I/1966/2021

Phone No: 0191-2598439
Fax No. 0191-2598358

Government of Jammu & Kashmir

Directorate of School Education, Jammu

Circular No. 43 -DSEJ of 2021
Dated: - 19 -02.2021

Sub: Online webinar & awareness programme of Fitindia under Khelo India national fitness assessment –'training of trainer' for government schools.

Kindly find enclosed herewith a copy of communication received from Director Academics Jammu and Kashmir Board of School Education Jammu through Email: directoracad@ jkbose.co.in of dated 09.02.2021 along with D.O. of Sports Authority of India (SAI) vide No. 17-3/SAI/FITINDIA/MD/2021 of dated 25.01.2021 regarding the subject cited above.

After the successful completion of 2 months fitindia school week celebrations – 2020 w.e.f. 1st Dec, 2020 to 31st January, 2021 in entire region of Jammu Division, Sports Authority of India (SAI) has planned online webinar & awareness programme of Fitindia under Khelo India national fitness assessment- 'training of trainers' for Principals / Headmasters , Physical Education Teachers (PE teachers) amongst schools of Jammu Division in online mode enabling them to equipped with knowledge, skills & aptitude to perform physical fitness assessment tests in schools.

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 government schools and nominate principals/Headmasters, DNOs Fitindia, PET, PEM, PEL, School Nodal Officer Fitindia to attend online webinar and awareness programme of fitindia movement under Khelo India national fitness assessment – 'training of trainers' on 1st March, 2021 for Principal/HM/DNOs **(Annexure A)** and from 2nd March 2021 to 3rd March 2021 for PET, PEM, PEL, School Nodal Officers for Fitindia **(Annexure B)** in government Schools of Jammu division. It is pertinent to mention that registration link for attending these live webinars and pre– registrations of schools as well as said officers & officials is as- **https://schoolfitness.kheloindia.gov.in/tot.aspx**.

All DNOs Fitindia India Movement would be the coordinators for this programme, their contact nos and emails may also be forwarded to all schools in the districts and they are further directed to furnish status report from the districts for the action taken in the matter and submit to this directorate on email **fitindia.dsej@jk.gov.in** within weeks time after culmination of the said programme.

For any further quarries, you may contact Sh. Govind Sharma, Nodal Officer of this Directorate at Mobile No. 94192-80527, 70062-77578.

Encls: 03 (three)

(Anuradha Gupta) KAS
Director School Education Jammu

No. : DSEJ/FIT INDIA/2021/ 5829-48 **Dated:** 19.02.2021

Copy to the:

1. Administrative Secretary, School Education Department J&K UT, Civil Secretariat Jammu for information please
2. **Director General Youth Services & Sports J&K/Joint Director Youth Services & Sports Jammu for favour of information with the request to direct all PET, PEM, PEL of Jammu Division for similar necessary action please.**
3. Director Academics JKBOSE for favour of information please.
4. Sh. Harvinder Tanwar (State Regional Manager) Coordinator of programme at SAI GOI for favour of Inf pl.
5. Joint Directors (All) Jammu Division for information and necessary action.
6. **Chief Education Officers (All) Jammu Division for information and necessary action on priority basis.**
7. Sh. Govind Sharma Nodal Officer DSEJ for information, expedite the process and compile the report please.
8. I/C Website for uploading it on website of DSEJ.

Digitally signed by ANURADHA
Date:Fri Feb 19 13:32:41 IST 2021
Reason:Approved

6862/2021/Receipt

Email **Rakesh Kumar**

Fwd: Online webinar of Khelo India Fitness Assessment - 'Training of Trainer' Program

From : directoracad@jkbose.co.in Tue, Feb 09, 2021 01:15 PM

Subject : Fwd: Online webinar of Khelo India Fitness Assessment - 'Training of Trainer' Program 2 attachments

To : Rakesh Kumar <dse.jammu@jk.gov.in>, Director School Education Kashmir <dsek-jk@gov.in>, dseladakh@gmail.com

---------- Forwarded message ---------
From: **FIT INDIA** <fitindia.sai@gmail.com>
Date: Mon, 25 Jan 2021 at 16:06
Subject: Online webinar of Khelo India Fitness Assessment - 'Training of Trainer' Program
To: <directoracad@jkbose.co.in>
Cc: <fitness.kheloindia@gmail.com>

Respected Sir,

Kind reference is to the online 'Training of Trainer' programme for Principals/HM and PE teachers amongst the schools in the state of J&K.

In this regard, it is my earnest request to kindly confirm the proposed plan of the programme as annexed in the D.O. letter as annexure A and B. Furthermore, It may be sent to all the schools under the Directorate of School Education, J&K to nominate PE teachers from their schools to attend this programme.

On behalf of SAI,Mr. Harvinder Tanwar (+91 9999405340) would be the coordinator for this programme, his contact may also be forwarded to schools.

With regards,
Ekta Vishnoi
Mission Director- Fit India

Directorate of School Education
R.No. 1666
Dated 10/2/21

recieved as on 09/02/2021

Govind ji
12/2

FIT INDIA
https://fitindia.gov.in/

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Director Academics
Jammu & Kashmir Board of School Education
Union Territory of Jammu & Kashmir
Ph/Fax- 0191-2585480, 0194-2494522

Jammu & Kashmir.pdf
1 MB

SAI

सत्यमेव जयते

Government of India
Ministry of Youth Affairs and Sports

FIT INDIA

D.O. No 17-3/SAI/Fit India/MD/2021 25 Jan, 2021

Respected Sir,

Subject: Fit India Awareness Programme for Jammu and Kashmir Board of School Education with Sports Authority of India (SAI) under the Khelo India National Fitness Programme for Schools in Online mode

'Khelo India', a National Programme for Development of Sports in India, was introduced in December 2017 by the **Ministry of Youth Affairs and Sports, Govt. of India** to revive the sports culture in India and to identify the talent at grass-root level by building a strong framework. **"Physical Fitness of School going Children"** is one of vital vertical out of 12 key verticals of Khelo India.

2. Sports Culture needs to be an integral part of Education System. Sports Authority of India is developing a 4-stage framework - Grassroots, Development, Excel and Elite - to capture different sporting pathways. Physical fitness assessment of school going children is first step towards grass root talent identification. This needs to be done by all teacher inclusive PE Teachers in schools.

3. Due to the Coronavirus (COVID-19) outbreak, schools were shut down for quite a long time. However, the new academic session has begun across India in form of Online Classes / Webinars. Keeping this in mind, the initiative taken by **Jammu and Kashmir Board of School Education** is appreciable wherein 576 schools are registered, 110 Students data had been uploaded, since there are lot of potential in schools under **Jammu and Kashmir Board of School Education**, we would like to request that Khelo India Fitness Programme needs to be implemented in each school of each district of Jammu and Kashmir.

4. Post this, along with your effort, we would like to organise online Training of training Program under Khelo India Fitness Assessment Programme for the PETs. In order to make teachers equipped with the Knowledge, Skills and Attitude to perform Physical Fitness Assessment tests in their schools, we would like to propose to conduct 2 days (1.5 hour each) online training programme/ webinar for PE Teachers.

5. SAI proposes to do the 2 days training session in 1st March, 2021. Post the training, PETs will be able to register their schools, create profile for themselves, upload students' data, Usage of KIFA and learn how to do Assessment. Once schools reopen, they will be start Assessments using Mobile app in their schools and also a half day (2 hours) on-ground training may be conducted for practical experience of Assessments.

Kindly intimate to us the confirmation regarding the same, and also inform us about any impact in the context of the proposed plan.

With regards,

Yours sincerely,

(Ekta Vishnoi)
Mission Director, Fit India

Dr. Farooq Ahmad Peer,
Director,
Jammu & Kashmir Board of School Education,
JKBOSE, New Campus, Bemina Srinagar, 190010

Annexure A: "Whole of School Approach to Fitness" Session
Kick-Off webinar by Fit India

1st March 2021, 2.30 – 3.30 PM (Principals / Head Teachers/Master Trainers)
Intended for: Representatives from School Education Departments/ School Boards, Sports Coordinators, School Principals

TOPICS COVERED	DURATION
• **Special Address by DG Sir**	10 minutes
• **Key Note address by State Board Official**	10 minutes
• **Fit India Movement** 1. Fitness Starts with Schools 2. Concept of Fit India School, Flag and Star Rating of schools 3. Fit India Protocols for Children, Adults and Seniors 4. Fit India Initiatives for Schools	10 minutes
• **Distinctive Address by on e- Pathshala**	5 minutes
• **Structured Physical Education Community Coaching program by SAI LNCPE**	5 minutes
• **Fit India and KIMA Videos**	3 minutes
• **Introduction to Khelo India Fitness Assessment for School Going Children** 1. Khelo India Battery of Fitness Assessment Tests for 5-8, 9-18 Years 2. Khelo India Mobile App for Schools, PETs and Parents 3. Fitness Report Cards - Fitness Level Indicators, Recommendations for Improvement, Next Steps 4. Talent Identification Roadmap 5. Role of Principals in implementation of quality Khelo India Fitness Assessment	20 minutes
• **Questions and Answers**	10 minutes

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Annexure B: "How to do Khelo India Fitness Assessment of School Going Children"

(Online TOT for All teachers including PE teachers) - by Khelo India

Date **2nd March– 5th March 2021**

Target participants: Principals, PE Teachers/ Sports Coaches from schools SAI proposes Online Training for Principals / Head Teachers and All subject teachers including PE teachers / Nodal Sports Teachers during **2nd March– 5th March 2021.** Post the training, Teachers will be able to register their schools, create profiles for themselves, upload student data and learn how to do Assessment. Once schools reopen, they will start Assessments in their schools.

	Dates	**Time**
Batch-A	**2nd March – 3rd March 2021**	2.30 – 4.00 PM
Batch-B	**4th March – 5th March 2021**	2.30 – 4.00 PM
Online Examination	**13th March 2021**	Anytime from 6 AM to 10 PM (60 Minutes) - as convenient to participants Online Evaluation to test their Knowledge (they can refer to training material, Admin Manuals and SOPs which will be made available to them)

Each batch will undergo 2 days of training (90 minutes each) covering the following topics:

Day 1:

1. Concept & Protocol of Khelo India Fitness Assessment Program
2. School registration
3. Uploading Student data
4. Managing Assessor
5. How to undertake Khelo India Battery of Tests

Day 2:

6. Conducting Assessment using KIFA
7. Generating Report card
8. Parent App and Talent Identification Road map
9. Discussions on Questions by PETs

E-certificate will be issued by SAI to the Participants based on successful completion of each level of this training program and fitness assessment conducted in your school. It is expected that post the Online TOT Program, Schools which have not yet registered on **schoolfitness.kheloindia.gov.in** or PE Teachers who have not registered on "Khelo India (School version)" App (can be downloaded from Google Play Store) do their registrations and upload student data on the portal as a preparedness for Physical Fitness Assessment when schools reopen.

Certification Levels:

1. **Certificate of Participation (Level I) - Attending Online Sessions - Certificate to be given to Principals and PETs**
    a. Registration of Schools
    b. "Whole School Approach to Fitness" Session for Principals
    c. "How to do Khelo India Fitness Assessment of School Going Children for PE Teachers
2. **Certificate of Achievement 1 (Level II) - Certificate to be given to School upon completion of:**
    a. Creation of Assessors and linking to School
    b. Uploading of Student Data
3. **Certificate of Achievement 2 (Level III) - Certificate to be given to School, Principal and PE Teachers upon Completion of:**
    a. Fitness Assessment of all Students by PE Teachers
4. **Certificate of Merit (Level IV) - Certificate to be given to PE Teachers / Coaches upon appearing for Online Evaluation.**

Registration link for attending these Live Webinars: https://schoolfitness.kheloindia.gov.in/tot.aspx

For any further query and feedback, the schools may contact:

1. State Regional Manager: Harvinder Tanwar, harvey@seqfast.com
2. Ms Ritu Singh, General Manager: fitness.kheloindia@gmail.com / ritu.singh@seqfast.com

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