

GOVERNMENT OF JAMMU & KASHMIR  
**DIRECTORATE OF SCHOOL EDUCATION, JAMMU**

Circular No: 23 of 2020

Dated: 28-08-2020

**Sub: Celebrations of Foundation Day for Mission Fit India – 2020 with a theme – “Fitness @ Home with Family” and Launch of 3 Months Online Yoga Training Programme for Teachers and Students thereof.**

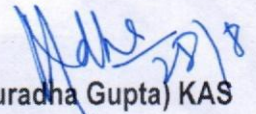
As the “Fit India Movement” was launched by Hon'ble Prime Minister of India on 29<sup>th</sup> August 2019 with a view to make physical fitness a way of healthy life style of children and accordingly the Directorate of School Education Jammu had already planned and decided that due to COVID-19, this year's Fit India Foundation Day – 2020 would be celebrated in all schools of Jammu Division on Digital Media Platforms (Online Mode) with a theme – “fitness @ Home with Family”.

In this regard all the Chief Education Officers of the Jammu Division are hereby directed through this circular to issue instructions to all Head of Schools (both Govt. & Pvt.) to make all necessary arrangements for organizing the mega event of celebrations of Foundation Day for Mission Fit India – 2020 and instruct students / teachers to join through Google or other online medium on 29<sup>th</sup> & 30<sup>th</sup> August 2020 with a theme – “Fitness @ Home with Family”.

Subsequently to take forward this momentum, DSE Jammu had also planned to launch 3 Months Online Yoga & Meditation Training Programme for Teachers & Students who had registered through Google Form in collaboration with Bhartiya Yog Sansthan J&K, Jammu. Concerned CEO's are therefore also directed to inform all these registered teachers, master, lecturers and students (both above and below 40 years age groups) of Govt. Schools from the Districts to join a Webinar to be Organized by DSEJ for purpose on 29<sup>th</sup> August 2020 from 6:30 a.m. to 8:30 a.m. All other unregistered teachers / students / other Stake Holders will view Facebook live daily (**DSEJ proposed weekly programme on Fitness under DSEJ Home Assignments and Training are appended as Annexure-“A”**).

Moreover DNOs/DRGs concerned are directed to coordinate with all HOIs in the Districts for the proposed programmes annexed as Annexure-“A” and furnish the complied report from the District for the action taken in the matter through CEOs and send to this Directorate on **Email Id – fitindiadsej@gmail.com** with hard/soft copies along with Photographs and short videos received from every institutions. 3 Best Shining Star Students and 3 Best Star Rating Schools from the Districts for fitness will be rewarded by DSEJ.

In view of all the above, Directorate of School Education Jammu has nominated Sh. Govind Sharma Nodal Officer Fit India Movement at DSEJ as Coordinator for this 3 months Online Yoga Training Programme / other activities and for any queries, you may contact him on **Mb-9419280527** or Dr. Surinder Kumar Nodal Officer Online DSEJ Home Assignments on **Mobile – 9419116290**.

  
(Anuradha Gupta) KAS  
Director School Education  
Jammu

No.: DSEJ/Fit India/ 20800-815  
Dated: 28-08-2020

Encl: 01

Copy to the:

1. Principal Secretary to Govt. School Education Department J&K for favour of information please.
2. OSD to Hon'ble Advisor (S) School Education Department for favour information please.
3. Joint Director information, Jammu for favour of information with the request to publish the same at least in 3 dailies.
4. **Chief Education Officers (All) for favour of information and necessary action please.**
5. President Bhartiya Yog Sansthan J&K, Jammu for favour of information with a request to provide Professional Yog Trainers please.
6. Sh. Govind Sharma Nodal Officer Fit India Movement and Dr. Surinder Kumar Nodal Officer Online DSEJ Home Assignments for immediate compliance.
7. Sh. Sohail Wani I/C IT to organize Webinar for 29<sup>th</sup> August 2020 and onward please.
8. Sh. Love Kumar I/C Website at DSEJ to upload the Circular on the Official Website.

**DIRECTORATE OF SCHOOL EDUCATION JAMMU**

**ANNEXURE-“A”**

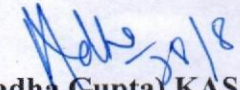
On the eve of Foundation Day for Mission Fit India Movement (Launch Day), DSEJ have proposed below activities / Programmes on Fitness and Online Yoga Training (**Project DSEJ Fit India**):

<b>Groups</b>	<b>Activity</b>	<b>Day &amp; Date</b>	<b>Topic</b>
All Age Groups from Pre-Primary To 12 <sup>th</sup>	Video / Audio / Dance, Rope Skipping, Spot Cycling and Fitness Activities etc.	Saturday, 29 <sup>th</sup> Aug. 2020	All HOIs of Jammu Division will Organize Online Fitness awareness Sessions of Students / Teachers for following activities <b>i)</b> Live on Facebook with the inaugural Session of Yoga Training Programme to be organized by DSEJ from 6:30 a.m. to 8:30 a.m. <b>ii)</b> Pledge / Oath for Fitness <b>iii)</b> Dance Fitness Programmes – Small Videos on “Dance on Fitness Mantra for students” can be prepared.
		Sunday, 30 <sup>th</sup> Aug. 2020 and Monday, 31 <sup>st</sup> Aug. 2020	<b>1.</b> All stakeholders / learners, educators and family can participate in <b>1KM Home Walkathon</b> in lawns / rooftops etc. <b>2.</b> Rope Skipping, Spot Cycling, Gymnastics, Push-ups, Yoga and other indoor / Outdoor Fitness activities at Home.

**FITNESS PLEDGE / OATH**

“I understand and realize that this body is the only one I get in this life.

I promise to myself that I will devote time for physical activity and sports every day. I pledge to exercise regularly and adequately to enable me to be healthier, fitter and live longer and I will encourage my family members and neighbours to be physically fit and make India a fit nation”

  
(Anuradha Gupta) KAS  
Director School Education  
Jammu

