Phone No: 0191-2598439
Fax No. 0191-2598358
E-mail Id: dsejammu@yahoo.in

Government of Jammu & Kashmir

Directorate of School Education, Jammu

Circular No. 31 DSEJ of 2020
Dated: - 02.12.2020

Sub: Fit India school week celebrations 2020 with theme "Fitness Ki Dose Aadha Ghanta Roz" – weekly activities thereof.

In pursuance to the communication received from Joint secretary (SS-I) GoI , Ministry of Education and Literacy (MHRD) New Delhi vide D.O No. 12-1/2020/IS.4(E) of dated 04.11.2020 and Directorate of Samagara Shiksha J&K letter No. Edu/SPD/Sms/32377-79 dated 27.11.2020 regarding the subject cited above. This Directorate hopes that you are ensuring all the guidelines and advisories issued by Education and Sports Ministries (Govt of India) and DSEJ in schools/offices under your jurisdiction.
As 2nd edition of Fit India School Week – 2020 will be celebrated in the month of December and accordingly this Directorate had decided that due to Covid-19 pandemic, 2nd edition of Fit India School Week would be celebrated in all schools of Jammu Division (Online/Offline modes) with thematic campaigns **"FITNESS KI DOSE AADHA GHANTA ROZ"** and proposed series of weekly activities and campaigns for the month of December under the aiges of Fit India Movement to promote Fitness. The registration in this respect has already been started from 25th November, 2020.

In view of the above, all the Chief Education Officers of Jammu Division are hereby directed through this circular to issue immediate necessary instructions to all the Head of Schools (Both Govt. and Pvt.) to organize Fit India School Week – 2020 with thematic campaigns **"FITNESS KI DOSE AADHA GHANTA ROZ"** , Fit India Quiz, Contribute in Fitness Assessment through Fit India App and carry out the proposed weekly activities on Fitness under DSEJ project Fit India School Week – 2020 from 01.12.2020 to 31.12.2020 in all schools (Both Govt. and Pvt.) of Jammu Division (Virtually/Offline Modes) by taking the actions appended as **Annexure-"A"** involving stakeholders like NCC, Scouts and Guides, Yoga Instructors, Members from Panchayats and Local Bodies to make it a successful people's movement. In order to amplify Fit India Mission, GOI has appointed an agency Sportytrip Experiences Pvt. Ltd. for covering the Fit India School Week Events from the Schools in respective districts.

Concerned CEO'S/DNO's are also directed to furnish the updated weekly status report from the districts for the action taken in the matter by schools on every last working day of the week and submit to this Directorate in format appended as **Annexure "B"** on Email Id : **fitindiadsej@gmail.com** with good quality photographs and videos for uploading on Fit India Portal.

In view of all the above, you may contact Sh. Govind Sharma, Nodal Officer of this Directorate for Fit India Movement Jammu Division at Mobile No. 94192-80527, 70062-77578.

Enclosures: 09 pages

NO: DSEJ/FITINDIA/2020/35937-71
DATED: 02-12-2020

(Anuradha Gupta) KAS
Director School Education
Jammu
2/12/20

Copy to the:

1. Administrative Secretary, School Education Department J&K UT, Civil Secretariat Srinagar for information.
2. Director General Youth Services and Sports J&K Jammu for kind information with a request to direct all PET/PEM/PEL Jammu Division for similar necessary actions please.
3. Deputy Commissioners (All) Jammu Division for kind information please.
4. Director Information Jammu for kind information with a request to publish this circular in leading newspapers please.
5. SPD Samagara Shiksha/State Nodal Officer Fit India Movement J&K Jammu for kind information please.
6. OSD to Advisor (B) to the Hon'ble Lieutenant Governor of J&K UT for information.
7. Joint Directors (All) Jammu Division for information and necessary action.
8. Group Commander NCC GP HQ Jammu for information with a request to organize these events involving all stakeholders of NCC.
9. **Chief Education Officers (All) Jammu Division for information and necessary action on priority basis.**
10. District Organizer Commissioner Bharat Scouts and Guides (All) Jammu Division for information and similar necessary action please.
11. Sh. Govind Sharma Nodal Officer DSEJ for compliance and necessary action.
12. I/C Website for uploading it on website of DSEJ.

Annexure "A"

Proposed Weekly Activities on Fitness under DSEJ project Fit India School Week – 2020

NO: FITINDIA/DSEJ/2020/35937-70 ; DT: 02-12-2020

Day	Activity
01	(i) Virtual Assembly – Free hand exercises (ii) Fun and Fitness- Aerobics, Dance forms, Rope Skipping, Hopscotch, Zig Zag and Shuttle Running etc. Fit India Active Break capsules could be used for demonstration purposes. Link below: https://drive.google.com/drive/folders/1t14ZOGyh9biDsw8CxmxhogMwB0A8E2ll?usp=sharing
02	(i) Virtual Assembly – Common Yoga Protocols https://yoga.ayush.gov.in/yoga/common-yoga-protocol (ii) Debates, Symposium, Lectures on "Re-strengthening of the mind post pandemic"– Mental Fitness Activities for Students, Staff and Parents (iii) Open letter to Youth of the Nation on "Power of Fitness" (iv) Open mic on topics such as "Exercise is a celebration of what your body can do, not a punishment for what you ate" etc.
03	(i) Brain Games to improve concentration/problem solving capacity – e.g. Chess, Rubik's cube etc. (ii) Poster making competition on theme "Hum Fit Toh India Fit" or "New India Fit India" (iii) Preparing advertisements on "Hum Fit Toh India Fit", "Emotional and physical well-being are interconnected" etc.
04	(i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents (ii) Essay/Poem Writing Competition on theme "Fitness beats pandemic" (iii) Podcast/Movie making on suggested themes – "Get fit, don't quit"; "Mental Health is not a destination but a journey" etc.
05	(i) Online Quiz related to fitness/sports (ii) Virtual challenges for students, staff/ teachers e.g. • Squats challenge • Step-up challenge • Spot jogging • Rope skipping • Ball dribbling etc. (iii) Session(s) by motivational speakers for students, parents and school staff
06	1 day dedicated to Family Fitness: (i)Activities for fitness sessions at home involving students and parents – Fit India Active Day capsules could be used for demonstration purposes https://drive.google.com/drive/folders/18ophVtYf3qBOhpLQpX66y_ywCK_kgTsS?usp=sharing (ii) Creatively using home-based equipment for sports & fitness. E.g. • Hacky sack at home (juggling with feet & hand – warm up activity) • Aluminum foil inside a sock – ball and any wooden piece – bat to play cricket • Mosquito bat and TT ball to play badminton/tennis • Fitness circuit – Draw a ladder on the floor with a chalk piece or crayon

(Anuradha Gupta) KAS
Director School Education
Jammu

1/12/20

Annexure-B

Directorate of School Education Jammu															
Weekly Action taken report on Fit India Movement 2020 (2nd Edition)															
UT:						District					Week				
Zone	Week	No. of Schools Participated in Day 1 Activities	No. of Students/officials Particpated in Day 1 Activities	No. of schools Participated in Day 2 Activities	No. of Students/officials Particpated in Day 2 Activities	No. of Schools Particpated in Day 3 Activities	No. of Students/officialsParticpated in Day 3 Activities	No. of Schools Particpated in Day 4 Activities	No. of Students/officials Particpated in Day 4 Activities	No. of Schools Particpated in Day 5 Activities	No. of Students/officialsParticpated in Day 5 Activities	No. of Schools Particpated in Day 6 Activities	No. of Students/officials Particpated in Day 6 Activities	Total No. of Schools Participated in the District/Division	Total No. of Students/officials Participated in the District/Division.

NO: DSEJ/FITINDIA/2020/35937-70

DT: 02-12-2020

(Anuradha Gupta) KAS
Director School Education
Jammu
1/12/20

Santosh Kumar Yadav,
Joint Secretary (SS-I)
Tel: - 011-23387781
E-mail :yadavsk.up@nic.in

सूचना का अधिकार

भारत सरकार
शिक्षा मंत्रालय
स्कूल शिक्षा और साक्षरता विभाग
शास्त्री भवन
नई दिल्ली – 110 115
GOVERNMENT OF INDIA
MINISTRY OF EDUCATION
DEPARTMENT OF SCHOOL EDUCATION & LITERACY
SHASTRI BHAVAN
NEW DELHI-110 115

DO. No. 12-1/2020-IS.4(E)

Dated : 04th November, 2020

I hope you are ensuring all the Guidelines and Advisories issued by several Central Ministries in your office and organization under your jurisdiction. 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 behavioural changes- from sedentary life style to physically active way of day-to-day living. Fit India would be a success only if becomes a people's movement. We have to play the role of catalyst.

2. Like previous year, Department of Sports, Ministry of Youth Affairs and 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.

3. 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 1 and 2**.

4. You are kindly requested to organise the Fit India School Week, Fit India Quiz and contribute in Fitness Assessment through Fit India App and Fit India Thematic Campaign- **"फिटनेस का डोज़- आधा घंटा रोज़"** under the aegis of Fit India Movement on the stated time and the instructions issued in this regard by the Department time to time.

5 The Action taken Report (ATR) of the above activities may be sent to this department through the link given below:

https://docs.google.com/spreadsheets/d/11jxzhdHSE0k6jVI00kuZ5t4HAYVSJ7HYWtwW7kWC1vI/edit#gid=0

Yours Sincerely,

Sd/-
(**Santosh Kumar Yadav**)

To
The Additional Chief Secretary/Principa Secretary / Secretary (Education),
All States and UTs

YEARS OF CELEBRATING THE MAHATMA

शिक्षा का अधिकार
सर्व शिक्षा अभियान
सब पढ़ें सब बढ़ें

Copy to (For similar action) :

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Commissioner, Navodaya Vidyalaya Samiti,
4. The Director, Central Tibetan Schools Administration (CTSA)
5. The Chairman, National Institute of Open Schooling (NIOS)

Copy also to (For information):

Secretary, Department of Sports, MoYA&S

(**Santosh Kumar Yadav**)

Government of Jammu & Kashmir
Directorate of SAMAGRA SHIKSHA

(Winter) Opposite Gurudwara, NH By Pass Road Channi Rama,Jammu- 180015
(Summer) Behind B&J Hospital, Baghat-i-Barzulla, Rawatpora Srinagar-190005
Phone: (Jammu) 0191-2467421/2467220 (Srinagar) 0194-2438731/2435895
Email ID: jksamagrashiksha@gmail.com

सत्यमेव जयते

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No : Edu/SPD/SmS/ 32377-79/2020 **Dated:-**27**-11-2020**

The Director,
School Education,
Jammu/Kashmir.

Subject : Fit India School Week 2020.

Madam/Sir,

Kindly find enclosed herewith a copy of the MHRD D.O. letter No.: 72-7/2020-IS. Dated: 04-11-2020 alongwith annexures (04) regarding the second edition of Fit India School Week 2020. In this context, I am directed to intimate that the Department of Sports, Ministry of Youth Affairs and 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 registration for Fit India School Week has already started from 25th November 2020.

In view of the above, it is requested kindly to issue necessary instructions to schools to ensure maximum participation of students and other stakeholders in Fit India School Week 2020 activities. The Divisional Nodal Officers (Fit India) shall collect updated Status about Fit India School Week 2020 activities from Districts/Schools and submit a compiled District wise and Division wise Action Taken Report on monthly basis to this Directorate by 4th day of every month so that same may be filled via Google link provided by MHRD. Some good quality photographs of the participation of students may also be kept for ready reference. Further the Divisional Nodal Officers may also be advised to send list of District Nodal Officers to this office by or before 1st December 2020.

To amplify Fit India Mission, Government of India has appointed an agency **Sportytrip Experiences Pvt. Ltd.** for covering the Fit India School Week events from the schools. Accordingly the Divisional Nodal Officers are required to send name of five nominated schools with contact details of the School Nodal Officer/Contact Person by or before **1st December, 2020** with whom team Sportytrip will coordinate the Fit India School Week events for amplification The desired information is to be mailed on **jksamagramedia@gmail.com** as per the format given hereunder:-

S. No	School Name	School category (P/UP/ sec/Hsec)	School Management (Dept of Edu/ Private/ Central Govt.)	Email of school	Name of Contact Person/ SNO	Designation of Contact Person/SNO	WhatsApp No of Contact Person/SNO	Email of contact person/ SNO

Government of Jammu & Kashmir
Directorate of SAMAGRA SHIKSHA

(Winter) Opposite Gurudwara, NH By Pass Road Channi Rama,Jammu- 180015
(Summer) Behind B&J Hospital, Baghat-i-Barzulla, Rawatpora Srinagar-190005
Phone: (Jammu) 0191-2467421/2467220 (Srinagar) 0194-2438731/2435895
Email ID: jksamagrashiksha@gmail.com

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Moreover instructions may kindly be communicated to all stakeholders regarding downloading of supporting creativities/videos to promote Fit India School Week on the school's/ student's social media handles via the link of Google Drive given below:

https://drive.google.com/drive/folders/15I5dUhTWIbbhuocbprji7Q8ZJ4zQAFGj?usp=sharing

Yours faithfully,

Enclosures: Annexures (05)

(Peerzada Mushtaq Ahmad)
Field Officer,
Samagra Shiksha, J&K.

Copy for information to:

1. Additional Secretary to Government, School Education Department, J&K Civil Secretariat, Jammu.
2. Chief Education Officers (All) with the request to organize Virtual Activities for Fit India School Week 2020 in all schools.
3. Divisional Nodal Officers (Fit India) for information and necessary action.
4. Private Secretary to Administrative Secretary, School Education for information of the Administrative Secretary.
5. PA to Project Director, Samagra Shiksha J&K for information of SPD.
6. Office file.

Fit India School Week 2020

Background

On 29 Aug 2019, the Hon'ble 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. School is the first place where habits are formed. School children should be encouraged to indulge in active field time during school hours involving fitness and sports activities. This will instil in students the understanding for regular physical activity and higher levels of fitness, thus enhancing self-esteem and confidence in them. Keeping these objectives in mind, Fit India School Week program was launched in 2019.This year "Fit India School Week" will be celebrated virtually by schools in December.

Guidelines

1. Schools to ensure that all Students, Parents, Staff and Management shall actively participate in the Fit India School Week 2020 programme
2. Schools may create a new page on their website titled "Fit India School Week 2020" and a brief about the activities undertaken and related pictures/videos can be uploaded on it.
3. Schools should register themselves on https://fitindia.gov.in/fit-india-school-week and upload photos and video link related to the event
4. All registered schools may download a Digital Certificate which can be downloaded from Fit India Portal after successful conduct of the Fit India School Week.
5. Schools are also encouraged to share/post activities conducted on their social media channels with **#NewIndiaFitIndia** and tag **@FitIndiaOff**

Answers to FAQs regarding Fit India School Week 2020

Q1: Are there any detailed guidelines about Fit India week to be launched from December. Is event to be organised online for Fit India Week?

Ans: Fit India School week can be organised virtually where schools are not open and classes are going online. Also for the school that are open, Fit India school week can be organised physically by maintaining social distancing norms. Proposed activities for Fit India School week are attached as annexure. Fit India School week starts from 1st Dec and continues till 31st Dec. School week is to be celebrated by the school for 4-6 days starting 1st December 2020. Registrations for school week begins from 25th November 2020.

Detailed Guidelines for Fit India School Week are as follows:

1. Schools should register themselves on https://fitindia.gov.in/fit-india-school-week and upload photos and video link related to the event
2. School should celebrate Fit India School Week either virtually or on ground (Physically) for 4 to 6 days starting 1st December 2020.
3. All registered schools to upload 2 photos and 1 video link of Fit India School Week on Fit India portal.
4. All registered schools may download E-Certificate for the school as well as for the students from Fit India Portal after celebrating Fit India School Week and uploading the details.
5. Schools are also encouraged to share/post activities conducted on their social media channels with #NewIndiaFitIndia and tag @FitIndiaOff

Q2: Who can participate in Fit India school week- Only students or teachers or parents or other officials or anybody?
Ans: Fit India School week is for School staff, teachers, students and parents. Schools may think of innovative ideas to include school teachers and parents in fitness activities.

Q3: How registration for Fit India week can be done in order to get E-Certificate it will be necessary?
Ans: Steps to register for Fit India School Week:
1: Please visit Fit India Website www.fitindia.gov.in
2: Click on events that says Fit India School Week-2020
3: Click on Register as an organiser
4: Register yourself as a school and login if already registered
5: Once logged in, organise an event (celebrate Fit India school week) under the category Fit India School Week-2020
6: Submit the details of the event and add the name of the participants to get the E-Certificates for Fit India School week.
To get E-Certificate, you have to follow the above steps.

Q4: How photographs regarding Fit India week can be uploaded? How will the students get E- Certificates?
Ans: 2 Photos and 1 video link can be added on the Fit India Website once you organise fit India school week. Please tag photos and videos of fit India School Week on social media platforms of the school student, parents and the staff with #NewIndiaFitIndia and @fitindiaoff
For Downloading E-certificates for the students, parents and staff the registered school may add the name of the participants.

FIT INDIA CAMPAIGN- DECEMBER 2020

FIT INDIA

D/o SEL/ CBSE/ CISCE/ State Education Boards

Activity/ Event	Roles and Responsibilities
1) Fit India Thematic Campaign- virtual फिटनेस का डोज़ - आधा घंटा रोज़ **(1st December 2020 onwards)**	Promotion of campaign on digital platforms of Department as well as schools.
2) Fitness Assessment through Fit India App **(Date of launch of Fit India App will be communicated later)**	All the teachers, staff, parents to take their fitness assessment and encourage others to do so.
3) Fit India School Week **(1st to 31st December 2020)**	Schools to be encouraged to register on Fit India portal and organise Fit India Week.
4) Fit India Quiz **(Date of launch will be communicated later)**	Asking schools to enroll for the quiz