

**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/2023-24/ 4814-21

Date:- 14/11/2023

**CIRCULAR**

**Subject:- Celebration of 5<sup>th</sup> edition of Fit India School Week.**

The FIT India School Week is a major program of the FIT India Movement. In its previous four editions emphasizing the importance of health and fitness among the students, parents and teachers.

Department of sports has informed that to further extend the success of the programme and to diversify its reach to a wide range of participants, the programme has been rechristened as "Fit India Week" and is scheduled from **15<sup>th</sup> November to 15<sup>th</sup> December 2023**. All the schools of DoE i.e. Govt. Govt. Aided and Recognised Unaided can choose a Week, during the time period, at their convenience and organize various sports and fitness activities for 4 to 6 days, to reaffirm the importance of Fitness in one's daily life. Further the Annual sports day of schools may be celebrated on any day falling during the event. Details of the talented athletes identified by the school during the event can be shared on a dedicated link which will be shared by mail. The indicative list of activities for Fit India Week 2023 for schools is as below:-

DAY	INDICATIVE LIST OF ACTIVITIES FOR FIT INDIA WEEK 2023 FOR SCHOOLS
1	Annual Sports Day
2	Importance of fitness-Debate, Quiz, Essay Writing, Poster Making Competiton
3	Indigenous Games
4	Fitness Assessment through Mobile App
5	Yoga & Meditation
6	Fitness Pledge-By teachers, students and their parents Fit India Parents Teachers Meet

The week wise compiled report of the event completed by schools of each zone may be sent to [adepedelhi@gmail.com](mailto:adepedelhi@gmail.com) in the given format by the concerned SPE's Zone.



ZONE	TOTAL NO. OF SCHOOLS	TOTAL NO.OF STUDENTS

This issues with the prior approval of the competent authority.

*Leena Vyas*

(LEENA VYAS)

Asstt. Director of Education(PE & NI)

The HOSs of all the GOVT./GOVT.Aided/Pvt. Recognized Schools under DOE (Through MIS Portal)

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Dated:- 14/11/2023

Copy to:-

1. PS to Pr.Secy(Edn.)Old Sect. Delhi.
2. PS to Director (Edn.)Directorate of Education, Old Sect. Delhi.
3. PA to Addl.DE, Old Sect. Delhi
4. The DDE (Sports) Chhatarsal Stadium Model Town Delhi
5. The DDEs (District/Zone) of DoE.
6. All SPEs of DOE
7. All the HOSs with the direction to ensure maximum participation.
8. OS (IT) with the request to upload the circular on website.

*Leena Vyas*

(LEENA VYAS)

Asstt. Director of Education(PE & NI)