Sub: Modified month wise calendar of suggestive activities for Fit India Movement (March 2021- February 2022) - regarding.

Circular No: 47-DSEJ of 2021
Dated: 09-04-2021

Pursuant to the communication received from Samagra Shiksha J&K Jammu Vide No.EDU/SMS/SPD/136/108-33/21 of dated 02.04.2021 a list of modified suggestive month-wise activities calendar of fitIndia movement for March 2021 to February 2022 with celebrations of Amrut Mahotsava (75th Independence Day) received from ministry of education and literacy Govt. of India is enclosed as Annexure “A” for reference which may be adopted in schools.

In this regard, all the Chief Education Officers of Jammu division are directed to issue necessary instructions to all head of schools (both Govt & Pvt HSS/HS/MS/PS) to adopt and carry out the proposed suggestive month-wise activities calendar on fitness with celebrations of Amrut Mahotsava (75th Independence Day) under DSEJ project fitIndia movement – 2021 in all schools of winter Zone from April 2021 to December-2021 and summer zone at the beginning of new academic session from April 2021 to March-2022 (Annexure-“A”) in online as well offline mode with due precautions/SOPs guidelines of Govt. of India/J&K-UT against Covid-19 pandemic to promote the culture of fitness among students, teaching & non-teaching staff in coordination with other stake holders like NCC teachers, Yoga trained teachers, PE teachers, parents of children, members from Panchayats & local bodies. Besides you are also advised to conduct other routine fitness activities in addition to this calendar as per the location conditions, Topography, feasibility of the areas.

Further, Chief Education Officers of Jammu division are directed to instruct all heads of Schools to nominate potential/ trained teachers as school nodal officer fit India for coordinating all suggested fitness activities at school level, share contact Nos/emails of DNOs to all concerned schools in the districts and furnish status report from the districts for the action taken in the matter and submit to this directorate on govt email ID at fitindia.dsej@jk.gov.in on monthly basis on every last working day of the month with good quality photographs and videos for uploading the same on Fit India portal. All of the activities videos and photographs must also be uploaded on JK Education Hub portal / SARAL DSEJ Education App. A list of modified suggestive month-wise activities calendar of fitIndia movement is hereby enclosed.

Encl’s = 04 (Four leaves)

(Dr. Ravi Shankar Sharma) KAS
Director School Education
Jammu

No: DSEJ/FITINDIA/2021/13976-14005
Dated: 09-04-2021

Copy to:

1. Administrative Secretary, School Education Department J&K UT, Civil Secretariat Jammu for information.
2. Director SCERT Jammu for information with the request to integrate fit India activities calendar in the annual academic calendar.
3. Deputy Commissioners (All) for favour of information please.
4. All Joint Directors (Jammu Division) for information please.
5. Joint Director information Jammu for information with the request to publish this circular in leading Newspapers please.
6. Chief Education Officers (All) Jammu Division for information and necessary action on priority basis.
7. Sh.Govind Sharma Nodal Officer Fit India Movement at DSEJ for compliance with the direction to compile the monthly reports from the districts.
8. PA to SPD Samagra Shiksha J&K Jammu for information of SPD.
9. I/C Computer Section for uploading the order on the official website.
### Suggestive Activities for FIT India Movement – March 2021-Feb 2022

**“Amrut Mahotsav-Celebrating 75 years of Indian Independence”**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Month</th>
<th>Theme based Activities</th>
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<tbody>
<tr>
<td>1.</td>
<td>March- April</td>
<td><strong>FIT INDIA WALKATHON/CYCLOTHON</strong>&lt;br&gt;  - Organization of 125/75 km Walkathon / Cyclothon with patriotic themes.&lt;br&gt;  - 2. Walking Competition</td>
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<td>2.</td>
<td>May-June</td>
<td><strong>Mental Fitness Week:</strong>&lt;br&gt;  - Celebration of “Yoga Day” <em>(Age appropriate Yoga Activities)</em>&lt;br&gt;  - 75 students performing Yogasnas&lt;br&gt;  - Rhythmic Yoga on patriotic songs&lt;br&gt;  - Pranayam, Meditation/ Mindfulness activities <em>(5 Minutes Sleep)</em>, Talks and sessions regarding mental benefits apart from physical benefits of yoga&lt;br&gt;  - Yoga breaks at workplaces which may also increase efficiency and reduce stress&lt;br&gt;  - Daily Yoga, Stretching, Hand exercises may be included in assembly to make fitness part of students’/teachers’ daily lifestyle</td>
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<td>3.</td>
<td>July</td>
<td><strong>INDIGENOUS SPORTS</strong>&lt;br&gt;  - Organization of indigenous/traditional sports, martial arts, dance with theme – <em>Hamari Sanskriti Se Fitness</em>&lt;br&gt;  - Indigenous sports competition may be organized at Village/Block/District level&lt;br&gt;  - 3. Awareness Generation Rally on themes “Hum Fit to India Fit”</td>
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<td>4.</td>
<td>August - September</td>
<td><strong>FREEDOM RUN- INDIA @75</strong>&lt;br&gt;  - Fit India Freedom Run to start/culminate with patriotic songs/stories on freedom struggle of local heroes <em>(Staff, Students &amp; Community)</em>&lt;br&gt;  - Places associated with Independence Movement in states/UTs to be selected for culmination/ starting of Freedom run&lt;br&gt;  - In morning assembly plays / role-plays may be conducted on various patriotic themes&lt;br&gt;  - FIT INDIA movement will light a celebratory ‘Mashaal’ that will be lit by the Minister of State of the Ministry of Youth Affairs and Sports, Mr. Kiren Rijiju&lt;br&gt;  - The idea is to recreate the Bharat Mala <em>(map of India)</em> across all the states which will culminate as a one of its kind pictorial tribute&lt;br&gt;  - May be conducted at border district in the evening with mobile torch as a symbolic Mashaal</td>
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<tr>
<td>5.</td>
<td><strong>FIT INDIA PLOG RUN</strong></td>
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| October | • FIT India Plog Run across all Districts & Blocks of India  
• Integration with GREEN VILLAGE – CLEAN VILLAGE  
• Plantation of saplings/Gardening  
• Plays/Rallies with themes such as Swachta, Ahimsa and other values of Mahatma Gandhi  
• Cultural programs depicting importance of Mahatma Gandhi in India’s Independence |

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<th>6.</th>
<th><strong>FIT India Week – Eat Right Campaign</strong></th>
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| November-December | • Promoting the healthy Food and healthy eating practices  
• Students Profile (Name, Age, Weight, Height, Sleeping Hours, Breakfast/ Lunch/ Dinner Timing, Favorite Dishes etc.)  
• Local recipes, flavors and ingredients for a healthy eating to be promoted  
• Nutritional value of your favorite food  
• Inter and Intra Sports Competition  
• Motivate & aware parents, community regarding doing daily fitness activities.  
• 7. Stories/Talks/Essay competition on one Freedom Fighter/local hero of Freedom struggle at least once every week |

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<th>7.</th>
<th><strong>FIT INDIA FESTIVE SPECIAL</strong></th>
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| January-February | • Fitness through Folk Dance with Patriotic theme  
• Focus on Mind games like chess, Sudoku, Puzzle etc  
• Collage making and poster competition on Healthy Food Habits and Importance doing daily fitness activities |

*These are only suggestive activities; States/UTs may conduct according to their local conditions.*

(Dr. Ravi Shankar Sharma) KAS  
Director, School Education  
Jammu

No: DSEJ/FITINDIA/2021-22/13976-14005  
Dated: 09/04/2021
To

The Additional Chief Secretary/Principal Secretary / Secretary (Education),
States and UTs

Sub: Suggestive Activities Calendar for FIT India Movement (March 2021-
Feb2022)-reg

Sir/Madam,

As you must be aware, Hon’ble Prime Minister has launched the “FIT
India Movement” on 29th August, 2019 with a view to make physical fitness a
way of life.

2. To make the movement a success in Schools, a list of Suggestive Activities
calendar for March 2021 to February 2022 of Fit India Movement is enclosed.
The Suggestive activities are in line with the celebration of Amrut Mahatsova
(75th Independence Day) and may be adopted/adapted.

3. You are requested to take necessary action and ensure maximum
participation.

Encl: Suggestive Activities Calendar

Yours Faithfully

(Rajesh Kumar Maurya)
Under Secretary to the Government of India
Mail id: rajmaurya2003@rediffmail.com
Tel.01123384501

Copy to: (For information and necessary 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)