



केन्द्रीय माध्यमिक शिक्षा बोर्ड
(मानव संसाधन विकास मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Human Resource Development, Govt. of India)



CBSE/DIR.(SE&T)/Fit India/2020

03.11.2020

Circular No. Acad-82/2020

Subject: Celebrating Fit India School Week -2020 in CBSE affiliated schools

As you are aware that on 29th August 2019, the Honorable Prime Minister of India, launched nationwide "Fit India Movement" which was aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine.

To take this mission forward, CBSE had communicated to its affiliated schools, vide its circular no. 71/2019 dated 20 Nov. 2019 that each year a total of 06 working days during the **THIRD and FOURTH WEEKS** in **November** will be celebrated as "**Fit India School Week**" in all its affiliated schools. This movement therefore endeavors to alter this behaviour 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 the understanding for regular physical activity and higher levels of fitness enhancing in them self-esteem and confidence in the students.

Due to the ongoing pandemic, it has been decided that this year the 2nd edition of the 'Fit India School Week' will be celebrated in the month of December 2020. The proposed set of activities to be undertaken during the Fit India School Week – 2020 are being annexed.

Schools shall ensure that all Students, Parents, Staff and Management shall actively participate in the proposed **Fit India School 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 schools may register on official Fit India Portal and upload report/pictures/ videos at: <http://fitindia.gov.in/fit-india-school-week>

All schools will be recognized in the form of **Digital Certificate** which they can download from Fit India Portal after the successful conduct of the Fit India School Week.

The celebrations should also be put up on social media with (hashtag) #cbsefitschool.

For queries, email to contact.fitindia@gmail.com or contact 1800-208-5155.

Biswajit Saha
-Dr. Biswajit Saha

Director (Skill Education and Training)

Encl: Annexure - Virtual Activities for Fit India School Week Celebrations 2020



'शिक्षा सदन', 17 राऊज एवेन्यू, इंस्टीटूशनल एरिया, नई दिल्ली – 110002
'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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Annexure

Virtual Activities For Fit India School Week Celebrations 2020

Day	Activities
1	(i) Virtual Assembly - Free hand exercises (ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. <i>Fit India Active Break capsules could be used for demonstration purposes. Link below:</i> https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CmxhogMwB0A8E2II?usp=sharing
2	(i) Virtual Assembly – Common Yoga Protocols https://yoga.ayush.gov.in/yoga/common-yoga-protocol (ii) Debates, Symposium, Lectures on “ <i>Re-strengthening of the mind post pandemic</i> ”- Mental Fitness Activities for Students, Staff and Parents (iii) Open letter to Youth of the Nation on “ <i>Power of Fitness</i> ” (iv) Open mic on topics such as “ <i>Exercise is a celebration of what your body can do, not a punishment for what you ate</i> ” etc.
3	(i) Brain Games to improve concentration/problem solving capacity – e.g. Chess, Rubik’s cube etc. (ii) Poster making Competition on theme “ <i>Hum Fit Toh India Fit</i> ” or “ <i>New India Fit India</i> ” (iii) Preparing advertisements on “ <i>Hum Fit Toh India Fit</i> ”, “ <i>Emotional and Physical well-being are interconnected</i> ” etc.
4	(i) Debates, Symposium, Lectures etc. about diet & nutrition during pandemic for Students / Staff & Parents (ii) Essay/Poem Writing Competition on theme “ <i>Fitness beats pandemic</i> ” (iii) Podcast/Movie making on suggested themes – “ <i>Get fit, don’t quit</i> ”; “ <i>Mental Health is not a destination but a journey</i> ” etc.
5	(i) Online Quiz related to fitness/sports (ii) Virtual challenges for students, staff/ teachers e.g. (a) Squats challenge (b) Step-up challenge (c) Spot jogging (d) Rope skipping (e) Ball dribbling etc. (iii) Session(s) by motivational speakers for students, parents and school staff
6	1 day dedicated to Family Fitness: (i) Activities for fitness sessions at home involving students and parents - <i>Fit India Active Day capsules could be used for demonstration purposes:</i> https://drive.google.com/drive/folders/18ophVtYf3qB0hpLQpX66y_ywCK_kqTsS?usp=sharing (ii) Creatively using home-based equipment for sports & fitness. E.g. (a) Hacky sack at home (juggling with feet & hand – warm up activity) (b) Aluminum foil inside a sock - ball and any wooden piece - bat to play cricket (c) Mosquito bat and T.T. ball to play badminton/tennis (d) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon



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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 Director General, Sports Authority of India (Ministry of Youth Affairs & Sports), Jawaharlal Nehru Stadium Complex, East Gate No. 10, Lodhi Road, New Delhi - 110003
2. The Commissioner, Kendriya Vidyalaya Sangathan, 18-Institutional Area, Shaheed Jeet Singh Marg, 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-110054
5. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
6. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
7. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791 111
8. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
9. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector 3, Rohini
10. The Additional Director General of Army Education, A-Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
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 of the Board in their respective regions for compliance.
13. All Director/Heads/ In-Charges, COEs of the Board with request to disseminate the information
14. All Joint Secretary/Deputy Secretary/Assistant Secretary, CBSE
15. In charge IT Unit with the request to put this circular on the CBSE Academic website
16. The Public Relations Officer, CBSE
17. PS to Chairperson, CBSE
18. SPS to Secretary, CBSE
19. SPS to Controller of Examinations, CBSE
20. SPS to Director (Information Technology), CBSE
21. SPS to Director (CTET)
22. SPS to Director (EDUSAT)
23. SPS to Director (Academics) CBSE.
24. SPS to Director (Professional Exam), CBSE
25. SPS to Director (Skill Education), CBSE
26. In charge IT Unit with the request to put this circular on the CBSE Academic website

Director (Skill Education and Training)



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