.



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आज़ादी का  
अमृत महोत्सव

20/9/22  
Santosh Kumar Yadav  
Additional Secretary (DoSEL)  
Ph: 011-23387781

D.O. No. 12-1/2020-1S.4(E)

Dated: 20<sup>th</sup> Sept., 2022

Respected Sir,

As you are aware that Fit India Movement was launched in August 2019 to popularize fitness as a way of life among citizens. In a bid to further reiterate the need to create awareness about fitness and sports among school children, the Fit India Mission under the aegis of Sports Authority of India, Ministry of Youth Affairs and Sports has decided to launch second edition of Fit India Quiz for schools across the country.

2. First edition of Fit India Quiz entailed a prize money of Rs. 3.25 Cr for students/schools, and 36,299 students from 13,502 schools across India actively participated. 36 schools among them representing their respective State/UT competed in the Fit India Quiz National Finals. The episodes of first edition of Fit India Quiz national Finals are being telecast on Star Sports 1 and Hotstar OTT since 3<sup>rd</sup> Sep., 2022. The Department of Sports launched second edition of the programme on 29<sup>th</sup> Aug., 2022. The prize money for the event is same as the last edition and registration of students for the said event across the country started from 3<sup>rd</sup> Sep., 2022. The said information has already been shared with you vide Department's letter and reminder letter of even number dated 24<sup>th</sup> Aug., 2022 and 13<sup>th</sup> Sep., 2022 respectively.

3. As the registration process for enrolment in the second edition of Fit India Quiz has already started and last date of registration is 15<sup>th</sup> Oct. 2022, you are requested to take necessary actions to widely publicize the programme for maximizing the participation of schools and students in it.

Encl.: as above.

With Regards.

Yours sincerely,

(Santosh Kumar Yadav)

To

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

**Copy for similar action to:**

1. The Chairperson, Central Board of Secondary Education (CBSE)
2. The Director, National Council of Educational Research and Training (NCERT)
3. The Commissioner, Kendriya Vidyalaya Sangathan (KVS)
4. The Chairperson, National Institute of Open Schooling (NIOS)
5. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
6. The Chairperson, National Bal Bhavan (NBB)
7. The Chairperson, Council for the Indian School Certificate Examination (CISCE)

**F. No. 12-1/2020-IS-4  
Government of India  
Ministry of Education  
Department of School Education & Literacy**

Shastri Bhawan, New Delhi  
Dated: 24<sup>th</sup> August, 2022

To

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

**Subject: - FIT India Quiz, 2022 -reg**

Madam/Sir,

Please refer to Department of Sports letter No. Fit India/ Quiz/2022 dated 22.08.2022 and Sports Authority of India's letter No. 19-2/FIT India/Quiz/2022 dated 22.08.2022 regarding the FIT India Quiz, 2022.

2. The Deptt. of Sports has informed that, Fit India Mission had launched first edition of Fit India Quiz for schools across the country. First edition of FIT India Quiz entailed a prize money of Rs. 3.25 Cr for students/schools, and 36,299 students from 13,502 schools across India actively participated. 36 schools among them representing their respective State/UT competed in the FIT India Quiz National Finals.

3. The Deptt. of Sports has decided to launch second edition of the programme on 29<sup>th</sup> August 2022. The prize money for the event will be same as last edition and registration of students for the said event across the country will start from 3<sup>rd</sup> Sep, 2022. The programme will be launched by Hon'ble Minister of YA&S and telecast on Fit India Youtube channel and Facebook page. Circular and Guideline of the same is enclosed herewith.

4. You are requested to take necessary action to give wide publicity about the second edition of FIT India Quiz programme and viewing of Final events of first edition on the above mentioned platforms. The episodes of FIT India Quiz national Finals will be telecast on Star Sports 1 and Hotstar OTT from 3<sup>rd</sup> Sep, 2022.

**Encls:** Circular and Guidelines of FIT India Quiz

Yours faithfully,

(V.K. Verma)

Deputy Secretary to the Government of India  
E-mail : vinodk.verma@nic.in  
Tele No. 011-23384582

Copy to: (For information and necessary action.)

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

Copy also to :

1. AS(Inst), DoSE&L, MoE
2. Ms. Ekta Vishnoi, Senior Director, Khelo India.



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

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

ਵੱਲ

ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ.)

ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀ, ਪੰਜਾਬ।

ਈ.ਫਾਈਲ ਨੰ. 116390

ਮਿਤੀ ਐਸ.ਏ.ਐਸ. ਨਗਰ: 29-08-2022

ਵਿਸ਼ਾ: **Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਉਣ ਸਬੰਧੀ।**

ਉਪਰੋਕਤ ਵਿਸ਼ੇ ਦੇ ਸਬੰਧ ਵਿੱਚ Sports Authority of India Fit India Mission ਦੇ Mission Director (Fit India) ਵੱਲੋਂ ਮਿਤੀ 22-08-2022 ਨੂੰ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਅਤੇ ਸਰਕੂਲਰ ਜਾਰੀ ਕੀਤਾ ਗਿਆ ਹੈ। ਇਸ ਸਰਕੂਲਰ ਅਨੁਸਾਰ Fit India Quiz ਸਬੰਧੀ ਮਿਤੀ 29-08-2022 ਨੂੰ Youth Affairs and Sports ਦੇ ਮਾਨਯੋਗ ਮੰਤਰੀ ਵੱਲੋਂ Fit India Quiz 2022 ਦਾ Second edition ਐਲਾਨਿਆ ਜਾਵੇਗਾ। ਇਸ ਦਾ ਐਲਾਨ Fit India Mission ਦੇ YouTube Channel (<https://www.youtube.com/c/FitIndiaMovement2019>) ਅਤੇ Fit India Movement ਦਾ FB Page (<https://facebook.com/FitIndiaOff>) ਉੱਤੇ ਲਾਈਵ ਟੈਲੀਕਾਸਟ ਹੋਵੇਗਾ ਅਤੇ ਇਸ ਪ੍ਰੋਗਰਾਮ ਦਾ ਪ੍ਰਸਾਰਣ ਨੈਸ਼ਨਲ ਟੀ.ਵੀ ਚੈਨਲ ਤੋਂ ਇਲਾਵਾ ਸਟਾਰ ਸਪੋਰਟਸ ਚੈਨਲ ਤੇ ਵੀ ਟੈਲੀਕਾਸਟ ਹੋਵੇਗਾ। Fit India Quiz 2022 ਲਈ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਮਿਤੀ 03-09-2022 ਤੋਂ ਸ਼ੁਰੂ ਕੀਤੀ ਜਾ ਰਹੀ ਹੈ। Fit India Quiz 2022 ਲਈ ਪੂਰੇ ਭਾਰਤ ਦੇ ਸਕੂਲਾਂ ਅਤੇ ਬੱਚਿਆਂ ਲਈ 3.25 ਕਰੋੜ ਦੀ ਨਕਦ ਇਨਾਮ ਦੀ ਰਾਸ਼ੀ ਰੱਖੀ ਗਈ ਹੈ।

ਮਿਤੀ 22-08-2022 ਦੇ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਇਸ Quiz ਦਾ ਉਦੇਸ਼ ਸਾਰਿਆਂ ਨੂੰ Fit Life (fitness and sports) ਸਬੰਧੀ ਰਾਸ਼ਟਰੀ ਪੱਧਰ ਤੇ ਗਿਆਨ ਮੁਹੱਈਆ ਕਰਵਾਉਣਾ ਹੈ। ਇਸ Quiz ਦੇ ਚਾਰ ਰਾਉਂਡਜ਼ ਹੇਠ ਲਿਖੇ ਅਨੁਸਾਰ ਸ਼ਾਮਲ ਕੀਤੇ ਗਏ ਹਨ:

- A. School Round: To be conducted by the school to select students for registration in the Fit India Quiz Preliminary Round. It is the Responsibility of the School that they encourage maximum students to participate in the Fit India Quiz 2022.
- B. Preliminary Round: To be a multiple-choice online round conducted by the National Testing Agency( India's premiere examination body that conducts national-level exams such as JEE and NEET). The country-wide quiz will be organized in 13 languages for benefit of students studying in regional medium schools.

C. State Round: To be conducted by each State/UTs with the support from FIT India Mission amongst School qualified after the preliminary round. The detailed process of qualification of the school is described in the annexure. This round will be anchored by a professional quiz master and will be telecast on Fit India Mission social media handles.

D. National Round: Final round in which the winning team of each State/UT will participate and fight for the TOP TITLE of the national Winner of FIT INDIA QUIZ 2022. First Runner Up and Second Runner Up prizes will also be decided. This will be a grant event to be hosted by Fit India Icon.

ਇਸ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਪੂਰੇ ਭਾਰਤ ਦੇ ਸਾਰੇ ਸਕੂਲਾਂ ਲਈ ਖੁੱਲੀ ਹੋਵੇਗੀ। ਇਸ Quiz ਲਈ, ਸਬੰਧਤ ਸਕੂਲ Fit India ਦੀ ਵੈਬਸਾਈਟ ([www.fitindia.gov.in](http://www.fitindia.gov.in)) ਉੱਤੇ ਉਪਲੱਭਯ ਲਿੰਕ ਤੇ ਘੱਟੋ-ਘੱਟ 02 ਵਿਦਿਆਰਥੀ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਨੀ ਲੋੜੀਂਦੀ ਹੈ। ਸਕੂਲਜ਼ 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 ਭਾਵ ਸਿੰਗਲ ਸਕੂਲ ਵੱਧ ਤੋਂ ਵੱਧ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾ ਸਕਦੇ ਹਨ। 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 ਉੱਪਰ ਦਿੱਤੇ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਲਿੰਕ ਤੇ ਹੀ ਭਰੀ ਜਾਣੀ ਹੈ।

ਇਸ ਲਈ ਸਮੂਹ ਜਿਲ੍ਹਾ ਸਿੱਖਿਆ ਅਫਸਰ (ਸੈ.ਸਿ) ਅਤੇ ਸਮੂਹ ਸਕੂਲ ਮੁੱਖੀਆਂ ਨੂੰ ਲਿਖਿਆ ਜਾਂਦਾ ਹੈ ਕਿ ਉਕਤ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਨਾਲ ਨੱਥੀ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਮਿਤੀ 29-08-2022 ਨੂੰ Fit India Mission ਦੇ YouTube Channel (<https://www.youtube.com/c/FitIndiaMovement2019>) ਉੱਤੇ, Fit India Movement ਦਾ FB Page (<https://facebook.com/FitIndiaOff>) ਉੱਤੇ, ਇਸ ਪ੍ਰੋਗਰਾਮ ਦਾ ਪ੍ਰਸਾਰਣ ਨੈਸ਼ਨਲ ਟੀ.ਵੀ ਚੈਨਲਾਂ ਤੋਂ ਇਲਾਵਾ ਸਟਾਰ ਸਪੋਰਟਸ ਚੈਨਲ ਤੇ ਹੋ ਰਹੇ ਟੈਲੀਕਾਸਟ ਬਾਰੇ ਦੱਸਿਆ ਜਾਵੇ। ਇਸ ਦੇ ਨਾਲ ਹੀ ਨਾਲ ਨੱਥੀ ਸਰਕੂਲਰ ਅਨੁਸਾਰ ਵਿਦਿਆਰਥੀਆਂ ਦੀ ਰਜਿਸਟ੍ਰੇਸ਼ਨ ਕਰਵਾਈ ਜਾਵੇ। ਇਹ ਰਜਿਸਟ੍ਰੇਸ਼ਨ Fit India ਦੀ website ([www.fitindia.gov.in](http://www.fitindia.gov.in)) ਉੱਤੇ ਮਿਤੀ 3-09-2022 ਤੋਂ ਆਰੰਭ ਕਰਵਾਈ ਜਾਣੀ ਹੈ।

ਨੱਥੀ: 1) ਮਿਤੀ 22-08-2022 ਦਾ ਅਰਧ ਸਰਕਾਰੀ ਪੱਤਰ ਅਤੇ ਸਰਕੂਲਰ।

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

ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ (ਫਿਜੀਕਲ ਐਜੂਕੇਸ਼ਨ)

सुजाता चतुर्वेदी, मा.प्र.से  
सचिव  
Sujata Chaturvedi, IAS  
Secretary



75  
आज़ादी का  
अमृत महोत्सव

भारत सरकार  
खेल विभाग  
युवा कार्यक्रम और खेल मंत्रालय  
Government of India  
Department of Sports  
Ministry of Youth Affairs & Sports

D. No. Fit India/Quiz/2022

Dated: 22<sup>nd</sup> August, 2022

*Dear Anita Ma'am,*

I am glad to share the success of the first edition of Fit India Quiz which was launched by the Hon'ble Minister of Youth Affairs and Sports in the presence of the Hon'ble Minister of Education on 1<sup>st</sup> September 2021 to commemorate Azadi Ka Amrit Mahotsav (AKAM). As you are aware, this Fit India Quiz entailed prize money of **Rs. 3.25 Crore** for students/ schools, in which **36,299 students from 13,502 schools** participated from all over India.

2. After the huge success of the first edition of this Quiz, the second edition of Fit India Quiz is proposed to be launched on 29<sup>th</sup> August 2022 on the auspicious occasion of the National Sports Day. The Fit India Quiz 2022 will have a cash prize of Rs 3.25 Crore for Schools and Students, and Schools across India will be invited to participate in maximum number. The registration of students in the Fit India Quiz 2022 is going to commence from 3<sup>rd</sup> September 2022.

3. The Fit India Quiz 2022 will be launched by Hon'ble Minister of Youth Affairs and Sports on 29<sup>th</sup> August 2022, and this launch will be telecast live on the Fit India Mission YouTube Channel (<https://www.youtube.com/c/FitIndiaMovement2019>) and the Fit India Movement FB Page (<https://www.facebook.com/FitIndiaOff>).

4. In this regard, I would request your kind support by issuing directions to the State/UT Education Departments to promote the launch of the Fit India Quiz 2022 among the schools and students, and to encourage the schools and students to participate in the Quiz by visiting the Fit India Mission website (<https://fitindia.gov.in/>).

I look forward to your support in the above endeavor.

*Best Regards,*

Yours sincerely,

*[Signature]*  
22/8/22  
(Sujata Chaturvedi)

Smt. Anita Karwal, IAS  
Secretary,  
D/o School Education & Literacy,  
M/o Education, Room no. 124-C  
Shastri Bhawan, New Delhi – 110001

कमरा सं. 3, 'सी' विंग, शास्त्री भवन, नई दिल्ली-110001 दूरभाष : 011-23388623  
Room No. 3, 'C' Wing, Shastri Bhawan, New Delhi-110001 Tel.: 23388623  
फैक्स / Fax: 011-23388758, ई-मेल / E-mail : [secy-sports@nic.in](mailto:secy-sports@nic.in)





Ekta Vishnoi, I.R.S.  
Senior Director, Khelo India  
Sports Authority of India, JLN Stadium  
New Delhi-110003

D.O. No. 19-2/Fit India/Quiz/2022

Dated: 22/08/2022

*Respected Sir,*

It gives me the sense of pride and pleasure to share the success of the first edition of Fit India Quiz which was launched by Hon'ble Ministers of Youth Affairs and Sports in the presence of Hon'ble Minister of Education on 1<sup>st</sup> September 2021 to commemorate AKAM. The very first edition of Fit India Quiz entailed a prize money of **Rs. 3.25 Crores** for students/ schools, and **36,299 students from 13,502 schools across India** actively participated and showcased their knowledge in fitness and sports.

2. 36 schools among them representing their respective State/UT competed in the Fit India Quiz National Finals. The episodes of Fit India Quiz National Finals will be telecast on Star Sports 1 (Hindi and English) and on Hotstar app from 3<sup>rd</sup> September 2022.

3. After the huge success of first edition of Fit India Quiz, MYAS has decided to launch second edition of Fit India Quiz on 29<sup>th</sup> August 2022 on the auspicious occasion of National Sports Day. Fit India Quiz 2022 will have the cash prize of **Rs 3.25 Crore for Schools and Students**. The schools across India will be invited to participate in the maximum numbers and register their students in the Fit India Quiz 2022 from 3<sup>rd</sup> September 2022.

4. The Fit India Quiz 2022 will be launched by Hon'ble Minister of Youth Affairs and Sports Shri Anurag Singh Thakur on 29<sup>th</sup> August 2022. Launch will be live telecast on Fit India Mission YouTube Channel (<https://www.youtube.com/c/FitIndiaMovement2019>) and Fit India Movement FB Page (<https://www.facebook.com/FitIndiaOff>).

5. In this regard, it is kindly requested to solicit your support by issuing direction to State/UT Education Departments to promote viewing of Fit India Quiz National Finals and the launch of Fit India Quiz 2022 amongst the schools and students and encourage the schools and students to participate in the Fit India Quiz 2022 by visiting Fit India Mission website (<https://fitindia.gov.in/>) from 3<sup>rd</sup> September 2022.

With regards,

Yours sincerely,

  
(Ekta Vishnoi)

Sh. Santosh Kumar Yadav,  
Additional Secretary (SS-I), D/o S.E.L., M/o Education  
Room no: 215-C, Shastri Bhawan,  
New Delhi – 110001

Copy to: (For Information and Necessary Actions)

1. Deputy Secretary, D/o S.E.L., M/o Education

5

**F. No. 12-1/2020-IS-4**  
**Government of India**  
**Ministry of Education**  
**Department of School Education & Literacy**

Shastri Bhawan, New Delhi  
Dated: 24<sup>th</sup> August, 2022

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

**Subject: - FIT India Quiz, 2022 -reg**

Madam/Sir,

Please refer to Department of Sports letter No. Fit India/ Quiz/2022 dated 22.08.2022 and Sports Authority of India's letter No. 19-2/FIT India/Quiz/2022 dated 22.08.2022 regarding the FIT India Quiz, 2022.

2. The Deptt. of Sports has informed that, Fit India Mission had launched first edition of Fit India Quiz for schools across the country. First edition of FIT India Quiz entailed a prize money of Rs. 3.25 Cr for students/schools, and 36,299 students from 13,502 schools across India actively participated. 36 schools among them representing their respective State/UT competed in the FIT India Quiz National Finals.

3. The Deptt. of Sports has decided to launch second edition of the programme on 29<sup>th</sup> August 2022. The prize money for the event will be same as last edition and registration of students for the said event across the country will start from 3<sup>rd</sup> Sep, 2022. The programme will be launched by Hon'ble Minister of YA&S and telecast on Fit India Youtube channel and Facebook page. Circular and Guideline of the same is enclosed herewith.

4. You are requested to take necessary action to give wide publicity about the second edition of FIT India Quiz programme and viewing of Final events of first edition on the above mentioned platforms. The episodes of FIT India Quiz national Finals will be telecast on Star Sports 1 and Hotstar OTT from 3<sup>rd</sup> Sep, 2022.

Encls: Circular and Guidelines of FIT India Quiz

Yours faithfully,

(V.K. Verma)

Deputy Secretary to the Government of India  
E-mail : vinodk.verma@nic.in  
Tele No. 011-23384582

Copy to: (For information and necessary action.)

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

Copy also to :

1. AS(Inst), DoSE&L, MoE
2. Ms. Ekta Vishnoi, Senior Director, Khelo India.



Government of India  
Ministry of Youth Affairs and Sports



**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. 19-2/FIT INDIA/QUIZ/2022

Dated: 22/08/2022

**CIRCULAR**

**Subject: Fit India School Quiz 2022**

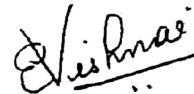
1. The Fit India Movement was launched in August 2019 to popularise fitness as a way of life among citizens. Envisioned as a People's Movement, the endeavour has been to inculcate the philosophy that Fitness is Free, Fun and Easy among citizens of all age groups – from school children to senior citizens.
2. In a bid to further reiterate the need to create awareness about fitness and sports among school children, who are the future of India, the Fit India Mission under the aegis of Sports Authority of India, Ministry of Youth Affairs and Sports has decided to launch second edition of Fit India Quiz for schools across the country.
3. Fit India Quiz 2022 will be launched on 29<sup>th</sup> August 2022 and Launch will be live telecast on Fit India Mission YouTube Channel (<https://www.youtube.com/c/FitIndiaMovement2019>) and Fit India Movement FB Page (<https://www.facebook.com/FitIndiaOff>). The registrations for schools for participation shall begin from 3<sup>rd</sup> September 2022 on Fit India website (<https://fitindia.gov.in/>).
4. The objective of the quiz is to provide a National platform for students to showcase their knowledge about fitness and sports, also endeavours in its philosophy to create awareness among students about India's rich sporting history, including centuries-old indigenous sports, our national and regional sporting heroes of the past and how traditional Indian lifestyle activities hold the key to a Fit Life for all.
5. The quiz is the second edition of the National-Level Quiz for students which will give out a total cash award of Rs 3.25 crore to schools and students.
6. The quiz will also be the second edition of the first-ever fitness and sports quiz to be telecast on India's one of the largest sports television channels, Star Sports as well as on the National TV channel. Students who make it to the national round as representatives of their schools will therefore get a chance to showcase their talent before the entire nation.
7. The four rounds of the quiz will include the following:
  - a. **School Round** : To be conducted by the school to select students for registration in the Fit India Quiz Preliminary Round. It is the responsibility of the school that they encourage maximum students to participate in the Fit India Quiz 2022.

- 7
- b. **Preliminary Round:** To be a multiple-choice online round conducted by the National Testing Agency (India's premiere examination body that conducts national-level exams such as JEE and NEET). The country-wide quiz will be organised in 13 languages for benefit of students studying in regional-medium schools.
  - c. **State Round:** To be conducted by each State/UTs with the support from FIT India Mission amongst Schools qualified after the preliminary round. The detailed process of qualification of the school is described in the annexure. This round will be anchored by a professional quiz master and will be telecast on Fit India Mission social media handles.
  - d. **National Round:** Final round in which the winning team of each State/UT will participate and fight for the TOP TITLE of the National Winner of FIT INDIA QUIZ 2022. First Runner Up and Second Runner Up prizes will also be decided. This will be a grand event to be hosted by Fit India Icon.

More details of Fit India Quiz are attached as Annexure.

II It is, therefore, requested that the Principal Secretary/Secretary in charge of the School Education Department of all State/UT Governments may kindly give necessary publicity and share this information with all schools in the state so that maximum students from the State/UTs participate in this unique programme. It is with the support and active participation of all states/UTs that the Fit India Quiz can become a grand success.

III This issues with the approval of the Secretary (Sports), Ministry of Youth Affairs and Sports.



(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

## 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"> <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> <li>A registration fee for Rs. 50 per student shall be applicable. School to deposit the registration fees for each student at the time of registration.</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>
PRELIMINARY ROUND (NTA ROUND)	<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 30 minutes duration and will consist of 60 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.</li> <li><b>Evaluation and Results of NTA round</b></li> <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 4-32 schools from each State/UT will qualify for the next round as per the following table:</li> </ul>

Phases/Rounds	Description		
	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
	<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 4-32 qualified schools</li> <li>Format: Depending on the number of teams qualified (4-32 teams), 1-12 rounds will be held to determine the State/UT champion.</li> <li>Modalities of the state round shall be communicated to the qualified teams.</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	<ul style="list-style-type: none"> <li>Modalities to be finalised</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, 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:

<b>Fit India Quiz Budget Estimate</b>		
<b>Prize money to winners</b>		
<b>Particulars</b>	<b>Cash Prize for schools (in INR)</b>	<b>Cash prize for Students* (in INR)</b>
<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.

\*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		
2	Registrations	August 29, 2022	
3	Preliminary or NTA Round (including mock tests conducted by NTA)	September 3, 2022	October 15, 2022
4	State Round	Nov 5, 2022 to Nov 10, 2022	
5	National Round	December 10, 2022	December 31, 2022
		January/February 2023	

### 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.