

Government of Jammu and Kashmir  
**DIRECTORATE OF SCHOOL EDUCATION, JAMMU**

**TIME BOUND**  
**MOST URGENT**

Chief Education Officers (ALL)  
Jammu Division

No. DSEJ/NCC/Fit India/ 37957-92

Dated: 19/12/2019

**Subject: "Fit India Movement" - Activities thereof.**

Sir,

Kindly find enclosed herewith a copy of communication received from the Administrative Department of School Education, Govt. of J&K, Civil Secretariat, Jammu Vide No. Edu/NC-SE/58/2019 of dated 13.12.2019 along with a copy of D.O. No. 12-1/2019-IS.4 of dated 27.11.2019 from Ministry of HRD GOI regarding the subject cited above.

As the "Fit India Movement" was launched by Hon'ble Prime Minister of India on 29th August 2019 in New Delhi with a view to make physical fitness a way of healthy life style of children and accordingly the GOI MHRD and Govt. of J&K School Education Department had decided to take forward the momentum of "Fit India" at school level.

**In this regard all Chief Education Officers of Jammu Division are hereby directed to issue immediate necessary intructions to all Heads of Schools (both Govt. & Pvt.) to carry out the activities of "Fit India Movement" in all Govt. and Private Schools of Jammu Division by taking the actions appended as Annexures "A", "B" and "C" in coordination with Youth Services and Sports Department involving other stake holders like NCC, Scouts & Guides, Yoga Instructors, Members from Panchayats & Local Bodies to make it a successful people's movement.**

As such you are further directed to nominate a Senior Officer/Official as a Nodal Officer for "Fit India" preferably computer knowing who will act as Liaison Officer from the District, Coordinate with all HOS to carry out the activities of "Fit India" in schools under your jurisdiction and may intimate their details with contact numbers as well as email to this Directorate on email Id: [fitindiadsej@gmail.com](mailto:fitindiadsej@gmail.com) or [dsejammu@yahoo.in](mailto:dsejammu@yahoo.in) within two days.

Concerned CEOs are also directed to furnish the compiled weekly report from the district for the action taken in the matter by the schools on every last working days of the week and send to this Directorate on email Id: [fitindiadsej@gmail.com](mailto:fitindiadsej@gmail.com) or [dsejammu@yahoo.in](mailto:dsejammu@yahoo.in) both in hard and soft copy along with **1 video and two best photographs** from every institution for uploading on "Fit India Portal" for further submission to the Administrative Department and authorities at government of India.

In view of all the above, the Directorate of School Education Jammu has nominated Sh. Govind Sharma I/C NCC at DSEJ as **Nodal Officer of Fit India Movement for Jammu Division** who will act as Liason Officer for coordinating the activities of Fit India Movement in Schools of Jammu Division and for any assistance/quaries, he may be contacted on **Mob. No. 9419280527, 7006277578.**

Enclosures: 24 Pages

(Anuradha Gupta) KAS  
Director School Education  
Jammu

Copy to the:

1. Commissioner/Secretary to Govt. School Education Department, Civil Secretariat, Jammu, J&K for kind information please.
2. Director General, Youth Services & Sports, J&K, Jammu for kind inf. with a request to direct the concerned District Youth Services & Sports Officers (ALL) Jammu Division for similar necessary actions.
3. Deputy Commissioners (ALL) Jammu Division for kind information please.
4. Group Commander NCC GP. HQ Gandhi Nagar Jammu for kind inf. with a request to advise all COs of NCC Bns. in Jammu Division for organising various programme on "Fit India Movement" at school level by involving all the stake holders of NCC.
5. District Organiser Commissioner Bharat Scouts & Guides (ALL) Jammu Division for kind Information and similar necessary action please.
6. Nodal Officer "Fit India Movement" at DSE Jammu for compliance and necessary action with a direction to monitor the same and compile the report for action taken in the matter.
7. I/C Computer Section at DSEJ to upload the information in the matter on the official website.



## ANNEXURE "A"

1. Apprising and encouraging all schools, public as well as private, in your jurisdiction to endeavour towards self-certification as Fit India school and seek Fit India Ranking.
2. To honour Fit India 2 Star and 5 Star Schools by organizing appropriate functions in the State Headquarters. Fit India 5 Star Schools could be felicitated at State Level Republic Day and Independence Day Functions.
3. Organize Fit India Events in each schools (Govt./Pvt.) of Districts in Jammu Division from time to time and encourage them to use their creativity in designing and organizing various events of Fit India.
4. Organize "Fit India Week" in each schools (Govt./Pvt.) in the next 4 to 6 weeks.

## ANNEXURE "B"


The Fitness Weekly Schedule of Actions/Activities so proposed/planned by DSEJ for organizing "Fit India School Week" at Schools level in the coming 4 to 6 weeks of current academic session are as below:

| Day | Actions/Activities to be Undertaken   |
|-----|---|
| 01  | Yoga and Mediations for all in the routine morning assembly, setup "Fitness Houses" for students in the institution during recess time.   |
| 02  | Free hands exercise and activities on fitness for all in the morning assembly.  |
| 03  | Debates and Lectures on Examination Stress Management and Mental Well being by the specialists during the morning assembly.   |
| 04  | Begining of "Fitness Assessment" of Students by organizing 1km Walkathon/ Fitness Runs to Check their Fitness Levels and take the Oath for fitness as a mentor during the time of morning assembly. |
| 05  | Fitness/Sports Quiz for all students in the morning assembly at recess.   |
| 06  | Competition in traditional/regional games among staff and students of Fitness Houses in the schools.  |

Schools shall ensure that all students, staff, parents and School Management shall actively participate in the above mentioned proposed schedule of weekly activities for "Fit India School Week".

NO → 37957-92  
Date 19-12-2019

  
(Anuradha Gupta) KAS  
Director School Education  
Jammu

  
19/12

## ANNEXURE - "C"

National well being and its growth is usually measured with the yardstick of its physical fitness and strengths as well. The backbone of the nation is its youth and India needs youth which can help in nation building. For a strong, vibrant, vigilant, focused youths with full form of zeal, **"Fit India"** a resounding mantras of government of India plays an important key role and will do a unique service in promoting the culture and passion for sports in student along with education by involving them in multifarious physical fitness activities to make the world a better place to live in. If we want and aim to create a fit and healthy India, we have to turn our hopes to **"Fit India"** movement.

### 1. Origin & Brief Background of "Fit India Movement":-

For any society or nation to progress it's important that their citizens are physically fit. The challenges of the modern day life has brought along with its need to be more physically proactive and fit in order to face its challenges with optimum energy and positivity. Fit children are able to handle day-to-day physical and emotional challenges better. However, for a holistic and intrinsically healthy lifestyle awareness and support for fitness movement is more essential than ever.

Incidentally, the Hon'ble Prime Minister of India Sh. Narinder Modi first time had called for a Fitness Movement in his **"Mann Ki Baat"** address in March, 2018 and after several rounds of discussion at Secretaries level in the Prime Minister's Office New Delhi, **"Fit India"** was set to be one of its stint Mission.

On 29<sup>th</sup> August, 2019, the Hon'ble Prime Minister of India Started an innovative initiative programme and launched **"Fit India, Movement"**

campaign nation – wide to increase the awareness among the masses and to encourage people to adopt healthy life styles.

## 2. Vision of Directorate of School Education Jammu for “Fit India Movement” in Jammu Division:-

The provision of this innovative initiatives of “Fit India Movement” from the directorate of school education Jammu is to enhance the awareness among the masses and to encourage the teachers, staff, parents, people and school management to adopt healthy lifestyles, give new dimension for “**Healthy Children -Healthy India**” promote culture and sports along with education, to make them more happy (**Happy Schooling**), holistic development and enhancement of overall well being of school children.

## 3. Aims and objectives of “Fit India Movement” :-

Behavioral changes in students, teachers, school management and even parents from sedentary lifestyle to physically active way to day-to-day living.

- ❖ To take the mission of “Healthy Children-Healthy India” forward.
- ❖ To alter the behavior of students from “Passive Screen Time” to “Active Field Time”.
- ❖ To institutionalize “**Fitness House**” for guiding in all round development of the students, healthy involvement of staff, parents and school management with the students.
- ❖ To develop sports quotient among all the students.
- ❖ To instill in students the understanding for regular physical activity and higher level of fitness.

- ❖ To develop the fitness protocol and fitness module to address the specific sports needs of the students, Trs & others in the schools.
- ❖ To make every student participate in activities and come over their failures turning in success.
- ❖ To make all students understand life skills with activities and boost their talents.
- ❖ To buildup self-esteem and confidence among the students and make them good human being.
- ❖ To create recreational activities and release the stress among the students.
- ❖ To aware the masses & students about various government schemes on games, sports, yoga, NCC, NSS, etc and create suitable environment for them.
- ❖ To take up a carrer in different discipline like sports, NCC and others.
- ❖ To start **helpline for "Fit India Movement"** in Jammu division.
- ❖ To attain the overall physical fitness, school conducts annual fitness assessment of all children and preliminary diagnosis for various interventions, referral of staff problems.
- ❖ Conducting preventing and development fitness programmes in schools among students.
- ❖ To develop secular outlook & tolerance among students, Teachers, Parents & all sections of society.
- ❖ To empower the students, Teachers and Parents through skill, fitness acquisition.

4. **Target Group:**

- ❖ School students
- ❖ Teaching faculty
- ❖ Sports faculty in schools
- ❖ NCC/NSS/Scouts-Guides faculty in schools
- ❖ School Management
- ❖ Parents of students.

5. **Importance/Scope/Benefits of Mission "Fit India" at School level:-**

(a) **Importance:-**

Days are gone when the students used to stick to their school books and notes to achieve high scores with having no exposure to the real world outside the books. Today, it has become very important for every student to get indulged into the extra-curricular activities, which help them to experience the world they supposed to live in after completing their education. Hence, it imparts practical knowledge of the outside world to the student through means of various competitions making student confident and self sufficient. These activities not only work as a stress buster but also help the students expand their mental horizons.

The departments of school education union territory of Jammu & Kashmir and HRD and sports government of India are playing an important role in every field related to school education. India has more than 16 lakh schools and over one thousand university educating over 33 crore students. This is a huge youth power which will infuse life into the "Fit India" campaign through school of Jammu Division.

There are about 681833 students in 12354 government schools, 438115 students, in 2816 private schools and about 27000 (app.) officials/officers in govt. schools in the Jammu Division.

This huge youth power will infuse life into the "Fit India" campaign at school level and the students of there government schools can become as "Brand Ambassadors" of the campaign.

When regular fitness activities are included in the lifestyle of a student, it is possible for there to maintain fit. Regular physical activity can help to improve the absorption of nutrients in the body. It also helps to improve cardiovascular healthy and develop muscular strength.

A fit and healthy person will live longer, be more productive at work and school, and generally contribute more to the country's growth and development with an increasing prevalence of heart and other cardio-vascular diseases as well as a wide range of health concerns, the importance of leading healthy lives that include a well balanced diet and an adequate fitness regime that embodies healthy lifestyle habits is imperative.

**(b) Scope/Areas:-**

- ❖ Fitness for all
- ❖ Sports education
- ❖ Fitness Houses
- ❖ Carrier in sports
- ❖ Social skills
- ❖ NCC Education
- ❖ Yog Education
- ❖ Scouts-Guides

- ❖ Life Skills Education
- ❖ Emotional well-being
- ❖ Sports Psychology
- ❖ Games
- ❖ Health education
- ❖ Gyms in schools
- ❖ Mental health
- ❖ Modeling as Brand Ambassadors
- ❖ Fitness Houses

**(c) Benefits:-**

The students and school faculty enjoys no. of benefits, incentives, carrier avenues which are being given by organizations like education, sports, NCC, corporate world etc. under the new scheme of Mission “Fit India” and put the students on the priority list while being selected for a job in future life.

- ❖ Regular physical activity helps the student & school faculty to live longer and prevent them from many chronic disease such as heart disease, high blood pressure, abnormal blood lipid profile, stroke, type-2- diabetes, metabolic syndrome, colon and breast cancers.
- ❖ It can also helps the kids cope with stress and promotes healthy growth & development better self esteem, stronger bones, muscles joints, better posture and balance, stronger heart, a healthier weight range, gets better sleep, improves immunity power of body, social interaction with friends national integration, learning new skills with fun and good appearance & smart look.



- ❖ The potential of life skills through “Fit India Movement” helps the student’s thinking and solutions of problems, make them more responsible, confidence both in spoken skills & group-cooperation.
- ❖ It has the direct impact on the brain of the children which increase the flows of oxygen to the brain which ultimately enhance the ability of focus, concentration, remembrance etc in the students.
- ❖ It develops the social skills in children like good listener, respecting, communication, negotiation, etc.
- ❖ In-herit the values among students like honesty, discipline, leadership, team work, ethics, love of sports/NCC, Fun, etc.
- ❖ Incentives to achieve academic excellence.
- ❖ Opportunities to participate in sports/games and various adventures activities which cannot funded by public funds.
- ❖ It provides bonus points to students for admissions.
- ❖ Provide scholarships to deserving students
- ❖ **Best “Fit Student” and “Fit School” awards**
- ❖ Opportunity to travel abroad.
- ❖ Encourage student, school heads and staff to use their creativity in designing & organizing “Fit India” events.
- ❖ It helps young achievers from different fields to become the part of “**Shining Stars**” Programme.
- ❖ Fit India ranking schools could be felicitated at state and national level.
- ❖ Fit India is going to be included in the Prime Minister’s Award.

## 6. Needs and Relevance of "Fit India Movement":-

The constitution of India states that "How to Live" ought to be the first pillar of formal education. Schools have to be the first formal institutions after home where the physical fitness is taught and practiced. In a world full of conflicts and violence, it is more important than ever to use educational institutions particularly government schools to promote peace and harmony among students by motivating culture and sports in the schools. Mission "Fit India" create awareness among the students to live together, cooperate with each other and work together.

It is imperative in light of various projected health indicators as also the current status of physical well-being that this entire issue is looked at from an essentially positive perspective of physical well being and fitness based on inculcation of physical fitness as a voluntary yet compulsory life chore rather than a red reusable health and disease concern.

Accordingly, there is a need to prepare and formulate a scientific programme and criteria to first motivate and encourage school going children of both sexes to be physically fit and concurrently evaluate their fitness. It has to be realized that the scheme needs to be motivational rather than coercive and to obtain this, the achievement of fitness by a child has to be rewarded in a manner similar to reward for academic achievement.

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7. Proposed Plan of Action for strengthening the Mission of "Fit India" at school level in Jammu Division and ways and means to popularize it to adopt for healthy life styles in students:-

- ❖ The Mission "Fit India" with the coordination of department of school education Jammu and youth services and sports is giving special thrust on strengthening fitness activities in every school of Jammu Division. Efforts and plans are being made for various weekly, monthly and yearly "Fit India" schedules in the government schools of Jammu Division by adopting some ways, means and procedures.
- ❖ The Mission "Fit India" in Jammu Division plans to proactively engage to all the stake holders of this movement to cater the need of improving play ground and infrastructure of the schools.
- ❖ Plans are being made for "Fit India Schools" system in government school with some prescribed parameters in Jammu Division.
- ❖ Efforts and plans are being made for schools in Jammu Division to get "Fit India Star Rating" i.e. **Fit India 3-Stars and 5-Stars rating schools.**
- ❖ Plan to introduce Mission "Fit India Movement" in private schools under self financing scheme so that the children studying in private schools could also get the benefits of this movement.
- ❖ Plan to train atleast 2 teacher, sports coaches including PET/NCC Teacher/Scouts-Guides Teacher in Physical Education in every school of Jammu Division.
- ❖ Efforts/Plans are being made to conduct annual fitness assessment of all children in schools of Jammu Division through key means and ways.

- ❖ Modalities are being worked out to focus on developing and creating the “**Fitness House**”- in school of Jammu Division.
- ❖ Plan of organizing various activities and programmes on “Fit India” in schools.
- ❖ Plan for Fitness/sports quiz for all students in schools of Jammu Division.
- ❖ Plan to empower the mission “Fit India” curriculum aligned to skill development among students in the schools to produce an effective citizens.
- ❖ As the department of school education Jammu is very keen focusing on “**Yoga for all**” and it plan for “Yoga” in the morning assembly of every schools of Jammu Division and “Yoga” is becoming a major training part in the “Fit India” curriculum training syllabus this and coming years.
- ❖ Plan of many Yog and Meditation sessions for students, staff, parents and school management in every educational institutions of Jammu Division.
- ❖ The department of school education is going to formulate a proposal in coming years to establish one fitness training centre in districts of Jammu Division with the facilities like indoor games etc. with the funding of panchayats and local bodies.
- ❖ The Department of School Education Jammu formulates a action plan to check drug abuse in schools by engaging the students in various fitness activities and programmes.
- ❖ Plan to approach the corporate and other placement agencies to absorb maximum fit students of government schools for different

security related jobs particularly in the rural areas to reduce the unemployment thereby.

- ❖ As the department of school education Jammu has a strategy to attract more enrollment in government schools and it has been working on **“Happy and Fit Schooling Curriculum”** by organizing various fitness activities in school of Jammu Division.
- ❖ Plan of Mental fitness & physical activities, for all students in schools.
- ❖ Plan of poster making competitions for all the students in schools of Jammu Division on the theme, **“Fit Body-Fit Mind- Fit Environment”**
- ❖ Plan of competitions for students, staff and parents in traditional and regional games in schools of Jammu Division.
- ❖ Plan to open the school playgrounds after school hours for the neighbouring communities in some schools of Jammu Division for which reasonable fee can be levied for maintenance and security.
- ❖ Plan to provide the students at least two sessions of “Fit India” to each secondary and senior secondary schools of Jammu Division in the next academic session involving parents and teachers thereby.



8. **“Fit India Calendar” for operationalization and implementation among students, staff, parents and school management of government schools in Jammu Division with prescribed parameters and procedures:-**

In view of the above, some Modalities are being worked out with some measureable outcomes and a concrete set system and draft frame work of Mission “Fit India Movement” for students, staff, parents, and school management is prepared and proposed with some prescribed parameters and procedures to institutionalize the campaign of “Fit India” in schools of Jammu Division to make the Mission more effective and sustainable.

**THE FIT INDIA CALENDAR/SCHEDULE AT SCHOOL LEVEL**

The fit India calendar for the implementation of this Mission of “Fit India in schools of Jammu Division is being worked out by making the topography of schools of Jammu Division (summers & winters) in due consideration.

**The Calendar/Schedule of “Fit India Movement” is as below:-**

- ❖ Year-by-Year Schedule
- ❖ Month-by-Month Schedule
- ❖ Weekly Schedule

**YEAR-BY-YEAR SCHEDULE:-**

- ❖ The remaining months of year-2019 will focus on ‘physical fitness and mental wellbeing’.
- ❖ Year- 2020 of the mission will be dedicated towards ‘healthy food and eating habits’.
- ❖ Year-2021 will emphasis on adoption of sustainable and environment-friendly lifestyle.

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- ❖ Year-2022 will look at healthy life style practices, health friendly goods and services, simple easy ways to keep diseases at bay.
- .....

### MONTH-BY-MONTH SCHEDULE:-

#### **Month 01:-**

The first month will see the launch of the campaign, with rounds of activities across all educational institutes. Sporting talent will be scouted for across all educational institutes and fitness runs, walkathons, cycle rallies and health checkup camps will be launched all over the country to kick start the initiative.

#### **Month 02:-**

The second month will be about organizing sports events at all levels from schools to universities, villages, towns, blocks and district level. Everyone must take up some form of physical exercise, whether at home or in local parks, playfield or 'gallimohalla' will be the message relayed from New Delhi.

#### **Month 03:-**

The third month will exhort Indians to set up groups and clubs on fitness and share activities on social media and web platforms. Weekly outings involving physical activities will be emphasized involving families and friends.

#### **Month 04:-**

The fourth month will be about developing secure and safe playfields in the neighbourhood, educational institutions, village and panchayat levels. Volunteers will be invited to help improve the playfields.

**Month 05:-**

The fifth month will be about walking, walkathons and marathons.

**Month 06:-**

The sixth will move to cycling. The plan is to have every cycle owner participate in a cycle rally from one village to another village/town and make a chain culminating at the state headquarters.

**Month 07:-**

This month will be for competitive events of all kinds from traditional and local sports to culture, dance drama activities.

**Month 08:-**

This will be of volunteers sharing and demonstrating voluntary initiatives at block/district/state and national level.

**Month 09:-**

Will culminate with recognition and celebration of the national activities.

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**ACTIVITIES TO BE UNDERTAKEN DURING FITNESS**

**WEEKLY SCHEDULE FOR THE COMING YEARS- 2020, 2021 & 2022:-**

| Day | Activity   |
|-----|--|
| 01  | (i) Morning Assembly – Yoga for all<br>(ii) Activities on Fitness and Nutrition for Students and Staff   |
| 02  | (i) Morning Assembly – Free hands exercise for all<br>(ii) Mental Fitness Activities (Ex. Debates, Symposiun, Lectures by Sports Psychologists)  |
| 03  | (i) Beginning of “Fitness Assessment” of Students through KHELO INDIA App.<br>(ii) Poster making Competition for all Students on theme “Fit Body – Fit Mind – Fit Environment”.  |
| 04  | (i) Physical Activities for all Students including Dance, Aerobics, Yoga, Martial Arts, Rope-Skipping, Gardening etc.<br>(ii) Essay/Poem Writing Competition for all Students on theme “Fit India School”  |
| 05  | Fitness/Sports Quiz for all Students   |
| 06  | Competition for Students, Staff and Parents in Traditional/Indigenous/Regional Games- to celebrate the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country.<br>Children, Parent and Teacher participants may also participate in exploring the history and interesting facts of the indigenous games from partner States.<br>Schools shall ensure that all Students’, Parents, Staff and Management shall actively participate in the proposed Fit India School Week. |

The schools may registered on official "Fit India Portal" i.e. [www.fitindia.gov.in](http://www.fitindia.gov.in) and upload report/pictures/video 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.

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The Fit India Mission has prepared a system of "Fit India School" rating with simple and easy prescribed parameters as below:

**FIT INDIA SCHOOL:-**

The following prescribed parameters would apply:

- Having one teacher trained in PE, and such teacher is physically fit and active;
- Having a playground where two or more outdoor games are played.
- Having one PE period each day for every section and physical activities (sports, dance, games, yogasan, PT) take place in the PE period.
- Having all students spending 60 minutes or more on physical activities daily.

**FIT INDIA 3 STAR SCHOOLS:-**

The following additional prescribed parameters would apply for claiming a 3 Star rating:

- All teachers to be physically fit and spending 60 minutes or more every day for physical activities.
- School has at least two trained teachers (including one PET/ANO), each well versed with any two sports.
- Sports facilities for 4 sports including the 2 outdoor sports.



- Every student learns and plays 2 sports – one of which could be a traditional/indigenous/local game.

### **FIT INDIA 5 STAR SCHOOLS:-**

**The following additional prescribed parameters (over and above 3 Star rating) would apply for claiming the highest rating:**

- School conducts monthly intra-school sports competitions, participates in inter-school sports competition and celebrates Annual Sports Day.
- All teachers are trained in PE.
- School has 2 or more sports coaches. These may be PE/NCC teachers.
- School follows structured PE curriculum prescribed by NCERT/School Board.
- School conducts annual fitness assessment of all children.
- School opens its playground(s) after School hours for neighbouring communities, and the same is actively used. Reasonable fee can be levied for maintenance and security.

### **Procedure for Schools to get Fit India Star Rating:-**

➤ Basic \*FIT INDIA SCHOOL\* would be self certified and registered online at [www.fitindia.gov.in](http://www.fitindia.gov.in) by the School. Upon registration, a certificate would be issued online to the School, and on receipt of such certificate the School would be entitled to use Fit India Logo and Fit India Flag.

- For \*FIT INDIA 3 STAR or 5 Star\* rating the school would have to file its claim online at [www.fitindia.gov.in](http://www.fitindia.gov.in).
- The Fit India Mission would get the claim verified and thereafter issue an online certificate and commendation letter.

The same would be followed in print and dispatched through postal mail.

### **FITNESS HOUSE:-**

Fitness House will guide in all round development of the students. It will work on personality development, wellness, Hygiene, Healthy diet, fitness of the students and ongoing technology in games and sports. Run for fun 1 km rally/walkathon with students to check their fitness levels and give a message to the society for fitness. Healthy involvement of all staff with the students. A sports captain will take over the oath for fitness as a mentor.

### **SIX COMPONENTS OF FITNESS RELATED TO MOTOR SKILLS:-**

- ❖ Agility
- ❖ Balance
- ❖ Co-ordination
- ❖ Power
- ❖ Speed
- ❖ Reaction Time

### **HOW FIT ARE YOU?**

Generally, fitness is assessed in four key areas:

- ❖ Aerobic fitness,
- ❖ Muscular strength and endurance,
- ❖ Flexibility
- ❖ Body composition

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### **TEST AND MEASUREMENT:-**

- ❖ Measurement of Muscular Strength- Kraus Weber Test.
- ❖ Motor Fitness Test-AAPHERD (American Alliance Health Physical Education Recreation and Dance.

- ❖ General Motor Fitness- Barrow three item general Motor ability (Standing Broad Jump, Zig-Zag Run, Medicine Ball Put- For Boys: 03 Kg & For Girls. 01 Kg)
- ❖ Measurement of Cardio Vascular Fitness- Harvard Step Test/Rockport Test.

| Test Item                            | Fitness Dimension Measures   |
|--------------------------------------|--|
| Sit-ups(number in a minute)          | - Abdominal strength/endurance.  |
| Sit and Reach (cms)                  | - Flexibility and lower back musculoskeletal function.                   |
| Modified Pull-up (completed numbers) | - Upper body strength and edurance                                       |
| Mile Run (Min:Sec)                   | - Cardio-Respiratory Endurance   |
| 04 × 10 mtr shuttle Run Test         | - Test of speed, body control and ability to change direction (Agility)  |
| Standing vertical jump               | - Explosive strength and power of legs                                   |
| Standing broad jump                  | - Explosive strength and power of legs and extensibility of hip muscles. |
| Height (meters) and weight (kgs)     | - Body mass index (Body composition)                                     |

## TALENT IDENTIFICATION THROUGH PHYSICAL FITNESS

### TESTS:-

Physical fitness tests will also serve as important source for spotting talent. School children doing exceedingly well in physical fitness tests will be identified and nurtured under the various residential and non-residential schemes of the sports authority of India (SAI) such as National Talent search contest (NTSC) scheme, SAI training centres (STC) scheme, special area games scheme etc.

### OBJECTIVES AND ACTIVITIES TO BE UNDER TAKEN FOR FITNESS HOUSE:-

- ❖ Make every student participate in activities and come over their failures turning in success.
- ❖ To make all students understand life skills with activities and boost their talents.
- ❖ Yoga and Meditation Sessions.
- ❖ Mass Drills for students involving each House teachers to participate with them to motivate children.
- ❖ Meditative sessions for examination stress management
- ❖ Punctuality in every aspect being a smart student and personality traits.
- ❖ Proper channelization of the energy of students.
- ❖ School gyms for students as in parks.
- ❖ Information about different awards in games & sports.
- ❖ Inter-House activities, different sport disciplines participation among the students of all the Houses.
- ❖ Sports captain of the school and Houses each from primary wing and high wing (Primary-Middle-Secondary Wing)
- ❖ Community Involvement.

- ❖ Activities for involvement of especially abled children.
- ❖ Sports quiz on weekend of the House to boost every child's participation.

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For any assistance/queries, you will be at liberty to call Sh. Govind Sharma, Nodal Officer "Fit India Movement" at Directorate of School Education Jammu on his Mob: 9419280527, 7006277578 and also email at: fitindiadsej@gmail.com .

No 37957-92  
Date 19-12-2019

  
19/12

  
(Anuradha Gupta) KAS  
Director School Education  
Jammu



Government of Jammu & Kashmir  
School Education Department  
Civil Secretariat

0194-2506321 (Sgr.)  
0191-2561521 (Jmu.)

e-mail:schedujk@gmail.com

**Time Bound**  
**Most Urgent**

Director,  
School Education,  
Kashmir/Jammu  
State Project Director,  
Samgra Shiksha Abhiyan, J&K

No: Edu/NC-SE/58/2019

Dated:13.12.2019

Subject: "Fit India Movement" – Activities thereof.

Sir/Ma'am,

Kindly find **enclosed** copy of D.O.No: 12-1/2019-IS.4 dated 27.11.2019 from Ministry of HRD GoI, received from Ministry of HRD, GoI, regarding the subject cited above (copy enclosed). The Hon'ble Prime Minister, launched the Fit India Movement at a ceremony in New Delhi on the occasion of National Sports Day. Accordingly, Ministry of HRD GoI, has requested to make **Fit India Movement** a successful people's movement by taking following action:

- Mr. Gaur*  
*Nodal Officer*  
*Fit India*
- Apprising and encouraging all schools, public as well as private, in your jurisdiction to endeavour towards self-certification as Fit India school and seek Fit India Ranking.
  - To honour Fit India 3 Star and 5 Star Schools by organizing appropriate functions in the State Headquarters. Fit India 5 Star Schools could be felicitated at State level Republic Day and Independence Day functions.
  - Nominate a senior officer as a State Nodal Officer for Fit India in your department and intimate his details to this Department at email-Id: [fitschoolsmovement.gov@gmail.com](mailto:fitschoolsmovement.gov@gmail.com) as well as to the CEO, Fit India Mission, New Delhi at [rohit.khanna1107@gmail.com](mailto:rohit.khanna1107@gmail.com)
  - Organize Fit India events at schools from time to time. You may encourage schools to use their creativity in designing and organizing Fit India events.
  - Organize "FIT INDIA WEEK" in each school in the next 4 to 6 weeks, and upload the information on Fit India portal.

*g*  
*11/12/19*

In this connection, I am directed to request you to kindly ask all CEOs/HOS to carry out the above activities in coordination with Youth Services & Sports Department and make "Fit India Movement" a successful people's movement. The action taken in the matter by the schools be uploaded on Fit India portal, under intimation to this Department.

Yours faithfully,

Encl: As above.

*Sachin Jamwal*  
*13/12/19*

(Sachin Jamwal) KAS  
Deputy Secretary to Government  
School Education Department

Copy to the:

- Mr. Rohit Khanna, CEO, "Fit India Movement", Ministry of (YA & Sports), Shastri Bhawan New Delhi-110001.
- Private Secretary to Commissioner/Secretary to Government School Education Department.

सचिव, केंद्र  
सचिव  
अतिरिक्त सचिव, एस  
Secretary  
Tel: 011-23395557, 23395558  
Fax: 011-23395559  
E-mail: secretary@sa.gov.in



भारत सरकार  
भारत सरकार, नई दिल्ली  
Ministry of Human Resource Development  
विद्यालय शिक्षा और कौशल विभाग  
Department of School Education & Literacy  
124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

27<sup>th</sup> November, 2019

Dear Mahan/Sir,

Please refer to this Department's letters of even number dated 21.8.2019, 23.8.2019 and 25.9.2019 regarding Fit India Movement and making it a people's movement wherein every citizen gives time to himself for being physically active and fit. This requires State Governments to be prime catalysts. In this connection reference to drawn to the letter dated 18<sup>th</sup> November 2019 from Secretary, Department of Sports, Govt. of India, addressed to all Principal Secretaries/Secretaries, School Education Department of States and UTs for "Fit India Movement-Fit India School". (copy enclosed)

2252-c/s/ed/s  
20/11/19

2. I would request you to make Fit India Movement a successful people's movement by providing your leadership for the following:

- Apprising and encouraging all schools, public as well as private, in your State to endeavour towards self-certification as Fit India school and seek Fit India Ranking.
- To honour Fit India 3 Star and 5 Star Schools by organising appropriate functions in the State Headquarters. Fit India 5 Star Schools could be felicitated at State level Republic Day and Independence Day functions.
- Nominate a senior officer as a State Nodal Officer for Fit India in your department and intimate his details to this Department at email id: [fitschoolsmovement.gov@gmail.com](mailto:fitschoolsmovement.gov@gmail.com) as well as to the CEO, Fit India Mission, New Delhi at [rohit.khanna1107@gmail.com](mailto:rohit.khanna1107@gmail.com)
- Organise Fit India events at schools from time to time. You may encourage schools to use their creativity in designing and organising Fit India events.
- Organise "FIT INDIA WEEK" in each school in the next 4 to 6 weeks, and upload the information on Fit India portal. A letter of DG, SAI dated 23.10.2019 to all States and UTs with suggested activities for Fit India Week is also enclosed

20/11/19  
SB(C) (04)  
No.

With regards,

Yours sincerely

(Amit Khare)

- Encl. 1) Dept of Sports' letter dated 18.11.2019.  
2) DG, SAI letter dated 23.10.2019

To

Additional Chief Secretaries /Principal Secretaries /Secretaries, Department of School Education of all States & UTs.