



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

CBSE/Dir (Trg. & SE)/2019

Date: November 06, 2019
Circular No.-ACAD-68/2019

All the Heads of the schools affiliated to CBSE

SUBJECT: FIT INDIA MOVEMENT – “FITNESS WEEK CELEBRATION” – Reg.

For any society or Nation to progress, it's important that their citizens are physically fit. The challenges of the modern day life has brought along with it the need to be more physically proactive and fit in order to face its challenges with optimum energy and positivity. Fit children are able to handle day-to-day physical and emotional challenges better. However, for a holistic and intrinsically healthy lifestyle, awareness and support for fitness movement is more essential than ever.

On 29 Aug 2019, the Honorable Prime Minister launched nation-wide “Fit India Movement” aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. So as to take this mission forward, CBSE has decided that each year **SECOND and THIRD WEEK in November**, a total of 06 working days, will be celebrated as “**Fitness Week**” in all its affiliated schools. This movement therefore endeavors to alter this behavior from ‘Passive Screen time’ to ‘Active Field time’ and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle. Such movement will also instill in students the understanding for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence.

It has also been decided to take-up “**Ek Bharat – Shreshtha Bharat**” on day six of this program. For this purpose, please see attached table as annexure “A”. Schools in ‘Partner State 1’ are expected to take-up indigenous games of ‘Partner State 2’. Similarly, schools located in ‘Partner State 2’ are expected to take-up games mentioned against their ‘Partner State 1’.

Activities to be undertaken during the Fitness Week Celebration:

Day	Activity
01	(i) Morning Assembly – Yoga for all (ii) Activities on Fitness and Nutrition for Students and Staff
02	(i) Morning Assembly – Free hands exercise for all (ii) Mental Fitness Activities (Ex. Debates, Symposium, Lectures by Sports Psychologists)
03	(i) Beginning of “Fitness Assessment” of Students through KHELO INDIA App. (ii) Poster making Competition for all Students on theme “Fit Body – Fit Mind – Fit Environment”
04	(i) Physical Activities for all Students including Dance, Aerobics, Yoga, Martial Arts, Rope-Skipping, Gardening etc.



केन्द्रीय माध्यमिक शिक्षा बोर्ड
CENTRAL BOARD OF SECONDARY EDUCATION

	(ii) Essay/Poem Writing Competition for all Students on theme "Fit India School"
05	Fitness/Sports Quiz for all Students
06	Competition for Students, Staff and Parents in Traditional/Indigenous/Regional Games – To celebrate the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country; Engagement Matrix between States and UTs have been done. Against each pair of State/UTs, the suggestive traditional games list too has been given. Schools may engage its students in minimum one game of its choice from the partner state (Refer annexure "A"). Children, Parent and Teacher participants may also participate in exploring the history and interesting facts of the indigenous games from partner States.

Schools shall ensure that all Students', Parents, Staff and Management shall actively participate in the proposed **Fitness Week Celebration**. The Schools may create a new page on its website titled "**Fit India Movement**" and a brief about the activities undertaken and related pictures/videos be uploaded on it. Also, the same may be submitted through Google form using link: <https://forms.gle/NzAz6wxg5StKTE3DA>

For queries, email at: cbsefitnessweekcelebration@gmail.com

Biswajit Saha
(Dr. Biswajit Saha)
Director (Trainings & S.E.)

Copy to:

1. The Director General, Sports Authority of India, Jawaharlal Nehru Stadium Complex (East Gate) Lodhi Road, New Delhi – 110003

The respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

2. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, New Delhi-110016
3. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
4. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-54
5. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-17
6. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
7. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
7. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
8. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini, Delhi.
10. The Additional Director General of Army Education, A – Wing, Sena Bhawan, DHQ, PO, New Delhi-01
11. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
12. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools and their school management in their respective regions

'शिक्षा सदन', 17, राऊज एवेन्यू, नई दिल्ली - 110002 & 'Shiksha Sadan', 17, Rouse Avenue, New Delhi – 110002

फोन / Telephone : +91-11-23216963, 23214737 वेबसाइट / Website: www.cbseacademic.nic.in.

ई-मेल / e-mail: dirtraining.cbse@gmail.com, directorvoc.cbse@gmail.com.