

**GOVT. OF NATIONAL CAPITAL TERRITORY OF DELHI
DIRECTORATE OF EDUCATION: PHYSICAL EDUCATION BRANCH
CHHATRASAL STADIUM: MODEL TOWN: DELHI – 110009**

No. F.42/DE/PE & NI/2020-21/

1815-1864

Date:-19/10/2020

CIRCULAR

Sub-Age Appropriate Fitness Protocols-regarding.

The ministry of Youth Affairs & Sports Govt. of India under the aegis of the **Fit India Movement** has developed Age Appropriate Fitness protocols named as G.O.A.L.S (Goals for Active life style) for different age groups categorized as 05-18 years, 18-65 years and 65+years.

These protocols have been launched on 24th September 2020 by **Hon'ble Prime Minister** in the "**Fit India Dialogue**" programme while celebrating the 1st Anniversary of Fit India Movement Protocols consist of fitness test based on various fitness components and suggested activities to improve the same. These protocols are available to download on the following link. <https://sites.google.com/view/fitindiaoff/home>

All the DDEs are directed to extend their support in disseminating these fitness protocols among the students, staff and parents.

This issue with the prior approval of the Competent Authority.

Pushpa Ratnam
19/10/2020
PUSHPA RATNAM
ADE (PE&NI)

No. F.42/DE/PE & NI/2020-21/

Date:-

Copy to the following for information and necessary action:

1. All Addl. DEs
2. All RDEs
3. All DDEs of the Districts and Zones
4. All ADEs
5. All SPEs
6. All HOSSs
7. PS to Secy. (Edn.)
8. PS to Director (Edn.)
9. OS (IT) with the request to place the circular on website.

Pushpa Ratnam
19/10/2020
PUSHPA RATNAM
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