

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/2021-22/2348-97

DATED: 04/10/2021

CIRCULAR

Subject:- Fit India Movement Activities September onwards “Amrut Mahotsav- Celebrating 75 Years of Indian Independence” reg.

Fit India Movement from Department of School Education & Literacy Govt. of India “FIT India Movement” was launched on 29th August, 2019 with a view to make physical fitness a way of life.

To make the movement success in schools list of suggestive activities calendar from **September 2021 to February 2022 of Fit India Movement is as follows.**

S.NO.	Month	Theme based Activities
1	September	Plantation of saplings/gardening
2	October	In morning assembly Speech/Poem Recitation may be conducted on various patriotic themes. Cultural programs depicting importance of Mahatma Gandhi in India's Independence
3	November	Promoting the healthy Food and healthy eating practices. Students Profile (Name, Age, Weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)
4	December	Motivate & aware parents, community regarding doing daily fitness activities Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week.
5	January	Fitness through Folk Dance with Patriotic theme
6	February	Collage making and Poster Making Competition on Healthy Food Habits and Importance doing daily fitness activities.

Schools Heads are requested to motivate their students and other stakeholders to participate in the activities which are possible to conduct virtually/Physically, according to the calendar and sent the report month wise to SPE of their respective zones.

The compiled report should be sent by SPE Zone to Physical Education Branch via e-mail as per format given in Annexure-I

This issues with the prior approval of competent authority.

Pushpa Ratnam
04/10/2021
PUSHPA RATNAM

Asstt. Director of Education (PE&NI)

Dated:- 04/10/2021

No. F.42/DE/PE/2021/2348-97

Copy to:-

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. HOS with the request to kindly ensure maximum participation.
8. OS (IT) with the request to upload the circular on website.

Pushpa Ratnam
04/10/2021

PUSHPA RATNAM

Asstt. Director of Education (PE&NI)