



सर्व शिक्षा अभियान
सब पढ़ें सब बढ़ें

OFFICE OF THE U.E.E. MISSION

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No. F.42/DE/PE/2020/ 1413-1462

Date: 25/9/2020

CIRCULAR

Sub: Organising “Fit India Movement” in all Govt., Govt.Aided & Pvt. Schools under Directorate of Education.

A meeting of the project approval Board of Samagra Shiksha was held on 27th May 2020 under the chairmanship of secretary (SE & L) in New Delhi to organize Fit India movement activities in the various schools of Directorate of Education GNCT of Delhi.

Fit India Movement is a nationwide campaign that aims to encourage people to include physical activities and sports in their everyday life. It's a people's movement and school students are the best ambassadors to carry forward this legacy of active life style. These events are likely to add to the awareness on fitness for citizens. However, fitness development is a habit, which requires sustained and comprehensive efforts.

In the above context the HOS of all Govt., Govt. Aided and Pvt. Schools under the Directorate of Education are directed to organize Fit India Week and also carry out the activities for different classes as per the schedule given:-

S.No	Month	Classes	Activity to be Conducted	Timings
1	October	VI-VIII	Yogic Exercises, Balance Development Exercises, Balloon Volleyball, Stairs Up and Go, Running on the spot Jumping jacks Push-ups hopping etc.	Morning & Evening at least, 30 Minutes, at home. (for at least 5 days/week)
		IX- XII		
2	November	VI-VIII	Aerobics/Dance, Exercises for Upper Body Strength and Lower Body Strength,	Morning & Evening at least 30 Minutes, at home. (for at least 5 days week)
		IX- XII		
3	December	VI-XII	Zumba, Yoga and Meditation, Self Defence, Agility Workout	Morning & Evening at least 30 Minutes, at home.
4	January & Ist Week of February	VI-XII	Indoor Exercises for Speed Development, Long distance Running (with in the 2km radius of school/home.	7.00 AM to 8.00 AM for morning & General Shift Schools & 05.00 PM to 06.00 PM for evening shift schools. (only 2 days in a week)

Accordingly, HOS will arrange medical facilities for participating students and make advance information to concern police station for Marathon/Cross Country Run within the 2 km radius of school and ensure the safety & security of students on top priority with the involvement of SMC and Parents. (Subject to the conditions of COVID-19 and opening of schools).

Since the initiative is taken by our visionary Prime Minister of India, it is mandatory for all Govt., Govt. Aided and Pvt. School under the Directorate of Education to organize Fit India Week.

Action Taken Report of the activities mentioned above to be sent along with the (Photos of the celebration) through Zonal SPEs and compiled report must be sent to this branch in the last week of every month for onward submission.

This issue with the prior concurrence of Competent Authority .

Pushpa Ratnam.
25/09/2020

PUSHPA RATNAM

Asstt. Director of Education (PE&NI)

No. F.42/DE/PE/2020/

Copy to:-

Dated:-

1. PS to Secretary(Education),Delhi.
2. PS to Director (Education),Delhi.
3. PA to Addl.DE (School/Exam).
4. All RDEs
5. DDEs (District/Zone) of DoE
6. All SPEs
7. Principals with the request to kindly ensure maximum participation.
8. OS (IT) with the request to upload the circular on website.

Pushpa Ratnam.
25/09/2020

PUSHPA RATNAM

Asstt. Director of Education (PE&NI)