



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



CBSE/DIR (ACAD)/2022

February 25, 2022

Circular No. ACAD-26/2022

All Heads of Institutions affiliated to CBSE

Subject: - Suggestive Activities Calendar for FIT India Movement (March 2022 – Feb 2023) – reg

The Hon'ble Prime Minister of India has launched the FIT India Movement on 29 August 2019 with a view to make Physical Fitness a way of life.

To make the movement a success and as observed in the previous years, a month wise suggested activities list under FIT India Movement from March 2022 to Feb 2023 has been planned. The month wise calendar attached for reference that covers the areas of Fitness Assessment.

All are advised to follow the month wise calendar and ensure that the activities are organised in every school for availing maximum benefits.

Dr. Joseph Emmanuel
Director (Academics)

Enclosure: As stated above

Copy to:

Copy to 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:

- 1 The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India, Shastri Bhawan, A - Wing, Dr.Rajendra Prasad Road, New Delhi,110001
- 2 The Joint Secretary (BR/CER/Sainik Schools), Sainik Schools Society, Room No. 108 (I), South Block, New Delhi-110001
- 3 The Chairman, Odisha Adarsha Vidyalaya Sangathan (OAVS), N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha
- 4 The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
- 5 The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
- 6 The Director of Education, Directorate of Education, Govt. Of NCT of Delhi, Old Secretariat, Delhi-110054
- 7 The Director of Public Instructions (Schools), Union Territory Secretariat, Sector9, Chandigarh-160017
- 8 The Director (Exam. & Scholarship), HRDD Department, Gangtok, Govt. of Sikkim, Sikkim-737101
- 9 The Director of Secondary Education, Department of Education, Govt. of Arunachal Pradesh, Itanagar – 791111. Mob: 08794812121
- 10 The Director (Education), Directorate of Education VIP Road, Port Blair, A&N Island – 744103



‘शिक्षा सदन’ ,17 राऊज़ एवेन्यू , इंस्टीटूशनल एरिया, नई दिल्ली-110002
‘Shiksha Sadan’, 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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- 11 The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector-3, Rohini, Delhi
- 12 The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ PO, New Delhi-110001
- 13 The Director AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
- 14 All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective Regions
- 15 All Joint Secretary/DeputySecretary/AssistantSecretary/SPS/Analyst, CBSE
- 16 All Head(s)/In-Charge(s), Centre of Excellence, CBSE
- 17 Incharge IT Unit with the request to put this Circular on the CBSE Academic Website
- 18 In-Charge, Library
- 19 The Head (Media & Public Relations), CBSE
- 20 DS to Chairman, CBSE
- 21 SPS to Secretary, CBSE
- 22 SPS to Director (Academics), CBSE
- 23 SPS to Director (Information Technology), CBSE
- 24 SPS to Controller of Examinations, CBSE
- 25 SPS to Director (Training and Skill Education), CBSE
- 26 SPS to Director (Professional Examinations), CBSE
- 27 SPS to Director (CTET), CBSE
- 28 SPS to Director (EDUSAT), CBSE
- 29 Record File

Director (Academic)



‘शिक्षा सदन’, 17 राऊज़ एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली-110002
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Suggestive Activities for FIT India Movement – March 2022-Feb 2023

| Sr. No. | Month | Theme based Activities |
|---------|--------------------|---|
| 1. | March- April | <p>FIT INDIA FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Fitness assessment by teachers and parents on Fit India Mobile App Link for download: <p>a) Android- https://play.google.com/store/apps/details?id=com.sai.fitIndia</p> <p>b) iOS- https://apps.apple.com/us/app/fit-india-mobile-app/id1581063890</p> <ul style="list-style-type: none"> • Participation in Fit India Quiz as audience on Fit India Mobile App • Fitness Ka Dose Aadha Ghanta Roz- doing daily physical activities like Yoga/Free hand exercise/ dance/ playing sports etc. for half an hour atleast. |
| 2. | May-June | <p>MENTAL FITNESS AND YOGA</p> <ul style="list-style-type: none"> • Learn Common Yoga Protocols, different poses of Yoga through Fit India Mobile App • Celebration of “Yoga Day” (Age-appropriate Yoga Activities) • Rhythmic Yoga on patriotic songs and share your stories on Fit India Mobile App • Pranayam, Meditation/ Mindfulness activities every day. • Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle • Focus on Mind games like chess, Sudoku, Puzzle etc. |
| 3. | July | <p>FITNESS ASSESSMENT OF STUDENTS THROUGH PE TEACHERS AND INDIGENOUS SPORTS</p> <ul style="list-style-type: none"> • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Learn different Indigenous/ traditional sports on Fit India Mobile App • Organization of indigenous/traditional sports, martial arts, dance with theme – Hamari Sanskriti Se Fitness |
| 4. | August - September | <p>FIT INDIA FREEDOM RUN</p> <ul style="list-style-type: none"> • Organizing Fit India Freedom Run at iconic and historic importance places by registering on Fit India Mobile App • Share your Run with friends/family and challenge them on Fit India Mobile App • Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes (Staff, Students & Community) • Places associated with Independence Movement in states/UTs to |

| | | |
|----|--------------------------|---|
| | | <p>be selected for culmination/ starting of Freedom run</p> <ul style="list-style-type: none"> • In morning assembly plays / role-plays may be conducted on various historically important events. • Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week |
| 5. | October | <p>FIT INDIA PLOG RUN</p> <ul style="list-style-type: none"> • Organise and register FIT India Plogrun on Fit India Mobile App • Virtual connect with Plogging communities on Fit India Mobile App with share your stories feature • Plays/ Rallies with themes such as Swachta, Ahinsa and other values of Mahatma Gandhi • Cultural programs depicting importance of Mahatma Gandhi in India's Independence • Swachhata Pledge/ Water Saving Pledge |
| 6. | November-December | <p>FIT INDIA SCHOOL WEEK AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Celebrating 5-6 days in a week for fitness related activities • Inter and Intra Sports Competitions • Motivate & aware parents, community regarding doing daily fitness activities. • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App |
| 7. | January-February | <p>FIT INDIA NEW YEAR SPECIAL AND FITNESS ASSESSMENT</p> <ul style="list-style-type: none"> • Welcoming new year with fitness events • Participate in Khelo India National Fitness programme for schools through Fit India Mobile App • Fitness assessment by teachers and parents on Fit India Mobile App • Participation in Fit India Quiz as audience on Fit India Mobile App • Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities |

**These are only suggestive activities; States/UTs may adapt/adopt according to their local conditions. More on the suggestive activities and opportunities to join Fit India Mission are available on Fit India Mobile App.*