

Proceedings of the Director of School Education, Chennai – 6.

Re. No. 048001/M/S4/2019, Dated. 19.12.2020

Sub: School Education – Fit India Movement – Celebration of 2nd Edition of Fit India School Week in the month of December, 2020 – Instruction to organize – Reg.

- Ref:**
1. From the Principal, Sports Authority of India, Lakshmi Bai National College of Physical Education, D.O.No.SAI/Ker/Fit India School Week/ 2020-21, Dated. 15.12.2020.
 2. Letter from the Additional Secretary to Government, School Education Department, Secretariat, Chennai-9. Letter No. 25500/GL1(2)/2019, Dated: 15.12.2020.

Fit India Movement was launched by Hon'ble Prime Minister on 29th August 2019 with a view to make physical fitness a way of life. It aims at behavioral changes from sedentary life style to physically active way of day-to-day living. Fit India would be a success only if it becomes a people's movement. We have to play the role of catalyst.

Like previous year, Department of Sports, Ministry of Youth Affairs & Sports (MYAS) has planned a series of activities and campaign under the aegis of Fit India Movement to promote fitness across the country in December 2020.

The 2nd edition of Fit India School Week will be celebrated in the month of December 2020. The plan of the campaign and proposed activities under Fit India School Week are enclosed at Annexure.


All the District Chief Educational Officers are requested to instruct the all the school Head Masters to organize the probable activities from the list in the annexure, by next week in order to promote 2nd edition of Fit India Week that can promote fitness among school going children and also issue necessary instruction to respective District Inspectors of Physical Education (DIPE) to coordinate with the Schools for the smooth functioning of the above initiative for wider reach out.

Enclosure: Steps to apply Fit India School Week.

To

All Chief Educational Officers
All District Inspectors of Physical Education.(further follow up)


Director of School Education


18/12/2020

Copy submitted to

The principal Secretary to Government,
School Education Department,
Secretariat, Chennai-9

How To Apply

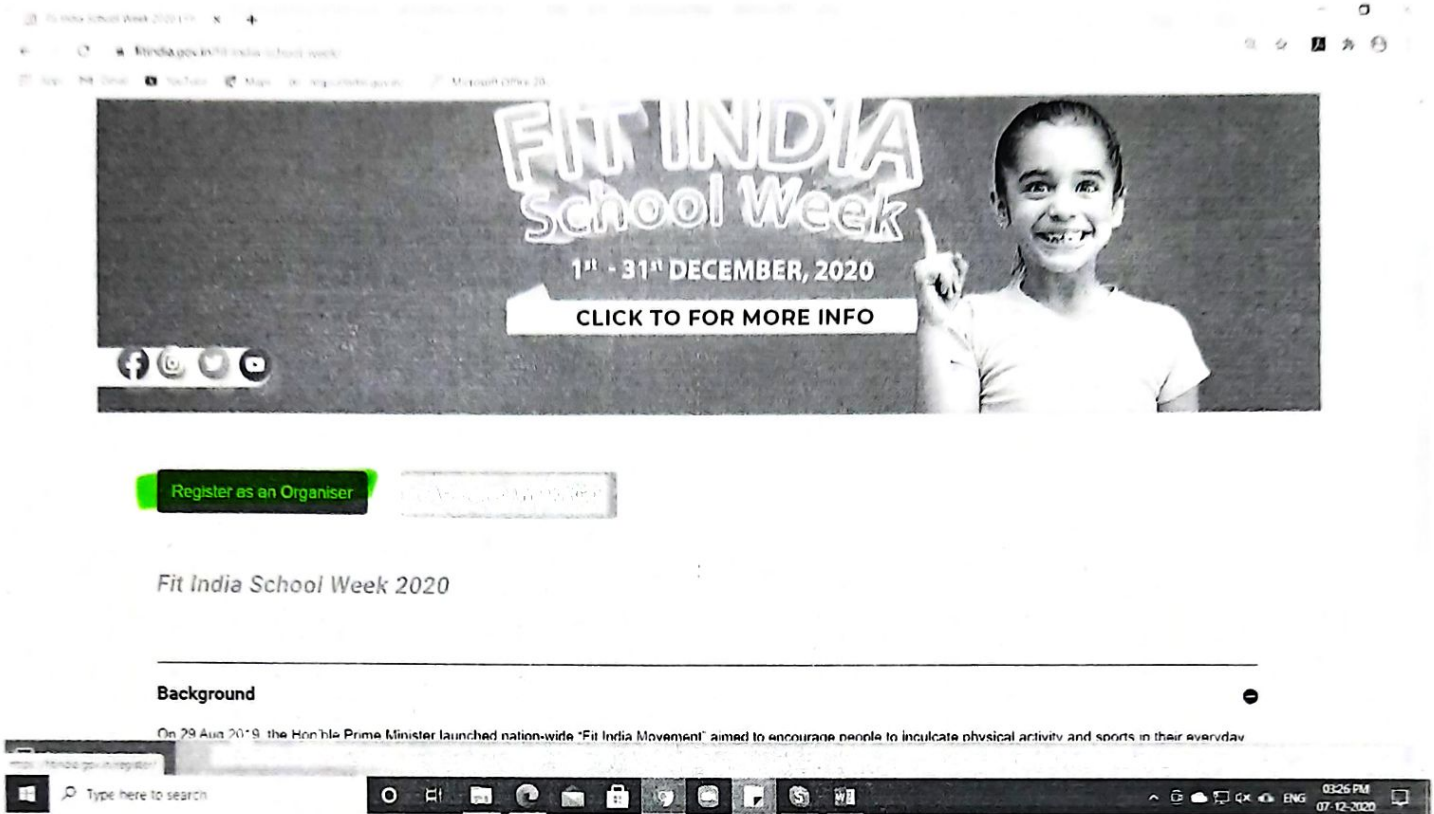
For Schools to register for **Fit India School Week-2020**

Step-1: **On your desktop**/Laptop/Mobile please open the internet browser (chrome/Google) and in the address bar please **type <https://fitindia.gov.in/>**

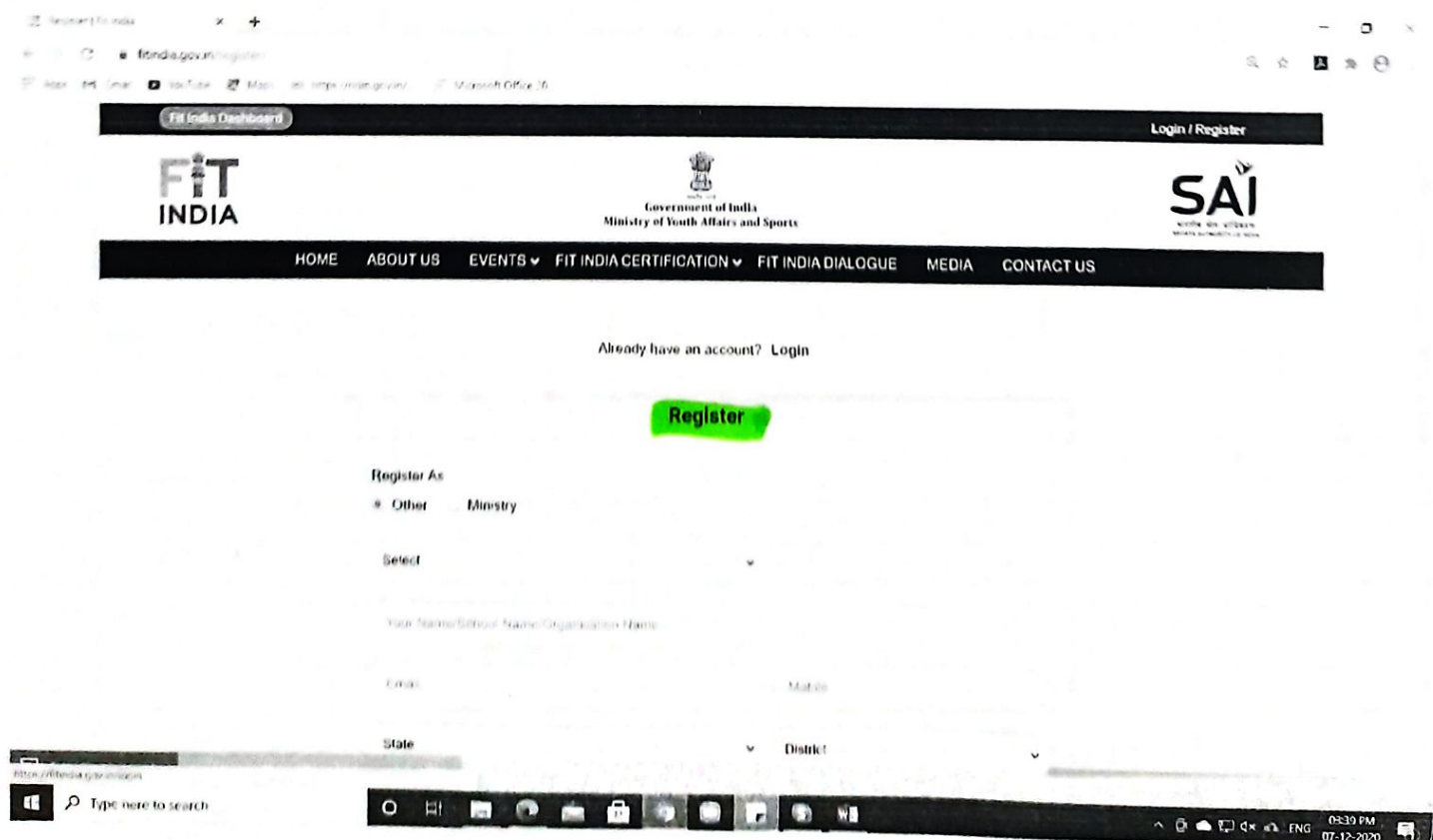
Step-2: Please **click** on the School week banner/ **Events for registration of Fit India School Week-2020.**

The screenshot shows a web browser window displaying the Fit India website. The browser's address bar shows fitindia.gov.in. The website header includes the Fit India logo, the Government of India Ministry of Youth Affairs and Sports logo, and the SAI logo. A navigation menu contains links for HOME, ABOUT US, EVENTS, FIT INDIA CERTIFICATION, FIT INDIA DIALOGUE, MEDIA, and CONTACT US. The main content area features a large banner titled "UPCOMING events December 2020" with a "Click here to know more" button. The banner lists three events: "Fit India School Week 2020" (1st - 31st December), "Fit India Cyclothon 2020" (7th - 31st December), and "Fit India Prabhatpheri 2020" (1st - 6th December). The SAI logo is also visible in the bottom right corner of the banner.

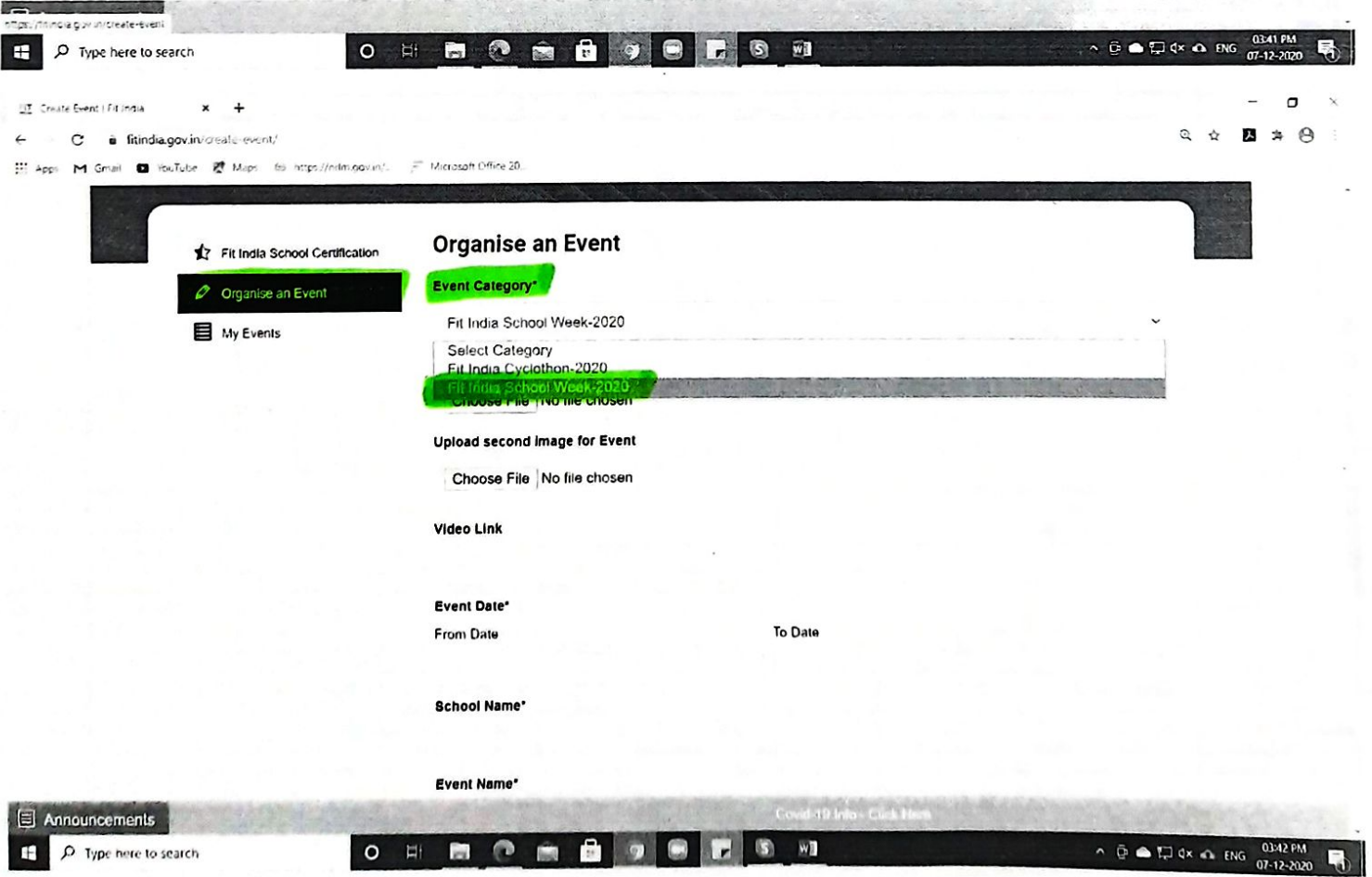
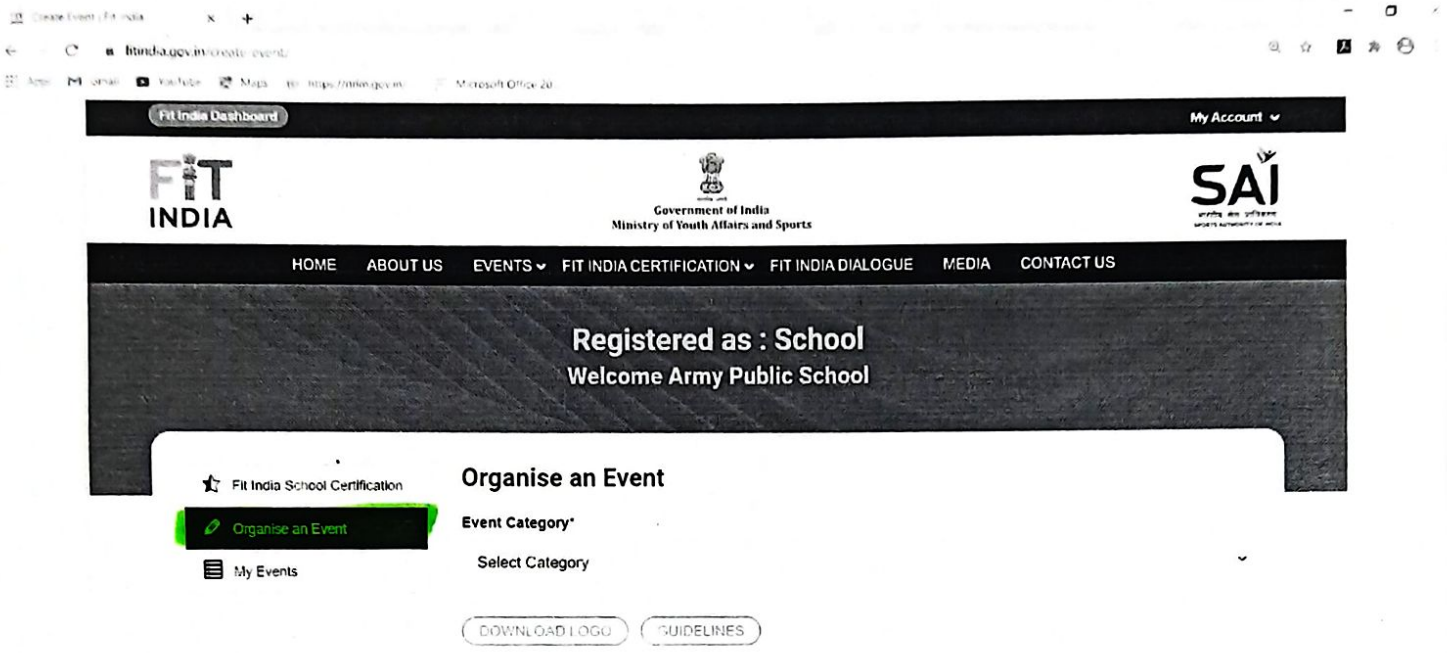
Step-3: Once you click on the above page, the below page will appear, **click on register as an organiser.**



Step-4: **If you are already a registered user with Fit India you can click on login** or if you are **new user please register yourself as School!**



Step-5: Once you have logged in you will see an **Organise an Event** tab on the left side of your screen, **click on the tab and** select the **School Week 2020** from dropdown.



Step-6: Please enter the details of the event and click on submit.

The screenshot shows a web browser window displaying the event creation form. The form is titled "School Week Activity". It contains the following fields and elements:

- No of Participants:** A text input field containing the number "1000".
- Contact Mobile No.:** A text input field containing the number "9015906909".
- Please Enter the Captcha Text:** A section with a captcha image showing "62Hn9d" and a corresponding text input field also containing "62Hn9d".
- SUBMIT:** A green button with white text.
- DOWNLOAD LOGS:** A button with a circular arrow icon.
- GUIDELINES:** A button with a document icon.

The browser's address bar shows "fitindia.gov.in/fitness/...". The Windows taskbar at the bottom shows the time as 02:43 PM on 07-12-2020.

Step-7: Once the event is created, it will appear in the My Events Tab, you can add Participant names, edit the event, delete the event and also you can download the certificate.

The screenshot shows the "My Events" page on the Fit India website. The page has a dark header with navigation links: HOME, ABOUT US, EVENTS, FIT INDIA CERTIFICATION, FIT INDIA DIALOGUE, MEDIA, and CONTACT US. Below the header, it says "Registered as : School" and "Welcome Army Public School".

The main content area is divided into two sections:

- Fit India School Certification:** A sidebar with a search icon and a "My Events" button.
- My Events:** A section showing a list of events. The first event is "Yoga Activity" with the following details:
 - Participants:** 2
 - Month:** DEC
 - Yoga Activity:** A green header for the event details.
 - Participants:** 100
 - School name:** Army Public School
 - School:** School

Below the event details, there are three buttons: "Add Participants", "Edit", and "Delete". At the bottom of the event card, there is a "Download Certificate" button.

The Windows taskbar at the bottom shows the time as 02:41 PM on 07-12-2020.



ADSS

059006

School Education Department
Secretariat, Chennai-9.

Letter No.25500/GL1(2)/2019, dated 15.12.2020

From
Thiru. K.K.Muralidharan, M.Com., B.L.,
Additional Secretary to Government.

To
The State Project Director, Samagra Shiksha, Chennai-6.(w.e)
The Director of School Education, Chennai-6.(w.e.)
The Director of Elementary Education, Chennai-6.(w.e.)
The Director of Matriculation Schools, Chennai-6.(w.e.)



Sir,

Sub: School Education – Fit India Movement – Celebration of
2nd edition of Fit India School Week in the month of December,
2020 – Request to organize - Regarding.

- Ref: 1. Government Letter No.25500/GL1(2)/2019-4, School Education
Department, dated 21.11.2020
2. From the Principal, Sports Authority of India, Lakshmi Bai National
College of Physical Education, D.O.No.SAI/Ker/Fit India School
Week/2020-21, dated 07.12.2020.

In continuation of the reference first cited, a copy of the reference second
cited along with its enclosures is enclosed herewith, wherein it has been stated that

“As per the action plan for Fit India programme the schools across the country
will celebrate the school week for 04-06 days during the month of December,
2020 wherein students, parents and staff participate in various fitness
activities

For the successful implementation of the Fit India School week in schools
across the Tamil Nadu region, it has been requested to kindly take up with
department of education/education Boards in the state of Tamil Nadu.”

2. I am also directed to request you to issue necessary instructions to the
officials under your control, for organizing the Fit India School Week.

Yours faithfully

K. K. Muralidharan
15/10/2020

for Additional Secretary to Government.

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ANNEXURE

-162-

Proposed activities for Fit India School Week Celebrations 2020

Day	Activities
1	<p>(i) Virtual Assembly - Free hand exercises</p> <p>(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></p> <p>https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmXhogMwB0A8E2II?usp=sharing</p>
2	<p>(i) Virtual Assembly – Common Yoga Protocols https://yoga.ayush.gov.in/yoga/common-yoga-protocol</p> <p>(ii) Debates, Symposium, Lectures on “<i>Re-strengthening of the mind post pandemic</i>”- Mental Fitness Activities for Students, Staff and Parents</p> <p>(iii) Open letter to Youth of the Nation on “<i>Power of Fitness</i>”</p> <p>(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</p>
3	<p>(i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc</p> <p>(ii) Poster making competition on theme “<i>Hum Fit Toh India Fit</i>” or “<i>New India Fit India</i>”</p> <p>(iii) Preparing advertisements on “<i>Hum Fit Toh India Fit</i>”, “<i>Emotional and physical well-being are interconnected</i>” etc</p>
4	<p>(i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents</p> <p>(ii) Essay/Poem Writing Competition on theme “<i>Fitness beats pandemic</i>”</p> <p>(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</p>
5	<p>(i) Online Quiz related to fitness/sports</p> <p>(ii) Virtual challenges for students, staff/ teachers e.g.</p> <ul style="list-style-type: none">(a) Squats challenge(b) Step-up challenge(c) Spot jogging(d) Rope skipping(e) Ball dribbling etc. <p>(iii) Session(s) by motivational speakers for students, parents and school staff</p>

6	<p>1 day dedicated to Family Fitness:</p> <p>(i) Activities for fitness sessions at home involving students and parents - <i>Fit India Active Day capsules could be used for demonstration purposes</i></p> <p>https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kqTsS?usp=sharing</p> <p>(ii) Creatively using home-based equipment for sports & fitness. E.g.</p> <ul style="list-style-type: none">(a) Hacky sack at home (juggling with feet & hand – warm up activity)(b) Aluminium foil inside a sock - ball and any wooden piece - bat to play cricket(c) Mosquito bat and TT ball to play badminton/tennis(d) Fitness circuit - Draw a ladder on the floor with a chalk piece or crayon
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****Suitable modifications may be done in the aforesaid proposed activities at your end as per the convenience and requirements of schools taking into account whether Fit India School Week to be celebrated virtually or physically in your state/UT.**